



Chance Of a Lifetime Travel

**COLT** are proud partners of African Impact, on-the-ground leaders in African Volunteering and winners of the 2011 Imvelo Award for Responsible Tourism

# Physical Education and Sports Coaching Project Cape Town, South Africa



*At African Impact, we see ourselves as the on-the-ground AFRICAN SPECIALISTS in volunteering. Founded in 2004, we have so far hosted over 6000 volunteers on our exciting Conservation and Community Volunteer Projects in Africa.*

*We are also immensely proud to have been nominated as Finalists for the following Responsible Tourism Awards in 2009: The **World Travel Awards**; The **British Youth Travel Awards** and the prestigious South African **Imvelo Responsible Tourism Awards**. In 2010 we were once again nominated for a World Travel Award and were proud **Winners of an Africa-wide Imvelo Responsible Tourism Award**. An accolade awarded in 2009 to Sir Richard Branson's Ulusaba Eco-Lodge in South Africa. In 2011 so far we are nominated for a World Travel Award and are entrants once again in the Imvelo Awards, British Youth Travel Awards and Virgin Responsible Tourism Award.*

*Our head office is in Cape Town, South Africa, with supporting operations offices in Kenya, Mozambique, Tanzania, Zimbabwe and Zambia. We are determined to make a difference in the amazing communities and conservation areas in which we work.  
And so can you...*



**Location:** Cape Town Southern Peninsula, in view of Cape Point Nature Reserve, on the coastline of Cape Town

**Age limit:** Minimum 17 years, maximum decided on potential participants' health

**Required experience:** No specific prior experience is required for this project

**Project Highlights:**

- Conduct physical education lessons with disadvantaged and vulnerable children
- Bring fresh ideas and stimulation to the children through sports
- Help to uplift communities through sports whilst getting hands on experience in Africa
- Coach afternoon football/soccer clinics at grassroots level
- Contribute to sports development in an underprivileged township

- Keep youth educated and off the streets through afternoon reading clubs, homework clubs, craft clubs and more
- Be the backbone of relationships with community members and make an impact on the southern peninsula of South Africa
- Take advantage of optional trips to see more of Cape Town's spectacular sites including world famous Table Mountain and Robben Island
- Make friends for life with the other international volunteers on the programme and immerse yourself in Capetonian culture

## Physical Education and Sports Coaching Programme

Masiphumelele Primary is the only primary school servicing the township of Masiphumelele, which has in excess of 35,000 residents. This is a Xhosa speaking school with over 1300 pupils and 33 teachers. The average classroom has between 45-49 children with only one teacher, so your efforts to assist will be hugely appreciated!

### Physical Education Lessons and Good Sport

The Good Sport concept is a true development model that starts from the bottom up – by reaching every child they create a very strong foundation for future success in all sporting codes. Good Sport work on SAQ (speed, agility and quickness) models, as well as team sports such as rugby, football, netball and cricket. In the morning, they run physical education classes by SAQ standards, and their after school programs consist of team sports. The program at Masiphumelele is run by Nceba Johase, who you will meet, a South African trained coach, trained by Sports Coaches Outreach (SCORE).

Physical Education lessons run for 30mins each day, from 8.30am until 12.30, with each grade sending two classes at a time.



### **Soccer/Football Coaching**

African Impact's soccer coaching was inspired by a local guy from Masiphumelele, who single-handedly trains and coaches 5 youth football teams! Thomas has been involved with his teams for over 9 years and has reared his under 17's to be top of the local league, despite having minimal facilities or equipment. His younger boys, the under 9's, also look ready to take on the challenge as they have also stormed to the top of the league this year! Thomas and his boys are training to be the best, under conditions which are unusual to an average football team; they do not have a flat or football pitch sized bit of land to train on, instead they use a sandy and rocky outcrop in the middle of the township. They also do not have enough football boots for everyone's feet. Instead, Thomas keeps all the football boots at his house, and the boys share odds and ends of old and donated boots, when it comes their time to train. They own minimal training equipment, cones and footballs and use whatever they can find to be their "goalposts"!

Although the football coaching is very rural and grass-roots, Thomas is an extremely dedicated individual whose passion rubs off on his enthusiastic and football fanatical boys! Volunteers will assist Thomas in coaching the various teams and contribute to sports development in an underprivileged township.

