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Child Care Project

SOUTH AFRICA



<http://www.alloutafrica.com/volunteer/child-care/6/child-care/20>

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Fast Facts

Location:	Hout Bay area of Cape Town which is close to Landudno beach, and
Accommodation:	Comfortable volunteer house, dorm rooms & communal bath rooms
Meals:	All meals included, volunteers help cook
Dates:	Arrive 1 st Monday of every month
Age Limit:	Between 18 and 65 years old
How to book:	visit link above, click "book now" and complete the form

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Overview

Project overview:

Volunteer to help care for underprivileged children in Cape Town. Emerging from its apartheid history South Africa's townships are poverty stricken and HIV AIDS ravaged with many children left orphaned and vulnerable.

Volunteer on this project to assist these children. Based at one of the project's child care centers you may help with hands-on teaching, organising activities, caring for the children, arranging food, assessing needs, developing the center and more.



Volunteer role:

As a volunteer, you may be working in a Para Parental role teaching children life skills that their missing or overwhelmed families are struggling with. At the crèches and orphanage you may work with a local care giver or teacher assisting them and taking on responsibilities as your skills and experience allows. In general you may play three different roles: 1. Teaching – the children at the care points are generally without any kind of education and need the foundations of English; 2. Care giving – most of the children come from homes where they do not receive much attention – volunteers play an important role in giving the children this attention, playing games with them, teaching them basic life skills and giving them the care and attention they need at that age; and 3. Centre development – volunteers are often involved with painting educational murals, organizing fundraising events, taking children to the play ground and working on income generating projects.



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There are many other activities that you as a volunteer might like to get involved in; sports (start a small sport program for the kids), art projects, music and singing songs (bring an instrument and teach some kids to play), and various other community initiatives (e.g. recycling, craft development). Wherever you feel your strengths lie is where you should get involved – use your own creativity and work together with your project leader and the caregivers at the care point.

What's included

- All accommodation throughout your programme
- All meals
- Orientation upon arrival
- Airport transfer on set arrival and departure days
- Full support and daily guidance from the project coordinator and assistant co-ordinator
- Project equipment



What's not included

- Personal travel insurance for the duration of your placement
- All flights
- Airport transfers not on set arrival and departure days
- All items of a personal nature, such as curios, gifts, clothing (work and other)
- Telephone, internet, extra food and drinks, weekend activities
- Visas
- Any excursions over and above your planned itinerary

Dates

The arrival date is the first Monday of the month:

2011: 7-Nov

2012: 2-Jan, 6-Feb, 5-Mar, 2-Apr, 7-May, 4-Jun, 2-Jul, 6-Aug, 3-Sep, 1-Oct, 5-Nov



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Booking process

Booking a place on the project is a simple 3 step process:

- 1) make a booking request by either visiting the project webpage <http://www.alloutafrica.com/volunteer/child-care/6/child-care/20> selecting "book now" then completing the online booking form, or emailing bookings@alloutafrica.com requesting a booking form, complete this and submit it to the same address.
- 2) Depending on availability, your booking application will then be accepted and you will be sent a deposit invoice which you should pay by bank transfer or by manual credit card payment.
- 3) Upon receipt of the deposit, your booking will be confirmed and you will be assisted to make the necessary arrangements to start your project.

THE PROJECT

Project activities

This project involves working with a number of small care centers and crèches in the Imizama Yethu township of Cape Town. There are a large number of crèches and day care centers in Imizama Yethu as well as an orphanage that is understaffed, under funded, and whose facilities are in great need of work and attention. These projects aim to provide care and education for disadvantaged children, many of whom have broken families as a result of poverty and the AIDS pandemic. Some of these are basic rooms attached to small houses others are more organized and developed. All are in need of support.

Itinerary

There is no structured set itinerary for the project but the following is a general guide:

Day 1-2 – arrival and orientation,

Week 1-4 - project activities

Final day – wrap up and drop off

Orientation

Your orientation will start with a presentation by the project co-ordinator to prepare you for your project. You will then be shown around Hout Bay, Cape Town and go on a Township tour through Imizamo Yethu.

