



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

SOUTH AFRICA



PSYCHOLOGY, COUNSELLING AND SOCIAL WORK WORK EXPERIENCE IN KNYSNA

Work with social workers who provide Counselling services to people in need of support owing to emotional problems. These can include marital and family stress, depression, mid-life crisis, divorce counselling, HIV-related counselling, conflict management and parenting.

The Society (FAMSA - Families South Africa) is very much family orientated, serving to help resolve family problems and disintegration. It is one of a chain of Centres throughout South Africa. You'll learn a lot about all the areas of counselling and social work that they deal with.

This is Work Experience/volunteering rather than an Internship.

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 people 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 **£1,895** excluding flights.

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

Duration: From 4 weeks to 6 months or longer, subject to visa requirements

Start Dates: Available all year round (except between 15 December and 15 January), you choose your start date.

Requirements: You should be studying, or be qualified in, Social Work, Psychiatry, Psychology or Counselling, or a related subject. Minimum age 21.

What's Included:

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

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

SUMMARY

PROJECT OVERVIEW

Your role and the types of work/activities you are given may vary and may depend on certain factors such as what's required at the time that you're there. You'll work as part of the team and may spend various periods of time during the day counselling adults and couples, families, groups, adolescent groups and teenagers.

You'll assist in some or all of the following services:

Counselling

You could assist with many areas of counselling, from marriage preparation and enrichment, relationships, individual, family, re-marriage and divorce counselling and mediation. You'll assist the Counsellors in group counselling (not one-to-one counselling). Due to the nature of the work, counsellors themselves have to undergo compulsory counselling and regular evaluations.

Trauma Support

This can take place either at the FAMSA offices or at the local police station. FAMSA provides a 24 hour/7 days a week trauma counselling programme to victims of crime and violence for the South African Police Force at the local police stations. Other forms of trauma support you might be asked to assist with are sickness, accident, rape, death/loss, family violence and abuse, and HIV/AIDS counselling.

Training

FAMSA offers various forms of training that you can get involved with, from basic counselling skills, debriefing, group work training, stress management, life skills, personal growth and domestic violence. These are aimed at local volunteers to give them the tools to be able to assist with counselling

Parenting support

Counselling is often given to parents to help them deal with difficult behaviour in children, assisting them with effective parenting skills training and addressing specific problems in groups and individuals. Please note that only adults are counselled, but children can be referred to Child Psychologists in the area, if needed.

Programmes

FAMSA runs various different programmes giving support and assistance to groups and individuals. These include the Life Skills Programme and the "Women in Need" programme. These are programmes for men and women which are aimed at starting up support groups that can self-sustain victims of domestic violence to enable the victims to generate an income and thus become self-supporting. This can be in the form of a cooking or sewing group, for example.



There is also a Prison Programme that has been set up where counsellors go into the Knysna prison and offer group counselling and assistance. They try to impart life skills and information to the prisoners, thus assisting in rehabilitating and empowering them.

A Parole Counselling Programme is also being set up to assist ex-prisoners who are re-entering society. It is aimed at helping them to enter the job market and thus hopefully staying away from a life of crime.

Fundraising: If you have any skills in fundraising, you'll be welcomed with even wider arms! As with any work of this type, funds to support it are always difficult to come by, so any help that can be enlisted is always very deeply appreciated.

A TYPICAL DAY:



Time	Description
07:00	Wake up, wash and get ready
07:30	Breakfast
07:50	Leave for project
08:00	Arrive at project
12:00	Lunch (this can differ day to day)
12:30	Back to work
16:00	Finish for the day at your project
16:30	Arrive home, shower, relax
18:30	Dinner
19:00	Relax , watch DVD's, read, contemplate the meaning of life

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 Children's Home: 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. The soup kitchen is open on a Monday, Wednesday and Friday.



The project may possibly be extended to involve local unemployed people, or street kids, or even elderly people or children's orphanages. These are just a few ideas and it may be that some volunteers will have more ideas that will help to make this project a worthwhile one that will benefit the community for a long time to come.

“The area is beautiful and travelling is easy. The house we stay in is lovely and the Travellers workers are such kind, loving people which really makes it feel like a home away from home. What with all the other volunteers and the Travellers staff, it really does feel like our own little family ... well, our own very big family, I suppose!!”

Luke Brennan

ACCOMMODATION

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 verandahs.

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 | ✓ 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.

MORE ABOUT FAMSA:

Assist the staff in counselling families and adults in the beautiful coastal resort town of Knysna. Any person from any type of background could need assistance and counselling, regardless of background. The counsellors help people from Knysna's more wealthy areas as well as from the very large disadvantaged township surrounding the town.

The FAMSA (Families South Africa) Centre's counselling programmes include a wide range of methods and techniques by which clients are helped :

- Resolve personal and inter-personal problems
- Select and adopt more constructive attitudes and skills of relating
- Enhance their functioning in significant relationships and other interpersonal transactions

The Centre's motto is *‘We believe in every person’s potential to solve their own problems. We give support and guidelines for optimal functioning.’*

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.

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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