



# COACHING SPORTS

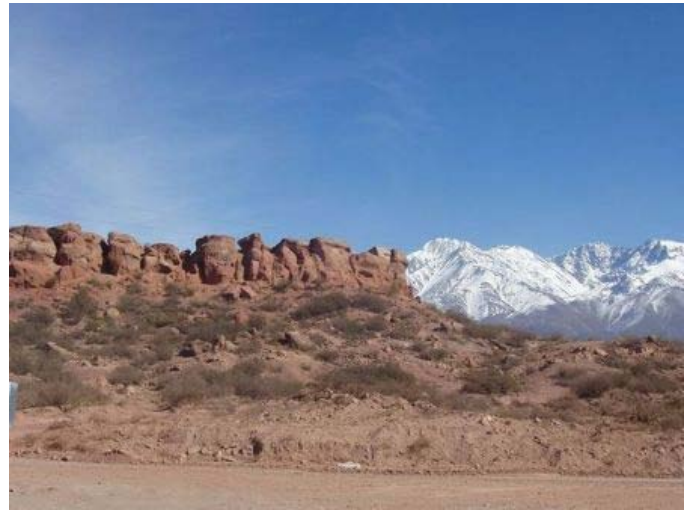
## Malargue, ARGENTINA

### ADDITIONAL INFORMATION

#### LATIN AMERICA ... THE ANDES ... THE IGUACU FALLS

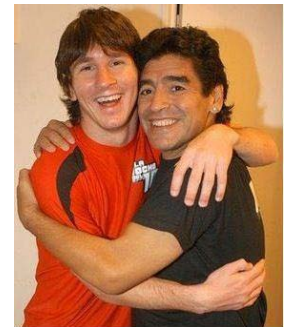
Argentina is at once majestic and flamboyant!

The romance of Argentina takes one's breath away. From the magnificent Andes Mountains to the awesome power and beauty of the Iguacu Falls, your placement in this colorful country will be unforgettable



This project is located in Malargue which is close to Mendoza city, the provincial capital of the Mendoza region. It is located in the foothills of the Andes Mountains.

Sport is a very big deal in Argentina especially football and tennis, Argentineans are by nature huge sports lovers. If you are a football fan you will know that Argentina is home to one of the best footballers of all time, Diego Maradona (*pictured right*), and also Lionel Messi (*pictured right*), who is currently one of the best players in the world. In regards to Tennis, Gabriela Sabatini is a well known tennis player.



Other sports such as volleyball, basketball, hockey and rugby has grown enormously in the last few years. They also have their not so popular National sport of Pato, which is a sport that is played on horseback and combines polo and basketball.

#### YOUR PLACEMENT

On this coaching placement you will be working with the local sports centre, where you will assist the head coach in all training. The head coach will assist you in any way needed, and you will be given specific tasks concerning the preparation and practice of each class.

Activities Include:

- Organization and planning of each class
- pupil motivation
- organization of events and competitions
- fitness/physical training
- coaching of rules (previous experience will help but is not a prerequisite) refereeing
- not to mention playing yourself and generally getting involved and having fun!

#### SPORTS AVAILABLE:

**Football:** Football is massive in Argentina. Without a doubt the most common sport, football is played and supported by the young, the old and anyone who wants to get involved. It's hard to travel just a few miles in Argentina without seeing what they call "Canchas" (pitches). Commonly five-a-side football is played in inner cities but 11 a-side football is obviously popular as well. With a phenomenal national league including teams such as La Boca and River Plate, Argentinean football has an international reputation and is known to be one of the best leagues about. Not to mention the national sides success with two World Cup titles and many Copa America titles. Needless to say Maradona will frequently be mentioned to any European volunteer who chooses to chat about football – and if you're English....they won't stop!!

**Basketball:** Most people who think about Basketball think of the US and NBA! But here in Argentina Basketball is a very popular sport and is played and supported all over the country. With players such as Andres Nocioni of the Chicago Bulls and [Emanuel Ginóbili](#) who won 3 NBA rings as a member of the [San Antonio Spurs](#), Argentina has a sense of national pride in their players and as with Maradona and football, these players will always be mentioned to anyone willing to discuss Basketball. A sport that can be played by anyone, from any background, basketball is very popular amongst rich and poor alike. Argentina has a competitive national basketball league and it is recommended to watch a game if possible.

