



East Sussex College INFORMATION PACK



South Africa Group Sports Coaching Tour



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BOOKING YOUR ADVENTURE

AFRICA

Proposed dates and key deadlines

2025 Proposed trip dates are:

Depart UK: Sunday 5th May 2025 | Arrive SA: Monday 6th May 2025

Depart SA: Sunday 11th May 2025 | Arrive UK: Monday 12th May 2025

Trip cost:

£1800.00 - £2100.00 (transport to Heathrow is not included)

Key deadlines are:

- Deposit of £300
- Instalment payment of 50% due 16 weeks before departure – 13/01/2025
- Balance payment due 8 weeks before departure – 10/03/2025
- Payment schedule available to help manage finances
- E tickets will be issued 2 weeks prior to departure and emailed to students





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AFRICA

ABOUT THE PROJECT

Our sports coaching in more detail

ABOUT YOUR PROJECT

AFRICA

Project Location

Your Sport Coaching project is based in Port Elizabeth. The city is situated 800km from Cape Town and is known for its sunshine and safe sandy beaches .

Located on the South Eastern coast of Africa, this major sea port and tourist destination is set along the beautiful shores of Algoa Bay and is fondly referred to as the Friendly Eco-City.

Temperatures are moderate all year round with rain scattered throughout the year, the summers are warm with a very temperate humidity level, whereas the winters are mild and pleasant. There is a significant amount of water sports all year round; surfing, boardsailing and diving. Overseas tourists will be happy to hear that even at the seaside you can enjoy the awe inspiring wildlife of Africa because there are a number of wildlife reserves in the area around Port Elizabeth.



ABOUT YOUR PROJECT

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Project Overview

Your role as a volunteer sports coach in South Africa will be to run and supervise all training and matches for the players in the local townships and schools in the surrounding area. Unless you are used to training young children this may sound like a daunting task however you will soon realise the local children whom you will teach are desperate to absorb your skills and knowledge of the game. This project is highly rewarding as the talent and enthusiasm is often present in the players that you will train however the experience of structured training and team formation is lacking.

You will not be alone on your project and will receive support from our in-country team and other volunteers as well as our local sports coaches who will point you in the right direction, offer training ideas and tournament concepts. You will soon develop your own training techniques, unique to you and your players and leave your project knowing you have made a genuine difference.

The coaching we offer is for the children in local townships and is as inclusive as possible, offering the opportunity to as many kids as we can. We aim to provide all year coverage so that there is maximum exposure for the township kids and although the majority of your placement will coincide with the school term, there may be times when there is a week or two of school holidays. There is no less need for coaching at the holiday camps than in the term time, this is something that the kids have actually come to depend on and enjoy. This also allows coaching to be based in different areas and provides other kids with the opportunity to learn a new skill who cannot attend during term time. Needless to say, the kids love these coaching sessions both in the school term and in the holidays.

The actual amount of coaching varies very little for you and will take the same format as the coaching on the school grounds. The beauty about the holiday camps is that you can still continue to coach your particular sport for around 3 – 4 hours a day, but you will also have the opportunity to take part in many other activities and sports, should you wish.

ABOUT YOUR PROJECT

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Project Overview

Activities You Will Experience

- ✓ Sports coaching, including club training and match play
- ✓ Team tournaments
- ✓ Inclusive social activities:
 - Visit to Kragga Kamma (a local wildlife park)
 - Sundays river boat trip and beach Braai (BBQ)
 - Visit to Jeffrey's Bay (home of surfing South Africa)
 - McArthur baths swimming pool

Although no prior coaching experience or qualifications are required a basic understanding of the game and/or playing experience is necessary.

Equipment Donation for South Africa

We are dedicated to sustainable development. This is why part of the fee you pay goes towards buying decent equipment for beneficiary organisations in South Africa. You will often use this equipment during your project and it is always left with the community when you leave. In some cases, an equipment donation may not be appropriate, so a financial contribution is made instead.