### **Volunteer Objectives**

- To assist the coaches in the planning and execution of physical education lessons
- To create structure for the children during the lesson time
- To maintain consistency in the structure of the lesson
- To provide or assist with any other additional work-load necessary to the program
- To assist in the daily/weekly tasks/duties to achieve optimal operation of facilities
- To take the initiative to use resources for afternoon projects – this is when you can independently flare!
- To ask for direction from coaches and African Impact staff when necessary

*Note that during school holidays schools will be closed and neither physical education lessons nor sports coaching will take place. During this time holiday clubs will be running and there will be no shortage of amazing, rewarding and exciting work to do with the local kids and in the local communities. The school holiday dates for 2012 are as follows:*

24<sup>th</sup> of March-10<sup>th</sup> of April

23<sup>rd</sup> of June-16<sup>th</sup> of July

29<sup>th</sup> of September-9<sup>th</sup> of October

7<sup>th</sup> of December the project CLOSES until mid January 2013



After morning projects, you will assist in the local community with various aspects in the afternoon. You will rotate between the following community projects (Please also understand that our projects are continuously evolving, being improved, and adapting to the needs of the local communities that we are involved with, so involvement areas do change from time to time. Rest assured your work will be necessary, rewarding and exciting) :

#### **Building and painting schools**

Schools in Red Hill deal with a great shortage of classrooms and facilities, as a result of which they are limited to the amount of children they can accommodate. As a volunteer, you will assist with fixing fences and windows, and rebuilding and painting classrooms. This project will also involve community litter, glass and rubbish collection.

#### **HIV and AIDS Orphanage**

As one of our afternoon community projects, African Impact works alongside a home for children infected and affected by HIV/AIDS situated in the heart of one of the peninsula townships, providing a safe and healthy home to children whose parents and family members are unable to look after them. As a volunteer, you will be involved in spending invaluable time with the wonderful children there, including supervising homework and playing educational games, as well as making friendships. The children at the home make this community project a delight and an incredible amount of fun!

#### **Mini Farming Projects**

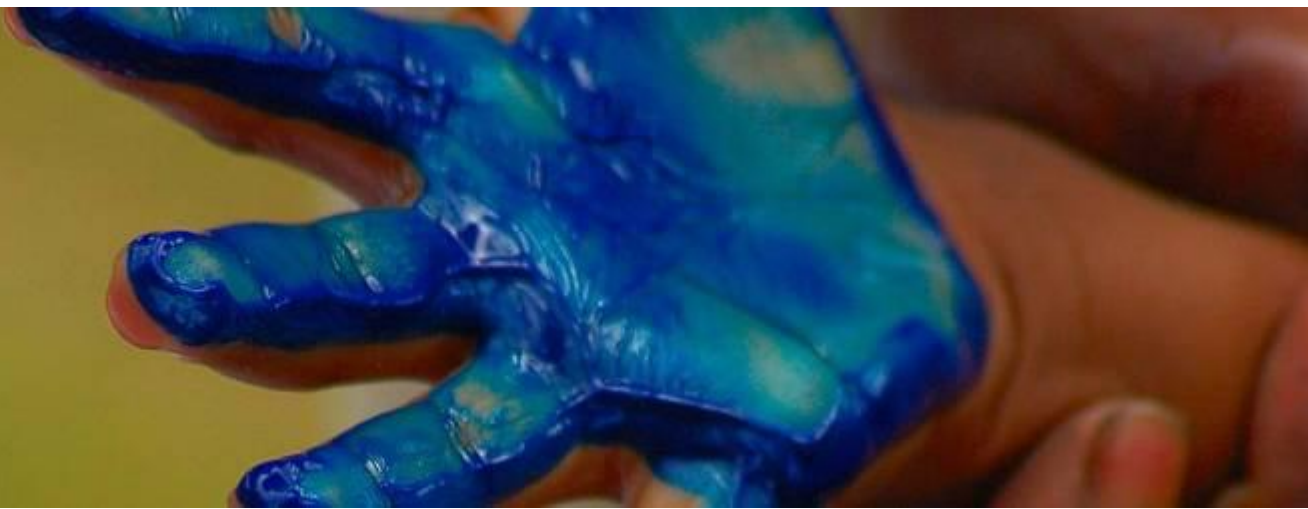
At our preschools, African Impact have developed an initiative to allow the school to grow a sustainable source of food to contribute towards the community partnership initiative which provides two meals a day to otherwise very hungry children. The vegetable gardens, looked after by the children and teachers of the school, provide carrots, beetroots, cabbage, onions, spinach and lettuce, as a way of adding nutrients to their meals. While volunteering with African Impact, you might get the opportunity to immerse yourself in a mini-farm project, ranging from the basics of a vegetable garden, to building an underground drainage system to save on water.

### **Masiphumelele Library**

Masiphumelele has been blessed with a wonderfully-resourced library and great facilities. The library offers many services to the community and volunteers slot into some of the existing programs at the library offered to members of the township. These include arts and crafts, puzzles, games, literacy, one on one reading, homework club and math club.

### **Children's Safe House**

You will also be involved in entertaining and being entertained by the children of a safe house in the local area. Here, crafts, games, dressing up and getting to know each and every wonderful personality is first and foremost. Volunteers also help out with homework for the older children and provide support, encouragement and laughter throughout.



### **Educare Centre**

Volunteers will assist teachers with after school care by helping with game playing, reading (both one-on-one with the kids and to the group during story time), and with other activities they engage the children with i.e. art, music, and dancing.

