



ZAMBIA: COACHING SPORTS

Zambia encompasses everything magnificent about Africa - Wetlands, Wildlife, Birds, Safaris, Lakes, Rivers, Culture and Adventure Sports!

This magnificent country in the heart of Africa is a haven for wildlife and has some spectacular scenery and natural wonders. It is fast developing into a must-see destination and your time there is bound to be a memorable one.

Like most Africans, the people are very friendly and quick to flash their broad grins at you.



WHAT DO YOU GET?

- An exciting, never-to-be-forgotten adventure into Africa and the Zambian culture.
- New skills, more confidence, a greater understanding of a different culture, in valuable personal and professional development.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.
- Experienced local staff with 24/7 back-up and support who'll meet you at the airport on your arrival - helps you **feel safe and never alone!**
- An in-depth Induction makes you **feel local straight away!**
- An opportunity to **make lifelong friends from all over the world.**
- And best of all ... **an unforgettable experience!**



SUMMARY FACTFILE

Start Dates	All year round (subject to school terms) - You choose your start and finish dates.
Duration	From 2 weeks up to 1 year, subject to visa restrictions.
Requirements	No qualifications needed, just a good dose of enthusiasm!
Price	From £795 / US\$1,195 for 2 weeks, ranging to £2,095 / US\$3,145 for 12 weeks. Full Price List and other Currencies
What's included	<ul style="list-style-type: none"> ▶ Accommodation ▶ Meeting you at the Airport ▶ Transfer to your accommodation ▶ Full pre-departure support ▶ Local in-country team support and backup ▶ 24-hr emergency support. ▶ Two free T-shirts ▶ Transport to and from your project
What's not included	Flights, Insurance, Costs of Visas (if a visa is required, but we'll provide necessary documents and assistance), food, Return transfer to airport.
Who can do this Project?	All projects are open to all nationalities. You need to be aged between 17 and 70+

PROGRAMME OVERVIEW:

Help 'Sports for All' in Livingstone, and give children an opportunity they will never forget.

Travellers now offer a TOTAL SPORTS programme in Zambia. Total sports programs are established to allow sports volunteers an opportunity to coach a big variety of sports in one place enabling the community they work in to be exposed to a variety of different sports.

Our Total Sports Project is based in the quaint and lively Livingstone Town, right next door to the incredible Victoria Falls. You don't need any qualifications to coach sports, just a knowledge of the game.

Working with the Ministry for Youth and Sports, you are able to combine two or more different projects to gain a great and worthwhile experience for you and the children you will work with.

You don't need any qualifications to coach sports, just a knowledge of the game and lots of enthusiasm!

Travellers has teamed up with the Ministry for Youth and Sport, enabling your work to reach as many areas as possible. In this partnership we have set goals of reigniting the passion for sports which has gradually dwindled in Zambia over the past 10 years. In this partnership we work with schools, sports clubs, academies, and are also arranging for street orphans to be taught English and sports during the week.

While on your project you may also be asked to help arrange workshops, where you will help teach local sports teachers (including school coaches, sports club coaches, and even local rural chiefs) about the importance of sport as well as training techniques which are useful here but have not been used in Zambia. These workshops are excellent for sport in Zambia and you will be given a lot of help from our local manager with preparing these workshops (who is actually an ex-head teacher). With these workshops you may also actually go with representatives to rural villages to help promote sport and set up sports coaching for the villages.

Not only will you help in the field, but you will also be in high demand at the head quarters helping plan yearly goals and aims for sport in Livingstone and the Southern Province, which may then ultimately have a huge effect on sport as a whole in Zambia!

Below are a few examples of sports you can teach, but any sport is available, so if you want to coach a sport that is not listed, please ask us ... we can probably arrange it for you!

Coaching Football

Football in Zambia, like the rest of Africa has a massive following! You will see many children playing in the street kicking homemade footballs (plastic bags tied in a ball with string) as well as children and adults walking around in worn out replica Premiership football kits. This passion for football is also shown by the government and National team who use football as a tool to gain recognition of Zambia as a Nation.

Many schools practise football in Livingstone, but many lack good sports equipment. Where facilities are available it is generally a pot holed pitch with two worn goal posts (some made of metal and a lot with tree trunks with no nets), and a deflated football. Therefore, all schools appreciate the volunteer help, but also the new footballs, cones, bibs etc that many volunteers kindly take with them, as well as the donations that Travellers continues to provide.

In Livingstone there are school cup competitions, and our focus is on providing football coaching for many schools that do not compete so well with larger schools. The other problem is that in Zambia they do not have any age differential cup competitions (due to lack of funds) and therefore you can find small young children playing against larger and older children! One of the aims is therefore to try and give the younger children a better opportunity to compete against the older children.



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You will coach football to the children at the schools and also assist the staff to arrange matches and tournaments. You'll also coach football in one or more schools in the local area, working together with the teachers. We are also arranging for volunteers to teach local orphans who would not normally receive such teaching. Here we will arrange weekly slots at certain sports grounds to provide coaching for this worthwhile cause.

