

CAPE TOWN SOUTH AFRICA

Sports Coaching & Physical Education



At African Impact, we see ourselves as the on-the-ground **AFRICAN SPECIALISTS** in volunteering. We were founded over 5 years ago in Zimbabwe and have our head office in Cape Town, South Africa, with supporting operations offices in Kenya, Mozambique, Tanzania and Zambia. To date we, together with our Project Managers out in the field, have had the privilege of sharing Africa with over 3,000 volunteers who were determined to make a difference in the amazing communities and conservation areas in which we work. And they did... and so can you...

**Your volunteering mission on The Cape Town Sports Coaching and Physical Education Project...
Contribute to community and sports development in Cape Town, through township sports coaching and physical education. Make a meaningful difference while improving a child's physical wellbeing!**

"You can't come to South Africa and not have a different outlook on life. There are so many things that have changed me-I loved this project and I have gained so much from this experience!" Katy Groom Britain



African Impact Head Office

PHYSICAL ADDRESS 6 Carlton Close, Noordhoek, 7985, Cape Town, South Africa.

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Project Highlights:

- Physical education lessons with disadvantaged children
- Bringing fresh ideas and stimulation to the children through sports
- Helping to uplift the community through education, health care, and building projects
- Immerse yourself in local “Capetonian” culture and make friends for life!

Project Achievements so far:

More about our Cape Town Sports Program:

From January to May 2009 African Impact volunteers contributed over 60 hours to community and sports development in Cape Town South Africa, through township sports coaching and physical education. 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 with measurable outcomes. For the same period, we have helped improve children’s physical wellbeing through our education programmes and our dream is to raise enough funds for a grass soccer field for the children of Masipumelele Township.

MASIPHUMELELE PRIMARY SCHOOL

This 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 1 teacher, so your efforts to assist will be hugely appreciated.

PE lessons run for 30mins each day, from 8.30am until 12.30, with each grade sending 2 classes at a time.

“I have really been able to see on the Sports project how much help the coach needs and I believe that I did make a difference with the kids by helping him and giving him new ideas for the Physical Education lessons. The experience has blown me away! The kids appreciate you so much and helping them has been a pleasure.” Sarah Hollis (37) United Kingdom

After having spent the morning at the primary school, you will assist in the local community in various aspects in the afternoon. You will rotate between the following community projects:

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.

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. Volunteers with adult skills such as computer, administration, financial or training can also add huge value to the teachers lives.



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“The Educare Centre is about the community taking responsibility for their own upliftment and participating in the governing of their own lives... It is about empowering ourselves by creating good working relations between government structures, sponsors and communities for the benefit of everybody” Nelson Mandela

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 offered at the library. These include arts and crafts, puzzles, games, literacy, one on one reading, homework club and math club.

Project Cost:

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.



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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, 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 in your projects by various African Impact staff and Project Managers

Project Travel Highlights included in your placement:

1. A visit to Cape Point, situated within the Southern Section of Table Mountain National Park which is globally recognized for its extraordinarily rich, diverse and unique fauna and flora - with rugged cliffs, steep slopes and sandy flats! See the baboons and perhaps some ostrich or buck if you are lucky!
2. A trip to Boulders Beach, home to a growing colony of the vulnerable African Penguin. Wooden walkways allow visitors to view the penguins in their natural habitat and visitors will love the penguins and their antics. Also a safe and enjoyable swimming or snorkelling spot.
3. A visit to the summit of Table Mountain where you will find the best views of Cape Town. The Cableway takes you to the summit in under 10 minutes and the cable car's rotating floor ensures that all passengers get a 360 degree aerial view of the city.



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 what is included in your project placement

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



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Project “Day in the life”:

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, and this is simply to give an example:

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

07:45 Head off on the short drive to the Primary School

08:30-12.30 Help run PE lessons with Nceba

12:30-12.45 You will be picked up from your project, and taken to your volunteer house, where lunch is waiting for you.

14.30 Leave for one of the community projects. You will spend the afternoon playing with the children at the schools, assisting with the Educare Project, local library, sports or building and painting classrooms.

16.30 End of the working day. You will be picked up from your project and taken home where we evaluate the day and discuss the schedule for the next day. You can also opt to be dropped off in town to check emails.

18.30 Dinner at your volunteer house. After dinner, volunteers often go for either a few drinks at one of the local night spots, go to the beach or the gym.

Project Meals:

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.

