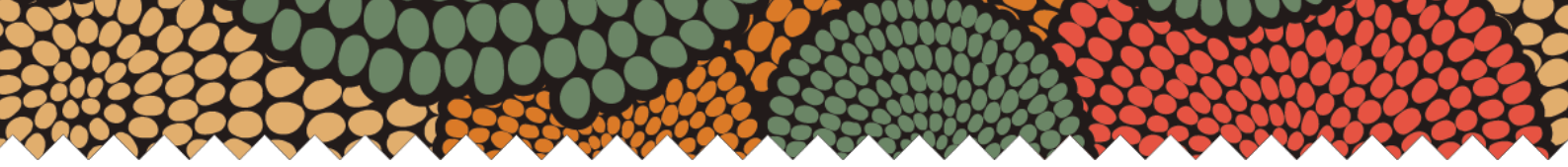


Caring for the Elderly



Overview

Location	Cape Town, South Africa.
Duration	From 2 weeks.
Dates	All year round.
Capacity	Max. 2 volunteers at one time
Requirements	• Minimum age: 18. • You must have an Intermediate level (B1/B1+) of English. • Special skills: Previous experience working with the elderly is advantageous. You should have an ability to take the initiative as well as a compassionate heart for the elderly.
Your impact	♥♥♥♥♥
Documents required	Enrolment form, curriculum vitae, letter of motivation, passport copy, proof of medical insurance, certificate police clearance, a COVID vaccination is recommended but not a must.
Day of arrival	Sunday.
Day of departure	Saturday.



Highlights

- As a volunteer, you are able to have a real impact on someone's life.
- Assist in improving the quality of life of the elderly.
- Gain knowledge from stories and experiences of the elderly people.
- Receive personal support from the volunteer coordinator.
- Experience amazing tours and adventures in and around Cape Town.
- Make new friends from all over the world.
- **Half-day option: learn English in the morning; volunteer in the afternoon**

Project information

The project was founded in 1953 by a group of volunteers with a vision: to improve the quality of life of the elderly. Since then it has grown into an organisation that is a leader in the field of care and nursing for the aged. The organisation manages a large number of homes for the elderly, including numerous new upmarket developments. For those in need, full care is provided, while there are also independent living options.

This organisation aims to provide all its residents with the highest standard of care and nursing within a homely environment and to promote quality of life, the maintenance of independence, and the preservation of dignity - by becoming members of a senior centre, residents are encouraged to participate in all aspects of community life.

The Caring for the Elderly offers competitive health care, and in all health care facilities, there is provision for those who need special additional care. Trained health care professionals provide quality care while independence is encouraged.

This organisation offers the elderly a variety of options and services for their retirement. You will work at one of the facilities situated in Lotus River or Athlone, which are both residential suburbs about 15 minutes away from the city centre. The facilities offer tranquil surroundings, security and excellent in house services for those in their care.

Programme details

You will assist with impacting positively on the lives of the elderly under the care of the staff at the care facilities. Along with the therapeutic assistant you will become involved with the social programme offered twice daily, allowing time for communication and interaction with the residents.

Your role

Full-day Volunteering: Monday – Friday, from 08:00 – 16:00.

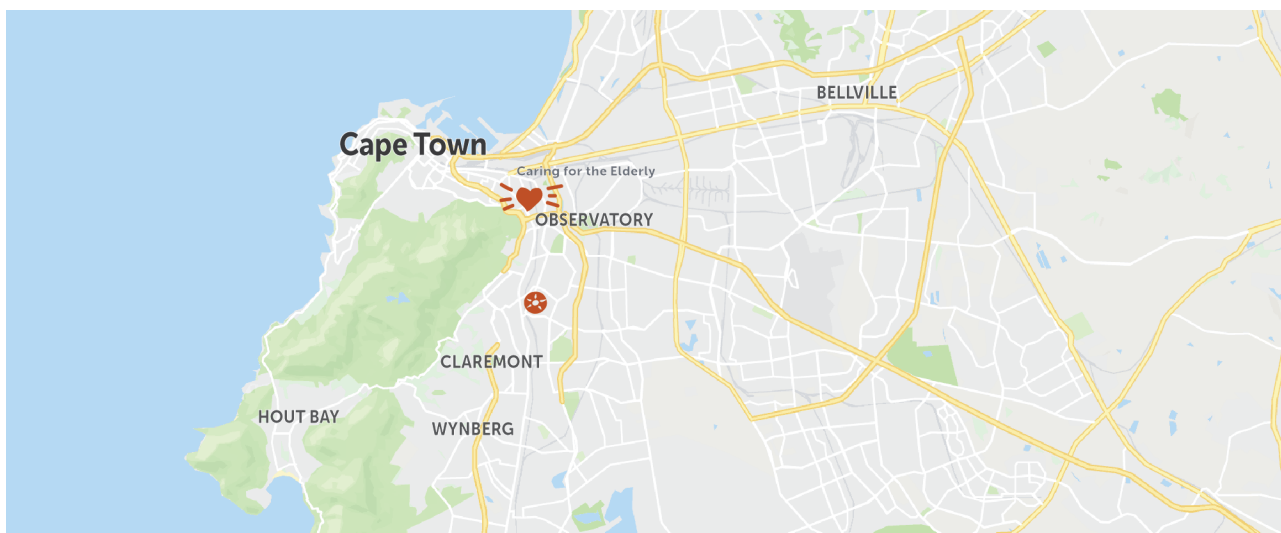
Afternoon Volunteering: Monday – Friday, from 14:00 – 17:00.

