

Cape Nature Conservation



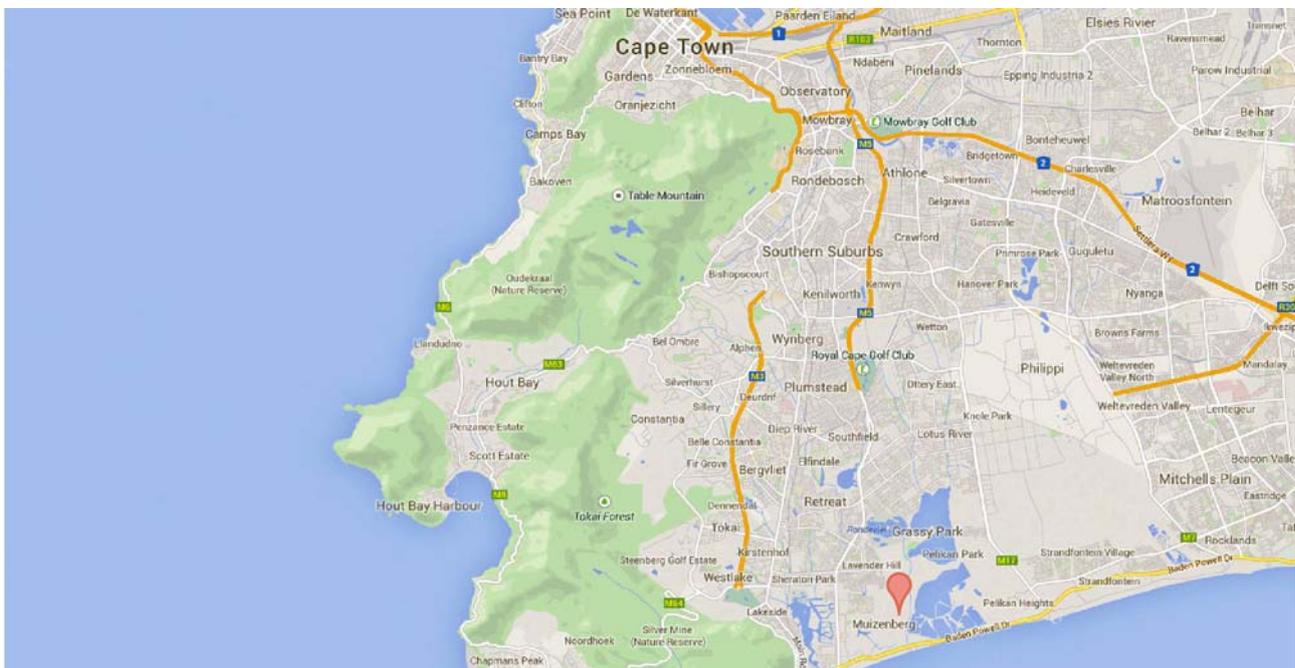
Overview

Location	Muizenberg (near Cape Town), South Africa.
Duration	From 4 weeks.
Dates	All year round.
Requirements	<ul style="list-style-type: none">• Minimum age: 18.• You must have an Upper Intermediate level of English.• Special skills: You must have a compassionate heart and an interest in conservation & community work.
Your impact	 <p>The impact of your volunteer work depends on the nature of the project. In addition, it may also depend on whether the project offers a full volunteering experience or a combination of volunteering and tourism. For details, please see the description of the project and what's included in the project fees.</p>
Documents required	Enrolment form, curriculum vitae, letter of motivation, passport copy, proof of medical insurance.
Day of arrival	Thursday.
Day of departure	Saturday.

Highlights

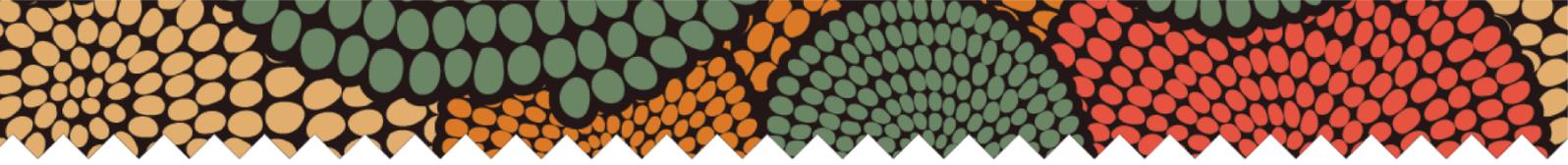
- Volunteer at a reserve close to Cape Town.
- Help to capture, relocate or rehabilitate birds and animals.
- Experience the working with local schools.
- Experience amazing tours and adventures in and around Cape Town.
- Receive personal support from the volunteer coordinator.

Project information



The Cape Nature Conservation project is situated in Muizenberg, on the outskirts of the city of Cape Town. The reserve spreads through the suburbs of Muizenberg, Lakeside and Steenberg, extends over about 250ha and includes an estuary, freshwater wetlands, saltmarshes, a stretch of beach, and several endangered terrestrial vegetation types. The reserve is home to a wide variety of flora and fauna including 433 plant, 150 bird, 32 fish, 28 reptile, 23 mammal and 7 amphibian species. The estuary is the only functioning estuary in False Bay and plays a major role as a nursery area for recruiting fish such as the endangered White Steenbras.

