

# Rugby & Learning



## Overview

<b>Location</b>	Langa Township, Cape Town, South Africa.
<b>Duration</b>	From 2 - 12 weeks.
<b>Dates</b>	All year round from mid-January to mid-December. *Closed during South African school holidays.
<b>Requirements</b>	<ul style="list-style-type: none"> <li>• Minimum age: 18.</li> <li>• You must have an Intermediate level of English.</li> <li>• Special skills: You should love community work, especially with children, be open-minded and interested in getting to know another culture. An interest in rugby would also be a benefit.</li> </ul>
<b>Your impact</b>	♥♥♥♥♥
<b>Documents required</b>	Enrolment form, curriculum vitae, letter of motivation, passport copy, proof of medical insurance, police clearance certificate.
<b>Day of arrival</b>	Sunday.
<b>Day of departure</b>	Saturday.

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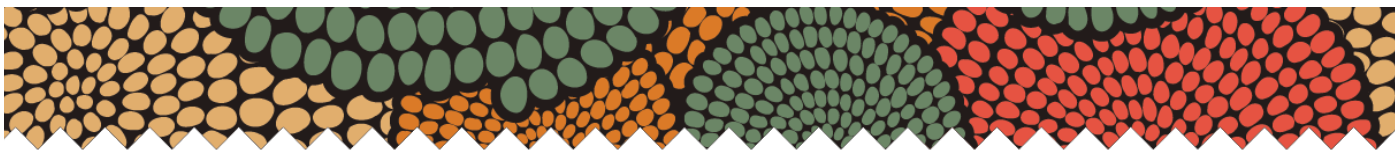
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## Highlights

- Rugby training and coaching: Rewarding for those who are passionate about sports.
- Assist and attend scheduled rugby matches during your stay.
- Academic tutoring: Make a meaningful impact on children's educational journeys.
- Interaction with Early Childhood Development (ECD) children: Playing, reading, and interacting with these children can create heart-warming memories.
- Outings and adventures: Volunteers can join children on some of their exciting outings, such as hikes up mountains or trips to beautiful beaches, amongst others.
- Cultural immersion: Volunteering in a different cultural context provides the opportunity to learn about the local way of life and various traditions.
- Experience amazing tours and adventures in and around Cape Town.
- Get personal support from the volunteer coordinator.
- Make new friends from all over the world.
- **Half-day option: learn English in the morning – volunteer in the afternoon**

## Project information

This project, with a 22-year history, was initially launched as a rugby programme, transporting kids from underserved areas to Bishops Preparatory School, in Rondebosch, for rugby training. Its scope has since grown substantially. It now extends rugby training to children from five primary schools in the Langa Township in Cape Town.

Rugby is a highly popular sport in South Africa, often the preferred sport of the country's most talented athletes. The national South African rugby team, the Springboks, is currently number 1 in the World Rugby ranking and won the World Cup Championship in 2023.

*"What brings us together is our country and that's what has been driving us, we have come a long way together. Some of us come from very disadvantaged backgrounds, one would think that there is no way that we are where we are now. We have the privilege to do what we love and to inspire people, especially children from different places in life, so they too believe they can do what we achieved."*  
(Siya Kolisi, captain of the South African National Rugby team)

In 2009, the World Rugby member unions identified integrity, passion, solidarity, discipline and respect as the defining character-building characteristics of rugby. These are now collectively known as the World Rugby values.

Beyond sports, the project focuses on education, offering academic assistance in English, Maths, Coding, and homework. Additionally, an Early Childhood Development (ECD) literacy initiative and mobile library programme operates in partnership with registered crèches. The Atlas Digibus, a mobile IT classroom, aids the transition to English for grade 4 students and introduces coding to grade 5, bolstering digital literacy.

