

STUDENT-ATHLETES
ABROAD

International Coaching and Service Trip

 Cape Town, South Africa





JANUARY 2ND-12TH, 2020

JAN 2nd

Depart from John F. Kennedy International Airport (JFK) on group flight to South Africa

JAN 3rd

Arrival day!

The group will arrive to Cape Town International Airport (CPT) and be welcomed by Student-Athletes Abroad (SAA) staff. After passing through customs and immigration, the group will depart for their hotel accommodations. After some time to rest in the afternoon, we will hold an orientation program to cover important safety information and cultural awareness topics followed by a special welcome dinner.

JAN 4th

After breakfast, we'll depart for the Sport Science Institute of South Africa (SSISA) where we will be joined by our first guest speaker of the day, Mr. Donny Jurgens, to learn about the history of South Africa. Following our lecture, we will travel to the Central Business District for a museum visit and a tour of the historic Castle of Good Hope. It will be important for students to become familiar with South Africa's fascinating history before engaging with our community partners. We'll visit the District 6 Museum and hear the neighborhood's history first-hand from a former resident whose family was forcibly removed from District 6 by the Apartheid government.

In the afternoon we'll return to SSISA to meet with various sport for development professionals to learn about their incredible work using sports in local communities. Guest speakers include: Mr. Mario Van Nierkerk (founder of Great Commissions United), Mr. Keith Meyer (founder of Making an Impact Through Sport) and Thembinkosi Matika (Center Manager for Project Playground Langa and motivational speaker).

We will finish our day with a group dinner and reflection session to discuss our first impressions of Cape Town!



JANUARY 2ND-12TH, 2020

JAN 5th

The defining characteristic of Cape Town's geography is the ever-present Table Mountain which separates the wealthy city center and surrounding waterfront neighborhoods from the sprawling Cape Flats. Students will embark on a two-hour hike up Platteklip Gorge to the top of Table Mountain where we'll enjoy truly breathtaking views of the city, Robben Island, and thousands of miles of Southern Ocean on the horizon. Students can enjoy their sack lunch and explore the mountain top at their leisure. While students have the option to hike back down the mountain, most choose to enjoy the Table Mountain Cable Car which rotates 360 degrees during the descent from the mountaintop providing more spectacular views!

Our evening will be spent browsing, shopping and experiencing the wonderful V and A Waterfront shopping district. We'll end the day off with an early dinner.

JAN 6th

This morning we head back to the V and A Waterfront to catch the ferry to Robben Island where we will learn about the political background of South Africa as well as the iconic Nelson Mandela. Students will also have the opportunity to visit the prison cell in which he spent a portion of his sentence.

Upon returning to the mainland we will depart for a predominantly black township of Langa. Here we will meet the staff of Project Playground (PPG) and join them on a walking tour around the township. We will work with the local youth who attend PPG and assist in their drama, music, art and sport sessions.

JAN 7th

After breakfast we will join the local community of Mitchell's Plain for their daily fitness sessions. These spinning, bootcamp, yoga and aerobics classes are offered at no charge by the Making an Impact Through Sport (MITS) staff at the community hall. In the afternoon, we will visit Boulder's Beach in Simons Town to see the Africa Penguins! We will then return to Mitchell's Plain to assist the MITS staff with their after school coaching program. This session will also be used as a second planning session for our sports day to be held on day 9.



JANUARY 2ND-12TH, 2020

JAN 8th

One of the unique dynamics in Cape Town is the segregation of different communities throughout the Cape Flats which remains from the intentional racial zoning of the Apartheid Era. On this morning we will visit the Heideveld neighborhood and Student-Athletes Abroad partner organization Great Commissions United (GCU). GCU operates in a predominantly "coloured" community and we will visit their kindergarten program to work with the local kids and assist with the development of their fine motor skills.

Once a week GCU provides a soup kitchen service in partnership with a local church for some of the most impoverished residents of the Heideveld community. We'll assist with the set up of the serving tables and spend a couple of hours serving food to hundreds of community members lined up around the block. Students will spend the second half of the day assisting youth aged 7-13 years old with basic math and English skills. Students will also spend time coaching the GCU kids out on the sports field. We will end off this day with another visit to PPG, playing a soccer match with the locals.

JAN 9th

Today the group will embark on a two hour drive out of Cape Town to enjoy a safari and experience our Big 5 in their natural habitat. No trip to South Africa is complete without a safari experience and this is always one of the highlights of visiting groups. In the evening, we will have a group dinner and prepare for our final day of community service.

JAN 10th

Returning to the Mitchell's Plain community, the students will manage and run a sports day for five local schools. They will be joined and supported by the MITS staff who are based in the area.

To round off the trip we will enjoy a traditional Cape Malay dinner with a local family in their home!

JAN 11th

Departure Day (arrive back to U.S.A. on January 12th)



OUR SERVICE LEARNING PHILOSOPHY



Our South Africa Site Director, Nawaal Nacerodien, joined our organization from the Laureus Sport for Good Foundation which provides funding and strategic advice to 20+ grassroots Sport for Development non-profit organizations in South Africa. In addition to many Laureus organizations, we maintain relationships with a wide network of local Sport for Development organizations as well!

