



INDIA: FOOTBALL COACHING

Our coaching placement in India is unique; you can coach different age groups at various schools in the bustling city of Madurai. Most of the children don't get the opportunity to receive proper football coaching as this is not the number one sport in India, however the enthusiasm of the children is infectious and they are a delight to teach.

India is a captivating and mystical land buzzing with energy, a diverse array of cultures, languages, religions and breathtaking scenery. From the lush jungles, quaint waterways and sunny beaches in the South to the dusty red deserts of Rajasthan and the searing majestic Himalayas in the North, India really is a diverse land of contrasts and an inspirational travel experience which draws so many visitors back time and time again.

WHAT DO YOU GET?

- An exciting, never-to-be-forgotten adventure into Indian life and culture.
 - New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
 - An entry on your CV or résumé that will put you head and shoulders above most others in the job market.
 - Experienced local staff with 24/7 back-up and support who'll meet you at the airport on your arrival - helps you **feel safe and never alone!**
 - An in-depth Induction makes you **feel local straight away!**
 - A unique insight into another culture – **see it from the inside** in a way you could never do as a tourist.
 - An opportunity to **make lifelong friends from all over the world.**
- And best of all ... **an unforgettable experience!**



SUMMARY FACTFILE

Start Dates	All year round - You choose your start and finish dates (subject to school holidays, see chart below).
Duration	From 2 weeks up to 1 year, subject to visa restrictions.
Requirements	No qualifications required; you must be enthusiastic and have an interest in the sport.
Price	For up-to-date prices, please check our website www.travellersworldwide.com
What's included	▶ Accommodation ▶ Food ▶ Meeting you at the Airport ▶ Transfer to your accommodation ▶ Transport to and from your project ▶ Full pre-departure support ▶ Local in-country team support and backup ▶ 24-hr emergency support ▶ Free t-shirt
What's not included	Flights, Insurance, Cost of Visas (if a visa is required we'll provide necessary documents and assistance). Return trip to the airport.
Who can do this Project?	All projects are open to all nationalities. You need to be aged between 17 and 70+

PROGRAMME OVERVIEW:

Children in India really are a joy to teach; their enthusiasm for sports really knows no bounds. Although for the vast majority coaching won't have a direct impact on their lives; indirectly it has immeasurable effects. Personality changes, health awareness, increased confidence and social skills are all benefits they might otherwise fail to receive.

You will generally be asked to help out with any age groups, and you are, in fact, very likely to be in popular demand everywhere, in and out of coaching. Children and teachers alike will be quite alarmingly polite at first but they will relax after a few days. It is an important opportunity to receive direct help with conversational English through sports, which is taken very seriously.



The schools generally have some basic facilities (such as a pitch, a few balls and a little protective clothing) however the pitches will not be of the standard that you have been used to and there may not be a proper pitch at all and what this is usually has a lot of potholes. Some of the children are very poor and do not even have sports shoes and play in bare feet. However this does not deter the children, they are a joy to teach and eager to learn new skills although they will hassle you to play a game as soon as they have warmed up! Don't leave your whistle behind, it will be invaluable!

Work Content

You will work Monday to Friday and usually between 9am – 3pm. Initially you may observe the teachers or you may find that you are coaching from day one. If you are not confident taking classes on your first day then we can discuss this when we meet your placement supervisor on your induction.

You can choose to coach as many sessions as you like within the school day, however India is very hot and you may find that come lunchtime you are ready to come home for some rest and relaxation. The project is totally flexible and we arrange your programme to suit you.

You will be introduced to your supervisor at all of your placements to discuss your requirements and to tailor a programme that is beneficial to both you and the children. Meeting with the principal or sports coach gives you the opportunity to add your individual touch on how you want your placement to run. It is especially important within a Coaching placement that you make it suit your own individual coaching style and needs and whether you want to coach informally with large group sizes, or if you would prefer to coach specifics to smaller groups. Your supervisor will give you lots of help and encouragement. Please don't hesitate to ask them as many questions as you like – the better informed you are, the more able you will be to carry out your coaching assignments and they will be pleased at your interest and enthusiasm. Also, if you are in any way unsure about your duties or school procedures, please speak to your supervisor. They know that you're not a qualified coach and will take this into account when advising you.