The primary goal is to provide a hub of excellence in Langa to ensure that the challenges that the children in Langa are faced with are addressed early on in the child's life, creating opportunities and a safe space for children to learn, play, and grow. Another aim of this project is to bridge the resource gap between children from lower-income areas, such as Langa, and those from more affluent backgrounds. By providing

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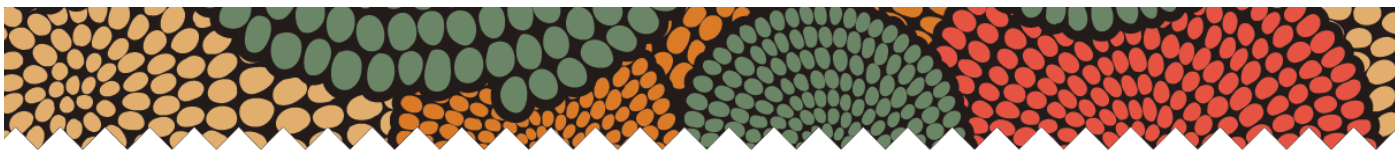
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access to education, sports, literacy, and IT resources, this project empowers underprivileged children, offering opportunities that are otherwise not afforded to them.

Weekends which do not have scheduled rugby matches are utilized for recreational outings, enriching the children's experiences. Volunteers are more than welcome to join the weekend activities if they wish, but these are purely optional.

## Programme details

You will receive an orientation on your first day from the Good Hope Volunteers Support Coordinator. You will work alongside the project coach, assisting with their daily routine and will receive instructions from them as they go.

The project is located at 2 different premises, although both locations are across the road from each other.

**Full-day volunteers** will participate in the morning and afternoon programmes.

**Afternoon-only volunteers** (who take part in our English language programme in the morning) will only participate in the afternoon volunteer programme.

### Morning programme

Monday to Friday

09:30 – 12:30

**ECD Programme** - volunteers support the project coaches with existing programmes where they help the groups of children with various activities as a form of learning through play (puzzles, playdough, reading stories, etc).

### Afternoon programme

Monday to Friday

15:30 – 17:00

### Rugby coaching

**After school tutoring** - English, maths or general homework.

### Additional option:

Volunteers can join the project team on recreational outings to Cape Town's sites and thereby introduce children to new experiences. Timing varies based on activities and volunteers' availability.

If these activities fall over the weekend or outside of the project times, they are not covered by the included project transport and the volunteers would therefore need to arrange their own transportation.

**It is important to note that this description serves as an example only. The daily tasks and challenges depend on the volunteer and the work that needs to be done. The final job description can therefore vary substantially from the above.**

This project can be emotionally draining. It is important that you are aware of this before applying for this project. We will assist you during your stay to make sure that you are coping with the experience, but you need to be mentally prepared to be open to the challenge.

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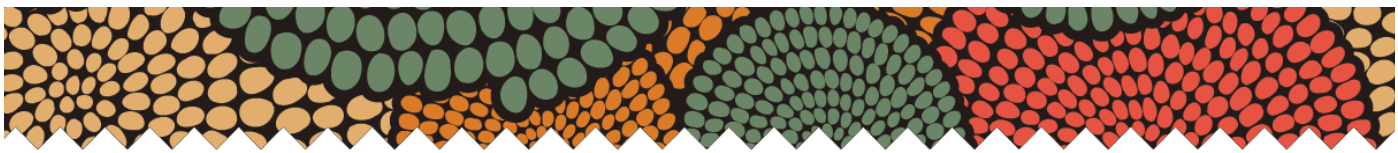
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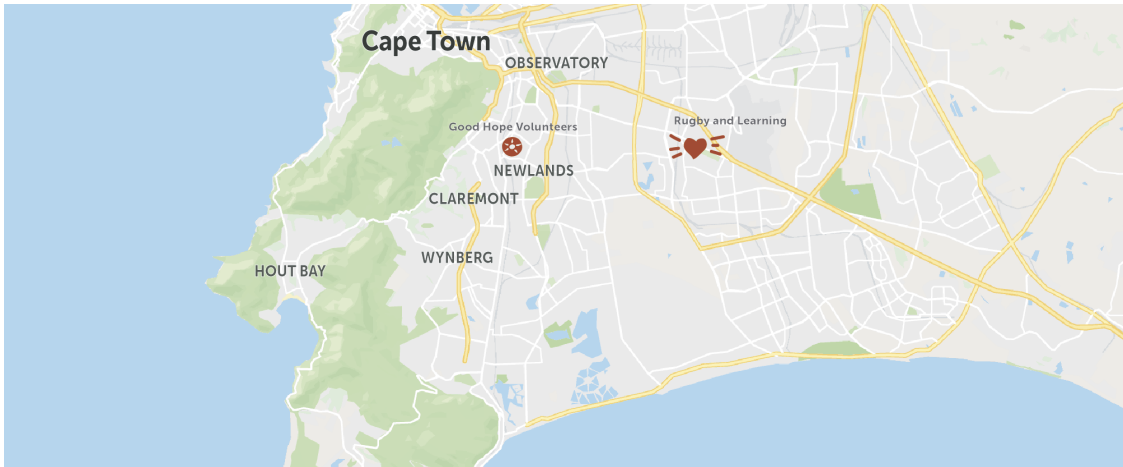
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## Project location



