

About the Foundation for Sustainable Development

The Foundation for Sustainable Development (FSD) is a non-profit 501(c)(3) organization founded in 1995 to support underserved, international communities in a collaborative and sustainable manner. Our model incorporates three overlapping programs:

1. Sustainable Development Training Programs for Interns and Volunteers

FSD provides comprehensive training and immersion programs for interns and volunteers seeking hands-on development experience in Africa, Asia, and Latin America. Program participants come from countless professions and more than 300 universities worldwide to collaborate with our partner organizations on community-driven projects that reflect sustainable principles.

2. Grantmaking to Projects and Initiatives Lead by Our Partner Organizations

Donations and grants given to FSD are used to support projects and initiatives implemented by our partner organizations, site teams, interns, and volunteers.

3. Sustainable Development of Community-Based Organizations

Our professional field staff, consultants, and program participants provide on-site technical training and capacity building to more than 200 community-based organizations.

517 Potrero Ave, Suite B

San Francisco, CA 94110

415.283.4873

Fax: 415.621.5476

www.fsdinternational.org

FSD is a not-for-profit charitable organization with 501(c)(3) status.

We are a non-endowed foundation and rely on the annual support of generous individuals, foundations, and corporations.



asia
africa
latin america

internships

will perreault



why intern with fsd?

SINCE 1995, the Foundation for Sustainable Development (FSD) has been a leader in providing hands-on international development and cultural immersion experience to students and professionals. Our internship programs supply the building blocks for establishing international development careers, strengthening graduate school applications, fulfilling practicum requirements, and cultivating professional relationships. Interns choose FSD for our unique methods toward grassroots international development.

learn

development training & in-country support

Our hands-on field training program experientially teaches interns the practical skills, development issues, and cultural competencies necessary for collaborative, community-driven project work. Each step of the way, our local site teams provide trainings, ensure safety, and guide project development.

work

direct engagement & project experience

Interns are placed with partner organizations that optimally match their interests, skills, and objectives. These organizations are directed by community leaders who collaborate with interns on project work that sustainably addresses local needs and activates community involvement. A portion of the program fees is used as a seed grant to initiate project work. Additional funding is available through FSD for strong projects. Responsibilities carried by interns in the field are directly proportionate to their skill level and the length of their internship.

live

cultural immersion

Rather than working and living as a group, FSD interns live individually with host families and work individually with partner organizations to ensure cultural immersion. Training, cultural activities, discussion groups, workshops, and retreats are done as a group to promote the exchange of resources and ideas.

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apply online.
www.fsdinternational.org

Intern for **9 to 52 weeks** in **Africa, Asia, or Latin America**

Work with one of more than **200 partner organizations**

Develop **sustainable** projects

Live with a local **host family** to ensure a safe and successful community integration

Gain the **training and experience you need** to work in international development



microcredit in uganda

Assembling a Project Monitoring System for the Promic Microcredit Program

Will Perreault, 2007 Intern

To ensure the equitable distribution of micro-loans and resources to microenterprises, Will Perreault collaborated with his host organization (JIDDECO) to create and implement a Project Monitoring System and Evaluation Database for the Promic Micro-Credit Program. With the database, JIDDECO can use loan resources more efficiently, better target marginalized populations, and support clients with their loan repayment process. Through Will's creation of client loan portfolios, a centralized collection database, and a monitoring and assistance program, JIDDECO is reaping higher percentages of loan repayments.

With funding supplied by over 50 donors, Will trained staff members to utilize the database system, gathered data on the allocation of over 500 loans in 19 communities, and assessed the challenges and successes of loan recipients. By solidifying these loan programs, Will and JIDDECO are empowering and measurably improving incomes for women in rural communities throughout Jinja, Uganda.



will perreault

microenterprise/microfinance microcredit • community banking • business development • eco-tourism • social entrepreneurship
environment/appropriate technology renewable energy • organic/sustainable agriculture • water supply and treatment • green building • natural resource management • agrochemical/industrial pollution • cook stoves • transportation • waste management • education & planning
women's empowerment advocacy & rights • capacity building • women's entrepreneurship • violence against women • building cooperatives
human rights poverty equality & social justice • environmental law • child advocacy • mediation & conflict resolution • reproductive/property/disability rights • forced migration

what will you do?

THROUGH our partnerships with more than 200 community-based organizations, FSD provides countless opportunities for interns to support grassroots international development. At each program site, interns engage in project work that addresses seven primary development subjects and their respective project areas. Visit our website for detailed descriptions of all our partner organizations and the projects you can support.