School holidays in Tamil Nadu 2011-2012 (approx dates only as they vary depending on the school)

- Summer Vacation: 14th April to 3rd June 2011
- First Term Vacation: 24th September to 3rd October 2011
- Pooja Holiday: 5th to 6th October 2011
- Diwali Holiday: 25th to 27th October 2011
- Second Term Vacation: 24th December 2011 to 2nd January 2012
- Pongal Holiday: 13th to 17th January 2011
- Summer Vacation: 31st March to 4th June 2012

Exam periods in Tamil Nadu 2011-2012 (approx dates only as they vary depending on the school):

- Annual Exams: 1st to 13th April 2011
- Quarterly Exams: 12th to 23rd September 2011
- Half Yearly Exams: 12th to 23rd December 2011

LOCATION:

This project is situated in the bustling historical city of Madurai in the southern state of Tamil Nadu. Madurai is known by many names; 'Jasmine city' for the famous jasmine flowers that are cultivated here, 'the city of Nectar',

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Legend tells of a river of nectar that flowed after blessing from Lord Shiva, and the 'Temple City', Madurai really does have a temple or shrine on practically every street but it is most famed for the Sri Meenakshi Sundeswarar Temple. Named after the goddess Meenakshi, it was built in the 17th century and is an enormous structure with 12 towers adorned with colourful images of gods and goddesses, imaginative creatures and animals. This magnificent temple is the religious centre of attraction and a hive of activity which you won't want to miss. This area is awash with pilgrims market stalls and impressive souvenir shops. Madurai is also famous for its rich textiles and fabrics and superb quality gold and silver.



Madurai oozes true Indian culture and if you want to immerse yourself completely in the Indian way of life; Madurai is definitely the place to be! Children will stop you on the streets to chat to you and shake your hand and even ask for your autograph! You will be in demand everywhere you go and you'll feel like a celebrity, such is the warmth of the Indian people. Madurai is also the gateway to many tourist attractions and close to the neighbouring state of Kerala.

ACCOMMODATION & FOOD:

Your accommodation could comprise of either staying with a host family or living in a Travellers flat. In either accommodation you may share a room with another Travellers volunteer. The accommodation you'll be allocated to will depend on which project you're doing and the number of volunteers there at the same time as you. However, if you have a preference for either a host family or staying in a flat, we will do our best to accommodate you.

Host Family

For a complete Indian experience we can arrange for you to stay with one of wonderful host families. All of our hosts are very welcoming and not only will be made to feel part of the family you'll also gain a great insight into Indian culture and customs. Many of our volunteers remain friends with their host families long after they leave India and in some cases they return to the country later especially to visit their family.

You may share a room with one other volunteer; and you will have an en-suite western style bathroom. Most of the showers in our host accommodation are cold water; however your hosts will boil water for you on request.

All of our host family houses are close together and just a few minutes' walk away from internet cafes, banks and snack shops and just a short auto ride into the centre of town. Our staff in Madurai also lives close-by.

All your meals will be provided and prepared for you by the family and it is mainly local fare allowing you to taste a varied selection of delicious south Indian dishes and exotic fruits. You'll also have access to the kitchen if you want to make snacks or drinks.

In some of our host accommodation you will take your meals with the family, however in others you may eat alone or with other volunteers if there are in the same accommodation at the same time as you.

Volunteer Flat

Our volunteer flat is situated close to all our host families. This option gives you the chance to live within the local community whilst at the same time retaining your independence. This newly built flat is very modern, spacious, light and airy. It has a well kitted out kitchen and large lounge area with satellite TV, DVD and a good selection of DVDs for your entertainment.

You may share a room with one other volunteer; there is an en-suite bathroom with hot water and you also have your own private balcony!



You will be provided with a food budget giving you the option to either cook for yourself or sample the local restaurants. Eating out is extremely cheap in Madurai. Close-by is a Chinese restaurant and two hotels serving good value Indian meals and a few western dishes. There is a tasty vegetarian restaurant with excellent south Indian Thali's and Dosa's just a 10 minute walk away and opposite this restaurant is a great supermarket selling everything from groceries to clothes. Many of the hotels in town have roof top restaurants offering incredible views across the town with the dramatic Sri Meenakshi Temple silhouetted on the skyline. Most restaurants are good quality and you can sample north as well as south Indian dishes along with a small selection of western food. Vegetarian food is in abundance! Bakeries and snack shops are on every

street and you must try the delicious fruit; there is so much choice; mango, pineapple, water melon, custard apples and jack fruit are so sweet and coconut water is also very refreshing.

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Please let us know on booking which accommodation option you would prefer.

VISAS:

For most nationalities visas are required, but don't worry we will liaise with you about your visa requirements, and make the visa process very easy.

FLIGHTS:

You have the option to arrange your own flights or we can assist you with your flight arrangements. If you would like us to do this for you, we will liaise with you regarding available flights and dates to suit you. All arrangements for your flight bookings/payments will be fulfilled by [Murray Rogers Travel Limited](#), ATOL No. 6856.

COSTS:

Please see the prices pages of our website [Full Price List](#). The price of this project is a reflection of the following costs:

- ✓ Accommodation
- ✓ Food
- ✓ Meeting you at the airport
- ✓ Pick up from Madurai airport
- ✓ Transport to and from your placement, Monday to Friday only
- ✓ Local in-country team support and backup
- ✓ 24hr emergency helpline
- ✓ Full pre-departure support
- ✓ UK administration
- ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations)
- ✓ Project Research/Site Inspection
- ✓ Staff Training/Equipment
- ✓ Donations to worthwhile projects

HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Programme you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.

