

MISSIONVALE CARE CENTER INFORMATION GUIDE





ABOUT THIS PROJECT

MISSIONVALE CARE CENTRE

The Missionvale Care Centre operates in the extremely poor informal shack land township of Missionvale in Port Elizabeth, South Africa - part of the wider Nelson Mandela Metropole. It was founded by Sister Ethel Normoyle, from humble beginnings, under a tree donated by a resident of Missionvale. It has grown into a Centre which provides love and care for the poor and destitute, with particular emphasis on those living with HIV/AIDS.



HAVING FUN WHILE MAKING SELFIES

Missionvale Care Centre is a non-profit organization committed to providing quality care and support to improve the life of the people of Missionvale through love, consultation, participation and self-development. They respond to the many needs of the people in the circumstances in which they live in a variety of ways.

The help of volunteers is highly appreciated as there is a variety of projects to do and support with.

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Programs offered

Crafters Unit

The ladies of the crafters unit work very hard every day on a variety of projects including curtains, placemats, hand bags, aprons, pillows and more. These items are then sold at the Missionvale Care Centre as well as at 'Art in the Park' on the first Sunday of each month. As the women are taught the basics of sewing and became more adapted at these skills they have an increased chance of becoming employed by businesses throughout the Port Elizabeth area.

Child Support and Development

Children who attend the school but also for those who do not, every day there are a variety of activities for them, to keep them off the streets and play safely. They get a meal, can get computer lessons, listen to stories, and learn to play the drum or cultural dancing, play outside and play sports.

Clinic

The clinic offers a one-step facility where people can get a check-up and additional care with illnesses, especially TB and HIV/AIDS related illnesses. The caregivers need help from nurses to offer proper care during the daily home visits into the townships. There are qualified nurses working at Missionvale but not enough can be done and we call out to anybody with a medical or nursing background to come and make a difference. Previous volunteers with a medical background have been able to assist the doctor and provide much needed services. Missionvale also runs its own small pharmacy to hand out needed medication.

Community gardens

Residents of the area can plant and grow their own vegetables and fruits and donate part of the harvest to the soup kitchen. They are given access to water, seeds and tools to work the land and generate an income by working themselves and getting the support needed to do this the best way possible.

Clothing warehouse

All donations of clothing are cleaned and sorted, so anybody in need can get a parcel with well fitted and clean clothes. This well-structured warehouse is run by some lovely ladies who can always use help to fold, clean and pack clothing items to be ready to be distributed to those in need.

Food distribution

A big part of what Missionvale offers is immediate support for those who need help and many families in this area struggle to have food on their table. Missionvale provides them with a soup mix and bread on a daily basis which they will prepare at home to have at least something to eat. Weekly food parcels are also given out and there is always help needed with making parcels and distribution.

Primary School

Missionvale has its own primary school providing schooling to the children of the community. The 3 classrooms are well equipped but especially individual attention and class assistance can contribute for slow learners.



Project needs

The most current need is financial support to extend the existing primary school and finish the newly built classrooms for Grades 4 and 5. Every year Missionvale tries to extend the school with new classrooms and slowly grow in offering all age groups education. Currently any financial donations go directly into educational material and finishing the classrooms.

TASKS AND ACTIVITIES

Daily activities

Because of the combination of all these programmes it is possible for volunteers to help out in different ways. You can help with the distribution of food, the children in the school, do sports activities, help in the gardens, go on home visits with the caregivers and much more. The start of any volunteer at Missionvale will provide you a program to assist at all the units after which we will be able to look at your personal interests and talents to make a personalized program.



GIRLS PLAYING HAIRDRESSER AT SCHOOL

Working days and hours

You will work all weekdays from about 8h30-15h30 and weekends are off! Some days might start earlier or later and in summertime, due to the heat, hours can change.

Daily guidance

First of all our Volunteer Coordinators who will be picking you up, shows you around and prepares your work activities with the projects before you start, supervises during your stay and evaluates after you leave. They will transfer you to and from the project, make sure the shopping is done and organize fun outings for the weekends. The coordinators lives at the volunteer home and will be looking after your needs in any way. They have lots of experience and have volunteered themselves.

At Missionvale your work will be supervised by one of the staff who will introduce you and create your schedule. They will also be the people to report to in the mornings and sign out before you leave again at the end of the day.



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Other volunteers

You most likely won't be alone when volunteering at Missionvale Care Centre and meet both local as international volunteers. We get volunteers from all over the world, from the USA, the Netherlands, Belgium, Germany, the UK and many other countries.

COSTS

The following costs have been carefully calculated and long term costs of the house, staff and vehicle has been taken in consideration. Don't forget that 15% of all your fees are donated to this project directly.

