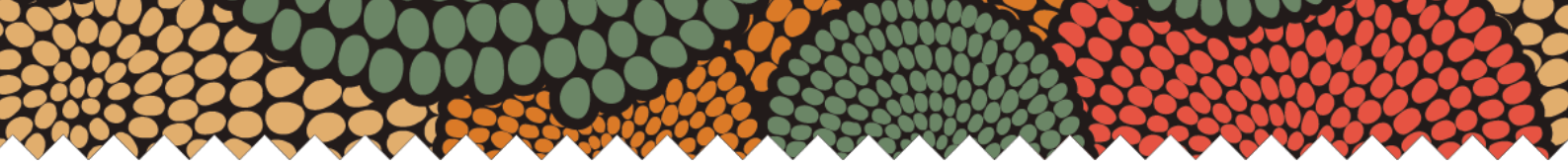


Changing Hearts and Minds



Overview

Location	Cape Town, South Africa.
Duration	From 2 weeks.
Dates	All year round
Capacity	Max. 12 volunteers at one time.
Requirements	• Minimum age: 18. • You must have an Intermediate level (B1/B1+) of English. • Special skills: You must be physically fit. It is an advantage to have worked with children before (however, not a must). Emotional maturity is a pre-requisite in order to treat the children with empathy, love and sensitivity.
Your impact	♥♥♥♥♥
Documents required	Enrolment form, curriculum vitae, letter of motivation, passport copy, proof of medical insurance, police clearance certificate.
Day of arrival	Sunday.
Day of departure	Saturday.



Highlights

- Help to put a smile on the faces of children who have lived through trauma and neglect.
- Giving love to vulnerable children is the best gift you can give; sharing this, costs nothing, but means the world.
- Get immersed in a different culture and the challenges it faces, and work hand in hand with social workers to enable healing, growth and the possibility for children to become functioning adults.
- Witness the life-changing transformations these children experience while at the project.
- You'll have the opportunity to be creative.
- Receive extensive support, guidance and training in social working skills
- Experience amazing tours and adventures in and around Cape Town.
- Getting personal support from the volunteer coordinator.
- Make new friends from all over the world.
- **Half-day option: learn English in the morning; volunteer in the afternoon.**

Project information

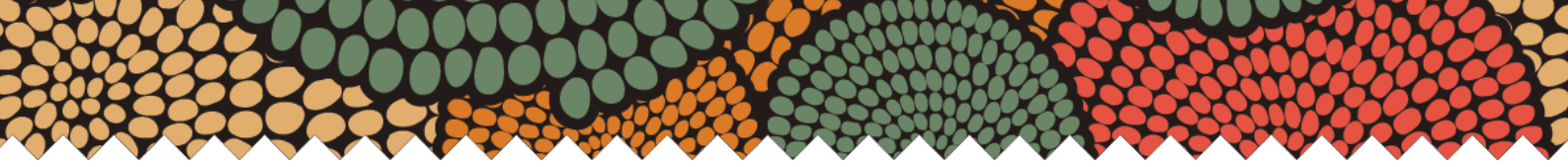
The Marsh family, who were originally owners of a successful hardware shop, were devoted Christians and wanted to live their lives like Jesus, who loved children. They founded this project because they realised that there were many children in Cape Town that had no place to call home and the institutions which addressed this basic human need, were usually known as being unpleasant. One of the verses that inspired the family was *"Your father in heaven is not willing that any of these little ones should perish."* Matthew 18:14

Influenced by Dr. Thomas Stephenson from London, the Marsh family decided to build up a project like his, where a few children stayed in beautiful and cosy houses with young Christian sisters, who took on the role of a loving parent. At the same time, the children all went to school and when they got older, were supported in finding work. The Christian belief was the foundation of everything, teaching each child that they are loved.

When William Marsh died in 1901, he had left a sizable amount of money to his son Edward, who could finally fulfil his father's wish to start the project.

Edward acquired as much farmland around the village of Rondebosch, now a lovely, still very green district of Cape Town, as he could. The initial 21,2 hectares cost £8.000. Up until 1914, he bought any land, he could add to what he had already bought. By building beautiful houses with all the comfort a family could possibly need, he wanted to show that God loves children others don't care about. The houses even had fireplaces in all the rooms so that the children would never be cold.