## Getting to and from the project

You will need to arrive at Cape Town International Airport. Our driver will meet you at the airport and take you to your accommodation.

## Arrival

After an orientation meeting at the language school in Newlands on your first Monday morning, our driver will take you to the project.


For those only volunteering in the afternoon, you will receive your orientation at the language school in Newlands after your lessons finish and will then be taken to the project by our driver.


















## Departure

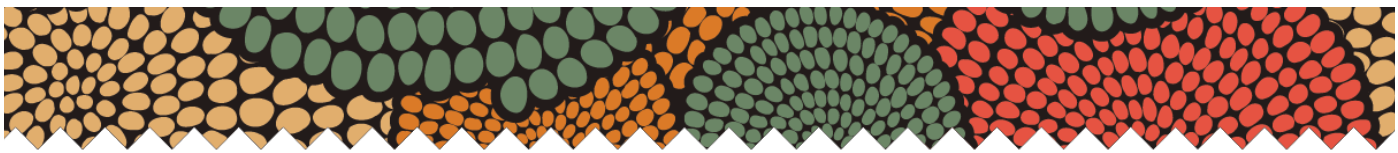
Please schedule your departure for Saturday after your final Friday at the project. Your departure airport transfer is not included in the project fee; however, we can assist in arranging a transfer for you at an additional cost, should you require one.

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## Accommodation

You will live at the Volunteer House. It is a private house in an upmarket residential area with single beds and twin bedrooms. Volunteers are accommodated in twin bedrooms but may upgrade to single rooms upon request. There are 4 bathrooms to share, a communal kitchen, a dining room, a lounge with a TV and DVD and a beautiful garden with a swimming pool.

Bedding is provided. Towels are not provided.

There is a washing machine at the residence for you to use. It works with tokens which can be purchased for R40 per load.

### Meals

Self-catering. The main shopping areas as well as restaurants, pubs, etc. are within walking distance of the Volunteer House.

Lunch is not provided by the project.

## Free time

Together with other volunteers and language students from Good Hope Studies, you can take part in the entertainment programme of the Social Club. There are organised events, outings and tours most evenings and at the weekends. To find out about the current programme, go to <https://www.ghs.co.za/activities/>

## How to get to the project and local transport

There is a daily transfer by bus from the Volunteer House to the project and back during the week. If volunteers wish to take part in the weekend activities offered by the school, then these trips will need to be arranged independently. We recommend the use of Uber.

## What to bring

There are no special requirements in this regard, but we recommend bringing comfortable, practical clothes as well as sports attire for the afternoon programme and 3-point South African adaptors.

Anything else you might need is readily available at local supermarkets in South Africa.

## Your commitment

Please be aware that in applying for a volunteer project, you are making a firm commitment to the project. Our projects depend on the volunteers. It is necessary that you take this commitment seriously.

