



African Penguin Rehabilitation Project

Project Description

With opportunities to take part in regular boat release programs at Robben Island and exposure to a variety of local seabirds, SANCCOB (Southern African Foundation for the Conservation of Coastal Birds) is an immensely enjoyable and rewarding environment for wildlife lovers and conservation enthusiasts.

The centre is located on the banks of Flamingo Vlei with wonderful views of Table Mountain and Cape Town across the bay. The Vlei is also home to an amazing variety of water birds including resident Pelicans, Cormorants and a colony of Pink Flamingos. Close by are the popular beaches of Blouberg and Big Bay, famous for the 'postcard' views of Table Mountain.

As well as learning about the life-cycle and conservation of the African Penguin, which is still an endangered species, you will also be very 'hands - on' as you are taught how to catch, hold, feed and tube feed these wonderful birds each with their own individual characters.

You will care for the weak, the strong, the cheeky and the just plain daft and when the sun is high you will probably find yourself longing to join them in the pool too! You will also be involved with the many other tasks that need to be carried out daily including the preparation of fish, cleaning the pens, pools and mats, sterilising syringes and many more things besides.

Be warned, as cute as they are, penguins will bite given the opportunity. The training you will receive together with the protective clothing provided by SANCCOB will allow you to handle these birds safely.



Who can apply?

Anyone from the ages of 16 to 70 can join us; all you need is to be young at heart, have the passion to make a difference, a fair grasp of the English language and to be in reasonably good physical condition.

All training and supervision is provided, so qualifications, skills or previous experience are not required.

Volunteers under 18 must select the 'Homestay' accommodation option when booking.

What's included with your placement?

Your Penguin Rehabilitation Project includes everything below...

- Cape Town Airport collection and drop-off.
- A welcome brief from a member of the AVIVA team.
- Accommodation at AVIVA House in Cape Town with self-service breakfasts.
- A donation to SANCCOB (payable by AVIVA).
- A letter of reference from SANCCOB to accompany your Resume/CV
- An attractive certificate recognising your contribution to SANCCOB.
- Our booking service for all attractions and events.
- Advice and support from our experienced team during your stay.

...the AVIVA House option also includes:

- Accommodation at AVIVA House in Table View.
- Self-service breakfasts for the duration of your stay.

...the Family Homestay option also includes:

- Family accommodation close to SANCCOB.
- All of your meals.
- Laundry Service.
- Daily transfers to and from SANCCOB.

If required, extra nights can be added to your stay to meet your flight dates for only R120 per night (AVIVA House option) or R180 (Homestay option). This may help you to take advantage of any cheaper flights that arrive in Cape Town before your planned arrival date.



Where is the project based and how do I get there?

SANCCOB is situated on the banks of Flaming Vlei in a suburb of Cape Town called Table View, close to Blouberg Beach, which is famous for its classic postcard view of Table Mountain. Table View is also home to the Home of Hope project and AVIVA Head Office.

Getting there...

You should aim to arrive in Cape Town on or before your start date (always a Monday).

When you arrive in Cape Town, a member of the AVIVA team will be there to welcome you at the airport and escort you to AVIVA House.

Depending on which accommodation option you choose, you will stay either at AVIVA House, or a local family homestay in Table View.

Your first day at SANCCOB will be on Tuesday, which will serve as your training day. From there on you will be given a schedule to help you plan ahead for your days off.

We will introduce you to SANCCOB on your training day, and thereafter, homestay volunteers will have the luxury of daily lifts to and from SANCCOB, whilst AVIVA House volunteers will have a pleasant 20-minute walk to look forward to each morning!

When you book a placement using our simple online booking form, we will email you your AVIVA username and password. This will allow you to login to your personalised **MyTrip™** page on our web site and check your full itinerary, which includes recommend arrival and departure dates.



Working routine...

Appropriate supervision and instruction will be provided for all elements of your practical experience.

