



TRAVELLERS SPORTS: COACHING FOOTBALL SOUTH INDIA

ADDITIONAL INFORMATION

India is a captivating country; buzzing with electrifying energy and culture!

Alive with dazzling colour, humming with noise and overflowing with a sensual overload of scents, sights and sound; you are sure to be drawn in by the warmth and hospitality of the Indian people and mesmerised by the unique beauty and magic of this enchanting country.

Officially Known as the 'Republic of India' (in Hindi known as Bharat or Hindustan), India is the seventh largest country in the world. With a mind-boggling population of 1 billion, India is an extremely vast country; full of hustle and bustle, with the unexpected at every turn. The constant multitude of humanity makes India a fascinating and inspirational travel experience which draws so many visitors back time and time again.

From the lush jungles, quaint waterways and sunny beaches in the South to the dusty red deserts of Rajasthan and the searing majestic Himalayas in the North, India really is a diverse land of contrasts

PROJECT LOCATION

All our projects in India are based in the southern state of Tamil Nadu in the bustling city of Madurai, also known as the "city of nectar". This historical town is famous for the Meenakshi temple; its 4 outer pillars creating dramatic silhouettes on the skyline at sunset. Adorned with colourful images of gods and goddesses, imaginative creatures and animals, this magnificent temple is the religious centre of attraction and a hive of activity which you won't want to miss. Madurai is also famous for its rich textiles and fabrics, impressive emporiums and superb quality gold and silver.

Madurai is located on the Vaigai River with three small but prominent hills marking its boundary. They are named after an elephant, cow and snake due to their supposed uncanny resemblance to these animals. The town oozes true Indian culture and if you want to immerse yourself completely in the Indian way of life; Madurai is definitely the place to be! It is also the gateway to many tourist attractions and close to the neighbouring state of Kerala.

If you're after an overwhelming experience, then Madurai certainly won't disappoint you!



School holidays in Tamil Nadu 2011-2012 (approx dates only as they vary depending on the school)

- Summer Vacation: 14th April to 3rd June 2011
- First Term Vacation: 24th September to 3rd October 2011
- Pooja Holiday: 5th to 6th October 2011
- Diwali Holiday: 25th to 27th October 2011
- Second Term Vacation: 24th December 2011 to 2nd January 2012
- Pongal Holiday: 13th to 17th January 2012
- Summer Vacation: 31st March to 4th June 2012

Exam periods in Tamil Nadu 2011-2012 (approx dates only as they vary depending on the school):

- Annual Exams: 1st to 13th April 2011
- Quarterly Exams: 12th to 23rd September 2011
- Half Yearly Exams: 12th to 23rd December 2011

COACHING FOOTBALL

Our coaching placement in India is unique. You can coach at various schools and an engineering college in and around Madurai.

Children in India really are a joy to teach; their enthusiasm for sports really knows no bounds. Although for the vast majority coaching won't have a direct impact on their lives; indirectly it has immeasurable effects. Personality changes, health awareness, increased confidence and social skills are all benefits they might otherwise fail to receive.

You will generally be asked to help out with any age groups, and you are, in fact, very likely to be in popular demand everywhere, in and out of coaching. Children and teachers alike will be quite alarmingly polite at first but they will relax after a few days. It is an important opportunity to receive direct help with conversational English through sports, which is taken very seriously.

The schools generally have some basic facilities (such as a pitch, a few balls and a little protective clothing) however the pitches will not be of the standard that you have been used to and may have a lot of potholes. Some of the children are very poor and do not even have sports shoes and play in bare feet. However this does not deter the children, they are a joy to teach and eager to learn new skills although they will hassle you to play a game as soon as they have warmed up! Don't leave your whistle behind, it will be invaluable!



You will usually coach two sessions per day, Monday to Fridays only. The first session is in the morning and you can come back home for lunch and a rest before your afternoon session begins.

You will be introduced to your supervisor at all of your placements to discuss your requirements and to tailor a programme that is beneficial to both you and the children. Meeting with the principal or sports coach gives you the opportunity to add your individual touch on how you want your placement to run. It is especially important within a Coaching placement that you make it suit your own individual coaching style and needs and whether you want to coach informally with large group sizes, or if you would prefer to coach specifics to smaller groups. Your supervisor will give you lots of help and encouragement. Please don't hesitate to ask them as many questions as you like – the better informed you are, the more able you will be to carry out your coaching assignments and they will be pleased at your interest and enthusiasm. Also, if you are in any way unsure about your duties or school procedures, please speak to your supervisor. They know that you're not a qualified coach and will take this into account when advising you.

OUR STAFF IN INDIA

We have a welcoming Indian Manager who lives in Madurai and is based close to your accommodation. He will collect you from Madurai airport (or the railway station), and provide you with a full induction including useful local information such as the important Indian customs, local banks, understanding the currency, how to use the telephones, take autos, as well as help with transport at weekends like the local buses and train systems etc. You will also be taken on a fascinating tour around the city to give you a glimpse into the sights, smells, scenes and

way of Indian life. It won't take long to familiarise yourself with the town and you will soon be adapting to the Indian way of life!

