

# Surfing Smiles



## Overview

<b>Location</b>	Muizenberg, Cape Town, South Africa.
<b>Duration</b>	From 4 weeks up to 24 weeks
<b>Dates</b>	February – June, August – November
<b>Capacity</b>	Max. 15 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 of English</li><li>• Special skills: You must be physically fit and able to swim and have a good team spirit.</li></ul>
<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 or Monday (Project starts every 1 <sup>st</sup> Monday of the month, unless otherwise stated)
<b>Day of departure</b>	Saturday



## Highlights

- Living on the beachfront in a quaint little surfing town called Muizenberg.
- Learning to surf at one of the best learn-to-surf beaches in the world.
- Witness the amazing natural beauty of Cape Town (Cape Point, Table Mountain etc.) through the eyes of a local.
- Involvement in the grassroots community project, assisting the children as tutors in the classroom and surf coaches during the surfing sessions.
- Having the opportunity to immerse yourself in South African culture
- Enjoy great South African cuisine.
- Leave South Africa as a competent and skilled surfer!

## Project information

Muizenberg is a beach-side suburb of Cape Town, in the Western Cape, and considered to be the birthplace of surfing in South Africa where the first waves were ridden in 1917. The colourful beach huts grace many a postcard and the beaches stretch for miles – an amazing place.

Surfing Smiles is a registered non-profit organization, founded by Daniel Botha in 2015, that creates long-lasting opportunities for children from disadvantaged communities through a powerful formula of surfing, education, and nutrition.

Children growing up in disadvantaged communities around Cape Town have little hope of escaping their socio-economic environment: poverty, crime, drugs, gangsterism, a lack of good quality education and job opportunities are real battles these children face.

That is why Surfing Smiles provides children with a safe and stable family-like environment after school. The project currently supports around 70 children from the disadvantaged communities of Masiphumelele, Ocean View and Khayelitsha, with an equal ratio of girls and boys.

## Programme details

The children come to Surfing Smiles 5 days a week after school.

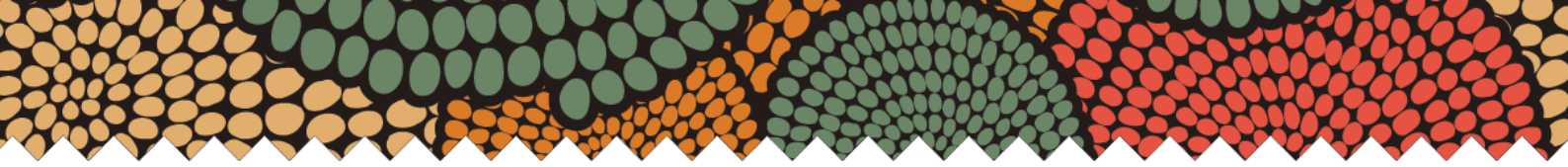
They participate in two surf sessions and three education classes, complemented by daily nutritious meals.

**Surfing** is the life and soul of the project; it offers a way to express yourself as an individual, letting go, facing fears, overcoming challenges, pushing boundaries, and getting in touch with mother nature.

The sport opens the children's eyes to a new way of life by being active, healthy, and closely connected to nature. In the townships, children are exposed to violence and other forms of trauma. The ocean and surfing can have powerful healing effects. Surfing is a sport that teaches participants self-belief, determination and perseverance and creates a deep sense of belonging.

Each week the children join two team-focused surf sessions in Muizenberg.

Each session starts with a yoga and fitness routine and ends with a group reflection, using the surf session



as a tool to promote mental wellbeing and prosocial behaviour. The surf sessions are complemented by swimming lessons. To nurture the love for the ocean, Surfing Smiles organises beach clean-ups and environmental workshops with the children that educate them about the importance of caring for the environment.

**Education** is also an important element of the project. It helps the children improve their school performance, formulate their dreams and build their future.

Each week after school, the children attend three education sessions.

In the classroom, children are supported with their homework and participate in a mix of high quality online, one-on-one and interactive learning programs focused on Maths, English and computer literacy. The programs are tailored to the individual learning level of each child and make learning fun. The classroom sessions are complemented by vocational workshops and life coaching. Surfing Smiles facilitates the workshops in partnership with local organisations and businesses. Life coaching helps the children discover and realize their dreams, it coaches them in their personal development and guides them towards a desired and sustainable future.

Before and after each surfing or education session, the project provides the children with a **nutritious meal** to give them an extra boost in the water and extra mental clarity when solving problems in the classroom. The meals are accompanied by nutrition education. In the vegetable garden, children learn to plant their own vegetables and learn about the health benefits and origins of fruits, vegetables, and other types of food. The harvest is used for the meals and any leftovers are given to the children to take home.

The surfing program therefore promotes the mental and physical well-being of our beneficiaries and, combined with focused after-school education and nutritious meals, improves their school performance, prepares them for sustainable employment, and promotes their role as ambassadors in their communities for living a healthy life caring for and in touch with nature.

To ensure long-lasting change, the children benefit from the Surfing Smiles program throughout their schooling or until they access better future opportunities. Once matriculated, the project supports the children with entering tertiary education or with obtaining a decent job in line with their dreams and unique skills set.