Volunteers work from 8am-5pm, for approximately 5 days each week, including some weekends. It is likely that this routine may vary depending upon the number of penguins at the centre during your stay

Health & Safety...

Although no compulsory inoculations are required for travel to South Africa, we do advise that you ensure your Polio and Tetanus vaccinations are in date prior to arrival. Please note: a Rabies vaccination is not required.

Please consult your doctor before volunteering if you are pregnant or on medication.

Persons with chronic respiratory ailments or impaired kidneys or liver should avoid working around crude oil.

In the unlikely event that you are become ill or are injured, we have excellent medical and hospital facilities within a 10-minute drive of Table View.

Weather...

Cape Town weather can change quite often - in one day! With a Mediterranean climate the summers tend to be hot and humid and the winters mild with much needed rainfall concentrated during this time. Temperatures can vary wildly outside of seasonal norms with sunny days and 26°C temperatures not uncommon during the winter. Daytime temperatures below 8° in the winter generally prompt headlines in the local papers, though you will feel the cold more here as the majority of properties are built for the predominantly warm weather and do not have central heating.

The South African sun can be unforgiving at any time of year, particularly so during the summer months (November - March) so do take precautions to protect your skin with sunscreen, UV filter sunglasses and a hat. It is always advisable to pack a sweater to ward off the sometimes-chilly Cape Southeaster and to keep yourself warm if you find the evening braai stretching into the early hours of the next day.

Average maximum daily temperatures (°C) for Cape Town are as follows:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
27	27	26	23	20	19	17	18	19	22	24	26

How long can I stay?

Placements are scheduled throughout the year with a minimum stay of 6 weeks - you can add increments of 2 weeks to extend your stay to a maximum of 12 weeks; please refer to our web site for available start dates.

Please note that the period from January to March can be a quiet time at SANCCOB so you can expect to spend more of your volunteering time helping the team to maintain and clean the facility. During the year there are peaks and lows with Penguin numbers, but unfortunately there is no way to predict when these will occur.

If you wish to stay in South Africa for longer than 90 days, be sure to check out the FAQ section of our web site for information on obtaining Visa's or extending your 90-day Visitor's Permit.



Ideas for your spare time...

Without doubt, Cape Town is South Africa's most beautiful, romantic and popular city and recently came in 5th in a survey to find the top 50 'must see' places in the world. Few places can match its unique setting - in the natural bowl formed by Devil's Peak, Table Mountain, Lion's Head, Signal Hill and Table Bay.

With its unique blend of microclimates, the Cape Peninsula has its own floral kingdom with an amazing variety of plants and wildlife. There are also some of the world's most beautiful beaches along its shores.

During your stay, you will have the option of joining the following AVIVA tours at specially discounted volunteer rates to coincide with your time off. Each tour includes pick-up and drop-off from AVIVA House:

- **Peninsula** - A full-day Peninsula Tour which includes lunch, visits to Hout Bay, Chapman's Peak Drive, Cape Point, Simon's Town, Boulders Beach Penguin Colony and much more. An incredible day rich with history and some of the world's most beautiful scenery.
- **Cultural** - A half-day Cultural Tour, a fascinating introduction to South Africa's recent political history before and after Apartheid, includes highlights of Khayelitsha, South Africa's second largest township after Soweto.
- **Winelands** - A full-day tour to the beautiful mountains of the Cape Winelands including the Paarl, Franschoek and Stellenbosch regions. Chocolate, Cheese & Wine tastings and lunch are included.

For the rest of your spare time, a huge variety of attractions and events are available year round.

Sports enthusiasts can choose from nearly every water- and land-based sport imaginable, or watch a game of cricket or rugby at Sahara Park Newlands International Stadium.

If you want adventure, you will find plenty to keep your adrenalin flowing with shark cage diving, sky diving, paragliding and abseiling from Table Mountain being some of the many activities available.

For a more relaxed pace, you can explore the city and its many museums on foot or perhaps taste some great South African wine at a nearby estate (of which there are hundreds).

