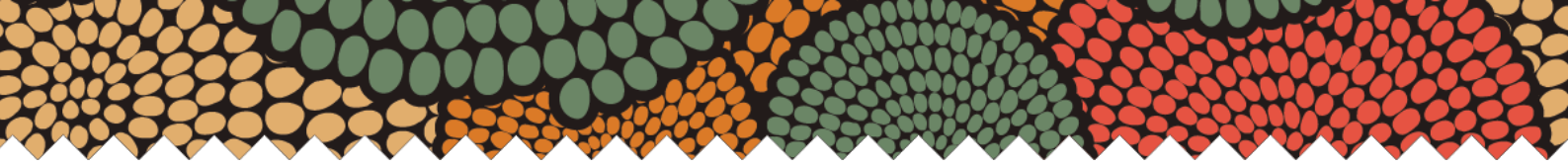


Women's Refuge



Overview

Location	Cape Town, South Africa.
Duration	From 2 - 12 weeks.
Dates	All year round
Capacity	Max. 3 volunteers at one time
Requirements	• Minimum age: 18. • Female volunteers only • You must have an intermediate level (B1/B1+) of English. • Special skills: You should love community work, especially with women and children, be open-minded and interested in getting to know another culture.
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 make this world a better place for abused and emotionally drained women and children.
- The skills trainer is there to assist, the staff is helpful and supportive.
- Enjoy working in a safe environment.
- Cultural immersion: volunteering in a different cultural context provides the opportunity to learn about the local way of life and various traditions.
- Get personal support from the volunteer coordinator.
- Make new friends from all over the world.
- Experience amazing tours and adventures in and around Cape Town.
- **Half-day option: learn English in the morning; volunteer in the afternoon.**

Project information

The Women's Refuge was established in 1959. Since then, it has played a critical role in protecting, supporting and empowering women, and their children, who are survivors of domestic violence, abuse and stigmatisation that is unfortunately quite prevalent and widespread in South Africa.

The project's main mission is to assist those in crisis to help them heal holistically, including physical, emotional and spiritual healing. Help and hope is provided regardless of race or religion by empowering through partnership, not only through charity. The women and their children live at the house for a short-term crisis stay of three months, providing a safe haven for them.

The women and children receive three balanced meals a day, clothing, toiletries and bedding.

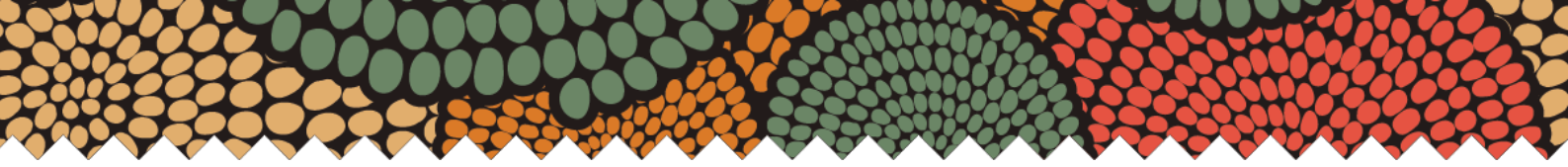
They are also offered professional therapeutic services, such as individual or group counselling with qualified social workers and outside organisations that deal with survivors of domestic violence, rape, etc. Assistance with legal matters and medical requirements is also granted.

Small children are able to stay in the full-time childcare facility while older children are helped with placement in schools or are home-schooled.

The Women's Refuge aspires to empower those who pass through its doors to become better equipped for their role in society.

A fully equipped skills training centre run by a full-time skills trainer, offers bead-work, sewing, decoupage, card making, fabric painting and computer literacy. Skills training is an integral part of the therapeutic programme. Through intentional creative activities and reflection, residents increase personal capacity to recognise their own abilities, strengths, abilities and potential. Furthermore, the activities create an awareness of setting directed-action goals, which impacts their personal healing process.

The project also provides spiritual upliftment, prepares women for job interviews, organises group sessions and human-rights workshops.



Programme details

All volunteers receive an orientation on their first day from the Good Hope Volunteers Support Coordinator. You will work alongside the project coach, assisting with their daily routine and will receive instructions from them as they go.

Your role

Please note that this project accepts female volunteers only.

