



2RD COHORT-INTERNSHIP REPORT (JUNE-AUGUST 2023)

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ABOUT THE PROGRAM



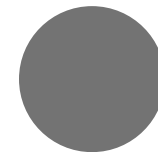
VISION / MISSION / MANDATE



FOCUS AREAS



ACTIVITIES



PARTNERS



CONTACT



Website: <https://thuganda.org/>



TOUCH THE HEART UGANDA PROFILE

ABOUT THE PROGRAM

TOUCH THE HEART UGANDA was founded in 2019 as a Group by a force of determined Young People with an aim of supporting fellow Youth to realize their Potential. This group was very committed to this cause and always offered their own resources and time to reach out to the youth. At the start of this initiative, the group was completely informal without any structures and a formal Name. The members would hold Informal meetings from different places within Makerere University and the nearby surrounding areas.

Currently, the organization is legally registered as a company limited by Guarantee and without a share capital as of 09th December, 2020. The Organization is Governed by the Board of Directors and the day to day management is headed by the Executive Director / Team Leader. Our Primary target Group are the Youths both Girls and Boys all over Uganda. Our Secondary target Group are the women and children. There have been numerous engagements of development from our time of inception As an organization, we work to awaken a Gender sensitive and Justice era where equal opportunities are available for youths both girls and boys, women and children. We believe that this is achievable through our advocacy activities centered on various approach.

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Vision

To build vibrant Generations concerned about Gender, Health and well-being, Climate change and Socio-Economic Development.

Mission

Empower target groups in partnerships with other stakeholders to address Gender, Health and Well-being, Climate Change and Socio-Economic Development for Sustainability.

Mandate

Work with Individuals, Households and Communities to cause Health and Well- being, Climate change Mitigation and Socio-Economic Development with the support of Partners, Networks and Collaborators.

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Internship Program Brief

Certainly! It is true that Touch the Heart Uganda's Internship program had a lot of interesting and impactful activities. This report covers the program purpose, objectives, activities, outputs, outcomes, statistical data, monitoring and evaluation, program management, and program sustainability plan. The program brought together students with different education backgrounds from the various technical institutions and universities in Uganda for an internship and volunteer experience of two (2) months with the aim of acquiring skills and field experience.



I am delighted to share about the successful completion of the second cohort of our internship program here at Touch the Heart Uganda. The culmination of this phase marks another significant milestone in our journey towards fostering positive change and empowerment within our communities.

The growth and impact of our internship program have been nothing short of remarkable. Through dedicated efforts and unwavering commitment, our interns have actively contributed to various community initiatives, leaving a lasting impression on the lives of those we serve. The invaluable experiences gained and the profound impact made by the interns have solidified our belief in the transformative power of education and community engagement.

As we reflect on the program's progress, we recognize the pivotal role that our esteemed partners have played in our success. Your unwavering support and collaborative efforts have been instrumental in shaping the trajectory of our internship program. We deeply appreciate your continued commitment and invaluable contributions to our shared vision of sustainable community development.

Looking ahead, we are excited to embark on the next phase of our journey, and we invite you to join us in this endeavor. With the program experiencing drastic growth, we firmly believe that fostering new partnerships will be crucial in expanding our reach and amplifying the impact of our initiatives. Your involvement will not only contribute to the continued success of our internship program but will also enable us to create a more profound and lasting difference within the communities we serve.

**Kikomeko Ian
Executive Director
iankikomeko@thuganda.org**



Nakabuye Grace
Projects
Coordinator
Internship/Volunteer
Supervisor

The Year 2023 on June 27th we held the 2nd cohort of our internship. It was great honor for me to supervise the entire program. This was an opportunity for me to fine tune my experience in knowledge and understanding of the program. And this gave me space to explore new levels of adventure. 2023 is still our year of strategic partnerships, resource mobilization and actionable yet achievable plans in bid to realize a bigger impact. As we envision getting everyone on board in support of our work this year, we have you in mind as our second change agents that have become acquainted with the THU culture, Vision and Mission. I encourage you to so focus on the skills, experience that you have acquired during the process of our internship program and be able to translate them into your day to day to day life with a mind of impacting lives in the communities where you stay. Another focus should be on the networks and collaboration made during the internship time. It should be noted that it is the experience that you have acquired which will push you on another higher level of life if considered a priority. The much you invest is the much you harvest. My most heartfelt sincerity goes to those that have kept the discipline and commitment to work throughout this entire stay with us, concerned and appreciative of the work that we are doing, we do not take all your contributions to THU for granted no matter how small they may seem to be.

