

# Soccer for Change



## Overview

|                           |                                                                                                                                                                                                                                                                                    |
|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Location</b>           | Cape Town, South Africa.                                                                                                                                                                                                                                                           |
| <b>Duration</b>           | From 2 weeks.                                                                                                                                                                                                                                                                      |
| <b>Dates</b>              | All year round (closed during South African school holidays).                                                                                                                                                                                                                      |
| <b>Capacity</b>           | Max. 5 volunteers at one time.                                                                                                                                                                                                                                                     |
| <b>Requirements</b>       | <ul style="list-style-type: none"><li>• Minimum age: 18.</li><li>• You must have an Intermediate level (B1/B1+) of English.</li><li>• Special skills: You must be physically fit. You should love community work, especially with children, and have a good team spirit.</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

- Help create a world where opportunities are not limited by circumstances but empowered by dreams.
- Immerse yourself in South African culture and the communities the project works in.
- Perfect for soccer lovers!
- Work with a vibrant and energetic team.
- Enjoy creating fun sessions for kids or take part in a more professional setup with elite teams.
- Many of the volunteers who play, have enjoyed representing the club on the field as well.
- Be invited along on nearby hiking trails or to some of the many beaches.
- Organise a variety of events and community-building activities that foster engagement and connection (e.g. football matches, themed celebrations, cycling tours, Jürgen Klopp fundraising).
- Help to fulfil 8 out of 17 UN Sustainability Development Goals (SDG).
- Experience amazing tours and adventures in and around Cape Town.
- Getting personal support from the volunteer coordinator.
- **Half-day option: learn English in the morning; volunteer in the afternoon.**

## Project information

***"Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair."***

(Nelson Mandela)

South Africa experiences the highest levels of inequality in the world according to the commonly used Gini index. Inequality manifests itself through a skewed income distribution, unequal access to opportunities, and regional disparities.

Hout Bay is a vibrant community that beautifully reflects South Africa's rich diversity, bringing together people from varied cultural and social backgrounds. The community is actively working to unite different neighbourhoods and create stronger connections across all areas as high unemployment, especially in informal settlements, exacerbates poverty and limits opportunities, particularly for young people. However, there are growing opportunities to channel the youth's energy and talents into meaningful pathways. The community recognises the importance of addressing youth wellness and is committed to creating supportive environments that promote healthy choices, strengthen families, and build safer neighbourhoods for everyone to thrive in.

This NGO (non-governmental organisation), NPO (non-profit organisation), trust and charity was set up by a group of enthusiasts with three goals:

- Encourage the communities to come together and stay united.
- Get kids off the street and uplift youth through mentorship, coaching and inspiring through success and leadership to improve life skills, schoolwork and football ability. The programmes themselves create jobs for players and locals, and enable them to earn a small salary.

- Promote successful top-class soccer, and develop an elite, passionate team.

Community is this project's soul and soccer is the spark that brings everyone together. For the participants the sport is a catalyst to stimulate social change and a journey that brings friendship, love, support, understanding, growth and opportunity.

"Soccer for Change" unites three distinct communities of Hout Bay. Through the power of sport, the project's mission is to provide a safe and loving environment with educational and vocational opportunities granting the children and youth within the participating communities access to further services that nurture, support and empower them to succeed.

The project's holistic approach is therefore to recruit youth for the "soccer journey" and to then support and nurture them with their "personal development journey". There are seven characteristics that are key elements in encouraging that journey:

- Grit (being resilient, committed, brave, persevering and showing courage)
- Respect (showing good manners, humility and sportsmanship)
- Kindness (being friendly, generous and considerate)
- Community Spirit (showing compassion and care for people of all races, cultures, genders and backgrounds)
- Excellence (doing everything to the best of one's ability)
- Leadership (being a role model and leading a healthy lifestyle)
- Responsibility (being accountable and doing duties as required)

The soccer teams span all age groups, boys and girls, men and women, from U5's to juniors, youth, teens and adult teams and all types ranging from social soccer to fun activities, organised leagues and a high-performance programme. The badge represents the community through the rainbow stripes that surround the golden soccer ball. The ball, on the other hand, represents the beating heart of the club while the gold stands for its success.

Success is measured by the number of jobs that the project creates, the number of community programmes and activities it runs, and the number of children it feeds. It's about a community of well-rounded moral citizens coming together, giving back and continuing to build a better future together, both on the soccer field and in everyday interactions.

