

Hout Bay Children's Programmes



Overview

Location	Hout Bay, Cape Town, South Africa.
Duration	From 4 weeks.
Dates	All year round (closed during South African school holidays).
Capacity	Max. 4 volunteers at the morning Day/Educare Centre (females only) Max. 4 volunteers at the Primary Learning Hub After-School Programme. Max. 20 volunteers at the afternoon Primary After-School Programme. Max. 4 volunteers for the afternoon Secondary After-School Programme.
Requirements	• Minimum age: 18. • You must have an Intermediate level (B1/B1+) of English. • 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.
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

- Work with an inspirational team in a very welcoming & loving environment.
- Bring happiness and joy in the daily life of township children and youth - leave a lasting impact on their life.
- Choose between three afternoon options.
- Support children and youth academically and with life skills in the afternoon.
- 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.
- Make new friends from all over the world.
- **Half-day option: learn English in the morning; volunteer in the afternoon (3 options)**

Full-time volunteering is possible for females only at this project

Afternoon- volunteering is possible for both, female and male.

Project information

This project services a **Educare Centre** in the morning and three separate **After-School Programmes** in the afternoon, two for primary school children and one for secondary school children.

Full-day volunteers must be female and will participate in the morning programme and choose one afternoon programme from the three options.

Afternoon volunteers (who take part in our English Language School in the morning) choose which afternoon programme they want to participate in from the three options.

Morning programme

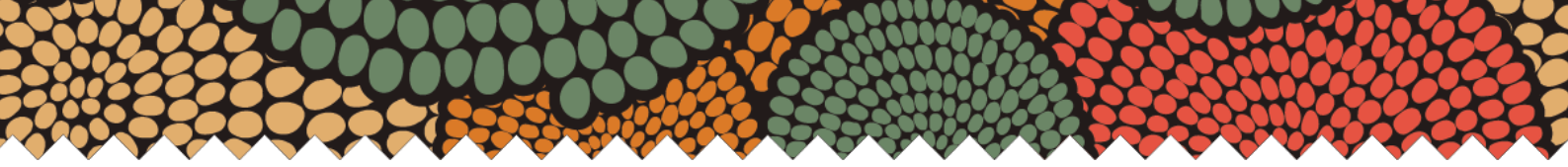
Day Educare Centre (females only):

The Educare Centre offers basic care, nutrition, and preschool education for children aged between 1 and 6 years, from Imizamo Yethu, and provide the children with two warm, nutritious meals, snacks and fresh fruit and yoghurt.

Their vision is to create a day-care 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 a vital head start for their successful lives in the future South Africa.

Since 1999, the school has grown and now cares for 300 children between the ages of 1 and 6 years, with 18 staff members from the community. Since 2007, the 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.



Afternoon options

1. Primary After-School Programme (6 – 13 year olds) or

The project's core work is to provide a safe and nurturing space for vulnerable children 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 children by providing a safe place 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 project's 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 support and the children 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 the children are meant to learn in school alongside hands-on activities like knitting, art, games, sports, expressive arts (dance, drama and song); they are able to make the progress expected of them and more.

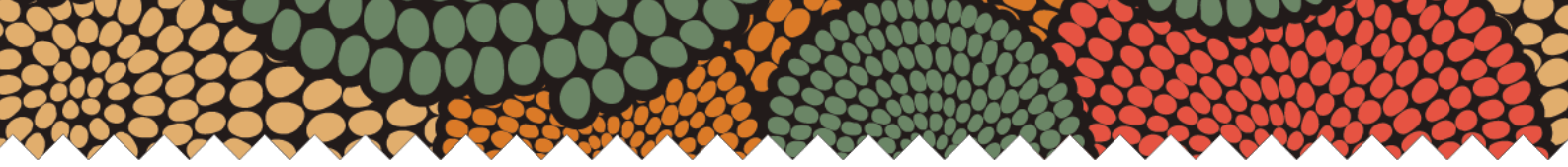
2. Secondary After-School Programme (13 -18 year olds) or

This option offers an After-School Programme for high school students in the township of Imizamo Yethu. South Africa is a difficult place to grow up in. Nearly one in three young people between the ages of 15 and 24 are neither educated, trained nor employed. Six out of 10 children live in multidimensional poverty. This makes them vulnerable to abuse and trauma, which again leads to psycho-social problems in their young adult life.

Research shows the development of emotional intelligence, along with academic support, has the potential to help sustain learners in school and improve their prospects of employment, further education, and training. It provides them with

- more emotional resilience to negative life events,
- academic performance improvement in high school while decreasing problem behaviour,
- relationship quality improvement,
- reduced drug and alcohol abuse,
- decreased aggressive behaviour,
- strengthened economic prospects,
- the ability to seek and learn new skills through strengthened economic prospects simplifying employment possibilities.

Three steps are taken to promote academic strength: Design, Test, Deliver.



The programme has designed a learning journey focusing on life skills and improving students' emotional intelligence in the form of self-awareness, emotional control and resilience, relationship skills, empathy and problem solving. Additionally, an academic support programme with a strong focus on Mathematics has been implemented.