1 weeks	300 euro	330 USD	215 GBP
2 weeks	535 euro	590 USD	380 GBP
6 weeks	760 euro	840 USD	540 GBP
4 weeks	985 euro	1090 USD	700 GBP
Extra weeks	200 euro	215 USD	145 GBP

If you would like to stay for longer than 3 months, costs change drastically and we can offer a much cheaper option;

Once off Fee 450 euro 500 USD 320 GBP

This includes all administrative costs, pickups, coordinating, salary costs etc.

Fee per week 160 euro 180 USD 115 GBP

This includes all meals, daily transport and your accommodation

Included in the full Volunteering Fee:

- Information and assistance before departure
- Pick up upon arrival and drop off at the end of your stay
- Welcome pack with information guide, free SIM-card, maps, etc. upon arrival
- City Tour and Introduction Programme
- Accommodation in volunteer house close to the beach
(7 nights per week of volunteering booked)
- Onsite volunteer coordinator available 24/7
- 3 basic meals a day
- 15% direct donation to the project's needs
- Transfers to and from the project daily
- Offer of weekend trips and outings (extra costs apply) to enjoy yourself on the weekends



Excluding are the following:

- Private Luxuries (snacks, cool drinks, alcohol etc.)
- Costs for weekend outings to safari parks etc.
- Air tickets
- Insurance

Starting dates

Starting your volunteer work is on Mondays only. If you will be arriving before the Monday, we will gladly assist with accommodation and your pick up, extra days will be charged prorated.

On the Monday, you will be given your introduction and shown around the area so that on Tuesday you can start your volunteering.

Participation is per full weeks only and the project will be closed for about 3 weeks over Christmas and New Year's every year.

ACCOMMODATION AND MEALS

Our volunteer house is situated at 27B Marshall Road, Humewood, 6013, Port Elizabeth.

The volunteer house lies in the popular beach front area of Humewood, and is only a five minute walk away from the beach. Shops, beachfront cafés, restaurants and access to other facilities are all within easy reach. It's the perfect location to enjoy the beach after work or during weekends.

The volunteer house offers spacious living conditions and is shared with other volunteers who work at Door of Hope, Missionvale Care Centre and Izizwe Township Projects making it the perfect place to enjoy your stay with other volunteers from all over the world.

It is fully furnished and has all the facilities needed and more; two kitchens, two washing machines, a dining room and TV lounge with satellite TV, a garden with a swimming pool to cool off, great views of the ocean and 9 bedrooms offering a variety of sleeping options. Wireless internet is free; just bring your own laptop or any other device to access the Wi-Fi network.



We even have a full time cleaning lady, as we believe in offering local employment but especially in offering clean and well looked after accommodation. All bedding is provided, but no towels, so please bring your own.

Depending on how busy it is, you will share a room with other volunteers, some rooms are very large, which offer dorm style accommodation (4 beds in a room), others are a bit smaller for only 2 volunteers sharing. Male and female volunteers will have separate rooms and bathrooms to use. We have a total of 6 bathrooms in the house.

If you would like to have a private room, we will gladly see if we can arrange that for the small surcharge per week. Couples and older volunteers will have preference for private rooms if available, but if you want to be guaranteed a private room we will have to charge this extra fee. Let us know if you want more information.

Meals

Three meals per day are included and we work on a set menu per week. There is free coffee, tea and cordial juice available at any time.

For breakfast you will have toast, fruit yoghurt, cereal and/or eggs. For lunch you can have sandwiches with cheese, marmalade, cold meats or other spreads.

There will be a variety in our dinners, since all of the volunteers have different skills and preferences. So, if you would like to show off your cooking skills, then please do!

Please tell our coordinators about any wishes, vegetarian wishes and allergies concerning food.

Transport

Included in your fee is your daily transport. We have well looked after vehicles, which are properly insured and driven by our drivers who all have required Professional Driving Permits.

Transport to and from the volunteer house, and the project is included but if you like to go out after work or in the weekend, you will be able to walk during the day or use a taxi at night, at your own expense.

Living with other Volunteers

As a volunteer from Khaya Volunteer Projects, you will be staying in a house with many different



LADIES AT MISSIONVALE WAITING FOR THE FOOD DONATIONS



nationalities. Which means you will eat together, work together and so on. We arrange an informal social on a weekly basis where you can relax and have some fun, get to know other volunteers as well as your coordinators.

Every Friday is "Casual Day" and after your volunteering at your project we have our "Khaya Social Outing" - free of charge of course.