Project Overview

Sports Camps

The majority of your volunteer project will coincide with the school term but during school holidays you will be able to coach at sports camps in or around the Port Elizabeth area. There is a big need for volunteer coaches at these camps and they are a fantastic way of coaching sports to children who do not usually have access to sports during term time. The camps expose sport to a large number of African children and are something the young athletes have come to depend on and really enjoy. The camps also allow you to see other parts of South Africa that you would not otherwise experience.

Other Volunteer Projects

In addition to your main sports coaching project, you can get involved with some non-sports volunteer projects if you wish. Projects range from care work with orphans to teaching in local schools. And with a western education, you will be able to make a significant contribution to the standard of teaching that the young students receive. Subject areas include english, maths, science, business, IT plus a whole variety of extra-curricular activities. Many volunteers find this element of their volunteer trip one of the most rewarding.



ABOUT YOUR PROJECT

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Example itinerary

Day	Morning	Afternoon
04/05/2025	-	Departure from London Heathrow
05/05/2025	Arrival in Johannesburg	Arrival - Port Elizabeth International Airport (PLZ) and Introduction
06/05/2025	Coaching induction - coaching techniques, sample sessions and facilitation guide	Afternoon at Kings Beach or Baywest Shopping Mall
07/05/2025	Coaching in the township communities	Coaching in the township communities
08/05/2025	Coaching in the township communities	Coaching in the township communities
09/05/2025	Jeffery's Bay Visit	McArthur Baths swimming pool
10/05/2025	Addo Elephant Park Visit	Addo Adventure Pack
11/05/2025	Departure - Port Elizabeth International Airport (PLZ)	Departure - Port Elizabeth International Airport (PLZ)
12/05/2025	Arrival at London Heathrow	Sundays River boat trip and BBQ on the sand dunes



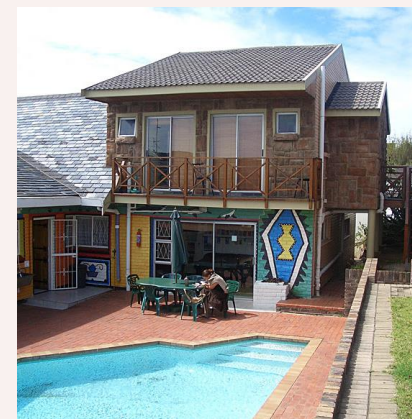
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ACCOMMODATION & LIFESTYLE

Life in the Eastern Cape

Accommodation & Food

Your accommodation is basic but comfortable and you will stay in a dormitory style room. The accommodation has a very sociable atmosphere, you will find it a great place to relax and unwind in the evenings. The accommodation is also centrally located near to your volunteer project with shops and other useful amenities either a short walk or taxi ride away. With so many volunteers living together, you will soon find our communal house your new home, away from home.



Social Life in South Africa

We believe it is important to give our volunteers the chance to unwind and have fun while they are away. Our in-country team therefore organises a variety of social activities to bring volunteers together, to share their experiences and, above all, have a good time. The social life in South Africa really is second to none and you will return home with some truly unforgettable memories and friends for life. With so many sporty people living together, social sports teams are pretty much unavoidable and there are plenty of local teams to play for.

For the less competitive, why not head to the beach for some casual volleyball and football matches in the African sunshine? You'll also get to experience plenty of Braais during your stay (authentic South African barbeques under the stars). Sport, friendship and lots of laughs - what more could you want from a social life abroad?





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USEFUL INFORMATION

Inclusions/Exclusions &
Recommended Kit List

WHAT'S INCLUDED

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What is included?

- Flights
- Transfers to/from project
- Accommodation
- Meals as specified
- All activities as part of the project
- ATOL protection
- Airport meet/greet
- 24/7 In country support



NOT Included

- Personal Travel Insurance *
- Meals on travel days – before arriving & after departing from project
- Any activities not specified as part of the project
- Visa's/travel documents
- Tips

* We recommend you take out insurance as soon as your booking is confirmed



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