



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



**ORPHAN DAY CARE AND HIV/AIDS  
EDUCATION PROJECT, ST LUCIA  
KWAZULU-NATAL, 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 Awards.

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...



#### **Project Highlights:**

- Educate and play with small children some of whom have lost their parents as a result of AIDS
- Help raise awareness on preventing the spread of the HIV/AIDS virus in the local community
- Help improve the living conditions, nutrition, school equipment and vegetable gardens of the most needy families and the local orphanage to help them to become self sustaining
- Get involved with the local orphanage, teaching in the after school clubs and help with the refurbishment of classrooms into bedrooms to provide a place to stay
- Help build, refurbish and paint community buildings such as churches, schools and day care centres
- Immerse yourself in the local Zulu culture and learn the language
- Make friends for life

**“Children are the most vulnerable citizens in any society and the greatest of our treasures”  
Nelson Mandela, 1993**

Surrounding the beautiful area of St Lucia are rural villages with many children, some of who are orphans, in need of education and care. There are some local crèches and day care centres which provide a place for children to go. Many of these places have little or no resources for play or education, even though the local carers try their best to make do with what they have. Our aim is to assist the carers and teachers by helping with basic learning, fun activities and lots of play for the children - in some places there are as many as 80 energetic children to be looked after! Volunteers play a huge part in this assistance and form special bonds with the children and teachers. We also help with other needs in the community, including HIV/AIDS awareness programs, assist with the care and improving facilities for local orphans, farming to encourage healthy living and the refurbishment of important community buildings. This project, with its adorable children, the chance to give important HIV messages and see the rewards of improving community facilities is truly a life changing experience.

**Location:** St. Lucia, North East Coast of South Africa. A safe and charismatic town within walking distance of the beach.

St. Lucia is situated within the iSimangaliso Wetland Park, a beautiful area that was declared as South Africa’s first Natural World Heritage Site by UNESCO, and which is called by many “Africa’s premier bush-and-beach destination”. Encompassing almost half a million acres, it is a stunning and ecologically diverse area, where five different eco-systems join, and where you find savannahs, wetlands, swamps, beaches, and a great wealth of wildlife. The area is home to the Zulu tribe; a group of people with a very lively and colourful culture. It is within this impressive setting, we offer you the opportunity to interact and educate AIDS orphans and other children in need of care in orphan day care centres, get involved in educating the local community about the HIV virus and get involved in a wide range of community outreach community initiatives, for an unforgettable life-changing experience.



**Age Limit:** Minimum 17 years, maximum decided on potential participants’ health

**Required Experience:** For this project, no specific experience is required. An interest in teaching, a caring nature and an enthusiasm with children is encouraged. Some prior background reading on HIV is highly recommended to get the most from your time on this project.

**Dates:** start dates are the 1<sup>st</sup> and 3<sup>rd</sup> Monday of each month and you can volunteer for 2/4/6/8

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weeks.

**“I am grateful for the opportunity to be a part of these people’s lives and to be able to help in even the smallest ways, the experience has been very humbling... I think the work on the community project is fantastic and feel African impact is a huge part of Khula Village, I have gained new perspectives on life in general and will take this experience and my memories with me forever”**

**Katie Thompson, UK**

#### **Project Achievements so far:**

In the last 2 years African Impact volunteers contributed over 18,784 hours to community development in the St Lucia area of South Africa. Our project structures, together with the support and advice of our charitable foundation team at The Happy Africa Foundation, are continuously assessing our work and project strategies to ensure that these hours are meaningful and are making a difference.

Our volunteers have also individually touched the lives of over 200 children across 3 crèches in Khula Village - the extent of their impact ranges from basic education and improvement in English, to feeding and nourishing the children, to care for their wounds and injuries, to simply providing one-on-one attention and playtime to children that is so critical for their development and who would otherwise be ignored.

The volunteers have been running weekly HIV Education classes for adults and school children to help raise awareness of the HI virus. We have organised HIV events at the local high school working in partnership with ‘peer educators’ and a football matches to help deliver HIV messages to more men in the community.

Volunteers have also contributed to the completion of the building of a brand new day care centre to look after 80 children, some of whom are orphans. The day care centre is also equipped with an adventure playground with swings and slides which the children love!! Our volunteers have refurbished some classrooms into bedrooms at the local orphanage to give them a place to stay so that they can attend school. This is a great step for the children whom currently lived with community carers too far away to regularly attend school.

