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South Africa Child Development Volunteers

Adventure



Relaxation



Culture



Trip Name: South Africa Child Development Volunteers **Trip Code:** SACD **Duration:** From 2 weeks

Trip Highlights

- Help young children learn new skills which will lead them to a brighter future
- Visit Cape Town – the Mother City of South Africa
- Get an insight into life in a South African Township



Overview

This is one of our most rewarding South Africa volunteer programmes which gives you the opportunity to really make a difference to lives of the children at the centre. This volunteer programme is based at Doreen's Creche, a well established Childcare Centre in the Masiphumelele Township, near Cape Town. The centre takes care of over 50 children aged from three to six years during the day whilst their parents go out to work.

Only 45 minutes from the centre of Cape Town, Masiphumelele is a deprived area with many of its inhabitants living in poverty. Your enthusiasm and time can help motivate the local children in learning the important skills to lead them towards a brighter future.

Destination Info

Your project is based in Masiphumelele, which comes from a Xhosa word which translates to 'We will succeed'. It is a township located between Noordhoek, Capri Village and Kommetjie; only 5km in distance and approximately 15 minutes by public transport away from our volunteer house in Fish Hoek.

South Africa Child Development Volunteers

You will be staying in the seaside town of Fish Hoek, a short walk from the beautiful Fish Hoek beach and about a 45 minute drive from Cape Town. Cape Town itself is a vibrant city with plenty to see, do and experience in your free time from admiring the view from the top of Table Mountain, hunting out a bargain in one the craft markets or visiting the infamous Robben Island.

Itinerary



Started in 1994, Dorreens Creche has developed into a large childcare centre and has over 50 young children aged between three and six years old. The centre is open between 6.30am to 5.30pm to allow the parents to work and earn an income and helps prepare the children with the skills they need for primary school education.

You will get involved with a range of activities - assisting the teachers playing games, supervising the miniature playground and will have the opportunity to read stories with the children. You will also help the staff with the general organisation of the centre such as painting, gardening and cleaning. You may even get the chance to help with fundraising and day trips.

There may be times when you will work on a one to one basis or in small groups with the children. The staff are limited to giving the individual attention to the children that they deserve and need and so the children really benefit from this personal interaction.

Your typical working hours will be from Monday to Friday, 9.00am to 12.30pm. However, if you are able to give more of your time to the centre, your extra help will be greatly appreciated!

South Africa Child Development Volunteers



Day 1 (Monday) - Arrive into Cape Town

On arrival you will be met at the airport and taken to our volunteer house in Fish Hoek, which is approximately 45 minutes away. You will then have your orientation that will take you through what it's going to be like at your project - dos and don'ts, how to stay safe etc. This is your prime opportunity to ask any burning questions that you may still have. After the orientation you'll have an evening meal and some time to relax and prepare before your first day at the project (Day 2).

Day 2 (Tuesday) - Visit your project

Our in-country team will take you to your project so that you know where you are going, what you will be doing, as well as the most important part - meeting the staff and children. Be prepared to have a child hanging on your every limb and on every word you say as they get to know you in their own way!

Day 3 -5 (Wednesday to Friday) - Start volunteering

The children that you will be with are at the centre so that their parents can go out and work, and the older kids are preparing themselves for starting schools. By spending time with English speakers the children at the centre will be able to improve their language skills, which will lead to a better education and therefore better jobs. Just by spending time with these children you will help give them a better chance in life!

Day 6-7 (Saturday and Sunday) - Free time

The weekends are your free time to spend as you please. There is so much to see and do in and around Cape Town, you'll never be stuck for things to do; as well as visiting some of the areas famous attractions etc, you may also just like to chill out at the beach, go shopping in the many local craft markets, visit the cinema or go to the nearby internet cafe to catch up on emails. The choice is yours!

Following weeks

You will be volunteering at the project Mondays to Fridays, 09H00 – 12H30, with your weekends free to relax or explore!

Your last day

Having said goodbye to all your new friends you'll transfer back to the airport on this day. The return transfer cost from Fish Hoek to Cape Town International is not covered within your project fee, but using our regular transfer company this will cost you approx US\$40 / 300 Rand.

