

Home of Hope



Project Description

Home of Hope is a wonderful organisation that runs a number of community based foster care homes in and around the Table View area, close to Cape Town. As a Home of Hope volunteer, you will be involved in a wide range of activities at their Table View based Foster Home & Special Needs Classroom.

Foster Home

This large, well equipped home has a well-structured program that caters to the needs of each child. Although the home is situated in an affluent neighbourhood, it serves the needs of children from the desperately poor townships in the local area, and is ideally suited to provide these children with a nurturing and loving environment.

At the home you will assist with care giving, bathing, playing and assisting the house mothers where necessary.

Special Needs School

One of the greatest challenges facing Home of Hope is that approximately 70% of children in their care suffer from Foetal Alcohol Spectrum Disorder (FASD). FASD is an umbrella term used to describe the range of permanent conditions that result from alcohol exposure of the foetus during pregnancy.

- Alcohol has a more devastating and longer lasting effect on children exposed prenatally than street drugs do.
- There is no cure for FASD and the child will not "grow out of it".
- The organ most affected by alcohol is the child's brain.
- The brain damage caused by the alcohol is permanent and is expressed in the form of inappropriate behaviour.
- Children with FASD tend to be hyperactive, moody, aggressive, impulsive and have learning disabilities. Typically they drop out of school early and often begin to abuse alcohol or drugs and get into trouble with the law.
- 85% of children with FASD are not being raised by their birth parents (usually they are in foster care or in children's homes) they come from families that are often unstable with the child being at greater risk of physical abuse, sexual abuse or neglect.
- Most children with FASD are not diagnosed with the condition and their problems only come to light when they start school.
- Their learning differences and behavioural problems make it difficult for them to succeed in main stream school.

Home of Hope experienced this first hand when the children in their care started school. Although FASD is permanent and cannot be cured, the effects of it can be minimized through intervention. Successful intervention comes in the form of providing the child with a happy and stable home and through education. Using specific teaching methods and techniques, these children can learn at their own pace and in time learn a skill or trade.

At the school you will help to prepare the classroom for the children and assist them to carry out pre-designated activities based on Montessori teaching principles.

This is an especially rewarding project for emotionally mature volunteers, who will be able to see the positive difference their contribution has made to the lives of some very special young children...



Who can join?

This project is open to female volunteers aged from 18 – 40. 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.

Previous experience working with young children would be useful, as well as being flexible, open-minded and ready to work in a large team of international volunteers and local staff.

How long can I stay?

Placements are scheduled throughout the year with a minimum stay of 6 weeks – longer stays are encouraged so you can add increments of 2 weeks and stay at this project for a maximum of 12 weeks.

What's Included?

Your Home of Hope Project includes everything below...

- Cape Town Airport collection and drop-off.
- A welcome brief from a member of the AVIVA team on arrival in Cape Town.
- Accommodation at AVIVA House (Table View) in Cape Town, with self-service breakfasts.
- A donation to Home of Hope (payable by AVIVA).
- Transfers between AVIVA House & Home of Hope.
- An attractive certificate recognizing your contribution to the Home of Hope project.
- Advice and support from our experienced South African team during your stay.

How do I get there?

The Home of Hope Project is based in Table View, an established suburb of Cape Town. Table View is close to Blouberg Beach, which is famous for its classic postcard view of Table Mountain. This area is also home to the Penguin Conservation project, the School Feeding Scheme project and AVIVA Head Office.

Volunteers are accommodated at our dedicated volunteer lodge, AVIVA House in Table View.

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.

We provide all transfers between AVIVA House and Home of Hope (a short 5 minute drive).



Working Routine

Your first visit to Home of Hope will be on Wednesday for your orientation session (normally between 12:00-14:00). Following your orientation, you will normally spend your first afternoon at the Foster Home.

From there on, you will be scheduled to volunteer for approximately 4 days each week, including some weekends. Your schedule will be shown on the AVIVA House notice board so you will know in advance which days you will be at Home of Hope.

On Weekdays...

Your day will begin @ 08:15 when we depart from AVIVA House for your transfer to Home of Hope's Special Needs Classroom. Between 08:30 and 12:00 you will help teachers to prepare the classroom for the children and assist them to carry out pre-designated activities.

At 12:00 we will transfer you back to AVIVA House for your lunch break, although some volunteers use this time to catch up with their food shopping to ensure their free days are fully available for sightseeing and other activities!

At 13:45 we will transfer you from AVIVA House to Home of Hope's Foster Home, where you will assist with care giving, bathing, playing and assisting the house mothers where necessary.

Your afternoon ends with a transfer back to AVIVA House at 18:00.

On Weekends & School Holidays...

Your day will begin @ 07:15 when we depart from AVIVA House for your transfer to Home of Hope's Foster Home.

Your day ends with a transfer back to AVIVA House at 18:00.

With the help of international volunteers, Home of Hope is able to reach even more children in need and this may necessitate short notice changes to the working routine and location. As a volunteer we would ask you to please remain flexible!

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 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 |



Useful Information...

