

# Youth Empowerment Project



## Overview

**Location** Athlone, Gugulethu, Bonteheuwel & Philippi Townships  
Cape Town, South Africa.

**Duration** From 2 - 12 weeks.

**Dates** from February to end-October.

**Capacity** Max. 6 volunteers at one time.

- Requirements**
- Minimum age: 18.
  - You must have an Intermediate level of English.
  - Special skills: You should love community work, be open minded and interested to get to know another culture. You need an evident affinity for youth, where a smile and patient understanding helps bridge gaps.

**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

- Giving love to vulnerable children is the best gift you can give; sharing this costs nothing but means the world.
- Taking part in many different facets of this project - you can teach lots but you can also learn a lot.
- Participating in diverse project programmes focusing on children and youths in various stages of education.
- Being a role model and inspire and encourage others.
- Having the opportunity to learn a lot about African culture by working with children and young adults from vulnerable communities.
- Experiencing amazing tours and adventures in and around Cape Town.
- Getting personal support from the volunteer coordinator.
- Making new friends from all over the world.

## Project information

As a non-profit organization, the Youth Empowerment Project offers programmes designed to encourage the development and empowerment of young people aged 5 – 35 years.

These young people come from vulnerable communities from and around the local townships of Gugulethu, Bonteheuwel and Philippi. The name of the township Gugulethu derives from the Xhosa word "igugu lethu", meaning "our pride." It was established in the 1960s due to overcrowding at the, then, only black residential area in Cape Town. Bonteheuwel, on the other hand, was a township for mainly coloured people who were forced to move out of Cape Town. Philippi township is best known for its horticultural area with at least half of Cape Town's vegetables being grown here.

The main language spoken in Gugulethu and Philippi is Xhosa and Afrikaans in Bonteheuwel.

Operating for 22 years and with up to 1000 youngsters participating in programmes daily, this project empowers both the participants at the schools as well as the surrounding communities.

The project's mission is to provide a safe environment in challenged and vulnerable communities where it develops emotionally well-rounded children and youth who make positive life choices and become contributing members of society.

The vision is to provide the best possible children and youth programmes where everyone achieves and succeeds in life, also contributing to a successful and prosperous and non-discriminatory South Africa, of which we can all be proud.

The project runs two types of programmes:

1. After-school programme
2. Youth Skills Development programme (YSD)

## Details

### After-school programme

This programme provides an environment that allows school-going children from socially disadvantaged communities to overcome shortcomings in their education. This is encouraged by focusing on creativity as the project aims to make learning enjoyable while fostering the drive to academic success. Children taking part in this programme are aged between 5 – 18 years. The programme takes place in various locations:

The Centre in the Primary School of **Gugulethu** serves an average of 250 children. The programme is offered free of charge to the children. Children also receive snacks and something to drink.

The programme offers a variety of programmes including:

- Literacy for the Intermediate Phase
- Greening (vegetable gardening) and Environmental Education
- Peer Education (life skills)
- Foundation Phase (basic literacy, maths and motor skills development through play)
- Arts & Culture (kwaito, dance, marimba, drama, choir)
- Sports (football, hockey, netball and cricket)

The Centres in **Bonteheuwel** were started to keep the children and youth off the streets and to provide them with a safe environment to learn and engage with others.

The Centre in the Primary School of Bonteheuwel serves 250 children. The programme runs Monday through Thursday from 14:30 until 17:00 and offers:

- Academic Support
- Arts and Culture (dance, choir, drama and music lessons)
- Sports (football, hockey, netball and cricket)

The Centre in the Bonteheuwel High School has 30 participants. The programme operates on Tuesday and Wednesday from 15:30 until 17:30 and offers:

- Arts and Culture (dance, choir, drama and music lessons)
- Sports (including soccer, hockey, netball and cricket)

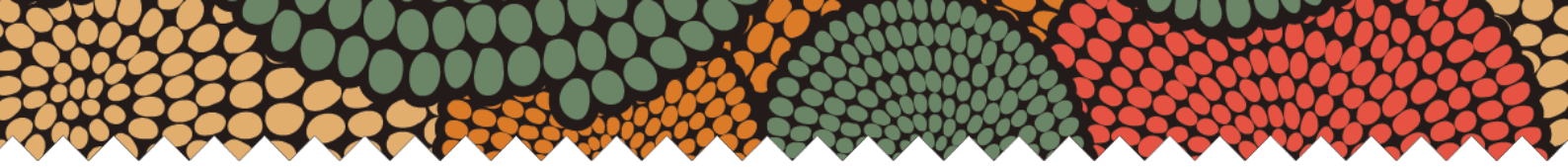
### Youth Skills Development programme (YSD)

This programme is based in Sybrand Park and helps young adults aged between 18 – 35 years prepare for the world of work, employment and entrepreneurship.

