



# YOUTH CARE PROJECT

## Care for Children in a Youth Care Centre

### Knysna, SOUTH AFRICA

#### ADDITIONAL INFORMATION

### South Africa has everything ...

- ◆ Sun, sparkling warm and clear oceans, and the most beautiful golden beaches you will ever see ... stretching for miles.
- ◆ Mountain climbing, biking and hiking
- ◆ The *Garden Route*, world famous and sheer paradise!
- ◆ Outstanding Game Reserves where you can see wild animals in their natural habitat, and by contrast symmetric vineyards stretching to infinity
- ◆ Sharks, whales and dolphins, and the amusing Cape Fur Seals.
- ◆ Elegant restaurants, barbecues and beach parties
- ◆ And FRUIT everywhere!



But most of all, South Africans are the friendliest and most hospitable people in the world – without a doubt! If you're invited to dinner ... don't eat for a week beforehand because you'll be overfed, especially if it's a barbecue. Wine is cheap and good. The salads are to die for.

And – of course – the fruit! From the exotic to the commonplace, it's everywhere.

### CARE WITH CHILDREN IN SOUTH AFRICA

You can **combine two or three different projects** to gain a broad African experience. Many of our volunteers have shed oceans of tears when they've completed their placement and it was time for them to leave, and it's not uncommon for the children they have worked with closely to see them off at the coach station – complete with banners thanking the volunteers for their help, and sometimes clinging to their hands because they don't want them to go. It's no wonder the tears flow freely!



## YOUTH CARE IN KNYSNA

The Garden Route area is famous throughout South Africa for its beauty and is a favourite resort for holidaymakers and weekenders. It is situated in the Western Cape Province and is very central, lying halfway between Cape Town and Port Elizabeth (see map below). The majestic Outeniqua Mountain lies to the north and the Indian ocean to the South, giving the area a very moderate Mediterranean climate.



Knysna is a lovely holiday resort town, very popular among South Africans and international tourists alike. It is situated in between George and Plettenberg Bay, and is very famous for the beauty its lagoon. The atmosphere is very relaxed and you will find plenty to do in and around Knysna.

## INTRODUCTION

We are currently working closely with a lovely youth care centre, which is situated within the local townships in Knysna. Our volunteers have been involved with the centre for a few years now, originally just helping out in the afternoons after teaching at the local schools nearby. We have had some wonderful feedback from volunteers who have thoroughly enjoyed their time spent helping at the centre that we thought that it would be great to set this up as a full-time project.

As a result of your volunteer work, the centre, the workers and the society at large will benefit directly or indirectly as follows:

- Will get an opportunity to interact and learn foreign cultures
- Have access to free work force and services
- Will have their traditional knowledge and skills of doing care work supplemented with initiatives from the volunteers.

The children will have access to love and care which is fundamental for their growth and development.



## ABOUT THE YOUTH CARE CENTRE

The centre is run by a lady called Eva, and they currently accommodate about 30 children from babies to older children of various ages that attend the nearby local schools. They have a lounge/dining area for the children to relax and eat their meals, a kitchen where meals are prepared for all of the children and a lovely garden with a children's play area. Many of the children are old enough to attend school so your morning work will be spent with the babies and you will then have the opportunity to spend time with the older children in the afternoons when school has finished.

## YOUR WORK

During the mornings when the older children are at school there are some 8 babies to take care of, and volunteers would be expected to change nappies, help with bathing and feeding the children or whatever else needs to be done to help around the centre.

After school hours, the older children will return back to the centre and will then need help with homework. This time is also used for constructive play or an organised activity.



Generally your day-to-day duties may vary depending on the work required at the time, but any help you can give them will be greatly appreciated.

Here is a list of duties you may be required to help with:

- Preparing food for the children
- Bathing the children
- Changing nappies
- Helping the children eat
- Helping carers and caring for the children
- General cleaning of the orphanage.
- Washing clothes
- Teaching informal English, Arithmetic and sports to the children
- Organizing and facilitating games and plays for the children



### HOURS OF WORK

Your hours of work will generally be from Monday to Friday from 8am-1:45pm and then from 3pm-5pm. Other volunteers that may be teaching or working at the street kids project may also visit the centre in the afternoons and they usually leave after bath time.

### YOUR QUALIFICATIONS

Don't worry about not having special qualifications. The whole idea of *Travellers* is to provide any help possible. By being there to provide help and support to the children and staff in anyway you can, will be very much appreciated by all.

### YOUR ACCOMMODATION

In Knysna, you will live in one of the volunteer houses with other Travellers volunteers. You will most probably be sharing a room with other people. It will depend on how many people are there at the same time as you. Both houses are very comfortable and situated at walking distance from the town centre. Whether you are placed in the big volunteer house or in the town house (smaller), breakfast and lunch will be laid out for you to help yourself and evening meals will be cooked for you.

Please note, though, that occasionally the accommodation and houses that we use may change owing to availability, so the facilities you can expect may change accordingly.