The outing is weather permitting. It can range from a trip to the beach where we can have a picnic and swim; we can go for a walk or a hike; to the city center or even some retail therapy at the shopping mall!! Or even a pre-weekend drink at a pub, a good way to start your weekend after a long week of volunteering.

GENERAL INFORMATION

South Africa; the country....

South Africa has been referred to as the 'rainbow nation', a title which shows the country's cultural diversity.

The population of South Africa is one of the most complex and diverse in the world. South Africa has approx. 52 million inhabitants of which 80% is Black African, 10% is white, 10% is coloured or mixed race and the rest is Asian/Indian.

South Africa also has 11 official languages with isiXhosa, English and Afrikaans spoken in the Area description.

Port Elizabeth and area

PE is the biggest city of the Eastern Cape, with approximately 1.2 million inhabitants (including the Northern areas, Despatch and Uitenhage). In the Eastern Cape you will find cities such as Bisho, King William's Town and Umtata which can be found in the regions of the Transkei and Ciskei, which were known as 'homelands' in the Apartheid years.

During the Apartheid era, the 'homelands' were the home of the Xhosa speaking people. There weren't lot of facilities and work opportunities in those areas. Many off the Xhosa people worked in the bigger cities, but went home every year to visit their families. Fort Hare University was the only university in the area



where Xhosa people were allowed to study. Famous politicians namely Nelson Mandela, Thabo Mbeki and Steve Biko completed their studies at this university. Although Bisho is the capital of the Eastern Cape, it remains poor and an undeveloped city. Many people moved from these homelands to Port Elizabeth in search of employment and a better life.

The Eastern Cape is as culturally diverse as it is in nature and the climate of the region. The diversity in culture is represented by the black population (mostly Xhosa speaking), coloureds, Indian and white people of Port Elizabeth. As you can see here and will surely notice in South Africa; we do not mind using the colour of our skins to be identified with, so there is nothing insulting to call somebody black if they are.

The Eastern Cape and the surroundings of Port Elizabeth show a large variety of natural beauty and make PE a great central place to visit the variety of South Africa. To the East you will find the Wild coast (former Transkei and Ciskei) which is mostly rural and undeveloped, but closer you will find Addo Elephant Park and great coastal villages such as Port Alfred. To the North you will find the great Karoo; a semi desert area with wide open spaces, large nature areas and long open roads with historical places such as Graaff Reinet, the Baviaanskloof Wilderness and much more. To the East towards Cape Town, you will be amazed by the Tsitsikamma National Park, holiday villages such as Plettenberg Bay, Knysna and nature's Valley or the surf mecca of Jeffrey's Bay. This gives you plenty to see and visit while you are here.

History

Especially for a country like South Africa, researching the history before you go will explain the cultural differences you will see and will add a whole new dimension to your experience. If you understand the history of a country, you will understand not only the country better but also the people, their culture and customs.

Way of life in SA

It is important to prepare yourself and obtain local knowledge about the country you are about to visit. Go get yourself a good guide book and talk to people that have visited South Africa before or contact us to get some answers.

This will help you to understand the country more and will help you to not offend people or breaking local laws. Show respect towards the people and culture of the local communities. You might not agree with certain things you see during your stay here, but please don't forget you are a guest here, and you can't try to change everything in a period of just a few weeks.

The way of life in South Africa is a lot different from other continents. Foreigners may consider South Africans as lazy, always late, talking loudly, chaotic and hot blooded. But are you, just because of the fact of being from overseas and not from South Africa, then automatically hectic, not enjoying life, always focused on work, always on time, humourless, serious and cold blooded?



We are pretty sure you are not like that, so please think twice before you set opinions.

Books to read

- Nelson Mandela – ‘Long walk to freedom’: While not travel literature, Nelson Mandela’s superb and inspirational autobiography, is one of the best ways to prepare for a South Africa trip.
- Alan Paton – ‘Cry - the beloved country’: A beautifully told and profoundly compassionate story of the Zulu pastor Stephen Kumalo and his son Absalom, set in the troubled and changing South Africa of the 1940s.
- Steven Otter – ‘Khayelitsha’: The account of the year journalist Steven Otter spent in the township, drinking in shebeens (unlicensed bars) and challenging his preconceptions about race.
- Jason Carter – ‘Power Lines: Two Years on South Africa’s Borders’: The chronicle of a Peace Corps volunteers perspectives on the still-deep divisions between white and black South Africa.