Another excellent opportunity will be for volunteers to work hand in hand with **football academies**, helping train the children and as well as scout local children in the schools where you teach. These academies are generally feeder clubs for teams in Zambia and the National Team, and even sometimes for overseas clubs!

Coaching takes place from Monday to Friday with optional training on the weekends. You will be coaching during P.E. lessons in a number of surrounding schools, usually from 9am – 3pm. After school, usually from 3:30pm – 6pm, you will be coaching a number of sports teams and even academies.



Coaching Rugby

The sad fact is that not many people have the opportunity to play or receive coaching in rugby. As a Travellers rugby coach you will be working in a number of schools around Livingstone. You'll usually have sessions from 9 am to around 3 pm, Mondays to Fridays, coaching rugby during P.E. lessons. From 3:30 to 6.00 pm, you will be running coaching at after school clubs to a variety of ages.

As many people in Zambia will never have played rugby before, this project will be quite unique. We are keen to develop rugby in this area at the grassroots level and expose as many people as possible to the sport.

Coaching Volleyball

Volleyball is a popular sport in Zambia. Many people play volleyball, but very few receive proper coaching on how to play volleyball.

As a Travellers Volleyball coach, you will be working in a number of schools around Livingstone, usually from 9 am to 3 pm, Monday to Friday, coaching volleyball during P.E. lessons.

From 3:30 to 6.00 pm, you will be running coaching at after school clubs to a variety of ages.



Coaching Cricket

Cricket in Zambia is seen as an elitist sport, many people don't get the chance to play cricket. As a Travellers cricket coach you will be working in a number of schools from Monday to Friday around Livingstone from 9 – 3 coaching cricket during P.E. lessons. From 3:30 to 6.00 pm, you will be running coaching at after school clubs to a variety of ages. As many people in Zambia will never of played cricket before this project will be quite unique. We are keen to develop cricket at grass routes level and expose as many people to the sport as possible.

Coaching Netball & Basketball

Netball and basketball are popular sports in Zambia. Many people play Netball and Basketball, but very few receive proper coaching on how to play. A lot of schools also have very poor facilities, so with Travellers help and over time we hope to improve this for many schools in the area.

As a Travellers Netball and basketball coach, you will be working in a number of schools around Livingstone, usually from 9 am to 3 pm, Monday to Friday, coaching Netball and basketball during P.E. lessons. From 3:30 to 6.00 pm, you will be running coaching at after school clubs to a variety of ages.

Work Content

You will normally assist the Zambian teachers to start with, but depending on your ability you may be given complete control of a particular group. You will receive a lot of help and support from the Zambian teachers and staff at the schools to help you prepare for your sports lessons and settle you into your role as sports coach; and, like all Zambians, they are very friendly and patient and are



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always willing to help.

Coaching takes place during PE lessons and after school. A normal school day starts from about 8am to 2pm from Monday to Friday, although this can vary from school to school.

ACCOMMODATION:

You will be accommodated in a small, modern, and lively hostel situated in the centre of Livingstone. The hostel has a very large private garden shaded with huge mango trees, and a crystal clear swimming pool. It also has a lively, sociable bar area where many activities are arranged.

Livingstone has a colonial feel to it and you will find a wide variety of restaurants, bars, and shops. Your accommodation is ideally situated and can offer excellent trips to places such as Lusaka.

You will be required to share a room with other volunteers and travellers and are likely to share a room with people of mixed sex.

Facilities at the hostel currently include; a swimming pool, recreation room with TV, internet cafe with internet access, a dining and kitchen area where food can be stored and access to telephones.

The hostel also has an in-house booking centre, where many local activities can be booked (wildlife safaris, river cruises, river gorges, bungee jumping, white water rafting, treks, etc). They guarantee to offer the best deals in town and to beat any other lodge or booking centre!

Many guests comment on the quality of their staff. They are their greatest asset and many have worked for them in excess of 4 years with the longest serving 8 (since they first started). Staff turnover is very low and a family atmosphere has been created that adds tremendously.

They are also involved in a number of community projects, including raising over US\$2000 for a local school. They sponsor a local youth football team, the police regatta team, local fund raising events and an annual day out for orphaned children on World tourism Day. They also sponsor Independence Day celebrations.

There are plenty of opportunities to socialise with other volunteers and travellers.

VISAS:

Visas are required for Zambia. We will liaise with you about your visa requirements, and make the visa process very easy.

FLIGHTS:

You have the option to arrange your own flights or we can assist you with your flight arrangements. If you would like us to do this for you, we will liaise with you regarding available flights and dates to suit you. All arrangements for your flight bookings/payments will be fulfilled by [Murray Rogers Travel Limited](#), ATOL No. 6856.

COSTS:

Please see the prices pages of our website [Full Price List](#). The price of this project is a reflection of the following costs:



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- ✓ Accommodation
- ✓ Meeting you at the airport
- ✓ Transport to and from you project each day
- ✓ Local in-country team support and backup
- ✓ 24hr emergency helpline
- ✓ Full pre-departure support
- ✓ UK administration
- ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations)
- ✓ Project Research/Site Inspection
- ✓ Staff Training/Equipment
- ✓ Donations to worthwhile projects

HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.

