South Africa Sports Coaching

Renowned for its passion and host to the 2010 FIFA World Cup, the Rainbow Nation is an ideal place to share your love of sports!

Visit South Africa, a "Rainbow Nation" that combines modern culture with an ancient landscape that is simply breathtaking. South Africa has evolved over thousands of years to become the biologically and culturally diverse nation that it is today and attracts thousands of visitors a year to its wide, sandy beaches, cosmopolitan cities and, of course, its famous wildlife and game reserves.

Check out our South Africa Sports Coaching video

South Africa is a nation also famous for its enthusiasm for sports and, as it successfully hosted the 2010 FIFA World Cup, it is a fantastic time to visit South Africa as a sports coaching volunteer! Whether you enjoy playing sport socially or have represented your school, university or club team, or even have coaching qualifications, a volunteer coaching placement in South Africa will allow you to share your passion with children who have few other opportunities to play and learn in a well structured environment.

Contribute to this great project which is bringing both education and enjoyment to thousands of disadvantaged children in South Africa! In your free time, explore the great selection of game reserves, vast stretches of golden beaches and numerous adventurous activities from scuba diving to horse riding at your disposal!

PROJECT HIGHLIGHTS

- Become a coach, mentor and friend to disadvantaged children
- Discover the Rainbow Nation
- Make lifelong friends

PROJECT REQUIREMENTS

- Minimum age of 17 years

FAST FACTS

<table>
<thead>
<tr>
<th>Location</th>
<th>Port Elizabeth, South Africa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activities</td>
<td>Training clinics&lt;br&gt;Matches&lt;br&gt;Arranging sports camps&lt;br&gt;Teaching&lt;br&gt;Game drive (min 12 weeks)&lt;br&gt;Trip to Jeffrey's Bay (min 12 weeks)&lt;br&gt;Visit to bungy jumping (min 12 weeks)</td>
</tr>
<tr>
<td>Transport</td>
<td>Airport pick-up &amp;drop-off</td>
</tr>
<tr>
<td>Accommodation</td>
<td>Shared volunteer house</td>
</tr>
</tbody>
</table>
WHAT DOES THE PROJECT DO?

South Africa has a great sporting reputation but few top players come from poorer backgrounds and many young people lack the opportunity to play sport in a well structured environment. The project aims to bridge this gap and offer young people from disadvantaged backgrounds the opportunity to benefit from structured sports training. In addition, working closely with sports academies, the project strives to identify South Africa's next generation of top sportsmen and women.

Although the focus is on sport, the project's aims are far larger. The goal is to inspire young people and teach life skills, developing a responsible youth, as well as bridging social divides and enhancing awareness of a wide range of social and health issues. Essentially sport is used as a vehicle holistically to improve the lives of young people from township communities.

As a sports coaching volunteer, you can help provide opportunities for enthusiastic young players to practise sports in an organised and fun environment as well as teach them personal skills which will equip them for the rest of their lives!

WHAT WILL I BE DOING?

Under the leadership of local staff you will usually work five days a week coaching children of various ages, normally between nine and 16, on both in school and after school placements at various schools in the townships around Port Elizabeth.

You will normally work with children who are from disadvantaged backgrounds and you will become so much more than just a coach to them. As their mentor and friend, you will lead them on a sports training programme as well as teaching them aspects of a life skills curriculum which is designed to be both enjoyable and educational.

The majority of your placement will involve running training clinics and matches for the children as well as providing them with decent sporting equipment. You may also get the opportunity to organise tournaments, holiday camps and various educational activities depending on when you travel and local school holidays. Over the course of your project, you will see the children develop and improve under your guidance, making this an exceptionally rewarding project!

Whilst you are on the project we also provide a range of exciting activities for our volunteers on weekends including a free game drive at a local game reserve and a free trip to the famous Jeffrey's Bay where you can go dune boarding for an extra fee, as well as taking all of our volunteers to watch the high octane bungy jumping which again you have the opportunity to get involved in for an extra fee.

WHAT HAPPENS WHEN I ARRIVE?

On arrival you will be collected from Port Elizabeth airport and taken to your volunteer accommodation, where you can settle in. You will then start 3–4 days of orientation in accordance with which you will be given inductions and various workshops and training and will get to know the
local staff and your fellow volunteers. Throughout your placement all work-related transport is included in your project contribution.

WHERE WILL I BE STAYING?

During this placement you will stay in a comfortable volunteer house with dormitory style rooms, flushing toilets and showers. The volunteer house has a great sociable atmosphere, with Sky TV and a games room with a pool table and table tennis to enjoy with your fellow volunteers. The accommodation is conveniently located only ten minutes drive from town or the beach and a shopping centre and various amenities are within walking distance.

WHAT WILL I BE EATING?

Three meals a day are provided on your placement and vegetarians can be catered for. There will be breakfast of toast, spreads and cereals, a packed lunch which the volunteers make up themselves and dinner is available in the canteen, offering various western style meals such as pasta dishes and burgers and some South African specialities. If you venture to any local cafes or restaurants, try some of the local cuisine such as biltong and bobotie, a delicious shepherd's pie-style dish, or boerewors, which are handmade farm sausages and very popular with visitors!

COSTS

<table>
<thead>
<tr>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 weeks</td>
<td>US$ 2,245</td>
</tr>
<tr>
<td>12 weeks</td>
<td>US$ 4,295</td>
</tr>
<tr>
<td>Extra week</td>
<td>US$ 345</td>
</tr>
</tbody>
</table>

DEPARTURE DATES

Project runs from Saturday to Saturday

2019

12th January (5-11 weeks)
16th February (5-6 weeks)
30th March (5-12 weeks)
4th May (5-7 Weeks)
6th July (5 weeks)
17th August (5-12 weeks)
21st September (5-7 weeks)

2020

11th January (5-11 weeks)
15th February (5-6 weeks)
4th April (5-11 weeks)
9th May (5-6 Weeks)
4th July (5 weeks)
15th August (5-12 weeks)
19th September (5-7 weeks)

DURATION
5 - 12 weeks

WHAT'S INCLUDED

Before you go

- Pre-departure support
- Travel & medical advice & documentation
- Equipment advice
- Discounted medical kit
- Free Frontier t-shirt

In-country

- Food
- Accommodation
- Airport pick-up & drop-off
- Project orientation & training
- Project related transport
- Game drive (min 12 weeks)
- trip to Jeffrey's Bay (min 12 weeks)
- In-country emergency support
- 24 hour international HQ backup

AIRPORT INFORMATION

Nearest airport(s): Port Elizabeth (PLZ)

CONTACT INFORMATION

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

Mail us on 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.