



via volunteers

ethical volunteering in south africa

Homeless Feeding Programme

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Join this rewarding community project in Cape Town and help to provide essential meals for the homeless as well as assist underprivileged children at the after-school programme.

Join for 1 week 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	Friday
Fly home on...	Friday or later
Minimum duration	1 week or longer
Volunteering hours	Variable: Monday to Friday (approx 9:30am-3pm or later)
Working with...	Homeless adults and underprivileged children in the local community
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
Orientation	At the Homeless Feeding Programme on your first Monday
Wi-Fi	Free Wi-Fi at Ashanti Lodge
Name badge	A personalized magnetic Name Badge to wear at the project <i>This will be yours to keep</i>
T-Shirt	A Via Volunteers T-Shirt – Available in V or Round Neck 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.*

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 1 week).

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 and a recognizable photo to us.
8	We will send you a pre-arrival email with a few useful reminders about a week 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 the Homeless Feeding Programme

1	<p>Your first visit to the Homeless Feeding Programme 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 9am and take you to the Feeding Programme Centre in Salt River, which is about a 10-minute drive.</p>
3	<p>We will introduce you to the feeding programme coordinator, who will help you to settle in with a warm welcome. He will get you started soon after and provide you with a provisional schedule for the week ahead.</p>
4	<p>Thereafter, you will need to book and pay for your remaining transfers between Ashanti Lodge and the feeding programme 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 day at the Homeless Feeding Programme will normally be on a Friday.</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>	

Homeless Feeding Programme

Project Overview

This deeply rewarding project provides essential meals and support for people that find themselves homeless on the streets of Cape Town. The project also offers an after-school programme for underprivileged children.

Under the expert guidance of Pastor John, the project carries out valuable community work by supporting homeless people with counselling, temporary accommodation, help with finding work and a place to call home.

As a volunteer, you will help with preparing lunches and dinners, taking attendance registers, interviewing and recording profiles, assisting the children with homework and games, and collecting food donations. During your stay, you will gain a unique understanding of the social problems that Cape Town's homeless encounter, and learn about their individual stories of hardship and triumph over adversity.

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, 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 & Activities

You will assist on weekdays (Monday to Friday) from about 9:30am through to 3pm or later. You will be advised about any changes to the routine daily to help you plan your Uber trips each morning.

During your stay, you can expect to be helping with the following activities:

- Preparing breakfasts, lunches and dinners
- Taking attendance registers and recording profiles
- Assisting with the creative arts programme for children in the local community
- Assisting with the project's weekly Ladies Café (normally Tuesday)
- Assisting with the project's weekly Movie morning (normally Friday)
- Serving meals and refreshments
- Setting up tables and chairs, and assisting with keeping the kitchen and serving area clean and tidy
- Assisting the coordinators to collect food donations



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
- All bedding including linen, duvet and pillows (linen is changed every four 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. A range of good value breakfast options are available every morning, 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 suitcase/clothing (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.

