

help...
learn...
explore!

ProjectsAbroad

Athletics / Basketball / Football / Multi-Sports / Rugby /
School Sports / Surfing / Volleyball

Sports

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Tel: 01903 708300

Why choose Projects Abroad?

Safety & Security:

We take your security abroad very seriously. Before we send volunteers anywhere, the countries must be politically stable and safe. We are in contact with the Foreign and Commonwealth Office regarding safety and stability and, of course, we have the added security of our own overseas staff who know the local area in detail.

Structure:

Our Sports projects are structured so that you get the most out of your time overseas. Each placement will have a project supervisor to provide assistance and guidance throughout the trip.

Variety:

By creating a wide variety of projects for volunteers, we allow you to select the project best suited to you. There are currently 22 destinations in which we offer Sports projects, allowing volunteers with all interests to find a placement that is just right for them.

Flexibility:

Our projects have no set start dates, which means you can choose when your placement begins and for how long you would like to join us.

Host Families:

Volunteers live with local host families carefully chosen for security, comfort, and friendliness. Host families live in secure houses and neighborhoods and are closely screened and monitored.

Volunteer Community:

There is no need to feel isolated in any of our destinations. We send 10,000 volunteers each year on our projects, so no matter where you go and what time of year, you will always be in close proximity to others. Our local colleagues often organise social events like meals, music and weekend activities for you to partake in.

Destination	Athletics	Basketball	Football	Multi-Sports	Rugby	School Sports	Surfing	Volleyball
Argentina				✓				
Bolivia			✓					✓
China			✓					
Costa Rica						✓		
Ecuador				✓				
Ethiopia						✓		
Fiji						✓		
Ghana		✓	✓	✓	✓			
Jamaica						✓		
Kenya						✓		
Mexico						✓		
Mongolia						✓		
Morocco				✓				
Peru				✓		✓		
Philippines						✓		
Romania			✓			✓		
Samoa					✓	✓		
South Africa						✓	✓	
Sri Lanka	✓					✓		
Tanzania						✓		
Togo		✓	✓					
Vietnam						✓		



What is a Sports project?

Our Sports projects are placements based at local sports clubs or educational institutes in developing or disadvantaged communities. We welcome volunteers of all ages and backgrounds to join our projects for 1 - 4 weeks or longer. No experience is necessary as you will be working alongside local sports coaches and teachers.

Facilities vary greatly across the destinations, however in many cases resources and staff are limited. Wherever you choose to go, you will be part of a long-term process of increasing and improving sports in developing areas, encouraging students to enjoy physical activity, and develop notions of team work, fair play and respect.



Why should I take part in a Sports project?

Sports projects are a great choice for those wishing to help in developing communities who prefer a more active and physical role. Whichever destination you choose to volunteer in, you will rapidly see the impact that you are making on the young people you are working with whilst gaining experience in sports development.

Playing sports, whether at school or as part of a club, occupies children with a wholesome, worthwhile activity and associated wider lifestyle. By taking part on a Sports project you can help nurture future talent in enthusiastic youngsters. This can help to enhance their quality of life and teach them valuable, transferable skills.



What can I do on a Sports project?

Some volunteers choose to focus on one sport, such as football, rugby or athletics. Alternatively, you can choose to teach a variety of sports in a school or community sports club. You will have the opportunity to take initiative and plan activities - a big part of the role is to make sports fun and exciting for the students.

Sports volunteers take on a varied role, working with young people of different ages and abilities. You may teach your own sessions, assist the local coach or teacher, plan training and fitness classes, and attend matches.

Some of our Sports volunteers also choose to assist with conversational English lessons alongside their Sports placement.

Our Sports Projects

You can help coach sports to children and young adults in many developing countries around the world by joining a Projects Abroad Sports placement. This placement is ideal for anyone with a passion for sports, usually regardless of previous coaching experience.

Sport provides both physical and mental benefits. It also teaches important life skills, such as discipline, team-work and communication. Regular sports lessons and matches can also have a positive impact upon those from impoverished areas.

