

EC CAPE TOWN'S VOLUNTEER PROGRAMME



VOLUNTEERING
FACTSHEET



Volunteering is an incredible way to develop and grow as a person, while at the same time contributing in meaningful, lasting ways to various communities and the broader environment. Anyone can volunteer and, as long as you follow your passion by doing what excites and motivates you, you will be able to find a cause or project that suits you and where you will be able to do the most good.

EC Cape Town partners directly with several organisations in South Africa. Some of these are based in Cape Town, while others are based elsewhere in South Africa.

There are two broad categories of volunteering opportunities: Animal-based and Community-based.

Animal-based projects generally include the rehabilitation, care and upkeep of wild or domestic animals. This includes big-game animals like elephants, cheetahs or lions, various species of antelope, birds of prey and marine creatures (e.g. sharks, whales and seals). Other animal projects might include working with penguins or rescued dogs and cats.

Community-based projects comprise of working with younger children from previously disadvantaged communities in South Africa, either at a school or crèche. This involves helping children with their education and promoting their well-being. Some projects also work with the broader area around these places of education, so there is also the opportunity to interact with the adults in those communities.

FIND YOUR VOICE



THE BENEFITS OF VOLUNTEERING

Besides the clear benefits an extra pair of willing hands contribute to every project, there is a wealth of direct personal benefits also to be gained by being part of a volunteering experience.



VOLUNTEERING CONNECTS YOU TO OTHERS

- It's a great way to meet new people, make new friends and contacts, and increase your social and relationship skills. Whether you work with animals or children, there will always be contact time with like-minded people at the projects who share the same vision and purpose as you do.



VOLUNTEERING IS GOOD FOR YOUR MIND AND BODY

- By developing meaningful connections with other people and the environment, volunteering helps to counteract the effects of stress, anger, anxiety and even depression.
- Helping others (or animals in need) brings us immense pleasure and joy. The more we give, the happier we feel!
- Your self-confidence increases and you find new purpose, meaning and direction in your life.



VOLUNTEERING CAN ADVANCE YOUR CAREER

- You learn valuable skills that can help you in the workplace, and you have the chance to gain experience in an organisation that could help you in future career decisions and opportunities.



VOLUNTEERING BRINGS FUN AND FULFILMENT TO YOUR LIFE

- Being away from your normal day-to-day life, in a new, different environment, is incredibly exciting and energizing.
- You have the opportunity to completely be yourself, with renewed creativity, motivation and vision, which could be life-changing for you both personally and professionally. *

* Adapted from www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm/



VOLUNTEERING AND LEARNING ENGLISH

Another major benefit of participating in EC Cape Town's Volunteer Programme is that your English will improve while you are living and volunteering in South Africa.

Of course, this will happen naturally as you work at the volunteer project, but you are also able to combine your volunteering experience with an English language course.

Since most of the programmes require at least an Intermediate (B1 or B2) Level of English, we recommend that you enroll for a short English course (around 2 weeks or longer) with EC Cape Town before you begin volunteering.



PROGRAMME SUMMARIES



CONSERVATION & COMMUNITY

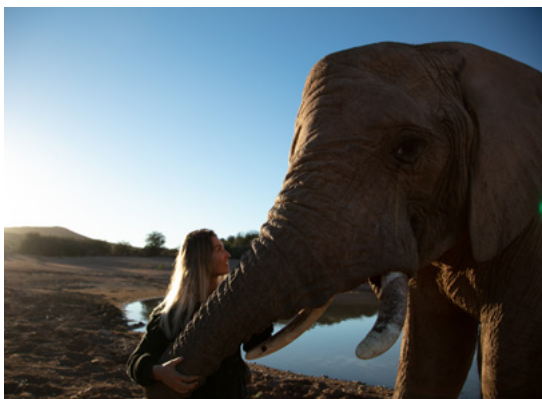
The Conservation & Community Volunteer Programme forms part of the main vein behind the heartbeat of the Reserve Conservation. For those volunteers seeking an experience to explore a corner of Africa and all its inhabitants, Conservation & Community will not disappoint. All aspects of conservation are addressed in your experience, no matter how short your time with us.



DOMESTIC ANIMAL SHELTER

This shelter provides a crucial role for the communities of Imizamo Yethu, Hangberg and the greater Hout Bay area.

Situated on a large plot in Hout Bay, Western Cape, this organisation provides shelter for its rescues through housing an extensive cat garden, cat sanctuary, outdoor and indoor kennel areas, as well as indoor rooms for those animals in treatment or rehabilitation.



ELEPHANT ENCOUNTER

In 2009, it was found that there was a serious lack of research done on captive elephants in South Africa, particularly with respect to their welfare and breeding, within their own unique environments. With this in mind, the project established the first elephant research unit dedicated to captive elephants - The African Elephant Research Unit, also known as AERU.

This research unit is a non-profit trust.



MARINE ACADEMY INTERNSHIP

Scientific skills based internship

Marine Academy is based in Gansbaai, South Africa.

We utilise ecotourism to further marine research and conservation goals. The overriding goal of the Marine Academy is to give people who love the marine environment a chance to immerse themselves within it, developing skills and experiences which they can use to enhance their own career and life goals.



WILDLIFE RESEARCH & CONSERVATION

The Wildlife Research and Conservation programme gives wildlife enthusiasts, volunteers, students, scientists and interns of all ages and backgrounds an opportunity to get involved in conservation, research and wildlife management. Participants spend five days per week assisting in various capacities of research and wildlife conservation.



CAPE TOWN SURFING

This project takes you on an unforgettable surf travel experience that includes volunteering your time and skills to coach and mentor children from disadvantaged communities around Cape Town.

Featured in "World's Best Surf Towns" by National Geographic, Muizenberg is one of the best places to learn how to surf or improve your surfing. You will get surf lessons from professional instructors.



BIG 5 CONSERVATION

This conservation project aims to rehabilitate agricultural land and develop a long term self-sustaining natural environment, create community awareness, expand the existing reserve and continue their successful free roaming cheetah research. They work with surrounding farms on the reserve to ensure these objectives and goals are met.



VETX

This hands-on programme consists of practical experience with a wildlife veterinarian and a wildlife professional during the 3-week wildlife game capture programme.