



TRAVELLERS SPORTS SPORTS WORK EXPERIENCE KNYSNA, SOUTH AFRICA

ADDITIONAL INFORMATION

South Africa has everything ...

- ◆ Sun, sparkling warm and clear oceans, and the most beautiful golden beaches you will ever see ... stretching for miles.
- ◆ Mountain climbing, biking and hiking
- ◆ The *Garden Route*, world famous and sheer paradise!
- ◆ Outstanding Game Reserves where you can see wild animals in their natural habitat, and by contrast symmetric vineyards stretching to infinity
- ◆ Sharks, whales and dolphins, and the amusing Cape Fur Seals.
- ◆ Elegant restaurants, barbecues and beach parties
- ◆ And FRUIT everywhere!



But most of all, South Africans are the friendliest and most hospitable people in the world - without a doubt! If you're invited to dinner ... don't eat for a week beforehand because you'll be overfed, especially if it's a barbecue. Wine is cheap and good. The salads are to die for.



And - of course - the fruit! From the exotic to the commonplace, it's everywhere.

SPORTS

This placement combines coaching in a variety of sports with gaining valuable work experience in a well set-up Sports School. You'll coach full time for the underprivileged community, as well as assisting in the management and running of the school and possibly playing for various teams based at the school.



Areas you'll be involved in include Sports Administration & Management, Organising Sports Events, Sports Development and Grounds Management, amongst others. The experience you gain on this internship will be an excellent entry into your CV, making you stand out in the crowd of job seekers.



PLACEMENT OVERVIEW

Location: Knysna, on the Garden Route

Start dates: Available all year round, subject to school term dates. You choose your start date

Duration: From 2 weeks to 12 weeks or longer, subject to visa requirements

Requirements: No qualifications required, but you should have enthusiasm and a good knowledge of your sport. Minimum age 17.



What's included:

- ▶ Arranging the internship,
- ▶ Full pre-departure support and assistance,
- ▶ Payment Protection insurance
- ▶ Accommodation
- ▶ Food
- ▶ Meeting you at the nearest airport/station
- ▶ Transfer to your accommodation
- ▶ Transport to and from your project
- ▶ In-country team support and backup
- ▶ 24-hr emergency support
- ▶ Certificate of Completion.

What's not included: Flights, travel insurance, cost of visa, return transfer to the airport.



The Sports School is situated in a beautiful location, overlooking the **Knysna Lagoon**. Being out in the fresh air and playing sports with such panoramic views is enjoyable, uplifting and quite unique! The School has excellent facilities, including a pavilion, cricket and hockey ground and is very close to a golf driving range and golf courses

The School was established in 1992 as a sports promotional tool for the previously disadvantaged community. It provides term-time coaching to boys and girls and works closely with the children from the underprivileged community and townships.

As well as coaching, the school also organises a number of **sports events** which brings visiting teams to Knysna to play against local teams. These occasions are always lots of fun, 'teaming' with good, strong competitive spirit (pardon the pun!).

The mission statement of the sports school is: *"The promotion of sportsmanship, fellowship and self-respect among children in Knysna through the medium of a healthy sporting ethos and environment, and the development of their skills in their chosen sport."*

WORK CONTENT:

You'll get involved in a number of different activities during the day. Apart from coaching, there are also aspects of sports administration and management, which the school needs assistance in, including:

- Monthly sports festivals at the Sports School - schools from around the country come to take part in these festivals!
- Matches between schools and clubs.
- Matches for overseas touring sports teams.
- Sports facility maintenance
- General paperwork and administration

This Sports School is dedicated to the development programme which it implemented to help the underprivileged children in the community and give them a chance to play sports in an environment just geared for sport with other local children

You will have the opportunity to coach and play a variety of sports, including: **Cricket, Tag Rugby, Hockey and Cycling** (mountain biking which is done as an outreach program in nearby Rheenendal). **Football, Golf, Bowls and Tennis** are also played but to not as large an extent.

You can also get involved in a number of different roles:

- Sports Administration & Management
- Organising Sports Events
- Sports Development
- Grounds Management
- Maintenance
- Umpiring and refereeing games.

