

# Hout Bay Children's Programmes



## Overview

<b>Location</b>	Hout Bay, Cape Town, South Africa.
<b>Duration</b>	From 4 weeks.
<b>Dates</b>	February to November.
<b>Requirements</b>	<ul style="list-style-type: none"><li>• Minimum age: 18.</li><li>• You must have an Upper Intermediate level of English.</li><li>• Special skills: You should have experience with children, or even be qualified as schoolteacher or nursery school teacher. Dance, arts and crafts would be a recommendation.</li></ul>
<b>Your impact</b>	♥♥♥♥♥
<b>Documents required</b>	Enrolment form, curriculum vitae, letter of motivation, passport copy, proof of medical insurance, police clearance certificate.
<b>Day of arrival</b>	Sunday.
<b>Day of departure</b>	Saturday.



## Highlights

- Work with an inspirational team in a very welcoming & loving environment.
- Bring happiness and joy in the daily life of children - You are able to leave a lasting impact on the children's life.
- Volunteer in one of the most picturesque areas around Cape Town.
- Get personal support from the volunteer coordinator.
- Experience amazing tours and adventures in and around Cape Town.
- Combine the project with an English course – study English in the mornings and volunteer in the afternoons.
- Make new friends from all over the world.

## Project information

This project services a **Day/Educare Centre** in the morning and an **After School Programme** in the afternoon. You can be involved in either or both projects, but we recommend attending both.

### Day Educare Centre :

The Day/Educare Centre offers basic care, nutrition and preschool education for children from Imizamo Yethu and are provided daily with two warm, nutritious meals, snacks and fresh fruit and yoghurt.

Their vision is to create a Day/Educare facility for the people of that township and its surroundings, where children are cared for in a loving environment, are taught Christian values and simple life skills and are prepared for formal schooling by employing teachers from the community and empowering them to become excellent professional educators.

Their mission is to give the children that vital head start for their successful lives in the future South Africa.

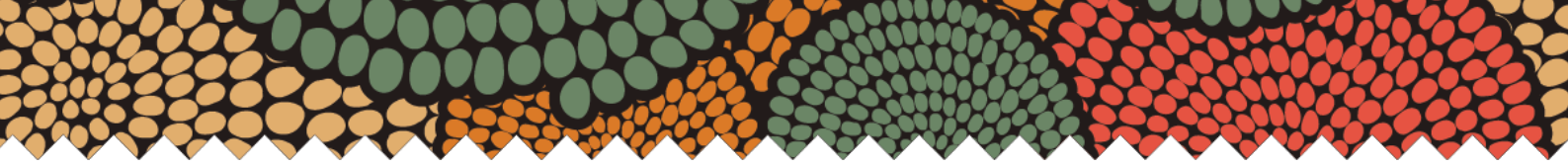
Since 1999 the school has grown and now cares for 285 children, between the ages of 1 and 6 years, with 18 staff members from the community. Since 2007 the Day/Educare has been extended and now consists of 11 classrooms, 17 toilets, a well-equipped kitchen, 2 offices, a covered veranda and a large playground.

### After School Programme :

The projects core work is to provide a safe and nurturing space for vulnerable children between the ages of 6 and 12 who have suffered from the effects of HIV/AIDS, poverty, and other stressful life circumstances.

The NGO achieves this by providing a structured, holistic after-school care programme and family support centre which is in the interest of the children. 108 children attend the programmes daily and are nurtured, cared for and fed a hot meal by a staff of 10.

The project provides homework assistance, literacy and numeracy skills as well as life skills, gardening along with psycho-social activities and counselling. The structure was originally intended to be an orphanage but the community was adamant that the children do not lose their heritage or identity; rather the children would come and live within the community, whether they were relatives or neighbours.



Ultimately the project as well as the community became partners in raising the kids by providing a safe place for the kids to play after school and helping with homework. This has been a place of safety, love, nurture and care for children and their families.

It is the projects aim to believe in the hopes and dreams of orphaned and vulnerable children who might otherwise drop out of school, join a gang or end up on the wrong side of life. Too many young children today, don't have the vital support they need to finish school; some have special needs and need to be assessed. But disadvantaged families are less likely to know how to give their support and kids end up losing hope. This project seeks to serve those children and families with the least resources for they are the ones who fall through the cracks without support, encouragement and hope for the future.

