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## South Africa Sports Volunteers

Adventure



Relaxation



Culture



**Trip Name:** South Africa Sports Volunteers    **Trip Code:** SASV    **Duration:** From 2 weeks

### Trip Highlights

- Living in beautiful Cape Town
- Volunteering with children that really need your help
- Seeing how much difference your hard work can make to the lives of some of the poorest children in South Africa
- Coach a number of different sports to these fun and energetic children



### Overview

Volunteering on our South Africa Sports Volunteers project, you will be assisting with sports activities at a school in the disadvantaged community on the South Peninsula.

The school is committed to creating opportunities for every learner to develop to the full- mentally, physically and spiritually. They strive to foster initiative, individuality and integrity and cultivate a creative approach to life's challenges so that our learners will make a meaningful contribution as adult members of the community.

There are approximately 750 children and only 33 teachers at the school and although the school employs a full time sport specialist, your help as a sports volunteer is desperately needed.

Through your assistance the children will be able to benefit from your sports coaching and be more involved with sports activities.

# South Africa Sports Volunteers

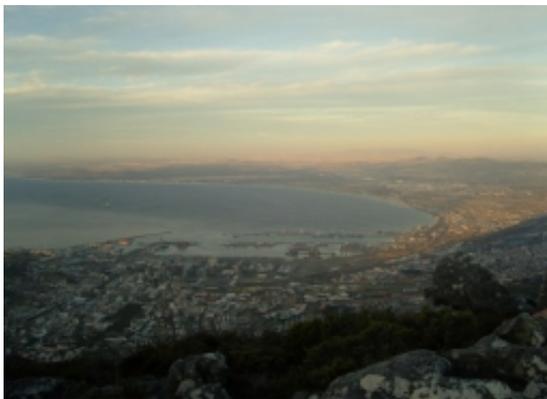
## Destination Info

South Africa is the southern most country on the African continent, stretching over 2500km along the coast, from Namibia to Mozambique. It is one of the most developed countries on the continent, with very good infrastructure and excellent facilities for travellers.

Your project is situated in various schools in the area surrounding Cape Town. Each project is around a fifteen minute taxi ride away from your accommodation.

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.

## Itinerary



### Day 1 (Monday) - Arrive into Cape Town International Airport (airport code CPT)

Today you will be met at the airport and taken to our volunteer house in Fish Hoek. You'll need to arrive in before 4pm so that you're all ready for the orientation which kicks off at 5pm. The journey from the airport to Fish Hoek should take around 45 minutes and if you keep your eyes open you might get to see Table Mountain on the way! The orientation will take you through what it's going to be like at your project, dos and don'ts, how to stay safe and it's your prime opportunity to ask any burning questions that you haven't yet had answered. After the orientation you'll have an evening meal and some time to relax and prepare before your first day at the project tomorrow.

**Day 2 (Tuesday) – meet the kids!** Today is the first day on your project, where you'll get to know your fellow volunteers and staff, not forgetting the great kids! Starting out from your accommodation, the team will make sure you know what you're doing and where you're going, they'll also introduce you to the staff at the project who will be your main contacts while you're working. The journey from your accommodation to Simonstown will be on a public bus taxi taking around ten minutes followed by a five-minute walk to the school.

Your first day at the project will be all about settling in and getting to know the children and if you want to dive in at the deep end you will be assisting with the physical education classes. In the afternoon you will be assisting and organising after school activities – football, soccer and netball.

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## Day 3-5 (Wednesday to Friday) – get into the swing!

You'll be learning the ropes this week, and really getting stuck in with the project, it's your chance to show everyone including yourself, what you're made of!

## Day 6-7 (Saturday and Sunday) - it's the weekend!

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!



You'll be working Monday to Friday at your project, with the weekends all your own!

Now that you've been shown the ropes, make sure you take some time to get to know the staff and children; understand more about how and why the project exists and carve out your own niche to help shape your experience.

Your weekends will be all your own! The team can help you organise trips including shark cage diving, table mountain visit, wine tours of if you prefer, a lazy day with a book is just as enjoyable! One thing is for sure there are plenty of things to fit into your spare time!

## Your last day

Having said goodbye to all your new friends you'll transfer back to the airport on this day. The return transfer from Fish Hoek to Cape Town International is not covered within your project fee but our regular transfer company will be able to sort the journey back for you, the costs will be around US\$35 / 250 Rand and this is easily arranged in

country.

