

FK NORWAY
FACTS AND FIGURES



Foreword by Nita Kapoor

Yet another productive and stimulating FK year has been put behind us, a year full of reciprocal exchanges, life-altering experiences, international partnerships, sharing of skills and organizational development.

In the months since becoming Director General of FK Norway in August 2009, I have found it exhilarating to meet some of our partners and participants who are working towards these goals on three continents. I have also had the pleasure of joining an organization of skilled and enthusiastic staff in Kampala, Bangkok and Oslo, and would like to thank all our partners, participants, associates and staff alike for their dedication.

Together, our partners and participants are putting into practice the ideals of Millennium Development Goal 8: "Develop a global partnership for development". Working within a broad range of sectors, from health, education, the media and community work to agriculture, the environment, energy and business development, many of our partners are helping to achieve even more of the MDGs in a variety of ways.

In 2009, we decided to commission an external review to help us identify results and long-term outcomes of the exchange programmes, and to inform FK Norway's

ongoing strategy process. The review, conducted by Nordic Consulting Group in Ethiopia, Nepal and Norway, establishes that FK Norway has been able to produce a range of relevant outcomes along the thematic priorities of Norway's development

policy White Paper "Climate, Conflict and Capital". The review team found that, in most of the organizations and institutions partaking in FK exchanges in the three countries, these outcomes included the development of technical expertise at a personal level, and of systems, mechanisms and service enhancements at an institutional level.

In addition to the exchange programmes, FK Norway has effectuated substantial training work, network meetings in Norway and in the South, conferences, campaigns and outreach activities. The FK-World internet initiative has been developed and will provide a new tool for global networking for both individuals and institutions. In the years to come, I look forward to your active participation in this social medium.

2009 also saw the conclusion of a restructuring process for FK Norway. Our



new status, directly under the administrative auspices of the Norwegian Ministry of Foreign Affairs, presents new opportunities for enhancing our organization. Our strategy for 2010-2014 focuses on FK Norway intensifying its core activity and structure.

To that end, we will be targeting our training, networks, strategic alliances and management systems even further. We shall also continue to grow as a transparent, learning and knowledge-based organization.

I believe that the values and practices of our work, recognizing that development should be founded on a mutual process of learning, without "recipients" or "donors", and on respect for local contexts, competencies and needs, place FK Norway at the cutting edge of international volunteer exchange. It is my wish that FK Norway continues to refine and improve its methodologies and development perspectives in alliance with our partners. And I will remain committed to strengthening FK Norway and promoting international cooperation between partners who are fostering global citizens and leaders for the future.



Front page:

Camilla Pay works at Dhow Countries Music Academy in Tanzania. They have an exchange programme with the The University in Agder, Norway.

Here she is together with Neema (left) and Saynab. A few times a week they travel to Living Stone Academy where they teach music and song.

Photo: Ken Opprann

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FACTS ABOUT FK NORWAY

FK Norway (Fredskorpset) facilitates the mutual exchange of personnel between organisations and businesses in Norway and Africa, Asia and Latin-America. When people from different countries meet and get to know each other, this gives rise to knowledge, understanding and empathy... and the world becomes a smaller place. That is why we give ordinary people the possibility to work for extended periods in a foreign country.

The exchange takes place within a partnership between two or more organisations or companies, with support from FK Norway. The aim is to promote the mutual exchange of knowledge, experiences and skills. This leads to capacity building and institutional learning.

FK Norway is a governmental body under the Norwegian Ministry of Foreign Affairs and is fully financed from the National Budget. For the year 2010, FK Norway has been allocated NOK 185 million. Over the past ten years, more than 4,300 participants have been exchanged.



Glvas B Singini works at Kamuzu Central Hospital in Malawi. The hospital is FK-partner and exchanges orthopaedists with Sophies Minde Orthopaedics in Norway, Tanzanian Training Centre for Orthopaedic Technologists and Cambodian School Of Prosthetics and Orthotics.

Photo: Ken Opprann

STATISTICS 2009

How Many... ?