In 2010 we built a simple wooden building to help a family who have been running a crèche for over two years without a suitable structure. The small crèche now has 20 children and with our ongoing support we hope to help the facility to grow and to improve the education for more children.

The African Impact Orphan Day Care Project has succeeded in painting 5 community buildings in dire need of repair, including the village information centre, a local church, school classrooms and day care centres.



## **More about our Orphan Day Care and HIV / AIDS Education Programme:**

### **ORPHAN DAY CARE**

The communities in the St. Lucia area are heavily affected by HIV/AIDS. It is believed that in some communities, up to 70 percent of people are infected with the virus. HIV is prevalent particularly in the ages of sexually active adults, as a result, many children are left orphaned. In African culture these children then live with their relatives or community members, but they are often left by themselves during the day, as their caretakers are at work. Within the local village of Khula (10 minutes drive from St Lucia) there are several day care centres and crèches that have been established to provide a meal, basic education and the care and attention that they so often lack at home. Some days there are up to 80 children under 6 years old for the Carers to look after with little resources.

Volunteers visit the day care centres every morning (Monday to Friday) and will assist in taking care of the children and teaching basic lessons to a class of under 6's. The volunteer role is fundamental to the development of the children and in the preparation for their next step into primary school. This is a great opportunity to help many children in the community through developmental play and education, by giving them the individual attention they desperately need. There are also opportunities to help with the babies and toddlers with play, singing, help them with basic skills and have fun. The one to one attention the children get from volunteers is so valuable as this is otherwise not available with the restricted number of carers and teachers.

As a volunteer you will be involved in the following:

- Teaching the children basic lessons about different themes and subjects with the aid of a translator
- Developing the children's imagination and creative skills through crafts
- Playing games and singing songs in both English and Zulu
- Helping with washing hands before meals and feeding children and babies
- Helping to refurbish the day care centre buildings to keep it a fun environment in which to learn

In the school holidays volunteers will help run a holiday club for children aged 4-12 years old. This is a great opportunity to have fun with the children as well as educating them about new and exciting things. Examples of some activities are learning about other countries, and sports and talent competitions.



### **HIV/AIDS AWARENESS EDUCATION**

In St. Lucia's local community, many myths about HIV/AIDS still prevail. A large percentage of local South Africans believe that the virus is a result of witchcraft, and people infected with it are often rejected from their own communities and families. As a result, many people who are infected do not admit to having the virus. Not many people know how to prevent infection, and even fewer people know how to deal with the virus once they have it.

Working together with our Volunteer Coordinator with experience in teaching this subject you will be involved in teaching adults and children about the virus. During your placement, you will visit both schools and community centres, and do the following:

- Explain, through a simple method approved by the United Nations what the HIV/AIDS virus actually is, and how it affects a human body
- Educate people about how the virus is transmitted, and how infection can be prevented
- Explain how, after infection, life can be prolonged through medication, healthy food, and a more healthy lifestyle

### **EZWENALISHA ORPHANGE PROJECT**

African Impact volunteers are currently assisting in serving lunch and after school playtime activity for approximately 40 orphans in Ezwenalisha community. You will be involved in playing educational games and sports with these energetic children.

Besides looking after orphaned children and raising awareness about the HIV/AIDS virus, you will be involved in the following community projects in the afternoons:

#### **1) 10 FAMILIES COMMUNITY OUTREACH PROGRAMME**

The Ten Families Project was established in May 2009 and aims to improve the quality of life in a sustainable way for 10 families urgently in need of assistance. Help can take many forms including food provision, education, property repairs, building a house, farming, finding access to medical attention and income generation. This amazing community outreach programme is only made possible through the help of volunteers and is a unique insight into how traditional Zulu families live and a chance to bond with each family.



## **2) BUILDING AND REFURBISHMENT**

Community buildings in the local villages tend to be run down, particularly in the more rural and remote areas. As a volunteer, you will visit these building which may be a school, day care centre, a church, orphanage, community centre or the house of someone in need, by helping to fix roofs and windows, paint walls, and help build new rooms. You will find that the community greatly appreciate your presence and support, and your work will be highly rewarding.

## **3) FARMING**

To help encourage positive and healthy living, volunteers will help local people create and maintain vegetable gardens. These will supply people with much needed healthy food and encourage them to be more self sufficient for them and their family. The farming activities may include digging, weeding, fencing, planting and watering. Watching the vegetables grow and be used by more and more people is a great way to make a difference.