• legal policy **education & youth development** social moral & cognitive development • orphanage care • sports & extracurricular activities • primary & secondary school teaching • vocational & life skills training • social leadership
community development community empowerment • planning & infrastructure building • food security • cultural retention • tourism • media & communications
health traditional & conventional medicine • health systems & policy • social work & mental health • reproductive health & maternity care • nutrition • disabilities & physical therapy • HIV/AIDS

appropriate technology in india

Rainwater Conservation: Securing Livelihoods in the Face of Increasing Scarcities

Alex Segura, 2007 intern

Varanoda is located in the Motida district of Rajasthan in northwestern India. Over the past 30 years, bi-yearly drought has contributed to extreme water, food, and livestock fodder scarcities. Agriculture is the main source of livelihood for the rural village, but drought is weakening crop yields and forcing around 60 percent of the local population to seasonally migrate each year for wage labor. The labor occurs in deplorable conditions, breaks up families, and leaves the women in Varanoda with unmanageable workloads.

In response, Alex collaborated with his partner organization to finance and build rainwater catchments that provide irrigation water for 20 households, and drinking water for the entire village. Crop harvesting is expected to grow three-fold and beneficiaries will be able to undertake new income-generating activities. Increased local opportunities may also curtail the trend of wage labor migration. Funding for the project was supplied by FSD and other community sources.



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alex michel

Our development training program is a three-step process that builds the competencies you need to work effectively in the field.

Shanna Branciforte,
2005 Kenya Intern
Licensed Social Worker and
Founder of Projects of Hope

During your week-long orientation, community leaders and the FSD site team will help you adapt to the local culture, explore your cultural preconceptions, and expand your knowledge of development.

Community Integration Training

orientation topics include:

- Best Practices for Community Engagement
- Local Development Issues
- Language Training (Africa and Asia)
- Safety and Health
- Local Belief Systems and Cultural Perspectives

Using an experiential approach, our local site teams provide you with the skills needed to sustainably engage project work and to become a development professional.

Development Skill Building

on-site trainings address:

- Community Mapping and Partnership Building
- Local Approaches to Development
- Needs Assessment Tools
- Grant Proposal Writing
- Project Monitoring and Evaluation
- Integrating Sustainability into Project Work
- Collaborative Project Design and Management

FSD provides a series of immersion and reflection opportunities to help interns see the connections between their efforts and the broader context of international development.

Cultural Immersion & Reflection

activities typically include:

- Group Service Projects
- Adventure Excursions
- Local Festivals and Events
- Book Discussion Groups
- Movie/Documentary Nights
- Cultural Comparison Discussions



“FSD interns have built many bridges in our community through their dedication, enthusiasm and hard work. Their commitment to promoting meaningful change inspires community members from our most marginalized areas to become agents of change and brings hope for a better future. When interns come to work with us, their genuine selfless-

— *Maria Sunsini, Director of Casa*

ness makes us forget the differences between our cultures, countries, and governments. We hope to continue collaborating with FSD interns so we may continue to move toward achieving social justice, realizing environmental sustainability, improving economic opportunities, and bringing attention to matters which foster social change together.”

— *del Niño de Arco Iris - La Plata, Argentina*

peter menzel

During a home visit, I met Angelina – a mother of five and caregiver to three more grandchildren. Angelina tested positive for HIV in 2004; her husband died of AIDS in 1999. There was no family to support Angelina, and no place for her children if she died. She worked on a farm for 50 shillings (\$.70US) a day and couldn't meet her family's needs.

I met dozens of widows like Angelina while working on several health projects in my village. Their lives were shaped by extreme poverty and HIV and their stories overwhelmed me beyond anything I had known before. After a few days of feeling hopeless about their situation, I began working with my supervisor to create a women's support group.

The widows called themselves Yote Yawezekana, which means “All is Possible.” The group—21 women ages 25 to 60—quickly set about the tasks we identified. They began collectively caring for group members who were weak, empowering HIV positive widows, and conducting outreach campaigns to educate villagers about HIV/AIDS.

Yote Yawezekana needed continued support. After I left Kenya, I realized that I needed them in my life as well. I collaborated with FSD to start an organization that dedicated resources to the cooperative. It's now been two years since I started Projects of Hope. Our efforts have paid educational fees for over 30 children and implemented several community health and housing projects for the families of Yote Yawezekana.

Currently, I juggle my work with Projects of Hope with being a full-time social worker in Rochester, N.Y. Looking back, I realize that my internship wasn't a cultural exchange stored away in a picture book. It was a 10-week personal journey that required every ounce of strength I had, while giving me a greater sense of purpose in the world.

The relationships I maintain through Projects of Hope are a daily reminder that, even under extreme conditions, change is always possible. For more information about my organization and our work in Western Kenya, visit our website at www.projectssofhope.org.

Alumni of FSD internship programs have won Rhodes, Fulbright, and other merit-based scholarships; gained employment with international development organizations; pursued graduate degrees at the world's best universities; and started their own development organizations. Visit our website to learn more about FSD Alumni.