For every volunteer, a donation is made by Travellers on your behalf into the **Bridge The Gap Foundation**. This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

COUNTRY PROFILE:

Until recently, Zambia has been overlooked by tourists, which was a pity because it has so much to offer tourists. Recently, however, the country has been gaining a reputation for being one of the greatest destinations to go to for a unique experience. On entering the country, you're instantly welcomed by generous locals and friendly faces. This will continue throughout your stay, either from a dozen school children running to greet you or a park ranger as he swerves the vehicle to get a better view of a lion! Zambia has such a diversity of activities and attractions that it is impossible to see everything unless you are there for a good amount of time.

This magnificent country in the heart of Africa is a haven for wildlife and has some spectacular scenery and natural wonders. It is fast developing into a must-see destination.

Like most Africans, the people are very friendly and quick to flash their broad grins at you. The children, in particular, enjoy seeing foreigners and absolutely love getting your attention!

The terrain is mostly high plateau with some hills and mountains, and the flora in Zambia is amongst the best in the world. The great Zambezi River also forms a natural riverine boundary with Zimbabwe, making Zambia one of the most beautiful countries to visit.

Along the southern border of the country stretches Lake Kariba, the largest manmade lake in Africa and the second largest in the world. It is about 280kms long and 40kms across at its widest point.

Zambia has a population of 11,261,795, a total land area of 752,614 sq km (*land*: 740,724 sq km, *water*: 11,890 sq km), and 19 national parks. It borders Angola, Democratic Republic of the Congo, Malawi, Mozambique, Namibia, Tanzania and Zimbabwe. Zambia has a fairly stable economy which is based around mining, transport, construction, foodstuffs, beverages, chemicals, and textiles, and has a British style parliamentary democracy with a president and national assembly.

Climate: The general height of the land gives Zambia a more pleasant climate than that experienced in most tropical countries. There are three seasons - cool and dry from May to August, hot and dry from September to November, warm and wet from December to April



THINGS TO DO IN: ZAMBIA

- **The exciting viewing of Victoria Falls** "Thundering smoke" - that's what the local people of Zimbabwe call Victoria Falls. At the end of the rainy season, the immense amount of water thundering over the edge of the Falls literally forms an enormous cloud of thin spraying mist. You're absolutely drenched long before you reach the Falls themselves.

- **Extreme activities** at Victoria Falls, including bungee jumping, small plane flights over the Falls, and raft trips to the Boiling Pot at the base of the Falls where the water cascades down into the river. Victoria Falls is also the centre for some of the best safari and adventure opportunities in Africa. Canoe and kayaking safaris are available, offering one of the most exciting and memorable ways to experience both the Zambezi and the abundant game of Zambezi National Park.
- **Mosi-oa-Tunya National Park** covers an area of 66 square kilometers and is located in the southern province of Zambia near Livingstone town. It is home to the magnificent Victoria Falls and a wide variety of African wildlife, such as giraffe, white rhino, elephant, buffalo, impala, puku and warthog. The most frequently seen mammals include baboon and vervet monkeys.

WHY GO WITH TRAVELLERS WORLDWIDE?

- Professional work experience placements
- 15 years' experience sending thousands of participants overseas, plus the largest variety of **flexible projects** that are **value for money!**
- Excellent support - second to none in the industry
- Accredited projects helps **appeal to future employers**
- Your own dedicated Project Co-ordinator to answer all questions prior to, during and after your **trip of a lifetime!**
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our **EXTRANET, available from anywhere, 24/7.**
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport .

VOLUNTEER FEEDBACK:

"Thank you so much for organising everything in Zambia! I had an unbelievable time! It was such a wonderful school and the pupils were so friendly and willing to learn (as were the teachers). I made so many new friends and discovered that I really did enjoy doing this kind of thing! Livingstone was a great place to be as it had amazing character and was so close to Victoria Falls. It was an amazing experience and one which I will never forget, I'll be sure to pass on the word to people"

Hamish Brown

"This experience has un-doubtly changed the way I think, hopefully forever. When you see children laughing and joking and yet at the same time missing one shoe lace which makes sports difficult it makes you realise how very lucky our children are. The school are now including sports in the timetable, specifically football and from what I have seen they have some talented youngsters. Even after the lesson had finished, these children wanted to continue to play after school such was their delight."

Adrian Miles

HOW TO BOOK:

Please complete a [booking form](#) online or you can send a postal booking from our free brochure. When we receive this, we'll telephone you to discuss the details and then start the exciting process of planning your trip!

We do hope you'll join us and are confident that you'll find this an incredible experience. Don't hesitate to contact us with any questions - we'll be happy to help you plan your exciting adventure!

You may also be interested in other courses with Travellers – please visit our [website](#) for details of all our projects. In fact you can choose from over 300 projects in 19 countries!

Make a Difference – Get Involved!

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