The project is a pilot and prototyping centre, testing the designed materials in real time with learners and supporting them on their journeys.

This then allows the project to invest resources in deepening and developing materials and facilitators.

Past participant sample surveys indicate that close to 90% have successfully matriculated of which 46% achieved a grade sufficient for university entrance. Over 80% have studied further, are currently studying, or desire to study further.

3. Learning Hub after School Care for Primary School Children (6 – 13)

The Education Hub opened in 2024 with a bang! With 60 children to care for every day, it has become a much-loved community resource which focuses on outdoor fun and opportunities to support learning.

Unfortunately, the school system in South Africa creates gaps, where children are still taught very traditionally in overcrowded classrooms, without many opportunities for creativity. In addition, there is no care in the afternoon, when working parents are not home and the streets are not places for children to wait around.

The Education Hub fills those gaps! The children are given a safe and joyful place to be in the afternoons. The Education Hub encourage free play, real loving friendships and learning through discovery.

Children begin their afternoons at the Education Hub at 13:00 and stay until 18:00.

Upon arrival, every child is greeted as if they were coming home, by a friendly, familiar face, and are given the opportunity to tell someone about their day and recall their stories.

In their free time, they can burn off energy and any frustration playing sports, skipping or climbing on the jungle gyms. In their homework hour, everyone involved works together on the tasks given to them and takes every opportunity to discover more.

Activities are planned for each day, exploring a different theme each week and discovering how that theme can help the children in their core studies.

Mindfulness time gives the children time to cool down after a busy day and prepares minds and bodies for life at home in the evening. The day ends by safely handing over the child to their families at the gate.

We love having volunteers at the Education Hub because you are a key part of our discoveries! Together we can learn more about the world, studies and life skills.

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 and youth,
- Patience, tolerance, and respect towards small and older children,
- A fun and light attitude without complications,
- Agility and energy to engage in physical child play,
- Emotional maturity, flexibility, and patience,
- 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

Educare Centre: Monday – Friday, from 09:00 – 13:00.

Volunteers will assist with:

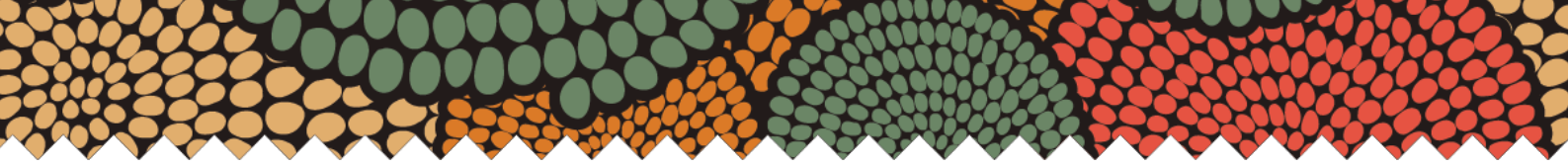
- Welcoming the children and assisting with getting ready for their day at the school,
- Meals – help with laying and clearing of tables, supervise eating during breakfast, snack & lunchtime,
- Brushing of teeth – assist with toothpaste, supervise brushing of teeth, washing of hands and toilet routine during and between lessons. Toilets, washbasins, and floor are to be kept clean,
- Before morning break – prepare fruit and hand out to the children. Water/tea to be served to each child,
- Outside play – assist the teacher with supervising and playing 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,
- Teaching children small nursery rhymes and songs,
- Bring in your own experience (try new things and implement new programs, be creative and flexible),
- Emotional support.

Primary After School Programme: Monday – Thursday, from 14:00 – 17:00, Fridays from 14:00 – 15:30.

Generally, the role can include:

- Assisting in kitchen and with food service,
- Assisting with art, music, or physical science during class or in the afternoon with homework,
- Assisting specific children, paying special attention to either English, writing, drawing, maths, or general schoolwork. The coordinator will advise you where your assistance is needed,
- Teaching 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.).

Secondary After School Programme: Monday – Thursday, from 14:00 – 17:00, Fridays from 14:00 – 15:30.



Volunteers typically will:

- Help students from grades 8-12 with their homework and assignments,
- Facilitate “ice breakers” with the students (a short activity to stimulate connection between participants at the start of or during a session),
- Engage in the life skills/leadership programme on Monday and Friday (Fridays are optional),
- Assist students in Maths on Tuesday, Wednesday and Saturday (Saturdays are optional),
- Facilitate and participate in English language improvement sessions for the students on Thursday. English is rarely their first or home language, they are mostly Xhosa speakers, but English is the medium of education at the school.

Learning Hub after School Care: Monday – Thursday, from 14:00 – 17:00, Fridays from 14:00 – 15:30.

Volunteers assist the teachers with the following:

- everyday tasks
- making sandwiches
- preparing lessons and classrooms
- waiting for the children to arrive (full-day volunteering only)
- taking delight in their stories about their day
- helping the teacher understand any specific needs of any particular child.

