



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

# SOUTH AFRICA



## TEACH AND CARE FOR MENTALLY AND PHYSICALLY IMPAIRED CHILDREN IN CAPE TOWN

Help in a school that has just over 200 children with physical and intellectual impairments. The pupils are aged from 3 years old to 18. There are four sections covering nursery, junior, middle and senior.

Work as a classroom assistant or class aide (helping children in and out of wheelchairs for different activities, or helping the teacher with various class activities, like painting, doing puzzles – and with the older children cooking, simple maths and reading etc.). Other tasks include reading stories to children, helping children to simple tasks on the computer and supervising the outdoor activities

***Thank you for your interest in volunteering on 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 Africa and the many diverse cultures in South Africa! And best of all ... **an unforgettable experience!**

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## SUMMARY

**Prices:** From **£1,095** excluding flights.

Please see Full [Price List Online](#).

**Duration:** From 2 weeks to 12 weeks or longer, subject to visa requirements

**Start Dates:** All year round, subject to school holidays - you choose your start and finish dates.

**Requirements:** No qualifications or experience required, just lots of enthusiasm and a love of children...

**What's Included:**

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

**What Not Included:** Flights, Insurance, Cost of Visas (if a visa is required), Local transport to and from your project, Return transfer to airport.

## PROJECT OVERVIEW

### THE SCHOOL:

The School we work with has just over 200 children with physical and intellectual impairments. The pupils are aged from 3 years old to 18. There are four sections covering nursery, junior, middle and senior pupils. A fleet of school buses travels from all over the suburbs to collect these children in the mornings from about 6am and the school bus returns the children back home for the afternoons at around 2.30pm.

State subsidies are not adequate to run a school such as this one and a special fundraiser arranges events during the year. Other funds are raised by the re-cycling centre in one of the school buildings, donations from people's homes, as well as newspapers, books and plastic containers are received at any time.

As the pupils are low functioning academically, the curriculum aims at fostering maximum independence and productivity in each pupil. It covers the development of self-sufficiency and socialism. Lessons are designed to improve motor and perceptual skills as well as functional academic skills. There is a strong emphasis on communication, household and vocational skills. Pupils are also encouraged to be aware of the environment and nature, and a visit to the school Farmyard is a daily occurrence.

The School also serves as a training centre for students from local universities and colleges. Students in training include speech therapists, medical students, physiotherapists, nurses, occupational therapists, care givers and teachers.

The school itself consists of a number of spread out, pleasant buildings all opening onto the garden. The school buildings are like a solid built local state school, and the parents and staff keep them looking neat and painted. The gardens are well-kept and spacious, and the children love visiting the small farmyard in the school grounds to see the sheep, goats, rabbits, ducks and chickens – and even a donkey or two sometimes.

There are two heated indoor swimming pools which are used for class swimming and physiotherapy.

Volunteers here have loved every minute of their placements here and keep up contact with the school after they move on to study at University or return to work at home.

### YOUR WORK AT THE SCHOOL

- When you arrive you will be allocated to a teacher who will introduce you to the work. You might be sent to different areas of work in the school before settling in to a particular job. If there is anything you are





particularly interested in, such as working with a particular age group or helping in the Physiotherapy or OT departments, please let us know when you apply, so that we can arrange it for you.

- You will work as a classroom assistants or class aides (helping children in and out of wheelchairs for different activities, or helping the teacher with various class activities, like painting, doing puzzles – and with the older children cooking, simple maths and reading etc.). Other tasks include reading stories to children, helping children to simple tasks on the computer and supervising the outdoor activities. Tricycle riding forms part of the curriculum - as exercise and mastering the skills associated with the physical action are very important.
- The children also learn simple rules of the road on marked out areas of the playground. Swimming lessons are a favourite and the school has two heated indoor pools. Your help in and out of the pools will be appreciated as children need individual help in the water. One pool is specifically for physiotherapy treatment.
- Volunteers working in the Nursery section usually move over to the older children after the nursery children have finished for the day. You may be given preparation tasks for the next day by the teacher or Admin work, like helping out in the front office if someone is absent. The school day ends at 3.00 pm.
- Sometimes there might be help needed, like preparing for Sports Day or School Fete or School Concert. We urge volunteers to get involved with extra functions taking place at the school as you can have a lot of fun and you will get to know the children much better out of hours.



## SCHOOL TERMS IN SOUTH AFRICA:

Dates for the **2015** school terms (semesters) are given below.

Term 1: 21 January – 1 April  
 Term 2: 13 April – 26 June  
 Term 3: 20 July – 2 October  
 Term 4: 12 October – 9 December

Dates for the **2016** school terms (semesters) are given below.

Term 1: 13 January – 18 March  
 Term 2: 5 April – 24 June  
 Term 3: 18 July – 30 September  
 Term 4: 10 October – 7 December

Please see a complete list of current public (bank) holidays for 2015 and 2016 at <http://www.publicholiday.co.za>

This project is not available during school holidays. Therefore, please compare the above school term dates to the dates of your placement. If a holiday falls during your placement, you should use this time to do any independent travelling and sightseeing. Generally the last week before terms end is given to exams and tests. This means that you will generally find your work load dropping during this week and you will usually find more free time than normal school time.

