

LOVE STORY PROJECTS INFORMATION GUIDE



KHAYA
VOLUNTEER PROJECTS



ABOUT THIS PROJECT

Love Story

Love Story is the ongoing inspirational story of a group of local residents in Port Elizabeth that decided to do something about the poverty and hungry people they see on their streets every day.

The organization has grown from a little idea birthed out of the hearts of a few, to a multi-faceted organization that runs a great variety of community empowerment projects, education programs and feeding schemes.

Our teams are made up of volunteers, either full-time or part-time, who are all committed to standing in the gap for a hopeless and destitute generation.

Love Story operates every day of the week to provide those in need the care and support they deserve.

Mission of the project

This Christian based organization was founded in October 2012 and focuses on those who are destitute across the city and who need immediate help and support.

Programs offer

This diverse organization runs several programmes where volunteers can contribute their time and efforts.

Feeding Schemes

For Love Story, there is a cause that inspires and stirs us to action, and that is the cause of the hungry. We've seen multitudes of hungry children and adults in our very own communities. They are just like those you read about - the kind that fight for their food, that walk the streets at night begging and the kind that turn to drugs and alcohol as substitutes for food. We are not referring specifically to the homeless but also to those who have homes and families, yet go without food due to unemployment and poverty.



HANDING OUT FOOD PARCELS



To start with, we have made many meaningful connections with existing crèches and soup kitchens in our neighbouring townships. Many of these places feed up to 100 children and adults everyday but due to lack of funds and support sometimes only operate on one or two days per week. This means that often people go without food.

These places have kitchens and their own utensils and equipment, all that is needed are ingredients.

Love Story also runs a feeding scheme called 'CITY FEED' for over 100 homeless children and adults in the city centre during the week. We started off with one night per week but have now increased it to 3 nights. The hungry crowds increase with every feed. We are desperate for food donations and also for volunteers to help serve these people who have now become our friends.

Distribution

We collect unused clothing and toys for under-privileged children. Usually we will be informed about a community where there is a need and we will package clothing according to specific ages and genders of the children.

We also collect unused items for new moms in the maternity wards. Each hamper is like a 'baby shower in a bag', as many of these moms have nothing for their new-borns. We collect all baby products such as nappies, wipes, creams, clothing, blankets and soft toys for these hampers.

We also make up gift bags of toys for children in the Paediatric Wards and cosmetic bags for patients in the Burns Unit and other wards. These bags consist of soap, creams, toothbrushes and toothpastes, deodorant and other luxury items.

Community upliftment

Love Story takes on a variety of community upliftment projects that vary in nature. The type of projects may include rebuilding shacks, revamping and cleaning up communities, awareness campaigns or hosting Birthday and Christmas parties for those who are less-fortunate.

We also support families in crisis through grocery donations as well as clothing, toys, school uniforms, household items and furniture. The kinds of families that would be included in this project are those whose members have undergone some form of abuse, sickness or extreme poverty.

Bags of Hope

We collect second hand or new handbags filled with necessities, luxury items, bibles and notepads for women at shelters and crisis centres. Most of these women come from abusive backgrounds or



VISITING NEWLY BORN BABIES AT THE HOSPITAL



have been living on the streets as prostitutes, and even though they are being rehabilitated and cared for, by receiving a gift of their own restores dignity and hope in their lives.

Early Childhood Development (ECD)

We believe that every child deserves equal opportunities in life. Through our ECD Project, we aim to make this possible. Nurturing infants, clothing children and feeding the hungry are just the beginning in order for children to reach their full potential, an education is vital.

We have thus aligned ourselves with various underprivileged crèches in neighbouring townships, to assist in educating the staff, to provide resources and to set up well-equipped ECD centres that will be havens for children to grow and learn in.

The crèches that we partner with are not government registered and for the most part are struggling to survive. This means that their teachers are not paid which negatively affects their motivation and commitment. Alongside the teacher training we have introduced a program called 'ADOPT A TEACHER'. This project will provide the teachers with a small salary or contribution toward it. The small and irregular income these crèches receive through school fees can then be used solely to feed the children and maintain the crèche.

Creative play days

We run a programme in underprivileged crèches and schools whereby children are given the opportunity to learn through dance, drama, song and movement. This helps them express themselves creatively and helps build their self-confidence. We've joined hands with a team of talented ladies who conduct the classes on a weekly/monthly basis. Going forward this will become part of the daily programme at the crèches.

Project needs

There is, besides daily aid and assistance, also a need for financial support. Any possible gifts and donations provided by volunteers and their network of people are extremely appreciated. Instead of collecting goods and materials for donation, it is recommended to purchase and donate these on location.