The process of growth is determined by the ability to innovate, establish, developed and transform, alongside the leadership strength needed to apply during each of the stages. It's based on that fact that we believe we are on the positive side of growth as individuals but there is great need to keep investing all that we can in order for us to achieve or obtain a harvest. We believe that with the experience you have acquired at THU, you will be our global ambassadors of the work we are doing and I wish you the best in all your endeavors of life. I am absolutely certain that the things you have exhibited here, you will do the same in your various other work places wherever life will throw you. You have become family and our doors are always open to you all.

I hope this message finds everyone well. I am writing to extend my heart felt gratitude about our experience as interns at TOUCH THE HEART UGANDA, a dynamic and compassionate NGO dedicated to making a positive impact in our community and empowering the youth.

As the Chairperson of our dedicated team of community champions, I am thrilled to extend an invitation to individuals who are passionate about social change, eager to learn, and ready to be part of something meaningful. At TOUCH THE HEART UGANDA, we firmly believe in the power of collective effort and the potential of each individual especially interns to drive real change. It would be selfish of us if we don't actually invite you for the amazing experience and transformation that we obtained while at the Agency. Our internship program offered us a unique chance to work alongside experienced professionals, gained hands-on experience in various projects, and contributed to our mission of improving the lives of those we serve. Our contributions were valued and recognized by the Agency by awarding us with certificates.

Our expectations were satisfied despite of the ups and downs since there is no straight road. We learnt a lot from the great people at the Agency and all the facilitators we are so thankful to the Staff for being so thoughtful about us we learned how to do Meaningful Work for example engage in projects that have a direct impact on the lives of individuals and communities in Uganda. Mentorship, we benefited from the guidance and expertise of the staff members. Skill Development, we acquired practical skills and knowledge that prepared us for successful careers. Networking, we connected with like-minded individuals and built valuable relationships within the NGO community.



Atuhaire Barigye Olivia
Chairperson of the Interns
Touch The Heart Uganda

Program Purpose:

The Community Care Champions program aims to train and groom young people to become advocates for community development, gender justice, and sexual and reproductive health and rights. By providing internship and volunteer opportunities, Touch the Heart Uganda hopes to equip young people with the skills and knowledge they need to create positive change in their communities.

Objectives

- • To train and groom young people, empowering them to become advocates for positive change
- • To support young people make correct and informed decisions concerning their destiny and shape how they want their life to be.
- • To groom young people into leaders
- • To create a network of young people that is passionate for community service.

STATISTICS

Institution	Figure
• Kyambombo University	11 interns
• Makerere University	10 interns
• Kampala International University	1 intern
• Cavendish University	1 intern
• MUBS	1 intern
• East Africa International University	1 intern

Courses

1.SOCIAL SCIENCES

2.HUMAN RESOURCE

3.BUSINESS ADMINISTRATION

4.SOCIAL WORK

5.PUBLIC HEALTH

6.DEVELOPMENT STUDIES

7.ACCOUNTING & FINANCE

Gender

• **Female. 14**

• **Male. 11**

Activities Engaged

Orientation & Training

The program kick started with an orientation and training phase for two (2) weeks which covered the organization back ground, approaches and focus areas including gender justice, Climatechange, sexual reproductive health and rights, Community Led development, advocacy and awareness. We also covered project cycle processes under which we had things like project proporsal,monitoring and evaluation and projects budgeting. This training phase was with an intention to provide interns with a strong foundation of our work and holding them on principles of self-examination, accountability, commitment and timely reporting