Some projects will appoint specific responsibilities to you; others are less structured and require the volunteers to use their initiative. If you prefer one type over the other, please ask us for the most appropriate project for your preference.

Your daily presence is required and working hours are to be followed strictly. Not fulfilling your obligation can result in your dismissal from the project.

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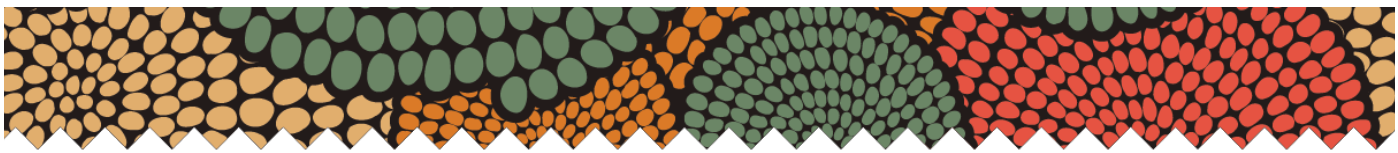
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## Cell phone use during working hours

We kindly ask that you do not use your cell phone during work hours as this will distract you from doing the work at hand. Due to strict privacy laws, taking photographs of people, and particularly children, is in most cases prohibited.

We also ask that you consult with the project team onsite to receive guidance and advice on the taking of photographs while at the project. Please ensure you follow this advice as it is for your own safety as well as the safety of the children whom we support with our social projects.

## What to wear

You are asked to wear sensible clothing and to be culturally sensitive of the communities you are working with. You are expected to wear modest clothing, which includes jeans, leggings, long shorts, and long skirts. Closed shoes are advisable, especially when working outdoors. Underwear is not to be seen under any circumstances.

The following are considered unacceptable: low-cut tops, short shorts/shirts, bikinis and swimwear, belly tops, shirts/t-shirts with no sleeves for male volunteers as well as flip-flops or no shoes.

## Insurance

### Travel insurance

We strongly recommend that you take out full personal insurance cover.

This should include protection against theft and against loss of fees, should the whole or part of a programme or activity or accommodation not be attended.

### Medical insurance

You are required to take out medical insurance before travelling.

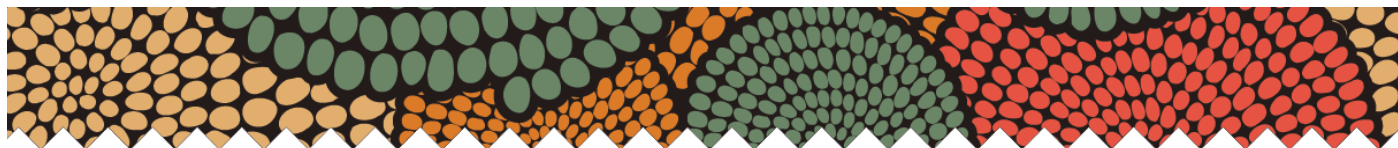
You must ensure that you are covered from the day of departure in your home country to the day of arrival back in your home country. The minimum coverage must be US\$ 100.000 and, as part of the enrolment process, you will need to email us a copy of your insurance policy documentation.

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## Health

No vaccinations are required, except for travellers going to the north-eastern areas of South Africa, where anti-malaria precautions are recommended. Clients should consult their doctor for recommendations.

A yellow fever certificate is compulsory for those persons who have travelled from, or intend travelling through, countries in the yellow fever belt:

Africa: Angola, Burundi, Benin, Burkina Faso, Cameroon, Central African Republic, Chad, Congo, DRC, Equatorial Guinea, Ethiopia, Gambia, Gabon, Guinea, Guinea-Bissau, Ghana, Ivory Coast, Kenya, Liberia, Mali, Niger, Nigeria, Sao Tome and Principe, Senegal, Sierra Leone, Somalia, Sudan, Rwanda, Tanzania, Togo, Uganda.

