

# Surfing with Kids



## Overview

<b>Location</b>	Mossel Bay, South Africa.
<b>Duration</b>	From 2 weeks.
<b>Dates</b>	All year round.
<b>Requirements</b>	<ul style="list-style-type: none"><li>• Minimum age: 18 – 30.</li><li>• You must have an Upper Intermediate level of English.</li><li>• Special skills: You need to be able to swim. You must have a love for children and be able to teach subjects in a fun and interactive way. It is important that you are able to use your imagination to keep children focused and engaged. You should enjoy playing games, doing sports and being outside in the sun.</li></ul>
<b>Your impact</b>	 <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>
<b>Documents required</b>	Enrolment form, curriculum vitae, letter of motivation, passport copy, proof of medical insurance, police clearance certificate.
<b>Day of arrival</b>	Monday.
<b>Day of departure</b>	Monday.



## Highlights

- Surf and/or learn how to surf in a surfers' paradise.
- Change the lives of kids from poor communities by teaching them how to surf.
- Experience several different South African communities and cultures.
- Explore sights and adventures of the world-famous Garden Route.
- Share this experience with other volunteers from all over the world.

## Project information

The Surfing with Kids project was founded in 2010 in Mossel Bay, South Africa.

**The project's mission statement is: "The empowerment and social development of youths living in rural and marginalised communities through surfing."**

The surfing programme is based at Diaz Beach in Mossel Bay. The programme has been offering free surfing lessons to marginalised youths since November 2010. Children are introduced to surfing as a healthy way of having fun. As the children grow within the programme, they are encouraged to progress - to paddle deeper and surf bigger waves.

Empowerment comes as a result of commitment, dedication and learning new skills. Through the medium of surfing, the project's team teaches the value of learning to do difficult things and enjoying the results of commitment and dedication. Social development comes as a result of developing self-awareness. Surfing is not ordinarily practised in marginalised communities around South Africa. By learning to do something they've never done before in an environment they've never encountered before, children develop a new awareness, forming new ideas about themselves, their abilities and their lives.

This project also incorporates a variety of other ocean-related activities, besides surfing, aimed at empowering marginalised children. They encourage healthy interaction between volunteers and children through a variety of fun activities, like swimming and doing fitness exercises. If the weather and/or oceanic conditions aren't favourable for surfing, volunteers will engage with the children in surfing, oceanic and/or environmental educational workshops.

## Programme details

You DO NOT need any previous surfing and/or ocean experience, but you MUST be comfortable in water and be able to swim.

You work directly with the children participating in the surfing programme and you assist the youngest children first. You help them to surf. You help them to handle the surfboards and to catch and ride small waves in the shallows. You also play beach games with children and are responsible for general supervision on the beach and packing and unpacking surfing equipment.

You are always thoroughly instructed and briefed by professional surf instructors, who work full time at the surfing programme, before helping any child in the ocean. You only work with the children under surfing instructors' supervision.

You also have the opportunity to learn surfing yourselves, under the supervision of the surfing instructors! You will be given a series of introductory surfing lessons with a professional surf instructor, and you can continue your own surfing practice before and after assisting the children's surfing programme.



### **Your role**

You teach basic ocean skills and introduce young children to surfing.

During daily surfing sessions, you assist the surf instructors by helping the youngest and most vulnerable children to become familiar and comfortable with the ocean. These young children are generally terrified of water and most join the programme without being able to swim. They therefore need constant supervision and one-on-one attention in the ocean. You provide that support and assist these young children with surfing.

**Volunteer Surfing:** You will have the opportunity to learn surfing yourself, under the supervision of the programme's surfing instructors. Included in the programme is a series of introductory surf lessons.

**Kids' Surfing Programme:** You will work directly with those children participating in the kids' surfing programme. You assist the younger children in the ocean, teaching them swimming skills and helping them to surf small waves in the shallows. You also play beach games with children and are responsible for general supervision on the beach and packing and unpacking surfing equipment.

