



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

SOUTH AFRICA



COACH SPORTS TO CHILDREN IN SCHOOLS IN KNYSNA

Combine sports coaching with some teaching in poor township schools in the coastal resort of Knysna. Sport classes are run in conjunction with the Life Orientation classes. The purpose of these classes is to develop Team work, Confidence, Self Esteem, Communication Skills and Leadership.

You can coach a variety of sports, such as Cricket, Football, Netball and Rugby. Although facilities are basic, there is still a lot that you can do. The schools cater for many children from the poorer township community the average class size is between 15 and 40.

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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TravelQuest Ltd t/a Travellers, registered in England & Wales, Registered Office: 7 Mulberry Close, Ferring, West Sussex, BN12 5HY, Reg. No. 3072191, VAT Registration: 786540201

Prices: From **£795** excluding flights.

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

Duration: From 1 week 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,
- ▶ Payment Protection insurance
- ▶ Certificate of Completion
- ▶ Meeting you at the nearest airport
- ▶ 24-hr emergency support.
- ▶ Food
- ▶ Free coaching Manuals
- ▶ Full pre-departure support and assistance,
- ▶ Accommodation
- ▶ Transfer to your on-site accommodation
- ▶ Local in-country team support and backup
- ▶ Free T-Shirt
- ▶ Transport to and from your project

What Not Included: Flights, Insurance, Cost of Visas (if a visa is required), Return transfer to airport.

SUMMARY

PROJECT OVERVIEW

WORK CONTENT

The schools we work with are mainly for the underprivileged children in the local community and they have a love for sports and are very keen and eager to learn. Sports classes are run in conjunction with the Life Orientation classes. The average class size is between 15 and 40.

You can coach a variety of sports, such as Cricket, Football, Netball and Rugby. Although facilities are basic, there is still a lot that you can do to help the children in their development of sports skills.

The purpose of the Life Orientation classes is to develop Team work, Confidence, Self Esteem, Communication Skills and Leadership. These classes also help to develop skills, knowledge, values and attitudes that empower learners to make informed decisions and take appropriate actions regarding:

- Health promotion;
- Social development;
- Personal development;
- Physical development, movement and orientation to the world of work.

As sports lessons are run in conjunction with Life Orientation classes, it is difficult to say how much of your day will be devoted to coaching sports, because it depends on the school timetable. Therefore, some of your day will also involve teaching general classes as well. However, if you use your initiative and enthusiasm to generate sports activity when and where you can, or even after school, you'll have a reasonable amount of sports coaching ... and the children will love it!

Sports in South Africa are becoming compulsory. Unfortunately many children don't receive a proper sports education at their school, which is why your help is needed. You'll also provide essential education for the school teachers, who'll learn from you and be able to carry on with your coaching assignments once you've left, ensuring some continuity for the children. This is not a full-time sports project and won't fill up your entire timetable, you will have the opportunity to teach other subjects during the day, such as conversational English or any other subjects you may be interested in.

If you would rather coach sports full time then we have another very exciting option for you based in Knysna. Please visit this link for further details: [Sports Work Experience](#)



SCHOOL TERMS:

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

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.

Teaching assistance is not available during school holidays, so if you're planning to participate in a placement, please take the above school term dates into account when planning the timing of your project. On the other hand, if a holiday falls during your proposed placement, you could use this time to do any independent travelling and sightseeing. This is the choice that most of our volunteers make to gain some additional experience and knowledge of the region or, indeed, the country.

EXTRA ACTIVITIES YOU MAY BE ABLE TO INCORPORATE INTO YOUR PROJECT

You may also have the opportunity to provide help and support to the local community through the various afternoon activities we have to offer. This is an excellent way to immerse yourself in the African culture, but most importantly to give a caring hand to the local community. The activities could range from helping out at:

- **The Safe House:** Make the afternoons fun and exciting for these lovely children by playing games, helping them with homework and just being there to give them the attention that they so appreciate.
- **After-school drama or sports** - Take some time out after school to set up after school sports or drama clubs, the children love it and it's a great way to get to know them better in a relaxed and fun environment. If you'd like to set up a drama or sports club, please let us know when you apply so that we can arrange it with the school before you arrive.)
- **Other community projects** - Past volunteers have helped to paint the outside of a crèche that was in desperate need of a lift. The crèche is now looking very cheerful with brightly coloured walls. A jungle gym was donated to this orphanage and volunteers also helped to put it together for the crèche too! There may be other similar projects available at the time you're there that you might want to participate in.
- **Township soup kitchen:** On days that your school roster might allow you to finish a little early, our volunteers sometimes help at a local township soup kitchen



“What a fantastic 2 months, I’m going to try and select the best moments but there are too many!...We have given so much to these schools just by providing them with sports equipment to play with

and I have got so much back. It has been a very rewarding couple of months and I didn't want to leave!! I'm now thinking how I can get back."