Full-day volunteers: Monday – Friday, 9:30 -17:00

Afternoon-only volunteers (who take part in our English language programme in the morning) participate in the afternoon activities from Monday – Friday, between 13:30 – 17:00

Your tasks will be:

- Assisting the childcare teacher with the children
- Helping prepare healthy meals for the children
- Handing out food to the children, help feeding the smallest ones
- Teaching the children how to colour in and read and playing with them (the best therapy)
- Assisting with women's skills training workshops – daily by:
 - getting the right material for sewing or beading workshops
 - doing basic literacy training for the ladies (this is for when they get to sell the products they have made e.g. necklaces, earrings, cushions, tote bags, etc.)
 - facilitating sewing or beading workshops
 - assisting the participants to choose the right fabric or design when beading or sewing
 - encouraging the participants to be more self-reliant
- Administration
- Storage clearing
- Sorting out donations
- Gardening, household care and maintenance

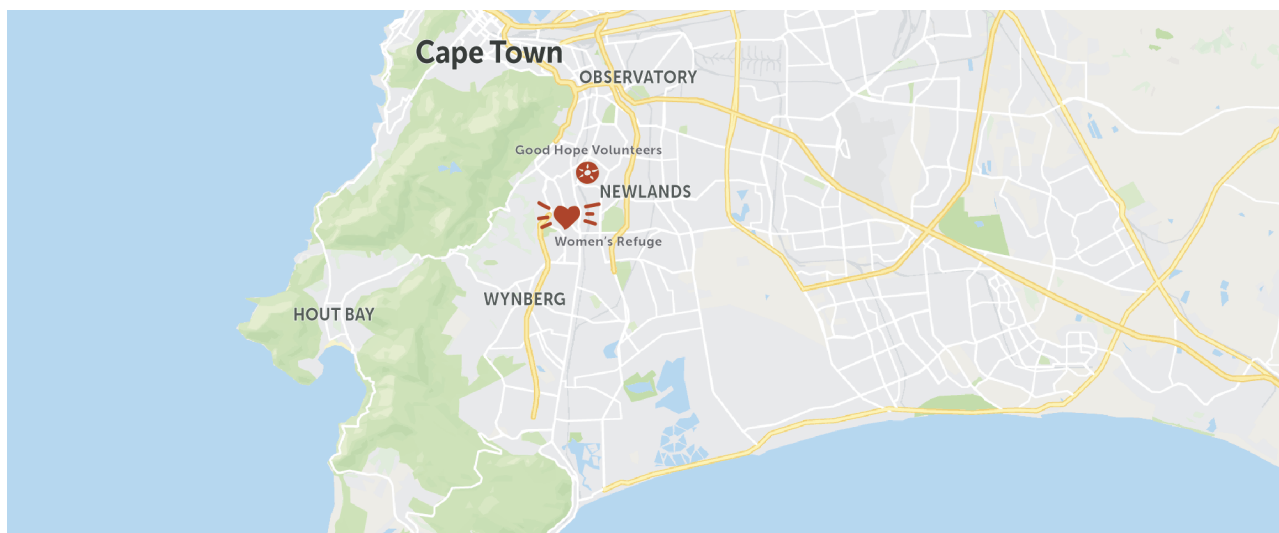
If you have experience with social work or are studying in that field, the project will also try to have their social workers include you into their responsibilities and tasks.

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 Women's Refuge is located in the district of Kenilworth in Cape Town.

Getting to and from the project

You will need to arrive at Cape Town International Airport.

Arrival

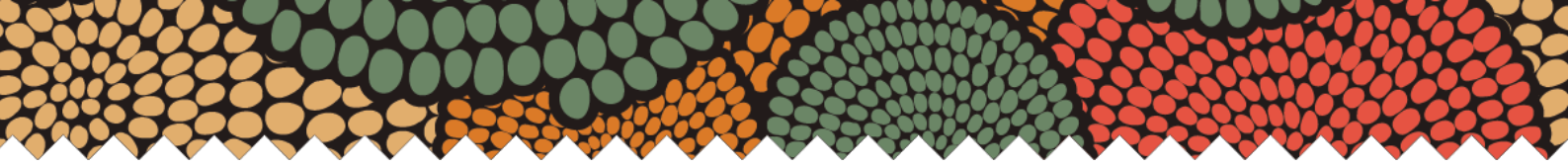
Our driver will meet you at the airport and take you to your accommodation on Sunday.

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.