Needs:

- Learning materials and school stationary for the children
- Sporting equipment and materials for the children
- Toys, puzzles and educational games for the children
- Food parcels for families and children in need
- Clothing for families and children in need



TASKS AND ACTIVITIES

Daily activities

Activities per volunteer can differ in many ways. The variety of projects allows us to customize your work and activities focusing on your personal experience and interests.

General volunteer activities will be focused on:

- Serve meals at the homeless shelter City Feed.
- Help with sorting and packaging of parcels.
- Help to distribute these parcels in the communities and hospitals.
- Help to rally support by collecting second hand or new used clothing, toys and products.
- Help rally support from retailers to donate these items.
- Support crèches with workshops and educational programmes for the care givers.
- Visiting various projects and non-profit organizations to promote Love Story and create new partnerships.

Working days and hours

This depends on which project you will be working at. Normally we work Mondays to Thursdays from 9:00am until 15:45pm. Fridays from 9:00am until 12:45pm and weekends are off. Some projects however might start earlier and in summertime, due to the heat, hours can change.

Optional:

City Feed runs 5 nights a week (Sunday - Wednesday and Friday) and operates from the City Hall and they feed up to 300 homeless people every night. Volunteers can be part of this initiative from 6pm till 7pm and the Love Story team will arrange transport if volunteers are interested.



VISITING CRÈCHES

Daily guidance

Guidance will be offered in multiple ways as different people are involved in your stay with Love Story.

First of all, by one of the Volunteer Coordinators who will pick you up, shows you around and prepares your work activities with the projects before, supervises during and evaluates after your



stay. They will transfer you to and from the project, make sure the shopping is done and organize fun outings for the weekends. The coordinators live at the volunteer house and will be looking after your needs in any way. They have lots of experience and have volunteered before themselves.

At Love Story volunteers will be guided and supervised by the coordinators who will schedule the days relating to the most urgent work that needs to be done.

Conditions

It is important that volunteers of this project understand the importance of the following:

- To be enthusiastic and independent
- To sign a 'Code of Conduct' when arriving
- To show respect towards the people and culture of the local community. You might not agree with certain ways of conduct during your stay here, but don't forget you are a guest here, and you can't try to change everything in a period of just a few weeks.
- To show flexibility towards responsibilities, tasks and activities.
- To be willing to take initiative and come up with ideas.

Other volunteers

You most likely won't be alone when volunteering 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 vehicles has been taken in consideration.

1 weeks	300 euro	330 USD	215 GBP
2 weeks	535 euro	590 USD	380 GBP
3 weeks	760 euro	840 USD	540 GBP
4 weeks	985 euro	1090 USD	700 GBP
Every additional week	200 euro	215 USD	145 GBP

Minimum Duration: flexible, from one week up to 6/7 months.

If you would like to stay for longer than 3 months, costs change drastically and we can offer a much cheaper option as we will only benefit more from long term volunteers;



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.



THE VOLUNTEER HOUSE AT THE BEACH

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 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 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 centre or even some retail therapy an 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

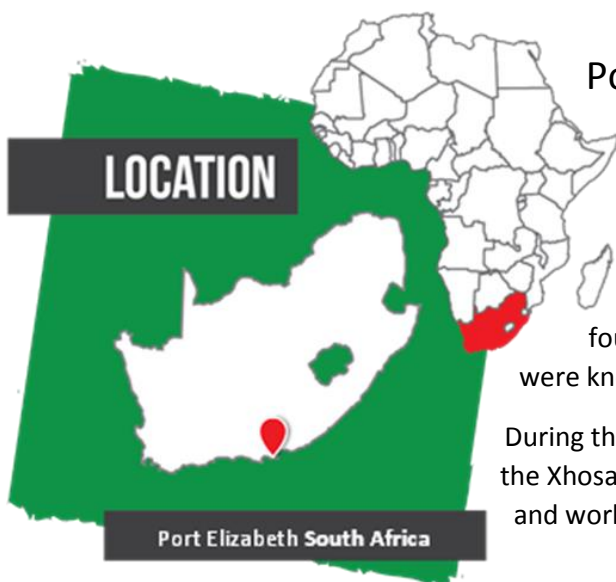
South Africa; the country....

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 a lot of facilities and work opportunities in those areas.

Many of 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.



KHAYA
VOLUNTEER PROJECTS

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.



PAINTING A CLASSROOM



- 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.

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**.



OVERLAND TOURING THROUGH SOUTHERN AFRICA

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



KHAYA
VOLUNTEER PROJECTS

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.

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).

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 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.



FEEDING THE HOMELESS

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.



KHAYA
VOLUNTEER PROJECTS

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.

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.