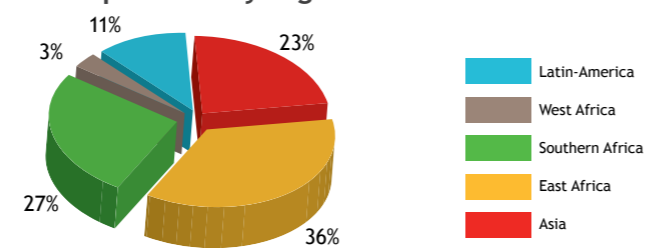
575 participants from 456 partners in 50 different countries went on exchanges during 2009. 60% of these are from countries in the South. 14 preparatory courses were held to prepare all the participants to meet another culture and new challenges.

FK Norway was allocated NOK 185 million from the Norwegian Ministry of Foreign Affairs for the year 2009. The activity is administrated by 30 employees in Oslo, in addition to regional offices in Africa and Asia, which are in charge of the South-South exchange programmes.

Participants with departure in 2009

Programme	2009	Total 2001-2009
Esther (new progr.)	13	36
North-South	174	1689
South-South	145	845
Youth	243	1687
Senior (former progr.)	0	66
Total	575	4323

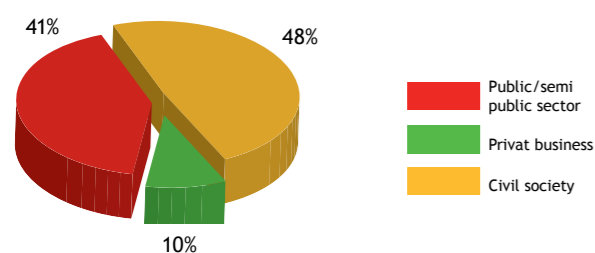
South partners by region



Active collaboration agreements according to priority area and programme

	2009
Business development, incl. agriculture	21
Culture and sports	17
Education	23
Environment	27
Good governance, incl media and HR	17
Health, incl. HIV/AIDS	19
Peace building	5
Women and gender equality	7
Other	14
Total	150

Partners by sector of society



South-participants' home country

Country	Participants
Norway	223
Kenya	36
Uganda	32
Tanzania	30
Nepal	21
Malawi	17
South-Africa	14
Zambia	14
Bangladesh	13
Guatemala	13
Etiopia	12
Philippines	9
Sri Lanka	8
Zimbabwe	8
India	7
Madagaskar	7
Brazil	7
Thailand	6
Sudan	6
Nicaragua	6
China	6
Cambodia	6
Other	63
Total	575

Participants according to sector

Sector (Company)	2009	2001-2009
Advocacy, human rights and peace building	63	380
Agriculture	12	66
Business	35	262
Culture	34	228
Development cooperation	71	646
Education	18	106
Health	37	238
Media	35	291
Public administration	36	260
Religious organisation	45	330
Sports	39	243
University/research	58	600
Youth organisation	42	255
Other	50	436
Total	575	4341

Gender distribution per programme line

Gender	Esther	North-South	South-South	Youth	Total
Female	46%	45%	52%	65%	55%
Male	54%	55%	48%	35%	45%



HEALTH EXCHANGE

Ocean Road Cancer Institute is one of the African partners within the Health programme Esther. The Tanzanian hospital has an exchange programme with Haukeland University Hospital in Norway.

Marit Kleppe is an FK participant and is working at the hospital for one year.

Photos: Ken Opprann



NORTH-SOUTH EXCHANGE

Economic Development

Three consulting companies – Norplan in Norway, Newplan in Uganda and Shebelle Consulting in Ethiopia – have exchanged 14 engineers since 2001. The three companies offer engineering, planning, economics, architecture and management services.

Both the partner companies involved and the participants gain valuable and lasting experience from the programmes. The exchanges have contributed to an increased focus on involving younger employees in international project activity, and

have been instrumental in providing the necessary project experience. It is a lasting challenge in international development-related business in the region to involve young employees without international experience in projects. The FK exchange programme has given us a means to provide this experience, says Joakim Arntsen in Norplan.

Success in Uganda

In October 2009 the Minister of the Environment and International Development in Norway, Erik

Solheim, opened Bugoye hydropower station in Uganda. Bugoye was completed within the budget and three months before schedule. It has a capacity of 13MW, and will produce 7% of the need for electricity in Uganda.

The hydropower station is financed through cooperation between Trønder Energi, Norfund and The Norwegian Ministry of Foreign Affairs.

FK Norway has been involved in the project through FK-participant and engineer Audun Hanssen Lundberg, who worked with construction design in 2009.