Accommodation

During your time in Cape Town you'll be staying in our lovely volunteer house in the small seaside town of Fish Hoek. The house has 3 bathrooms that include western style toilets and hot water. Bedrooms in the house are dormitory style with up to 6 volunteers sharing a room. There are also a number of communal areas including a comfortable lounge with sofas, table where you can eat your meals and a lovely balcony and garden area with BBQ, swimming pool and flatlet! While in the house you will be responsible for keeping the place clean so please tidy up after yourself, especially in the kitchen.

There are lockers in the accommodation where you will be able to store valuable but you will need to bring your own padlock and keys. Additionally you will need to bring your own sleeping bag, pillow case, towels as these are not provided. You should also make sure you bring warm clothes with you, particularly if you are travelling during the South African winter months, when it can get particularly cold. There isn't a washing machine at the house but there is a laundry close by where you can get your clothes cleaned at your own cost.

A Supermarket, shops, internet cafe, laundry and bank are all close to the volunteer house so you'll be able to shop either in your lunch-break or after your days volunteering.

Please note that there is a 1000R deposit that will need to be paid to the in country team on arrival so please make sure that you have budgeted for this. Your deposit will be returned when you leave the accommodation at the end of your project as long everything is left as you found it.

Programme Services and Facilities

Your project is based in Masiphimelele which is only a short distance from Fish Hoek. Masi is based in the middle of the Cape Peninsula between Fish Hoek on the east coast and Kommetjie on the west. It is approximately 5km in distance and 15 minutes on a public minibus. Please note: Transport between your volunteer accommodation and project site is not included in your programme and will be at your own cost.

The house is based at the top of a hill within Fish Hoek, which is a suburb of Cape Town and is about 45 minute by car or an hour by train to Cape Town city centre. Fish Hoek is a quiet, residential area to the south of Cape Town centre looking over False Bay. There are shops in Fish Hoek where you can buy all your essentials except alcohol as Fish Hoek is a dry area. You'll find commercial laundry facilities close by as well.

South Africa Child Development Volunteers

The trains are a great way to get into the centre cheaply, particularly at the weekend. They do stop running at 7pm so if you do want to go out into the centre at night you'll need to budget around US\$35 / 250 Rand each way for a taxi.

It's a 10-15 minute taxi-bus journey from the volunteer house in Fish Hoek to your project. You'll be met by the project staff as you get off the bus and walk up to the township. The ride should only cost around US\$2 / 10 Rand return.

The closest shops, internet and laundry facilities are a five minutes walk from the volunteer house. Internet costs about R30 per half an hour and laundry about R50 per load. There is a phone at the volunteer house that can be used for incoming calls free of charge and for outgoing calls when purchasing a world call card from the shops. There are many electricity points at the volunteer house and adaptors if needed are easily bought.

Lockers

Please note there are lockers in the volunteer house for you to store your valuables, however you will need to bring your own padlock and keys, or a combination padlock.

Meals

Your time in Cape Town is on a self-catering basis (apart from the evening meal on the first night). There is a kitchen complete with cookers, loads of fridge space, microwave, toaster and other kitchen utensils that you can use to cook tasty meals to enjoy in the large dining area. However if you are feeling a little lazy, why not order takeaway instead!

We recommend that you budget around R600 (South African Rand) per week for groceries, as prices are similar to home. However if you choose to eat out or buy takeaways regularly, this will be more expensive and you will need to budget accordingly.

What's Included

- Arrival airport transfer
- Accommodation
- In-country orientation
- Local in-country team
- 24hr emergency support



What's Not Included

- Flights
- Visas
- Travel Insurance
- Return Airport transfer
- Local Transport
- Food



What to Pack

Packing is a very personal thing; you could spend a small fortune buying up all those nifty travel items that you see in the shops! If you're on a tight budget then please don't feel the need to go overboard. You are normally able to buy most things that you need while you're in South Africa, particularly in the main cities. Part of the challenge and charm of this trip is that you probably won't have everything you consider necessary at home, so dive in and enjoy it! We have listed some items that we think may be useful to take with you...