### **A day in the life of a Cape Town volunteer...**

*Please note that your itineraries may differ from this, depending on your own experience and the number of other volunteers on the placement at the same time, school holidays etc. and this is simply to give an example.*

**07:00** Get up, eat breakfast of cereals, toast, tea/coffee, and start getting ready for your project.

**07:45** Head off on the short drive to your project.

**08:00** Start your morning volunteering.

**12:30** You will be collected and have lunch back at the volunteer house.

**14:00** You will leave for one of your afternoon community projects. Spend these

afternoons playing with the children at the schools or building and painting on a local project.

**16.30** End of the working day. You will be picked up from your project and taken to the volunteer house where we evaluate the day and discuss the schedule for the next day, or enjoy some free time.

**18.30** Dinner at your volunteer house. After dinner, volunteers are free to do as they please i.e. movies, malls etc.

#### **Project Support:**

Throughout your placement you will have the support and guidance of our experienced project managers. They are part of our greater African Impact support team, which will provide you with competent 24-hour field support and assistance.

#### **Project Accommodation and meals:**

- Volunteers will stay in a fully furnished house situated at the foot of Chapman's Peak in the rustic town of Noordhoek.
- The house is on a private and secure property. It is comfortable, spacious, and within easy walking distance of a shopping mall. It is also staffed with a cook and cleaner and each room has an en-suite bathroom. Other facilities include satellite television and a lock-up safe for your valuables.
- All bedding is provided, but you will however need to bring your own towels please.
- You will be provided with three meals a day.
- Breakfast is on a help-yourself basis consisting of cereals / porridge, toast, tea and coffee.
- Lunch and dinner will be cooked or prepared for you by one of our chefs at your volunteer house.
- On weekends you will need to cook your own meals (we will provide ingredients) as our staff will need to be given time off. Weekends are usually a good time for tourist activities and exploring the surrounding area, so this is the time that a lot of volunteers are out and about.



#### **Getting there:**

You will fly into Cape Town International Airport. We will meet you at the airport and transfer you back to the volunteer house.

**Project Cost Includes:**

- Project Fee: this entails financing that goes directly back into the project that you are involved with. This fee facilitates funding for items such as medical supplies, building materials and equipment, etc. Project fees are also used to buy vehicles / equipment for the project, and for developing new housing for volunteers to provide for the expansion of the project
- All airport transfers from Cape Town International Airport upon arrival and departure
- Comprehensive orientation program
- All daily transfers to and from your projects during your stay
- Full board and lodging which includes 3 meals a day at our volunteer house
- Weekly laundry service during your stay
- Assistance with the projects by various African Impact staff and Project Managers
- Outings to Cape Point– the most South-Western tip of Africa, Boulders Beach – to see the African Penguin colony, and world famous Table Mountain

**Project Cost Excludes:**

- Personal travel insurance for the duration of your placement, which must include cover for repatriation
- All transport by air or bus to Cape Town
- All items of a personal nature, such as curios, gifts, clothing (work and other)
- E-mail / Internet and telephone calls
- Soft drinks, wines and spirits
- All visas for border crossings
- Any excursions over-and-above your planned itinerary in Cape Town

**Project Orientation:**

Upon arrival at our project base on the outskirts of Cape Town, all volunteers are involved in a comprehensive orientation programme, which is included in your fee. This is facilitated by your Project Manager and entails:

- An introduction to the city of Cape Town and surrounding Cape Peninsula, as well as the communities you will be working in.
- An introduction to all of our Cape Town projects. Not only will you see where you will be working, you will also see where your fellow volunteers will be spending their days.

*We look forward to welcoming you for a unique, rewarding and unforgettable experience!*

### **Project Travel Highlights:**

Guideline prices for popular activities offered in and around Cape Town:

Aquila private game reserve – a "Big 5" reserve situated 2 hours drive out of Cape Town: +-ZAR1500 pp (based on a minimum of 5 pax), which includes a buffet breakfast, lunch and a 3 hour game drive. It is also a possible opportunity to pet cheetahs.

City hop on-hop off double-decker bus: +- ZAR130pp

Shark Cage Diving: +- ZAR1500pp (including transport and based on a minimum of 4 pax)

Sky diving: +- ZAR2000 (including transport and based on a minimum of 2 pax)

Abseiling down Table Mountain: +-ZAR595

Surfing lessons: +-ZAR250





#### **Our Partners**

[The Happy Africa Foundation www.happyafricafoundation.org](http://www.happyafricafoundation.org) African Impact is proud to have been instrumental in the establishment of The Happy Africa Foundation in 2007 and continues to be one of the Foundations major supporters. UK Registered Charity Number: 1123529. The mission of The Happy Africa Foundation is to empower the African people through the support of community and conservation based initiatives that operate at grass roots level.



We are proudly affiliated to the UK-based **Know Before You Go** campaign that promotes education and knowledge-sharing amongst travellers.



African Impact is delighted to have been nominated as a **2009 World Travel Awards Finalist** and see this as exciting recognition of our position as African specialists in Volunteering, with over 5 years experience in sharing Africa with travellers who have a passion for making a difference.