

St.Lucia Sports Coaching

Become a part of the team using sport as a vehicle to tackle the most prevalent of social issues across the country, whilst exploring the hidden treasures of this picturesque island!

Crafted by its volcanic origins, deep, rich rainforests and striking white sand beaches, St. Lucia is the mountainous Caribbean island which has been blessed by nature, wearing its undeniable beauty with nonchalance. This small island nation possesses one of the most welcoming cultures in the entire Caribbean which will capture the hearts of any adventurer who pays it a visit.

St. Lucia may be a small island, but it has a huge enthusiasm for sport, making it the perfect opportunity for anyone with a passion for playing, teaching or learning about sport. A volunteer coaching placement in St. Lucia will allow you to share your passion and knowledge with children and young adults from disadvantaged communities, who have few other opportunities to play and learn in a well structured environment. The mission to alleviate the symptoms of poverty through the power of sport is achieved by enabling disadvantaged communities to: play sport where access is limited, tackle social and health issues through sport and to unite people through the power of sport.

Travel to this diverse and breathtaking island nation and contribute to this rewarding project which is bringing both education and enjoyment to the disadvantaged youth, using sport as a vehicle to tackle the most prevalent of social issues across the country. In your free time you will be able to discover the hidden treasures of the island. Get your adrenaline pumping with rainforest zip lining adventures, scuba dive in the crystal clear waters of the Caribbean, or relax on the vast stretches of golden beaches. Whatever your passion, there will be plenty to fill your time in this tropical country, and you will be sure to leave with memories and experiences which will last a lifetime.

PROJECT HIGHLIGHTS

- Become a coach, mentor and friend to the children and young adults you are working with
- Discover the hidden treasures of this picturesque island
- Make lifelong memories and friends

PROJECT REQUIREMENTS

- Minimum age of 18 years

FAST FACTS

Location	St. Lucia, Caribbean
Activities	Coaching children and young adults Running sessions of football, rugby, netball, cricket and other popular sports

	Teaching leadership skills through support Rainforest zip lining/scuba diving opportunities
Exploring the island of St. Lucia	
Transport	Airport transfers included
Accommodation	Shared volunteer houses

WHAT DOES THE PROJECT DO?

The aim of this grassroots project is to equip all children in the region with the means to play and enjoy sport and reap the health and developmental benefits. This is achieved through the provision of sports kit and training equipment, and working to provide sports sessions to some of the most deprived schools and communities in the country.

This Project aims to tackle the most prevalent issues facing the region's youth, while improving sport in the Caribbean holistically. The project has a main focus on using sport to tackle crime and gang cultures in youth environments, tackle behavioural issues in young adults, breakdown gender stereotypes within sports to empower more females in sports, and using a young leadership programme to mould players into leaders and coaches.

WHAT WILL I BE DOING?

Volunteers will be working within schools and local communities tackling issues such as gang culture and childhood obesity through sport. You will be working with children (aged 4-12), teenagers (aged 13-17) and senior teams. The coaching week will be from Sunday to Thursday. Daily work schedules will vary but generally days are either: school sessions (1pm-3pm) and then after school sessions (3:15pm-5pm) or after school (3pm-4:45pm) and after work/college seniors (5pm-7pm).

Volunteers will be coaching sessions in the region's most popular sports (Football, Cricket, Netball and Rugby) and these sessions will focus on basic skills of the games with an overall emphasis on fun and inclusion. Daily sessions will vary greatly depending on the age you are coaching and the sport, and volunteers will be able to specify their area of interest to focus on during their project. During sports sessions, you will be working with both girls and boys, with a key aim to breakdown any stigma or stereotypes about girls in these sports, as a methods of increasing female participation across the board in multiple male dominated sports.

You could potentially be working with young adults and children with behavioural issues, and rugby (a relatively new sport to the youth of St. Lucia) is used as a great tool to emphasise the importance of discipline in areas of high youth crime. You will be coaching sport in a way which promotes valuable life skills such as teamwork, leadership, decision making and communication.

Volunteers will have free evenings and weekends, with plenty of opportunity for social activities and excursions with other volunteers. This could include Rainforest zip lining, visiting Pigeon Point National Park, the St. Lucia Carnival, Scuba Diving, and visiting the array of beaches around the area.

This is a fantastic opportunity to not only gain some valuable experience coaching children of all ages, but you will become a mentor and a friend and will ultimately leave the project knowing that the work you have been doing has made a hugely positive impact on impoverished communities

throughout the island.

WHAT HAPPENS WHEN I ARRIVE?

Upon arrival at Hewanorra International Airport (UVF) you will be met by a member of staff from our local partner organisation in St. Lucia and taken to your accommodation to settle in. Volunteers should aim to arrive on the Friday start date in order to start the project on the Sunday or Monday. If you are arriving after the start date then you will either need to make your own way to the accommodation or an airport pick-up can be arranged at an additional charge.

WHERE WILL I BE STAYING?

You will be staying in a large shared volunteer house with dorm-style rooms. The house has all the required facilities, including a fully equipped kitchen, large balcony for dining and socialising, and a living room with TV and WiFi. There are shower and toilet facilities per every two bedrooms and an additional toilet in the communal area. There is also a washing machine, and a weekly laundry service is included. The accommodation is located in a gated compound, within a safe and friendly neighbourhood, with staff on site 24hours and a security guard on the gate at night. The house is only a few minutes' walk from a supermarket, shopping centres and from the beach, making it the perfect base for a Caribbean adventure!

WHAT WILL I BE EATING?

You will be provided with breakfast. This is self-catered at the volunteer house and typically consists of cereal, toast, eggs and local fruits. The rest of your meals will be up to volunteers to arrange. There is sufficient storage in the kitchen to store your own food. Some people like to cook independently, others in a group and this is usually worked out once you are in-country and have settled with the group of volunteers. With a local supermarket and restaurants/bars close by, volunteers can sample the local cuisine of St. Lucia. This includes fresh fish, Lambi (conch), green figs and salt fish (the national dish), bouyon (a thick red bean soup made with meat and vegetables), fried plantain, and callaloo (spinach-like soup made from the leaves of the dasheen plant).

COSTS

2 weeks	US\$ 1,195
4 weeks	US\$ 2,045
6 weeks	US\$ 2,745
8 weeks	US\$ 3,445
10 weeks	US\$ 3,995
12 weeks	US\$ 4,595

DATES

2019

22nd Mar - (2-12 weeks)

5th Apr - (2-12 weeks)

19th Apr - (2-12 weeks)

3rd May - (2-12 weeks)

17th May - (2-12 weeks)

31st May - (2-12 weeks)

14th Jun - (2-12 weeks)

28th Jun - (2-12 weeks)

12th Jul - (4-10 weeks)

26th Jul - (4-8 weeks)

9th Aug - (2-6 weeks)

23rd Aug - (2-4 weeks)

6th Sept - (2 weeks)

AIRPORT INFORMATION

Nearest airport(s): St Lucia Hewanorra Apt (UVF)

CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:

Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.