General

- Light weight shoes and/or trainers
- Sandals and or/flip flops
- Sun hat and sunglasses (with UV protection)
- Personal drink bottle
- Towel
- Torch (for use during power cuts)
- Padlock and keys (to use lockers)
- Binoculars for safari
- Camera
- Books, music, cards and games
- Wet wipes or waterless soap
- Padlock (to secure belongings when travelling)
- Insect repellent + mosquito net - these can be bought cheaply in country
- First Aid Kit including: Paracetamol, antiseptic wipes, plasters, water purifying tablets, sunscreen (high factor), malaria prophylactics
- Day rucksack/backpack
- Sleeping bag and liner (essential as bedding is not provided at the accommodation)
- Personal hygiene pack e.g.; toothpaste, toothbrush, deodorant, shampoo, toilet paper etc.
- Warm clothes if you're going in winter months (May to September), as it gets very cold

Minimum Age

Minimum age 17 years with parental consent, maximum decided on health and fitness of participant.

Minimum Numbers

There are no minimum numbers on the trip.

Please note: you may be the only volunteer at your chosen project at any one time. However, each of our Cape Town volunteer projects share the same accommodation. Therefore, if there are volunteers on our other

programmes you will be able to spend your spare time and evenings with them. If you have any questions about this, please feel free to contact us

Flights

Your flight to South Africa should arrive at Cape Town airport on your programme start date before 4pm, to ensure you are all ready for your orientation which will begin at 5pm on your programme start date. Your return flight or onward travel should be arranged on your programme end date.

To book your flights, please contact your sales advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.

It is important that once you have booked your flights you add these details to your online account or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

FAQs

- 1. How old are the children in the creche's?**
The children are aged between 3-6 years old.
- 2. How many volunteers will I be staying with?**
We have a fantastic volunteer house in Fish Hoek where all of our volunteers stay who are volunteering on various projects around Cape Town. There is also a volunteer house next door with volunteers from our sister company so there will be plenty of people to relax or go out with at the weekends and in the evenings.
- 3. How much spending money should I take?**
We would recommend budgeting for around £80-£100 per week to cover food, extra activities/tours at the weekends, souvenirs etc. It completely depends on what you are looking to do in your free time!
- 4. Can I get in touch with other volunteers before I go?**
Yes! We provide a 'buddy list' of others email addresses joining you in Cape Town on the same start date.

Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure,



South Africa Child Development Volunteers

so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

The currency in South Africa is the Rand (R), which is divided into 100 cents. Coins come in denominations of 1, 2, 5, 10 and 50 cents, and 1, 2 and 5 Rand. Notes come in denominations of 10, 20, 50, 100 and 200 Rand.

US Dollars, Pound Sterling or Euros are the best currencies to bring to change locally. Major credit cards such as Visa or MasterCard are accepted in most towns, cities and petrol stations and ATMs can be found across the country. ATMs in cities are the most likely to give cash advances to cards on the on the Cirrus network.

Meal, Inexpensive Restaurant \$7.70
Domestic Beer (0.5 litre draught) \$1.85
Coke/Pepsi (0.33 litre bottle) \$1.04
Water (0.33 litre bottle) \$1.13

(Prices quoted in US Dollar)

Passports and Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

For stays of 90 days or less nationals of the European Union, the USA, Australia and New Zealand can obtain a free entry permit on arrival. All other nationalities should consult their nearest South African Embassy or High Commission for details on entry requirements.

Cultural Considerations

Smoking and Drinking

Smoking and drinking is tolerated in South Africa, although smoking has been banned in public areas such as cinemas, bars and airports. You will find that you will be able to get imported beer cheaply in most establishments and there are many tasty local beers too. South Africa is also famous for wines, so you shouldn't miss out on the opportunity to try some local varieties.

However, please respect other volunteers. Drinking is only permissible in moderation and must not impact on your volunteer work during the week. While we want you to have fun in your free time, antisocial behaviour will not be tolerated on the project.

Drugs

It is absolutely forbidden to bring drugs into South Africa. Always keep an eye on your luggage while travelling. Never bring anyone else's luggage through customs. If you get caught there is little chance that you will walk away without punishment. As in most countries, South Africa has very strict rules when it comes to the possession of drugs. All drugs, including 'soft' drugs like marijuana, are illegal. Please do NOT use any illegal substances whilst travelling - it is not worth the risk and is not acceptable at the project.