**Equipment Repairs:** Optional extra tasks include equipment maintenance, in the form of surfboard and wetsuit repairs.

**Educational Workshops:** These workshops vary, depending on the specific interests/skills of volunteers, but can include other physical activities such as soccer, yoga, general sports. Further educational workshops are related to the ocean and/or the environment. These workshops are conducted **ONLY** if the ocean and/or the weather are not favorable for children's surfing.

**Extra Excursions:** One day per week is reserved for excursions, sightseeing and/or shopping. You can explore the beautiful surrounding coastline of the Garden Route area, visit nearby towns, do some shopping or simply spend the whole day surfing and/or doing other adventure activities. Options include snorkeling, sand-boarding, paragliding, skydiving, bungee-jumping, canoeing, kayaking, zip-sliding, exploring ravines and waterfalls, tubing, and various wild-life experiences such as game-drives and whale watching! Plus many, many more!

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

## Getting to and from the project



The Surfing with Kids project is based at Diaz Beach in Mossel, South Africa.

You need to arrive at George Airport where you will be collected by the volunteer staff. Transport is provided on both your arrival and departure, and is included in the programme fee. Preferred transfer time is between 10:00 and 12:00.

## Accommodation

You will stay in beachfront flats that are located very close to Diaz Beach, 2 – 5 min walking distance. The flats are modern, stylish and equipped with all the necessary utilities for a comfortable stay. All flats are 2 – 3 bedroom flats, with a maximum of 2 volunteers per room. Men and woman may share a flat, but do not share rooms. Each flat has its own bathroom, living room and kitchen.

The flats are fully furnished. The living rooms have comfortable couches, the beds are clean and comfortable, and there are televisions with a selection of channels. The kitchens are equipped with everything necessary for cooking meals and all the flats come equipped with washing machines and/or there are laundry facilities which are available within easy walking distance.

The flats do not have Internet facilities, but there is free WiFi available at Diaz Beach, which is where volunteers work with the children. You can also easily purchase a South African SIM card from a local cell phone provider for accessing the Internet on a smartphone.

## Meals

Three daily meals are provided. Breakfast depends on your preference: for example, fruits & muesli, cereal, or eggs and toast. For lunch, normally wraps or sandwiches with tea and muffins are provided. Dinner usually includes fried chicken, burgers, pasta or stew with rice, potatoes and/or bread.

You prepare your own breakfast and lunch. Dinner will be prepared. You are required to clean after each meal and must keep the flat - including the kitchen, living room, bathroom and bedroom - neat and tidy.

A vegetarian food option is available, and it is possible to cater for other special dietary requirements. In these situations, you may have to prepare all your own meals, including dinner, with ingredients supplied



within a certain budget only. Arrangements for special dietary requirements/vegetarians need to be made in advance.

There are several food and grocery shops within easy walking distance of your accommodation and there is also a shopping mall nearby. Mossel Bay Town Centre is a short taxi ride away (5 min) and there are several more shops that sell large variety of items.

There are also many good restaurants in Mossel Bay that prepare good food at very reasonable prices and can be reached easily, either by walking or with a short taxi ride.

## Free time

Mossel Bay is a very friendly and relatively small town, with a quaint town centre and beautiful views. The surrounding area, known as the Garden Route because it is always green, is world famous and boasts breathtaking scenery, pristine beaches, indigenous forests and spectacular wildlife.

There are great waves for learning to surf, with beginner-friendly waves at Diaz Beach, and there are also plenty more demanding waves for advanced surfing. Except during summer holiday periods (primarily Christmas and Easter), the area is relatively quiet and very relaxed.

One of the most famous surf spots in the world, Jeffrey's Bay, is only 300km east of Mossel Bay and many of the world's best surfers, including 11-times world champion, Kelly Slater, rate Jeffrey's Bay as having the best waves in the world.