South America: Bolivia, Brazil, Colombia, Ecuador, French Guyana, Guyana, Panama, Peru, Surinam, Venezuela, Argentina and Paraguay.

Bring medication just in case you suffer from any travel-related illnesses, e.g. stomach upsets, since your body needs to adjust to the change in food and water during your first few days in South Africa.

It is important to keep in mind at all times that HIV and AIDS are widespread diseases in South Africa.

## Safety

HIV, AIDS, TB and other chronic diseases are major public health concerns in South Africa. You should be aware that you are working with children who could be infected or affected by a chronic disease. You are advised to take the necessary precautions.

Some of the programmes run in townships and it is strongly advised that safety precautions be taken, even though you will be driven to and from each location and the schools are within fenced areas. Due to poverty in these areas, crime and theft can be a problem. Try not to carry large amounts of cash and be discreet with expensive cameras, jewellery, cell phones, tablets, or laptops, etc. Do not walk alone in deserted areas, especially after dark. Wait for our transfer to take you to the accommodation and do not walk through the township on your own.

## What's included / not included

### Included:

- Project placement
- Airport transfer on arrival (full-day volunteers only)
- Accommodation placement fee (full-day volunteers only)
- Accommodation (Volunteer House: shared room, shared bathroom, self-catering) (full-day volunteers only)
- Daily transfer to and from the project
- A donation towards the project
- Good Hope Volunteers welcome pack
- Frequent site visits by our coordinator
- An orientation at the beginning of your volunteering experience
- Participation in the activities of the Social Club (extra charges may apply)
- Electronic certificate (printed copy on request)

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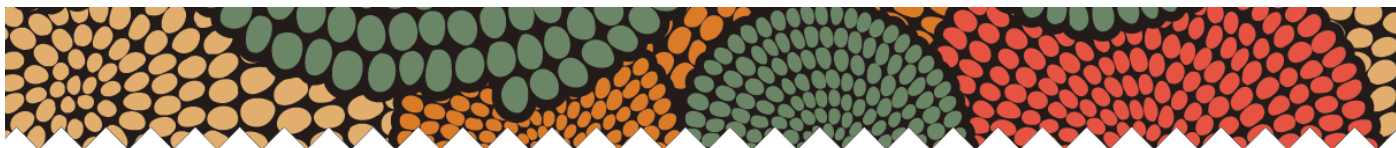
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- Local support, including a 24-hour emergency number
- Wi-Fi

#### Not included:

- Food
- Local transport
- Airport transfer on departure
- Laundry
- Towels
- Any items of a personal nature
- Medical insurance

This project may be combined with a language course (English Plus Volunteering)

## Visa

You can volunteer in South Africa on a visitor's visa for up to 90 days.

Nationals from certain countries (e.g. Brazil, Switzerland, Germany, Australia, France, the Netherlands, Spain) will receive their visa when entering South Africa. Other nationals need to apply for a visitor's visa at a South African embassy in their home country before travelling.

If you come to South Africa on a visitor's visa, you can extend once by another 90 days.

If you plan to come for more than 90 days, you need to apply for a volunteer visa at a South African embassy in your home country. Please ask us for the necessary documents for your visa application.

For the latest information, contact the South African embassy or Good Hope Volunteers.

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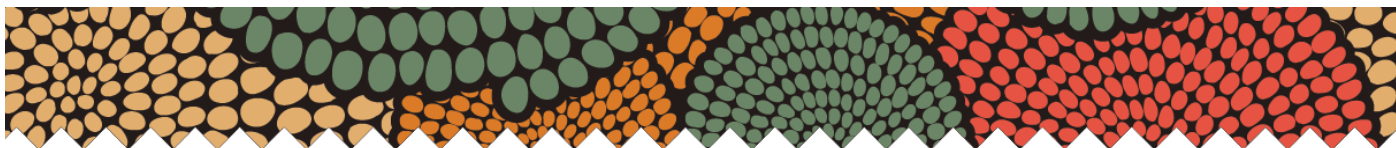
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## For non-English speakers: vocabulary list

