



Is international volunteering right for you? This document will give you a brief outline about volunteering with the **Sports Coach** in **South Africa** next year. Please read this information carefully. Please read this information carefully. You can apply directly My Hub by clicking on the Apply Now button on the website or [click here](#). Application deadline is Sunday 11<sup>th</sup> November 2018.

## Project Information

There is the opportunity for a team of volunteers to travel to South Africa for three weeks.

Volunteers will be working with Durban Municipality Sports Development unit to help and assist them in their sports coaching work with young people out in the townships that surround Durban. Coaching will be on a wide range of sports of which volunteers need to be able to coach in a range of activities and organise activities with very limited equipment.

Accommodation will be at a backpacker's hostel in the heart of Durban.



## Accommodation



Volunteers will stay in dormitories at The Happy Hippo Backpackers Hostel, which is close to the beach area of Durban.

The international volunteering team at Leeds Beckett will provide all of the relevant training, preparation and fundraising assistance for volunteers prior to departure. You will be supported by a Team Leader, who is a staff member of Leeds Beckett. The volunteer team will then travel out to Durban for a challenging and rewarding three weeks volunteering.

**Project dates:** Friday 19<sup>th</sup> July (pm flight) – 11<sup>th</sup> August 2019

**Duration:** Three weeks volunteering plus optional independent travel

## About the Sports Coaching Project

Volunteers will be working with Durban Municipality Sports Development unit to help and assist them in their sports coaching project with young people out in the townships surrounding Durban. Each day, activities will be based around whatever sports are being practised at schools or after school clubs. The sports coaching volunteers will have to be flexible and able to adapt their coaching techniques.

The coaching takes place in a variety of pitches and centres which are at least 45 minutes away from the accommodation, of which you will be transported by a bus each day. The coaching will be in a wide variety of sports but the main sports could be netball, football, rugby, cricket, athletics, gymnastics and volleyball

and each volunteer will need to be confident enough to work as a team to run training sessions on whichever sport is needed and also where the young people have Basic English language skills.

The sports clubs and schools have little or no equipment, so volunteers will need to be able to think of drills which will be adaptable to all situations and money raised by the team might be used to buy new equipment. In previous years the team have taken donated sports equipment over with them to use for their coaching each day and then donated these items to the projects at the end of the project.

Your team leader will be Lisa McCormick, the club development administrator in Sport & Active lifestyles. Lisa will part of your whole experience here in Leeds and will travel with you to South Africa to volunteer alongside you as our Team Leader.

### About the volunteer role

#### Volunteer Role(s): Sports Coaching

- Deliver sports coaching activities in the townships surrounding Durban where they may have little or no equipment
- Deliver sporting activities alongside township coaches in sports such as football, rugby, hockey, netball, volleyball plus any other sports that you would like to introduce
- Engage with the wider community of the townships including younger children who may come down to watch the coaching happening



#### Pre-Departure Activities and Commitments

There's quite a lot for volunteers to do before departure. If you are interested in applying, you must make sure that you will have enough time for the project in between your studies and your work.

After your team has been recruited, there will be a compulsory team briefing and you will need to fundraise, some of which will be with your team, and some you will probably do on your own. There will be other compulsory team meetings to help prepare you for the experience. The team meetings will discuss essential health information and lots of other things to help prepare you about what to expect as a volunteer in your chosen project. Although it's not spread evenly, we'd recommend allowing an average of two hours a week from when you find out you get a place to departure. This includes:

- Attending regular team meetings (every 4-6 weeks)
- Keeping in contact with your Team Leader
- Providing key documents to the volunteering team as required (e.g. Passport)
- Completing DBS checks or visa applications
- Ongoing fundraising activities
- Planning project resources and objectives

#### Key Dates

<b>Application deadline</b>	Sunday 11 <sup>th</sup> November 2018
<b>Shortlisting</b>	W/C Monday 12 <sup>th</sup> – Friday 16 <sup>th</sup> Nov
<b>Selection Event</b>	26 <sup>th</sup> or 27 <sup>th</sup> November 16:00 – 18:00 Headingley Campus, room tbc
<b>First Team Meeting</b>	10 <sup>th</sup> December 2018 16:00 – 18:00

	Priestley 105, Headingley Campus
<b>January - June 2019</b>	Compulsory team meetings (dates TBC)
<b>Saturday 6<sup>th</sup> April 2019</b>	The Big Abseil event
<b>Saturday 11<sup>th</sup> May 2019</b>	Yorkshire 3 Peak Challenge
<b>Project</b>	See dates below
<b>Optional travel time</b>	You must decide whether you wish to remain in country for one week following the end of the volunteering project.  <b><i>This must be confirmed by the first team meeting in December. If not, an immediate return will be booked and you must cover any additional costs to change your flight.</i></b>

## About the project

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**Project dates:** Friday 19<sup>th</sup> July (pm flight) – 11<sup>th</sup> August 2019

**Travel** – Transport is arranged for you to travel as a team from Leeds Beckett University based on immediate return after volunteering. Your project fees include travel between Leeds and the departure airport only, and unfortunately, we cannot make exceptions/alternative arrangements if you require another pick-up and/or drop-off point. If you are travelling independently, you may have to make your own return journey to Leeds.

**Volunteer support** – Each volunteering team has a Team Leader who is a Leeds Beckett member of staff, as well as an in-country coordinator. Thorough risk assessments and careful planning is undertaken to ensure your experience is safe from start to finish. The International Volunteering staff at Leeds Beckett will also be on-call 24/7 whilst you are volunteering, though point of contact will usually be via your Team Leader.