In general, you will assist caregivers in looking after the elderly. This would include keeping the residents busy with activities like art classes, playing games, or playing a musical instrument (if you have this skill).

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

Project Location



The project is located near Cape Town city centre.

Getting to and from the project

You will need to arrive at Cape Town International Airport.

Arrival

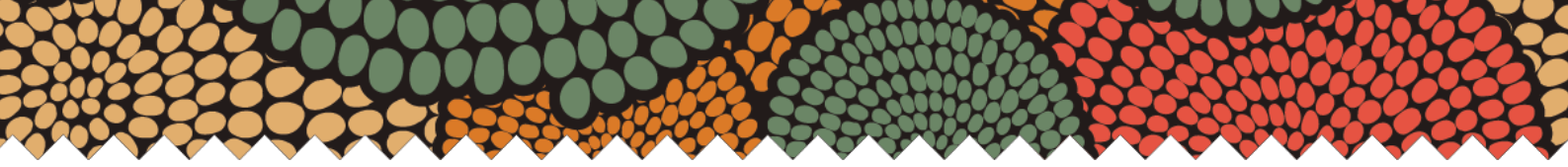
Our driver will meet you at the airport and take you to your accommodation on Sunday.

After an orientation meeting at the language school in Newlands on your first Monday morning, our driver will take you to the project.

For those only volunteering in the afternoon, you will receive your orientation at the language school in Newlands after your lessons finish and will then be taken to the project by our driver.

Departure

Please schedule your departure for Saturday after your final Friday at the project. Your departure airport transfer is not included in the project fee; however, we can assist in arranging a transfer for you at an additional cost, should you require one.



Accommodation

Please note: The Volunteer House is currently closed for renovations.

In the meantime, volunteers can book a twin room at the **On-site Accommodation** in Newlands at no extra cost.

Located next door to our English language school, the On-site Accommodation is an upmarket house with a garden, a swimming pool and a veranda. The house is beautifully decorated and has 5 single and 4 twin rooms with a total of 4 shared bathrooms, a large kitchen for self-catering and large communal areas.

A shopping centre, restaurants, pubs, banks, bars and supermarkets are within walking distance and there are plenty of opportunities to meet fellow volunteers or students from the school. Bedding is provided but towels are not included, and Wi-Fi is free of charge (fair use).

You may also choose **Homestay with the self-catering option** at no extra cost.

Alternatively, you can upgrade to a Homestay with breakfast and dinner, a single room at the On-site Accommodation, or a single room at the Newlands Residence.

Meals

Self-catering, except if you upgrade to any other Homestay option. The main shopping areas as well as restaurants, bars, etc. are within walking distance of your accommodation.

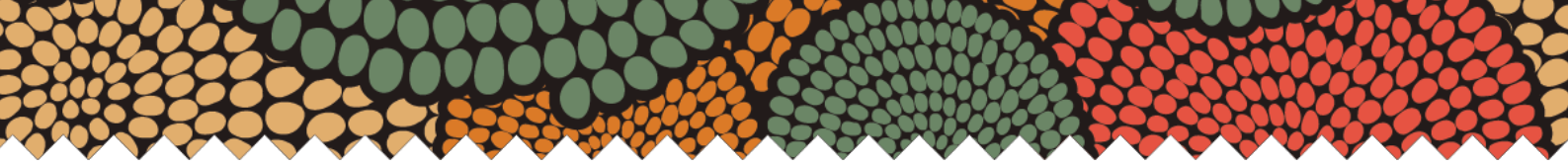
Free time

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/>

The following, highly popular activities are an example of what we offer on a regular basis. However, they usually come at an extra cost and will in most cases require additional transport:

- Blue Bird Market (every Friday night)
- Endless water-sport opportunities at the beach
- Cape Point & Boulders Beach
- Table Mountain
- Hermanus & whale watching
- Bo-Kaap visit
- Historical museums & art galleries (District 6, Jewish Museum, Natural History Museum)
- Safaris & Garden Route weekend trips
- Endless hikes
- Robben Island
- Stellenbosch & wine tasting
- Kirstenbosch Botanical Gardens



How to get to the project and local transport

You will be transferred daily from your accommodation to the project and back.

What to bring

There are no special requirements in this regard but we recommend bringing comfortable clothing and 3-point South African adaptors.

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 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

We kindly ask that you refrain from using your cell phone during work hours as this will distract you from doing the work at hand. Due to strict privacy laws, taking photographs of people, particularly children, is in most cases prohibited.