For your own safety and to make your volunteering a success, basic communication skills are essential. Below we have put together a list of important vocabulary. Prepare yourself for your trip by making sure you are in command of these words and phrases:

ENGLISH	PORTUGUÊS	DEUTSCH	FRANÇAIS	ISIXHOSA
Good morning	Bom Dia	Guten Morgen	Bonjour	Molo/ Molweni refers to more than one person
Please	Por favor	Bitte	S'il te plaît	Ndicela/ ndiyacela
Thank you	Obrigado	Danke	Merci	Enkosi
How are you?	Como você está	Wie geht es Dir?	Comment ça va?	Unjani/ Ninjani refers to more than one person
Goodbye	Adeus	Auf Wiedersehen	Au revoir	Sala kakuhle/ salani kakuhle refers to more than one person
Children	Crianças	Kinder	Les enfants	Abantwana
Child	Criança	Kind	L'enfant	Umntwana
Boy	Garoto	Junge	Le garçon	Umfana/Mfana
Girl	Menina	Mädchen	La fille	Intombazana/ Ntombazana
Snack	Lanche	Snack	Le snack	Ukutya
Lunch	Almoço	Mittagessen	Le déjeuner	Ukutya
Quiet	Quieto	Leise	Doucement	Thula
Teacher	Professor	Lehrer	Le prof	UTHishala
Homework	Dever de casa	Hausübung	Les devoirs	Umsebenzi wesikolo
Danger	Perigo	Gefahr	Le danger	Ingozi
Crying	Choro	Weinen	Pleurer	Ukulila
Scream	Grito	Schrei	Le cri	Khwaza
Water	Água	Wasser	L'eau	Amanzi
Stand in a line	Ficar em uma linha	In einer Reihe stehen	En rang d'ognon	Yima emgceeni
Be careful	Seja cuidadoso	Pass auf!	Fais attention	Lumnka

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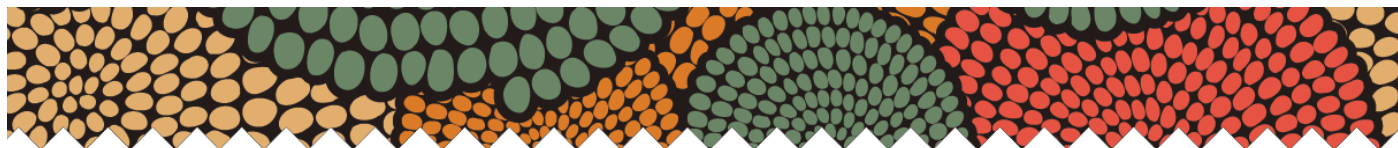
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ENGLISH	PORTUGUÊS	DEUTSCH	FRANÇAIS	ISIXHOSA
Help me please	Ajude-me, por favor!	Bitte hilf mir!	Aide-moi, s'il te plaît!	Ndicela undincede
Nurse	Enfermeira	Krankenschwester	L'infirmière	Umongikazi/ U-nursi
Problem	Problema	Problem	Le problème	Ingxaki
I'm worried	Estou preocupado	Ich bin besorgt	Je m'inquiète pour...	Ndinexhala
Activity	Atividade	Aktivität	L'activité	Umsebenzi/ Intoyokwenza
Reading	Leitura	Lesen	Lire	Funda/ Ukuunda
Writing	Escrita	Schreiben	Écrire	Bhala/ Ukubhala
Playing	Jogando	Spielen	Jouer	Dlala/ Ukudlal
Arrive	Chegar	Ankommen	Arriver	Fika
Time	Tempo	Zeit	Le temps	Ixesha
Driver	Motorista	Fahrer	Le conducteur	Umqhubi
Sing	Cantar	Singen	Chanter	Cula
Dance	Dança	Tanz	La danse	Umjuxuzo


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
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