A day in the life of a volunteer

Although day to day activities vary on the Project a typical day in the life of a volunteer working on the Project might be:

- 07:30 – wake up and have breakfast
- 08:00 – Walk over to your project
- 08:30 – Children start arriving at the school from 08.30
- 09:00 – School starts
- 13:00 – Lunch (come back to volunteer for lunch or take a packed lunch)
- 14:00 – You will help with playing activities at your project or you can help on an afternoon project



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- 15:30 – Work generally ends around 3.30pm but this is flexible and can sometimes be earlier and sometimes later.

Project staff

The following are the on-site project staff who would work with you on a day to day basis:

Shelby Stapleton – Cape Town Project Coordinator

Contact Details:

ALL OUT Office: +268-2416-2260

After Hours Phone: +258-7653-5886

Shelby Stapleton: +27-797-684-148





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DESTINATION

Country fact file

South Africa is emerging as a rainbow nation from its apartheid past. The country boasts some of the world's most exciting attractions ranging from natural scenery, beaches and wildlife to bustling cities rich in cultural diversity. Cape Town is known as the "mother city" and encapsulates much of the diversity South Africa is famous for. Being Africa's first major port it is steeped in history but is also one of the world's most beautiful cities. With its dramatic mountain backdrops and white sand beaches with an amazing diversity of cultures and associated urban life, it is hard to beat as a city worth visiting. Yet it also faces some of the greatest social challenges with sprawling townships that are poverty stricken and ravaged by HIV AIDS. Our Child Care project is based in the Hout Bay area of Cape Town which is close to Landudno beach, and Kirstenbosch gardens.

Location	Southern Africa.
Area	17,363 sq km
Border Countries	Mozambique, Namibia, Zimbabwe, Lesotho, Botswana, Swaziland
Climate	Varies from tropical to near temperate
Terrain	
Highest Point	Njesuthi 3,408 M
Natural Hazards	Fires, Gail force winds, draught
Environmental Issues	
Population	47.9-million
Ethnic Groups	African 79.6%, Whites 9.1%, Coloureds 8.9% Asian 2.5% (Hout Bay African 76%, Whites 13%, Coloureds 8.5% Asian 2.5%)
Religions	Christianity 73.52% African traditional religion 15%, Islam 1.45% Hinduism 1.25%
Languages	English (official, government business conducted in English), Afrikaans, IsiNdebele, IsiXhosa, IsiZulu, Sepedi, Sesotho, Setswana, SiSwati, Tshivenda, Xitsonga
Type of Government	Democratic system
Capital	Pretoria
Independence Day	1994
Chief of State/ Head of Government	<i>President: Jacob Zuma</i>
Currency	Rand (R)
Time	GMT +2



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Project Setting

The Cape Town projects are based in the Imizamo Yethu Township which is part of Hout bay. Hout Bay is a small fishing town about 15 minutes drive from Cape Tow city. The Imizamo Yethu Township is set on the edge of Hout Bay and at the foot of an impressive mountain range. The projects are all within walking distance of the All Out house.

Accommodation

Our main volunteer accommodation is at a house in Hout Bay situated close to the centre of Hout Bay on a quiet cul-de-sac. The house sleeps 14 people in 3 dorm bedrooms & one twin room.

There is a courtyard garden with swimming pool and a communal dining, TV & lounge area. Each room is ensuite with a private toilet and shower. The house is within close walking distance of the beach and harbour as well as shops and restaurants. Bunk bed, mattress, sheet and pillows will be provided (sleeping bag is required).

If you wish, you may have the opportunity to spend some of your time staying with a local family. This can be arranged prior to your arrival or after your arrival for a period of a week or so. Conditions vary dramatically depending on the family. Some homesteads are basic tin and wood structures with no running water, others are basic brick homes. Please let us know if you wish to stay with a host family during your time.



Meals

Cooking is shared between volunteers on a fairly relaxed rotational basis organised by the accommodation manager. Facilities are communal and simple and a weekly food shop is done to cater for three meals per day. Generally breakfast will be cereals and toast, lunch will be sandwiches and dinner will be a cooked meal. We try to cater for different needs and preferences as much as possible but it is not possible to keep everyone happy all of the time and inevitably some compromise is needed. We ask you to be flexible and respectful about the food that has been prepared for you.