The first five houses opened in 1903. These homes had space for over 100 children. A chapel made of corrugated iron, was used by the children and workers for Sunday church. During the week it was used as a school building for the children. In 1907 an additional building was built.



The rest of the land was farmed for food, fruit and vegetables were grown and there was a herd of dairy cows for milk and butter. Chickens were kept for eggs. This guaranteed daily, nutritious meals for the children.

In 1922 the magnificent new chapel and a very beautiful new school building were built, sponsored by people who cared for these children. The chapel has a proper organ, wonderful woodwork and beautiful stained-glass windows, and thus reflects what the project stands for: Gods love.

Still today, the project's core is to care for and nurture vulnerable children by rehabilitating and reintegrating them into their families, thus offering them a beacon of hope and the opportunity for a brighter future. While the Christian belief is still fundamental to this project, children of different religious backgrounds and beliefs are welcome here!

The six houses, surrounded by open fields and tranquil gardens, accommodate ten children each. They are cared for by trained and registered professional child and youth care workers. Boys and girls are accommodated in separate houses, with each house catering for a specific developmental phase.

Children mainly come from backgrounds where abuse, trauma, neglect and even abandonment are commonplace. All 60 children at the "Changing Hearts and Minds Project" come via the children's court system, and the majority have families. The project provides short-term residential care for all of them, but the ultimate goal is to see all children happily reunited with their rehabilitated families.

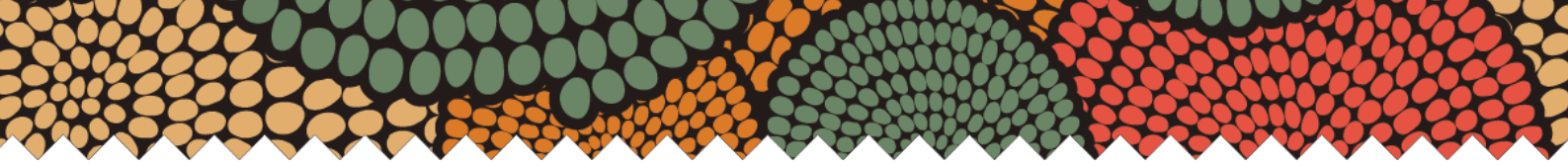
In order to achieve this, the project works in partnership with the Department of Social Development and a number of welfare organisations who focus on assisting the families in their local communities and are committed to reuniting families where possible.

The project's vision is that every person who has been part of this community leaves having experienced healing and transformation through a beautiful physical and relation-oriented environment embodying a Christian ethos.

The programmes therefore provided are:

- **Residential care**
- **Psychosocial support, therapy & counselling**
- **Life skills programme:** (reinforce self-confidence, teamwork, leadership, communication skills, etc.)
- **Developmental programmes:**
 - Education: children are matched to schools which best cater for their individual needs, and are sensitive to the children's particular needs, background and upbringing.
 - Sport & culture: sport and extramural activities at school are encouraged while the project also offers opportunities to play sport, practise dancing, yoga, drumming, arts and crafts.
 - Recreational development: the project's large grounds, swimming pools and halls allow for the children to relax, play and simply enjoy the environment.
- **Spiritual development:** this includes daily devotional activities, saying grace, attending church and worship on Sundays. The project also partners with other religious communities to ensure that the spiritual needs of children from different faith backgrounds are meaningfully catered for.
- **Family preservation:** the project works tirelessly to ensure that the children placed in its care maintain contact with their families as reunification is a priority.

The project tries hard to ensure that every child that enters it is placed on a path toward holistic transformation, thereby equipping them to become functioning and community-orientated adults. Their healing, growth and success are what the project strives for.



Programme details

Volunteers will be placed within the Childcare department. The project follows two approaches when it comes to volunteering, depending on whether you volunteer full-time or part-time.

