



SAVE
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Skills Development Volunteer Project Overview

BACKGROUND OF OUR ORGANIZATION

SAVE started in 2006 when the need was identified to assist in the local impoverished communities. Many communities, preschools and schools were unable to provide effective programs due to lack of funding, resources and skill levels. With the assistance of volunteers, these shortcomings were addressed and SAVE slowly grew into a large organisation that now provides assistance to several communities in 5 countries across Africa. We now also offer several wildlife conservation projects including pre-vet, white shark and wild cats. Our flagship projects in Cape Town have grown exponentially and we now run 10 highly successful projects where these challenges are being addressed on a daily basis.

Our Vision Statement

To provide local communities with education, youth development, sports development and skills that will enable them to help themselves rise above the vicious circle of poverty. To bridge the gap between rich and poor by providing local NGO's with the tools, information and knowledge needed to provide a better level of education to their beneficiaries. To bring new skills to an industry that otherwise would not have access with the assistance of volunteers. To provide conscientious and responsible conservation with the assistance of volunteers.

International and local volunteers provide a vital role in our projects, without them we cannot exist. SAVE is a non-profit organization; the only funding that we receive for the projects comes from the volunteers or sponsors. All funding received is used on day to day programs for material, meals etc. The project also benefits largely from the physical help that the volunteers give, without the volunteers helping in the classrooms, painting buildings or helping in the after care, we would not be able to run these projects.

Through the help of international volunteers in the past two years we have:

- Grown from a single community based organisation to an international level
- Built and started 3 preschools for 60 children a year
- Started several vegetable gardens
- Started a computer school with computers donated from volunteers
- Taught over 300 children how to swim and over 80 how to surf
- Had 8 surf children obtain top 3 positions in local and provincial trials
- Taught computer skills to over 1200 children at an underprivileged school
- Started construction on a brick school for disabled children

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- Provided training, entrepreneurships and skills development to adults
- Cared for over 903 animals including, 133 primates, 129 cheetah and 79 African Wild Dog

THE VOLUNTEER PROJECT

Background to the Project

The goal of this project is to help local adults become self sufficient and productive members within their community. We achieve this by teaching members of the community building and crafting skills which they can use to manufacture products to sell and support themselves and their families.

During the project, volunteers will teach and assist the locals in building different kinds of products from reclaimed materials (ie. pallets, bottles, tires, denim, etc.). The profits from the sale of these products will go back to the individuals who helped to build them.

Volunteers for this project should be comfortable handling different types of hand and power tools, and safely supervising others.



Volunteer Tasks

- Assist in the manufacturing of products like tables, benches, handbags, etc.
- Teach locals the safe use of (power) tools

Volunteers will work 5 days a week.

Example Itinerary

	Monday	Tues	Wed	Thurs	Friday	Sat	Sun
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AM	Repairs at projects	Teaching how to use tools	Building prototypes	Building	Building	Off	Off
PM	Building	Building	Repairs at projects	Teaching how to use tools	Repairs at projects	Off	Off

Project highlights

- Using creativity to develop products from reclaimed materials
- Helping locals develop practical skills
- Experience working with local adults who are eager to learn
- Learning about the South African culture and way of life
- Making new lifetime friends



Project details

- Project starts: every Monday - orientation starts on Friday
- Location: Table View, Cape Town
- Minimum duration: 2 weeks

Volunteer requirements

- Police clearance
- No age limit
- Intermediate level of competency in English

- Copy of return flight itinerary
- Acceptance subject to availability of position

Average working day

Project runs 5 days a week normally from Monday to Friday. The day will start around 08:30 and finish around 15:00.

Extra information

- This program is very flexible, hours and the amount of hours that are worked can change.
- Programs are adjusted according to what maintenance/repairs need to be done.

Please note that from time to time there can be unavoidable changes to projects. These can be caused by weather, conservation priorities, materials supply, or because ongoing projects have progressed more quickly or slowly than originally planned. We ask you to accept the changes – we are sure that you will enjoy the replacement projects just as much.

Project tasks may sometimes seem repetitive – but your efforts will make a huge difference. Enjoy the project locations, your fellow team members, and the fact that you are helping to make a difference in the lives of the local adults that will benefit them in the years to come.