***"Thank you so much for all the time and effort you have put into making this a fantastic stay for us. We will never forget this experience!"*** Cat Dunlop and Liz Lunn

### LOCAL ATTRACTIONS

- The Garden Route, possibly the most beautiful stretch of coastline in the world.
- The Cango Caves, a truly awesome cave system and a must on your sightseeing list.
- Oudtshoorn, home of the ostrich farms.
- The Drostdy, the graceful building that houses a museum
- The George Museum
- The Old Slave Tree, a 186 year old oak tree with a chain embedded in its trunk - a reminder of a history best forgotten.
- The Crocodile breeding farm
- The Bado Kodogo Bird Farm with 400 aviaries and 150 different species.
- Victoria Bay and Herold's Bay, renowned for surfing, bathing and fishing.
- Two superb Golf Courses and numerous other sports facilities, including flying, gliding, squash, horse riding, tennis, hiking and mountain biking.
- And fruit everywhere!

## GENERAL INFORMATION ON SOUTH AFRICA

South Africa is a very modern country in most aspects. Anything that can be obtained in Europe can also be obtained in South Africa - and probably a lot cheaper! It is a very outdoors way of life in South Africa, with walks on the beach, outdoor cafes and restaurants, braais (barbecues), swimming and surfing, etc.



Food is cheap, public transport is cheap, taxis are cheap, and entertainment is cheap! South Africa has all the usual satellite TV channels, English-speaking newspapers, Magazines, etc. South Africa is full of all kinds of culture, from Jazz, Folk, Rock and Country to Symphony Orchestras and Ballets, and all of it is affordable. On a personal note, take good, comfortable sandals/shoes because you are surrounded by mountains and beaches and lots of places to hike, trek, ramble, climb, and generally enjoy on foot.



But most of all, South Africans are the friendliest and most hospitable people in the world - without a doubt! If you're invited to dinner ... don't eat for a week beforehand because you'll be overfed, especially if it's a barbecue.

## SOUTH AFRICAN FOOD

South African food is excellent and generally of a very high standard. You'll also find a wide variety of ethnic dishes and you must try the traditional South African foods, such as:

- Boerewors (a very flavoured sausage unlike any other you've tasted – it's wonderful!),
- Malayan curries and rooties (curries which have evolved over generations to become typically South African). Rooties are curries served in a pastry casing which you eat with your fingers.
- Pickled fish - a tinned curried fish with onions which has a unique flavour.
- Smoked snoek – similar to smoked mackerel but more chunky and flavoursome.
- Biltong – this is meat which has been salted, dried and smoked. You can chew on it for hours! BUT you'll either love it or hate it.
- Barbecues (known as a *braai*, or *braaivleis*). This is probably the best way of eating in South Africa. Friends get together around the fire, drink lots of wine and beer (and even dampen down the flames by trickling wine over the meat and letting the drips put out any unwanted flames – adds a tremendous flavour to the food!)
- All the usual liquid refreshments are available, including some rather exciting ones such as ice-cream floats (cold drinks with ice-cream on top, sipped through a long straw), iced coffee (excellent!) and iced chocolate (even better!). These are ice-cold coffee or chocolate drinks with a scoop of ice-cream, topped with cream and sprinkled with chocolate or coffee. Very refreshing on a hot day.

Restaurants are superb and very, very cheap! With local beer costing only 70p and coca cola 45p, a good night out is cheap! Wine is also very cheap and very good. There is an excellent selection of fresh fruit. Many houses have fig trees or loquat trees that hang over onto the pavement and passers-by just pick some as they walk along. The water is safe to drink; however, it is always sensible to check by asking the locals when outside a town. Bottled drinking water is also readily available.

*As with many volunteers, the children were the highlight of the whole trip. Eager to just stroke you or play with your hair, a hug would bring huge smiles to their faces – their positive attitude towards everything was just infectious. I had so much fun spending time with all the children, when they achieved even the littlest of tasks they were so proud they just wanted to show you everything and that's a lot when you have 10 grade R children tugging for your attention. I also loved living in the volunteers house-the fun, laughter and trips we shared formed unforgettable memories. Zadie Stock – Teaching Volunteer in Knysna*

### **ON ARRIVAL IN SOUTH AFRICA:**

You will be met at the airport by one of our Organisers, who will take you to your accommodation and introduce you to everyone.

They will also take you to your place of work and introduce you there. Our SA team is on call 24/7 if necessary, and are always there to help you in many different ways. Of course, they are in regular contact with you.

#### **The next step...**

**If you would like to join us on one of our exciting projects then please fill in either an online application form at our website ([www.travellersworldwide.com](http://www.travellersworldwide.com)) or one that is attached to our brochure. Once you have booked and confirmed your place we will send you detailed pack information regarding your placement and country.**



**I do hope you join us and please do call or email if you have any questions at all about this or any of our other projects – 01903 502595 or email [info@travellersworldwide.com](mailto:info@travellersworldwide.com)**

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