



**via volunteers**

ethical volunteering in south africa

# Fikelela Children's Home

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Join this vibrant, hands-on project and help with fun activities, reading stories, assisting with food preparation, child care and lots of other tasks at a beautiful children's home in Khayelitsha near Cape Town.

## Join for 4 weeks or more.

Via Volunteers, PO Box 1186, Gordon's Bay, 7151, South Africa  
www.viavolunteers.com | info@viavolunteers.com | +27 21 856 4220



## 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	4 weeks or longer
Volunteering hours	Variable: Monday to Friday (approx 1:30pm-6pm)
Working with...	Children: Aged from 0 to 8
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
Weekend accommodation	Ashanti Lodge in central Cape Town <i>Friday to Sunday each week</i>
Project accommodation	Volunteer Cottage in Gordon's Bay <i>Monday to Thursday each week</i>
Transport and transfers	Between Ashanti Lodge and Fikelela ( <i>Every Monday and Friday</i> ) Between the volunteer cottage and Fikelela ( <i>Daily during the week</i> )
Orientation	At Fikelela on your first Monday
Wi-Fi	Free Wi-Fi at Ashanti Lodge and the Volunteer Cottage.
Name badge	A personalized magnetic Name Badge to wear at Fikelela <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 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 <a href="#">testimonials</a> and <a href="#">photos</a> on our website.
3	Read our standard Terms & Conditions <a href="#">Download Via Volunteers' Terms and Conditions</a>
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 <a href="mailto:info@viavolunteers.com">info@viavolunteers.com</a> <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, police clearance 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. <i>This is the recommended arrival date – you can also arrive earlier, or on Saturday if you prefer. 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 &amp; 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 Fikelela Children's Home

1	<p>Your first visit to Fikelela Children's Home will be on the first Monday after you arrive in Cape Town.</p>
2	<p>Ed will collect you and the other volunteers from the Ashanti Lodge reception area at about 10am every Monday morning.</p>
3	<p>After a stop at the V&amp;A Waterfront (Baphumelele and Masigcine volunteers do their grocery shopping here), Ed will take you to Fikelela Children's Home, introduce you to the staff and help you to settle in with an orientation brief and tour of the home.</p>
4	<p>This evening, Ed will collect you from Fikelela at 5pm and take you to the Checkers supermarket in Gordon's Bay where you will have time to shop for your groceries. Ed will then transfer you to the volunteer cottage in Gordon's Bay, introduce you to your hosts Janet &amp; Calsey, and help you to settle in to your new home. This will be your home during each week (Monday to Thursday night).</p>
5	<p>For the rest of the week, Ed or Heather will collect you from the cottage (1pm on Tue, Wed &amp; Fri – and 2 pm on Thu) and take you to Fikelela to begin your shift. Ed will collect you from Fikelela every night (6pm on Tue &amp; Wed, 7pm on Thu, and 5pm on Fri).</p>
6	<p>Every Friday, Heather or Ed will collect you from Fikelela @ 5pm and transfer you to Ashanti Lodge for the weekend.</p>

## Flying home

1	<p>Your last day at Fikelela will normally be on a Friday. <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 the Volunteer Cottage or Fikelela Children's Home and transfer you to Cape Town International Airport in plenty of time to check-in for your flight home</p>

*\* 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.*

# Fikelela Children's Home

## Project Overview

Fikelela Children's Home is situated in a quiet area of Khayelitsha township not far from Cape Town and began life in 2001 as an outreach programme of the Fikelela AIDs project.

Fikelela provides safe, secure and nurturing home-based care for up to 40 children aged between **0-8 years** of age. It is a registered place of safety that cares for children that have been abandoned, orphaned, neglected or abused. Many of the children in Fikelela's care are nursed back to health and take anti-retroviral medication when necessary.

The wonderful team at Fikelela are committed to reunifying children with their families or placing the children into good foster homes, which are carefully screened and monitored by their social workers.

As a volunteer, you will assist qualified teachers with structured lessons twice a week. The children come from backgrounds where education has not been a priority, so these lessons are designed to help the children improve their Maths and English fluency, improve their fine motor & gross motor skills, build confidence, and improve self-esteem.

You will also be involved in helping the children when they get home from school, assisting the staff to serve food, folding laundry, preparing the babies and older children for bath time and getting them ready for bed with a relaxing activity or story. Throughout your stay, you are encouraged to interact with the children in a beneficial way which promotes learning through play.

To join this project, you will need to be in good physical condition and aged 17 years or older by the time you arrive in Cape Town. Emotional maturity is an important asset for volunteers at Fikelela, 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

On Mondays, you will help from about 1pm through to 5pm. On Tuesdays and Wednesdays you will help from 1:30pm through to 6pm. On Thursdays, you will help from about 2:30pm through to 7pm. On Fridays, you will help from 1:30pm through to 5pm.

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

- Arrive at Fikelela Children's Home at about 1:30pm or 2:30pm. This is a quieter time at the children's home as the older children haven't come back from school yet. During this time, you might help to fold washing, play with any babies that are awake or do any tasks that need doing at the time
- When the children get back from school, you will help them to change out of their school uniform, assist with afternoon snacks, and get them ready for activities/play
- On a Wednesday and Thursday afternoon, you will assist teachers with the 3-8 year olds
- On some days, you will assist the doctor who checks on the children regularly
- Assist with homework or revise lesson activities
- Playing with the children and doing activities that you have planned for them
- Changing nappies (diapers)
- Sorting and distributing donations and food supplies
- Assist the kitchen staff with meals and snacks as well as helping to clean up afterwards
- Getting the older children washed, dressed and ready for bed
- Reading to the children.

# Project Accommodation

## The Volunteer Cottage in Gordon's Bay

You will stay in the Volunteer Cottage during the week – every Monday, Tuesday, Wednesday & Thursday night. The cottage is less than 2 minutes' walk from the local beach, bars, restaurants, cafés, take-aways, shops, a library and laundromats.

During the mornings (Tuesday-Friday) you will have time to visit Gordon's Bay Beach or Bikini Beach, explore the local area, use free Wi-Fi to catch up with emails and social media, relax in the garden, visit local wine farms, shop at the local mall, go zip-lining in the mountains, visit Eagle Encounters, join a Khayelitsha Walking Tour, learn to surf, or even go kayaking from the harbour.

Your cottage has the following facilities:

- Two bedrooms can sleep a maximum of 5 volunteers (3 single beds, 1 double bed)
- Pillows, duvets and bed linen are provided (fresh linen weekly)
- Wardrobe for clothes and shelves for storage
- Fully equipped kitchen with mini oven, kettle, toaster and microwave
- Shared shower and toilet facilities
- Free Wi-Fi
- Lounge area with flat screen TV
- A lovely sheltered garden - ideal for relaxing, reading and having a braai
- A housekeeper will clean the cottage once every week
- Volunteers are expected to clean up after themselves and keep the cottage tidy during the week.

*Please note that smoking is not permitted in the volunteer cottage. You can smoke in the garden.*