The Artscape Theatre in Cape Town has a year round program of ballet, shows and theatre, and the Grand West Arena is a regular stop for international singers and bands.

Whatever you want to do, you can call on a member of the AVIVA Team and we will be very happy to assist you with bookings and useful advice on the best local service providers.

If you have time before or after your project, we can also arrange a wide variety of overland tours to connect you to the rest of South Africa, Kruger National Park, Namibia, Botswana, Zimbabwe and beyond.

Be sure to check out the FAQ section on our web site for a more complete list of activities and attractions in the Cape Town area.



Packing for your trip...

Your oilskins, boots and gloves will be provided by SANCCOB.

For the winter months you are advised to bring some warm clothes as the early mornings and late evenings can be very cold then.

Sunscreen is an absolute must at any time of year, along with a hat and UV protected sunglasses.

If you are bringing your mobile phone and would like to take advantage of cheaper local call rates in South Africa, you can purchase a local Sim Card when you are here (very cheap!).

If you plan to fit a new Sim card, please remember to unlock your phone before you leave home, and don't forget your Sim Unblocking Pin Code!

Hand Baggage: Normal limit 5-7kg depending on airline

Passport
Visa (if required for stays of more than 90 days)
Tickets
Insurance Policy
Mobile Phone
AVIVA Contact Numbers & a copy of your AVIVA Travel Itinerary.
Wallet/Purse
Approx R500 in cash for initial spending money
ATM & Credit Cards (Don't forget your PIN's)
Photo ID Driving Licence (if you plan to hire a car at any time)
Toiletries/Make-up – Be aware of limits on the quantities of fluids that can be carried in hand baggage.
Personal Medication (if required)
Book/Magazine for the flight
Camera, Film/Card, Batteries
Binoculars – 8x42 or 10x42 are ideal for wildlife, birds, whale watching etc.
ipod / mp3 player – don't forget your charger
UV Filter Sunglasses - if you wear glasses or contact lenses, be sure to bring an extra pair.
Student ID Card (student discounts are available on a variety of attractions in Cape Town)

Suitcase: Normal limit 20-64kg depending on airline

Casual / long trousers / Jeans
Shorts / Skirts / Beach-shorts / Bikini
Long sleeve Sweater / Blouse / Shirts / Polo / T-Shirts
Jacket – Waterproof
Trainers / Walking shoes / boots / Beach Sandals / Flip flops
Sun hat
Underwear
Electric Razor/Hairdryer
Washing Gear & Toiletry bag, Toothbrush, Paste & Towels
Books for 'relaxing' during free time
Comfortable old clothes for use during project time (or any clothes that you don't mind getting dirty!)

How do I book a placement?

1 You can make an application using any of the following methods...

- ✓ Apply online using the simple booking form on our web site - www.aviva-sa.com/booking.php
- ✓ Email your requirements to - info@aviva-sa.com
- ✓ Call one of our friendly team during office hours on +27 (0) 21 557 4312
- ✓ Fax your requirements to +27 (0)86 634 2063
- ✓ Chat to us online directly from our web site!

2 We will reply to your application by the next working day...

When you book a placement, we will send you a login username and password which will allow you to access your personalised **MyTrip™** page on our web site. With **MyTrip™** you will be able to:

- ✓ View and check your full itinerary, which includes recommended arrival and departure dates.
- ✓ View useful information relevant to your trip.
- ✓ Approve your quote & make secure payments on line.
- ✓ Update your personal information and travel details (when you have them!).
- ✓ Get useful advice about qualifying for discounts, fundraising and much more...

3 Pay your deposit...

- ✓ When you are happy with everything, you can secure your placement by paying your deposit.
- ✓ The rest of your volunteer fee only needs to reach us 4 weeks or more before you arrive in South Africa.
- ✓ Many volunteers take advantage of this time to raise funds towards their trip with our complimentary Fundraising Pack (available on request to confirmed volunteers).