- **Direct contact with children:**
involvement and helping with various programmes or homework
- **Indirect/non-direct contact with children:**
This involves the completion of tasks that are related to the overall wellbeing of the children and which would benefit them on a day-to-day basis. (e.g. helping with the preparations of meals, working in the laundry room, admin assistance, assisting staff in daily duties)

By volunteering, you allow the project to better;

- engage children with a more diverse range of skills, experience, and knowledge
- deliver their services or programmes in a more effective and efficient way which can help to save money and resources
- raise awareness about their cause and what it is that they do
- build relationships within their community, and contribute to supporting others in their community
- reach more of their beneficiaries
- adapt / consider new opinions, ideas or approaches

The “Changing Hearts and Minds Project” considers you to be an important part of their organisation and both parties will benefit from that relationship. By providing a safe and secure environment not only for the children living there but for all staff members as well, you can expect training, guidance and support in all duties given to you.

Feedback and evaluation will also be given on a regular basis as open and honest communication is the basis for a successful volunteering experience.

Your role

Full-day volunteers will participate in the morning and afternoon programmes.

Volunteer hours are typically from 9:00 – 17:00 (direct and indirect contact with children)

Afternoon-only volunteers (who take part in our English language course in the morning) will participate in the afternoon programmes between 14:00 – 17:00 (direct contact with children)

Evenings and weekends are then usually free.

You will be assisting children in different grades. The project differentiates between:

- Juniors (5 to 10 years old)
- Intermediates (10 to 13 years old)
- Seniors (13 to 18 years)

Possible work schedule:

9:00 – 12:00	assist with ground maintenance (laundry, sorting stock and donations, general facility maintenance) and various tasks at the library like sorting books, etc.
12:00 – 14:00	childcare programme preparation: prepare food and assist with preparation for the educational programme
14:00 onwards	children arrive from school enjoy lunch together with the children
14:30 onwards	children receive educational support (help with their homework) or rest as indicated by developmental needs
15:30 – 16:30	free time
16:30 – 17:00	recreational or development programme (games and other activities)

Times differ depending on which grades the kids are in and on the developmental needs they may have.

Programme during public school holidays:

This project also takes place during school holiday periods as children will be based at the facility. The above itinerary would then change and would instead include activities like:

- accompanying children on outings to cultural and recreational events
- participating in the life skills and values programme
- assisting to facilitate recreational, arts and cultural programmes

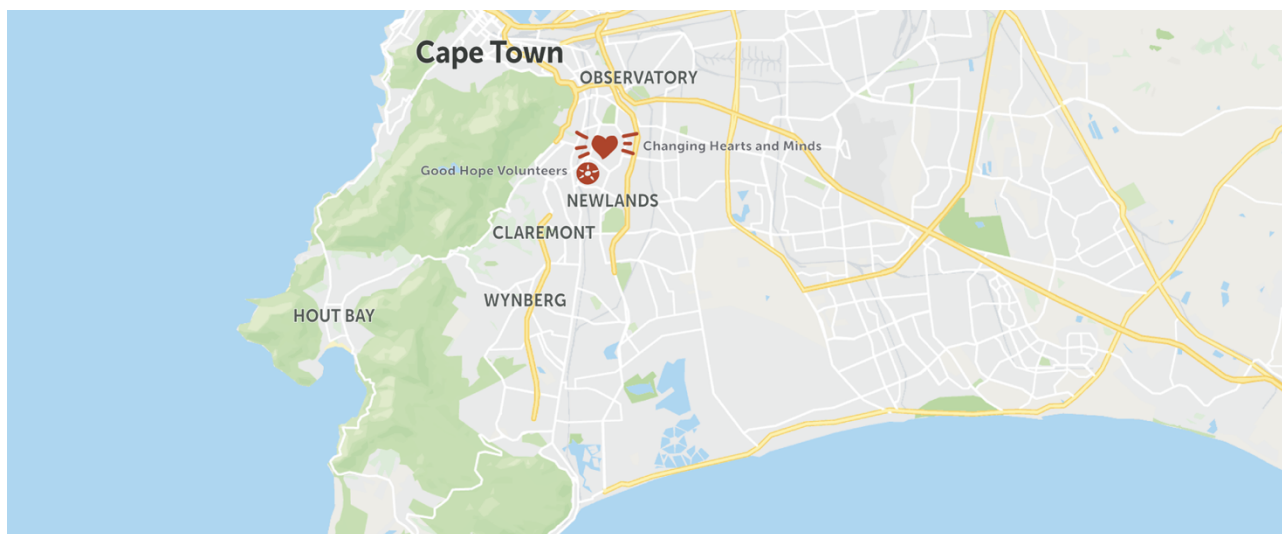
Volunteers will have the opportunity to make use of their own skills and talents and contribute to the programme development over the course of the holidays.