## **4) HOME BASED CARE**

You may also get the opportunity to assist locally trained care giver out in the surrounding villages, helping sick people in their homes. Volunteers help provide basic medical care and attention to those that are too sick or poor to get to a clinic for much needed treatment.

**"I have enjoyed every aspect of the project, but especially working with all the adorable children at each of the 3 crèches!"**

**Hannah Collins, UK**



### **Project Cost Includes:**

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- The project fee entails financing that goes directly back into the project that you are involved with. The donation facilitates funding for items such as teaching materials, sports equipment, building and farming materials.
- Transport between Richards Bay Airport and St. Lucia
- Orientation programme upon arrival
- 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 (except Saturday evenings and Sunday lunchtimes)
- Laundry service during your stay
- Assistance at your projects by African Impact staff and volunteer coordinators
- Any visits to other African Impact programmes based in St. Lucia

#### **Project Cost Excludes:**

- Personal travel insurance for the duration of your placement, which must include cover for evacuation and repatriation
- All transport by air or bus to Richards Bay
- 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 St Lucia (see below for more information on some of the great travel options available in and around the area you will be staying)

#### **Project “Day in the life” of an African Impact Volunteer:**

Here is how a typical day in the life of a St. Lucia Orphan Day Care and HIV / AIDS Education volunteer might take shape. 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; this is simply to give an example:

**07:00** - Get up, eat breakfast, and start getting ready to depart for your project

**08:30** - Head off to one of the Orphan Day Care Centre

**09:00** - Start your work at the day care centre. You will teach the children some basic English, or play games and sing songs with them; you will have the opportunity to assist the teachers using the lesson plans and ideas drawn up /created the previous week. This bonding is essential for their development

**12:00** - Lunch break. You will be picked up from the centre, and taken to your volunteer house, where lunch will be waiting for you

**13.30** - Start of your afternoon projects. You may be visiting schools or community centres to teach people HIV / AIDS awareness, help on the 10 families out-reach programme, farming, painting or refurbishment activities to help the local community

**16:30** - Home time - You will be collected by your coordinator / driver and taken back to the volunteer house.

**17.50** - Dinner at your volunteer house. Evenings are very sociable affairs. Volunteers discuss their day's work with each other whilst having dinner together at the house. You will then prepare for your project activities for the following day, and occasionally venture out to one of the local night spots



### **Project Orientation:**

Upon arrival in St. Lucia you will have a comprehensive orientation programme, which is included in your fee. This is facilitated by your project volunteer coordinator and includes:

- An introduction to St. Lucia and the surrounding area
- An overview of the Day Care Centre and some basic teaching skills to prepare and deliver lessons to the children
- An introduction into the syllabus we use for HIV/AIDS education and an HIV/AIDS question and answer session to help with any concerns or questions you have for your own safety
- An introduction and visit to the projects to see where you will be working
- A basic language course - You will learn some basic words and sentences in Zulu, the local language in St. Lucia

### **Project Support:**

Throughout your placement you will have the support and guidance of our experienced Volunteer Coordinators.

They are part of our greater African Impact support team, which will provide you with competent 24-hour field support and assistance.

### **Project Meals:**

You will be provided with three meals a day except Saturday dinner and Sunday lunch (when the cook has her days off). We invite volunteers to try the local restaurants for dinner and there is a small supermarket and cafes available for lunch. Dinner costs around GBP 6-8 so is very reasonably priced. Please allow for this in your budget. Breakfast is on a help-yourself basis and usually consists of cereals, yoghurt, toast, tea and coffee. Lunch and dinner are full meals, and will be cooked for you by our cook at the volunteer house.



### **Project Accommodation:**

During your placement, you will stay at our large and comfortable project house situated in the middle of St. Lucia. It is a fully furnished house with a lounge, barbeque area, garden, and a swimming pool in a very safe residential area. The volunteer house is approximately a 5 minute walk to the town and a 30 minute walk to the beautiful St Lucia beach and river estuary. The house is staffed with a full time cook, laundry / cleaning staff and a maintenance person. All bedding is provided, so you will not need to bring a sleeping bag with you, although sometimes it is useful in the colder months (June – September) or if you are planning going on excursions. You will however need to bring your own beach towels please. You will be sharing a bedroom with one to four people.

Members of our African Impact team will be staying on the same property, so that they are always available to assist you with any questions or issues you may have. We find that volunteers living together and working closely together with their volunteer coordinators is the surest way of ensuring their safety, and of being able to attend to their most pressing needs. For this reason, we expect all volunteers to stay only in the accommodation provided for them and do not allow volunteers to spend nights away in the town or nearby villages, unless they are away on pre-arranged sightseeing excursions.