Gemma Rishton

"I was so taken back by the children. They showed so much affection at the school. Indeed it is very difficult at times to carry out a teaching role... The placement was different to everyone's preconceptions. But in the majority of cases including my own, it was just SOO much better!"

Heather Sandilands

ACCOMMODATION

ACCOMMODATION: THE VOLUNTEER HOUSE:

The volunteer house in Knysna is within walking distance of the town, yet set against a natural green belt. The bird life is prolific and often the local Vervet monkey troop comes to visit to entertain the volunteers with their antics. The sunset views from the top balcony of the volunteer house of the Knysna lagoon are beautiful and great way to relax after a day working at your placement or to catch up on your tan in the summer. See photo on right-hand side.

The house is large and spacious and also has a self-contained flat downstairs for couples and families. The bedding in the two same sex dorms and the towels in their ensuite bathrooms are changed regularly every Friday by our much loved cleaner, pretty, and there is plenty of cupboard space to store your clothing.

Facilities include a kitchen kitted out for cooking, dining area, a few bathrooms, TV, DVD player, free Wi-Fi, garden and several wooden verandas.

There is an outside courtyard and garden in the secure grounds where you can have a typical South African barbeque known there as a 'braai'. Make sure you try the local spicy sausage known as 'boerewors' and the Karoo lamb chops are to die for on a 'braai', but if fish is more to your taste then a fish 'braai' with South African 'snoek' is a must.

FOOD:

You'll be given a food budget which will cover your basic essentials (but not extras like alcohol, snacks and eating out). The kitchen has all the cooking amenities that you might need to take advantage of preparing meals with some of the great seafood, meat, fresh fruit and vegetables South Africa has to offer.

There are supermarkets and local shops where you'll do your food shopping.

There are plenty of excellent restaurants within walking distance that offer the most incredible local and international cuisine which our volunteers rave about. Knysna is also famous for its oysters and even has an annual Oyster Festival where everyone eats and drinks far too much!

The waterfront and marine is beautiful and full of restaurants and cafes with cuisine that ranges from breakfast, coffees, cakes and snacks, through to sumptuous meals and various different nationality menus.



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

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.

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. When you lie on the beach and watch dolphins jumping the waves, you'll think you're in Paradise.

LOCATION:

Knysna is approximately 500km from the beautiful capital city of Cape Town and voted South Africa's favourite town 4 years in a row! Its mountainous backdrop, impressively sized estuary and indigenous forests really give the town a natural feel to it.

Although it still has that 'small-town' feel, Knysna is growing rapidly, and has all the amenities you could ask for such as banks, hotels, internet café's, cinemas and shopping malls.

About 20-30 minutes' drive away from Knysna you'll find **Plettenberg Bay** (better known simply as Plett), which is a bit smaller than Knysna, but equally stunning. Its' pure white beaches stretch as far as the eye can see and there is a lot to do, from whale and dolphin watching, to hiking trails and awesome nightlife.

The Garden Route is famous for all sorts of activities from adrenalin sports such as bungee jumping, skydiving and shark cage diving to more relaxed pursuits such as hiking, quad biking in the forest or visiting one of the many animal sanctuaries in the area. Your local Travellers liaison will be happy to assist you in finding interesting things to do and places to see so make the most of it!

Knysna nestles on the banks of a beautiful lagoon in the heart of the 'Garden Route' of South Africa. It is surrounded by a natural paradise of lush indigenous forests, tranquil lakes and golden beaches, making it a real natural wonderland.

Knysna is a vibrant town, buzzing with creativity and energy, and the pulse of good music. It's a place where you can enjoy the mellow atmosphere of street cafes, watching the world go by. The main street is very leafy with trees along the pavements and it has a wonderful holiday atmosphere with sun umbrellas everywhere.

Most cafes have outdoors seating areas overlooking the street or on the pavements, with colourful sun umbrellas - a perfect place to sit with the sun on your face, watching passers-by ambling along, sipping a steamy cappuccino or staving off the heat with a cold drink.



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!

www.travellersworldwide.com

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