It is important to note that this description serves as an example only. The daily tasks and activities 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 and open to the challenge.

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

Project location



This project is based in Rondebosch, a beautiful, green area of Cape Town.

Getting to and from the project

You will need to arrive at Cape Town International Airport.

Arrival

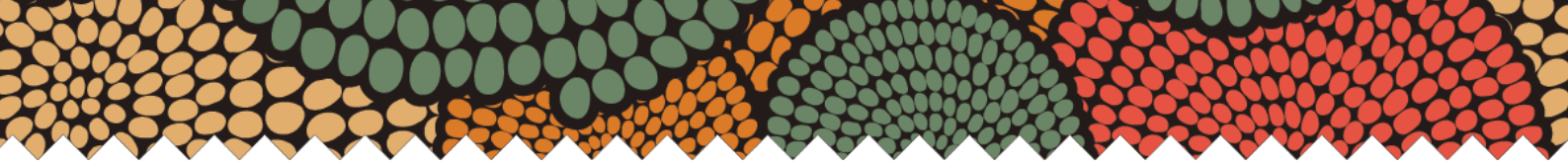
Our driver will meet you at the airport and take you to your accommodation on Sunday.

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.

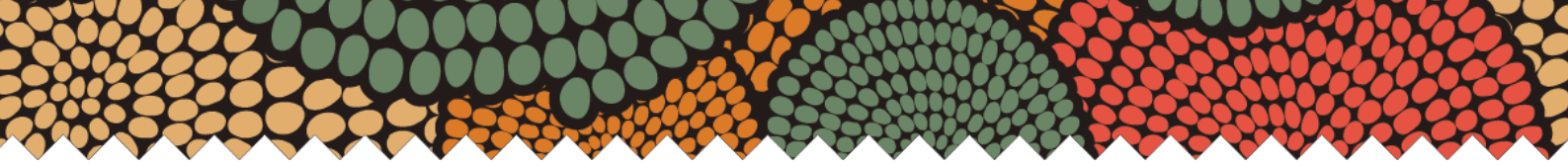
Free time

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, practical clothes including sportswear 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

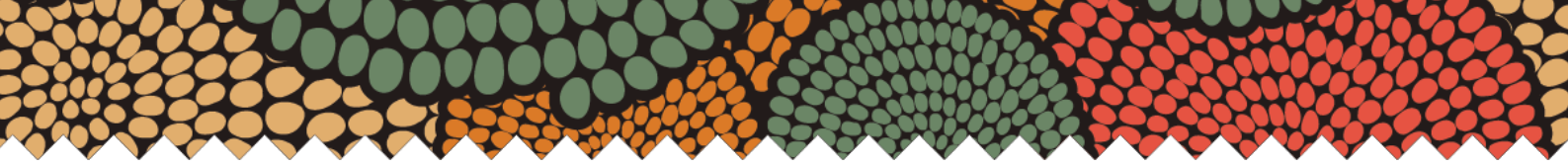
We kindly ask that you refrain from using your cell phone during work hours as this will distract you from doing the work at hand. Due to strict privacy laws, taking photographs of people, particularly children, is in most cases prohibited.

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 children whom we support with our social projects.

What to wear

You are asked to wear sensible clothing and to be culturally sensitive to the communities you are working with. You are expected to wear modest clothing when at the project. 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. Underwear is not to be seen under any circumstances.

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.

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.