### **How to get there:**

The nearest airport to St. Lucia is Richards Bay Airport, which is about a forty five minute drive from St. Lucia. There are daily flights from Johannesburg to Richards Bay and these can be booked online at [www.flysaa.com](http://www.flysaa.com). One of our African Impact staff members will meet you at the airport and transport you to the volunteer accommodation.

### **St. Lucia Orphan Day Care and HIV Education Project notes:**

- 1) We have found in the past that the more you as a volunteer put in to your involvement, the more you will get out. You are welcome to contact a member of staff to find out how you can best prepare for your stay to assist the local community.
- 2) During school holidays volunteers will run a “holiday club”. Activities may not be as structured as usual but there will be plenty of work to do... The school holiday dates for South Africa for 2012 are as follows:  
\*24 March – 10 April 2012 \*22 June – 16 July 2012 \*28 September – 8 October 2012\*
- 3) The project will be closed over the Christmas holiday from 7th December 2012 until mid January 2013.
- 4) You will be living with volunteers working on another Health Outreach and HIV/AIDS Awareness. You will at times be working alongside the Health Assistance volunteers on activities and we do encourage all volunteers in the house to share their daily activities, stories and photos to everyone in the house.
- 5) 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. We invite you to be more than a tourist...



1. The KIDS!!! - They will capture your heart and make you want to stay forever.
2. Knowing you may have saved a life from HIV - by doing that, you may have saved their children, friends, partners...
3. The variety - while your friends are at home sitting behind a desk, you have cared for babies, taught children how to write their names, performed condom demonstrations, made building blocks for a school, and saw a baboon walk down your street, just to name a few.
4. St. Lucia - the house is just a short walk from the Indian Ocean and its beautiful beaches, an estuary housing large populations of hippos and crocodiles, and the iSimangaliso National Game Park.
5. Finding your inner child - refresh your memory on childhood songs, get covered with glitter, and sit on those tiny little plastic chairs again.
6. The friendships - the friends you make here and the experiences you share as volunteers will last a lifetime, transcending age nationality, and background.
7. Experiencing the Zulu culture - get a taste of Zulu cooking, sample the local beer, put your Zulu dancing skills to the test, and learn about their fascinating history and traditions.
8. The local wildlife - spot the Big 5 (elephant, lion, leopard, black rhino, and buffalo) plus birds, snakes, sea turtles, monkeys, giraffes, and many, many more!
9. The exchange of knowledge - you will have the opportunity to teach local children and adults in subjects like English and HIV Education. In exchange, they will teach you as much as you care to learn about their language, medical concerns, methods of farming and building, and may even alter your overall perspective on life.
10. Be humbled by some of the most amazing people that have so little yet give so much



## St Lucia Travel Highlights:

It would be unforgivable to be living in such stunning scenery without exploring your surroundings! Here are some of the highlights you may be able to participate in during your spare time in the evenings at weekends. These are not included in your volunteering fee, but our coordinators are able to assist you with making the necessary arrangements (depending on demand and availability):

### DAY TRIPS:

Zulu Cultural Night – R115
Hippo and Croc tour – R170
Isimangaliso Night game drive – R325
Surfing/snorkelling at Cape Vidal (introduction lesson) – R300
Whale watching (Seasonal: June – November) – R850
Crocodile kayaking – R275
Hluhluwe/Umfolozi Game drive - R750 (half day)/R825 (full day)
Elephant Interaction/Cheetah Centre – prices subject to number of participants (min 4 pax)

### WEEKEND TRIPS:

Thanda Private Game Reserve – R1740 per person sharing per night (single supplements apply) + R1400 transport
Mozambique dolphin swim – R3195 per person – includes visa (min 4 pax)

*Other weekend trip options include: Turtle tours (seasonal: November – March), Kosi Bay, Sodwana Bay, Swaziland, Battlefields, Drakensberg*

*Please note that prices given are a guideline only and are subject to change. They are accurate as of November 2011.*

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



### Our Partners

[The Happy Africa Foundation](http://www.happyafricafoundation.org)

[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 travelers.

African Impact is proud to be **WINNERS** in the Africa-wide Imvelo Responsible Tourism awards 2010, as well as **FINALISTS** in the 2010 World Travel Awards. We see this as exciting recognition of our position as African specialists in Volunteering with over 6 years experience.

**ALERT – The African Lion & Environmental Research Trust**  
<http://www.lionalert.org>