

HOPE FOUNDATION FOR AFRICAN WOMEN

... Eliminating Gender Disparities, Empowering Women & Girls:
Transforming Communities

Hope Foundation for African Women (HFAW)

International Learning & Exchange Program

Program Overview

The HFAW International Learning & Exchange Program is a transformative experience designed for students, researchers, and professionals seeking practical engagement in gender justice, community development, and cross-cultural collaboration. Participants are immersed in grassroots advocacy, research, and community engagement while experiencing Kenya's rich culture and landscapes.

The program integrates organizational learning at HFAW with partner-based placements, offering holistic exposure to our core thematic areas: Economic Empowerment, Sexual and Reproductive Health and Rights (SRHR), Gender-Based Violence (GBV), and the fight against Female Genital Mutilation (FGM).

Program Options

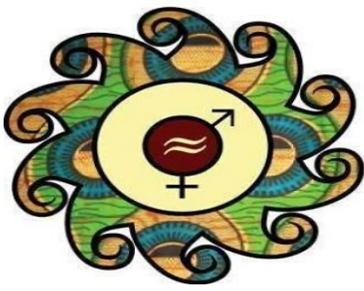
To enhance flexibility, participants may select from the following tailored packages:

Option 1: 2 Weeks – Intensive Immersion

- Focus: **Fast-track learning & field placement.**
- Best suited for: Professionals on short visits, students on summer/winter break, and researchers seeking quick exposure.
- Activities: Organizational induction, field shadowing with HFAW staff, school/community advocacy events, and short cultural immersion.
- Outcome: Participants gain a snapshot of grassroots advocacy, program design, and Kenya's socio-cultural context.

Option 2: 4 Weeks – Community Engagement & Applied Practice

- Focus: **Deeper field experience, and independent project** (instead of workshops).
- Best suited for: Students, early-career professionals, or researchers who want more time to apply skills in real contexts.
- Activities: Organizational induction (Week 1), extended field placement with partner organizations, community engagement (dialogues, awareness campaigns), and a **mini research or applied project** guided by HFAW mentors.



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- Outcome: Participants leave with practical fieldwork experience and a small project/report they can share with their universities or professional networks.

Option 3: 6 Weeks – Comprehensive field and research experience, including project development, mentorship, and knowledge-sharing.

Each option can be combined with a **Safari Excursion Package** for those wishing to experience Kenya's iconic Maasai Mara National Reserve.

Safari Excursion (Optional Add-On)

Participants may choose a 3-day safari excursion to the Maasai Mara, Kenya's world-renowned wildlife destination.

Program Objectives

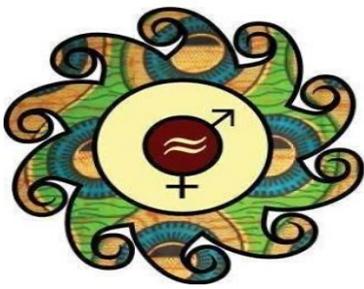
- Equip participants with **practical skills** in advocacy, community mobilization, and project design.
- Foster **cross-cultural collaboration** between international participants and Kenyan communities.
- Build **capacity in grassroots approaches** to SRHR, GBV prevention, anti-FGM advocacy, and women's economic empowerment.
- Support research, innovation, and **knowledge exchange** on social and gender justice issues.

Program Structure (Adaptable by Option)

- **Orientation & Foundation** – Induction into HFAW's vision, Kenyan social-cultural context, and thematic workshops.
- **Field Placement & Community Engagement** – Hands-on roles in partner organizations, schools, clinics, safe houses, and cooperatives.
- **Independent Research/Project** – Participants undertake projects aligned with HFAW's mission, with mentorship and supervision.
- **Reflection & Knowledge Sharing** – Peer learning, experience exchange with grassroots leaders, and presentation of findings.
- **Certificate of Completion** – Awarded by HFAW, recognizing international contribution to gender justice.

Support for Participants

- **Mentorship**: One-on-one guidance by HFAW staff.



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- **Accommodation & Logistics:** Support to secure safe housing near project sites.
- **Cultural Immersion:** Host family experiences and interaction with local communities.
- **Networking:** Opportunities to connect with civil society, academia, and policy actors.

Why Join?

The HFAW International Learning & Exchange Program goes beyond observation—it is an invitation to **co-create solutions** with communities on the frontline of gender justice. Participants contribute to sustainable change while gaining invaluable skills, insights, and a life-long network.

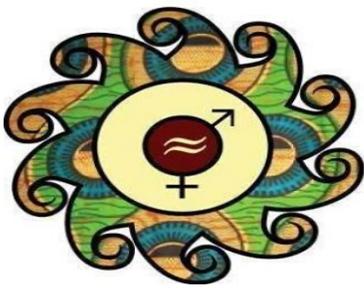
EP BUDGET

Program Fees (Per Intern)

Item	Cost (USD) 2 Weeks	Cost (USD) 4 Weeks	Cost (USD) 6 Weeks	Notes
Application Fee	\$50	\$50	\$50	Non-refundable
Program Fee	\$1,032	\$2,064	\$3,096	Covers accommodation, local transport, meals, mentorship, and program support
Total Fee	\$1,082	\$2,114	\$3,146	Airfare, visa, and insurance not included

MAASAI MARA & NYAMIRA TRIP (OPTIONAL ADD-ON)

Maasai Mara Safari	\$1,100	Two-day inclusive trip((covers transport, park fees, meals, and accommodation. Includes USD 250 contribution to HFAW programs)
Nyamira Trip	\$400	Visiting Nyamira HFAW offices



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