The "Dream Factory" is the head quarter sand the base of all project operations. It houses 16 of the Elite Men's team players and an additional 45 FTIFA Cape Town academy players. It provides office space to over 50 full-time employees and includes a canteen where all players receive meals prepared for them on-site. There are classrooms, an audio-visual room, a gym, a five-a-side court and a communal room that includes a TV, pool table and other activities.

It's the perfect location allowing the children to follow their dreams in a safe environment and idyllic surroundings with space and time to thrive. At the same time, they retain their valuable connection to home, the support of their family and community. Here they can relax, feel supported and work hard towards achieving their goals.

Participants are offered:

- a residence and 3 nutritious meals a day.
- education and schooling with in-person tutoring to ensure academic success.
- mentoring and social support.
- workshops and activities that encourage personal growth, confidence and character development.
- soccer training and matches, including the gear needed.

- access to a soccer-specific gym.
- mental performance coaching.
- physiotherapy and basic medical care, ensuring their physical well-being.
- monitoring and evaluation to guarantee progress.
- developing and nurturing sponsor partnerships.

The UN Sustainability Development Goals aim to build a more sustainable, safer and more prosperous planet for all humanity. The “Soccer for Change” project encourages the following out of 17 SDGs:



### Programme details

Activities the project is involved in are:

- organised soccer sessions.
- life-skills training.
- engaging schools through education.
- fostering the development of a soccer community.
- work readiness and employment programmes to support career development

The project’s main goals are to:

- compete against semi-professional and professional teams, ensuring participants remain engaged in the teams and leagues.
- win competitive leagues and tournaments against high-performing teams.
- provide a physical education programme for school children by introducing physical fitness as a learning module that encompasses a healthy body and mind.
- teach skills and provide tools to help participants overcome negative influences.
- access educational programmes in safe environments.
- encourage school completion, resulting in higher matriculation rates within the community.
- achieve bachelor passes, particularly through the support of satellite schools that help improve academic performance.
- support individuals in securing employment to sustain themselves and their families.
- create a pathway to professional careers and employment.

### Your role

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

Working hours are typically from 9:00 – 18:00.

**Afternoon-only volunteers** (who take part in our English language course in the morning) will participate in the afternoon programmes only.

Volunteering sessions in the afternoons run between approximately 14:00 – 18:00 at the latest.

Evenings and weekends are usually free.

Volunteers are utilised for a wide range of tasks and are given a great deal of responsibility that range from coaching and teaching to administrative duties. A passion for soccer is a definite plus. Depending on the volunteers’ motivation, experience and belief as to where they would gain the most insight, they will be

allocated by the CEO and the Operations Manager accordingly and will then work alongside organisation staff to support their daily operations.

Below is a list of possible tasks and responsibilities:

- Social programmes such as aftercares
- Fitness or conditioning coaching
- Physiotherapy
- Sports coaching (soccer, basketball, boxing, cricket, sports science)  
When you begin coaching soccer teams, you can choose which age groups and genders you would prefer to work with.
- Office admin and support
- Social media and website development
- Tutoring and academic support

You may also rotate between different departments to gain comprehensive exposure to all aspects of organisational operations and to better understand what it takes to run such an organisation from the ground up.

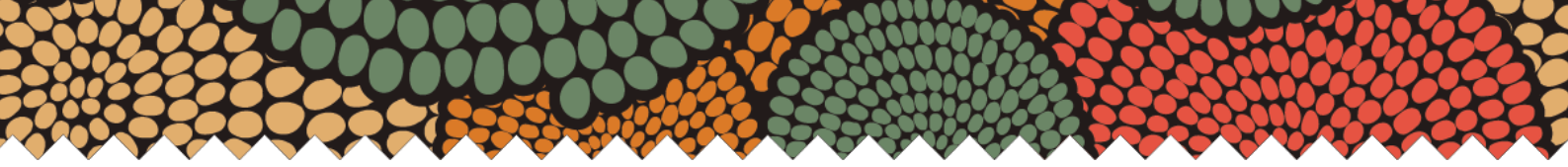
**It is important to note that this description serves as an example only. The daily tasks and activities depend on the volunteer and the work that needs to be done. The final job description can therefore vary substantially from the above.**

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

## Project location



This project is based in Hout Bay, a beautiful seaside neighbourhood just outside 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.