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School Out Reaches

The program had a series of out reaches in schools which were identified by the interns. They focused on promoting awareness of SRHR, MHM, Gender Equality, Climate change, Nutrition and WASH. These out reaches we're intended to support interns put to practice the trainings they acquired in the first two weeks during orientation and training. On the other hand interns where able to empower children with information that's intended to support them make key informed decisions about their health and well-being including ending teenage pregnancies , child marriage, HIV/AIDs



Youth hubs

A number of youth hubs were held, each fostering a vibrant atmosphere of learning and exchange. Participants openly shared their insights, struggles, and aspirations, fostering a sense of community and support within the space. Discussion Highlights:

1. **SRHR:** Open dialogues about sexual and reproductive health and rights promoted awareness and informed decision-making, ensuring participants were equipped with essential knowledge for their well-being.
2. **Relationships:** In-depth discussions centered on fostering healthy relationships, emphasizing effective communication and mutual respect as key pillars for successful connections.
3. **Sex Education:** Informative sessions on sex education aimed to dispel myths, promote safety, and foster a culture of responsibility and understanding among the youth.
4. **Career Growth:** Interactive exchanges on career development and growth strategies provided valuable insights and guidance for the participants' professional journeys.

Impact and Legacy: The youth hubs left a lasting impact on the participants, instilling a sense of confidence and empowerment within each individual.



EMPOWERING YOUNG PEOPLE



Partner Visits

As part of our comprehensive internship program, we organized partner visits to provide our interns with firsthand insights into the collaborative efforts driving positive change. These visits aimed to foster a deeper understanding of our partners' work and the significance of collective action in creating a more impactful and sustainable future.

Partner Visits:

1. **The Hunger Project Uganda:** interns gained valuable knowledge about nutrition and Water, Sanitation, and Hygiene (WASH) practices. Learning about these crucial aspects of community development reinforced the interns' understanding of the intersectionality between health, education, and sustainable development.
2. **National Children Authority:** Interns were given the opportunity to delve into the realm of children's rights and protection during the visit to the National Children Authority. Insights gained from this experience highlighted the importance of advocacy and safeguarding the rights of the most vulnerable members of society.
3. **UYAHF:** Building upon our partnership during the youth hub sessions, the visit to UYAHF further solidified the interns' understanding of youth-focused initiatives. Exploring the organization's work and its impact on youth empowerment and health advocacy reinforced the interns' appreciation for targeted and effective community engagement.



Sessions were held every Wednesday featuring a diverse range of exercises tailored to accommodate various fitness levels and preferences. The activities included cardio workouts, strength training exercises, team sports, and group challenges, fostering a sense of camaraderie and collective motivation among the interns.

Health and Fitness Benefits, The collaborative nature of the workout sessions facilitated team building and promoted a sense of unity and mutual support among the interns. Engaging in physical activities together encouraged effective communication, cooperation, and teamwork, thereby enhancing the interns' work rate and productivity within the program.

Physical WorkOuts

Mbale Out Reach

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Interns enjoyed a dynamic three-day upcountry outreach in Mbale District, Bumbobi Subcounty. Engaging in diverse activities such as campfires, 5 school outreaches, community mobilization, and participation in a medical camp. By actively participating in various community-centric activities, interns gained valuable insights into the challenges and opportunities within rural communities, fostering a sense of empathy and social responsibility.



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Crime & Career Awareness

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We Hosted a team from Criminal Intelligence Uganda Police to our internship program's finale, empowering interns with insights on crime's career impact & prevention strategies. We are building an informed and responsible youth generation



D/SP Acwamu Enoth, Head National Political Intelligence Monitoring Unit who represented Brig Gen Damulira the Director Criminal Intelligence encouraged the youth to invest their time and resources in agriculture which is a secure, healthy and sustainable way to earn.

