Introduction

Exercise, discipline, teamwork, leadership and enjoyment – the foundation to healthy lives, social wellbeing ... and a lot of fun! The VA32 Sport Programme has been developed on the back of over 10 years of Volunteer Africa 32° south projects on the east coast of South Africa.

Organisational goal: to positively affect South Africa’s youth through education and life skills. It is therefore natural that we invest our energy, resources and expertise into the awesome world of sport.

South Africa’s legacy of inequality from the apartheid time has led to the majority of young children being denied basic life experiences. This includes access to good health services, daily nutrition requirements, quality education and recreational activities. VA32 assists in addressing these deficits through our voluntary projects.

Who Should Apply?

Highly motivated individuals passionate about sharing a love for sport, health and fitness with young people and encouraging the following of healthy pursuits amongst disadvantaged children. This project is ideal for those looking for experience in teaching and sports coaching in a structured environment.

Volunteer Profile

A minimum age of 18 applies for all VA32 placements. Sports Development volunteers require good spoken English, experience in working with children is a benefit.

This will allow maximum benefit to the project objectives.
The project works across 4 primary schools and reaches close to 1000 learners (ages 6 to 14).

Monday to Friday: 9:30 to 13:00 – Under the guidance and mentorship of a VA32 coordinator time is spent across the schools on a revolving timetable delivering our structured physical education/sport orientated programme.

No Physical Education is being implemented at these schools and through this project we aim to fill this “learning gap” and support efforts to provide our youth with a more holistic, wholesome and exciting education.

Two afternoons a week - dedicated to our “Community Kids” sport activities. Multiple disciplines are offered to the range of ages who voluntarily join the activity. As such, the volunteers need to be dynamic and responsive in their approach to ensure appropriate skills transfer takes place across the age groups (5 to 16 years of age is the typical spread).

As a volunteer you will –
- work with a dedicated VA32 Sport Coordinator
- plan daily activities that are appropriate for the children you are working with
- implement Physical Education lessons
- manage the sport equipment
- assist where and when necessary to maintain and improve sport facilities at the schools or within community open space
- spend afternoons taking part in identified community development initiatives

Reaching out through sport –
Spreading our reach is important and the following sporting codes make up the programme:
- Netball
- Football (seven a side)
- Volleyball (certain schools only)
- Hand – eye coordination activities for young children
- Softball and cricket
- Athletics skills
- Ultimate Frisbee
Community Development Initiatives

“Community Kids” Sport’s Development

The VA32 sport’s development initiative works hand-in-hand with the Sports Program to introduce and develop on-going growth and appreciation in the sporting arena in socio-economically challenged areas of the Wild Coast. For the most part, schools lack the resources and the capacity to provide effective sports opportunities for their learners.

It is into this void that the VA32 volunteer team employ their energy, enthusiasm and skill.

The initiative strives towards creating a formal sporting framework where new sport’s disciplines, teamwork and the understanding of sport etiquette are developed. In a country such as South Africa, sport is able to encourage not only a healthy lifestyle, but also develop necessary social skills and peer understanding that is essential to the stability and well being of our society.

The sports development initiative relies heavily on volunteers to drive this program forwards. Twice weekly volunteers run sports sessions in the village; drills, skills practise and games in football, rounders, rugby, volleyball, netball, cricket and any other sport which appeals.

Afternoon Initiatives

Afternoon activities vary according to current need in the community. Past initiatives include gardening club, adult computer literacy, dance club and drama club. VA32 guarantee volunteers involvement in meaningful and structured initiatives each afternoon during the week.

Children’s Home of Safety

Volunteers visit a local Children’s Home of Safety one afternoon a week where extra hands are desperately needed to help the fulltime staff in this under-staffed, under-resourced children’s home. Typical activities involve playing sports, structured play and reading.
Friends of Chintsa - Local Non-Profit Organisation

VA32 and local non-profit organisation Friends of Chintsa work in partnership. The organisation manages any financial donations which are given to local projects such as the Sports Program, and channels them into initiatives which address current social and environmental issues in and around Chintsa. These initiatives are in turn championed by local volunteers.

VA32 volunteers help to support these initiatives through their involvement in programs such as the Sports Program and afternoon “Community Kids” project and can get further involved with on-going Friends initiatives during their weekend time in Chintsa.

Get Involved at the Weekend!

- Join the UNSTRESSED Surf School at the weekend which is run by the local surf community and teaches local children the basics of surfing and ocean awareness
- Join Temie and other local volunteers at the Chintsa East Soup Kitchen which provides disadvantaged children with Chintsa East Village with two hot meals per day at the weekend.