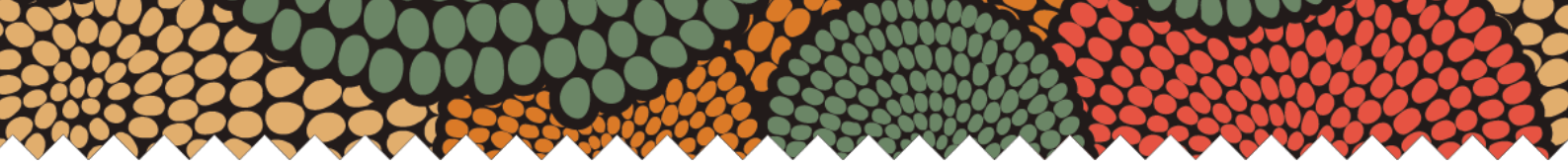
A shopping centre, restaurants, pubs, banks, bars and supermarkets are within walking distance and there are plenty of opportunities to meet fellow volunteers or students from the school. Bedding is provided but towels are not included, and Wi-Fi is free of charge (fair use).

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

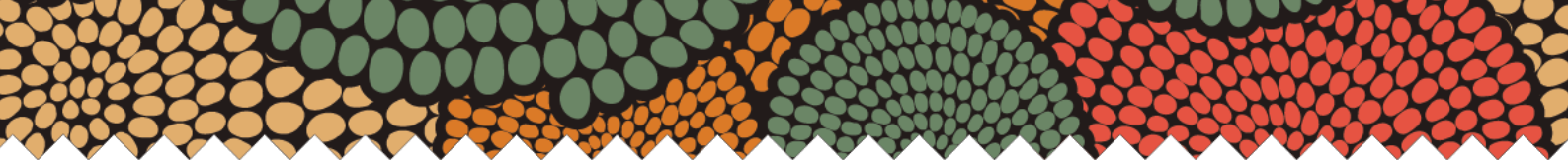
## How to get to the project and local transport

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

## What to bring

Items you will need are:

- Warmer clothes for evenings and early mornings
- Windbreaker/lightweight rain jacket - even in summer the wind can get a bit cool
- Cap/hat and sunglasses
- Sunscreen
- Water bottle
- Soccer boots and attire
- Playing cards, series, books etc. (things to do when off or on rainy days)
- 3-point South African adaptors



## 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, especially children, is in most cases prohibited.

If you need to take photos for our project, please check in with the project staff for guidance. This is to make sure you're following the right protocols and keeping everyone safe, including the children.

While we do encourage you to take photos and share content with us, always remember to do so with care and respect for privacy!

## 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 in public. As for the project, please make sure to wear sportswear and bring your soccer boots along.

## Insurance

### Travel insurance

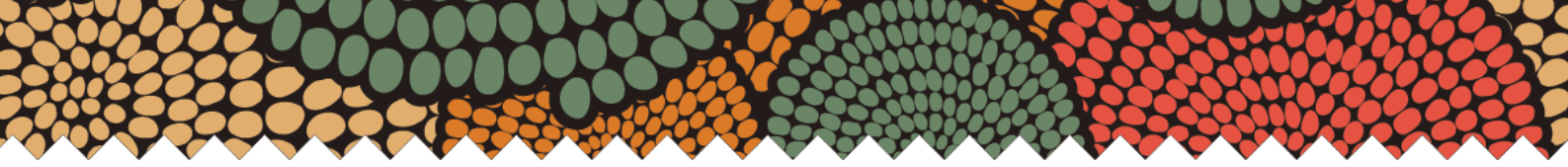
We strongly recommend that you take out full personal insurance.

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.

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.

Some of the programmes run in townships and it is strongly advised that safety precautions be taken, even though you will be driven to and from each location and the projects are within fenced areas. Due to poverty in these areas, crime and theft can be a problem. Try not to carry large amounts of cash and be discreet with expensive cameras, jewellery, cell phones, tablets, or laptops, etc. Do not walk alone in deserted areas, especially after dark. Wait for our transfer to take you to the accommodation and do not walk through the township on your own.

Cape Town is a beautiful city and there is no reason that you should not be able to enjoy it, as long as you follow the advice given to you by the project team and staff.

## 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)
- Relevant training and workshops deemed necessary by the organisation
- 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<br>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<br>to more than one person              |
| Goodbye      | Adeus           | Auf Wiedersehen  | Au revoir      | Sala kakuhle/ salani<br>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/<br>Ntombazana                                     |
| Snack        | Lanche          | Snack            | Le snack       | Ukutya                                                         |

| ENGLISH         | PORTUGUÊS            | DEUTSCH               | FRANÇAIS                 | ISIXHOSA                |
|-----------------|----------------------|-----------------------|--------------------------|-------------------------|
| 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       |
| 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                |