



EARLY CHILDHOOD HEALTH & NUTRITION

The Kingdom of Swaziland has the world's highest HIV/AIDS prevalence rates, with approximately 31% of the population being infected. In 2010 it was estimated that there was close to 200 000 orphaned children in the Kingdom due to HIV/AIDS. Many more children are now without a parent and live with extended family that already has stretched resources. Unemployment is high, approximately 39% of Swazi's are without a job, which rises considerably to 53% among youth. About 66% of the population is unable to meet basic food needs, while 43% live in chronic poverty. Children are particularly vulnerable and often are in desperate need of help and support. You have the valuable opportunity to assist, motivate and encourage the nutritional development of the preschool children who attend our Neighbourhood Care Points (NCPs).

Whether you are looking to gain experience to add to your CV, need to fulfill University requirements or just have experience to contribute, we like to make our internships as beneficial for each intern as possible. That's why we want to know in advance if you have a special interests, expertise or goals to achieve whilst your completing your internship with us.

ACCOMMODATION & MEALS

During your stay you will be accommodated in an award winning Lidwala Lodge in Ezulwini Valley. Three meals a day will also be provided, some on a self-serve basis and others cooked for you.

PROJECT START DATES

Arrival day for this project is the first Monday of the month throughout the year, with the exception of December when the project is closed.

INCLUDED IN THE COST

- Comprehensive 24 hour, 7 day a week support from All Out Africa
- Intern projects specifically designed to enable you

INTERNSHIP EXPERIENCE!

to make an active contribution during your stay

- Support of intern project coordinators who are experts in their fields which ensures the intern experience is valuable
- Comprehensive orientation to the country, its culture and your role as a intern upon arrival
- All food and accommodation throughout your stay

INTERN ROLE

An intern, although also not being paid, is different from a Gap-year volunteer as they are expected to bring some knowledge and/or experience in the area they are working in. There are fewer internship posts available so competition for these is higher. Interns will be working at a more career focused strategic level and developing local capacity to work effectively and with meaning, as well as gaining valuable hands-on, practical experience during their placement. Interns are also expected to take on more responsibility and to create their own goals and seek activities to be involved in or lead. They will also have a mentor assigned to them to guide them during the internship.

Upon arrival, our team will assist our interns with getting started, meeting their partners if they are off campus, and advising them on next steps. Our interns, then have the flexibility to create their own schedule with their partners, and together create a plan of action of goals to achieve whilst working together. For this reason, it is important that the word "partner" remain key throughout the experience. Our interns have a world of expertise to offer, however all goals should be created together with the in-country partner so the outcomes are sustainable even after the intern returns home. We do not expect our interns to take on a job position, but rather take on the role of advisor; offering advice, suggestions and assistance in creating strategies that



will make long term impacts.

You will have the opportunity to assist our team with current research studies, monitor the growth (BMI) of the children we care for, observe their learning behaviours and make recommendations for their nutritional advancement.

Some of the activities you may get involved in may include:

- Collecting growth and health data from the children
- Educating parents and/or teachers about healthy practices
- Developing reports and recommendations for our NCPs
- Developing additional studies to monitor the health of the children

* Please note that the activities listed above are based on availability and may vary by season. These are samples of activities that are interns are **likely** to participate in.

WHERE YOUR PROJECT FEE GOES

By signing up with us you are donating your time and skills to work directly with communities in need through a structured project. There are many benefits of interning through an organization like ours. Sometimes it is hard to find projects to support in a foreign country that are safe, worthwhile, and reputable. When you sign-up for one of our projects for 2 or 12 weeks, you become part of a bigger, sustainable plan that our team of qualified staff have carefully crafted. You will also receive travel and visa support, orientation, a safe place to stay, logistical support, in addition to clear expectations of the work you will do. This is why we charge a fee for interning or interning abroad.

Your project fee goes towards a company you can trust, an experience that is worthwhile and an opportunity that will make a positive and sustainable impact on the community you have chosen to serve.

DAY IN THE LIFE OF A INTERN

- 7:00** Wake up and have your breakfast on the deck!
- 7:30** Travel to your placement and get ready to begin your day
- 8:00** Participate in your chosen project
- 12:30** Time to either return to the Backpackers for lunch or to eat the packed lunch you made that morning!
- 14:00** Begin your afternoon's work with a full stomach and enthusiasm
- 16:00** Return back to your accommodation and share your day's adventures with other interns, maybe even a quick swim in the sea!
- 18:30** Enjoy a delicious evening meal and relax.....

ITINERARY FOR YOUR EXPERIENCE

Day 1 Fly into OR Tambo Airport, Johannesburg where you will be met by All Out Africa staff members who will transfer you by road from Johannesburg to the Kingdom of Swaziland.

RESERVE YOUR SPACE WITH A 10% DEPOSIT!

4 Weeks For **\$1535**

6 Weeks For **\$1975**

8 Weeks For **\$2266**

10 Weeks For **\$2669**

*Prices listed in US Dollar. For special prices, group rates or custom placements please email for a custom quote.

Day 2 The second day begins with an informative presentation that will brief you on all you need to know about the culture and country, how to effectively contribute during your intern experience.

Day 3 Day three will involve meeting the project and people you will be working with. All Out Africa staff will escort you to your placement to for a smooth start to the process and to help you settle in. The outcomes of the internship should also be discussed and agreed on this day, so you feel clear and focused about your placement.

Day 4 After your first partner meeting, it will be up to you to plan your week! Find out which days are best to meet with your partner, and which are best for you to work in the office to do some planning or research. Sometimes it may also be helpful to do some field research in the area.

Weekends are free for you to relax or to see more of the scenery and activities Cape Town has to offer!

Airport transfer is included and facilitated by All Out Africa if on the designated departure day.

NOT INCLUDED IN THE FEE

X Local transport fares to your project or partner
Note: Interns may travel more frequently and further distances to meet with their partners. If this is a concern, please let your agent know in advance so special arrangements can be made.

X Medical/Travel Insurance

X All flights & Visas