



via volunteers

ethical volunteering in south africa

St. George's Home for Girls

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Inspire young minds through mentoring, play and homework support at this very special home for girls near Cape Town.

Join for 4 weeks or more.

Via Volunteers, PO Box 1186, Gordon's Bay, 7151, South Africa
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Useful Information

Arrival airport	Cape Town (CPT)
Arrival day	Friday or earlier
Join project on...	Monday
Last day of volunteering	Thursday
Fly home on...	Friday or later
Minimum duration	4 weeks or longer
Volunteering hours	Variable: Monday to Friday (Approx. 14:00 to 19:00)
Working with...	Girls: Aged from 3 to 18
Minimum age	You must be 18 years or older when you arrive

What's Included

Pre-arrival support	Our Cape Town based team will provide you with expert advice and assistance to ensure you are fully prepared for your trip
Airport welcome	One of our team will be there to meet you when you arrive
Airport transfers	Between Cape Town Airport & Ashanti Lodge
Welcome brief	With Heather or Ed
Accommodation	Ashanti Lodge in central Cape Town
Breakfast	A basic breakfast is included at Ashanti Lodge
Orientation	At St. George's on your first Monday
Wi-Fi	Free Wi-Fi at Ashanti Lodge
Name badge	A personalized magnetic Name Badge to wear at St. George's <i>This will be yours to keep</i>
T-Shirt	A Via Volunteers T-Shirt – Available in most sizes <i>This will be yours to keep</i>
In-country support	Being based in South Africa means that we can give you real support during your stay
Certificate of Appreciation	On completion of your placement we will send you a special thank you to accompany your CV or resume

Not Included: *International flights, insurance, project transfers and meals (lunches and suppers). Citizens from most countries can arrive in South Africa and stay for up to 90 days without a visa. Please refer to our website FAQ section for more details if you are unsure.*



Preparation Checklist

Before you apply

1	Consider your motivations and expectations for volunteering.
2	Read this volunteer guide and check the testimonials and photos on our website.
3	Read our standard Terms & Conditions Download Via Volunteers' Terms and Conditions
4	Decide when you would like to join this project, and for how long (minimum 4 weeks).

How to Apply

1	Apply using our online booking form, or email us on info@viavolunteers.com <i>You do not pay anything when you apply.</i>
2	We will reply to you to confirm that we have reserved your placement. We will keep your placement reserved for about a week.
3	We will send you a detailed itinerary and quote, as well as a deposit invoice with a link for secure payment by credit card or PayPal.
4	When you are happy with your preliminary itinerary and quote, you will be able to confirm your placement with a deposit.
5	On receipt of your deposit, we will confirm your placement and begin making arrangements for your stay in South Africa.

Preparing for your trip

1	We will send you a Personal Details form to complete. <i>Please email this back to us as soon as possible.</i>
2	We will send you a Travel Details form to complete. <i>Please email this back to us when you have confirmed your flight details.</i>
3	We will send you useful information about South Africa, Ethical Volunteering, Things to do in Cape Town and a recommended packing list to help with your planning.
4	Book your flights. <i>Remember that you can arrive and depart at any time of day. You can also arrive earlier than the normal Friday arrival, and depart later than the normal Friday departure.</i>
5	We will update your itinerary and quote to include your flight details and any additional nights you might need.
6	Your balance will be due 4 weeks before you join us. We will send you a balance invoice with a link for secure payment by credit card or PayPal.
7	Email a copy of your passport, a recognizable photo and your police clearance certificate to us.
8	We will send you a pre-arrival email with a few useful reminders a few weeks before you fly to Cape Town.
9	A few days before you arrive, we will welcome you to our 'Cape Town Volunteers' Facebook Messenger group where you can get to know other volunteers that you'll be spending time with in Cape Town.

Your Basic Itinerary

Arriving in South Africa

1	<p>The normal arrival day is Friday.</p> <p><i>If you would like to add extra nights in Cape Town to your stay and arrive earlier, please let us know when you have your flight dates. You can arrive at any time of day.</i></p>
2	<p>One of your in-country volunteer coordinators* (Heather or Ed) will be there to meet you when you land at Cape Town International Airport – You will see them holding a welcome sign with your name on as you enter the arrivals hall.</p> <p><i>From the time your flight lands, it may take you anything from 15 minutes to an hour more to reach the Arrivals Hall, depending on how busy the airport is, and how quickly the baggage is unloaded. Heather & Ed won't leave without you, so don't worry if there are any delays.</i></p> <p><i>You don't need to worry if your flight is late either. Via Volunteers monitor the expected landing time for your flight, so we will be there to meet you no matter how late your flight is.</i></p>
3	<p>Heather or Ed will transfer you to Ashanti Lodge in Cape Town (about a 20-minute drive) and help you to settle in with a welcome brief. Depending on your arrival time, we will introduce you to other volunteers staying at Ashanti Lodge.</p>
4	<p>You will have the rest of the weekend to relax and get to know your fellow volunteers.</p> <p><i>There are literally hundreds of wonderful things to do in and around Cape Town – We will send you our useful 'Things To Do List' when you apply. This includes some of the most popular activities that previous volunteers have enjoyed.</i></p> <p><i>If you would like to arrange any tours or activities for your first weekend, please let us know about a week or more before you travel to Cape Town.</i></p>