ABOUT THE SPORTS DEVELOPMENT PROGRAMME:

The Sports School has a well established sports development programme which aims to allow children from the surrounding townships to come to the facility and receive free coaching. They also have children from more affluent backgrounds attending the Sports School so there is a wonderful interaction and benefits for both groups

There are a number of qualified coaches at the school who you will be assisting, so if you're not a very experienced coach, or you lack confidence in your coaching skills, you can learn and develop your own abilities by working alongside these coaches. you can choose to coach one or more different sports and you can do a placement for any length of time, from two weeks upwards. The sports are divided into seasons as follows:

- **Summer** (between October and April, with a long break in the middle from around 1st December to around 15th January) **Cricket, Cycling and Golf**
- **Winter** (April 10th approx to 22nd September approx) **Football, Hockey and Tennis**
- **Tag Rugby, Golf and Cycling** is played throughout the year

Morning coaching is mainly for the pre-primary school children while the afternoon coaching is when the local school children and older learners attend for their coaching. Any administration is attended to in the mornings.



During the start of the school year (February & March) you'll go into the township schools with the coaches to do talent spotting to identify children who have talent in a particular sport. These children are then encouraged to come to the sports school to receive coaching.

"Working at the sports school was a great way for me to learn how to coach in a professional environment and improving my coaching techniques as the coaches at the school really helped me and I in turn could help the children. The sports school is an excellent placement for those who want to really get stuck into sports full time coaching whilst learning new coaching techniques and playing sport." William Dawson

SCHOOL TERMS IN SOUTH AFRICA: Dates for the 2012 school terms (semesters) are given below.

- Term 1: 11th Jan – 23rd March
- Term 2: 10th April – 22nd June
- Term 3: 16th July – 28th Sept
- Term 4: 9th Oct – 7th Dec

Please note: You won't be able to coach sports during the school holidays, instead you will be involved in running the sports festivals for the Sports School.

PLAYING SPORTS:

As well as coaching sports, you may also have the chance to train (and possibly play) for the sports schools senior/men's teams, if you're considered good enough. The sports school has teams in a number of sports. If you would like to compete and train in a specific sport, the dates for the different sports sessions are as follows:

- **Competitive Bowls, Tag Rugby, Golf and Cycling:** All year round
- **Cricket:** January – mid March, and September - mid November
- **Tennis:** April – end of May
- **Hockey:** Mid-March until September

This placement would suit someone who has a keen interest, not only coaching sports, but getting involved with the sports administration and management role as well. It is open to anyone who has, or intends to study sports.

This is a very professional and intense sports placement where you can really benefit by learning sports administration, management and coaching. At the same time you will also be providing a benefit to the poorer community through the sports development programme

WHAT YOU'LL GAIN FROM DOING THIS PROJECT:

- An exciting, never-to-be-forgotten adventure into Africa and the many diverse cultures in South Africa
- The enormous satisfaction of helping disadvantaged children and knowing that you made a difference to them.

- 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
- And best of all ... **an unforgettable experience!**

'By the way, keep my details because I will certainly be going again. BEST EXPERIENCE OF MY LIFE!!!!'

Ryan Hammond

FREE COACHING MANUALS

As a volunteer sports coach with Travellers, you have access to a large number of coaching manuals for each sport - these manuals have been produced in-house by our Sports Manager. These manuals are very useful and will help you to plan coaching sessions for your students

ACCOMMODATION

You will be staying in our volunteer house with other Travellers volunteers. You will either have your own room or will share a room with one or more other Travellers volunteers. It will depend on how many people are there at the same time that you are.

The house is comfortable with good facilities and a beautiful view of Knysna Lagoon. You will be provided with a food budget to cook your own meals.

There are several good, inexpensive steak houses and lots of good Chinese, Italian and other ethnic restaurants. With local beer costing only 50p and coca cola 30p a good night out is cheap (at time of writing). With the current favourable exchange rate of about 13 Rands (R13) to the pound, your spending money goes a long way! (Prices given are correct at time of writing, but please check before departure.)



"Thank you so much for all the time and effort you have put into making this a fantastic stay for us. We will never forget this experience!" Cat Dunlop and Liz Lunn

DISCOVER SOUTH AFRICA:

To enhance your cultural experience and to take advantage of exploring other regions of this vast, beautiful country, you can combine this project with many of our other projects.

AND FOR FUN!

Knysna has a lot to offer including the world famous Heads and lagoon and is a short drive from the golden beaches of Plettenberg Bay.

For information on coaching and playing Sports in the Limpopo Province and Cape Town please ask Travellers for details.

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) 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

If you would like to know more about Travellers in general, or about any of our other projects we run in over 18 countries worldwide, please visit our website at www.travellersworldwide.com

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