The following guidelines will help you to make the most of your time at Home of Hope and enable you to make a positive and beneficial contribution to the lives of the children.

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.
- In the unlikely event that you are become ill or are injured, we have excellent medical and hospital facilities within the local area.
- You must also ensure that you have adequate medical/travel insurance for the duration of your stay.
- Hygiene is of special importance when dealing with so many children and we recommend that you pay special attention to personal cleanliness.
- To prevent the spread of infection, please wash your hands before preparing food.
- Set aside 3 sets of clothes for working at the home & classroom and wash them regularly. It is essential that you have a clean set of clothes on each day as you will be setting an example to all the children you encounter.

Photography...

You **must** ask permission from Home of Hope staff if you wish to take photos or video of the children.

- As these children are in protective care, permission must be obtained in advance if you wish to publish your photos on the Internet, your blog, Facebook or anywhere else. For reasons of confidentiality it is also illegal to use the children's real names or full facial photographs in the public domain.

Volunteer Rules...

As you will be working with children in protected care, there are certain rules, which, if broken, will result in the immediate termination of your services at Home of Hope. These are:

- Any behaviour of an aggressive nature, either physical or otherwise, towards any of these children.
- Any removal of a child from the premises of Home of Hope without the prior agreement of the manager.
- Consumption of alcohol on the premises of Home of Hope.
- Smoking in view of the children or inside the buildings of Home of Hope.

Please note: These children need you at your best, so we highly recommend an early, alcohol free night if you are on duty the following day. If you arrive at any of Home of Hope's premises under the influence of alcohol, or suffering from the effects of a late night, you will be asked to leave. Repeated occurrences will result in you being removed from the project.

Extra time off during your project...

A shift plan will be available to allow you to plan for your days off. Breaks normally consist of 2-3 days, so if you are hoping to include longer tours (e.g. a visit to Kruger or the Garden Route), please make sure you allow extra time to do these before or after your placement.

Please remember that Home of Hope has to plan ahead for staffing requirements, so requests for extra time off can impact on them and other volunteers. For this reason, requests for extended periods of time off during your project are unlikely to be granted.

Any requests for shift swaps or days off must be passed to your volunteer coordinator (Megan) for approval.



Useful Information... (continued)

Emotional attachment...

It is often difficult for volunteers to remain emotionally detached from the children that they come into contact with, and this is entirely understandable. We are all human after all, and when a child is so happy to see you, and so very sad to see you leave at the end of the day, it is easy to see how strong emotional feelings can develop, even to the extent where a particular child becomes your 'favourite'.

This possibly presents the most difficult aspect of providing valuable volunteering assistance, as these natural feelings on your part are often not in the best interests of the child. Volunteers should avoid favouritism towards a particular child as this can result in a child becoming dependant on you, leading to a prolonged period of emotional trauma for you and the child when you finally have to leave for home.

Favouritism can also adversely affect the other children who are equally deserving of love and attention (even infants are acutely aware of the amount of attention they are receiving relative to their playmates). No matter how hard it may be for you, please treat all the children as equally as you can.

Volunteers often ask about the possibility of adopting children from the Home. Before embarking on this route, it is worth remembering that the South African authorities prefer for children to be raised and adopted within their cultural group, so applications from international visitors are very likely to be turned down. Even if this hurdle is passed, adopting a child represents an enormous commitment, and the adoption process is likely to be prolonged and incredibly demanding of your patience, funds and psychological well being, particularly as much of this process will take place over long distances without any regular contact with the child.

Use of Consumables...

Please bear in mind that Home of Hope needs to budget for all consumables, and that excessive and unnecessary use of these can incur extra costs which will impact directly on their ability to fund worthwhile projects for children in need. In particular, we would be very grateful if you could take note of the items below. Each of these may seem small on their own, but added together, they will help Home of Hope to provide effectively for the children they have their care, and for those they have yet to meet.

Nappies (diapers) & Wet wipes

An allowance is made for up to 6 nappies per day per child – With inexperience it is easy to imagine that nappies should be changed every time a child has a wee, but this is not the case. Nappies are able to absorb a large amount of fluid while still providing protection to the child's skin. Similarly, only 1 wet wipe is required when changing a wet nappy, and 2 when changing a pooey one!

Water

Every drop of water has to be paid for at the home, so please take care to turn off taps when they are not needed (e.g. when applying soap to your hands, and immediately after rinsing them). Water can also be conserved by boiling only the amount of water required and so on. Please also encourage the children to conserve water by turning off the taps while they are brushing their teeth.

Electricity

Please switch off lights, televisions, radios and appliances when not required.

Respect for Home of Hope property...

The Home of Hope team pride themselves on the high standard of care that they provide to their children, and they have gone to great lengths to ensure that good quality resources are available for them.

Please help Home of Hope to maintain this standard by taking care with all equipment and toys, particularly with regard to ensuring that children aren't left with inappropriate items that could cause injury or be damaged as a result (e.g. scribbling on story books!).

If you do find something that is broken or damaged, please report it to one of the Home of Hope team as soon as possible, thank you!