The project developed a learning program that re-enforces what they are meant to learn in school and with hands-on activities like knitting, art, games, sports, expressive arts – dance, drama and songs; they are able to make the progress expected of them and more.

### Programme details

You will assist the teachers and volunteer coordinators with their daily routine. You will work closely with the teachers and help to create and organise the children's daily routine.

What you should bring along:

- Genuine love for and interest in children.
- Patience, tolerance and respect towards children.
- A fun and light attitude without complications.
- Agility and energy to engage in physical child play.
- Willingness to work closely with the project team – remembering that the teacher is in charge and you are assisting them. The teacher is ultimately responsible for the children in her care.
- Stress-resilience.

### Your role

Day/Educare Centre: Monday – Friday, from 08:30 – 13:00.

After School Programme: Monday – Friday, from 14:00 – 17:00.

Generally, the role can include:

- Welcoming the children and assisting with getting ready for their day at the school.
- Breakfast – help with laying and clearing of tables, supervise eating during breakfast, snack & lunchtime.
- Brushing of teeth – assist with toothpaste, supervise brushing of teeth, washing of hands and toilet routine during and between lessons. Toilets, washbasins and floor are to be kept clean.
- Assist the teacher in all areas of the daily activities.
- Before morning break – prepare fruit and hand out to the children. Water/tea to be served to each child.
- Outside play – you assist the teacher to supervise and play with the children, i.e. ball games etc.
- Music ring – assist with songs, rhythmic activities, games and books.
- Lunchtime – move tables and chairs onto the veranda, oversee eating and help with clearing.
- Sleeping time – assist with floor cleaning and preparing classroom for resting time.
- Assist in kitchen and with food service.
- Assist with art, music or physical science during class or in the afternoon with homework.
- Some children may need special attention with English, writing, drawing, maths or general schoolwork. The coordinator will advise you where your assistance is needed.

- Be able to teach children small nursery rhymes and songs.
- Bring in your own experience, try new things and implement new programs, be creative and flexible.
- Emotional support
- Tutoring, also in groups (lesson on your home country, cooking lesson etc.)

**It is important to note that this description serves as an example only. The daily tasks and challenges depend on the volunteer and the work that needs to be done. The final job description can therefore vary substantially from the above.**

This project can be emotionally draining. It is important that you are aware of this before applying for this project. We will assist you during your stay to make sure that you are coping with the experience, but you need to be mentally prepared to be open to the challenge.

## Project location



The Hout Bay Children's Programmes project provides Early Childhood Development services and care to the poor in the community of Imizamo Yethu near Hout Bay in South Africa.

## Getting to and from the project

You will need to arrive on a Sunday at Cape Town International Airport. Our driver will meet you at the airport and take you to your accommodation.

After an orientation meeting at the language school in Newlands on Monday, your first day of volunteering will be on that same Monday too.



## Accommodation

You will live at the Volunteer House. It is a private house in an upmarket residential area with single beds and twin bedrooms. Volunteers are accommodated in twin bedrooms but may upgrade to single rooms upon request. There are 4 bathrooms to share, a communal kitchen, a dining room, a lounge with TV and DVD and a beautiful garden with a swimming pool. A commercial laundry service is close by. Bedding is provided. Towels are not provided.

### Meals

Self-catering. The main shopping areas as well as restaurants, pubs, etc. are within walking distance of the Volunteer House.

## Free time

Together with other volunteers and language students from Good Hope Studies you can take part in the entertainment programme of the Social Club. There are organised events, outings and tours most evenings and at the weekends. To find out about the current programme, go to <https://www.ghs.co.za/activities>.

## Local transport

You will be daily transferred from the Volunteer House to the project and back.

## What to bring

There are no special requirements in this regard but we recommend bringing comfortable, practical clothes. Anything else you might need is readily available at local supermarkets in South Africa.

Volunteers should please bring their own lunch and snacks, tea will be provided.

The children are very interested in stories from the Volunteers so it might be a good idea to bring a picture book or photos from their home country. Ideas for games and games are welcome too. Individual gift-giving is strongly discouraged but stationery such as pencils, erasers, glue sticks and sharpeners are always greatly needed and appreciated.

## Your commitment

Please be aware that in applying for a volunteer project, you are making a firm commitment to the project. Our projects depend on the volunteers. It is necessary that you take this commitment seriously.

Some projects will appoint specific responsibilities to you; others are less structured and require the volunteers to use their initiative. If you prefer the one type over the other, please ask us for the most appropriate project for your preference.