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Getting there and Departing

If you are travelling from abroad it is usually best to fly into Cape Town (it may be cheapest to fly into Johannesburg and connect to Cape Town).

When you arrive at Cape Town International Airport, your first stop will be at the Immigrations Desk where you will have to hand them your passport and your Arrival/Departure form that you should fill out. Your passport is stamped/endorsed by the Immigration Officer and he/she will issue you with a visa. Please ask for a normal tourist visa.

You will then enter the baggage reclaim area to collect your luggage. Once you have your luggage make your way to the exit (signposted in English). There you will be met by one of our staff (holding an All Out Africa sign and usually wearing a T-shirt with the All Out logo) and brought to the All Out Volunteer house for your orientation. Also, for your destination details please write down All Out Africa and if asked for address please put:

ALL OUT Africa, 22 Brink Str, Hout Bay, Cape Town

If for some reason your flight is delayed, please let us know by contacting the after hours phone or the All Out office.

Contact Information

ALL OUT (Physical)
Tel: (+268) 24162260, Fax: (+268) 24162260
Email: info@alloutafrica.com
After Hours Phone (+268) 7653-5886
Kim Roques (+268) 7602 3640

Further Information

Free Time

During weekends you will be free to travel and explore as you choose. Various activities are available including walking, mountain biking, boat cruises, visiting museums, shops and botanical gardens or just relaxing on the beaches. At the end of your placement you may choose to travel up the coast of South Africa and expeditions to Mozambique, Kruger National Park, St. Lucia and the Natal Drakensberg may be available. These activities are optional and extra. Inquire at info@alloutafrica.com if you would like more details. Again please remember that should volunteer(s) decide to take accommodation other than that provided at the project site, they will be responsible for the costs thereby incurred.



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Organisation

All Out Africa comprises an operating company and non-profit foundation and our mission is to engage people from around the world in the research and action necessary for a sustainable Africa. For more information about All Out and our team go to <http://www.alloutafrica.com/about/staff/4>

Your commitment

During your stay we ask that you contribute constructively to your project and behave responsibly. We ask that you uphold our organizational values of integrity, vision, teamwork, discipline and passion.

Some basic ground rules:

- Behave according to our organisational values;
- Be considerate of the local people and environment, help with cooking & cleaning up;
- Abide by the laws of the country and rules of the place;
- Pay for any services not indicated as included above (e.g. telephone, internet, weekend activities);

Do not drive any vehicle without the permission of the project co-ordinator

Malaria – this area is not a malaria area. Preventatives are only recommended if you will be travelling to risk areas (Kruger Park or Mozambique).



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Kit Lists

General

- Sleeping bag (suitable for the season in which you are travelling – Summer (September – April) / Winter (May - August))
- Sleeping bag liner: for hot nights or as an extra layer to your sleeping bag
- Small torch (head torch is preferable)
- Toiletries (you can easily buy toiletries on arrival)
- Sunglasses
- Sun cream (a range of factors)
- Hat
- Camera and accessories
- Water bottle
- Day pack
- Mobile phone with roaming (or buy local network SIM on arrival)
- Pocket knife

Clothing

- Outdoor cotton clothes for warm days and cold night (winter)
- Fleece or jumper
- Clothes for Project work
- Hiking boots or trainers
- Casual clothes for the weekends
- Swimwear
- Light waterproof jacket (rainy season Nov – April)

First Aid Kit

- Mosquito repellent
- Anti-malarial tablets (if you plan to travel to Malaria areas)
- First Aid Kit
- Hand sanitizer
- Personal medication

Currency: Rands
MasterCard & ATM card is sufficient

Visa: 3 month tourist visa on entry.

Latest news

Please visit our facebook group to find more latest news and see the feedback of others:
Facebook link <http://www.facebook.com/home.php#/group.php?gid=2369142750&ref=ts>



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Ratings and feedback

Please check out our website for volunteer feedback

<http://www.alloutafrica.com/about/feedback/3>