**Volleyball:** With a great international record including a 4<sup>th</sup> place in 2000 and 5<sup>th</sup> in the 2004 Olympic Games, volleyball is popular in Argentina. There is a very competitive professional male league that is followed by many but there isn't a national women's league. Again this sport is very popular amongst the young and facilities can be found in most schools and local sports centers.

**Athletics:** Also an international and professional sport, Argentina has a great track record in the South American championships. Also commonly played in most schools and sports centers across the county.

**Handball/Paddle Tennis:** This sport amazingly has 35,000 courts around Argentina and is one of the most competitively played sports in Argentina. There is an exciting and competitive national league and circuit of tournaments and the national team is almost always World Champions.

### Schedules:

The academic year runs from mid March until mid December with short holidays for Easter and winter holidays in July. The exact dates change each year. During school term coaching is available during the late afternoon and evening once the main schools have closed.

During school terms coaching is available during the late afternoon and evenings once the main schools have closed. Then during school holidays which is from mid December to mid march the sports centre is open all day. This is the busiest period of the year and you will be able to coach throughout the day. The centre provides sports facilities to nearly 600 children in Malargue.

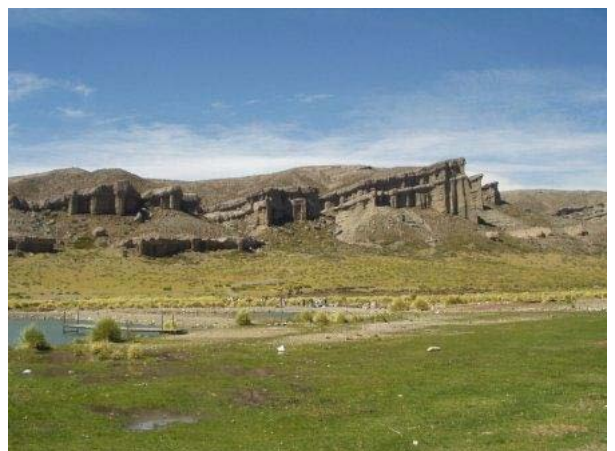
Generally there will be between 15-50 pupils in each class ranging from children to teenagers and there can be multiple classes running at any one time. However due to the popularity of Basketball the classes can have as many as 100 pupils of all ages up to and including adults.

Depending on the time of year classes run during the morning, afternoon and evening and each class has a set regular time. Full attendance will be necessary once you have committed to one sport and a minimum of 1 months coaching is required.

Classes vary in length from 1 hour to 2 hours depending on the sport.

You will be volunteering alongside the head coach of each sport and will spend about 4 to 5 hours a day coaching if the placement is selected on its own - if coaching is one of the Mix and Match projects less hours will be assigned. We'll discuss all these arrangements with you when you apply.

You need to have intermediate Spanish to take part on the placement however, if no Spanish is spoken then we strongly advise that you either have lessons before you arrive, or we do offer Spanish lessons in Buenos Aires. Spanish will be very beneficial and help increase your overall enjoyment of the placement. The placement lends itself well to learning Spanish, as there is very little English spoken in the local community, forcing you to speak Spanish. We can arrange additional Spanish classes where required.



**CLIMATE:**

Malargue's climate is mild, cold and dry. The damp wind that comes from Pacific Ocean, collide with the Andes' range of mountains and cannot go through. Therefore in winter or summer time the climate is dry. The climate of summer time is changeable: warm, nippy and cold. There are thermal variations all day as much as all year in Malargue due to the influence of his ragged area. The rains are little, almost 200 mm. per year in the plain. Winter times are cold, with snows which increase considerably in the west side (Los Andes' range of mountains),: 800 mm. per year. There are North-westerly winds from 50 km./h to 110 km/h.

Average weather	Summer	29° C
Average weather	Winter	2° C

**GETTING AROUND**

Mendoza city offers excellent rail, bus and air connections to all parts of the country and to neighbouring Chile.

The best way to get around is by car. You can rent one for around 300 pesos per week depending on the car you rent. If you take a bus, buy the 'Mendobus'. It is a card that you can buy in almost all the stores that costs 1.10 peso and allows a return trip.

Taxis are not that reliable in Mendoza but you can call a 'Remis' company for safety and convenience. The remise will always charge you 1 peso less than what clock says (don't ask why!).

You can rent a bicycle to go to Piré. They rent you the bike for around 20 pesos the whole day and it is a great way to see the city.

**YOUR ACCOMMODATION**

You will be staying at the Hostel Internacional Malargue, a small hostel based on a farm in Malargue and close to Las Lenas Ski Centre. It is a hostel run by a family who have known and loved Malargue for a long time.

