

# Hout Bay Children's Programmes



## Overview

<b>Location</b>	Hout Bay, Cape Town, South Africa.
<b>Duration</b>	From 4 weeks.
<b>Dates</b>	February to November.
<b>Capacity</b>	Max. 4 volunteers at the morning Day/Eduare Centre. Max. 20 volunteers at the afternoon Primary After-School Programme. Max. 4 volunteers for the afternoon Secondary After-School Programme.
<b>Requirements</b>	<ul style="list-style-type: none"><li>• Minimum age: 18.</li><li>• You must have an Upper Intermediate level of English.</li><li>• 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.</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

- 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.
- Combine the project with an English course – study English in the morning and volunteer in the afternoon.
- Choose between two 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.

## Project information

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

Full-day volunteers will participate in the morning programme and choose one afternoon programme from the two 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 two options.

### Morning programme

#### Day Educare Centre :

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 285 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):

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.

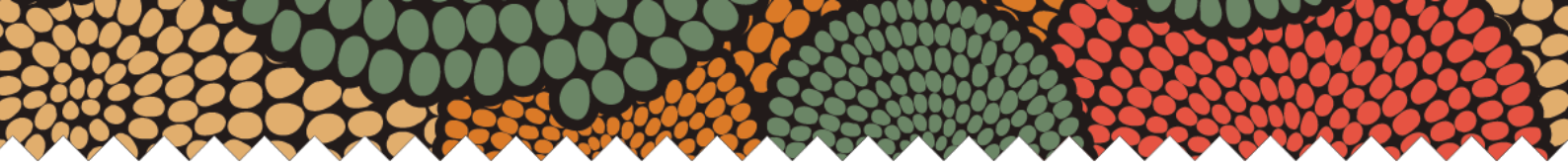
### 2. Secondary After-School Programme (13 -18 year olds):

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.

## 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:

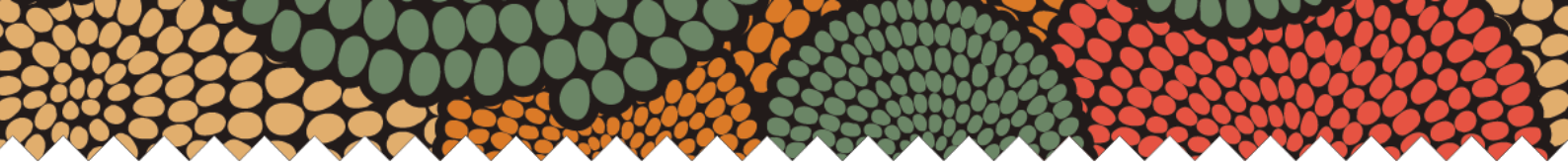
- Genuine love for and interest in children and youth,
- Patience, tolerance, and respect towards small and older children,
- A fun and light attitude without complications,
- Agility and energy to engage in physical child play,
- Emotional maturity, flexibility, and patience,
- Willingness to work closely 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 and Fridays from 13:30 – 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, 14:30 – 16:15.**

Fridays from 13.30 – 15.15 and Saturdays from 9:00 – 13:00 are optional for volunteers to attend.

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.

**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.

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

### Arrival

Please make sure to arrive on a Sunday. After an orientation meeting at the language school in Newlands on Monday, your first day of volunteering will be on that same Monday too.

### 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

You will live at the Volunteer House. It is a private house in an upmarket residential area with single beds and twin bedrooms. Volunteers are accommodated in twin bedrooms but may upgrade to single rooms upon request. There are 4 bathrooms to share, a communal kitchen, a dining room, a lounge with TV and DVD and a beautiful garden with a swimming pool.

Bedding is provided. Towels are not provided.

There is a washing machine at the residence for you to use. It works with tokens which can be purchased for R40 per load.



## Meals

Self-catering. The main shopping areas as well as restaurants, pubs, etc. are within walking distance of the Volunteer House.

## 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>.

## Local transport

You will be transferred daily from the Volunteer House 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. 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 the 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 cover.

This should include protection against theft and against loss of fees, should the whole or part of a programme or 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 to the accommodation and do not stroll through the township on your own.





## Health

No vaccinations are required except for travellers going to the north-eastern areas of South Africa, where anti-malaria precautions are recommended. Clients should consult their doctor for recommendations.

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

Bring medication just in case you suffer from any travel-related illnesses, e.g. stomach upsets, since your body needs to adjust to the change in food and water during your first few days in South Africa.

It is important to keep in mind at all times that HIV and Aids are widespread diseases in South Africa.

Make sure you are up-to-date on routine vaccines before every trip. We recommend that you make contact with your local vaccination services. The vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine and polio vaccine. In addition, we recommend Hepatitis A, typhoid and rabies. You can get hepatitis B through sexual contact, contaminated needles, and blood products, so this vaccine is recommended if you might get a tattoo or piercing.

Please contact us at Good Hope Volunteers should you have any questions about this.

## What's included / not included

### Included:

- Project placement
- Airport transfer on arrival
- Accommodation (Volunteer House: shared room, shared bathroom, self-catering)
- Daily transfer to and from the project
- A donation towards the project
- 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

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

## 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.