Unemployment is a big challenge in South Africa and even more so among young adults and school leavers who often fall short in soft skills, vocational skills and experience.

Participants in the Youth Skills development programme complete a free three-month programme.

The aim is to develop and empower participants through systematic and structured, mainly practical, (vocational) training and experiential learning interventions. This better equips them for work, study or entrepreneurship and often ultimately links them up to the project's development partners offering them an



internship, further education, potential jobs or business opportunities – a career.

Since 2014, the project managed to place more than 800 alumni in employment or self-employment.

The following disciplines are trained:

- **Hospitality:** introduction to basic kitchen, culinary and general hospitality skills.
- **Beauty & Wellness:** under the supervision of the beauty team, the learners are empowered with sufficient knowledge and skills to equip them to be part of the beauty industry.
- **Craft & Design:** this creates retail readiness as this area teaches sewing and other creative skills. The learners are encouraged to explore their own creativity and artisan skills and produce quality products for retail.
- **Soft Skills & Work-Readiness:** in addition to the above mentioned specialized skill programmes, all YSD participants receive training in various skills vital for successful careers. This includes learning basic numeracy & literacy, conversational English, C/V preparation and interview skills, workplace etiquette and ethics.
- **Business Skills & Entrepreneurship**

### Programme details

Volunteers are given some flexibility in choosing the programme they want to participate in so are given a lot of freedom in terms of tasks.

The project recognizes and appreciates the contributions made by local and foreign volunteers. Similar to the employees, the volunteers consist of people of all ages, backgrounds, ethnic groups and experience. This creates a unique and diverse atmosphere, both in the office and in the schools.

Whatever the volunteer's expectation might be, no one can fail to be impressed by the courage, optimism and sheer determination of these students. They face lots of challenges every day, but nothing deters their humour and zest for life.

The challenge for the volunteer is to help make something of this enthusiasm through their positive leadership and team spirit. At this project, attitude is more important than skill.

### Your role

Monday – Thursday, from 10:00 – 17:00

During the morning hours (9.00 until 13.00), volunteers can choose to do additional work in the office.

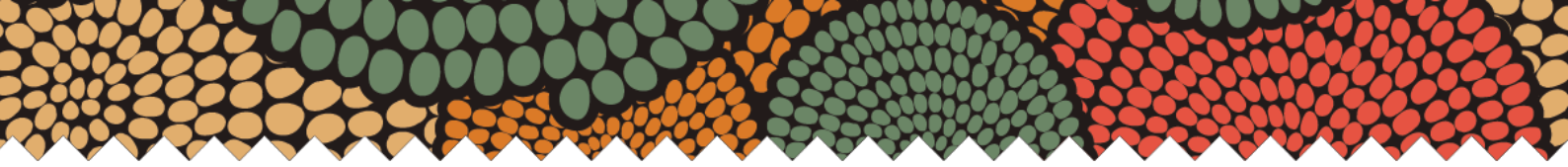
Tasks include:

- Administration
- Taking photos
- Storage clearing
- Holding workshops

Daytime and afternoon tasks where volunteers assist, include:

- Music (violin, guitar, marimba, choral singing and brass)
- HIV/AIDS Peer Education & Prevention sessions
- Sport (soccer, netball, cricket and hockey)
- Computer Literacy
- Greening and Environmental Education
- Literacy





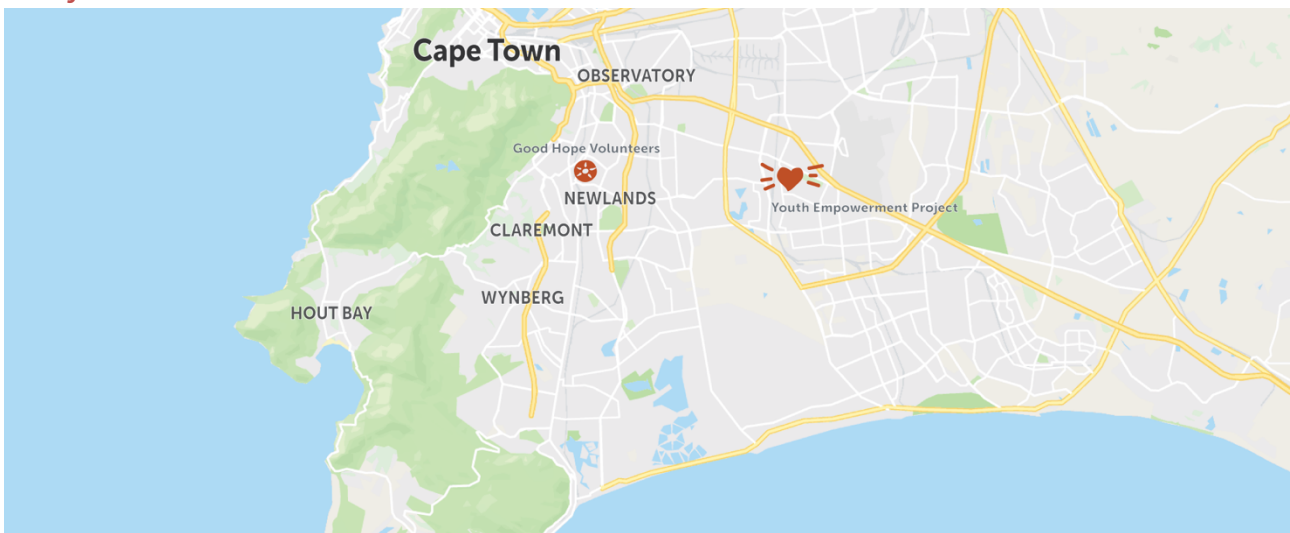
- Creative Arts (including painting, drama, kwaito, dance (modern, traditional and ballet)