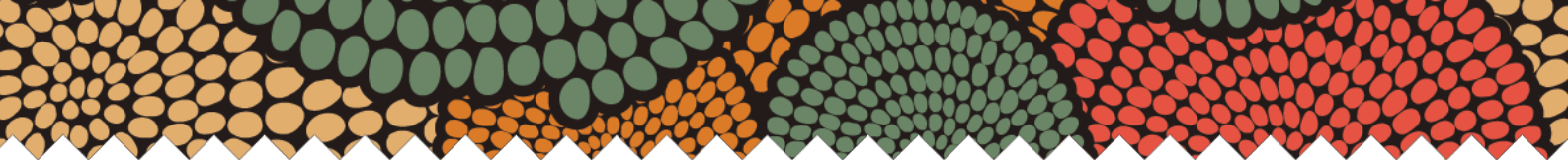
Free time

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

Please note that daily transfer to and from the project is not included, you need to get there yourself and at your own expense, however it is not far from the Newlands school. We suggest you use Uber which has become popular in Cape Town. (ZAR 50-70 each way)

What to bring

There are no special requirements in this regard, 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 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

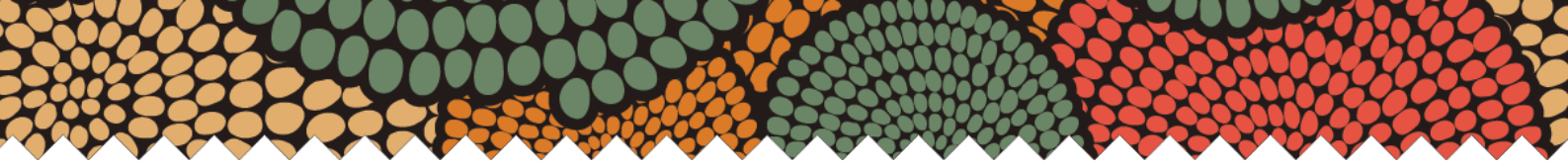
We kindly ask that you do not use your cell phone during work hours as this will distract you from doing the work at hand. Due to strict privacy laws, taking photographs of people, and particularly children, is in most cases prohibited.

We also ask that you consult with the project team on site 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.

The following are considered unacceptable: 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.



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.

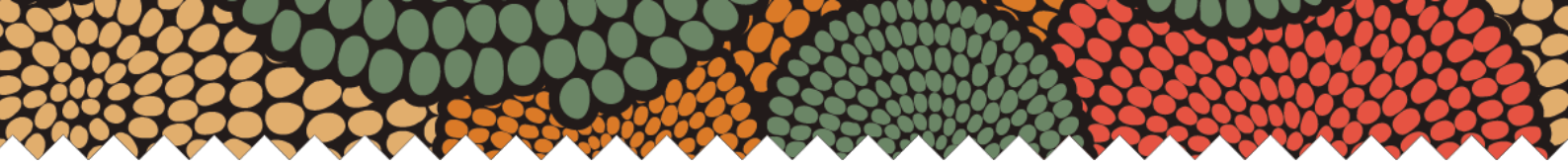
A list of vaccinations to consider (a complete and up-to-date list can only be provided by your health specialist):

- 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, TB and other chronic diseases are major public health concerns in South Africa. You should be aware that you are working with children who could be infected or affected by a chronic disease. You are advised to take the necessary precautions.

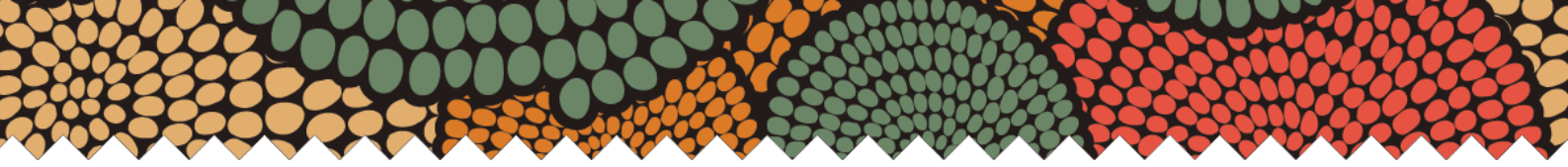
The project is located in a safe area and has safety precautions in place. However, try not to carry large amounts of cash and be discreet with expensive cameras, jewellery, cell phones, tablets, or laptops, etc.

Do not walk alone in deserted areas, especially after dark.

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)
- A donation towards the project
- 1 social activity per month
- 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
- Daily transfer to and from the project (as easily reached by public transport)
- 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 for 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 for more than one person
Goodbye	Adeus	Auf Wiedersehen	Au revoir	Sala kakuhle/ salani kakuhle for 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

ENGLISH	PORTUGUÊS	DEUTSCH	FRANÇAIS	ISIXHOSA
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