The project tasks at the reserve include bio-monitoring and research, ecological management and rehabilitation, visitor management, construction and infrastructure maintenance, stakeholder and community engagement and environmental education. You can expect to be part of all of these functions or a subset, as desired. Activities vary widely and may include monitoring in the form of fish counts, nocturnal mammal counts, bird counts, prawn counts, etc., path maintenance, litter collection, bird hide construction, presentations to children, guided walks, administration and many similar activities. The education programme is large, with presentations reaching over 6000 children in the last year (most from underprivileged backgrounds), so the project is particularly well placed to accommodate volunteers who are interested in education.



Programme details

The reserve is not isolated and is part of a city-wide network of reserves and natural areas that are physically connected by corridors where possible. Management of an estuary also implies involvement in issues in the catchment area and on the coast. The work is therefore not restricted to the Cape Nature Conservation project only and frequently includes other reserves or sites.

The work at the reserve is fairly evenly split between community work and ground work aimed at improving ecological functioning (which includes working with plants and animals).

Your role

You will work from Monday to Friday.

The daily activities are highly varied and may include:

- Bio-monitoring and research.
- Ecological Management and rehabilitation.
- Visitor management.
- Construction and infrastructure maintenance.
- Environmental education.
- Education programme – presentations to children.

The work that you are engaged in varies a great deal. No single activity is guaranteed, as all activities vary seasonally and by chance and many are only undertaken quarterly or annually.

Other possible activities that you might be asked to do include

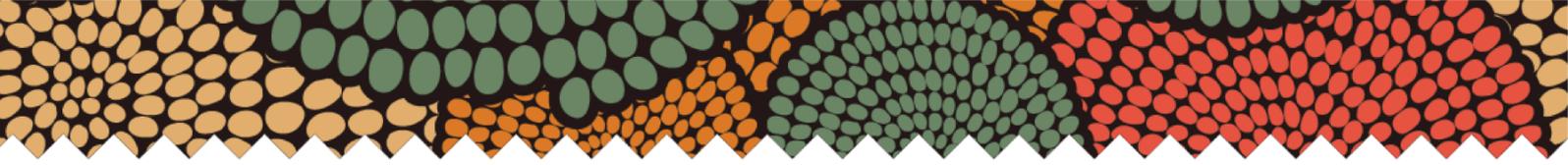
- Helping to capture, relocate or rehabilitate animals (including birds, fish, small mammals, reptiles, antelopes, grysbok, eland, hippo, etc.),
- Controlling erosion; engaging in botanical rehabilitation,
- Pollinating certain rare plant species by hand,
- Removal of invasive alien species,
- Counting birds, animals and plants,
- Assisting with administration,
- Assisting with structured environmental education programs and community involvement,
- Assisting with environmental emergencies like oil spills, fish kills, fires (in a support/logistics capacity, unless adequately trained and equipped),
- Mowing and path maintenance,
- Cleaning up litter, and a host of other ad-hoc tasks.

You can expect to walk fair distances or have to paddle by canoe or boat to your work site within the reserve for the day.

It is important to note that this description serves as an example only. The daily tasks and challenges depend on the volunteer, the time of year and the work that needs to be done. The final job description can therefore vary substantially from the above.

Arrival

You will need to arrive on a Thursday at Cape Town International Airport. Our driver will meet you at the airport and take you to your accommodation.



After an orientation meeting at the language school in Newlands on Friday, your first day of volunteering will be on Monday.

Accommodation

You will live at the Volunteer House. It is a private house in an upmarket residential area and consists of rooms with 2 single beds and 2 bunk beds. There are 4 bathrooms to share, a communal kitchen, a dining room, a lounge with TV and DVD and a beautiful garden with a swimming pool. A commercial laundry service is close by. Bedding is provided. Towels will be not provided.

Meals

Self-catering. The main shopping areas as well as restaurants, pubs, etc. are within walking distance of the Volunteer House.

Free time

Together with other volunteers and language students from Good Hope Studies you can take part in the entertainment programme of the Social Club. There are organised events, outings and tours most evenings and at the weekends. To find out about the current programme, go to www.goodhopevolunteers.com.

How to get to the project

You need to make your own way to the project every day. You will be collected from the train station every morning, and will be dropped off every afternoon to catch your train home.

Costs for public transport are around € 6,40 / US\$ 8 per week.

