

# Protecting Children



## Overview

**Location** KwaNoKuthula, Plettenberg Bay, South Africa.

**Duration** From 2 weeks.

**Dates** All year round from mid-January to mid-December.

**Capacity** Max. 30 volunteers at one time

- Requirements**
- Minimum age: 21.
  - You must have an Upper Intermediate level of English.
  - Special skills:  
You need to love engaging with children, remain calm and display care, sensitivity and empathy. The Project will help you develop a Passion for Child Development. Theoretical or practical skills of healthy physical development of child and associated norms in terms of developmental milestones are beneficial.  
You need to be inward-bound, understanding the cognitive developmental needs of traumatised children, the benefits of mindfulness and yoga, and practice self-care in emotional well-being.

**Your impact** ♥♥♥♥♥

**Documents required** Enrolment form, curriculum vitae, letter of motivation, passport copy, proof of medical insurance, police clearance certificate. Upon arrival: complete an indemnity and a South African Child Protection Register clearance application.

**Day of arrival** Sunday.

**Day of departure** Sunday.



## Highlights

- Take part in amazing physical, educational and therapeutic activities inside and outside the project.
- Make a difference to the lives of the children in a statutory care home. Every positive volunteer engagement brings a sense of confidence and hope to the children who are so adult-wary.
- Get to know the Xhosa culture and importantly share essence of your culture, by cooking a dish from 'home', sharing your favorite childhood game, and teaching the child a song or dance
- Work with a team of talented Social Workers, Child Care workers, Psychologist and Biokineticists.
- Experience the Garden Route's natural beauty.
- Make new friends from all over the world.

## Project information

The project has been active for over 25 years and is based in the thriving township community of Kwanokuthula, Plettenberg Bay. This project's Child & Youth Care Centre (CYCC) provides residential care for 30 girls and boys all of whom have been found by the Children's Court to be victims of abuse, and need Statutory Care and Protection. The Project's so-called "Drop-in Centre" (DIC) provides a comprehensive range of Prevention and Early Intervention services in the hope that the child will never need to be placed in statutory care.

The children at the Child & Youth Care Centre, are provided with resources to have a dignified life, including clothing, three meals a day, school support, homework supervision, therapeutic counselling, camps, art lessons, sports activities and outings. Those children who do have a family to go back to, are helped by social workers who work on rehabilitating the children and then re-uniting them with their respective extended families or foster parents in their community of origin. Once a child has left the Centre, the staff continues to engage with the family and school to make sure all is well and provide any assistance if needed.

The Drop-in Centre has an open-door policy allowing children who are not coping or who are experiencing further difficulties, to return on a daily basis. These children were potential, or actual, street children but, with a lot of love and care, the project has managed to get them all to go to school on a daily basis. These are children who really did not want to be on the streets but had no other option.

### The project has developed services in two areas:

- A Child & Youth Care Centre (CYCC), which provides full-time residential statutory care. This centre has capacity for 30 children who are referred to the project via the children's court, having been deemed in need of care and protection. Once placed at the project, the children begin a stabilisation programme and are under the constant supervision of the child & youth care workers who, in turn, are supervised by a senior social worker.
- A Drop-in Centre (DIC) that provides day care services and life skills development programmes to children who are at risk of a life on the streets.

The project has a wonderful, very dedicated, long-standing committee and staff members, but they do need financial support to ensure the continued success of their project, so they rely heavily on sponsorship and donations.

## Programme details

This NGO provides accredited professional Child and Youth Care services to CANE children in statutory care, where volunteers will enjoy an authentic experience and work on projects like Move4Life which is managed by Biokineticists and Mindfulness programmes facilitated by psychologists. CANE is the acronym for Children Abused Neglect and Exploited.

The theme of the project this year is "Healthy Bodies, Healthy Minds" and the project will be focusing on physical fitness, emotional well-being, literacy and the creative arts. The major outcomes are being addressed by 2 distinct yet synergistic programmes, namely; "Move4Life" and "BeCalm".

The Move 4 Life project has been underway since 2019, where all children at the project are clinically assessed by a team of Biokineticists, and then enrolled in a customised physical development programme. Clinical reassessments are performed twice per annum, and reassessed by a Biokineticist (Authentic South African Profession focussing on Human Movement, Orthopaedic Rehabilitation, and chronic disease management).