Project wish list

What can you bring?

If you would like to bring something to support the skills development project, please view our project requirements or consult your volunteer leader once on project. Some useful items we always need:

- Any used hand tools or handheld power tools
- Measuring aids - tape measures, set squares, levels, etc.
- First aid items – plasters, bandages, antiseptic ointment, etc.
- Old clothes – all sizes

Most of our project requirements change from depending on the time and season. For more accurate information regarding project needs, please feel free to contact us at donations@savefoundation.org.za

If you are planning on buying something for the children, rather wait until you are here as then you will have a better idea of the community needs. Goods are also often cheaper in South Africa than overseas – not to mention that it saves you carrying it around with you! Your volunteer leader will be happy to go shopping with you for the required items.

Included

Transport

- Volunteers will receive a meet and greet at Cape Town International airport and are then taken to their accommodation.
- On project days the volunteers will be transported by private car or minibus. The vehicles are roadworthy and have all relevant licenses and liability insurance.

Meals

- Volunteers will receive 3 meals a day. This includes:
 - Breakfast: help yourself to breakfast; cereals, fruit, yogurts, toast and spreads.
 - Lunch: help yourself to lunch; breads, fruit, cold meats, spreads.
 - Dinner: A hot meal will be served every night such as a traditional BBQ (braai), stews (potjies), casseroles, fresh vegetable etc.
 - Tea and coffee will be available
 - All other drinks will be at own expense, though tap water is safe to drink in Cape Town.
 - A generous amount of food will always be given so no one will go hungry but own snacks need to be purchased. There are several grocery stores nearby.
- There will be refrigeration available for volunteer's personal food and soft drinks.
- All Dinners will include a meat, starch and vegetable.

Included Airport pick up Orientation and welcome BBQ Three meals a day Weekly social events Transport to and from the projects 24 hour support and supervisor on project Donation to the NPO to assist with projects Certificate of appreciation

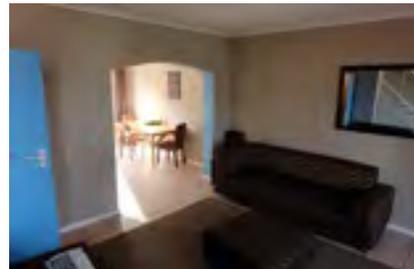
Important Reminder: Participants must advise SAVE of their dietary needs (e.g. if they are vegetarian or have any allergies) prior to their departure. Participants with very specific dietary needs may be required to supplement their meals at their own expense.

Accommodations

- Volunteers will stay in a volunteer house where they will share with other volunteers. They will stay in dormitories with 3 – 10 sleepers at a backpackers or bedrooms with 2 to 4 beds.

Available facilities are:

- Hot water and shower
- Electricity
- Beds, mattresses and linen (no towels)
- Males and Females may be in shared room unless otherwise requested.
- One bathroom per house of 2 or 3 bedrooms.
- Volunteers are responsible for keeping their own volunteer house tidy. Twice a week a cleaning lady will be there to change linen and clean the house
- Walking distance to shops, restaurants, entertainment, bus service and beach



Packing list

- Swimwear
- Warm clothes – Many people have the perception SA is a hot place – from May – Sept is our winter months and temperatures can drop to 10 deg and nights can get even colder and rainy. We do not have indoor heating in South Africa!
- Old clothes – bring comfortable clothes to work in
- Sunscreen (and a sun hat in summer)
- Prescription Medication - if needed
- Basic first aid requirements

You will be within walking distance to several shops if you need anything!

NOTICE: The most important things to bring are a sense of humor, patience, an open mind and a positive attitude!

Holiday program (Cape Town projects)

School and educare/settlement projects/sports development

- This is run in the settlements/townships with all the children that live in that community.
- Children are from 0 - 16 years old.
- The program includes sports days, game days, outings to the beach or pools, etc.
- Working hours are generally 08:00 - 14:00
- Depending on the funds available you could also be involved in a building or renovations program - building educare centers, vegetable gardens, painting etc.