Your daily presence is required and working hours are to be followed strictly. Not fulfilling your obligation can result in your dismissal from the project.



## Cell phone use during working hours

Please note that the use of cell phones is strictly prohibited on all of our projects during work hours. This includes taking photos and instant messaging. This is for the safety of the volunteers as well as the safety of the children who are supported in our social projects. South African law states that the taking of photographs of children without direct parental consent is unlawful under the "South African Children's Act (Appendix 4)". Any volunteers found taking photographs of children and/or posting photographs of children will be presented with a written warning and asked to leave the project if the request is ignored.

## What to wear

You are asked to wear sensible clothing and to be culturally sensitive of the communities you are working with. You are expected to wear modest clothing, which includes jeans, leggings, long shorts, and long skirts. Closed shoes are advisable, especially when working outdoors. Underwear is not to be seen under any circumstances.

Not acceptable are low cut tops, short shorts/shirts, bikinis and swimwear, belly tops, shirts/t-shirts with no sleeves for male volunteers as well as flip flops or no shoes.

Any volunteers found inappropriately dressed will be given a written warning and asked to leave the project if the written warning is ignored.

## Medical insurance

You are required to take out medical insurance before travelling.

You must ensure that you are covered from the day of departure in your home country to the day of arrival back in your home country. The minimum coverage must be US\$ 100.000 and, as part of the enrolment process, you will need to email us a copy of your insurance policy documentation.

## Health

No vaccinations are required except for travellers going to the north-eastern areas of South Africa, where anti-malaria precautions are recommended. Clients should consult their doctor for recommendations.

A yellow fever certificate is compulsory for those persons who have travelled from, or intend travelling through, countries in the yellow fever belt:

Africa: Angola, Burundi, Benin, Burkina Faso, Cameroon, Central African Republic, Chad, Congo, DRC, Equatorial Guinea, Ethiopia, Gambia, Gabon, Guinea, Guinea-Bissau, Ghana, Ivory Coast, Kenya, Liberia, Mali, Niger, Nigeria, Sao Tome and Principe, Senegal, Sierra Leone, Somalia, Sudan, Rwanda, Tanzania, Togo, Uganda.

South America: Bolivia, Brazil, Colombia, Ecuador, French Guyana, Guyana, Panama, Peru, Surinam, Venezuela, Argentina and Paraguay.

Bring medication just in case you suffer from any travel-related illnesses, e.g. stomach upsets, since your body needs to adjust to the change in food and water during your first few days in South Africa.

It is important to keep in mind at all times that HIV and Aids are widespread diseases in South Africa.



## Safety

HIV/AIDS and TB are a major public health concern. You should be aware that you are working with children that could be infected.

Hout Bay is generally a safe and friendly suburb, although it is strongly advised that safety precautions be taken as the project itself locates in the township of Imizamo Yethu even though it is on a separated and fenced area. Due to poverty in these areas, crime and theft can be a problem. Try not to carry large amounts of cash and be discrete with expensive cameras, jewellery, iPhones and iPads etc. Do not walk alone in deserted areas, especially after dark. Wait for our transfer to take you to the accommodation and do not stroll through the township on your own.

## What's included / not included

### Included:

- Project placement
- Airport transfer on arrival
- Accommodation (Volunteer House: shared room, shared bathroom, self-catering)
- Daily bus transfer to and from the project
- A donation towards the project
- Good Hope Volunteers welcome pack
- Weekly site visits by our coordinator
- An orientation at the beginning of your volunteering experience
- Participation in the activities of the Social Club (extra charges may apply)
- Electronic certificate (printed copy on request)
- Local support including a 24-hour emergency number
- WiFi

### Not included:

- Food
- Local transport
- Airport transfer on departure
- Laundry
- Any items of personal nature

This project may be combined with a language course (English Plus Volunteering)



## Visa

You can volunteer in South Africa on a visitor's visa for up to 90 days.

Nationals from certain countries (e.g. Brazil, Switzerland, Germany, Australia, France, the Netherlands, Spain) will receive their visa when entering South Africa. Other nationals need to apply for a visitor's visa at a South African Embassy in their home country before travelling.

If you come to South Africa on a visitor's visa, you can extend once by another 90 days.

If you plan to come for more than 90 days, you need to apply for a volunteer visa at a South African Embassy in your home country. Please ask us for the necessary documents for your visa application.

For the latest information contact the South African Embassy or Good Hope Volunteers.