



1 week itinerary for Freepackers groups in Cape Verde



Days	Activities
Day 1 - Saturday	Morning Transfer from Praia airport to Tarrafal Afternoon You will visit Ponta Atung Evening Free time to relax and for group activities
Day 2 - Sunday	Morning Orientation to the program and visit to concentration camp Afternoon Beach visit



	Evening Free time to relax and for group activities
Day 3 - Monday	Morning Time for introductions! You'll meet the teachers and students who will be part of this amazing experience with you. A first step filled with exchanges and smiles to kick-start your mission! Afternoon Volunteer at the Kindergarten/Sports Coaching Project Evening Free time to relax and for group activities
Days 4 to 6	Morning Volunteer at the Kindergarten Afternoon Volunteer at the Kindergarten/Sports Coaching Project Evening Free time to relax and for group activities
Day 7 - Friday	Say your goodbyes to the local team ! Departure with Airport Drop off

*This itinerary may be subject to change due to unforeseen circumstances.

Complementary informations

- All mentioned meals, accommodation, transportation, airport pick, airport drop off and scheduled activities included.
- Accommodation (Tarrafal): Fans, Cold/Hot water showers, single gender, 2-4 pax per room and Wifi in Communal area.
- The itinerary is based on a **minimum of 10 persons**.

About the volunteering project in Tarrafal

In Cape Verde, many children face challenges like limited educational resources and family support. This program gives you the chance to make a difference by teaching English to primary school kids in a fun and interactive way. With just five local educators supporting 260 students, 130 of them girls, your help can significantly impact their learning and give them a window to the wider world.

Your role is more than just teaching; it's about inspiring creativity, sharing global perspectives, and making learning enjoyable. By **working alongside local teachers**, you'll help children build language skills that could open doors to future opportunities.



During this program, you can also choose to get involved in the sports project with the “**Sports Coaching Project**” in the afternoon. This program is all about promoting fitness, teamwork, and personal growth through soccer and basketball.

Whether you're working with beginners or kids with some experience, you'll have the opportunity to help them develop their skills while building confidence and teaching the value of collaboration.

Your role is essential, and your mission includes the following:

- Teaching basic English using fun, engaging methods such as songs and games.
- Assisting with lesson planning and preparing classroom materials.
- Bringing your own creative ideas to make learning exciting.
- Keeping a record of lesson plans to ensure continuity for the next teacher.
- Customize coaching techniques to match different ages and abilities.
- Promote teamwork, leadership, and personal growth through sports.