Greeting

Pleasantries are taken seriously and using 'hello' and 'goodbye' can go a long way to making friends and being accepted. Please take the time to learn a few local words and show that you are keen to fit in. There is also a big emphasis on shaking hands. The Western way of doing this will be fine, but you are likely to pick up a few local variations!

On The whole, South Africans are easy-going people - any social errors are unlikely to cause offence, so please do not worry!

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

Safety

Tourists can be targeted by pickpockets and thieves. Please educate yourself about Africa and South Africa in particular, before you leave, so that you can be alert for all types of situations. General travel safety rules are below.

- Avoid travelling alone, especially at night
- Find out where the unsafe areas are and avoid them
- When travelling keep all-important documents and valuables in a safe place, like an inner hidden pocket or money belt
- Carry only as much cash as you think you will need for the day
- Don't wear expensive jewellery or watches
- Be wary of people who seem too friendly too fast
- Keep cameras out of sight. Always keep bags and purses in your sight.

- Before swimming, ask how safe the area is

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Swimming

If visiting a beach in South Africa it is important that you take note of any information boards that are located on the beach before entering the water. Most beaches also operate a flag system to indicate whether it is safe to swim or not, it is essential that you take note of any advice given and heed any warnings that are in place as there can be the risk of rip tides, strong currents and Shark attack. If you are unsure whether it is safe to swim in the ocean, speak to the lifeguards or your in-country coordinators.

Language Guide

There are 11 official languages in South Africa; Afrikaans, English, Zulu, Xhosa, IsiNdebele, Northern Sotho, Sesotho, Setswana, SiSwati, Tshivenda, and Xitsonga. There are many other tribal, indigenous languages. However, English is spoken prevalently across the country. In Cape Town, the predominant language is Afrikaans. We suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

English - Afrikaans

Hello - *Hallo*

How are you? - *Hoe gaan dit?*

I'm fine - *Goed dankie*

Thank you (very much) - *Baie dankie*

Please - *Asseblief*

Yes / No - *Ja / Nee*

Goodbye - *Totsiens*

English - Isi Xhosa

Hello - *Molo*

How are you? - *Kunjani?*

I'm fine - *Ndiphilile*

Thank you (very much) - *Enkosi*

Please - *nceda*

Yes / No - *Ewe / hayi*

Goodbye - *Hamba kahle (go well)*

Food & Drink

Food in South Africa is delicious. You will be exposed to every different type of meat at every meal, ranging from impala and kudu to ostrich. All can be enjoyed in many different ways, but one of the best ways to taste these meats would be to sample it off a hot braai (barbecue). Be prepared to try something new! If you want to try some

more traditional food then go for some Biltong (dried meat) and Boerewors (barbecue sausage).

If you are a vegetarian, do not worry. South Africa is abundant with delicious local vegetables, such as yams and sweet potatoes.

Drinking water from the tap is safe throughout the country, apart from in the more rural areas.

Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from South African's who use long weekends to get away from the big cities.

To view a list of the public holidays for South Africa, please see the link below:

<http://www.timeanddate.com/holidays/south-africa/>

Weather

Seasons in South Africa are opposite to those in the northern hemisphere. The climate is varied across the country with warm showery summers and cold winters in the Gauteng Province (Highveld), scorching summers and a slightly less chilly outlook for winter in the Durban area (Lowveld) and the Western Cape hit hardest by winter rains. Karoo's desert-like climate means it's hot and ready to explore all year round but if you want to explore the rest of the country Spring (mid-September to November) and autumn (April and May) are ideal almost everywhere.

Time

South Africa is two hours ahead of GMT.

In Africa, time is not a priority like it is in much of the western world – there is a saying that Africa works to 'Africa Time', which basically means you must exercise a lot of patience! If a boat is due to leave at 12pm, don't be surprised if it still hasn't a couple of hours later... keep an open mind, and arrive 'expecting the unexpected'.

Electricity

In South Africa the electric system is 230 Volts and frequency 50 Hertz. If you bring a device that does not accept this Voltage you will need to use an adapter.

Outlets in South Africa generally accept 1 type of plug:



Three round pins arranged in a triangle

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith.



South Africa Child Development Volunteers

Any itinerary featured is correct at time of release. However, our itineraries may change as we make improvements that result from travellers' comments, our own research or from time to time as a result of recommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

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