For every volunteer, a donation is made by Travellers on your behalf into the [Bridge the Gap Foundation](#). This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

COUNTRY PROFILE:



India, officially Known as 'Republic of India' (in Hindi known as Bharat or Hindustan), is the seventh largest and second most populous country in the world with a staggering population of over **1.2 billion!!** At times it can feel as if the whole population is in the same place at the same time as you! You will become fascinated with India, its cultures, its people, and the continuous stream of activity.

India is bordered on the north by Pakistan, China, Nepal, and Bhutan; on the east by Bangladesh, Myanmar, and the Bay of Bengal; on the south by the Palk Strait, the Gulf of Mannar and the Indian Ocean; and on the west by the Arabian Sea and Pakistan. At the bottom tip of the country at Kanyakumari, three seas meet – the Indian Ocean, the Arabian Sea and the Bay of Bengal. Hoards of people converge to dip their toes in the 3

oceans!

The sights, sounds, and scenery of India are unique and amazing with grandiose temples, abundant wildlife, lush paddy fields, and stunning beaches. In the north, shrub-land, desert and the searing majestic Himalayas create a sublime backdrop and a visit to the 'Golden Triangle' to take in the magnificent Taj Mahal, the palaces, forts and deserts of Rajasthan is a must. In the south, magnificent temples and gorgeous beaches abound; India really is a diverse land of contrasts.

Religion plays an important role in the life of the country, and is one of the few countries in the world which have such an ancient and diverse culture. Their arts and crafts are world renowned with sport being one of their favourite past times, and cricket still acting as one of the most popular activities.

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In the South of India winter starts around November and lasts until February. Temperatures rarely drop below 25C during the day but the evenings can be a little cooler. Summer, the hot dry season starts around April and continues till July. The latter half of May in Madurai is the peak of summer with temperatures soaring to 40C and above. There are two monsoons in the south; the first is the Southwest monsoon that occurs 1 June–30 September, however Madurai doesn't see too much rain at this time. The Northeast monsoon occurs between October and December; the rains can be abundant although rarely does it rain all day or indeed every day but it cause disruptions to the traffic and on occasions schools can be closed.

THINGS TO DO IN: SOUTH INDIA

- **Ride an elephant at Periyar Wildlife Sanctuary;** this is one of the top wildlife parks in the country and within easy reach of Madurai. You can go trekking through the jungle, take a relaxing boat ride to enjoy the stunning scenery and keep an eye out for wildlife; visit spice plantations, watch the local kathakali dance and top off your weekend with an elephant ride!
- **Visit the beautiful beaches of Kerala;** for a relaxing weekend on the beach, Kovalam and Varkala are a must. Kerala is the home of Ayurveda so get pampered by booking a massage, facial or a yoga course. Stay in a bamboo hut and spend the afternoon reading in your hammock and in the evenings tempt your tastebuds by the multitude of seafood on offer.
- **Explore the palaces and gardens of Mysore and Bangalore;** An overnight trip from Madurai is the stunning Maharaja's Palace of Mysore, on Sunday evenings it is lit with over 5,000 bulbs and is a stunning site. Bangalore is just 3 hours away and here you can shop until you drop; it has western shops, wonderful restaurants and nightlife galore.

Relax in the cool temperatures of Kodaikanal; this hill station is just a few hours away from Madurai and is a cool relief from the heat of the city. Take a stroll through the beautiful shola forests, visit waterfalls, go horse riding, cycling or take out a pedalo on the lake. Don't forget to pick up some hand made chocolates and honey; they're absolutely delicious!

WHY GO WITH TRAVELLERS WORLDWIDE?

- Professional work experience placements
- 15 years' experience sending thousands of participants overseas, plus the largest variety of **flexible projects** that are **value for money!**
- Excellent support - second to none in the industry
- Accredited projects helps **appeal to future employers**
- Your own dedicated Project Co-ordinator to answer all questions prior to, during and after your **trip of a lifetime!**
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our **EXTRANET, available from anywhere, 24/7.**
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport .

VOLUNTEER FEEDBACK:

"All of the children I teach have been very enthusiastic and respectful I was asked early on in the placement by the students if I would stay after school for extra coaching, an opportunity I am extremely pleased I'm doing. By doing the project with Travellers I have made some great friends and been on some weekend trips such as backwaters of Alleppey and Bangalore"

Ed Trafford

HOW TO BOOK:

Please complete a [booking form](#) online or you can send a postal booking from our free brochure. When we receive this, we'll telephone you to discuss the details and then start the exciting process of planning your trip!

We do hope you'll join us and are confident that you'll find this an incredible experience. Don't hesitate to contact us with any questions - we'll be happy to help you plan your exciting adventure!

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You may also be interested in other courses with Travellers, or do other projects in India – please visit our [website](#) for details of all our projects. In fact you can choose from over 300 projects in 19 countries!

Make a Difference – Get Involved!



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