During school holidays, the project runs camps and holiday programmes. Additionally, there are regular weekend trips you may want to get involved in (e.g. hiking with the children).

**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 but exceptionally rewarding at the same time. 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 Youth Empowerment project is located in Athlone, Gugulethu, Bonteheuwel and Philippi, local Townships in Cape Town.

## 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.

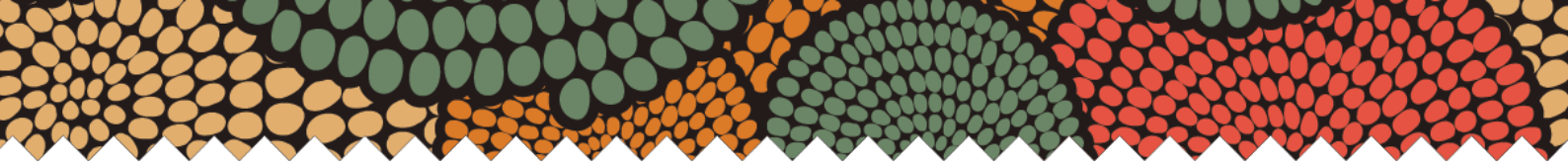
### Arrival

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

There is a daily transfer by bus from the Volunteer House to the project and back.

## What to bring

There are no special requirements in this regard but we recommend bringing comfortable, practical clothes. Anything else you might need is readily available at local supermarkets in South Africa.

The project coordinators also recommend to bring your own laptop, but should you wish to do so, you would need to ensure you keep this safe.

## 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, and 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, 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.

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 schools 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 discrete 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 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
- 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
- Any items of personal nature

## 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. It is your responsibility to ensure you can travel and have the right visa.

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.

ENGLISH	PORTUGUÊS	DEUTSCH	FRANÇAIS
Good morning	Bom Dia	Guten Morgen	Bonjour !
Please	Por favor	Bitte	S'il te plaît
Thank you	Obrigado	Danke	merci
How are you	Como você está	Wie geht es Dir?	Comment ça va?
Good bye	Adeus	Auf Wiedersehen	Au revoir
Children	Crianças	Kinder	Les enfants
Child	Criança	Kind	L'enfant
Boy	Garoto	Junge	Le garçon
Girl	Menina	Mädchen	La fille
Snack	Lanche	Snack	Le snack
Lunch	Almoço	Mittagessen	Le déjeuner
Quiet	Quieto	leise	doucement
Teacher	Professor	Lehrer	Le prof
Homework	Dever de casa	Hausübung	Les devoirs
Danger	Perigo	Gefahr	Le danger
Crying	Choro	weinen	pleurer
Scream	Grito	Schrei	Le cri
Water	agua	Wasser	L'eau
Stand in a line	Ficar em uma linha	In einer Reihe stehen	En rang d'ognon
Be careful	Seja cuidadoso	Pass auf!	Fais attention
Help me please	Ajude-me, por favor	Bitte hilf mir!	Aide-moi, s'il te plaît!
Nurse	Enfermeira	Krankenschwester	L'infirmière
Problem	Problema	Problem	Le problème
I'm worried	Estou preocupado	Ich bin besorgt	Je m'inquiète pour...
Activity	Atividade	Aktivität	L'activité
Reading	Leitura	lesen	lire
Writing	Escrita	schreiben	écrire
Playing	Jogando	spielen	jouer
Arrive	Chegar	ankommen	Le doctor
Time	Tempo	Zeit	Le temps
Driver	Motorista	Fahrer	Le conducteur
Sing	Cantar	singen	chanter
Dance	Dança	Tanz	La danse