

# Swaziland Sports Coaching

*Make a difference by giving your time and commitment to this new and exciting sports project that is bringing light and hope into the lives of hundreds of children here!*

Visit Swaziland – a unique haven where an ancient monarchy rules a land of amiable people with bountiful and striking national parks and help make a difference to underprivileged children in deprived areas.

Delve into the intriguing culture of this tiny southern African nation with its witch doctors, tribal dances, and fascinating festivals. Swaziland is known for its special mystique created by the traditional way of life and the extreme friendliness of its people.

Enjoy the experience of this unusual country that lies at the heart of southern Africa whilst contributing to the well being and happiness of children and young people who truly need and deserve a positive influence in their lives. Within this minute, beautiful gem of a kingdom almost 30% of children cannot afford to go to school. Thousands more miss out on extra curricular activities which are taken for granted in the Western world. Make a difference by giving your time and commitment to this new and exciting project that is bringing light and hope into the lives of hundreds of children here!

## PROJECT HIGHLIGHTS

- Become a coach, mentor & friend to disadvantaged children
- Explore intriguing & spectacular Swaziland
- Make lifelong friends

## PROJECT REQUIREMENTS

- Minimum age of 18 years

## FAST FACTS

<b>Location</b>	Mbabane, Swaziland
<b>Activities</b>	Arranging tournaments Fundraising Range of sports Sports outings
<b>Transport</b>	Bus journey to project site
<b>Accommodation</b>	Backpacking lodge

## **WHAT DOES THE PROJECT DO?**

Children in Swaziland suffer from a lack of access to education, not simply in academic terms but in relation also to an absence of out of school structured activities that would keep them inspired and stimulated. In many cases, the lack of sufficient extra curricular activity has been linked to subsequent criminal activity with high levels of unemployment leading bored youngsters into trouble. This project seeks to provide a means of enabling the development of under privileged children by providing a varied and far reaching sports programme in the poorest areas. Sports have proved time and time again to provide a focus and to improve the lives of young people keeping them stimulated, absorbed, fit and healthy.

## **WHAT WILL I BE DOING?**

As a volunteer on the project you will be directly responsible for much of the day to day running of the sports projects. All kinds of sports can be integrated into the project, although the most popular tend to be football, netball and volleyball. Your role will be to inspire the children to get involved and use your initiative and creativity to make the sessions enjoyable and constructive. As well as teaching the children important skills, you will be helping arrange tournaments, encouraging less confident children to participate and fundraising for the sports facility.

Some days you may be required to visit other primary schools and day care centres in order to reach out to under resourced sites so that as many children as possible can benefit from this worthwhile enterprise. Twice weekly you will also be asked to join the community care volunteers in coordinating sports outings for orphans and other extremely vulnerable youngsters. You may even like to help organise a sports day for the local community or campaign in the neighbourhood to recruit children to the project and demonstrate the importance of sports and teambuilding. Overall, the activities are varied and will give you a great opportunity to build up your own organising and communication skills whilst providing an enjoyable challenge that you will remember for the rest of your life!

## **WHAT HAPPENS WHEN I ARRIVE?**

Upon arrival you will make your way to the project location by bus from where you will be given specific and detailed directions to the site. All other project related travel will be included in the project contribution.

## **WHERE WILL I BE STAYING?**

You will be staying in a simple, comfortable backpacking lodge in the traditional capital of Swaziland, Mbabane. It is within 5 km of the project site and has a number of dormitories with bunk beds and communal washing facilities. The layout of the lodge is very conducive to a good social atmosphere – there is a shared kitchen, TV lounge with games and a large deck with a pool table and dart board. It is surrounded by lush gardens with a traditional barbeque area and is located near an abundance of shops and restaurants.

## **WHAT WILL I BE EATING?**

Three delicious meals per day are provided for you. Breakfast and dinner will be served at your

accommodation. Lunch is prepared at the dormitories and the preparation is communal. Vegetarian and other dietary requirements are catered for but please contact us if you have any specific requirements.

## **COSTS**

4 weeks	US\$ 2,145
Extra week	US\$ 545

## **DEPARTURE DATES**

Monthly

**PLEASE CHECK AVAILABILITY BEFORE APPLYING FOR THIS POPULAR PROJECT**

## **DURATION**

4 weeks and longer

## **WHAT'S INCLUDED**

### **Before you go**

- Pre-departure support
- Travel & medical advice & documentation
- Equipment advice
- Discounted medical kit
- Free Frontier t-shirt

### **In-country**

- Food
- Accommodation
- Local orientation & training
- In-country emergency support
- 24-hour international HQ back-up

## **AIRPORT INFORMATION**

Nearest airport(s): Manzini (MTS)

## **CONTACT INFORMATION**

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

Mail us on [info@frontier.ac.uk](mailto: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.*