“I have learnt different methods of quality control.” Crispus Omuut is a water engineer, working at Norplan’s office in Norway.

THE FK NORTH-SOUTH PROGRAMME

Organisations in Norway exchange staff with companies in Asia, Africa or Latin-America. The aim is institutional competence building and bridge building. Professionals work in another country for a year and will both learn and contribute their expertise and skills. The North-South programme involves a variety of professions and countries.

An important climate change mitigation

It is a huge demand for clean energy in Africa. The Bugoye project uses two of Uganda’s rivers, Isya and Mubuku, to produce power. The water energy is an alternative to all the small diesel aggregates that supply much of the electricity in Uganda today, or power from oil and coal.

Erik Solheim emphasizes the aspect of the climate in this project.

At exchange to learn more

Crispus Omuut from Uganda works as an engineer at Norplan. He has learnt a lot about geotechnical design. The way we collect the soil is critical for the construction design, he says. When we plan to build something, we need to test the soil at specific depths and establish the groundwater level.

When Crispus returns to Uganda later this year, he will be taking on more responsibilities than before. In addition to the technical skills he has gained, he has also learnt more about project management and efficiency.



New perspective

Spending time in a new country has given me a new perspective, Crispus says. There are different methods for

solving things, and I have become familiar with a less hierarchical system than there is in Uganda.



Crispus Omuut from Uganda is a water and environment engineer, planning to undertake more studies in the geotechnical field. What he learns in Norway will be a valuable resource when he returns to his position at Newplan in Uganda. Photo: Liz Palm



Audun Hanssen Lundberg (left) checks the reinforcements for the headrace canal, along which water will be transported almost horizontally to the artificial falls. He has been in Uganda and Tanzania for a year, where Crispus was his mentor. Photo: Ken Opprann

SOUTH-SOUTH EXCHANGE

Human Rights in Tanzania

Lawyers from Tanzania, Ethiopia and Kenya share their best practices and learn from each other through the Women Lawyers' exchange programme.

The women lawyers' exchange programme started in 2007, with the principal objective of creating a vibrant network of women lawyers' associations in East Africa in order to strengthen the partners' institutional capacities by sharing experiences and skills. The organisations involved are the Federation of Women Lawyers in Kenya (FIDA), the Ethiopian Women Lawyers' Association (EWLA) and the Tanzania Women Lawyers' Association (TAWLA).

The partner organisations work to provide a structure to reach out to women, promote the economic, political, social and legal rights of women and, to that end, to assist women to secure full protection of their rights. They also work towards the enhancement of the legal status of women; facilitating the creation of a just society that is free from discrimination against women; creating awareness of legal rights and educating women on how to assert their rights through self-representation in court; researching, monitoring and reporting on women's rights violations; lobbying and advocating for the reform of laws and policies that discriminate against women; and undertaking transformative public-interest litigation.

Provided legal aid to clients

The participants have provided legal aid to clients and also trained clients in self-representation, which will prove to be an important skill and

result in an increase in the number of women accessing justice in the countries participating in the partnership. The lawyers also work on mentoring volunteer students, learning new fundraising skills, organising conferences and helping edit magazines.

Mutual support

The participants in this project have given the partner organisations the opportunity not only to exchange their best practices, but also to revive the women's rights movement in the region by ensuring that, through the exchange of personnel, they keep abreast of each other's progress and support each other in the promotion and protection of women's rights in their respective countries.

The participating organisations

The Federation of Women Lawyers (FIDA Kenya) was founded in 1985. It is a non-profit, non-partisan and non-governmental membership organization, committed to the enhancement of the legal status of women. FIDA Kenya's vision is to help create a just society that is free from discrimination against women. Membership of FIDA Kenya is open to Kenyan female lawyers and law students, and currently stands at more than 600 women.

The Ethiopian Women Lawyers' Association (EWLA) is a non-profit women's association founded by women lawyers. Operational since 1996, EWLA was established to promote the economic, political, social and legal rights of women and, to that end, to assist women to secure full protection of their rights.

