



Mountains of Hope Nutrition Project (Mpigi, Uganda)

3 Interns --- 10 weeks --- Estimated Cost: \$2,500

Mountains of Hope Children's Ministries is a non-profit NGO working in Mpigi, Uganda, to empower marginalized rural communities. The organization addresses the basic needs of vulnerable children and their communities by providing them skills and resources to develop into healthy, caring, and confident individuals.

Details of the Health and Nutrition Project: Upon arriving in Uganda, interns will receive a training on the healthiest local foods available and how to prepare them. They will then help the Mountains of Hope (MOH) staff conduct health and nutrition trainings in the Mpigi community to teach mothers and families the healthiest ways to grow, purchase, and prepare food for their children.

The Issue: Uganda offers some of the richest agricultural land in the world, allowing many families to produce healthy foods in their own backyards. Unfortunately, many impoverished families must sell all of their produce and feed their own children starchy and low-nutrition meals rather than healthier fruits and vegetables they grow. Mountains of Hope has found that teaching mothers about the importance of diet, in addition to helping them start community gardens has drastically reduced rates of malnutrition and childhood illness, while increasing school attendance and childhood wellbeing.

Other Responsibilities of the Interns:

- Interns will spend 2-4 days a week in the community carrying out nutrition and health trainings.
- On the remaining days they will help MOH:

- Distribute water filters
- Start community gardens
- Maintain the organization webpage and social media sites
- Write grant applications
- Update education sponsorship sites
- Help with computer trainings to teach students basic computer skills
- And a variety of other projects that keep Mountains of Hope up and running
- Create marketing materials such as photographs and videos
- Interns must be flexible, hard-working, and thoughtful about the impact they have on the community
- Interns will have weekly 1-hour meetings leading up to the internship to ensure they are prepared for their work in Uganda and have coordinated their travel plans

For more information on Mountains of Hope and the work they do please see:

<http://www.mountains-ofhope.com/index.html>

And check out their Facebook page: <https://www.facebook.com/MOHchildrensministries>

A note from a past intern:

“Working with Mountains of Hope was one of the most rewarding, challenging, and inspiring experiences I have had. Learning to work with people of other cultures and values made me think critically about the way I interact with my peers, co-workers, and even friends. I saw the importance of really listening to the people I am working with, and honestly learned more than I ever could have contributed.

James, the director of Mountains of Hope, is probably the wisest person on the planet and comes from an incredible background. From a poor Ugandan family with 11 siblings, he paid his own way through much of his school, and has persevered not only to create a better life for his own family, but to improve the lives of everyone around him. We joked he was the ambulance, the food delivery truck, the pastor, the teacher, the boss, the farmer, and the parent to everyone in the community because he truly does it all. We got to help out with all the little projects James envisions, from creating coloring books for kids to sewing sanitary pads for women last summer, and I was constantly inspired by the work they did.

I made so many incredible friends there, who honestly feel more like family, and I can't wait for the chance to go back and see them again. You will probably get sick, there will be tough days, but it's all SO worth it. The people are so kind, the fruit is AMAZING, the

sunsets are gorgeous, and every second is filled with learning. Go for it.” -Abbey Cmiel,
2016 Summer Intern- Menstruation Management Project

Have Questions? Reach out to:

Projects Team Coordinator: Sarah Wright

sarahjw@live.unc.edu

(650) 417- 5303

Past Intern: Abbey Cmiel

acmiel@live.unc.edu

(571) 296- 0858