The Garden Route is also renowned for its wide variety of adventure and nature-oriented activities, including snorkeling & diving, sand-boarding, paragliding, skydiving, bungee-jumping, canoeing, kayaking, zip-sliding, tubing, and various wild-life experiences such as game-drives and whale watching.

Weekly excursions to these activities are not included in the programme but can be easily arranged with the help of programme coordinators, who will book transport and arrange activities for volunteers upon request.

The exception to this is the "Point of Human Origins Experience," which is included in the programme. The "Point of Human Origins Experience" includes a tour of the caves at Pinnacle Point and a presentation by a qualified tour guide, trained by the archaeologist who discovered the caves. The caves at Pinnacle Point are world-famous for housing the oldest known artifacts indicative of modern human behavior. Essentially, science tells us that THIS is where all we all came from!

## Local transport

You do not require any transport for your daily surfing activities, as your accommodation is within easy walking distance of Diaz Beach which is where all the surf training takes place.

For transport to and from Mossel Bay town centre, for sightseeing and/or shopping, there are local taxis at very affordable prices. Mossel Bay town centre is only a short taxi ride away, approximately 5 min. These transport costs are not included in the programme fee and are dependent on the rates of local providers.

Programme coordinators will help you arrange and book excursion transport for you on free days, with reliable local operators, to explore the Garden Route and visit various other towns, beaches and/or to do other activities. These transport costs are on your own expense.



## What to bring

There's no specific dress code. Relaxed and comfortable clothes are recommended, provided that normal standards of decency are respected. Volunteers should not dress unnecessarily provocatively.

Summer is from November to March. These months are hot, especially December, January and February. Bring plenty of light clothes for warm summer days and mild summer evenings. But bring at least one warm jacket.

Winter is from June to August. Temperatures do sometimes drop below 10 degrees Celsius at night and there's no central heating, so bring enough warm clothes. You'll need very warm clothes for winter nights and a wind-proof jacket for cold and windy days in winter.

However, even in the middle of winter, temperatures often rise into the mid twenties. Some days get quite warm, so bring some light clothes as well. Make sure to bring a comfortable rain-jacket as rainfall occurs all year round. For summer, bring a light rain-jacket, while for winter a thick and warm rain-and-wind-proof jacket is best.

Temperatures vary a lot during Autumn (April & May) and Spring (September & October), so bring a good mix of light and warm clothes. And don't forget a swimming suit / shorts for surfing. The water temperature around Mossel Bay goes up to around 22 - 24 degrees Celsius in mid-summer.

Wetsuits are used all-year round for surfing and most people prefer to wear a swimsuit underneath their wetsuit. The project provides all surfing equipment, but if you have your own wetsuit, bring it with. The project has a wide range of wetsuits for volunteers, but your own wetsuit will always be more comfortable.

While there is no specific uniform, volunteers are asked to wear sensible clothing. Hot pants, low-riding trousers, string bikinis, etc. are not suitable for working with children, and should be worn during free time only.

## 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 Compicare, 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.

Immunization and vaccination is not needed when travelling to the Garden Route and the Western Cape province of South Africa.

## Safety

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.

You will spend a lot of time in the ocean. The ocean around Mossel Bay is exposed to big ocean swell and currents. You will however always work under the supervision of a surfing instructor, and you will be adequately advised if it is unsafe to enter the ocean or if there are specific areas that are safe. You will be required to sign a standard indemnity form.

## 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 and departure (George Airport)
- Accommodation (twin or dorm-style rooms, breakfast, lunch & dinner, laundry with self-service)
- All surfing equipment
- Series of surf lessons with an internationally qualified and professional surf instructor
- An orientation at the beginning of your volunteering
- Electronic certificate (printed copy on request)
- Local support including a 24-hour emergency number
- A trip to the Point of Human Origins Experience
- WiFi (at the project)

### Not included:

- Snacks
- Transport
- Excursions
- Towels



## 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.

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