



School & Adventure Club Project



The Western Cape, where the program is based, is a very culturally diverse area of South Africa. There is a large integration of the underprivileged with the wealthy. The main cultures that you will be working with are Xhosa or Afrikaans South Africans. Most of these children can speak English, yet their home language may be Afrikaans or Xhosa. The homes they live in are often built from scrap metal and second-hand wood, usually they do not have running water in their homes. Forty percent of the families in these areas lack a male head of household and the children often have no one to monitor their educational progress or after-school activities. The children we work with live in the nearby township or settlement in Cape Town, known as Du Noon and Wolwerivier.

Volunteers are placed in pre-schools in disadvantaged communities. No experience is necessary and volunteers can have the joy of watching a child learn and helping them through the process. You will be assigned to a class and will help the teacher in their daily tasks, teaching, marking or sports training. Depending on the project you chose, after school hours volunteers will be involved in after care or in sport programs.

Surf Project

Due to lack of funding, there is very little physical education provided to the children in the pre-schools and primary schools, this can create physical and mental developmental issues. For this reason, in the mornings you assist Educare Centers in the local township by providing fun games and lessons to children from the age of 3 to 7 years old. In the afternoons we work with children from the age of 10 to 15 years old, developing important skills and teaching valuable life lessons through adventure sports activities. This is a very important part of the program as alcohol and drug abuse is common in the

townships where they live, and at this age they are especially susceptible to recruitment by local gangs.

This project is a great way for volunteers to gain experience working with children and groups. Learning new outdoor activities such as swimming, boxing, spike ball surfing and skateboarding – volunteers receive lessons so they can help teach the children.

Sport

Children living in impoverished communities have a huge need for youth development projects which serve to teach them valuable life skills such as teamwork, structure, and discipline which uplifts their self-esteem through the realization of talent.

This project facilitates children from severely disadvantaged areas. Mornings are spent developing gross motor skills through activities with children in the Educare centres. In the afternoons we host various sports programs with the children.

These include; soccer, boxing, netball & spikeball. This is an important way for the children to be exposed to better role models. It helps to keep them busy, which serves an important role in lowering socio-economic problems which are often found in these settlements.

Project Details

Arrival Day - Saturday

Time - Arrival between 6Am and 10 PM

Airport - Cape Town International Airport

Orientation - Saturday – Sunday

Project Starts - Monday

Departure Day - Saturday

Departure time - You can depart anytime

Min Duration - 2 weeks (incl 2 day Orientation)

Min Age: 16 (with Parental Consent)

Max Age: N/A - Medium Level of fitness required

NOTE: You can also be collected at any hotel or place of accommodation on your arrival day, should it be within close radius of the city center or airport

Project Highlights

- Spend most of your day outdoors whilst enjoying the sunshine
- Learn to assist in sport programs of varying age groups
- Skills developments for the children
- Experience the poorest of our settlements
- Help lower socio-economic problems and make a genuine difference
- Learning about South African cultures and way of life

Develop new friendships

2 Day Welcome Orientation

Your project starts with a 2-day orientation in Cape Town.

DAY 1:

You are collected from the airport and taken to your accommodation. You will be shown around and given a map of the area. You have the day at your own leisure so you can explore the beach, shops, bars and restaurants. In the evening you are served a Welcoming meal at the hostel.

DAY 2:

Start the day with a self served breakfast. Your friendly project leader will teach you about the bus system before you head out to Cape Town City Center.

In the evening head back on the local bus to Table View where you can join the staff, guests and the locals at one of the restaurants or bars along the beachfront in Table View – all within rolling distance from the hostel where you will be staying the night.

DAY 3:

After breakfast you will be transported to your project or dropped off at your bus station to be transported to your project.



Volunteer Tasks

Volunteer Tasks May Include (but are not limited to):

- Teaching lessons to children (colors, letters, shapes, art, etc.) as well as teaching English through play and vocabulary stimulation.
- Stimulating smaller children in the younger groups with developmental toys and by speaking English to them.
- Assisting with the meals
- Helping with changing diapers, feeding babies, assisting with naptime
- Teaching kids sports
- Some basic building projects such as fixing soccer posts or building new sport facilities
- Teaching kids how to swim, surf & skate Assist teaching sports programs
- Run fun days and challenges Assist with computer lessons

Volunteers will work 5 days a week with the children. Some days volunteers will work a full 8 hours and other days 4 to 5 hours, depending on the needs of the project. Project tasks may sometimes seem repetitive – but your efforts will make a huge difference. Enjoy the project locations, your fellow team members, and the fact that you are helping to make a difference in the world.



