



TRAVELLERS SPORTS SPORTS WORK EXPERIENCE KNYSNA, SOUTH AFRICA

ADDITIONAL INFORMATION

South Africa has everything ...

- ◆ Sun, sparkling warm and clear oceans, and the most beautiful golden beaches you will ever see ... stretching for miles.
- ◆ Mountain climbing, biking and hiking
- ◆ The *Garden Route*, world famous and sheer paradise!
- ◆ Outstanding Game Reserves where you can see wild animals in their natural habitat, and by contrast symmetric vineyards stretching to infinity
- ◆ Sharks, whales and dolphins, and the amusing Cape Fur Seals.
- ◆ Elegant restaurants, barbecues and beach parties
- ◆ And FRUIT everywhere!



But most of all, South Africans are the friendliest and most hospitable people in the world - without a doubt! If you're invited to dinner ... don't eat for a week beforehand because you'll be overfed, especially if it's a barbecue. Wine is cheap and good. The salads are to die for.



And - of course - the fruit! From the exotic to the commonplace, it's everywhere.

SPORTS

This is a unique sports work experience program which allows you to not only coach and play a variety of sport but to also gain valuable work experience within sport developing and managing sports at grassroots level.

THE SPORTS SCHOOL

This placement is based in the beautiful town of Knysna on the garden route. The school you will be working at is a sports school that offers term time coaching in a number of sports.



The sports school has a cricket ground which is used as a hockey pitch during the hockey season as well as cricket nets for coaching. The sports school uses nearby sports facilities for squash, golf and tennis. The sports school provides term time coaching for children who pay to come but they also let children from the underprivileged community receive coaching for free.



The school is dedicated to a development programme which they implemented to help the underprivileged children in the community.

The Sports School is in a very beautiful location overlooking the Knysna Lagoon - being out in the fresh air and playing sports with such panoramic views is enjoyable, uplifting and quite unique! The School has excellent facilities.

The School was established in 1992 as a sports promotional tool for the previously disadvantaged community. The school's motto is 'To Play for the sake of the game'.

The sports school provides term-time coaching in squash, cricket, golf, hockey and tennis to boys and girls in the area of Knysna and works closely with the children from the underprivileged community.

As well as coaching, the School also organises a number of sports events which brings visiting teams to Knysna to play against local teams. These occasions are always lots of fun and good, strong competitive spirit!

The mission statement of the sports school is: “The promotion of sportsmanship, fellowship and self-respect among children in Knysna through the medium of a healthy sporting ethos and environment, and the development of their skills in their chosen sport.”

As a volunteer on this project, you'll be able to involve yourself in a number of different roles:

- ◆ Sports Administration & Management
- ◆ Coaching
- ◆ Organising Sports Events
- ◆ Sports Development
- ◆ Grounds Management and Maintenance

THE SPORTS!

- Hockey
- Cricket
- Tennis
- Squash
- Golf



THE PLACEMENT

This project is a Sports Work Experience placement as well as a coaching placement. During the day you will be involved with the running of the sports school this will involve working alongside the director of the sports school as well as the coaches organising sports events, undertaking sports administration for the school and undertaking grounds management and maintenance of the sports school.

The Sports School organises regular sports festivals which sees teams from all over the world and the country coming to Knysna to take part in these tournaments. As a volunteer you will be assisting with organising these sports festivals giving you great sports management exposure.

During the afternoon you will be coaching a sport of your choice. Depending on your sport you can pick a number of sports to coach. The sports are divided into season and will dictate when you can come on your placement, below is a list of the sports and when you can coach them:

Cricket, Tennis & Golf

Dates: between October and April, with a long break in the middle from 1st December to 15th January

Squash, Hockey, Tennis & Golf

Dates: from April 10th to 22nd September

COACH AND PLAY SPORTS

As well as coaching sports, you'll also have the chance to train and possibly play for the sports schools senior/mens teams, if you're considered good enough. The sports school has teams in a number of sports. If you'd like to compete and train in your sport, the dates for the different sports sessions are given below:

- ◆ Cricket: January – mid March, and September - mid November
- ◆ Tennis: April – end of May
- ◆ Squash: April – mid September



This placement would suit someone who has a keen interest in not only coaching sports but also getting involved with the sports administration and management role. It is open to anyone who has, or intends to, study sports.

This is a very professional and intense sports placement where you can really benefit by learning sports administration, management and coaching. At the same time you'll also benefit the poorer community through the sports development programme.

PROFESSIONAL

You'll see the same children on a regular basis so that both you and they can really get the most out of the training sessions. Rather than just covering the basics many times with many different children you will be able to have more of an impact and develop the local sport more significantly. You will also create a deeper bond with the children you coach. You will probably coach the same group of children around twice a week.

You will also be coaching alongside the existing qualified sports coaches at the school. Working with the sports coaches at the sports school will also boost your coaching abilities as you will be able to learn from the coaches.

SCHOOL HOLIDAYS 2007:

- ◆ 1st Term 18 January to 31 March
- ◆ 2nd Term 10 April to 23 June
- ◆ 3rd Term 12 July to 22 September
- ◆ 4th Term 2 October to 1 December

Please note: Volunteers can't coach sports during the school holidays, instead you will be involved in running the sports festivals for the Sports School.

ACCOMMODATION

You will be staying in our volunteer house with other Travellers volunteers. You will either have your own room or will share a room with one or more other Travellers volunteers. It will depend on how many people are there at the same time that you are.

The house is comfortable with good facilities and a beautiful view of Knysna Lagoon. You will be provided with a food budget to cook your own meals.

There are several good, inexpensive steak houses and lots of good Chinese, Italian and other ethnic restaurants. With local beer costing only 50p and coca cola 30p a good night out is cheap (at time of writing). With the current favourable exchange rate of about 13 Rands (R13) to the pound, your spending money goes a long way! (Prices given are correct at time of writing, but please check before departure.)



"Thank you so much for all the time and effort you have put into making this a fantastic stay for us. We will never forget this experience!" Cat Dunlop and Liz Lunn

DISCOVER SOUTH AFRICA:

To enhance your cultural experience and to take advantage of exploring other regions of this vast, beautiful country, you can combine this project with many of our other projects.

AND FOR FUN!

Knysna has a lot to offer including the world famous Heads and lagoon and is a short drive from the golden beaches of Plettenberg Bay.

For information on coaching and playing Sports in the Limpopo Province and Cape Town please ask Travellers for details.

The next step...

If you would like to join us on one of our exciting projects then please fill in either an online application form at our website (www.travellersworldwide.com) or one that is attached to our brochure. Once you have booked and confirmed your place we will send you detailed pack information regarding your placement and country.

I do hope you join us and please do call or email if you have any questions at all about this or any of our other projects – 01903 502595 or email info@travellersworldwide.com

If you would like to know more about Travellers in general, or about any of our other projects we run in over 18 countries worldwide, please visit our website at www.travellersworldwide.com

TRAVELLERS WORLDWIDE

7 Mulberry Close

Ferring

West Sussex,

BN12 5HY, England

Tel: +44 (0)1903 502595

Fax: +44 (0)1903 500364

Email: info@travellersworldwide.com



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