Accommodation at AVIVA House

AVIVA House in Table View (a suburb of Cape Town) 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.

With great shopping facilities and a wide variety of restaurants, cafes and bars, Table View is a popular destination for locals throughout Cape Town. A laundrette offering a drop-off and collect service is only 5 minutes walk from the volunteer lodge accommodation.

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. A Twin Room and Double Room are also available at extra cost, please ask about availability.
- 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 large private garden for entertainment/relaxation complete with breakfast tables, a built in braai (A South African style bbq) and a large pool.
- A Wi-Fi Hotspot and computer are available for you to access the Internet. You can also logon to the Internet if you bring a Wi-Fi enabled laptop.
- A drop-off & collect laundry service operates every Tuesday (approx R30 per 5kg load)
- Extra storage cupboards for luggage and personal items.
- The lodge is safe and secure with electrical fencing and a magnetic lock on the entrance gate.
- You will be issued with a coded magnet key to allow you to come and go 24 hours a day.



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 tours at discounted 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, your Volunteer Coordinator will be very happy to assist you with bookings and useful advice on the best local service providers.



Packing for Your Trip

Volunteers often ask about bringing items for the children such as books, clothing etc. These are always welcome (if you have room in your suitcase!), though, if you are considering purchasing anything for the children, we would recommend that you bring your money with you, as you are likely to get much better value for your Euro, Pound or Dollar in South African stores. This will also allow you to see what's actually needed at the time.

For your work at Home of Hope, comfortable clothes, which can be washed easily, are best (you may wish to bring old clothes as you are likely to get some marks on you from the children!). Please note that clothing must be appropriate for working with all ages of children (e.g. no short shorts or revealing tops).

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 South African Sim card and Airtime Vouchers here. 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 |
| Contact Numbers & a copy of your Travel Itinerary (print from MyTrip™) |
| 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 |
| Comfortable clothes for use during project time (or any clothes that you don't mind getting dirty!) |



How do I book?

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 for free, 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 place by paying your deposit.
- ✓ Your remaining balance will only be due 4 weeks before you arrive in South Africa.

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.

Booking & Travel Notes...

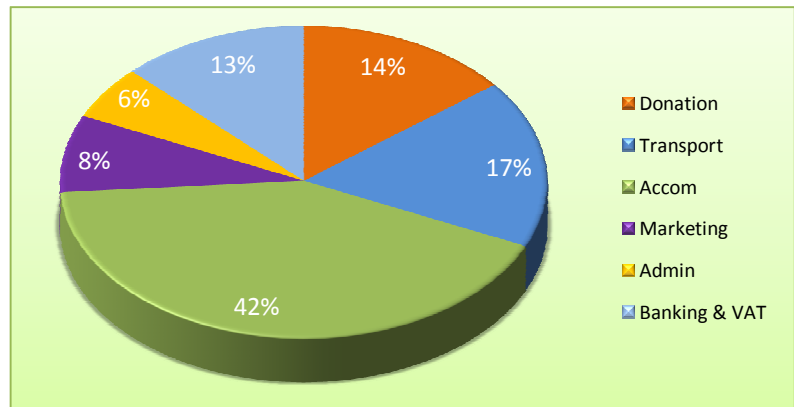
We work hard to ensure that your trip preparations are as enjoyable and stress free as your stay with us in South Africa. Here are a few useful notes for your peace of mind...

- You do not make any payments until you are happy with everything, so making a booking is a great, risk-free way to check everything out on your MyTrip™ profile before making a final decision to join us in South Africa.
- 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 pick you up at 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.

Where does my money go?

We believe that it is important for you to know how your money is spent and ensure that your fee is structured to give you maximum value for money whilst benefitting the children at Home of Hope.

As you will see from the chart and fee breakdown below, the majority of your fee goes towards your accommodation & transport...



For example, the cost of a 6-week stay at R12,500 (South African Rands) would break down as follows:

| | |
|--------------|-----------------------------|
| R1800 | Donation to Home of Hope |
| R2180 | Airport & project transfers |
| R5250 | Accommodation & breakfasts |
| R1000 | Marketing |
| R700 | Administration |
| R1570 | VAT & Banking |

Testimonials... lots more on our web site!



Audna Haroldsdottir – 19, from Iceland

"I did AVIVA's Home of Hope project for 6 weeks and LOVED it.

Everyone at the AVIVA team takes really good care of you. From Keenan who picked me up at the airport, Ursula who drove me back and forth in search of a Foreign Exchange, to Ed who let me tag along on a visit to all the AVIVA projects in Cape Town.

I never once felt unsafe in Cape Town, which by the way has to be the most beautiful city in the world!

Volunteering at Home of Hope has helped me realise what I want to do with my life, what really matters and that I'm not nearly as shy as I thought I was!"

Loren Miller – 23, from the UK

"Home of Hope is an inspiration and I have enjoyed every minute of my experience there. I've learnt a lot and had an amazing time too.

I've met some great people through AVIVA and they have been very supportive and welcoming.

I would recommend both Home of Hope and AVIVA to anyone thinking about volunteering with children"

