



Travellers Worldwide is a leading International Provider of Volunteering Programmes, Work Experience Internships and Cultural Courses Abroad

# INDIA



## SPORTS: COACH A VARIETY OF SPORTS IN MADURAI

Children in India are passionate about sport; everywhere you go you will see them on the streets playing games, sometimes with imaginative makeshift equipment! Although resources at the schools can sometimes be scarce, the children are enthusiastic and wonderful to teach.

You can coach cricket, football, tennis, volleyball, badminton, basketball and table tennis to many age groups, mainly in secondary schools in the bustling city of Madurai.

***Thank you for your interest on volunteering this Project. Below is a description of what you can do and expect. You can volunteer whether you're taking a gap year, on a career break, retired, or on a holiday with a purpose. No matter what your age or experience, we look forward to welcoming you to the team!***

## WHAT DO YOU GET?

### SELF-DEVELOPMENT:

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- The enormous satisfaction of helping disadvantaged children and knowing that you made a difference to them.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.

### SAFETY AND SECURITY

- Your safety is our top priority. We risk-assess all destination countries, projects, accommodation and more to ensure that they are stable and safe.
- We have experienced local staff with 24/7 back-up and support who are there to assist you and look after you, starting with an in-depth induction on your arrival.

### AN ADVENTURE!

- An exciting, never-to-be-forgotten adventure into the Indian culture, and best of all ... **an unforgettable experience!**

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## SUMMARY

**Prices:** From £995 excluding flights. See our [Full Price List Online](#)

**Duration:** From 2 weeks up to 1 year, subject to visa requirements.

**Start Dates:** All year round - you choose your start and finish dates! (Subject to school holidays – see dates below).

**Requirements** You don't need any qualifications to do this project, just a good knowledge of the sports you will be coaching and lots of enthusiasm!

### What's Included:

- ▶ Arranging your Programme,
- ▶ Payment Protection insurance
- ▶ 24-hr emergency support.
- ▶ Meeting you at Madurai airport
- ▶ Certificate of Completion
- ▶ Free T-Shirt
- ▶ Full pre-departure support and assistance,
- ▶ Accommodation and Food
- ▶ Transfer to your accommodation
- ▶ Local in-country team support and backup
- ▶ Transport to and from your project

**What Not Included:** Flights, Insurance, Cost of Visas, Return transfer to airport.

## PROJECT OVERVIEW

### WORK CONTENT

The schools we work with are all situated in the bustling city of Madurai in the southern state of Tamil Nadu. The schools are mainly 'Matriculation' which means that English is taught as the first language. These schools tend to have play areas for sport which is enjoyed as PE classes throughout the day. However most of the schools have only basic equipment such as a few deflated footballs, no nets or bibs and potholed pitches! Some schools even use the car park as a playing ground. Although materials and resources may be scarce, the enthusiasm of the students and colleagues more than makes up for any hardships.



The children are a joy to teach as they are incredibly enthusiastic about games. They turn up for training each day eager to learn new skills, have fun and practice their English. Coaching sports has immeasurable indirect benefits for the children, such as health awareness, increased confidence and social skills.

The Principal/sports director and/or relevant teachers at the school will liaise with you about your coaching assignments and our Organisers will also be happy to assist you where necessary.

You may teach between 10 and 30 children at a time. Sometimes the children can be split into smaller groups with the PE teacher taking half the children if you find that they are too many to coach. You'll most likely be teaching children aged between 7 and 16. Although the children can speak English they tend to be incredibly shy at first, but they will soon open up!

You will usually be coaching for 3 to 5 hours at one school only, however there is a possibility that you may coach at two different venues. You will work in secondary schools and you will normally help out with all age groups. You will be in popular demand wherever you are placed and the children will crowd around you like a celebrity and want your autograph. Keep a pen on you at all times!

The lessons are approximately 40 minutes each and you will be coaching a variety of sports:

**Cricket:** Cricket is by far the most popular sport in India and has produced some of the finest cricketers in the world such as Tendulkar, Dravid and Sehwag. India won the Cricket World Cup in 1983 and under the wonderful guidance of captain Mahindra Singh Dhoni, they won again in 2011 after a 28 year gap! Celebrations went on well into the night all over India as fans took to the streets with flags and firecrackers! They also won the first ever T20 world cup in 2007. Everywhere you go you will see groups of children and adults alike playing on every piece of spare ground they can find. Children love to practise at every opportunity so this sport will be in great demand.

**Football:** Football is probably the second most popular sport in India after cricket. All the children in India love David Beckham and will be keen to play the game! Football is not widely played though so resources are lacking. You may find a few deflated footballs and cones and most of the time you will need to improvise as you may not find goal posts. Football coaching is also available as a full time project.