The Tanzania Women Lawyers' Association (TAWLA) was founded in 1989 and registered as a society in

1990. It operates as a non-profit, non-governmental organization with no political or religious affiliations.

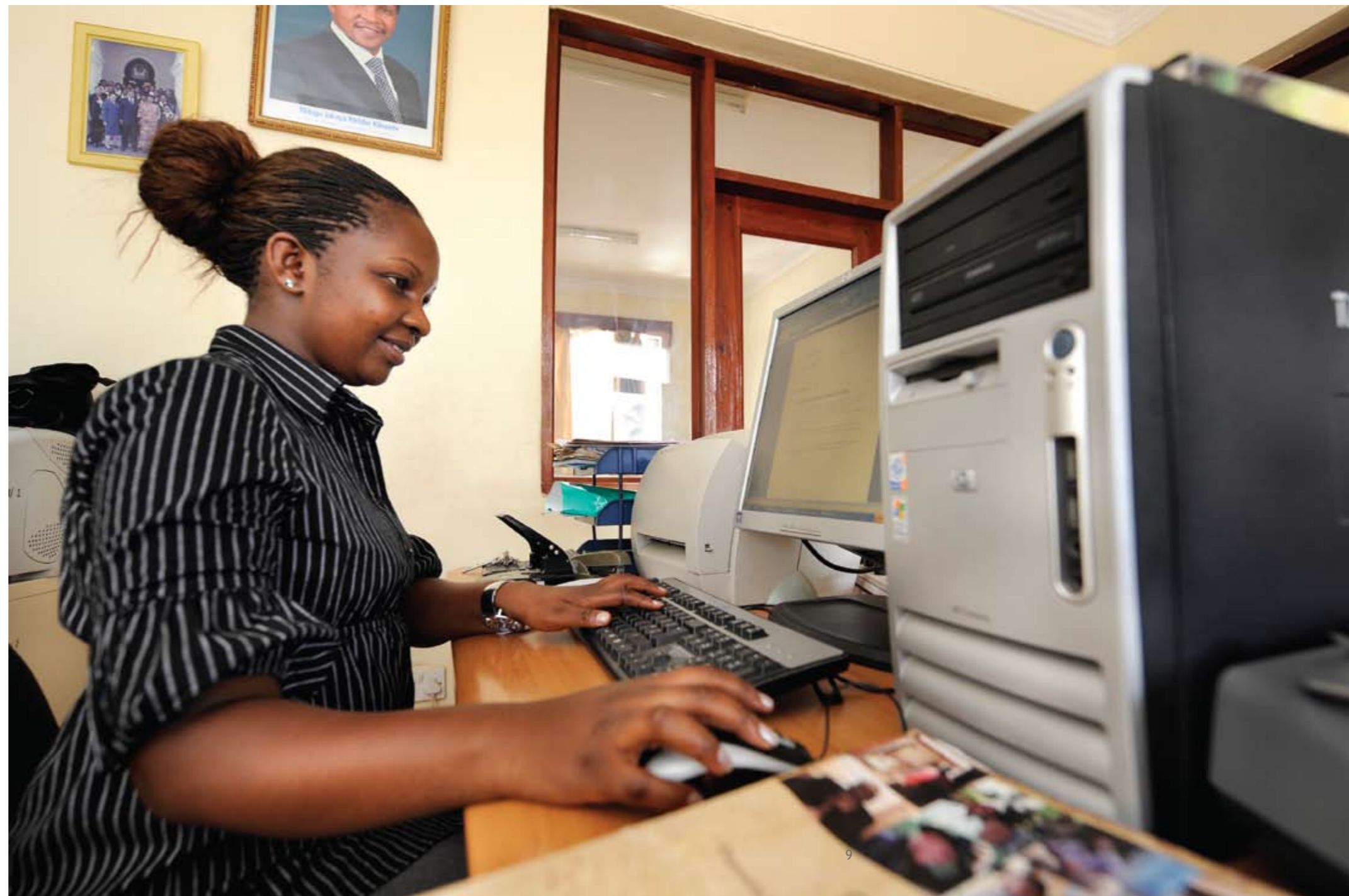
TAWLA's membership is open to all women lawyers. TAWLA is committed to the promotion and protection of the rights of women and children and the improvement of their

general status through legal literacy and services, advocacy, research and professional advancement of its members.

THE FK SOUTH-SOUTH PROGRAMME

The South-South programme promotes mutual capacity building through exchange of staff that both learns and contributes their skills and knowledge. The programme supports organisations in Africa, Asia and Latin-America within a diversity of professions; health, education, media, environment, advocacy, peace-building and research to mention some areas.