4 Contact us at any time for help and advice...

- ✓ We guarantee you a prompt response to your enquiries. Our friendly, professional team in Cape Town have a wealth of experience and are on hand to assist you with all aspects of your journey.

Some useful notes about your trip...

- If, when booking your international flights, you find that you can get a cheaper flight that arrives earlier, or leaves later than the dates we recommend, we can arrange extra accommodation for you to match your flight dates. This is often worthwhile, as the cost of extra accommodation can be far outweighed by savings on your flight ticket.
- Please don't worry about what time your flight arrives in South Africa as we can arrange your airport transfer for any time of day. We also monitor expected landing times for inbound flights, so if your flight is early or delayed, we will still be there to welcome you.
- During your stay, we provide all accommodation and airport transfers so you won't need to worry about finding your way around a new country.

Food & Accommodation for volunteers – AVIVA House option...

AVIVA House (Table View) provides a safe, secure home from home for volunteers who are working at local projects or taking time-out from projects further afield to explore Cape Town and the Western Cape. This will be your home for your entire stay.

AVIVA House is close to the main bus route and good value taxi services are available for access to the centre of Cape Town and the rest of the Western Cape. In Table View you will find a wide range of shops and restaurants, and of course, some great beaches with scenic views of Table Mountain and Cape Town across the bay.

AVIVA House is comfortably furnished with all the facilities you might expect to help make your stay as enjoyable as possible.

- A full-time Volunteer Coordinator (Mon-Fri 8am-5pm), who is also available for emergencies during evenings, weekends and Public Holidays.
- Separate Male and Female dormitory accommodation - spacious with good quality mattresses, bedding and linen provided.
- Full kitchen facilities - Oven, fridges, microwave, toaster, kettle and everything you need for preparing great South African food!
- A selection of cereals, fruit, yoghurts, milk, bread, margarine, tea, coffee, sugar etc are provided for you to create your own breakfast every day - All other meals are self-catering.
- A telephone for incoming calls.
- Comfortable lounge with a Hi-Fi, Satellite TV and DVD.
- A lockable cupboard for your valuables and groceries.
- Showers and toilet facilities.
- Premises are cleaned and inspected daily (Mon-Fri)
- A private garden for entertainment/relaxation complete with breakfast tables, a built in braai (A South African style bbq) and a large pool.
- AVIVA House is a Wi-Fi Hotspot and a computer is available for you to access the Internet. We will set up a Hotspot account for you before you arrive – this will enable you to purchase Internet credits at a cost of 45 cents per Megabyte (minimum R30 purchase). This is much cheaper, and more convenient than going to a local Internet cafe.
- A drop-off & collect laundry service operates every Tuesday (approx R30 per 5kg load)
- Extra storage cupboards for luggage and personal items.
- AVIVA House is safe and secure with electrical fencing and a magnetic lock on the entrance gate.



Food & Accommodation for volunteers – Homestay option...

You will be accommodated in a family home in Table View close to SANCCOB. The home also serves as an emergency animal rescue centre and Penguin Chick Satellite Station for SANCCOB. As well as daily transfers to and from SANCCOB, all of your meals and a laundry service are included. Once you have learnt how to feed the adult penguins at SANCCOB you may also be able to assist with the chicks at the home.

Along with the many penguin chicks and approximately 70 rescued cats, you may also meet occasional visitors in the form of injured birds and animals that are brought to the home. If you are allergic to cats then you must ensure that you have the required medication for the duration of your SANCCOB project, or select the AVIVA House option described below.

At the Homestay, there are two rooms, each sleeping up to 3 volunteers in comfortable beds. You will also have use of the facilities at the home including the TV, Video, Kitchen and Bathroom. Your laundry will be washed and dried for you and there will be lifts available to places of interest including Century City, Blouberg Beach and Internet cafes.

All diets can be catered for, so please let us know in advance if you will require vegan, vegetarian or other options for your meals.