We also have an Indian organiser who works alongside our Manager so we have a very strong and supportive staff network in India. They are here to help you settle into Madurai, check how you are getting on with your placement and give you travel and safety advice for weekends as well as after your placement!



ACCOMMODATION & FOOD

Your accommodation could comprise of either staying with a host family or living in a Travellers flat. In either accommodation you may share a room with another Travellers volunteer. The accommodation you'll be allocated to will depend on which project you're doing and the number of volunteers there at the same time as you. However, if you have a preference for either a host family or staying in a flat, we will do our best to accommodate you.

Host Family

For a complete Indian experience we can arrange for you to stay with one of wonderful host families. All of our hosts are very welcoming and not only will be made to feel part of the family you'll also gain a great insight into Indian culture and customs. Many of our volunteers remain friends with their host families long after they leave India and in some cases they return to the country later especially to visit their family.

You may share a room with one other volunteer; and you may have an en-suite western style bathroom. Most of the showers in our host accommodation are cold water only – however your hosts will boil water for you.

All of our host family houses are close together and just a few minutes' walk away from internet cafes, banks and snack shops and just a short auto ride into the centre of town. Our staff in Madurai also lives close-by.

All your meals will be provided and prepared for you by the family and it is mainly local fare allowing you to taste a varied selection of delicious south Indian dishes and exotic fruits. You'll also have access to the kitchen if you want to make snacks or drinks.

Volunteer Flat

Our volunteer flat is situated close to all our host families. This option gives you the chance to live within the local community whilst at the same time retaining your independence. This newly built flat is very modern, spacious, light and airy. It has a well kitted out kitchen and large lounge area with satellite TV, DVD and a good selection of DVDs for your entertainment. DVD's however are extremely cheap to buy in the market at Rs 20 each! There is also a small balcony on which to relax with a cool drink and a book and gets a wonderfully refreshing evening breeze to keep you cool!

You will be provided with a food budget giving you the option to either cook for yourself or sample the local restaurants. Eating out is extremely cheap in Madurai. Opposite the flat is a tasty vegetarian restaurant with excellent south Indian Thali's and Dosa's. There is a supermarket just outside the flat selling everything from groceries to clothes and a meat shop below where non vegetarians can stock up on sausages! Many of the hotels in town have roof top restaurants offering incredible views across the town with the dramatic Sri Meenakshi Temple silhouetted on the skyline. Most restaurants are good quality and you can sample north as well as south Indian dishes along with a small selection of western food. Vegetarian food is in abundance! Bakeries and snack shops are on every street and be sure to try the delicious fruit; there is so much choice; mango, pineapple, water melon, custard apples and jack fruit make a very refreshing option and coconut water is also delicious!

CLIMATE

Mainly tropical with temperatures ranging from 10°- 40° C in most parts of the country. In the South daytime temperatures are usually around 30° C most of the year. India's seasonal cycle includes three main phases:

WINTER

The cool, dry winter season begins around the month of November till March, with temperatures dropping quite steeply, specially, in the Northern and North-Eastern parts of the country. There is heavy snowfall in the Himalayas during this time. In Southern and in Eastern parts of India, however, these months are pleasantly cool and an ideal time to visit.

SUMMER

The hot, dry summer season starts around the month of April and goes on till September. The temperatures in the northern plains and central India are generally high. The hill stations, towards the Himalayas, experience very comfortable weather. In the south, in Tamil Nadu, the summer peaks in Mid May when temperatures can rise to a staggering 42C!

MONSOON

Advancing Monsoon (Southwest) - The Monsoon rains usually lies between the months of June to September. With the exception of the South-Eastern areas, India receives the major share of its rainfall at this time. It breaks on the southern peninsula around the 1st June and reaches Mumbai around the 10th June, bringing cooler but more humid weather.

Retreating Monsoon (Northeast) – The South-Eastern areas receive most of the rainfall from this monsoon between mid October and December end. This includes Tamil Nadu and temperatures can drop to around 24C during the day.

THE NEXT STEP

We hope you take part in one of our extremely worthwhile and rewarding placements, with your help and enthusiasm we can really make a difference!

If you wish to join us on one of our exciting projects then please fill in either an online application form on our website www.travellersworldwide.com or a paper application form at the back of our brochure. Once you have booked and confirmed your place, we will send you detailed pack information regarding your placement and country.

Please call or email if you have any questions about any of our projects:

Tel: 0044 (0) 1903 502595 or email info@travellersworldwide.com

TRAVELLERS WORLDWIDE

2A Caravelle House
17/19 Goring Road
Worthing
West Sussex, BN12 4AP
Tel: +44 (0)1903 502595
Fax: +44 (0)1903 708179
Email: info@travellersworldwide.com



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