"We have many of the same legal problems in Kenya", says Nelly Kasiso Ngovi who is currently working for the Tanzania Women Lawyers' Association. She stresses the importance of experience exchange as a source of knowledge. Photo: Ken Opprann.



YOUTH EXCHANGE

New experiences in Guatemala and Tanzania



Spor is the Friendship North/South organisation's youth-exchange programme. The Spor participants form a special group among the FK Youth programmes. The target group comprises young people with vocational backgrounds, those from rural areas and young Sami - all young people who would not normally apply for our other Youth programmes. Participants come from across Norway, with a preponderance this year from the North, although Western Norway and the agricultural region of Toten are also represented.

Spanish and Swahili

Each year, four Spor participants travel to Guatemala and four to Tanzania to live with a host family and work on a voluntary basis for five months. The objective is for them to learn about the country they are living in, integrate into the culture and achieve a different, more nuanced picture of countries in the South than we get from the media. They also learn a language,

Swahili in the case of Tanzania and Spanish in Guatemala, and they have a steep learning curve.

On returning home, they begin three months of follow-up work, whose main activity involves preparing and conducting a tour of schools, with the aim of communicating their knowledge and explaining North-South issues to new young people in the target group, and recruiting the next group of Spor participants.

A wide variety of work

Jobs that Spor exchange participants have performed include electrician, joiner, car mechanic, cook, wood-carver, music teacher, English language teacher, fireman, potter and kindergarten assistant.

Exchange since 2003

By March 2010, 108 young people had been exchanged under the programme, which comprises three partners: Friendship North/South in Norway, Fundated in Guatemala and Flame

Eight FK participants have returned from exchanges in Tanzania and Guatemala, and are preparing for a tour of schools, where they will pass on their experiences from five months of living in another culture. From left: Jens Aas, Silje-Marie Pedersen, Karoline Adolfsen, Marianne Lauvli Nyvoll, Johanne Strøm, Mats-Alexander Kristoffersen, Benedikte Olsen Karlsen and Frederick Grønås Torkelsen. Photo: Liz Palm

Tree Media Trust in Tanzania, where the contact person is a former FK participant. Read more about Mwanzo Milinga on page 15.

The objective of the project is to create a better understanding and mutual learning between cultures in the North and the South. By involving young people who are not usually engaged in North-South issues, the programme reaches a broader layer of society.

The programme aims at reaching indigenous youth, and seeks to include Sami participants from Norway, Maya from Guatemala and Masai from Tanzania.

Meeting with people from another culture broadens your perspective on both other cultures and your own.

"More than anything, I've learnt about myself", says Benedikte Olsen Karlsen, who spent five months in Tanzania.

THE FK YOUTH PROGRAMME

Young people aged 18-25 from different parts of the world meet and share activities and work experience. These encounters promote commitment among young people and offer an inspirational means of reciprocal learning. The FK Youth programme focuses on individual learning and include organisations in Norway, Asia, Africa and Latin-America.

Environmental awareness

The youth-participants in the Spor-partnership have got an awareness of how environmental problems in North and in South are interlinked. That mass consumption in the North have serious effects in the South.

Host families in Kautokeino

The host families involved in the indigenous exchange in Kautokeino have expressed that their local community needs this exchange. "When we have the Mayan youth in our homes we become more aware of our indigenous background." Another family said: "When the Guatemalan youth came here, our society developed, in the sense that we experience that people from other places in the world is not a threat."



Karoline Adolfsen (above) learns how to crochet a hat. She is from Steigen in Norway and lived in Tanzania for five months. She worked as a primary school teacher in Usanga, and at Bagamoyo Talent Studio in Bagamoyo.



Jens Aas lived with a large Maya family in a rural district in San Martin, Guatemala. Here he is with some of the family members sitting around a large heap of corncobs. He has just participated in an ancient Maya ritual of harvesting corn at full moon. Corn has a special place in Guatemala, and the whole family have to help out with harvesting, and then sorting, drying and so forth.

HEALTH EXCHANGE – ESTHER

Midwife in Malawi

“These are the strongest women I’ve ever met!”
Kristin Rykkje works as a midwife at Bwaila Hospital in Malawi.

