

# Dominican Republic Teaching & Sports Coaching

*Inspire the young children and watch their confidence grow through a programme of teaching and sports coaching, whilst you discover the joy of helping children who are in need.*

There is so much more to this dazzling part of the Caribbean than the tempting waters edged with iridescent sandy shores surrounding it. Enjoy fragrant sun soaked days and balmy exotic nights dancing to a soundtrack of Spanish-influenced merengue, one of the most alluring genres of music found in the world. Immerse yourself in the community; watch a game of dominoes being played on aluminium tables in the shade of a bar painted sky blue, smell the pungent aroma of locally made cigars and enjoy the honey sweet coffee that the Dominican Republic is famous for. As well as falling in love with this tropical idyll, bring hope and happiness to children that suffer desperately within a society where the majority of people barely survive from day to day. Inspire their young minds and watch their confidence grow through a programme of teaching and sports coaching, whilst you discover the joy of helping children who are in need and who will never forget you! This is an exciting chance to build a special bond with your pupils, as you put into practice your TEFL training and utilise skills that you will be constantly developing. Visit the Dominican Republic for a worthwhile community development project in beautiful sun drenched location!

## PROJECT HIGHLIGHTS

- Earn your TEFL certificate for free!
- Stay in this dazzling part of the Caribbean
- Reach out to the community's most vulnerable individuals

## PROJECT REQUIREMENTS

- Minimum age of 18 years.

## FAST FACTS

<b>Location</b>	Dominican Republic
<b>Activities</b>	Teaching Teaching English Sports coaching Organising structured sports programme Helping out at the orphanage
<b>Transport</b>	Airport pick-up & drop-off Walk from accommodation to work placement
<b>Accommodation</b>	Dormitory in the orphanage

## **WHAT DOES THE PROJECT DO?**

About one in five Dominicans lives in poverty and almost one in ten in extreme poverty. Amongst the poorer families, the numbers of children tend to be higher, resulting in many unfortunate youngsters being turned out onto the streets and being exploited in a range of ways. Chronic malnutrition, abuse and multiple health problems are common. Those who are most vulnerable include disabled children and those of Haitian origin, many who are trafficked into the Dominican Republic in the first place. Many become resigned to a life of prostitution and poverty. It is essential that the situation is recognised and tackled – orphanages and schools here are hugely under-funded and often close due to lack of human resources. By working with the children you can make an immeasurable difference to their lives, by giving them the self belief to achieve their goals and strive to leave hardship and poverty behind.

## **WHAT WILL I BE DOING?**

The kinds of activities that you could be involved with throughout the project is very much up to you and how much you use your initiative. The most successful volunteers are typically those who remain flexible and are as proactive as possible. At the same time, if you have a particular interest or preference then your local coordinator will be happy to help you focus your time in that area. Some of the areas where you could get involved include helping out with the daily duties of running the orphanage, spending time with the children playing and creating fun and interesting activities for them, helping out with kitchen duties, teaching in the school and running a range of extracurricular sporting activities to get the children active. The orphanage will be happy for you to simply get involved in as much as you feel comfortable with and let you decide your own daily schedule as your help will be appreciated in most areas.

In your first few days you will receive an orientation introduction to the area and the volunteer work by your host. Whatever role you take on you will be giving disadvantaged children a better start in life. The children really benefit greatly from this rich opportunity for cultural exchange and your involvement will make a real and lasting difference to their lives. You will be an integral part of the project as it strives to offer skills development and environmental education to the people who need it the most.

Your activity programme will usually run five days a week, mornings and afternoons, with evenings free to enjoy as you wish, and will include a wide variety of fun activities. You will be so much more than a teacher to them, as their mentor and friend you will lead them in a sports schedule of your choice designed to be enjoyable and inspiring. Whilst working on this project, you are encouraged to be creative and bring your own unique skills and personality to enliven and enrich the experience of the kids in your care.

## **WHAT HAPPENS WHEN I ARRIVE?**

Upon arrival into Santo Domingo Airport, you will be met by an in-country staff member and transported to your accommodation where you will be based for the duration of your project.

## **WHERE WILL I BE STAYING?**

During your stay you will be living with friendly Dominican family which will help you to immerse yourself in the culture of the region. You will usually have your own room which has a lock on the door and a bathroom with a regular toilet. There will be facilities to wash your clothes. Your accommodation is located approximately 5 minutes from the orphanage.

## WHAT WILL I BE EATING?

You will be provided with 3 meals per day, with breakfast and lunch being provided at the orphanage, and dinner being provided at your homestay with your host family. In your spare time enjoy exploring the tempting local street food in nearby shops and restaurants. Dominican food is as colourful as the landscape and language and is inspired by the islands Antillean roots and hearty Creole influences. Light spices and coconut add depth and flavour to dishes and warm the soul! Try fried plantains, or the "flag meal" which is rice, beans, meat and vegetables. Goat stew is also popular. Most food here is similar to Central America – lots of rice, fish, and fresh seafood!

## COSTS

2 weeks	US\$ 1,195
4 weeks	US\$ 1,745
Extra week	US\$ 345

## DEPARTURE DATES

Monthly

## DURATION

You can join this project for 2 weeks or longer

## WHAT'S INCLUDED

### Before you go

- Pre-departure support & documentation
- Travel & medical advice & documentation
- Advice on visas & equipment
- Discounted medical kit
- Free Frontier t-shirt
- UK TEFL training day & certification

### In-country

- Accommodation
- Food

- Airport pick-up & drop-off
- Ground transfers to project
- Project orientation
- Project equipment
- In-country emergency support
- 24-hour international HQ backup
- Language tuition

## **AIRPORT INFORMATION**

Nearest airport(s): Santo Domingo Las Americas Apt (SDQ)

## **CONTACT INFORMATION**

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on [info@frontier.ac.uk](mailto:info@frontier.ac.uk)

Check out our social media here:

*Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.*