Movies to watch

- ‘Long Walk to Freedom’: Based on the book of Nelson Mandela’s biography.
- ‘Invictus’: A biographical sports drama film about the events in South Africa before and during the 1995 Rugby World Cup.
- ‘Bang Bang Club’: A drama based on the true-life experiences of four combat photographers capturing the final days of apartheid in South Africa.
- ‘Goodbye Bafana’: The true story of a white South African racist whose life was profoundly changed by the black prisoner he guarded for twenty years. The prisoner’s name was Nelson Mandela.



KIDS PASSING ON THE LOVE



South African slang....

Pick up on some of the local slang and understand what they actually are saying:

Just now	sometime soon, shortly
Now now	sooner than "just now"
Howzit?	hello (a greeting), as in "how are you doing?"
Bakkie	pick-up truck
Robot	traffic lights
Braai	barbeque
Boet	friend

OTHER PRACTICAL INFORMATION

Shopping and supplies

Within walking distance, there are some shops such as a SPAR and you can easily take a taxi bus along the beachfront to go to the shopping centre. Otherwise you can always join one of the coordinators on their shopping trips.

Possibilities for arranging your own transport

If you like to do your own thing for the weekend and rent a car; no problem, there are several car rental options available, with which we will gladly help you when you are here. Car rentals start from R120 (12 euro or 17 USD per day) for a basic older car, but there are lots of options, just ask us and we can help you out.

Travelling in South Africa

Most volunteers come to South Africa to see as much of the country as possible. You can do that in a variety of ways before, during or after your stay with us. We will show you the surrounding areas such as Addo Elephant Park, the Baviaanskloof, Tsitsikamma National Park and other areas during our weekend outings, but if you want to visit Cape Town or see more of the country, we gladly assist to make this happen.

We have secured some great discounts for our volunteers, offering some exciting ways of travelling through South Africa and neighbouring countries.

Bazbus **www.bazbus.com**

This popular backpacker's bus drives daily routes between the best backpackers and places of interest, making it very easy to travel by yourself or with friends. This Hop-On-Hop-Off bus starts in



Cape Town or Johannesburg and offers flexible tickets to fit to your traveling needs. If you would like us to book any tickets for you, we offer a **5% discount**.

Nomad Overland Tours

www.nomadtours.co.za

For the more adventurous; overlanding is a great way to see lots of highlights in a short period of time, without needing your own 4x4 vehicle or camping gear.

Reputable overland company Nomad offers a variety of tours throughout South Africa but also Namibia, Botswana, Mozambique and much more. There are quite affordable camping tours that are very popular with younger international travellers, while their accommodated tours tend to be smaller groups with an older crowd. Khaya has secured a **10% discount** on all their tours, so have a look at their website and let us know if we can book anything for you, to offer you the discount.

If you have any other travel related questions, please let us know, as we have explored South Africa extensively and love to share our experiences and travel tips.



OVERLAND TOURING THROUGH SOUTHERN AFRICA

Staying in touch

As we offer free WIFI, you will be able to Skype, use Facebook or other forms of social media to stay in touch with the family and friends back home.

To be connected in South Africa, we will give you a free local SIM card to use locally and to phone us if you need us. Please make sure your Smartphone is SIM lock free to be able to use this card.

Weather

The weather in this part of Africa can be diverse and summers can get really warm, while winters can get quite cold. Port Elizabeth has a very moderate climate though due to the ocean currents and winds, cooling things down on those hot summer days.

Not what everybody expects of Africa but bring a jacket and warm sweater to be prepared for some of those colder days, if you come in our winter months (June, July, and August).



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Summer (Dec, Jan and Feb)	16 – 40 ° Celsius
Autumn (Mar, April and May)	10 - 32 ° Celsius
Winter (June, July and Aug)	8 - 25 ° Celsius
Spring (Sep, Oct and Nov)	10 - 32 ° Celsius

Clothing

Bring clothing for a variety of weather conditions. Even though it is Africa, it is not always hot and especially in winter the nights can be cold. So bring a wind jacket and some long trouser, a hat is always handy on sunny days and good shoes for weekend outings and running around with the children.

Extra money

Your fees will cover most of your expenses but if you like to enjoy a beer or soda, want to buy some souvenirs or fancy a nice dinner eating out, we advise you to bring some extra money.

Insurance

Accidents can happen to anyone. Make sure to get a comprehensive travel and medical insurance. Next to your international travel insurance, Khaya advises you to get the VOLUNTEER CARD; this will not only cover your volunteering activities but will also give you an incredible amount of discount options throughout the world! USA and Canada nationals can order the card online, other internationals can email us for the order form:
www.volunteercard.com

Passport

Your passport must have enough pages for any visa. Your passport should have 2 pages free for every country to be visited. Please ensure that you take your own passport out from your hotel / backpackers safe the night before departure. It is absolutely necessary, that you make a copy of your passport and give it to your supervisors; we strongly recommend that you also leave a copy at home or with some friends. Please note



HANDING OUT FOOD DONATIONS



that South Africa insists on people having 2-free pages available when you enter. Keep this in mind if you are going to fly home from South Africa after completing a tour to multiple African countries. Please ensure that your passport is valid for at least six months after your date of departure from Africa. You are personally responsible for ensuring that passports, visas, vaccination certificates and other travel documents are in order and for all costs relating thereto.