Haukeland University Hospital (HUH) exchanges midwives and medical/lab technicians with Bwaila Hospital and Kamuzu Central Hospital (KCH) in Malawi. The aim is to provide more specialized training for Malawian health workers in obstetric care and maternal health. Kristin Rykkje is one of the Norwegian midwives working at Bwaila, helping 5-6 women a day to deliver their babies. “These are the strongest women I’ve ever met”, Kristin says. 12,000 babies

are born at the hospital every year. “My learning curve has been like a rocket. The days are long and challenging, the responsibilities are huge.” Kristin has learned to be patient, to take hard decisions, and that death is no longer a taboo in her world. In Malawi, death is part of everyday life.

Improving the health service

So far five participants have been involved in this project that started in 2008. For Bwaila Hospital and KCH in Malawi, it is important to improve the health services to the Malawi population in the fields of infant and maternal health. In Malawi, 807 per 100,000 women die in pregnancy or childbirth. For comparison, in

Norway, the figure is 0-3 per 60,000 women.

The two hospitals in Malawi have a constant and critical lack of midwives and nursing staff, and a devastating lack of instruments, medicines and technical equipment. A private donor from Bergen, Mr Trond Mohn, has donated NOK 5 million through HUH for technical medical equipment at the new Bwaila Hospital; this was a prerequisite for opening the new clinic. For this reason, two of the FK participants have been technical engineers, working on installation, maintenance etc.

The Norwegian participants will gain experience that will far exceed the exposure they would get

in Norway. The experience and new skills obtained through this exchange programme will be transferred to their colleagues at HUH, KCH and Bwaila Hospital.

In this room, at the new Bwaila Hospital, two pregnant women will soon deliver their babies, one of them alive and the other still-born. Photo: Ken Opprann



THE FK HEALTH EXCHANGE PROGRAMME

The FK health exchange programme (Esther) supports institutional cooperation and capacity building, through the exchange of personnel between health institutions in Norway and countries in the South, primarily in Africa. The aim is to contribute to solve the health personnel crisis and reaching the Millennium Development Goals related to health, by strengthening the education of health personnel and service delivery in countries where Norway is engaged in long term development cooperation.

The Norwegian programme is a member of the European Esther network that focuses on improving the access to and quality of health services for people living with hiv/aids, especially in Africa.

Stability Msiska (below) returned to Malawi march 2010 after one years exchange as midwife at Haukeland University Hospital.



New challenges in Norway

“Male involvement should be daily practice in all maternal health care issues” says midwife Stability Msiska. She has worked at Haukeland University Hospital for one year, and has acquired new skills in midwifery and ultrasound. Among her major professional achievements are leadership and management skills.

