

# CAPE TOWN SURFING PROGRAMME



VOLUNTEERING  
FACTSHEET



## ABOUT

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.

You will volunteer at a registered non-profit organization, founded by Daniel Botha in 2015. Daniel discovered surfing, fell in love, and the rest is history. As he spent most of his free time on his surfboard in the ocean, closely connected to nature, surfing became a life changing experience for him. As a surf enthusiast, he had a strong desire to share his passion for surfing and the ocean with at-risk children and youth who do not have the same opportunities he had during his childhood.

Children growing up in disadvantaged communities around Cape Town have little hope of escaping their socio-economic environment: poverty, crime, drugs, gangsterism and a lack of good quality education and job opportunities are rife and real battles these children face. Daniel realised that surfing could be a powerful tool to positively impact the lives of these children.

The organization aims to create long-lasting opportunities for these children from disadvantaged communities through a powerful formula of surfing, education and nutrition. The children join the programme five days a week after school, where they join surf lessons, education classes and vocational workshops and receive nutritious meals. Surfing promotes their physical and mental wellbeing, and combined with focused after school education and nutritious meals, improves their school performance, prepares them for sustainable employment and promotes their role as ambassadors in their communities for living a healthy life, caring for and in touch with nature.

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FIND YOUR VOICE



## WHAT WILL YOU DO?

### SURF COACH

- You will help assist the children in the water through interactive surf sessions.
- Surf sessions take place two to three times per week after school in Muizenberg.

### SCHOOL MENTOR

- You will help the children with their homework and guide them with their English and Maths.
- You will design life skills activities and fun games to expand their horizons.
- Classroom sessions take place two to three times per week in our classroom in Masiphumelele township.

If you have unique skills or ideas that you would like to share with the project before, during or after your stay, please let us know. The organisation is always open to new and cool ideas! Some examples of skills and ideas that previous volunteers contributed: organization of photography workshop, organization of painting workshop, production of video clips, assistance with social media, assistance with PR and advertising, initiation of fundraiser among family and friends for the project foundation.

## WHAT TO WEAR?

Depending on whether you are surf coaching or mentoring in the classroom, either a wetsuit or comfortable clothes. Wetsuits are provided by the project, although you are welcome to bring your own wetsuit if you have one.



## ACCOMMODATION AND MEALS

In Muizenberg, volunteers are hosted at a cool surf hostel. The hostel is located at the beachfront overlooking the surf action and surrounded by surf shops, cafés and restaurants. Within walking distance you find the supermarket, the train station and the famous Muizenberg food market. Inside your new home for the month, you will find a yoga studio, café and bar. Put your feet up and enjoy the sea views, while listening to records or indulging in the many books on offer. Within walking distance, you can find a wide variety of bars, restaurants, coffee shops, supermarkets, food markets, surf shops and the local train and bus station. Dan, the surf coach, and Eline, the volunteer host, make sure you feel at home. Dan shows you all the hip spots around Muizenberg and Eline is always available should you need any assistance.

## MEALS

- Healthy breakfasts Monday to Friday
- Dinner Monday - Thursday

## WHAT YOU NEED TO KNOW

Upon arrival in Cape Town, you will be collected from the airport or booked accommodation in Cape Town, and taken to your accommodation in Muizenberg. To get you acquainted with the project and meet the other volunteers, the project facilitates an orientation dinner in the first days of your stay.

The mornings are for you! You will receive a surf lesson instructed by one of the best surf instructors in Muizenberg, be taken on a tour to explore the peninsula of Cape Town, join a yoga class, or have a free morning.

The afternoons are for you and the children! You will help coach the children in the water in Muizenberg or help mentor the children in the classroom in Masiphumelele.

## MINIMUM AGE

- 18

## MINIMUM LEVEL OF ENGLISH REQUIRED

- Intermediate

## SKILLS/PERSONALITY TRAITS REQUIRED:

- Must be able to swim
- Good with children
- Good attitude

## APPLICATION

- Motivational letter
- CV
- Police Clearance Certificate

## ARRIVAL

- Sunday before the 1st Monday of the month
- Departure to be discussed with project, based on length of stay.



## WHICH TRANSFERS ARE INCLUDED?

- Return transfers to the project are included

## WHAT TO BRING?

Surfing equipment for the surf lessons is provided by project, but if you prefer to use your own wetsuit and surfboard, you are encouraged to bring this along.

We recommend that you bring warm clothes, beach clothes, towels, sun cream, hat/cap and shoes for hiking. A camera and laptop are not essential, but could help with organising life skills activities. Anything else you might need can be bought at local supermarkets in South Africa.

## VACCINATIONS

Consult your local doctor/travel clinic.

No vaccinations are required by South Africa. However, a yellow fever certificate is compulsory for those persons who have travelled from, or intend on travelling through countries in the yellow fever belt.

### **MOST COUNTRIES RECOMMEND THE FOLLOWING VACCINATIONS FOR SOUTH AFRICA**

DTP vaccine and Hepatitis A vaccine.

Please consult your own doctor for the recommended vaccinations for South Africa. For travellers going to the north-eastern areas of South Africa, anti-malaria precautions are recommended. It is important to keep in mind at all times that HIV and Aids are widespread diseases in South Africa.





## WHERE IS THE PROJECT BASED?

- Muizenberg (near Cape Town), South Africa



## WORKING?

- Duration of four weeks
- All year round
- Closed July and December/January school holidays

## COSTS

- Placement fee: **€400** (non-refundable) | Price per week: **€800** - 2 or 4 week programme

## PROBATION

- N/A

## SICK DAYS

- Stay in your accommodation until better. Inform the project in the morning.

## WHAT IS INCLUDED

- Accommodation
- Breakfast (Mon - Fri), Dinner (Mon - Thu)
- Donation to the Surfpop Foundation
- Weekly social activities
- 4 epic tours around Cape Peninsula
- 3 weekly professional surf lessons
- Unlimited surf gear rental
- 1 surf tour around the Cape Peninsula
- Support services from both the project and EC Cape Town
- 24/7 assistance on EC Cape Town's emergency phone for the duration of your stay

## WHAT IS EXCLUDED

- Visa application fees
- Travel insurance (available at €20 per week if booked with EC)
- Flights
- Laundry

## TERMS AND CONDITIONS

- Standard EC Terms and Conditions apply.
- In addition, please note the following Project Booking and Cancellation Policy:
- If a volunteer cancels more than three months in advance of the volunteer starting date (first Monday of volunteering), project refunds the full amount minus bank charges. If a volunteer cancels between 1 and 3 months in advance of the volunteer starting date, project refunds 50 percent minus bank charges, which includes a donation to the project foundation.
- If a volunteer cancels less than 1 month in advance of the volunteer starting date, project does not provide a refund.

