

# Nyanga Upliftment Project



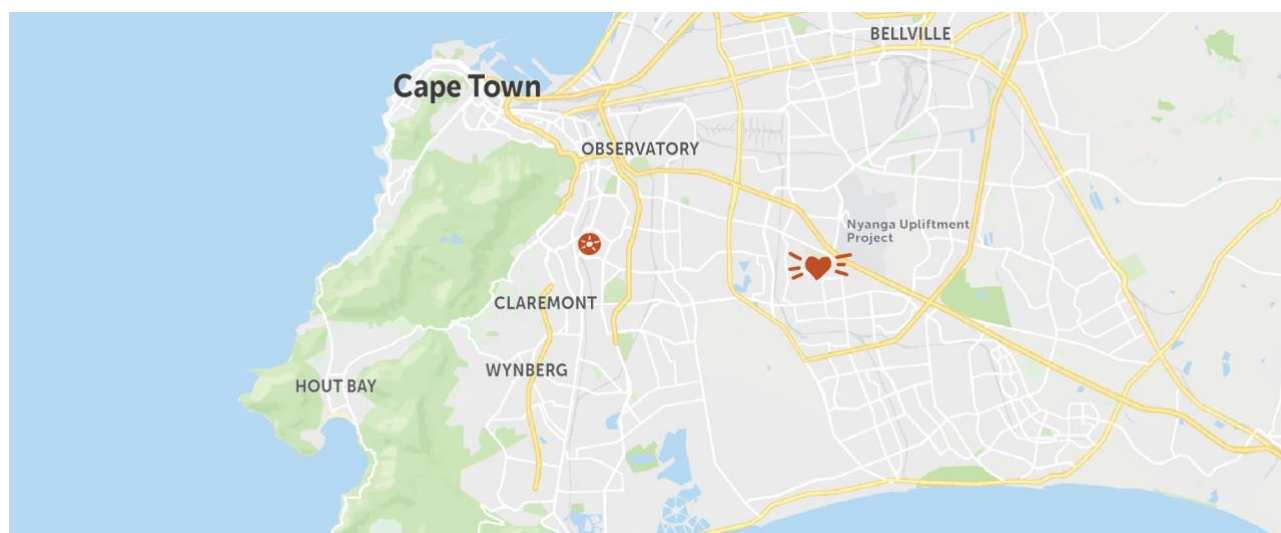
## Overview

<b>Location</b>	Nyanga Township, Cape Town, South Africa.
<b>Duration</b>	From 2 - 12 weeks.
<b>Dates</b>	All year round from mid-January to mid-December.
<b>Requirements</b>	<ul style="list-style-type: none"><li>• Minimum age: 18.</li><li>• You must have an Intermediate level of English.</li><li>• Special skills: You need to be passionate about working with people and have knowledge about HIV/Aids and poverty in South Africa.</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>	Thursday.
<b>Day of departure</b>	Saturday.

## Highlights

- Giving love to vulnerable children is the best gift you can give; sharing this costs nothing but means the world.
- Learning more about the challenges and lives of children and women in Nyanga.
- Spending your days playing with children.
- Assisting in social welfare programmes to underserved township communities.
- Assisting in the 'Fit For Life, Fit For Work' programme, which helps unemployed school leavers to set goals and make healthy life choices to positively impact their futures.
- Experiencing amazing tours and adventures in and around Cape Town.
- Getting personal support from the volunteer coordinator.
- Making new friends from all over the world.
- Possibility to volunteer half day in order to combine the project with an English course in the morning


## Project information



This project is a registered non-profit organisation that is a multi-purpose facility which delivers a variety of educational and social welfare programmes as well as outreach programmes to underserved communities in Nyanga, Cape Town. The organisation was founded in 2001 in response to the HIV/AIDS epidemic which was rampant (and continues to be presently) in Nyanga and its surrounding areas. Besides having alarmingly high HIV/AIDS rates, Nyanga is a township that faces considerable social challenges as well as underdevelopment. Once known as having the highest crime rate in Cape Town, Nyanga is slowly improving through the efforts of community members who are working hard to alleviate poverty and create job opportunities.

The project offers services to families affected by HIV/AIDS and, most specifically, vulnerable children infected and affected by the AIDS epidemic. It caters for the Nyanga community and the surrounding informal settlements such as KTC, Barcelona, and Europe, amongst others.

Since its inception, the project has evolved to encompass a more holistic approach, serving the diverse needs of the communities of Nyanga while maintaining a special focus on women and children. Today, it runs numerous successful programmes including preschool care; afterschool care for orphaned and vulnerable children; a women's wellness micro-enterprise programme; psycho-social and therapeutic support; mobile HIV, TB and STI Testing and Counselling;



a nutrition programme that includes food gardens, and the Breastfeeding Peer Counselling Programme; and a Greening Nyanga initiative.

The project's most innovative and successful programme thus far has been the revolutionary 'Fit For Life, Fit For Work' programme that aims to give young unemployed school leavers the opportunity to take stock of their life, to set goals and make healthy life choices, especially concerning their sexual and reproductive health and to plan for their future by either getting a job, or by accessing tertiary or vocational studies, or by establishing small or micro enterprises.

### Programme details

This project takes into account the needs of vulnerable children, the needs of those who care for them, and the needs of the community who will, of necessity, be their safety net. With over 12 different programmes, this centre is always busy and provides a beautiful space and shelter for members of the community.

#### Your role

Monday – Friday, from 09:00 – 16:00.

For half day volunteers, Monday – Friday, from 14:00 – 16:30.