The children attend 2 training sessions each week, where they are challenged physically but also mentally in the aspects of groupwork, team play and discipline. This is a wonderful project to be involved in, over and above the other interesting activities that are on offer at both the CYCC and the DIC facilities. You are encouraged to get involved and create new games and activities that will stimulate and inspire the young girls and boys, e.g. crafts, art, music, dancing, etc.

## Your role

Through positive engagement and healthy play, you quickly become a trusted adult in a child's life. In acting with sincerity, you may create positive influences, making a difference for their future.

You volunteer from 08:30 – 15:30/16:30. It may happen that you will be asked to stay after 16:30. Times depend on the needs of the centre and what activities are planned for the children in the afternoons.

Daily tasks at the CYCC could include:

- Reading and tutoring sessions
- Creating murals
- Gardening projects
- Maintenance projects, such as creating obstacle courses and jungle gym facilities
- Arts and crafts projects
- Move4Life Fitness training with the children
- General sport activities and coaching
- BeCalm-Kiddies Yoga and Mindfulness

Daily tasks at the DIC could include:

- Daily Feeding Programme
- Health Programme
- Tutoring
- Daily sports and cultural activities
- Gardening
- Community upliftment projects
- General maintenance projects
- Awareness campaigns run throughout the year as well as school holiday programs. (These include fun outings, activities and guest speakers.)

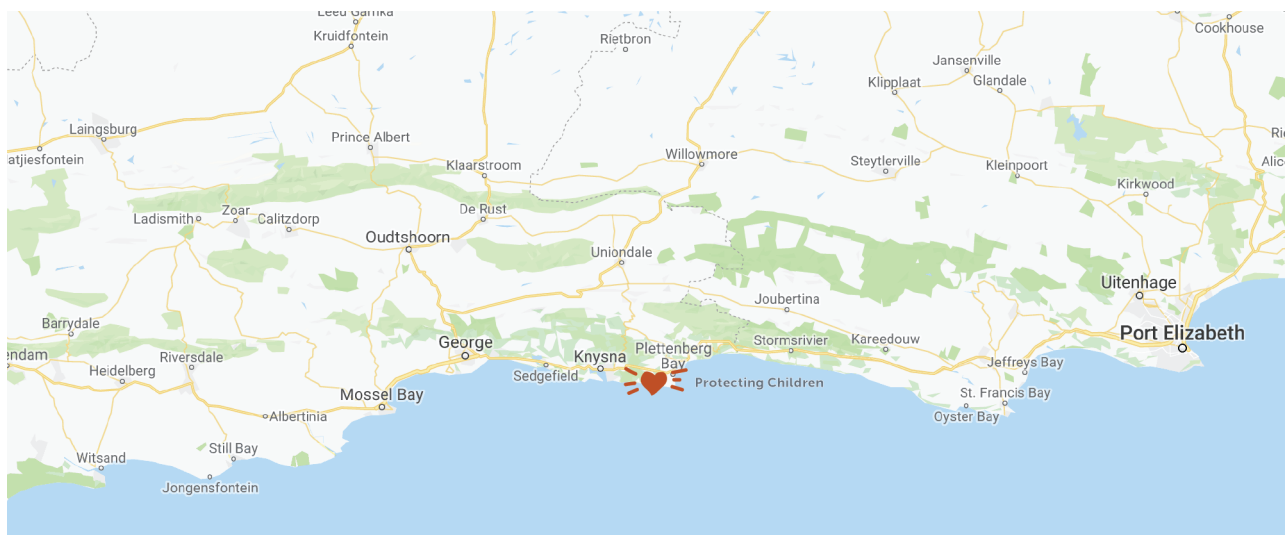
General skills you should be able to provide to the children:

- bring a local indoor game that you loved to play when you were a child
- bring local outdoor physical game that you loved to play
- be able to teach the children to count to 10 in your home language
- teach them a favourite children's song /or tell them a favourite story
- show them your favourite healing meditation
- You will practice mindfulness, creative dance, singing, Kiddies yoga and Magic Mat among other therapeutic activities.

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

This project can be emotionally exhausting. 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 Protecting Children project is situated in an eco-sensitive township location, about 5 km east of Plettenberg Bay.