Joining St. George's Home for Girls

1	<p>Your first visit to St. Georges will be on the first Monday after you arrive in Cape Town.</p>
2	<p>Heather or Ed will collect you from the Ashanti Lodge reception area at about 1pm and take you to St. George's in Wynberg, which is about a 20-minute drive.</p>
3	<p>We will introduce you to Graeme Cairns, the manager, who will help you to settle in with a warm welcome and a tour of the home.</p>
4	<p>Thereafter, you will need to book and pay for your remaining transfers between Ashanti Lodge and St. Georges using the Uber app on your phone.</p> <p><i>Make sure you test your Uber App over the weekend – You can have a South African Sim Card fitted to your phone at Ashanti Lodge, and add airtime & data as you need it.</i></p>

Flying home

1	<p>Your last afternoon at St. George's will normally be on a Thursday, so you can fly home on Friday or later.</p> <p><i>If you would like to add extra nights in Cape Town to your stay and depart later, please let us know when you have your flight dates. You can depart at any time of day.</i></p>
2	<p>Heather or Ed will collect you from Ashanti Lodge and transfer you to Cape Town International Airport in plenty of time to check-in for your flight home</p>
<p><i>* If your flight arrives late in the evening or over the weekend, you might be met by an authorized driver who will escort you to Ashanti Lodge.</i></p>	

St. George's Home for Girls

Project Overview

St George's Home is registered to accommodate up to 40 girls (ages 3 -18) and their mission is to provide a quality home for them with a nurturing environment that will cater for their emotional, spiritual, physical, social and educational needs.

As a volunteer, you can play a vital mentoring role to these young girls as well as come up with fun activities, help with homework, read, play, help with meal preparation and much more.

By providing specialised care, education and teaching life skills to the girls within a secure environment, caregivers and volunteers empower them with the necessary skills and knowledge to become confident individuals.

The girls are fully integrated into the local community. They attend schools in the surrounding areas and are actively involved in extra-mural activities. One of the home's main focuses is to re-integrate the children with their families as soon as possible.

To join this project, you will need to be in good physical condition and aged 18 years or older by the time you arrive in Cape Town. Emotional maturity and discretion are important assets for volunteers at St. George's, and you must also have personal characteristics like commitment, flexibility, patience and the ability to use your initiative if you find yourself at a loose end. To ensure effective communication between all team members, a good understanding of the English language is also required.

Working Routine

Your first visit to St. George's Home for Girls will be on the Monday after you arrive in Cape Town.

On your first day, Ed or Heather will collect you from Ashanti Lodge at about 1pm and take you to St. George's Home for Girls (5 Bute Road, Wynberg). Thereafter, you will need to book your remaining transfers between Ashanti Lodge and the home using the Uber app on your phone.

You will then be introduced to Graeme at St. Georges for your introduction to the girls and the project.

Make sure you eat lunch before you leave your accommodation each day, or prepare a packed lunch to take with you.

Typically, you can expect to be busy from about 2:00pm - 7:00pm. There may be opportunities to help out with events and activities over weekends too, and you will be able to talk with Graeme to arrange any time off or changes to your schedule.

Your afternoons will normally begin with helping to prepare food and snacks in the kitchen. As the girls arrive home from school you will be able to help them with homework, reading and fun activities. Be prepared to bring your own ideas along, and perhaps explore sites like Pinterest in advance for plenty of ideas for fun educational activities for children. Be creative and let your imagination go wild!

Throughout your stay you are encouraged to tell the girls your story and let them know what you did at school, where you have travelled to, where you normally work, what your interests are, and the things you would still like to do. As a positive role model, your story will encourage these girls to work hard to improve their lives and inspire them to look beyond the unfortunate circumstances of their childhood.

You will have every morning free to explore Cape Town and the local area, and every weekend too.



Accommodation

Ashanti Lodge in Cape Town

As one of Cape Town's best backpackers, Ashanti Lodge has excellent facilities and is perfectly positioned in central Cape Town as an ideal base for volunteers. Ashanti is a great place to relax when you are taking a break from exploring Table Mountain, the V&A Waterfront, Camps Bay, Hout Bay and the rest of the Cape Peninsula.

Close by you will also find a great variety of restaurants and bars, plenty of great hangouts in Long Street, a well-equipped shopping mall, supermarkets, health shops, cafés...the list goes on.

While you're at Ashanti you can enjoy all the facilities below. Whether you're having a dip in the pool or watching Table Mountain while you have breakfast, you will find that Ashanti have thought of everything:

- Dormitory accommodation with all bedding and linen provided
- Free Wi-Fi from anywhere on the premises
- A fully equipped shared kitchen with fridge/freezers for storing your groceries
- A basic breakfast is included with tea, coffee, juice, cereals, yoghurt, toast, peanut butter and jam
- All bedding including linen, duvet and pillows (linen is changed every seven days)
- Laundry service – Approx R70 per 5kg load including powder, wash, dry & fold.
Drop it off at reception and it will be ready for you about 12 hours later
- Lots of showers and toilets
- A lovely pool area with tables, umbrellas, sun beds and a BBQ
- A restaurant bar with a pool table and big screen TV. An all you can eat breakfast buffet is available for only R70, with great value meals available through to 10pm
- A balcony overlooking the pool, and a lounge area with great views of Table Mountain and Lion's Head
- A personal safe for every volunteer and coded access to your room
- Lockable under bed storage for your small suitcases/laptop (bring a small padlock for this)
- CCTV Security, controlled access and a night guard
- Reception is manned 24 hours a day
- The lodge and rooms are cleaned and serviced daily.