The children at the project love to have people come and play with them but they do not speak English and so reading stories and communication is difficult for volunteers who do not speak Xhosa. However, it is good to break down barriers and teach the children some English, so we welcome volunteers who are reliable and love children (from birth to six).

Depending on which programme you are placed with, you assist with the following:

- any administrative duties
- kitchen duties, including preparation of meals as well as offering the children breakfast and lunch.
- interacting with the children
- in awareness and campaign activities that take place at the project
- gardening: helping with cleaning up the site and surrounds, weeding, composting, planting and watering
- helping with the housekeeping
- helping the projects' community builders to make blocks for building, interior painting, 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.


## Arrival

You will need to arrive on a Thursday 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 Friday, your first day of volunteering will be on Monday.

## Accommodation

You will live at the Volunteer House. It is a private house in an upmarket residential area and consists of rooms with 2 single beds and 2 bunk beds. 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 [www.goodhopevolunteers.com](http://www.goodhopevolunteers.com).

## How to get to the project

There is a daily transfer by bus 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.

## 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

Because the Nyanga Upliftment Project cares for children who are HIV positive, you will receive a copy of their HIV policy on arrival, highlighting the fact that Universal Precautions are to be used at all times when working with any bodily fluids, including when changing nappies. Gloves are available in work areas. Any accidental contact with bodily fluids is to be reported immediately.

## COVID-19 protocols

All WHO and CDC health guidelines with regards to minimising the spread of COVID-19 need to be strictly followed.

The project will give you an orientation pertaining to specific guidelines that need to be followed but in general, please strictly adhere to the following:

- Cloth or medical grade face masks should be worn at all times in public areas. (You should bring at least 4-7 masks with you from home that can and need to be washed and may be reused. The project will NOT give you face masks)
- You should keep a distance of at least 1.5m from other persons at all times.

- You should wash your hands regularly and avoid touching your face.
- Sanitise your hands often with a solution of at least 70% alcohol.  
(Please bring hand sanitiser and wipes with you from home)
- If you cough or sneeze, this should be done away from others or in a bent elbow

## 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
- Full-day excursion on the first Saturday
- A donation towards the project
- Good Hope Volunteers welcome pack
- Weekly site visits by our coordinator
- An orientation at the beginning of your volunteering
- 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 a personal nature

## When combining with a language course

When you participate in a language course and combine the course with the project, the day of arrival is Sunday and the free full-day excursion on the first Saturday is not applicable.

## 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.

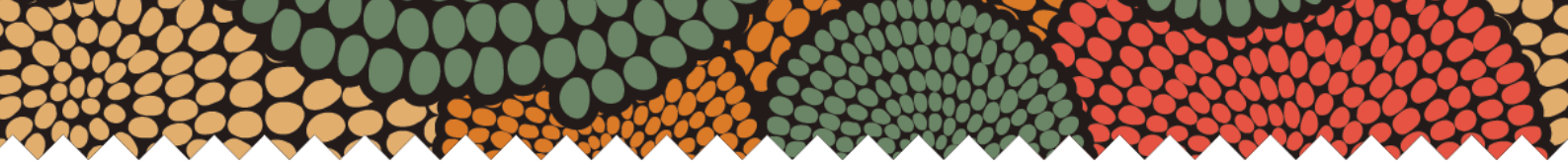
If you plan to come for more than 90 days, you need to apply for a volunteer visa at a South African Embassy in your home country. Please ask us for the necessary documents for your visa application.

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

## For non-English speakers: vocabulary list

For your own safety and to make your volunteering a success, basic communication skills are essential. Below we have put together a list of important vocabulary. Prepare yourself for your trip by making sure you are in command of these words.

ENGLISH	PORTUGUÊS	DEUTSCH	FRANÇAIS
Good morning	Bom Dia	Guten Morgen	Bonjour !
Please	Por favor	Bitte	S'il te plaît
Thank you	Obrigado	Danke	merci
How are you	Como você está	Wie geht es Dir?	Comment ça va?
Good bye	Adeus	Auf Wiedersehen	Au revoir
Children	Crianças	Kinder	Les enfants
Child	Criança	Kind	L'enfant
Boy	Garoto	Junge	Le garçon
Girl	Menina	Mädchen	La fille
Snack	Lanche	Snack	Le snack
Lunch	Almoço	Mittagessen	Le déjeuner
Quiet	Quieto	leise	doucement
Teacher	Professor	Lehrer	Le prof
Homework	Dever de casa	Hausübung	Les devoirs
Danger	Perigo	Gefahr	Le danger
Crying	Choro	weinen	pleurer
Scream	Grito	Schrei	Le cri
Water	agua	Wasser	L'eau
Stand in a line	Ficar em uma linha	In einer Reihe stehen	En rang d'ognon
Be careful	Seja cuidadoso	Pass auf!	Fais attention
Help me please	Ajude-me, por favor	Bitte hilf mir!	Aide-moi, s'il te plaît!
Nurse	Enfermeira	Krankenschwester	L'infirmière
Problem	Problema	Problem	Le problème
Im worried	Estou preocupado	Ich bin besorgt	Je m'inquiète pour...
Activity	Atividade	Aktivität	L'activité
Reading	Leitura	lesen	lire
Writing	Escrita	schreiben	écrire
Playing	Jogando	spielen	jouer
Arrive	Chegar	ankommen	Le doctor
Time	Tempo	Zeit	Le temps



<b>ENGLISH</b>	<b>PORTUGUÊS</b>	<b>DEUTSCH</b>	<b>FRANÇAIS</b>
<b>Driver</b>	Motorista	Fahrer	Le conducteur
<b>Sing</b>	Cantar	singen	chanter
<b>Dance</b>	Dança	Tanz	La danse