## Getting to and from the project

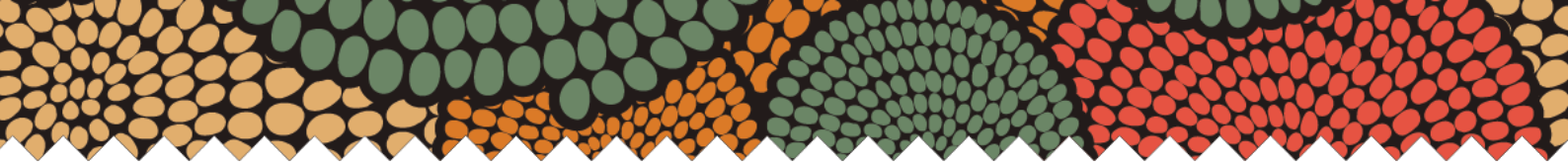
You need to arrive at George Airport where you will be collected by the volunteer staff. Transport is provided on both your arrival and departure.

### Arrival

Please arrive on a Sunday between 08:00 and 17:00.

### Departure

Departure is also on a Sunday between 8:00 and 17:00.



## Accommodation

Your accommodation will be in a peaceful suburban area, ideally located within short walking distance to town, shops and beaches. A spacious two bed and bath unit with lounge and kitchen make for a comfortable stay. A young couple will host you and ensure your stay is home away from home. This proudly South African family will make you feel welcome from day one.

The spacious property is overlooking a park and close to shops and public transport.

Wi-Fi is included with Netflix to keep you entertained on a rainy day.

The famous Roberg hiking trail is approximately 5km walk from the cottage and is a "must do" during your stay in Plettenberg Bay, or as the locals call it, "Plett".

### Meals

The accommodation provided is fully fitted for self-catering. A weekly food allowance and shopping trip is provided to purchase basic goods to make your own breakfast/snacks. For lunch and dinner, you will be provided with a hot meal in take away containers from a menu provided to all residents at the facility.

A vegetarian option is available and it is also possible to cater for special dietary requirements.

## Free time

The project is situated in an area where the country's best activities are offered. You are well placed to participate in a variety of fun activities that can be done over weekends and during your free time in areas like Plettenberg Bay, The Craggs, Tsitsikamma, George, Mossel Bay, Oudtshoorn, etc. You can go bungee jumping, skydiving, whale watching, swimming with seals, adventure boating, kloofing, kayaking, horse-riding, shark-cage diving, tree-top canopy touring, or visit the waterfall Zipline, elephant and snake sanctuaries, wine estates, and many more.

To participate in these activities, just speak with the project coordinator or the staff at the backpackers and they will assist you with the necessary arrangements.

## Local transport

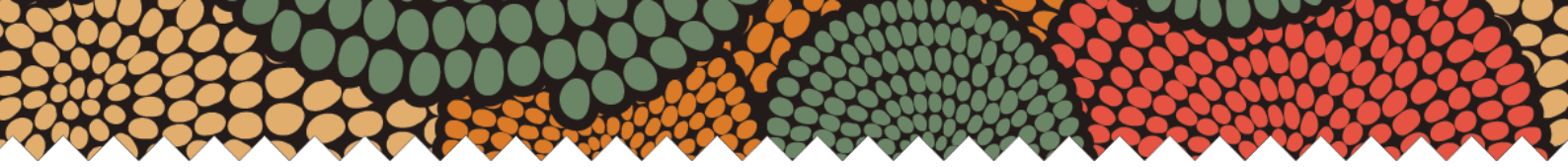
Daily transport to and from the project is provided.

Transfers to town during your free time can be arranged – but this will be at your own expense.

## What to bring

To get the most out of this cross-cultural experience, the project requests each volunteer to think of their own childhood experience and to bring their favourite game, dance, song or story to share with the children.

There are no special requirements in this regard but we recommend bringing pocket money, toiletries, any medication, sunscreen, mosquito repellents, travelling clothes, warm jacket, walking shoes, books/laptop, camera, any items of a personal nature, etc. All these items (and anything else you might need) are 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.



## 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. The project is situated in a malaria-free area so no anti-malarial drugs are required.

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.

## 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.

## What's included / not included

### Included:

- Project placement
- Airport transfer on arrival and departure (George Airport)
- Accommodation (shared rooms, breakfast, lunch and dinner)
- 1 full-day outing every second week
- Complimentary Biokineticists Assessment & exercise prescription
- Daily transport to and from the project
- A donation towards the project
- Good Hope Volunteers welcome pack
- An orientation at the beginning of your volunteering
- Electronic certificate (printed copy on request)
- Local support, including a 24-hour emergency number
- Wi-Fi

### Not included:

- Any other transport
- Excursions
- Laundry

## 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.