O/C Namugongo who was also representing the DPC Kira Division talked about prevention of Gender based violence against both which is on the rise. She encouraged interns respectfully of others gender and the rule of law. "A crime recorded is reputation ruined"



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Fair-Well Party

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The culminating event of our internship program, the farewell party, was a jubilant affair filled with laughter, delectable food, and heartfelt reminiscences. Interns gathered to celebrate their achievements and bid adieu to a transformative journey. The esteemed guest of honor, Ms. Justine Nakayenga, a distinguished community engagement practitioner working with World Vision Uganda, graced the occasion. In her inspiring address, Ms. Nakyeyune emphasized the significance of continued service to communities, urging the interns to carry forward the spirit of dedication and compassion wherever their paths may lead. The farewell party served as a poignant reminder of the enduring impact of the internship, fostering a sense of camaraderie and instilling a shared commitment to making a positive difference in the world.

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Program Out puts

- 25 participants completed the program and were awarded with certificates of completion. Participant's revived orientation and training on various topics of discussion deemed of benefit to them.
- Participants engaged in youth hubs and school out reaches to practically put the knowledge acquired during the trainings into use and gain experience on how work is done in the NGO setting.
- Participants engaged in physical workouts to increase on their thinking abilities to be efficient while at work
- Participants engaged in work visits at the Flexi marketing solutions and Nourish medical facility, National Children Authority and Right to grow.
- Participants engaged in a medical camp out reach.

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Program Out Comes

- Participants gained knowledge and skills related to climate change, community Led development, gender Justice, menstrual hygiene, skills development ICT, motion and static graphics, social media use, mental health, relationships and sexual reproductive health and justice.
- Participants were able to apply their knowledge and skills in the school outreaches and youth hubs
- Community members in Mbale received medical assistance during the medical camp held in Mbale.
- Work relations between THU and every other organization visited were strengthened.

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Program Management

The program was managed by the Touch the Heart Uganda staff, who were responsible for coordinating the various activities and ensuring that participating had a positive the various activities and ensuring that participants had a positive and productive experience. The program was funded through local contribution.

Program Monitoring & Evaluation

The program is was monitored and evaluated through regular check ins with participants ,feedback form teachers and students at the schools visited and an end of program survey completed by participants. The survey asked they learnt and how they plan to use their knowledge and skills, moving forward, below is the pictorial evidence of the feedback by the community care champion

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Program sustainability plan:

Partnerships, Collaboration and lobby : We aspire to leverage strategic partnerships, foster meaningful collaborations, and engage in effective lobbying efforts to ensure the long-term sustainability and growth of our impactful internship program.