***“Working in BP school with special needs children. It was amazing to see how the children really appreciated the one on one time you were able to give to them as a volunteer. Even though it may not have been anything substantial you could see that the extra attention they may not be getting when just in a class really made them feel good about themselves.”***

**Siobhan Scarlett**

*“The best thing about the placement was undoubtedly the kids. Although they could be hard work at times, the huge smiles on their faces when you waved or said hello to them in the playground (especially the wee ones) would melt your heart.”*

Karen Mackay

## ACCOMMODATION

Nestled under the mountain near the city, is the trendy and arty suburb of Observatory, the student Mecca of Cape Town. We have chosen this location as an accommodation base and make use of a backpacker's lodge, where you will be staying. Its distance from the projects, safety conscious attitude and very friendly staff make this the ideal home away from home.

South African backpackers are unique and majority are run as a 'home away from home' in large houses, so there is always lots of space to relax and watch TV, read a book, or just sit by the pool and soak in the sun.

In Observatory, we use The Green Elephant backpacker's lodge, which has been running since 1994 and is spaced across 3 beautiful houses. The main house consists of dormitory style rooms, free unlimited wireless internet, a festive bar, a braai (BBQ) area and a swimming pool. The other two houses have private rooms (single and double rooms).



The lodge is situated in the heart of Observatory and a short (5 minute) stroll away from a large supermarket, internet café, restaurants, coffee shops, pharmacy and laundromat. The lodge is also closely situated to the main road, where busses and taxis are available literally at your doorstep.

You'll be staying in a dorm-style room in the main house, which consist of 6 beds each. The mattresses are great and all linen and towels are provided, but it's a good idea to bring your own beach towel. There is a laundry self-service area available at the lodge for R15/load (about £1), but there are also laundromats a few minutes' walk away that will wash, dry and fold for you.

The lodge has a 24-hour reception desk, and they pride themselves with long-term staff of up to 20 years. This translates into a safe environment with experienced staff, who are able to offer the best local advice to guests for trips & tours, restaurants and basically any local information on the Cape Town area.

The Green Elephant is also committed to low impact and sustainable tourism to preserve our natural beauty for future generations. They recycle everything from water (in grey water systems) to bottles, paper and plastic, which we strongly support!

### FOOD:

You'll be given a food budget which will cover your basic essentials (but not extras like drinks, snacks and eating out).

All the lodge houses have fully equipped self-catering kitchens, with all the necessities to cook a good meal. If you aren't feeling up to cooking on any particular day, the lodge also does meals that can be paid for on the day. For example, Thursday nights are pizza nights, and they also do BBQ's on regular occasions.

## 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! And 24/7 emergency helpline for you and your family
- 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.
- Free pick up from the nearest airport.

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

***“Travellers is an amazing organization that offers life changing experiences to people of all ages, I will highly recommend it to everyone, and I will be planning another volunteer experience for myself as well as for my sons. Thank you so much for the experience of a life time!”*** **Deanne Peterson**

## 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.



### On Arrival, your Introduction to the Country:

When you arrive you will be welcomed by a member of our South African staff who will take you to your accommodation and introduce you to everyone. During your first few days you'll be given an induction so that you can



learn about the country and its culture, as well as other useful information, like how to use the transport system, banks, safety issues, tipping, and lots more.

You will have weekends free and this will also allow some time for travelling and sight seeing.

## THINGS TO DO IN SOUTH AFRICA

### LOCATION, EXPLORING AND SIGHTSEEING:

The best advice you'll get from us is to try to see some of the country while you're in South Africa. It's big (huge!) and each different region is exciting and very, very beautiful. **Cape Town** is probably the most beautiful city in the world (I can say that, I grew up there :-). **KwaZulu-Natal** comes a very close second, albeit very different. **Knysna** is where South Africans go on holiday, which gives you some idea of how lovely the region is.

### ACTIVITIES IN CAPE TOWN

**Adrenaline Activities** - Enjoy exciting and "real" adventures with an adrenaline twist!

- Abseiling
  - Sandboarding
  - Deep-sea Angling
  - 'Kloofing' (insanely jumping off very high cliffs into pools of water!)
  - Paragliding
  - Helicopter flips
  - Bungee jumping (just up the coast)
  - .....and a LOT, LOT more!!!!
- ❖ Township Tours - A visit to one of the many townships surrounding the city is an experience that will open your eyes to the way in which the biggest portion of Cape Town's population are living. Take a township tour of Langa, the oldest township in South Africa or Khayelitsha, the second largest township in South Africa. Township tours will usually be co-led by a resident in the area, showcase local industry and community projects and include a visit to a township bar or 'shebeen'.
- ❖ Two Oceans Aquarium - Located in the V&A Waterfront, the Two Oceans Aquarium has lots of display tanks, interactive experiences, a touch pool and the highly popular predators' tank.
- ❖ Cape Winelands - Wine lover or not, a visit to the Cape Winelands is an absolute must as the region is one of breathtaking beauty and majestic mountain backdrops.



## 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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