“All the children I have worked with have been welcoming, happy and full of life. Working with the kids observing their way of life, learning about their culture and getting to know their different personalities has been the best part of this project for me. They are always singing and dancing and they love their sport! I have found the whole experience very uplifting and have felt privileged to work with the children and people in the community. I would highly recommend this project and the team that works here, all of whom go out of their way to give you the best possible experience.”Paula Yarrow (19) Britain



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Project Accommodation:

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 one acre property and boasts a swimming pool and barbeque facilities. The house is comfortable, spacious, and within easy walking distance of a shopping mall and cinema. It is also staffed with a cook and cleaner and each room has a fridge and an en-suite bathroom. Other facilities include satellite television, a snooker table and a lock-up safe for your valuables. All bedding is provided, but you will however need to bring your own towels please.



How to get there: We will meet you at the airport!

Our Destination Manager will assist you with the procedures and one of our representatives will meet you at the airport upon your arrival in Cape Town. You will then be escorted to your volunteer base in Noordhoek.

"The children...I love them all! The scenery, the wildlife, and Cape Town...I also was very appreciative that I was given many opportunities to play on my strengths. I learned a lot through this very humbling experience and believe that I made a positive impact on the project and the children." Caroline Soucie Canada

10 Reasons to volunteer in Cape Town on our Sports Project:

1. Uplift a community through sports as you stimulate their children with exciting activities while conducting physical education lessons at the local primary school.
2. Catch an infectious smile and become humble by the way the local people live so simply yet so content
3. Assist one on one with a child struggling to understand maths, science or even reading when you work out of our library community project
4. Learn more about HIV/AIDS and how it affects the lives of the people we work alongside
5. Make a community proud by renovating and revamping their pre-schools – they will never forget the generosity and dedication of our African Impact Volunteers and how they are changing the lives of their children
6. Share a local meal at Red Hill Township as you are invited into the house of a special friend who will cook you a traditional South African Meal, accompanied by singing 'of course'!
7. Come face to face with a baboon, ostrich, Bontebok or zebra when you visit Cape Point Nature Reserve
8. Walk or swim with the penguins at Boulders Beach, also as part of your project fee
9. Meet many like-minded volunteers who you will become friends with for life – the best of them come to Cape Town!
10. Be inspired knowing that if it wasn't for people like you we wouldn't be able to have such a great impact on such a deserving community



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Cape Town Sports Coaching and Physical Education notes:

- We have found in the past that the more you as a volunteer put in to your involvement, the more you will get out. If you are coming to assist teachers, we suggest that you have some lesson plans or ideas, and take initiative with the children. We are excited to offer you the opportunity to educate them, to entertain them and to love them...
- During the school holidays volunteers will assist teachers in the community projects and will be involved in building, painting, holiday clubs and much more! Though the project might be slightly less 'structured' than during school term, 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 2010 are as follows:
***27 Mar-11 Apr 2010 *10 Jun-12 Jul 2010 *2 Oct-10 Oct 2010**
- This project will be closed over the following dates:
***11 Dec 2010-11 Jan 2011**
- Red Hill and Masiphumelele are in essence townships, but both are safe and peaceful with wonderful people. Our parent organisation, African Encounter, has been working in these communities for many years and have built solid relationships and trust. This is a dynamic, exciting project with loads of opportunities to really make an impact in the people lives and communities you come into contact with.
- 'Sponsor a Child' initiative – the children's school fees are such a minimal figure to us, but a huge amount for a family with one working parent, or in some cases, even no parents at all. When you arrive we will go through detailed information with you on how you can sponsor a child's fees for the year and receive quarterly updates on them, their families, progress and leave a lasting impression in the community.
- You will be living with the Cape Town Medical and Teaching volunteers and the community sections are the same. You will thus be potentially working alongside them in the afternoons, depending on the need of the projects at the time. Red Hill pre school, which is opposite the Red Hill clinic, is an area we would really like to put in a lot of resources.
- 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...

South African Travel Highlights:

These are not included in your volunteering fee, but our coordinators are able to assist you with making the necessary booking arrangements.

- Vivacious Cape Town is one of the most stunning cities on the globe. It is the home to the heritage site of Nelson Mandela's prison home, Robben Island; it is the gateway to the stunning Western Cape wine lands; and boasts magnificent beaches, amongst other spectacular highlights.
- The "Wild Coast" along the eastern frontier of South Africa is a collection of unrivalled surf spots ,beautiful beaches and cultural stops that will intrigue even the most seasoned traveler, endearing this land to you
- Garden Route weekend



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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: +-ZAR495

Surfing lessons: +-ZAR250



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