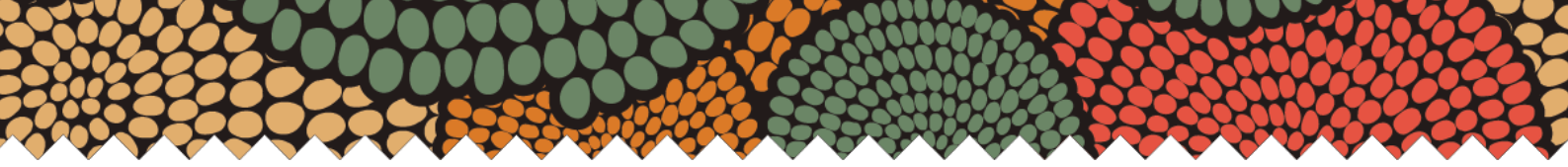
We also ask that you consult with the project team onsite to receive guidance and advice on the taking of photographs while at the project. Please ensure you follow this advice as it is for your own safety as well as the safety of the people whom we support with our social projects.

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.

Please also do not wear any camouflage-patterned clothing.



Insurance

Travel insurance

We strongly recommend that you take out full personal insurance.

This should include protection against theft and against loss of fees, should the whole or part of a programme, activity or accommodation not be attended.

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.

Safety

Please keep in mind that Elderly people are vulnerable and sometimes their immune system isn't as good as ours anymore. Please be mindful of your own safety and adhere to safety rules you would at home.

Health

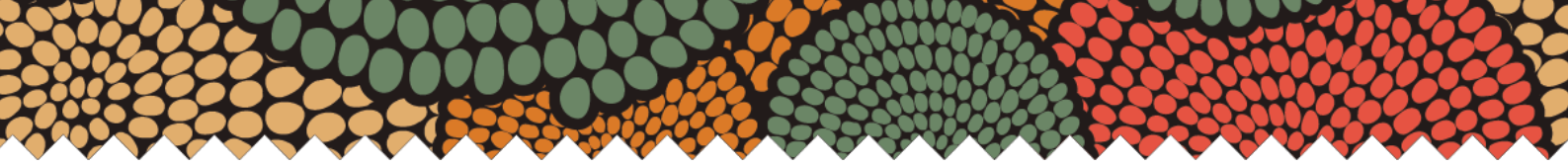
When travelling to foreign countries and remote places, it is important to take some precautions and make arrangements with regards to your health and safety and follow some guidelines on the ground. We want you to experience and grow, but to return home safely and in good health.

Vaccinations

Consult with your doctor and vaccination specialists about recommended vaccinations for your destination. Proper vaccinations easily prevent **serious** health complications.

A list of vaccinations to consider (a complete and up-to-date list can only be provided by your health specialist):

- Measles-mumps-rubella (MMR) vaccine
- Diphtheria-tetanus-pertussis vaccine
- Varicella (chickenpox) vaccine
- Polio vaccine
- Hepatitis A and B
- Typhoid
- Tetanus
- Rabies
- FSME (TBE)



A yellow fever certificate is compulsory for those persons who have travelled from, or intend to travel 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 Guiana, Guyana, Panama, Peru, Surinam, Venezuela, Argentina and Paraguay.

Medication

Some projects are in remote areas and a doctor or even hospital can take many hours to reach by car. Take some medication with you i.e. for diarrhoea and other travel-related diseases.

Don't forget to bring any personal medication that you take regularly or from time to time.

Malaria

Some of our projects are located in low-, intermediate- or high-risk malaria areas. Consult your local health specialist for up-to-date information and recommendations regarding malaria prevention.

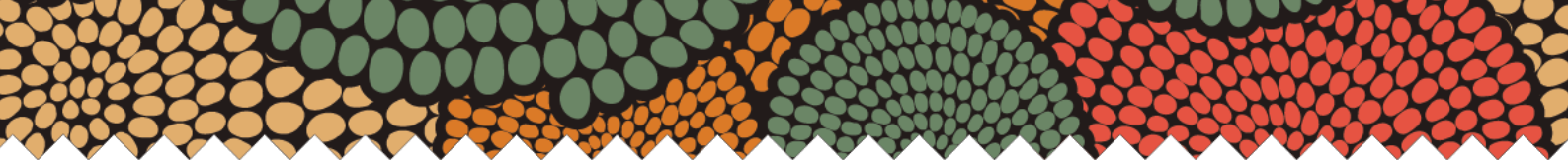
HIV

It is important to always keep in mind that HIV and Aids are widespread diseases in southern Africa, and you might be working with people affected by these diseases.

What's included / not included

Included:

- Project placement
- Airport transfer on arrival (full-day volunteers only)
- Daily transfer to and from the project
- Accommodation placement fee (full-day volunteers only)
- Accommodation (On-site Accommodation or Homestay, both self-catering, as described above) (full-day volunteers only)
- A donation towards the project
- 1 social activity per month
- Good Hope Volunteers welcome pack
- Regular 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
- Wi-Fi



Not included:

- Food
- Local transport
- Airport transfer on departure
- Laundry
- Any items of a personal nature
- Flights & insurance

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.