What's Included

- Airport pick up
- 2 day Cape Town orientation
- Accommodation
- 3 Meals form Monday to Friday
- Transport to the project
- 24-hour support and supervision
- Donation to the project
- Certificate of appreciation

Meals

If you have any dietary requirements, please inform us before your departure. The project will try their best to accommodate this. If snacks are desired there are several grocery stores nearby. There are refrigerators available for volunteers' personal food and soft drinks. Tea and coffee will be available free of charge, all other drinks will be at your own expense. Breakfast and lunch is self-catering

Laundry

Laundry services are available at an additional cost.

Accommodation

Volunteers will be staying in one of our volunteer houses with bedrooms sleeping 2 – 5 people. All houses are facilitated with electricity, WIFI, hot water, a kitchen, communal bathrooms (with shower & toilets), beds with linen and a pillow (no towels). Male and female volunteers will share rooms unless otherwise requested. Upgrades to private single or double rooms are available at an extra cost.

Volunteers are responsible for keeping their own room and volunteer house tidy. The volunteer houses are walking distance from shops, restaurants, entertainment, bus stops, and the beach.



Project dates

Project dates & Holiday Club

This project runs all year round except over the season break when projects are closed from the end of December to the beginning of January. During this time volunteers may still use the accommodation and will be provided food.

Holiday club

During the school holidays, our projects run differently and according to the holiday club schedule. The activities are dependent upon the weather, length of holiday and number of attendees.

The aim of the holiday club program is for the kids to have fun and to keep them off the streets. The activities during this time are less structured and more focused on the enjoyment of the children.

Please note: If a holiday club activity requires the payment of an entrance fee, volunteers will have to pay for themselves. The programme fee is used to cover the entrance for the children only, however, we do try to plan as many free events as possible.

Extra information

Project Wish List

- Surfboards Wetsuits
- Swimwear
- Skateboards & safety gear
- Boxing equipment
- Spike ball equipment
- School supplies (play-dough,craft material,glitter,stickers,paint,paint brushes, aprons,glue sticks, kiddies scissors, pen)
- Sports equipment (hoola hoops; soft balls; beanbags; buckets in varying sizes; tennis, soccer and netballs; rackets; portable goals; swim goggles; wetsuits; swimming shorts; full costumes; gym mats etc.)

For the sur Surf Program :

Volunteers have a chance to learn how to surf with an instructor and receive a minimum of one surf lesson a week. Extra surf lessons can be booked for an additional price.

Winter in South Africa

Please note that May through to September are winter months and it can get quite chilly with an average temperature ranging from 5 degrees celsius at night to 15 degrees celsius during the day. Please make sure to pack enough warm clothes if you plan your trip during that period.

Project Dress Code

While the area volunteers live in is very westernised in terms of dress codes, the townships and settlements are still very sensitive to exposing certain parts of your body. Please make sure that you have clothes that cover your thighs, stomach and chest for the times that you are at the schools and with the children.

Activities

Cape Town Activities

Cape Town (a.k.a. The Mother City) is home to many different kinds of people and activities. Whether you are interested in sports, adventure, culture or history, there is something for everyone.

Here is a list of fun things to do in Cape Town, remember that we are a sister company to Saltycrax Backpackers and you will be assisted with booking any of the activities.

CAPE POINT TOUR

Nature reserves, beaches, wine tasting and South African penguins – what more could you want? With our unique Cape Point Tour you can have all of this just in one day. Sounds like a perfect day, doesn't it?

WINE ROUTE TOUR

Meander through stunning landscapes and wine farms. A must if you want to learn about wine making history, learn how to taste all styles of wine and indulge in local delicacies.

BIG 5 SAFARI

View South Africa's Big 5 in their natural surroundings inside a 4 star private nature reserve. Join us for a 2-3 hour game drive in a 4x4 Safari vehicle with an experienced ranger guide.

SHARK CAGE DIVING

See the Great White Shark face-to-face in its natural habitat. The experienced and specialized crew in Gansbaai will take you to “Shark Alley”, the prime spot for shark cage diving.

*Extra costs may apply for any additional activities you book during your time with us.



Packing List

- Swimwear and beach towel
- Wetsuit for the surf project- If you have your own. Otherwise you can use one from the project if permission is granted by the project leader
- Warm clothes
- Old clothes – bring comfortable clothes that you don't mind getting dirty to work in
- Sneakers or comfortable working shoes
- Sunscreen (and a sun hat or cap)
- Prescription medication if needed
- Basic first aid requirements