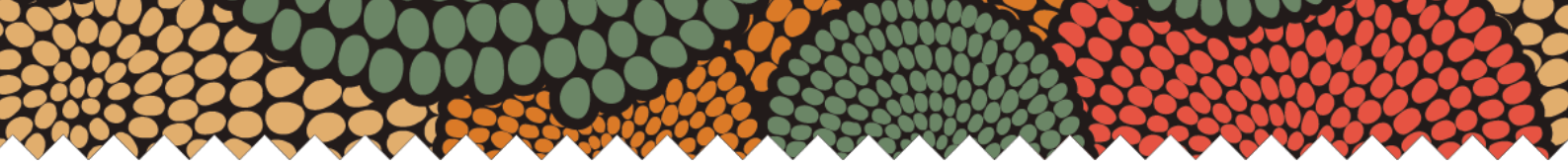
A list of vaccinations to consider (a complete and up-to-date list can only be provided by your health specialist):

- 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.

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. You also need to be aware that you will be working with children that will have experienced trauma and abuse.

Please be mindful of your surroundings and be aware of opportunistic crime (e.g. pickpockets). Please always follow the advice of your local project coordinators for tips when out and about.

What's included / not included

Included:

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

Not included:

- Food
- Local transport
- Airport transfer on departure
- Laundry
- Towels
- Any items of a personal nature
- Flights and 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.

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 and phrases:

ENGLISH	PORTUGUÊS	DEUTSCH	FRANÇAIS	ISIXHOSA
Good morning	Bom Dia	Guten Morgen	Bonjour	Molo/ Molweni refers to more than one person
Please	Por favor	Bitte	S'il te plaît	Ndicela/ ndiyacela
Thank you	Obrigado(a)	Danke	Merci	Enkosi
How are you?	Como você está?	Wie geht es Dir?	Comment ça va?	Unjani/ Ninjani refers to more than one person
Goodbye	Adeus	Auf Wiedersehen	Au revoir	Sala kakuhle/ salani kakuhle refers to more than one person
Children	Crianças	Kinder	Les enfants	Abantwana
Child	Criança	Kind	L'enfant	Umntwana
Boy	Garoto	Junge	Le garçon	Umfana/Mfana
Girl	Menina	Mädchen	La fille	Intombazana/ Ntombazana
Snack	Lanche	Snack	Le snack	Ukutya
Lunch	Almoço	Mittagessen	Le déjeuner	Ukutya
Quiet	Quieto	Leise	Doucement	Thula
Teacher	Professor	Lehrer	Le prof	UTHishala
Homework	Dever de casa	Hausübung	Les devoirs	Umsebenzi wesikolo
Danger	Perigo	Gefahr	Le danger	Ingozi
Crying	Choro	Weinen	Pleurer	Ukulila
Scream	Grito	Schrei	Le cri	Khwaza
Water	Água	Wasser	L'eau	Amanzi
Stand in a line	Ficar em uma linha	In einer Reihe stehen	En rang d'ognon	Yima emgceni
Be careful	Seja cuidadoso(a)	Pass auf!	Fais attention	Lumnka
Help me please	Ajude-me, por favor!	Bitte hilf mir!	Aide-moi, s'il te plaît!	Ndicela undincede

ENGLISH	PORTUGUÊS	DEUTSCH	FRANÇAIS	ISIXHOSA
Nurse	Enfermeira(o)	Krankenschwester	L'infirmière	Umongikazi/ U-nursi
Problem	Problema	Problem	Le problème	Ingxaki
I'm worried	Estou preocupado(a)	Ich bin besorgt	Je m'inquiète pour...	Ndinexhala
Activity	Atividade	Aktivität	L'activité	Umsebenzi/ Intoyokwenza
Reading	Leitura	Lesen	Lire	Funda/ Ukuunda
Writing	Escrita	Schreiben	Écrire	Bhala/ Ukubhala
Playing	Jogando	Spielen	Jouer	Dlala/ Ukudlala
Arrive	Chegar	Ankommen	Arriver	Fika
Time	Tempo	Zeit	Le temps	Ixesha
Driver	Motorista	Fahrer	Le conducteur	Umqhubi
Sing	Cantar	Singen	Chanter	Cula
Dance	Dançar	Tanz	La danse	Umjuxuzo