When developing a service project, we reach out to our network to see which organization's needs we can best fulfill based on the specific interests, capabilities, and travel schedule of the US university group.

Nawaal engages with our partners on a weekly basis assisting them with a range of services as well as ensuring to connect the most suitable student-athletes to the pressing needs of our partners. While a specific group is only visiting for a short period of time, our organization is engaged with our partners year around through service trips, internships, faculty-led programs and semester study abroad programs. Some of our summer internship participants take on on-going responsibilities as US ambassadors for the organizations they worked with.

We emphasize the importance of a "Train the Trainer" concept which involves student-athletes teaching locals skills that will benefit our partners long after the service trip has completed. This concept encourages the theme of investment into our partners rather than that of handouts to charities. South Africa has many social ills, therefore we try our best to help the partners operate realistically and effectively to help as many children and adults in local communities as possible.

Over the last couple of years, our Executive Team has attended conferences including the University of Illinois Symposium on Sport for Development and Peace and University of Arizona's International Sports Diplomacy and Leadership Conference where we presented a session titled Sport for Development: The Student-Athletes Abroad Case Study. We've also presented sessions at the National NAFSA and Forum on Education Abroad Conferences on the topics of study abroad and service-learning for student-athletes to ensure that the expertise we've developed as leaders in the field is spread throughout the international education community.



STUDENT-ATHLETES **ABROAD**

CAPE TOWN SERVICE PARTNERS

GREAT COMMISSIONS UNITED (GCU)

GCU operates in the Heideveld community of Cape Town and was founded by an inspiring reformed gang member named Mario van Niekerk. Mario and his team keep young people from Heideveld and surrounding areas on the Cape Flats away from gangs and crime by introducing them to positive influences and aspirations through education. Children from the community are invited to Woodlands Primary School to engage in life skills programming with a team of volunteers followed by a range of sports activities on the fields and courts.

MAKING AN IMPACT THROUGH SPORT (MITS)

Keith Meyer is the Founder of the program Making an Impact Through Sport or MITS as it is affectionately known by most involved. The MITS program is a proactive social initiative established by a group of residents concerned about keeping vulnerable young people off the streets and out of the criminal courts and onto the playing fields and sport courts. The MITS program utilizes the influence and inspiration of international volunteers and local coaches who are closer in age to the children, making it easier for the children to heed their guidance and instruction. This also makes mentoring more affable and easier for the children to be teachable.

They seek to educate young people on all facets of life, and sport has a way of doing this, often just on its own by getting kids out of the neighborhoods, meeting new people and making friends of diverse backgrounds.

PROJECT PLAYGROUND SOUTH AFRICA (PPG)

Project Playground is a non-profit organization focused on bringing structured recreational programs to youth in neighborhoods that are systematically, socially, and economically deprived. Studies show that structured recreational activities contribute to the positive development of children and increases their motivation, concentration, and ambition. Project Playground reaches local youth through free after-school activities, sports programs, and support programs five days a week and currently serves over 750 children in three townships outside of Cape Town.



GUEST SPEAKER BIOS.

DONNY JURGENS

Donovan John Jurgens is a teacher by profession. He became involved in the anti-apartheid struggle at a young age. He is a former general secretary of the Cape Youth Congress. He was detained in solitary confinement under section 29 of the Terrorism Act. He was also extensively involved in the anti-apartheid sports movement.

TRIP DETAILS

Accommodations

We have a wide variety of accommodations options available depending on budget, group size, and service project location. Past programs have utilized 3 and 4-star hotels, private guest houses designed for groups, and hostels.

The Team House is located in a picturesque coastal setting away from the hustle and bustle of the city which mitigates certain safety risks that are present in other parts of Cape Town. However, it still provides quick access to our service-learning locations and other activities on the itinerary.

Rooms are clean, comfortable, and secure and an outdoor patio overlooking the ocean is an amazing place to share meals and reflect on the day's activities. There is also plentiful common space where the entire group can gather for SAA led service reflection workshops.

Meals

We provide all meals during service trips to Cape Town including breakfast, lunch and dinner. We are understanding of student-athlete appetites and plan meals accordingly. We will also provide opportunities for students to purchase their own snacks at local grocery stores.

Breakfast is typically provided at our accommodations and includes fresh fruit, yogurt, granola, cereals, bread, meats, and eggs. Lunches and dinners will sample Cape Town's various culinary influences including more familiar British/Dutch cuisine, the famous Cape Malay cuisine, and traditional African meals.

Transportation

Student-Athletes Abroad will provide all transportation throughout your trip including airport transfers and daily bus/van private shuttles. Trips to service locations and excursions within Cape Town will take no longer than 1 hour. SAA staff members will be with your group 24/7 throughout the trip.



COST & TRIP INCLUSIONS

Included:

- Round-trip airfare from JFK airport
- 8 nights lodging
- 3 meals daily
- Community service activities
- Student-Athletes Abroad local staff
- International health insurance (GeoBlue)
- All transportation in South Africa
- Day Trip Safari
- Table Mountain Hike
- Museum entrance fees
- Guest speakers

Not Included:

- Extra spending money (snacks and souvenirs)
- Applicable passport fees

COST PER PERSON:
\$3,495

CONTACT US WITH QUESTIONS:

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