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Women of Uganda face a wide range of challenges including discrimination, low social status, lack of economic self sufficiency, and greater risk of HIV/AIDS infection. In Uganda, as in many African countries, gender discrimination means that women must submit to a lower social status than men. For many women, this reduces their power to act independently, become educated, avoid poverty, and/or escape abuse. Many girls and young women become coerced into sex or can be obliged to trade sex for economic survival. It is common for girls to become sexually active at a much younger age than men, causing the rise of HIV and AIDS to become even more pronounced. Older men are breaking long established social customs and choosing younger and younger girls to become their sexual partner in order to avoid catching HIV. In doing so, they are in fact infecting them with the virus. In some districts, HIV prevalence among 13-19 year old girls is at least ten times higher than in males of the same age.

Much development work in the Mbale region is geared towards promoting gender equality and relieving women of the hardships relating to their position in society. Along with these, FSD trains women of all ages in jobs skills and micro-enterprise creation and development. Through these programs, women have the opportunity to acquire micro-loans and build their own business ventures, thus allowing for greater economic independence. Your work in supporting any of our empowerment programs will put you in direct contact with the challenging struggle to secure equality and opportunity for women.

Internship/Volunteer opportunities in women's empowerment in Uganda include:

- Teach socio-economically excluded women about how micro-credit lending programs are structured, how to productively use loan funds, and how to manage savings and repayment schedules. Aid lending program with training for loan repayment record-keeping and general bookkeeping.
- Support training for women, orphans, and vulnerable children in income generating activities such as tree planting, biogas use, poultry-raising, and small scale merchandising.
- Assist a network of eighteen women's groups in the Mbale community who educate fellow community members on relevant issues such as home care, HIV/AIDS, first aid, and income generating projects such as raising goats. The purpose of the project is to offer women better tools in caring for orphaned children.
- Aid a Young Mothers Program by helping attract sponsors for mothers under the age of eighteen to pay for schooling. Develop and facilitate vocational workshops and create vocational skills manuals for young mothers. Support training of mothers on successful income-generating activities and micro-enterprises.
- Assist with home visits for life skills education offered to teenage mothers on topics such as preventative health education, nutrition and balanced diet, sexual and reproductive health and behavior, HIV/AIDS, pregnancy, etc. Also assist with home visits for testing and counseling of HIV/AIDS.

For more opportunities in women's empowerment in Uganda, visit our website or contact us directly.