## 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 security deposit that will need to be paid to the in-country team on arrival so please make sure you have budgeted for this. The deposit needs to be paid in your local currency and needs to be the equivalent of R1000. 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

The project is situated in within the area of Cape Town and is around a fifteen minute bus ride away from your accommodation plus a short walk to the school. Please note: Transport between your volunteer accommodation and project site is not included in your programme and will be at your own cost, you should budget around US\$15 per week.

The volunteer 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.

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The closest shops, internet and laundry facilities are a five-minute walk from the volunteer house. Internet costs about R30 per half-hour and laundry about R50 per load. There are many electricity points at the volunteer house and adaptors if needed are easily bought.

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.

The international dialling code for South Africa it is +27. To place an outgoing, direct dialled international call from either country, dial +44 for the UK, followed by the telephone number. For example to call Real Gap Experience dial +44 1273 647220.

You will be able to buy a SIM card for your cell phone when you arrive at the airport. (Your phone will need to be Tri-Band and unlocked from your home network – speak to your cellular provider before you leave to make sure). Alternatively you can enable international roaming by speaking to your cellular provider before you leave home.

There is cell phone reception and payphones available at the town store, which you will be able to use at your own expense.

South Africa uses 220/230V and a frequency of 50Hz. The plug sockets in South Africa take plugs with two circular pins and a larger circular grounding pin. There is electricity available at your accommodation allowing you to charge all normal electrical appliances.

## Lockers

Please note there are now lockers in the volunteer house that you will be staying at 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 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.

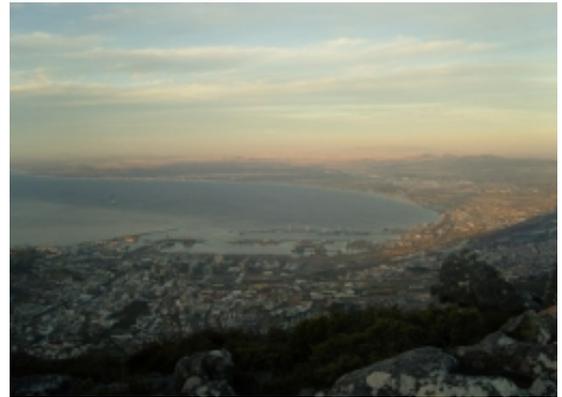
## What's Included

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



## What's Not Included

- Flights
- Visas
- Travel Insurance
- Return Airport transfer
- 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
- 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)
- 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 18, 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 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.

### 2. What sports can I teach?

Anything you like! The most popular choices are football, netball and basketball but please feel free to bring something new to the school! Please note that the school has very little facilities in terms of sporting equipment so if you can bring a few footballs etc with you it will really help them!

### 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.



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## Support & Advice

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

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our UK 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, so when you book with us you can be confident that we do just that.

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

Beware: Don't book with an organisation that has no financial protection for their clients. Not only are they breaking the law, you could lose all your money or be stranded overseas.

Our ATOL licence (6527), offers complete financial protection for any flight inclusive trips. To acquire an ATOL licence we have to undergo a very rigorous inspection from the Civil Aviation Authority, so you know that we tick all of the boxes. The ATOL license means that no matter what happens to us, your money will either be returned or if you've already left, your trip will be guaranteed.

We are also a Member of ABTA which means you have the benefit of ABTA's assistance and Code of Conduct. Many of the travel arrangements that we sell are protected in case of the financial failure of the travel company. If you have any questions about the financial protection that applies to your booking then please ask our team and they'll be happy to help.

## 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 General Practitioner 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.

A useful website to visit in the first instance is <http://www.fitfortravel.scot.nhs.uk>

## Zika Virus

Zika virus is transmitted by Aedes mosquitoes and whilst the infection often occurs without symptoms it can cause an illness similar to dengue fever. There has recently been reported a possible link between exposure to Zika virus (ZIKV) in pregnancy and microcephaly and other congenital malformations and investigations are ongoing. We recommend you visit the [FCO website](#) and select your destination country for the latest travel advice prior to booking.

If you are already pregnant it is recommended you seek medical advice from your GP as [The National Travel Health Network and Centre \(NaTHNaC\)](#) advises you should consider avoiding travel to areas where ZIKV outbreaks are currently reported.

## 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. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of Foreign and Commonwealth



# South Africa Sports Volunteers

Travel Advice.

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

## Volunteer numbers

Please note: You may be the only volunteer at your chosen project at any one time. If you have any questions about this, please feel free to contact us.

## 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.

**Phone:** 1-800-985-4852

**Email:** [info@realgap.com](mailto:info@realgap.com)

**Post:** Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

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