During all free time, you'll:

- help to organise outside activities for the children
- be a referee in all sports games
- assist with any learning gaps the child has during homework hour
- assist the child in being creative when trying to complete their homework
- read with the children, a vital part of their day!

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.

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

Project location



The Hout Bay Children's Programmes project provides Early Childhood Development and After-School Care to young learners in the poor community of Imizamo Yethu near Hout Bay in South Africa.

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.

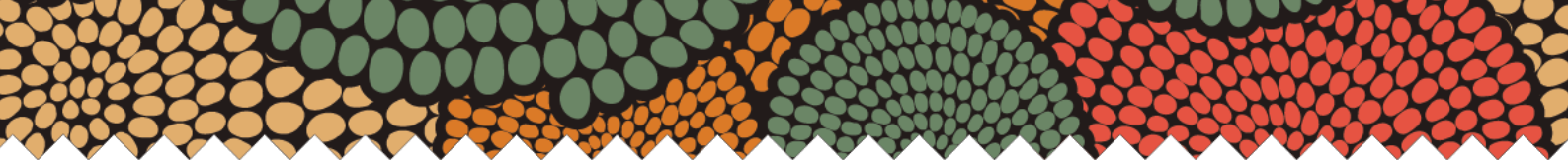
After an orientation meeting at the language school in Newlands on your first Monday morning, our driver will take you to the project.

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 you with 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.

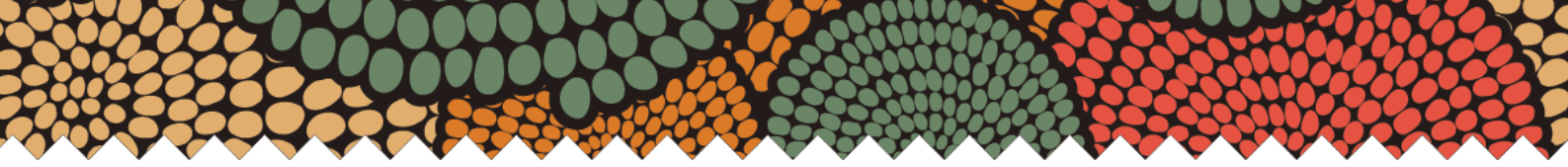
Free time

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



Local transport

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

What to bring

Volunteers should please bring their own lunch, snacks and soft drinks with them. Tea will be provided.

The younger children are very interested in stories from the volunteers so it might be a good idea to bring a picture book or photos from your 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.

The project coordinators suggest you bring your own notebook, and should you wish to do so, you would need to ensure you keep this safe. Please also take a pen with you.

A smile for the children, openness, flexibility, and a sense of initiative is very welcome too.

There are no other special requirements but we recommend bringing comfortable, practical clothes 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.

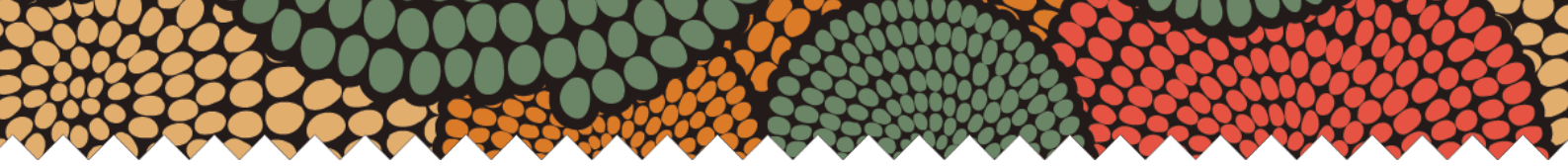
Some projects will appoint specific responsibilities to you; others are less structured and require volunteers to use their initiative. If you prefer the one type over the other, please ask us for the most appropriate project for your preference.

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 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.

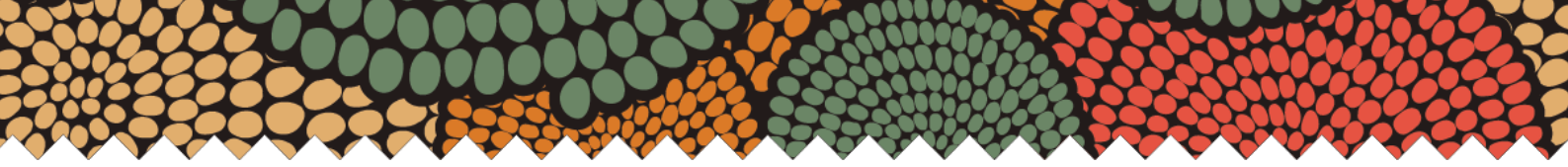
You must ensure that you are covered from the day of departure in your home country to the day of arrival back in your home country. The minimum coverage must be US\$ 100.000 and, as part of the enrolment process, you will need to email us a copy of your insurance policy documentation.

Safety

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 is located in the township of Imizamo Yethu, even though it is on a separate 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 back to the accommodation and do not stroll through the township on your own.



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)
- 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
- 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 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
- Any items of personal nature & towels
- 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 emgceeni
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