### Accommodation –

**Project specific:** You will stay in dormitories at The Happy Hippo Backpackers Hostel, which is close to the beach area of Durban, sharing with fellow volunteers.

**General:** With all our international volunteering projects, please remember that we are working with not-for-profit organisations and accommodation will be different and more basic than that of U.K. and westernised standards. Please be prepared that there may only be cold water showers, basic sanitation facilities and limited electricity, with intermittent WiFi access in some places. Insects, extreme weather (hot, cold, wet, humid) and no air-conditioning should be expected.

**Free time** – the working hours will be set most days and you will have some planning and other preparation but it won't be all work though and there will be some free time during the four weeks to relax on the beaches, hang out with your new friends or take part in some of the many cultural activities that are easy to organise. There is an option to travel further at the end but your return flight will be fixed from Durban to the UK.

**Challenges** - You may feel a sense of culture shock when arriving into the new community. Volunteering can be a challenge and third world conditions can leave you feeling a world away from home. It is completely normal to feel uncomfortable and out of your depth at first. By the end of the project, we find our volunteers look back upon the challenges as their proudest moments and they feel as though they have a second home in their volunteering country. The interaction with local people and learning about local culture is what our volunteers come to cherish most from their time in the local communities

## Other important information

**If you are considering applying, please consider the following points:**

- As with most volunteering projects there are often last-minute changes to the programme, either before departure or perhaps on a day-to-day basis with the host organisation. Volunteers need to be patient, flexible and understanding about the fact that arrangements can sometimes change last-minute and sometimes things do not run exactly to plan.
- Unfortunately, the experience will not always be fun and volunteers often find certain aspects of their trip challenging. Living 24/7 with other volunteers can present its own surprising challenges too, but don't worry, we expect that most volunteers will have an amazing time, and we have team leaders on hand to support you.



## Fundraising

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Fundraising for your host organisation is a requirement to being accepted on the project. In addition to the project fees, you also need to fundraise £100 for the host organisation. Many of our previous volunteers have had great success fundraising, and some have continued raising money after returning because they have been so inspired by the work of the organisation. We'll help you with your fundraising and encourage you to work as a group. Your Team Leader will help encourage you, and try to coordinate group activities to help you all reach your targets. Previous fundraising examples include cake sales, abseils, sponsored walks, charity nights and even approaching companies for donations to raffle. We have lots more suggestions and will cover ideas in one of our team meetings, and provide resources for you to use, plus you can look online for other recommendations.

Beyond raising money for the organisation you are volunteering with, fundraising looks fantastic on your CV! It shows prospective employers that you have are confident, have strong marketing and communication skills, can manage events and many other skills.

Each year, to help volunteers with their fundraising targets we organise some events. This year we will be organising a Yorkshire 3 Peak Challenge and a Big Abseil off Portland Building.

**Minimum fundraising target: £100**

## Project Fees

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The project fees are £1300 plus £100 Fundraising. However, all volunteers are eligible for our Global Engagement £250 bursary\*, which means:

**Total FEES payable £1050, *plus* your FUNDRAISING target of £100 = £1150**

**What IS included in your project fees:**

- Transport between Leeds Beckett University and a U.K. airport (*based on immediate return*)
- Return flights to volunteering country
- Transport from destination airport to volunteering site
- DBS and Visa checks (if applicable)
- Accommodation whilst volunteering
- Travel insurance (subject to eligibility)
- 24-hour support
- Pre-departure training
- Branded Volunteering 1 x hoodie & 2 x t-shirts

**What IS NOT included:**

- Spending money (including all your food) – we recommend £10-£15 per day

- Any costs for free-time activities (non-volunteering time)
- Any additional independent travel, food and accommodation costs (e.g. weekend activities, eating elsewhere or sight-seeing costs)
- Personal spending money for free-time (non-volunteering time)
- Vaccinations – Visit [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice) for details on essential and recommended vaccinations

**FEE Payment Deadlines £1250 payable**

Category	Total Cost (£)
Deposit ( <i>non-refundable</i> )	£200
Remaining balance (less deposit) <b>To be paid at least 3 weeks prior to departure</b>	£850

**FUNDRAISING Deadline £100 payable**

Minimum donation <b>To be paid at least 3 weeks prior to departure</b>	£100
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**Where your money goes:**

The largest percentage of your costs is for the long-haul flights and accommodation, which often are around 90% of the total fees. We often pay the money for food and accommodation, plus other associated costs directly to the charity host organisation and they do not make any profit from this money. This covers the cost of you being there, for to ensure you have a place to sleep and food to eat, but you are not paying to volunteer with the organisation.

You do not pay any Leeds Beckett staff costs as part of your fee. The Team Leader gives their time for free (using their personal annual leave) and, in return, their travel expenses are paid by the University. This enables us to try to ensure that you have a safe and enjoyable experience, without worrying about transfers, directions and other logistics.

**\* Bursary terms**

In exchange for the Global Engagement bursary, we would like you to submit three photos **and** one of the following within one month of your return to the U.K.:

- a) Blog *written whilst volunteering* (300 word minimum)
- b) Testimonial *when you return* (300 words min) describing the impact the experience has had on you
- c) Vlog (1 minute minimum)
- d) Video edit of your volunteering experience (1 minute minimum)

**How to apply**

Thank you for your interest! To apply for this international volunteering opportunity, please complete the application by clicking on the Apply Now button on the website or **click here**.

**Contact**

If you are having any problems please contact [volunteering@leedsbeckett.ac.uk](mailto:volunteering@leedsbeckett.ac.uk) / 0113 81 23804

We look forward to hearing from you!