Please note that during the holidays it is a time for the kids to have fun, so the programs are less structured and may change depending on the amount of children that arrive on the day.

School holidays 2015

1st - 13th April

26th June - 20th July

2nd October - 12th October

10th December - 12th January 2016

24th Dec 2015 - 4 Jan 2016: Due to Christmas and New Years celebrations, projects are very limited, however volunteers may still use the accommodation and food.

School holidays 2016

19th March - 4th April

25th June - 17th July

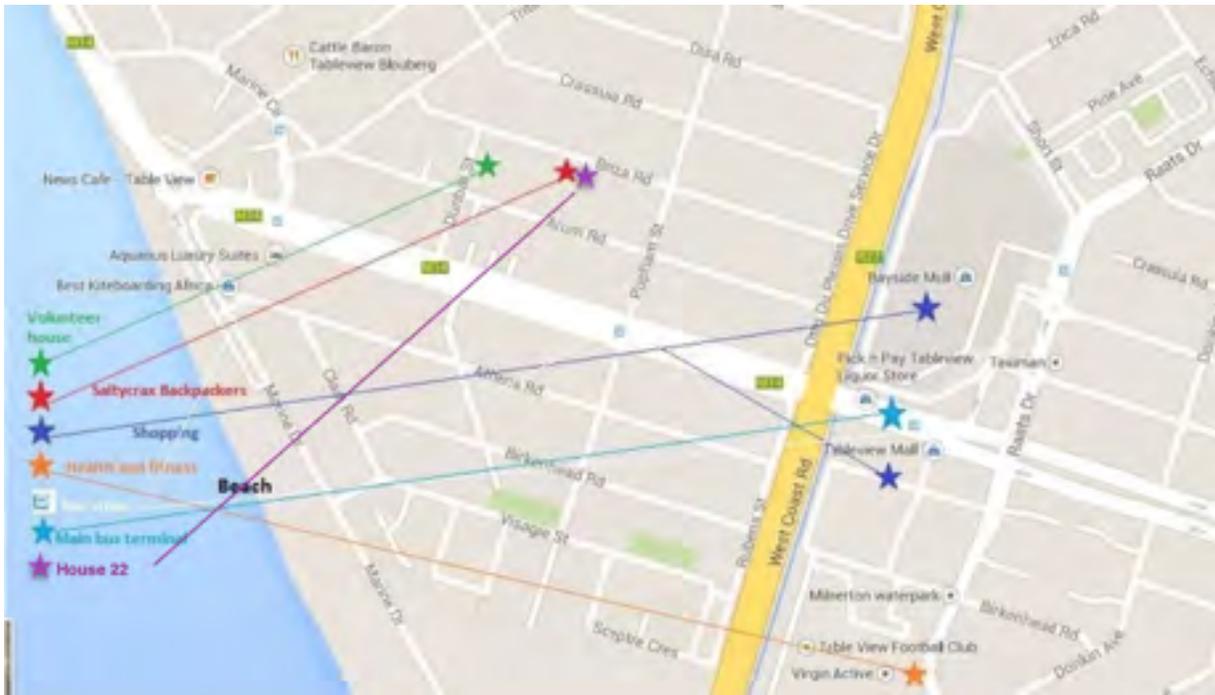
31st September - 9th October

8th December 2016 - 20 January 2017

22nd December - 2nd January 2017: Due to Christmas and New Years celebrations, projects are very limited, however volunteers may still use the accommodation and food.

The first and last weeks of school are less structured as there are exams as well as the children being excited and less disciplined.

Location information



Banks, stores and communication (e.g. Internet, public phones)

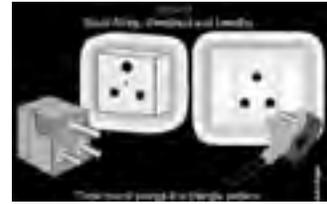
- Nearest Bank/ATM: there are many banks, tellers and bureau exchange all within walking distance from the Volunteer house.
- Internet: there is Internet available at the Internet cafes or backpackers all within a 5 minute walk. Prices vary from R8 – R20 per hour. Wi-Fi is available at the volunteer house at an additional cost per week.
- Public phone: there are public phones within a 5 minute walk. There will also be a land line available for volunteers to receive calls at Saltycrax backpackers.
- Mobile phones: there is great cellular reception in Cape Town. Volunteers can also buy a local SIM card for very little.
- Shops: there are two large shopping centers with clothing stores and groceries stores within 5 minutes from the volunteer houses.