The hostel has its own farm (with pigs, chickens, goats, horses and cows), and has recently been identified as an **Eco Hostel**. As you'll be working within the Hostel on this placement, it couldn't be more convenient!

You will stay in the Hostel in one of their four-bed dorms so you will be required to share the room with other guests that are staying at the hostel. All the food there is home made, the bread, the jam – everything! You will be provided with breakfast and an evening meal each day.



This is a friendly hostel in a beautiful area of the world. As the Hostel offers a variety of tourist tours, there will be constant influxes of guests to meet and socialise with.

**WHAT IS REQUIRED OF YOU:**

As with all our destinations, the Argentine culture and heritage, although European in flavor is different to Anglo-Saxon cultures and this must be borne in mind.

**Self-reliance and independence are highly appreciated in all our destinations and will help you to make the most of this wonderful opportunity!**

Once you have applied for a placement, we will send you a very detailed Argentina Information Book, as well as an equally detailed Safety Guide - both of these will help to make your stay in Argentina one that you will never forget!

This is a truly awesome, elegant and beautiful country.

**A LITTLE ABOUT THE REGION OF MENDOZA:**

Mendoza is in northwestern Argentina. It's the gateway to the high Andes and the Chilean border at Aconcagua National Park. Here, at over 21,000 feet, you'll find the highest peaks on the South American continent.

Although a bus ride from Buenos Aires to Mendoza, with some stops on the way, takes about 14 hours, the city of Mendoza is light years away from the capital. It is very clean, quiet with mature trees everywhere and has a wonderful city centre.

A beautiful green city with a number of parks, Mendoza has a lively atmosphere with numerous restaurants, theatres and nightclubs. The downtown area of Mendoza is largely pedestrianised with attractive tree-lined avenues and the city's main attractions include Government House, San Martin Park Forest and Cerro de la Gloria.

The city itself and the province is based both on internal tourism and its wineries in the foothills of the snow-capped mountains. The vineyards were started by Italian immigrants in the 19th century and the city boasts many bodegas with visits to nearby rural wineries possible.

There are wonderful Italian restaurants that range from the homey Pasta La Generra on Zappata Street to the upscale Montecatinni on General Pas Street.

By the way, Saturdays on the mall there is wonderful street entertainment for all and of all types. The main park San Martin is of French design and can provide a tranquil place to walk in the city itself. Out of town, there are van tours to the Altas Montanas: the ski area and Inca ruins almost to the Chilean border, just a couple of hours away.

Mendoza and its surrounding countryside is a paradise for outdoor enthusiasts. Its position at the foot of the Andes Mountains puts it right next to some of the world's best skiing. Las Leñas is the most modern ski resort in Argentina and is very close to Malargue, just four hours south of Mendoza.

Within Aconcagua National Park, the nearby Mount Aconcagua, which at 22,944 feet is the highest mountain in the Andes, draws devoted mountain climbers. In the summer months visitors enjoy mountain biking, rafting and hiking in this area. Uspallata, Potrerillos and Puente del Inca are all beauty spots worth visiting on short excursions.

Renowned for its wine production, the area's dominant grape is Malbec, but Cabernet Sauvignon, Chenin, Merlot and Syrah are also grown. Some of the province's main wine cellars are located in San Rafael, 125 miles south of Mendoza city. The #170 express bus from downtown will take you to La Rural Winery of the Rutini family where the grounds are beautiful and the wine museum is fascinating. You may be the only tourist of a particular day, thus getting their undivided attention!



**Mendoza and Malargue are renowned in Argentina for being incredibly beautiful!**

## THE NEXT STEP

**If you would like to join us on one of our exciting projects then please fill in either an online application form at our website ([www.travellersworldwide.com](http://www.travellersworldwide.com)) or one that is attached to our brochure. Once you have booked and confirmed your place we will send you detailed pack information regarding your placement and country.**

**I do hope you join us and please do call or email if you have any questions at all about this or any of our other projects – 01903 502595 or email [info@travellersworldwide.com](mailto:info@travellersworldwide.com)**



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**TRAVELLERS WORLDWIDE**

2a Caravelle House  
17/19 Goring Road  
Worthing  
West Sussex  
BN12 4AP  
Tel: +44 (0)1903 502595  
Fax: +44 (0)1903 500364  
Email: [info@travellersworldwide.com](mailto:info@travellersworldwide.com)



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