



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

SOUTH AFRICA



COACH SPORTS TO UNDERPRIVILEGED CHILDREN IN A SCHOOL IN CAPE TOWN

Coach your choice of one or more sports in Cape Town, working with children from underprivileged communities who range in age from 5 to 13. English is not the children's mother tongue, but the general standard is about Fair to Good. 98% of the children at the school come from Cape Town's townships.

You'll help with fun games and sports on the field during certain periods. The coaching sessions take place during Life Orientation classes, which is now part of the curriculum in South Africa. The school has a few basic sports facilities like a football field, basketball and netball courts, and cricket nets.

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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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 needed, just a good knowledge of sport, a big heart and lots of enthusiasm!

What's Included:

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

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

SUMMARY

PROJECT OVERVIEW

WORK CONTENT

In the school we work with in Cape Town, there are approximately 600 children, with 20 teachers. There are usually around 28 to 30 children in a class, but sometimes classes will be split into smaller groups when you are coaching/playing games on the field.

You'll most likely work with children who range in age from 5 to 13. English is not the children's mother tongue, but the general standard is about Fair to Good. 98% of the children at the school come from Cape Town's townships.

The school has a few basic sports facilities like a football field, basketball and netball courts, and cricket nets.

As a Travellers Sports volunteer you'll help with fun games and sports on the field during certain periods. The coaching sessions take place during Life Orientation classes, which is now part of the curriculum in South Africa.

Many of the teachers don't have any training or knowledge of sports coaching, so you'll take most of the sports sessions. You may coach on your own or possibly with other volunteers. You may even have a teacher to help you, and, if so, you can assist the teacher on how to coach a particular sport so that hopefully they can learn to confidently take a sports lesson themselves.

It is vital to use loads of initiative on this placement as you may have to 'round up' classes to coach during the day. Forming a good relationship with the teachers is a great way to achieve this.

This project is not available during school holidays (please [check dates on our website](#)). 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.

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.



“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:

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:

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| ✓ 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.

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

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. Rolling vineyards and quaint Cape Dutch homesteads ... as well as some of the country's best wines.
- Relaxing drives: Drives are a very popular leisure activity in South Africa, because the roads are generally wide, in good condition, relatively empty and a pleasure to drive on. People often go for drives on a Sunday afternoon to a favourite hotel or restaurant for afternoon tea and scones, or to the top of a pass just to look at the view, or to a national park to watch the baboons - there's always a good reason to go for a drive!



Cape Town has lots of cafes and restaurants with 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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