Water: Water is safe to drink however scarce in many areas. Use water sparingly and have short showers or baths.

Electrical power: South African electrical power is 240 volts AC. Appliances from North America will burn out if they are not switched over or have a properly-rated power transformer (not just a plug converter) attached. Think twice about that hair dryer! South Africa is also prone to electricity cuts due to short supply. Please turn off lights and heaters when not in the room. The plug adapter needed for South Africa plugs is very difficult to find in your home country, we suggest you buy the adapter in South Africa.

Free time

- Volunteers will receive an average of 2 or 3 days off a week, usually over weekends. During this time there is a lot of great activities volunteers may participate in at their own expense.
- Examples of day tours the volunteers can participate in with average rates (Please feel free to request accurate pricing in advance):
- Cape Point, wine tour – R700
- Sandboarding - R700
- Kitesurfing lessons – R1050 – R1450 per day
- Skydiving – R1900
- Shark cage diving – R1900
- Volunteers can also visit Robben Island, Table Mountain, Cape Town city center, local markets, the V&A Waterfront, walk to the beach and much, much more.
- Visit www.saltycrax.com for a list of packages and tour ideas
- There are great public busses available that run into the city center (www.myciti.org.za)



list



Health and Safety

All participants should have informed SAVE of any medical information, including allergies, prescribed medications, or any known medical condition. It is advisable to remind your volunteer leaders again during orientation!

In case of an emergency, notify your volunteer coordinator immediately. An ambulance can be called or private transportation can be used to get to the nearest health center, clinic, or hospital. The nearest hospital is located in

Blaauwberg or Millerton, 5 – 15 minutes away from the projects. For less serious problems, there is a Medicross doctors' office walking distance from the Volunteer house. There will also be a suitable first aid kit in the vehicles.

The nearest pharmacy (drug store) is 5 minutes from the volunteer house, however we suggest that you bring a **personal first aid kit** and ensure you include basic medicine for headaches, diarrhea, stomach aches, and mosquito bites (a strong anti-itch cream). Remember to bring any prescription medications you will need.

The sun is an important health factor to consider. You can burn easily, even in winter and on cloudy days, so always use sun block (SPF 30+) and a hat, and drink plenty of water. Moderate to severe sunburns are common among visitors and volunteers, yet they are completely preventable. Please be cautious of the sun, severe sunburn can prevent you from participating to full capacity.

Tap water is safe to drink in Cape Town.

General Safety Tips

- Participants must conduct themselves in a safe and responsible manner at all times
- Hitchhiking is not permitted at any time.
- Traveling alone in the dark is not recommended
- Always be aware of your surroundings
- Don't leave your belongings unattended
- Never give beggars money - speak to your coordinator if you would like to make donations
- Do not look like a tourist with your camera around your neck or walking and texting
- Do not carry large amount of cash on you that people can see – Visa and Mastercard is accepted at 99% of the places you will visit and it is cheaper to swipe than to draw cash. Excess cash can be stored in our safe at Saltycrax backpackers.
- Leave your passport in the safe
- You will be supplied with both a room and a house key. Store your valuables in your room and lock it when you are not in.

Some South African laws to be aware of

- You can only drive from the age of 18, with a valid driving license. International licenses are required for vehicle rental in order to drive in South Africa.
- People under 18 years may not drink or buy alcohol.
- Drinking alcohol in a public place is illegal (this includes drinking on the beach).
- It is legal to smoke cigarettes in public places, but shopping malls, businesses, public transport and restaurants have no-smoking policies. Smoking is permitted inside bars and clubs.
- It is illegal to carry, buy or use drugs, including marijuana.
- The age of sexual consent is 16, and having sex with anyone under 16 is illegal.

SAVE Policies

Insurance: All SAVE participants must have medical, travel and trip cancellation insurance for the duration of their program. SAVE must receive proof of insurance no later than 65 prior to departure.