Visa

As visa requirements vary considerably, please contact the various embassies or a visa service agent to recheck, visa requirements at least 4 weeks prior to departing. Please note that visas are the responsibility of the volunteer, and that Khaya will not be held responsible for clients being denied entry, should they not be in the possession of the relevant visas. All travellers must be in possession of a valid onward/return air ticket.

HEALTH & SAFETY

Immunization, Vaccination & Health Tips

Port Elizabeth is a malaria free area; in fact we have very little mosquitoes at all. It is best to contact your local physician before you leave your country to check what inoculations they advise you to have. Rabies is NOT common here and no real risk, so no need for that.

However, while there are risks anywhere you travel, South Africa has a relatively salubrious climate and the levels of hygiene, health care, and water treatment make it a pretty safe destination. Our policy is that we do not allow volunteers to be exposed to any serious health risks. Guarantees are impossible to give but we do believe that we can offer healthy working environments for volunteers, staying within reasonability of risks involved of course.

HIV / AIDS

Education and awareness are vital in preventing HIV spread and obviously avoidance of activities and behaviours that can transmit HIV.

HIV can be transmitted by unprotected sexual intercourse; Mother-to-child transmission during pregnancy, at the time of birth and through breastfeeding; intravenous injection of infected blood. HIV cannot be transmitted by saliva, sweat, urine or faeces. It cannot be transmitted by touching, hugging, kissing, shaking hands, sharing food utensils, towels, bedding, baths, swimming pools, telephones or toilet seats.



Tuberculosis

Tuberculosis (TB) is a major problem in South Africa. Tuberculosis is an infectious disease, spread through the air when a person with untreated TB coughs or sneezes. But prolonged exposure to a person with untreated TB is usually necessary for infection to occur. With the right treatment TB can be cured. Once on treatment, a person is no longer able to spread TB to their family or community.

Safety in South Africa

Safety is an issue that is paramount in the minds of volunteers visiting South Africa. Safety is important to us and by following just a few guidelines your safety in South Africa can be increased incredibly. Although South Africa is in many aspects a developed country, much of its population, particularly in rural areas, lives in great poverty.

When you stay in South Africa, the odds are that you will have a safe and incident-free volunteering period. However, crime and violence, as well as unexpected difficulties, can happen.

Hoping to help you avoid serious difficulties during your visit to South Africa, you should keep the following in mind:

- Safety on the Street: use the same common sense travelling in South Africa that you would at home.
- Don't walk around with all your valuables visible.
- Use taxis at night and let somebody always know where you are going.
- Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. When possible, ask directions from individuals in authority.



HOME VISITS IN THE TOWNSHIP

Khaya looks after your safety in multiple ways during your stay:

- We offer safe and well equipped accommodation. The volunteer house has perimeter walls, burglar bars and a dog on the premises.
- Our coordinators are prepared for your stay, and have been instructed to keep you as safe as possible.
- Our Code of Conduct, which will be spoken about and signed has clear 'do's and don'ts' which we urge volunteers to stick to.



- All activities and visits in the townships are supervised by our coordinators, who will walk with our volunteers and make sure they are safe.

See more about Khaya.....

Have a look at our [Facebook page](#), [YouTube](#) channel, [Twitter](#) and other social media to see pictures and videos of this project and others.



Khaya is a proud member of the World Youth Student & Educational (WYSE) Travel Confederation, the world's largest network of youth and student travel operators. WYSE Travel Confederation is a not-for-profit association, dedicated to supporting the global industry and connecting the organizations that serve millions of young people who travel to volunteer, work and grow.

If you have any questions, please contact us on info@khayavolunteer.com

Please note:

Khaya Volunteer Projects commits itself to offering accurate and correct information at all times, but please keep in mind that information can change and all projects can be subject to change regarding their programs and/or accommodation arrangements. If you find any information in this brochure not to be accurate, please inform us.

Khaya Volunteer Projects is a facilitating organization and does not run its own projects. Therefore, Khaya cannot take responsibility whatsoever, for any changes concerning any program we offer. You will participate solely at your own risk and Khaya cannot be held liable for any damages, loss, theft, injuries or death before, during or after your stay.

