

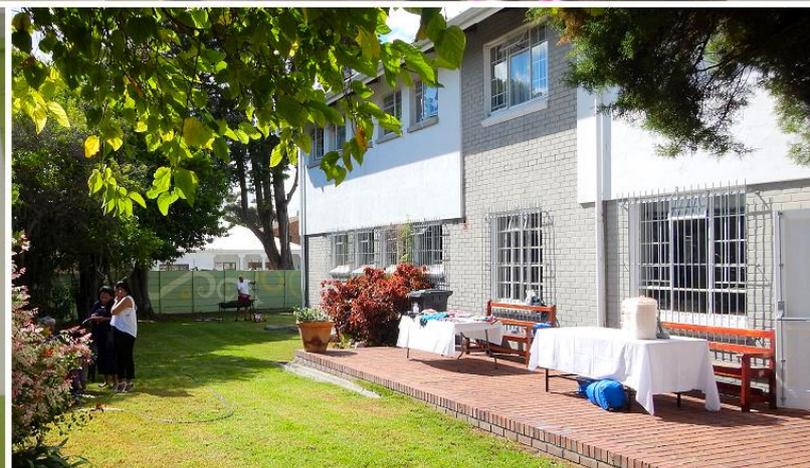


**via volunteers**

ethical volunteering in south africa

# St. George's Home for Girls

volunteer guide | useful info | what's included | checklist | itinerary | project accommodation | more...



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 recommended - you can arrive earlier or over the weekend
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 experienced team is on hand to ensure you are fully prepared for your trip to South Africa
Airport welcome	One of our team will be at the airport to welcome you and escort you to Ashanti Lodge
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. There is no Wi-Fi at St. George's
Name badge	A personalized magnetic Name Badge to wear at St. George's <i>This will be yours to keep</i>
Sim Card	A free, pre-registered Sim card for your phone
In-country support	Our volunteer coordinators are available 24/7 for emergencies, and are on hand to help you make the most of your stay
Certificate of Appreciation	On completion of your placement we will send you a special thank you to accompany your CV or resume

## What's Not Included

Visa	Citizens from most countries can arrive in South Africa and stay for up to 90 days without a Visa. Please refer to the FAQ section of our website or app for more details if you are unsure
Flights	Please refer to our FAQ section for recommendations about keeping your flight costs to a minimum
Insurance	We have partnered with World Nomads Insurance to give you access to great value insurance for volunteers. Please check out the Insurance section of our website or app for a quick quote
Some Transfers	You will need to budget about R180 for your Uber trip back to the airport, and about R1500 each week for Uber trips between Ashanti Lodge & St. George's (approx. £80, €90, US\$100, CAD\$130, or AUD\$150).

# Preparation Checklist

## Before you apply

1	Consider your motivations and expectations for volunteering
2	Read this volunteer guide
3	Decide when you would like to join this project, and for how long
4	<a href="#">Download our Free App for Android or iPhone</a>

## How to Apply

5	Apply from the Via Volunteers App or use the Booking Form on our website. You can also email us at <a href="mailto:info@viavolunteers.com">info@viavolunteers.com</a> <i>You do not pay anything when you apply</i>
6	We will reply to you to confirm that we have reserved your placement. We will keep your placement reserved for about a week.
7	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.
8	When you are happy with your preliminary itinerary and quote, you will be able to confirm your placement with a deposit.
9	On receipt of your deposit, we will confirm your placement and begin making arrangements for your stay in South Africa.

## Preparing for your trip

10	We will send you a Personal Information form to complete. <i>Please email this back to us as soon as possible</i>
11	We will send you a Travel Information form to complete. <i>Please email this back to us when you have confirmed your flight details</i>
12	Book your flights. <i>Remember that you can arrive and depart at any time of day. If you want to spend some extra time exploring Cape Town, we can add extra accommodation to your itinerary and quote as required</i>
13	About six weeks before you travel, we will send you an email with some useful advice and reminders, and a secure link for your balance invoice
14	You can pay your balance invoice at any time, but no later than 4 weeks before you join us
15	Use the 'Best Things to do in Cape Town' section of our app to create your own Cape Town Bucket List. If you would like us to book any activities for your first weekend, you can let us know about a week or more before you travel
16	A few days before you travel, we will add you on Facebook and send you some useful notes to help you settle in quickly and have a safe stay in South Africa.



# Your Basic Itinerary

## Arriving in South Africa

- 1 One of our team will be there to welcome you when you land at Cape Town International Airport – You will see us holding a welcome sign with your name on as you enter the arrivals hall.  
*From the time your flight lands, it may take you anything from 15 minutes to an hour or more to reach the Arrivals Hall, depending on how busy the airport is, and how quickly the baggage is unloaded. We won't leave without you, so don't worry if there are any delays*  
*You don't need to worry if your flight is late either. We monitor the expected landing time for your flight, so we will be there to meet you no matter how late your flight is.*
- 2 We will transfer you to Ashanti Lodge, your accommodation in Cape Town (about a 25-minute drive).

## Joining St. George's Home for Girls

- 3 On Monday, one of our volunteer coordinators will collect you from Ashanti Lodge and take you to St. George's in Wynberg, which is about a 20-minute drive.
- 4 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.

## Inspiration for your Free Time

- 5 Cape Town is an amazing place to stay, with a dizzying array of activities, tours, and places of interest to keep you busy. If you want to make the most of your free time, check out the '*Best Things to do in Cape Town*' section of our free app and start creating your own bucket list before you travel.  
[Download the Via Volunteers App for Android & iPhone](#)  
If you would like to book any activities or tours for your first weekend, we recommend letting us know about a week before you arrive. Our team is also ready to help you with arranging any activities during your stay.

## Flying home

- 6 We recommend using Uber as the best value method of returning to Cape Town Airport.

# 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, one of your volunteer coordinators will collect you from Ashanti Lodge at about 1pm and take you to St. George's Home for Girls (5 Bute Road, Wynberg).

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.

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

Voted in 2019 as Cape Town's best backpacker accommodation, 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. If you are extra hungry, 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.