Drugs: SAVE has a zero-tolerance policy for illegal drugs. Offenders will be removed from the program immediately without refund.

Smoking: No smoking is allowed in front of the children or at the schools. Volunteers who smoke can do so away from the school/ crèche premises or after projects have been completed.

Alcohol:

A responsible level of drinking (for volunteers of legal age) during free time is allowed. However in these limited situations:

discussions.

- Alcohol is never to be consumed during the work day;
 - Participants are never to be intoxicated; and
 - Participants are never to be under the influence of alcohol at work or during group
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- No hangovers will be tolerated on project so please keep drinking to off days

Failure to comply will be treated as a serious matter. SAVE reserves the right to remove a participant from the project without refund if they disregard this policy. Participants who endanger their safety or the safety of others through irresponsible drinking of alcohol or negligence may be removed from the program without refund.

Accommodations

Participants are expected to keep their rooms and personal belongings tidy at all times and participate in any chores as required for the cleanliness and operation of the shared facilities, vehicles and projects.

Participants may not bring non -SAVE persons back to the project accommodations under any situation. Visitors can be met at any of the public areas nearby.

For safety reasons, participants are expected to return to the accommodations each night prior to a working day. If a participant does not follow this policy, they may be prohibited from joining the group/program. It is not safe to sleep in public areas such as beaches.

IMPORTANT POINTS TO READ

What is the difference between volunteering and regular tourism?

In regular tourism the emphasis is on the tourist who expects to receive excellent service on their trip (great hotel, good food and all excursions working according to a timetable). The place and local community becomes less important with the tourist becoming the center of attention.

In volunteer tourism (or “voluntourism”) the emphasis shifts to work contribution, goals of the program and helping the local community. It is the success of the program and the atmosphere between the community and the volunteers that helps make the trip unforgettable – not the level of service or the quality of the hotel.

Many programs are underfunded and staffed so inevitably there will be some difficulties; however it is the overcoming of any challenges which creates a sense of achievement and satisfaction not found in regular tourism.

Will there be any surprises?

Volunteer tourism can be unpredictable! While SAVE does the utmost to stick to timetables and examples of type of work needed by the volunteer, there are many factors that can

impact these plans. For example, the weather and seasons, local holidays, mood of the wildlife and immediate needs of the programs.

The information you will receive from the program is important and valuable however things can change and we urge you to use it as a guideline and **expect the unexpected** – this is what makes volunteer tourism so diverse and exciting.

It is important that you arrive with a **flexible attitude** and remember that just by being at the project you will be contributing to its running, growth and success. Many of these programs are in cultures very different than yours and as such the type and length of work given may or may not seem important to you but it will be for the program.

The first few days

These are the most important and can be the most difficult ones. You have just arrived off a long flight in a strange location and are living with new people. Even if the first impression is not what you had expected PLEASE give yourself a couple of days to acclimatize and give the project the help it needs. Our experience has shown that within two / three days everything works out for the best.

Sticking to a timetable

Each program asks its volunteers to stick to a timetable which it arranges to help the program run and grow. Please follow the instructions from the program managers. However, please note that volunteer programs are usually underfunded and understaffed which can lead to multiple changes in the program timetable. Volunteer work needs to be flexible for various reasons and should not be seen as a nine to five office job even if some changes do not make sense to the volunteer. **Flexibility** and an '**expect the unexpected attitude**' are needed – however never forget that by volunteering you are contributing immensely to the program.

The Volunteer Leader

Many programs will have a volunteer Leader. This person is usually a volunteer who is on a long term contract or has volunteered on the same project in the past – they are not professional guides. The Leader can be of great assistance when a problem arises though please approach them at a convenient time outside of busy working hours. As in life there are better and worse Leaders however it is important that you listen to the program Leader and cooperate with them and where appropriate work with and help the Leader.

Problems? Here is the solution!

If there are any problems during the program please speak to the nominated Leader. It is important to initially raise and discuss the issue in the program as most can be solved in this manner. If the problem is not resolved within 24 hours, please feel free to approach the SAVE manager. If, within a further 24 hours, you still feel the problem has not been dealt with, you should contact bookings@volunteering.org.za or +27 73 333 4338 and we will do our best to sort out the problem.

