



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

SOUTH AFRICA



SPORTS WORK EXPERIENCE INTERNSHIP IN KNYSNA

This internship combines coaching a variety of sports with gaining valuable work experience in a well set-up Sports School. You'll coach full time for the underprivileged community, as well as assisting in the management and running of the school and possibly playing for various teams based at the school.

You'll work in Sports Administration & Management, Organising Sports Events, Sports Development and Grounds Management, amongst others. The experience you gain on this internship will be an excellent entry into your CV.

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 6 months 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 required, but you should have enthusiasm and a good knowledge of your sport. Minimum age 17.

What's Included:

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| ▶ 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 | ▶ Transport to and from your project |

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

PROJECT OVERVIEW

You'll get involved in a number of different activities during the day. Apart from coaching, there are also aspects of sports administration and management, which the school needs assistance in, including:

- Monthly sports festivals at the Sports School - schools from around the country come to take part in these festivals!
- Matches between schools and clubs.
- Matches for overseas touring sports teams.
- Sports facility maintenance
- General paperwork and administration



This Sports School is dedicated to the development programme to help the underprivileged children in the community and give them a chance to play sports in an environment just geared for sport with other local children

You will have the opportunity to coach and play a variety of sports, including: **Cricket, Tag Rugby, Hockey** and **Cycling** (which is done as an outreach program in nearby Rheenendal). **Football, Golf, Bowls** and **Tennis** are also played but to not as large an extent.

You can also get involved in a number of different roles:

- Sports Administration & Management
- Organising Sports Events
- Sports Development
- Grounds Management
- Maintenance
- Umpiring and refereeing games.

ABOUT THE SPORTS DEVELOPMENT PROGRAMME:

The Sports School has a well-established sports development programme which aims to allow children from the surrounding townships to come to the facility and receive free coaching. They also have children from more affluent backgrounds attending the Sports School so there is a wonderful interaction and benefits for both groups.

There are a number of qualified coaches at the school who you will be assisting, so if you're not a very experienced coach, or you lack confidence in your coaching skills, you can learn and develop your own abilities by working

alongside these coaches. You can choose to coach one or more different sports and you can do a placement for any length of time, from two weeks upwards. The sports are divided into seasons as follows:

- **Summer** (between October and April, with a long break in the middle from around 1st December to around 15th January) Cricket, Cycling and Golf
- **Winter** (April 10th approx. to 22nd September approx.) Football, Hockey and Tennis
- **Tag Rugby, Golf and Cycling** is played throughout the year

Morning coaching is mainly for the pre-primary school children while the afternoon coaching is when the local school children and older learners attend for their coaching. Any administration in attended to in the mornings.

During the start of the school year (February & March) you'll go into the township schools with the coaches to do talent spotting to identify children who have talent in a particular sport. These children are then encouraged to come to the sports school to receive coaching.



PLAYING SPORTS:

As well as coaching sports, you may also have the chance to train (and possibly play) for the sports schools senior/men's teams, if you're considered good enough. The sports school has teams in a number of sports. If you would like to compete and train in a specific sport, the dates for the different sports sessions are as follows:

- Competitive Bowls, Tag Rugby, Golf and Cycling: All year round
- Cricket: January – mid March, and September - mid November
- Tennis: April – end of May
- Hockey: Mid-March until September

This placement would suit someone who has a keen interest, not only coaching sports, but getting involved with the sports administration and management role as well. It is open to anyone who has, or intends to study sports.

This is a very professional and intense sports placement where you can really benefit by learning sports administration, management and coaching. At the same time you will also be providing a benefit to the poorer community through the sports development programme

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.

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

“Working at the sports school was a great way for me to learn how to coach in a professional environment and improve my coaching techniques. I in turn could help the children. This is an excellent placement for those who want to really get stuck into sports full time coaching whilst learning new coaching techniques and playing sport.”

William Dawson

“These children were completely awesome and they were very willing to help with everything at the athletics track I was at... By the way, keep my details because I will certainly be going again.

BEST EXPERIENCE OF MY LIFE!!!!”

Ryan Hammond

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. y volunteer placements. 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 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:

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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 | |

"I have been back for a couple of weeks now and am missing South Africa already. The placement, people and whole experience was fantastic. I'd like to thank you personally for making this happen for me, an experience I'll never forget. I wouldn't change anything about the placement - it was probably the best decision I've made to go out there." **Michael Dakin**

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.

ABOUT THE SPORTS SCHOOL:

The Sports School is situated in a beautiful location, overlooking the Knysna Lagoon. Being out in the fresh air and playing sports with such panoramic views is enjoyable, uplifting and quite unique! The School has excellent facilities, including a pavilion, cricket and hockey ground and is very close to a golf driving range and golf courses.

The School was established in 1992 as a sports promotional tool for the previously disadvantaged community. It provides term-time coaching to boys and girls and works closely with the children from the underprivileged community and townships. As well as coaching, the school also organises a number of sports events which brings visiting teams to Knysna to play against local teams. These occasions are always lots of fun, 'teaming' with good, strong competitive spirit (pardon the pun!).

The mission statement of the sports school is: *"The promotion of sportsmanship, fellowship and self-respect among children in Knysna through the medium of a healthy sporting ethos and environment, and the development of their skills in their chosen sport."*

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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