### **Your role**

After breakfast at the hostel, volunteers typically spend their morning doing their own surf lessons, yoga classes or going on tours.

They usually have one free morning every week (except during their first week).

During their afternoons they are either assisting the children as surf coaches, or are in the classroom as tutors, helping with homework assignments or guiding them with their Maths or English. Two afternoons are spent in the classroom and two afternoons in the surf, with one variable afternoon every week reserved for environmental education, life coaching or vocational workshops.

Volunteering sessions in the afternoons run between approximately 14:00 – 18:00 at the latest. Evenings and weekends are then free time.

**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.**

## Project location



This project is based in Muizenberg, a beach town just outside Cape Town.

## Getting to and from the project

You will need to arrive at Cape Town International Airport.

### Arrival

The project generally starts on the first Monday of every month, unless otherwise stated.

You should therefore look to arrive either the Sunday before or on that Monday.

The project driver will meet you at the airport and take you to your accommodation in Muizenberg.

An orientation dinner will take place on the first evening with at least 5 out of 15 staff members being present. Everything from program outline, program expectations and rules, code of conduct, selection processes, training, safety, volunteer roles, house rules, activity schedule, etc. will be covered.

### Departure

On the day of your departure, normally the Saturday after your last Friday of volunteering, the project driver will take you back to Cape Town International Airport for your return flight, or onward journey.





## Accommodation

Volunteers stay in a beach-front hostel with the best views in Muizenberg. The rooms are dorm-style (a mix of twin, triple, 4-bed rooms and one room with 7 beds) on a same-gender sharing basis. Bathrooms are shared as well; bedding is provided but towels need to be brought.

During the evening volunteers can unwind in the lounge, games room or enjoy a sundowner on the balcony with a beautiful view. Volunteers can find grocery stores, restaurants, bars, surf shops, laundromats, ATM's all within a short walk from the hostel.

Free WIFI is available at the accommodation.

### Meals

Volunteers can enjoy their breakfasts and dinners in the vibey restaurant/coffee bar or on the balcony overlooking the surf. Breakfast and dinner are included, lunch and weekend meals are self-catering.

## Free time

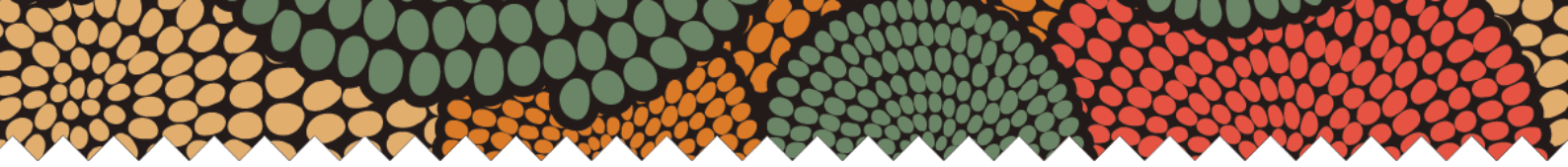
One morning during the week (except the first week), evenings and weekends are free.

There are lots of activities to keep volunteers busy during their stay, some of which will come at an extra cost and will in most cases require additional transport:

- Palmer road – a historical street with unique shops.
- Muizenberg – circular hike
- Blue Bird market (every Friday night)
- Endless water-sport opportunities at the beach
- Cape Point and Boulders beach
- Table Mountain
- Hermanus & whale watching
- Bo Kaap visit
- Historical museums and art galleries (District 6, Jewish Museum, Natural History Museum)
- Safaris & Garden Route weekend trips
- Endless hikes
- Robben Island
- Stellenbosch and wine tasting
- Kirstenbosch Botanical Gardens

## Local transport

Volunteers are collected by the project's driver and dropped off again at their hostel every day when they are going to the classroom. No transport is required on the surfing days.



## What to bring

Items you will need are:

- Any surf equipment of yours if you already have surf experience (however, the supply of all surf gear is available if needed)
- Warmer clothes for evenings and early mornings
- Windbreaker/lightweight rain jacket
- Cap / hat and sunglasses
- Swimming costume
- Wetsuit (4/3mm)
- Flip-flops
- Towels
- Open and closed shoes (comfortable walking/hiking shoes)
- Sunscreen
- Playing cards, series, books etc. (things to do on off or rainy days)

## 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 when in town. As for the project, there is no dress code, you need comfortable clothes and shoes when working with the children.

You will be provided with a wetsuit unless you bring your own. You should bring your swim wear to wear under your wetsuit and flip-flops are always a good idea for the beach.

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.

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 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 you should always be aware of opportunistic crime (e.g. pick pockets). Please always follow the advice of your local project coordinators for tips when out and about. 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 and departure (Cape Town Airport)
- Welcome dinner, South African style
- Accommodation (dorm-style, bedding)
- Breakfast (Mon- Fri) & dinners (Mon – Thu)
- Weekly activity around Muizenberg, 4 epic tours around Cape Peninsula
- Three weekly professional surfing lessons
- Unlimited surfing gear rental
- Surfing video analysis
- One surfing tour around the Cape Peninsula
- Complementary online surfing course by a South African pro surfer
- 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
- Unlimited Wi-Fi

### Not included:

- Plane tickets
- Visas
- Travel insurance
- Lunches/meals over the weekends
- Towels
- 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.