**Badminton:** Badminton is also one of the most popular sports in India with Sania Nehwal one of the emerging players in India today. Many children play badminton but few receive proper coaching.

**Tennis:** Although tennis is widely played, the rise of Sania Mirza has helped to boost its popularity. The facilities at the schools may be basic and the children may not receive proper coaching; this is where you come in.

**Volleyball:** Volleyball is another popular sport in India and is played in the larger schools.

**Basketball:** Basketball is becoming more and more popular in India so any help you can give the children will be appreciated.

Coaching sports is only available from June to February as from the beginning of March the children have to concentrate on their academic studies as their exams are just around the corner. However, you may be able to coach some sport during the Summer Holidays (April to May) when Summer Camps are held in some of our schools for approximately 40 children. These Summer Camps actually take place in the school grounds and are an opportunity to give more informal lessons, perhaps combining them with playing a sport or putting together a music concert or play – much more relaxed and not quite so structured. Alternatively, you can use the holidays to tour around the country and sightsee.

### FREE COACHING MANUALS:

As a volunteer sports coach with Travellers, you have access to a large number of coaching manuals for each sport - these manuals have been produced in-house by our Sports Manager. These manuals are very useful and will help you to plan coaching sessions for your students.

### SUMMER CAMPS:

During the summer holidays many of the schools offer “Summer Camps” to the students. Teaching of conversational English during this holiday is available to approximately 60 students who attend the camp. These camps normally take place on the school grounds and are an opportunity to give more informal lessons. They can also be combined with playing sports or putting together a play. Therefore the camps are much more relaxed and not quite so structured. They a lot of fun! And the kids adore them!

Teaching is not available during the other holiday periods, so please take the above dates into account when planning your placement. On the other hand, if a holiday falls during your proposed placement, you could use this time to do any independent travelling and sightseeing.

### SCHOOL HOLIDAYS IN THE SOUTH OF INDIA (APPROX):

Please keep in mind that school holidays can change unexpectedly with very little notice given. Although at times this can be quite inconvenient, most of our volunteers use the opportunity to travel around and explore the country.

- First Term Vacation: 27 September to 6 October 2014
- Gandhi’s birthday: 2 October 2014
- Bakrid: 3 October 2014
- Diwali Holiday: 21 to 23 October 2014
- Thevar Jayanthi: 30 October 2014
- Second Term Vacation: 21 December 2014 to 1 January 2015
- Pongal Holiday: 13 to 17 January 2015
- Summer Vacation: 11 April to 4 June 2015

#### Exam Periods: (approx):

- Quarterly Exams: 15 to 22 September 2014
- Half Yearly Exams: 10 to 20 December 2014
- Annual Exams: 2 to 11 April 2015

*“The placement was enjoyable. The kids we worked with were enthusiastic and willing to learn. I have developed my communication skills, finally run my own coaching session. This experience will help me in the future.”*

**Neerav Trivedi**

*“I’m certainly enjoying my time here so far, and I feel I am gaining a lot of confidence from the coaching. I found it amazing how quickly you find yourself becoming like coaches and teachers that taught me when I was a kid.”*

**Jonathan Lines**

## ACCOMMODATION

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#### Host Family

For a complete Indian experience we can arrange for you to stay with one of wonderful host families. All of our hosts are very welcoming and not only will be made to feel part of the family, you’ll also gain a great insight into Indian culture and customs. Many of our volunteers remain friends with their host families long after they leave India and in some cases they return to the country later especially to visit their family.

You may share a room with up to 2 other volunteers and in most of the houses you’ll have an en-suite, Western-style bathroom. Most of the showers in our host accommodation are cold water only – however your hosts will boil water for you on request.

All of our host family houses are close together and just a few minutes’ walk away from internet cafes, banks and snack shops and just a short auto ride into the centre of town.

#### Food:

Breakfast and dinner will be provided and prepared for you by the family and is mainly local fare allowing you to taste a varied selection of delicious south Indian dishes and exotic fruits. You will need to make provision for your own lunch.



## WHY TRAVELLERS WORLDWIDE?

- Over 20 years’ experience of sending thousands of participants overseas, plus the largest variety of flexible projects that are value for money!
- Accredited projects helps appeal to future employers
- Excellent support!
- Your own dedicated Project Co-ordinator to answer all questions before, during and after your trip of a lifetime!
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our
- EXTRANET, available from anywhere, 24/7.
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport.