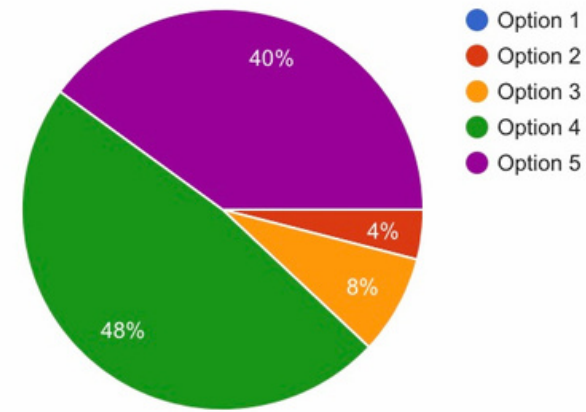


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We Value feedback

2. How well did the internship program align with your career goals and aspirations? On a scale of 1-5

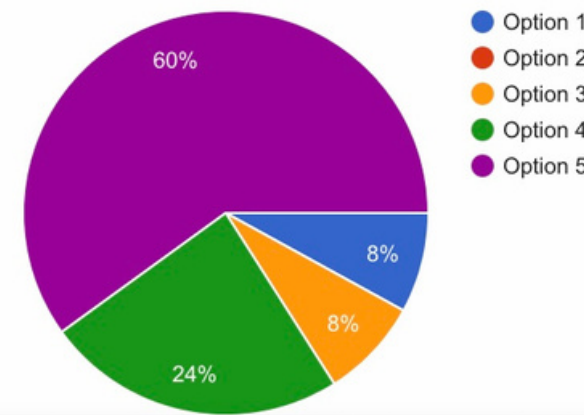
25 responses



3. Were the internship objectives and responsibilities clearly communicated to you at the beginning of the program?

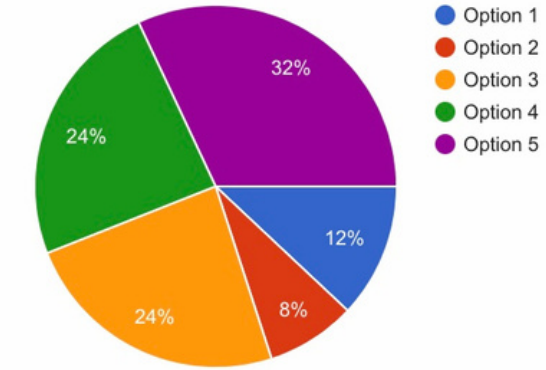
On a scale of 1-5

25 responses



3. Were there any additional resources or support you wish you had received to enhance your learning experience? On a scale of 1-5.

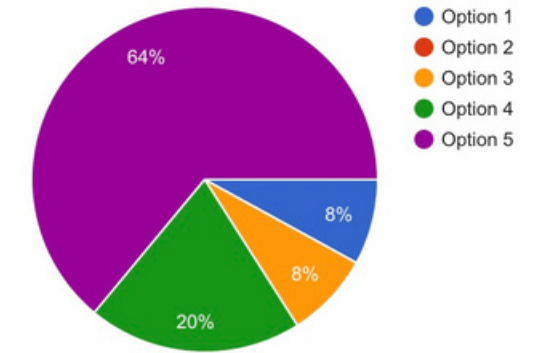
25 responses



3. How would you rate the level of mentorship and guidance you received from your supervisor and colleagues?

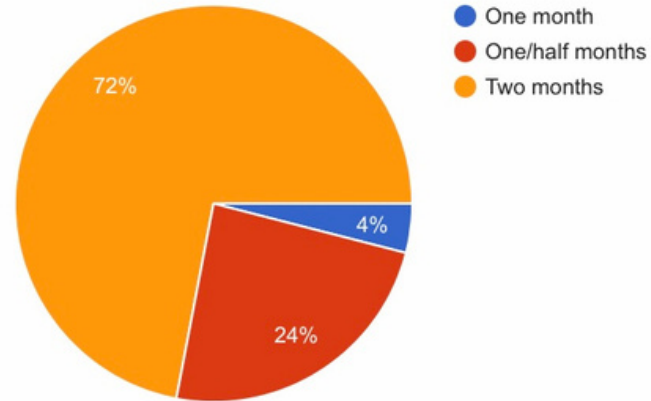
On a scale of 1-5

25 responses



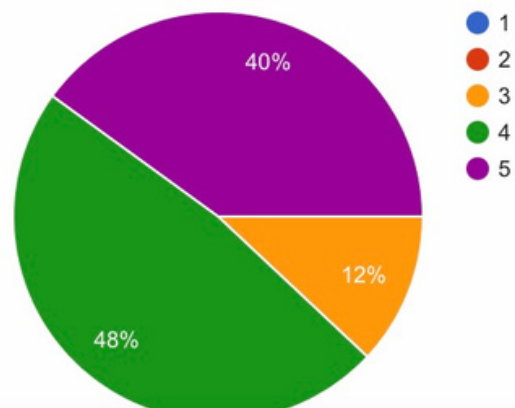
Intenship period

25 responses



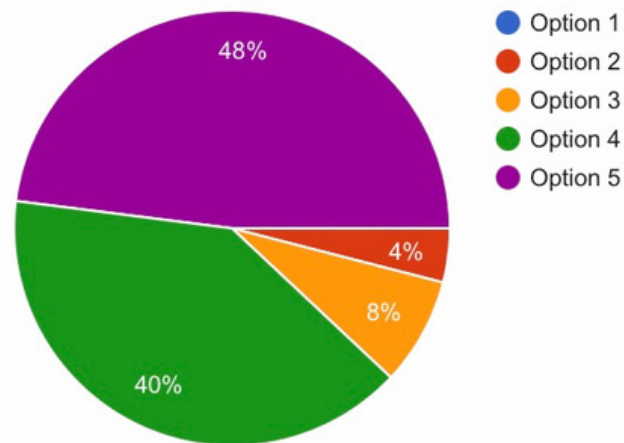
1. How would you rate your overall experience during the two-month internship at Touch the Heart Uganda?
On a scale of 1-5

