



PROJECT INFORMATION PACK

South Eastern Regional College



South Africa

Group Sports

Coaching Tour

AFRICA

GLOBAL reach. **ADVENTURE** for all. **PROJECTS** to inspire.

TRIP OVERVIEW

AFRICA

South Eastern Regional College Booking Reference 4641

Trip Dates:

1st June – 17th June 2025

Flights:

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
BA1413	01/06/2025	Belfast (BHD)	13:00	London Heathrow (LHR)	14:30
BA55	01/06/2025	London Heathrow (LHR)	19:05	Johannesburg (JNB)	07:00 + 1 Day
FA534	02/06/2025	Johannesburg (JNB)	13:05	Port Elizabeth (PLZ)	14:50
FA535	16/06/2025	Port Elizabeth (PLZ)	15:25	Johannesburg (JNB)	17:05
BA54	16/06/2025	Johannesburg (JNB)	21:15	London Heathrow (LHR)	07:30 + 1 Day
BA1416	17/06/2025	London Heathrow (LHR)	14:15	Belfast (BHD)	15:40

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece of checked baggage @ 20kgs & 1 piece of hand baggage @ 7kgs and max dimensions 56x36x23 cms

Project: Sports Coaching



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

AFRICA

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.



ABOUT YOUR PROJECT

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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	Meals	Morning	Afternoon
1	D	-	Arrival – Port Elizabeth International Airport (PLZ) and Introduction
2	B/L/D	Township Tour	Trip to Kragga Kamma Wildlife Reserve
3	B/L/D	Coaching induction – coaching techniques, sample sessions and facilitation guide	Afternoon at Kings Beach or Baywest Shopping Mall
4	B/L/D	Coaching in the township communities	Coaching in the township communities
5	B/L/D	Coaching in the township communities	Coaching in the township communities
6	B/L/D	Isaac Booie Day Experience; Reception sports session, classroom sessions	Relaxing afternoon or match preparation
7	B/L/D	Visit Jeffreys Bay – home of Surfing South Africa and World Surf League Annual Competition	Sand dune boarding, lunch at the beach and visit to Billabong factory outlet
8	B/L/D	Enjoy local African market	Relax at the beach
9	B/L/D	Coaching in the township communities	Relaxing afternoon (beach) or match preparation
10	B/L/D	Rest day	Rest day
11	B/L/D	Coaching in the township communities	Relaxing afternoon (beach) or match preparation
12	B/L/D	Sundays River boat trip and BBQ on the sand dunes	Sundays River boat trip and BBQ on the sand dunes
13	B/L/D	Coaching in the township communities	McArthur Baths swimming pool
14	B/L	Departure – Port Elizabeth International Airport (PLZ)	Departure – Port Elizabeth International Airport (PLZ)



AFRICA

ACCOMMODATION & LIFESTYLE

Life in the Eastern Cape

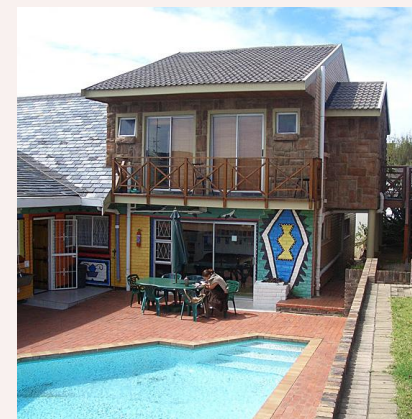
ACCOMMODATION & LIFESTYLE

AFRICA

Accommodation & Food

Your accommodation is basic but comfortable, you will stay in a dormitory style room, with shared toilet and shower facilities. Three meals a day are provided, the food is basic but nutritious.

The accommodation has a very sociable atmosphere, you will find it a great place to relax and unwind in the evenings; it is also centrally located near to your volunteer project with shops and other useful amenities either a short walk or taxi ride away.



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?





AFRICA

USEFUL INFORMATION

Inclusions/Exclusions &
Recommended Kit List

WHAT'S INCLUDED

AFRICA

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
- Visas/travel documents
- Tips

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

Suggested kit list

- Short and long sleeve T-shirts
- Sports shirts/training tops
- Long sports trousers and shorts
- Sports boots/cleats
- Trainers / running shoes for everyday
- Trainers/shoes you do not mind getting dirty
- Rain jacket, lightweight, waterproof & breathable
- Sweatshirt/Fleece – it may get chilly at night
- Padded parka jacket/windbreaker
- Daypack rucksack
- Socks
- Hat for sun protection (all year round)/Warm Hat (winter only)
- Gloves for warmth (winter only)
- Water bottle (2 litre capacity)

- Changes of casual clothes for evenings
- Underwear
- Sandals / comfy shoes to wear after work hours
- Beach towel
- Swimming costume
- Toiletries
- Tick / insect repellent
- Sunscreen (30+ factor) and Sunglasses
- Personal medical items/First Aid Kit

Other useful items:

- Whistle
- Good torch
- Camera
- Spare batteries
- Cards/music
- Notebook/diary and pen

* No skimpy clothing to be worn.



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