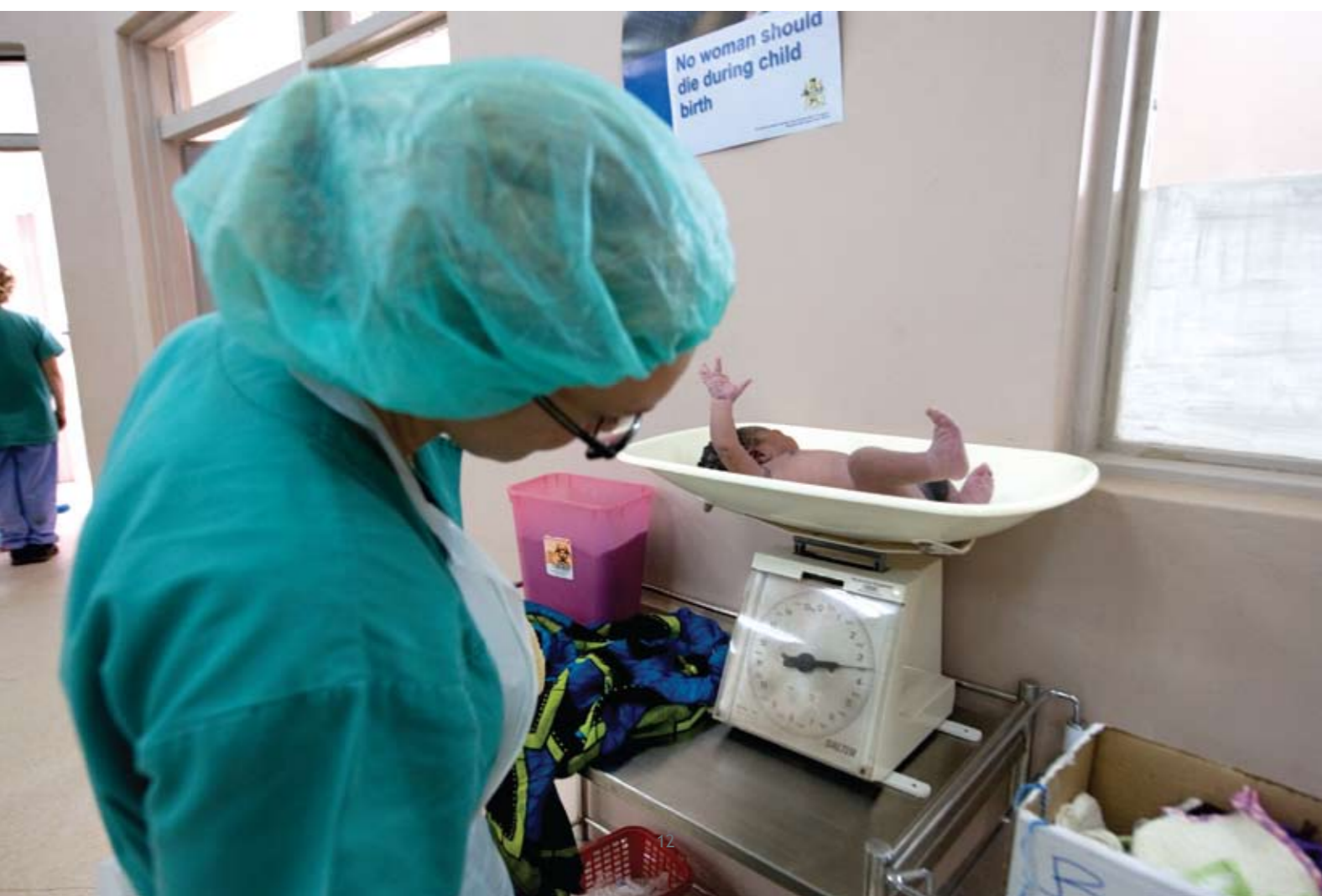
“Although challenges are part of everyday life, living in a totally different environment, with new people, different food, culture, language and weather is even more challenging than one can imagine!” says Stabilitiby. She appreciated the preparatory course, that all participants have to attend before the exchange period. It was useful to prepare her psychologically to live in a new country.

We need to respect and adapt

Furthermore, Stability says, the course also though me that people have different values and are rooted in their cultural beliefs. What is normal to me may be abnormal to another individual therefore we need to respect and adapt to different cultures wherever we are in order to fit in a new environment.



“I work with the strongest women on earth!” says Kristin. She is impressed by the Malawian women, who, while pregnant, may already be carrying a child on their back - and still working in the fields! And within an hour of giving birth to another child, they have to stand up, wash their clothes and go home. And she never hears any of them complain. Photo: Ken Opprann



10 Years of Mutual Exchange

2000-2010



A few times a week, Camilla Pay travels to the Living Stone Academy to give music and singing lessons. Here the children are in full voice, putting great feeling into the Norwegian children's song 'Head, shoulders, knees and toes'. Photo: Ken Opprann

One decade of FK Norway

At the start of the new millennium, a new FK saw the light of day. After a long process of redefining the "Norwegian Volunteer Service" originating from 1963, Fredskorpset, or FK Norway, was re-born on 2 March 2000, a decision unanimously supported by the Norwegian Parliament, and formally adopted by the Government in the presence of the Crown Prince Regent.

Reciprocity and equality

The new FK had a strong focus on institutional cooperation, on young people, on exchange, on the values of reciprocity and equality, and on the involvement of non-traditional actors in the field of development cooperation. "Partnership for development" and "Exchange for development" were the first slogans of the new organisation. FK is part of the values-based international volunteer movement, promoting bridge-building between communities and countries, as well as skills-sharing and capacity-building

mechanisms for organizations and institutions.

In its first year of operation, FK's board, appointed by the government and under the chairmanship of Ragnar Kleiven, worked hard to fully establish the new organization, and by the end of the first year, a secretariat of five persons, headed by Secretary General Tor Elden, was in place.