25 responses



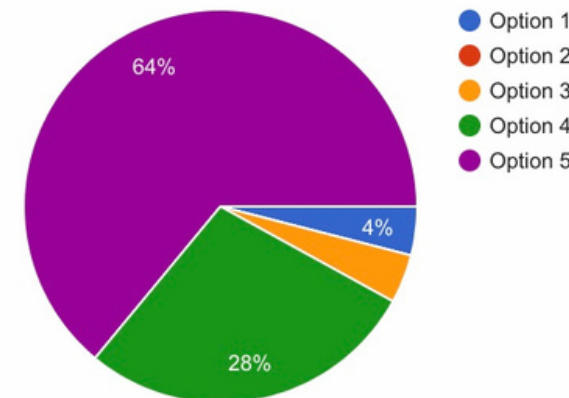
1. Did the internship program meet your expectations? On a scale of 1-5

25 responses



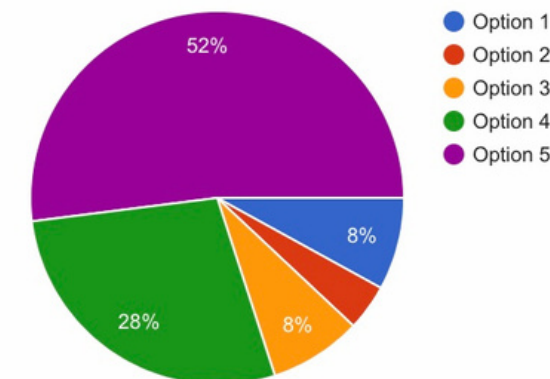
1. Did you find the training and orientation sessions helpful in preparing you for your internship tasks? On a scale of 1-5

25 responses



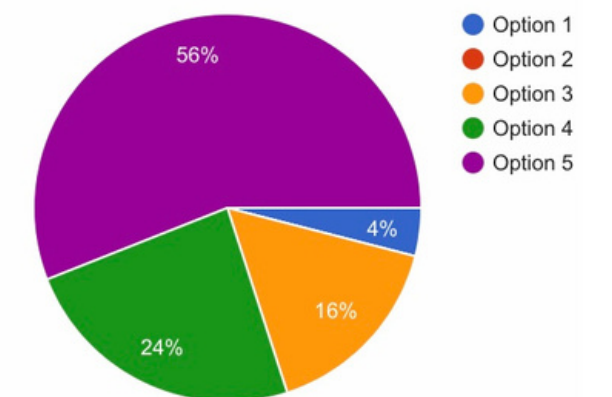
2. Were you provided with opportunities to learn and grow in your desired areas of interest? On a scale of 1-5.

25 responses



1. Would you recommend this internship program to your peers? On a scale of one 1-5.

25 responses



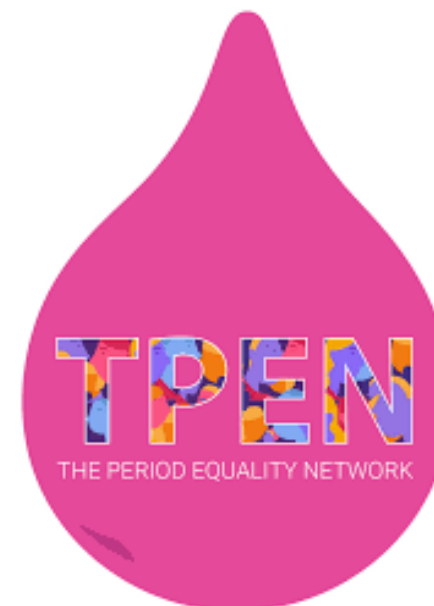
Our Partners



SheDecides.



Inter-Agency Working Group on
Reproductive Health in Crises



Website: <https://thuganda/>

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