*“It was a wonderful experience on the whole to be fully immersed in such a different culture and very rewarding to feel involved with the foundation which is a great organisation with the children's best needs at interest and incredibly hard working and dedicated staff.”*

Tara Folkard

## HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible. Donations to **Bridge the Gap Foundation**. This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

The price of this project is a reflection of the following costs:

- ✓ Accommodation and Food
- ✓ Meeting you at the airport
- ✓ Transport to and from your project
- ✓ Local in-country team support and backup
- ✓ 24hr emergency helpline
- ✓ Full pre-departure support
- ✓ Free T-Shirt
- ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations)
- ✓ Project Research/Site Inspection
- ✓ Staff Training/Equipment
- ✓ UK administration
- ✓ Donations to worthwhile project

## ADDITIONAL INFORMATION

Got any questions? Please email us: [info@travellersworldwide.com](mailto:info@travellersworldwide.com)

Once you have applied for a placement, we'll contact you and send you our Welcome Pack. You'll also receive Log-on details and password for our Volunteer Extranet where you'll have access to all the documentation and information which we've put together to facilitate preparations for your adventure!

Your Project Co-ordinator for your country will liaise with you throughout the arrangements process, as well as while you're on your placement and on your return home. The documents you'll have access to also include a Country Fact file, Safety Guide and any manuals that may assist you on your particular programme (for example, Teaching Guide, Sports Manuals, Enrichment Suggestions for Animal Care, etc.). We do all we can to make your stay one that you'll never forget. As with all our destinations, the culture and heritage is different to what you're used to ... which, although one of the most exciting aspects of travelling, should be borne in mind. Self-reliance and independence are highly appreciated in all our destinations and will help you to make the most of this wonderful opportunity! This is a truly awesome, elegant and beautiful country.



## THINGS TO DO IN INDIA

### LOCATION, EXPLORING AND SIGHTSEEING:

**INDIA REALLY HAS IT ALL**, from the hot sultry deserts of **Rajasthan**, the **Taj Mahal** and the majestic **Himalayas** in the north, to the idyllic palm fringed **beaches** and ancient **temples** of the south, plus a multitude of **wildlife parks!** The way to best enjoy India is to absorb it - the warmth of the people, the beauty, the smells, the food, and the wonderful hospitality!

## MADURAI

Many of our projects are based in the bustling city of Madurai in the southern state of **Tamil Nadu**. Madurai is known by many names; 'Jasmine city' for the famous jasmine flowers that are cultivated here, 'the city of Nectar', Legend tells of a river of nectar that flowed after blessing from Lord Shiva, and the 'Temple City',

Madurai really does have a temple or shrine on practically every street but it is most famed for the **Sri Meenakshi Sundeswarar Temple**. Pilgrims and tourists alike flock to visit the temple and approximately 10,000 visit every day! The temple is named after goddess Meenakshi. It was built in the 17th century and is an enormous structure with 5 outer towers crammed full of idols and animals. The inner courtyard contains another 7 towers, again all highly adorned. It will take your breath away.

Madurai is located on Vaigai River and was the capital of Pandyan rulers till the 14th century. It is full of cultural diversity and life revolves around the awe inspiring Sri Meenakshi Sundaeswarar temple, awash with pilgrims, market stalls and tourist shops. Children will stop you on the streets to chat to you and shake your hand and even ask for your autograph! You will be in demand everywhere you go and you'll feel like a celebrity, such is the warmth of the Indian people. If you're after an overwhelming experience, then Madurai is a certainty for this!

**KERALA** has been named "'Gods own Country" by the locals for its stunning scenery, wildlife, beautiful beaches, picture postcard towns and the breathtaking backwaters. It is also the home of Ayurveda medicine, an ancient system using essential oils and vigorous massage to aid medical complaints or just for pampering - a one hour massage is an unforgettably relaxing experience.

Kerala also has one of the best wildlife parks in the country; Periyar. A huge array of activities are on offer, jungle trekking and jeep safari's which take you off the beaten track in the hope of spotting an elusive tiger although you are more likely to see elephants, boar, monkeys and many species of birds. You can also take an elephant ride, boat ride, visit spice and tea plantations, watch martial arts – it's an action packed weekend and only 4 hours from Madurai!



## HOW TO BOOK

### TWO EASY WAYS ...

Complete a [booking form](#) online.

Telephone  
01903 502595 (UK)  
or  
1-603-574-4935 (USA)



**THANK YOU FOR YOUR INTEREST IN OUR PROGRAMME!**

**We hope you'll join us!**

**Don't hesitate to contact us with any questions.**

**We're happy to help you plan your exciting adventure!**

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