PLEASE DO NOT LEAVE THE PROGRAM UNHAPPY (OR MIDWAY) BEFORE SPEAKING TO US.

The organization and projects rely on each and every volunteer, if you leave the program in

the middle (or leave unhappy and disgruntled) it could seriously damage the hard work being undertaken! Approaching us directly will help us to resolve the issues for future volunteers or for the sustainability of the project. We want to make it an unforgettable experience for you and all others. We also want our projects to continue receiving the much needed volunteers – we can only help if we know what the concerns are!

Volunteer work – some examples

It is important to realize that not all the work will be easy or 'romantic'. Many times you will need to roll-up your sleeves and get dirty like:

- Animal projects – working with raw meat, cage cleaning, removing ticks, etc.
- Environmental projects – manual labor, carrying heavy items, getting dirty, working in the rain, etc.
- Humanitarian projects – cleaning up after the kids, kitchen duty, changing diapers, wiping runny noses, etc.
- Building projects – mixing concrete manually, picking up garbage off site, removing vegetation, etc.

Keep a positive attitude and note that mundane tasks contribute and are also VERY important to the program. Also remember mundane tasks are not given to you on purpose but forms part of the overall volunteer experience as it takes care of the needs of the overall project.

Culture Shock

The volunteers you will be working with come from all over the world and may be from different religious and ethnic backgrounds. Volunteering is also a cultural experience where you can learn about different cultures but please be both tolerant and patient. Do not be shy in sharing your experiences, recipes, songs and traditions it will just add to the overall group cohesion. Children may be raised in ways that are very different to what you are used to. If you are ever unsure about a certain issues, please feel free to discuss it with your volunteer leader.

Extra expenses

Please take into account additional expenses like tours, trips, telephone, restaurants and bars. It is a good idea to carry different types of payment: Cash, Credit Cards, Debit cards and Travelers Cheques are options.

Travel nsurance

It is very important and necessary to purchase and carry travel insurance for any unforeseen eventuality. We would be happy to recommend a reputable insurance company.

Before you leave for project

Please look after yourselves and listen to the Leaders and the program staff you are visiting. Drink lots of fluids and remember your sunscreen. Volunteer trips are what you make of them and coming with an open mind and listening to the program managers/Leaders will help you experience an unforgettable trip.

REFERENCES & SUGGESTED READINGS

It is strongly recommended that all participants read and print out areas of interest from the websites and reference materials listed below as these will provide valuable background information and help to put project goals and activities into context.

- Cape Town tourism: www.tourismcapetown.co.za
- Saltycrax Adventures: www.saltycrax.com
- South African Weather: www.weathersa.com
- SAVE volunteering www.volunteering.org.za
- Long Walk to Freedom – Nelson Mandela
- SAVE Foundation: www.savefoundation.org.za



In short

- You can't change the world, you can only change a small rock in a river - but it means a lot more than you know in the bigger picture!
- Be prepared to learn a new culture, T.I.A. (This Is Africa) - things changes, that's the awesome part of the experience. Patience can go a long way to making your trip unforgettable!
- Please come with an open mind and positive attitude - you will have the most awesome time off your life!
- It is not a hotel or holiday, you will have to look after yourself, do your own dishes and clean your own room etc.
- You will be expected to take initiative and add value to the project.
- Don't get stuck on the little discomforts. Focus on those things that you wish to remember later.

The more positive you are, the more positive your memories will be! Your time on project will be over sooner than you know, what would you like to think back on later in your life?

Some useful South African slang and words:

Robot	Traffic light	Boerewors	Spicy sausage
Crèche	A preschool	Nee	No
Braai	Barbeque	Lekker	Good or nice
Bakkie	Utility truck	T.I.A.	This is Africa
Babelaas	hangover	Ya or yebo	yes
Biltong	Dried meat (like jerky)	shot	Good, thanks, yes
potjie	Traditional stew	Cheers	Good bye
Bergie	Homeless person/ vagrant	Hectic	A word of exclamation, wow.