Why Volunteer?

Choosing the right project for you will make volunteering one of the most rewarding experiences of your life. Not only do you help improve the lives of the people you meet and work with but, as testimonies show, your life in turn will be changed and enriched. Learn new cultures, meet new friends and contribute to our communities that are looking to contribute to you – it will be an experience never forgotten!
Volunteer Life

Where are we?

The vibrant community of Chintsa, rated as a “must stop” destination for international backpackers, is situated near the city of East London on the warm shores of the Indian Ocean between Cape Town and Durban. Sandy beaches, tall sand dunes and lush vegetation surround our quaint coastal village and the home of Volunteer Africa 32° south. Here an interesting mix of comfort and rural landscape blend for a fulfilling and informative volunteer experience.

With the beach, coffee shop, local restaurants, shop and office all within a few minutes’ walk, volunteers rapidly become part of our Chintsa family.

Project Orientation

A pre-project familiarisation and orientation, will take place upon arrival in Chintsa. This will involve an introduction to the local area, volunteer routine and house as well as a familiarization chat about life and what to expect in South Africa.

A project specific orientation is also provided before volunteers are placed in the schools. It includes: a project overview, in depth introduction to VA32, introduction to the sports curriculum, coaching methodology unravelled, lesson preparation, available resources and a day shadowing other volunteers where possible.

Orientation is designed to help volunteers to settle into their new environment as quickly as possible and to understand where their energy and enthusiasm can be used best on project.

Where you live...

Our volunteer house is situated a few minutes’ walk from the beach and sleeps up to 12 people in shared rooms. It has a comfortable living area with a television for movie nights, large garden and a lovely outside patio with braai (barbecue) area with a gorgeous view of the ocean.
Meals

Breakfasts are early and healthy. Volunteers will have access to a self-help breakfast which will include fresh fruit, toast and jams, cereals, tea and coffee. Please note that yoghurt and fried breakfasts are not included.

Lunch is in the form a packed lunch which includes a sandwich and a piece of fruit prepared by house manager Nomakwezi. White and brown bread, cheese, tomato, lettuce, cucumber, jams and peanut butter are available as sandwich fillings.

Dinners are scrumptious, home cooked, sit down meals. These will be prepared by VA32 staff and we cater for vegetarians at all times. Volunteers also have the opportunity to enjoy traditional Xhosa foods at our once off Xhosa Dinner Party. Other theme menus include a Mexican evening as well as a truly South African weekly “braai” (BBQ).

Important Note: Participants must advise VA32 of their dietary needs (e.g. vegetarian, allergic to nuts etc.) upon bookings. Participants with very specific dietary needs may be required to supplement their meals at their own expense.

Weekends & Free Time

Weekends and evenings are your free time, as well as getting involved in the Friends of Chintsa initiatives above there is tons to do in and around Chintsa:
- take surf lessons
- visit the game reserve
- zip through the forest on a canopy tour
- ride horses up the beach
- quad bike
- chill out on the beach
- canoe up the river
- head off on a coastal hike

Support in Chintsa

The VA32 Office & Support Centre offers:
- 24 hr personalised contact person
- Professional, full time VA facilitators for planning & mentoring
- Weekly feedback, troubleshooting and planning sessions with co-ordinating team
- Transport to and from projects
- Access to wifi and telephone at the VA32 office
Program Fees & Dates

We ask all volunteers to arrive on a Monday. The Sports Program does not run during the school holidays—please see the attached date sheet for specific start dates.

The rates sheet is also attached or you can view the most up to date rates on the program webpage by clicking on the “Rates and Dates” tab online: www.volunteerafrica.co.za

What’s included in the program fee?

- Airport transfers upon arrival and departure (Mondays only)
- Shared accommodation
- Three meals a day whilst on project
- All project related transport
- Support of our experienced on-site project co-ordinator
- Welcome pack with all project info, and meal and drink vouchers for local Chintsa restaurants and bars, 1 wifi at the office, free VA32 T-shirt

What’s not included?

- Flights
- Personal Insurance
- Snacks, drinks and meals outside of project
- Extra excursions and trips

The Booking Process

Contact us on info@volunteerafrica.co.za or +27 (0)43 738 5523. Our travel and bookings guru Karen will email an application form to you asap. This needs to be filled in and returned to us and upon receipt we will invoice you for a 35% deposit which is needed to confirm your placement on project. The remainder of the fee is due one month prior to arrival.

N.B., You need to inform us of your flight details so that we can arrange for one of the team to pick you up from East London airport.