What to bring

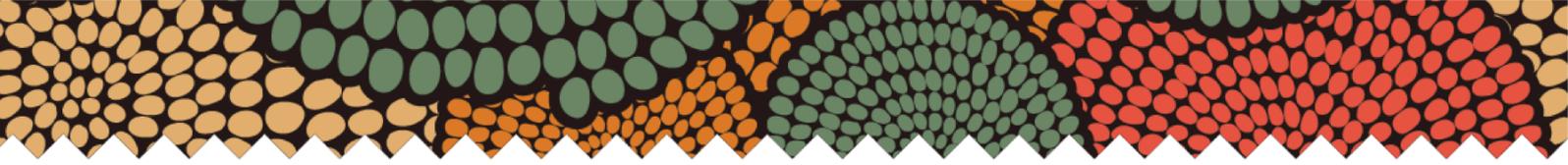
It is recommended that you bring comfortable & hardy clothing, a swimming costume for working in water (a wetsuit is a useful addition if available); solid shoes or hiking boots; a wide-brimmed sunhat and sunscreen; a water bottle; a rucksack for carrying food, water and personal items is very useful; a camera and a pair of binoculars are useful; a laptop might also be useful at times.

Anything else you might need can be bought at local supermarkets in South Africa.

While there is no specific uniform, volunteers are asked to wear sensible clothing, e.g. long shorts and closed shoes. Hot pants, string bikinis and flip-flops are not suitable for work.

Medical insurance

It is required that you take out medical insurance before travelling to South Africa. For stays exceeding 90 days, it is compulsory to take out a South African medical insurance. We recommend NetworX from Compcare, which is specifically designed for people who visit South Africa for 3 to 12 months. You will receive an information leaflet and an application form together with your confirmation of booking.



Health

No vaccinations are required except for travellers going to the north-eastern areas of South Africa, where anti-malaria precautions are recommended. Clients should consult their doctor for recommendations.

A yellow fever certificate is compulsory for those persons who have travelled from, or intend travelling through, countries in the yellow fever belt:

Africa: Angola, Burundi, Benin, Burkina Faso, Cameroon, Central African Republic, Chad, Congo, Equatorial Guinea, Ethiopia, Gambia, Gabon, Guinea, Guinea-Bissau, Ghana, Ivory Coast, Kenya, Liberia, Mali, Niger, Nigeria, Sao Tome and Principe, Senegal, Sierra Leone, Somalia, Sudan, Rwanda, Tanzania, Togo, Uganda, Zaire.

South America: Bolivia, Brazil, Colombia, Ecuador, French Guyana, Guyana, Panama, Peru, Surinam, Venezuela, Argentina and Paraguay.

Bring medication just in case you suffer from any travel-related illnesses, e.g. stomach upsets, since your body needs to adjust to the change in food and water during your first few days in South Africa.

It is important to keep in mind at all times that HIV and Aids are widespread diseases in South Africa.

Safety

HIV and AIDS are a major public health concern. You should be aware that you are working with people/children that could be affected. You are working with animals too and must be aware at all times and follow the safety guidelines.

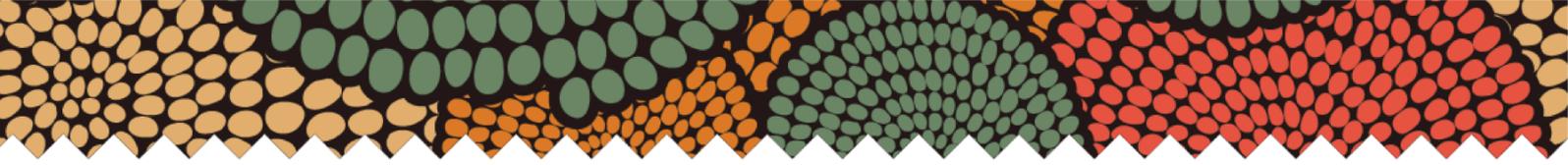
Cultural diversity

We suggest doing some light reading regarding the history of South Africa and its people. Please note it is a very ethnically diverse population, and there are many different groups of people with different ideas and behaviors. We suggest being as open minded as you can - try understand the history and note that in rural areas the differences can be more pronounced. Please try to be modest in what you wear and how you behave.

What's included / not included

Included:

- Project placement
- Airport transfer on arrival
- Accommodation (Volunteer House: shared room, shared bathroom, self-catering)
- Full-day excursion on the first Saturday
- A donation towards the project
- Good Hope Volunteers welcome pack
- Weekly site visits by our coordinator
- An orientation at the beginning of your volunteering

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- Participation in the activities of the Social Club (extra charges may apply)
 - Electronic certificate (printed copy on request)
 - Local support including a 24-hour emergency number
 - WiFi

Not included:

- Food
- Local transport
- Any items of a personal nature

When combining with a language course

When you participate in a language course before you start at this project the day of arrival is Sunday and the free full-day excursion on the first Saturday is not applicable.

Visa

You can volunteer in South Africa on a visitor's visa for up to 90 days.

Nationals from certain countries (e.g. Brazil, Switzerland, Germany, Australia, France, Netherlands, Spain) will receive their visa when entering South Africa. Other nationals need to apply for a visitor's visa at a South African Embassy in their home country before travelling.

If you come to South Africa on a visitor's visa, you can extend once by another 90 days.

If you plan to come for more than 90 days, you need to apply for a visa at a South African Embassy in your home country. This visa is restricted to registered NGO's and therefore not available for this project.

For the latest information contact the South African Embassy or Good Hope Volunteers.