



Construction and community project in South Africa



Programs descriptions :

Get involved in the development of local communities through various projects in construction, early childhood education, sports, or even computer literacy in South Africa and Eswatini.

You can mix and match projects according to your interests and the needs on the ground.

1. Construction project

The project aims to assist vulnerable children through building basic shelters, gardens, water systems and other physical structures needed at households and care points.

As a volunteer, you will be in the communities, building classrooms and structures for the orphaned and vulnerable children and maintaining existing infrastructures, with the aim of giving a good shelter for these children and a suitable schooling environment.

You may also assist with the development and maintenance of gardens which provide a source of nutritious food to the children.

You will use local techniques of making mud bricks, then lay foundations, complete plastering, flooring, windows, doors and roofing under the supervision and direction of a local builder. Then decorate the structure!

Some of the activities you will get involved in may include:

- Making clay bricks
- Clearing and preparing land for structures to be built
- Digging of foundations upon which to build
- Fencing & developing gardens to provide nutritious food for the children
- Painting structures
- Upkeep swings and other play equipment

2. Child care

As a volunteer, on the Child Care Project, you will be working with existing Neighbourhood Care Points (NCP's) in the local community. Your role is to assist our local staff and community volunteers with the teaching of the syllabus, which includes maths, reading, writing, arts & craft, storytelling and physical activity.

You will also participate in weekly sports days held at the NCP's and assist with serving breakfast and lunch. Generally, it's also a great opportunity to bring fun and laughter into the children's lives.

As a volunteer, you may get involved in any of the following activities:

- Teaching English and mathematics
- Marking and correcting exercises
- Leading games and fun, educational, and sports activities
- Designing activities related to the school curriculum
- Reading stories and facilitating learning through storytelling
- Interacting with and supporting the children as much as possible
- Assisting with meal preparation and serving
- Teaching basic life skills such as tooth brushing and hygiene

3. Sports development

The focus of the Sports Development Project in Eswatini is to improve the well-being of disadvantaged children and youth within semi-rural Swazi communities, through sport and play.

The aim is to develop these kids by making them stimulated, focused, fit and healthy, while at the same time as building their confidence through physical activity.

You will be supporting our Sports Coordinator to lead a programme across all of the NCPs (Neighbourhood Care Points) we support to provide a programme of physical education. NCPs are community centres providing basic pre-school education to

children whose families could not otherwise afford it). The role involves visiting each of the NCPs in rotation in the morning to have the children participate in a variety of play activities – including song and dance, ball games, obstacle courses, tricycle riding and swimming lessons.

Some of the activities you will get involved in may include:

- Setting up obstacle courses and activities for the children to engage with
- Leading role play. Teaching hand-eye coordination through throwing and catching and imagination activities
- Teaching basic life skills including teeth cleaning and hygiene through sports
- Participating in song and dance activities

Accommodation & meals

During your stay, you will be accommodated in a lodge in Ezulwini Valley. Three meals a day will also be provided, some on a self-serve basis and others cooked for you.

- Hot showers
- Clean toilets.

Project start dates

The start date for this project is the **first Monday of the month** throughout the year, with the exception of November & December when the project is closed.

Day in the life of a volunteer

7:00 Wake up to see the sunshine and get yourself started for the day with breakfast!

7:30 Get prepared for your research dive – get your equipment together and head to one of the dive sites or you may go on an ocean safari and go searching for Whale Sharks and dolphins to take photo ID shots and record behavioral data

12:30 Time to return to your accommodation for lunch after an action-packed morning!

14:00 Go to the office and enter data into our databases of the research work

15:00 Depending on the time of year – you may be collecting data on Humpback Whales from the top of the sand dunes, uploading photo IDs into the database, conducting turtle nest surveys or improving the beach environment with a clean-up collection.

16:30 Return back to your accommodation and share your day's adventures with other volunteers!

18:00 Enjoy a delicious evening meal and relax...

Itinerary for your experience

07:30

Wake up to see the sunshine, jump in a hot shower and get yourself started for the day with breakfast!

08:30

Travel to your placement and get ready to begin your day.

09:00

Participate in your chosen project.

12:00

Time to either return to your accommodation for lunch, or eat the packed lunch you made that morning!

14:00

Begin your afternoon's work with a full stomach and enthusiasm.

16:00

Return back to your accommodation and share your day's adventures with other volunteers, maybe even a quick swim in the pool!

18:00

Enjoy a delicious evening meal and relax!

First day : Fly into OR **Tambo Airport, Johannesburg** where you will be met by All Out Africa staff members who will transfer you by road from Johannesburg to the Kingdom of Eswatini.

Packing list

Please pack as lightly as possible as space and weight are limited. Ideally, you should not have more than 22kg of luggage and a day pack.

- Sunglasses/sun hat/sun cream

- Insect repellent
- Daypack/rucksack for everyday
- Small torch (head torch preferable)
- Toiletries Personal basic first aid kit
- Flip Flops/Sandals Swimwear
- Fun, casual wear for the weekends, temperatures vary depending on time of year, winter can be cool, especially in the evening
- Light waterproof jacket
- Project clothes (for ladies, trousers/pants or skirt/dress at least knee-length is recommended & nothing too revealing; for gents, trousers/pants in case meeting a chief or elder).
- Towel (NOT PROVIDED AT THE ACCOMMODATION)

About Eswatini

Culture and history

Eswatini is Africa's last remaining true monarchy and in its unique laid-back way is steeped in Swazi culture and tradition. It is a scenic, hilly Kingdom with a friendly age-old way of life that captures the heart of anyone who takes the time to experience it. Eswatini has a rich culture and heritage, as well as some of the friendliest people you will ever meet.

Weather

The weather in Eswatini varies depending on the season – it can be very hot and quite cold and all the temperatures in between! So please pack considering the guidelines below – anything from swim wear to hoodies may be required!

The Eswatini summer is opposite to the northern hemisphere, with hot temperatures being experienced in December and colder temperatures in July.

October to March is when Eswatini's rainfall is at its highest – so bring a waterproof and shoes suitable for rainfall

The hottest months are October to March – so bring swimwear and light, cool clothing. Temperatures can cool in the evening, particularly in October and March so bring a fleece or similar for the evenings

May to August are the winter months, typically they are drier but are colder, particularly in the evening when temperatures can drop to 1 or 2 degrees. Days can be warm and sunny and also cold, so bring a mix of clothing.