During the first months of 2001, several partnerships developed Collaboration Agreements with FK, and in June 2001 the first participants were ready to start their exchanges, representing, among others, the Norwegian Band Federation and the Field Band Foundation from South Africa, the media agency Sørvis with SAMSO in Zimbabwe, Uganda Home Pages, Business Times Ltd in Tanzania and DRIK picture library in Bangladesh, the engineering company Interconsult with Wellfield in Botswana, Interconsult Zimbabwe, Interconsult Malawi, and Khmer Consultant Engineering Corporation in Cambodia, and the youth sports

organization KRIK with MYSA in Kenya and the Diocese of Mount Kilimanjaro of the Anglican Church of Tanzania.

Now, at the end of the first decade of the new millennium, FK has more than 30 employees and offices in Bangkok and Kampala, and Nita Kapoor has taken over as Director General. FK is now an independent governmental body, organised directly under the Ministry of Foreign Affairs.

4300 participants

More than 4300 participants have been at exchange between organisations and institutions in Norway and 60 countries in the South. Out of these exchanges, capacity has been built in the partner organisations, skills have been improved, and new activities have been implemented within the networks created through the FK collaboration. As at its inception, today FK continues to have an ethos that values real partnerships, diversity, reciprocity, equality, and willingness to change.

The First Ones...

Roger Daltveit - learnt a lot during exchange in Tanzania

Roger Daltveit (36) was on an exchange in Tanzania in 2001-2003 with KRIK, the Norwegian Christian Sports Contact association. "I learnt a huge amount during my stay", says Roger. He worked on organisation-building in Tanzania, Kenya and Uganda. I travelled a lot throughout these three countries, setting up small local KRIK teams, creating local, regional and national committees, and a pan-national committee with members from all the countries. Roger also held courses in leadership, various courses for trainers and activity leaders, and seminars, as well as starting up the East Africa Cup in Korogwe in Tanzania in 2003.

Roger is an electrician, but went on an exchange with KRIK on the basis of his leisure interest - football. He is currently working offshore in the Gullfaks oil field as an electrician and automation engineer for Aker Solutions. He also has a role as cross-cultural communications guide, based on his experience as an FK participant in Africa.

Roger and his wife Florence, who he met during his exchange while working with street children in Nairobi, is in full swing setting up a new organisation in Kenya to help more people out of poverty. "TIAH (There Is Always Hope) is a project where we are seeking to give young girls and single mothers an opportunity to get training and earn an income, so they can look after themselves and their children", says Roger.



Mwanzo Milinga - one of the first south-participants in 2001

Mwanzo Millinga (42) is currently a photographer and trainer at Flame Tree Media Trust (FTMT) of Dar es Salaam, Tanzania. The Trust aims at developing the talents of photographers and empowering them with the skills and ability to develop and tell stories which contribute to development and good governance. It is a platform that enables them to influence policies and social practices through stories recounted by means of powerful photographic images.

Mwanzo worked as a photographer with Business Times Ltd, one of Tanzania's media houses, from 1994 to 2001. He then became one of the first FK participants to live and work in Norway. His host partner was Sørvis Kommunikasjon AS, a media company in Risør, where he lived for one year.

In 2004, he joined Flame Tree Media Trust. "The knowledge and experience I gained from working as a photographer and among professionals in Norway were a big inspiration for my

ambition to share knowledge with others", Mwanzo says.

Through his exchange in Risør, he learned both professional skills and the importance to humanity of equal opportunities and treatment for all. Today he coordinates the Spor youth exchange programme (see page 10), which involves young people in Norway, Tanzania and Guatemala.

"The biggest challenge I face today is how best to contribute deeper understanding and knowledge of different cultures to the fast-growing young generations", he says.



www.fk-world.com

FK-world is a new social platform aimed at giving visibility to all FK activity world-wide. The site provides knowledge about participants and partners, and the interrelations between projects, places, people and events. Everyone is welcome to search the knowledge base, and all participants or contact persons who have registered can edit their own information: blogs, photos, project descriptions, groups and events.

The ambition is for FK World to act as a documentation centre, a geographically and thematically



based source of knowledge, and a place to find people and organisations with in-depth knowledge of North-South and other development issues.



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