

# HOUT BAY UNITED FOOTBALL COMMUNITY (HBUFC)



VOLUNTEERING  
FACTSHEET



## ABOUT

**THIS IS A NON-PROFIT ORGANISATION SET UP WITH THREE OVERRIDING GOALS:**

1. To encourage and provide opportunities for the Hout Bay communities to come together.
2. To get kids off the streets and develop them through mentorship and coaching to improve life skills, schoolwork & football ability, while creating jobs for players and the broader community.
3. To develop a successful top class football culture and teams which bring pride to the people of Hout Bay.

Apart from operating boys and girls football teams from U6 to adult, in both local and high-performance leagues, they also operate many community initiatives.

## WHAT WILL YOU DO?

Unpaid internships and volunteer duties in various projects. Volunteers are mainly from Western Europe and the USA currently. Volunteers are matched to one or more projects offered in Hout Bay or the broader Cape Town area, taking into account the needs and abilities of the volunteers.

Volunteers must be at least 20 years old and you will work together with our local teachers and other volunteers. The minimum length of stay is 4 weeks.

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FIND YOUR VOICE



## DAILY DUTIES MAY INCLUDE

- Fitness or Conditioning coaching - Sports coaching (football, basketball, boxing, cricket, sports science)
- Office administration and support
- Social media and website development
- Tutoring and academic support
- Working with social programmes such as aftercares and orphanages

Our volunteers are utilised for a wide range of tasks, from coaching to teaching or administrative duties, and are given a great deal of responsibility. A passion for football is a definite plus. The choice of which age groups and genders you would like to work with is given to you, should you want to get involved in coaching our football teams.

## WHAT TO WEAR?

Comfortable / Sport like clothing.

## ACCOMMODATION AND MEALS

Comfortable and safe accommodation with a host family or volunteer residence in Hout Bay. You share the accommodation with other volunteers, and potentially with players from our football teams.

The volunteer residence offers twin to 4-bed accommodation and includes a communal kitchen, lounge, garden and braai (BBQ) area. Bathrooms are shared.

## MEALS

Self-Catering







## WHAT YOU NEED TO KNOW

We believe in a bright future for South Africa; a proud Rainbow Nation that embraces all its cultures and communities. A country richer for its diversity.

The historical fishing village of Hout Bay is a true microcosm of South Africa, with great beauty, diversity of cultures and a wonderful, friendly atmosphere, alongside vast income inequality and high unemployment levels. Unfortunately, due to the economic challenges and geographical separation, there are very few opportunities for the communities to mix and this is where we help.

## MINIMUM AGE

- 20 years and older is ideal, but younger volunteers can be accepted on request

## MINIMUM LEVEL OF ENGLISH REQUIRED

- **INTERMEDIATE:** a strong understanding of English at a conversational level is required

## SKILLS/PERSONALITY TRAITS REQUIRED

- Positive attitude, willing to help and support, willing to occasionally go the extra mile
- Team Spirit



## APPLICATION

- Current CV
- Reference letter
- Letter of motivation

## ARRIVAL

- Arrival & departure on any day

## WHICH TRANSFERS ARE INCLUDED?

- An arrival transfer to the project and departure transfer from the volunteer accommodation to the airport are included

## WHAT TO BRING?

- Volunteers are required to bring their own mobile phone and laptop. Local SIM cards are on offer free of charge at EC.

## 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:

- Africa: Angola, Burundi, Benin, Burkina Faso, Cameroon, Central African Republic, Chad, Congo, Democratic Republic of Congo, 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.

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?

- Hout Bay (near Cape Town), South Africa

## WHO IS IN CHARGE?

- Iris Henkel, +27 78 457 0047

## WORKING DAYS AND HOURS?

- Minimum duration is four weeks
- Open all year round
- Working hours: 6-8 hours daily



## COSTS?

- Placement fee: **€400** (non-refundable)
- Price per week: **€280**

## PROBATION?

- N/A

## SICK DAYS?

- If the volunteers are sick – they need to rest. We will support if there is a doctor required.



## WHAT IS INCLUDED?

- Arrival and departure transfer
- Welcome tour of Cape Town and Hout Bay
- Comfortable and safe accommodation with a host family or the volunteer residence in Hout Bay
- Trustworthy, personal and professional support is available 24 hours, 7 days a week, with advice and action
- Processing of application documents, contracts, as well as paperwork to get the programme accredited by your university
- Support with applications for scholarships or financial aid (if applicable)
- Support with all travel preparations (flights, insurances, vaccinations, transfers to the project, etc.)
- Support with your visa application
- Support in organising weekend activities or planning a tour in South Africa
- Access to our volunteer network in South Africa, as well as contact to other participants before departure and during your stay
- Competent (German- and English-speaking) contact people in Cape Town to support you with all questions and issues while you are in South Africa
- Volunteer and/or internship confirmation for your CV
- 10% of your monthly contribution goes towards funding the organisation's programmes
- Self-service laundry facilities
- Wi-fi
- Bedding

## WHAT IS EXCLUDED?

- Return flight from your home country to South Africa
- International health insurance
- Food
- Personal expenditure for free time activities
- Towels
- Transport to project daily - We can provide bicycles with a small deposit and usage fee