You will run fitness sessions and coach competitive games and tournaments. In doing so, you will help foster local talent. Whichever Sports placement you choose, Projects Abroad will assist you along the way to ensure both volunteers and students get the most out of each experience.



Athletics

We offer an Athletics project in Sri Lanka. The majority of athletics events require little or no expensive equipment and the variety of events that come under the athletics banner means that there really is something for everybody.

Volunteers are based at an athletics club in Panadura, where young athletes train in a variety of disciplines. Although traditionally cricket is the favoured sport in Sri Lanka, athletics has become very popular.



Basketball

Basketball is becoming an increasingly popular sport in many African destinations. We offer Basketball projects in Ghana and Togo. Basketball is a relatively easy game to pick up, but there are many complexities in the rules and tactics which, as a volunteer, you can teach your enthusiastic students.

You will help to introduce training methods focusing on fitness sessions, accurate passing drills, 'man to man' and zonal-marking exercises, plus team structure and strategy sessions.



Football

Our Football projects offer volunteers a fantastic chance to improve their skills and ability whilst at the same time helping local children to develop their game. These placements are ideal for anyone with a passion for the sport and in most destinations no previous coaching experience is required.

Depending on your chosen destination, you will co-ordinate and plan coaching sessions around topics such as development of ball control, accurate passing, keeping possession and moving into the space. Furthermore you may help plan match strategies and take part in practice games.

Rugby

Rugby projects are available in Ghana and Samoa. You do not have to be an experienced player or coach to get involved; all you require is a good solid knowledge of the intricacies of the game, and a desire to impart this to others.

There is a lot to get involved in, including ball-handling, line-out drills, fitness sessions and team tactics.



Multi-Sports



We offer Multi-Sports projects in many destinations such as Argentina, Ecuador, Ghana, Morocco and Peru. Volunteers on these projects help to develop the skills of disadvantaged children who may not otherwise get the chance to play sports.

The aim of many of these projects is to get children off the streets and into a safe place by providing them with sports coaching and education.

Volunteers could work in schools, community centres and after-school sports clubs. You will help to create a welcoming sporting environment and support local placement staff and volunteers. You can coach a variety of sports, including football, athletics and general fitness.

School Sports

Volunteers on our School Sports projects help teach school children sports such as volleyball, basketball, tennis, athletics, football, badminton and cricket. We offer placements in both primary and secondary schools in many destinations including Costa Rica, Ethiopia, Samoa and Sri Lanka.

You will effectively be a PE teacher and will encourage your students to develop their sporting abilities. As a volunteer, you will help to plan and evaluate school sports lessons, supervise warm ups and cool downs, and teach new skills and techniques.



Volleyball

If you have a passion for this sport then you can volunteer on our Volleyball coaching projects in Bolivia.

By choosing this placement you will have the opportunity to channel the skills and enthusiasm the children we work with have for the sport, into a cohesive team effort. By mixing skills sessions, game theory and actual games you are bound to see a rapid change in their abilities.



Surfing

Volunteers on this project will be based at a surf school in Cape Town, South Africa. Volunteers assist with two sessions a day and work with children and young adults from disadvantaged backgrounds, as well as disabled youths.

No previous surfing experience is required to join the project though you must be a confident swimmer. You will have time during the two sessions to learn and improve your own surfing skills.

What is included?



YOUR PLACEMENT:

You will be assigned a supervisor at your place of work. Your supervisor and the local Projects Abroad staff will meet with you regularly to discuss how your placement is going and assist with any issues that may arise.



YOUR ACCOMMODATION:

In most destinations you will live with a local host family who has been carefully selected because they are friendly, welcoming and can provide you with safe and secure accommodation for the duration of your stay. In a small number of destinations like China and Vietnam, you will live in shared volunteer accommodation in an apartment or volunteer house.



ALL YOUR MEALS:

We will ensure that you are provided with three meals a day, including either a packed lunch or lunch will be provided where you are working.



LOCAL SUPPORT:

We directly employ sizeable staff teams in all of our destinations and they are responsible for ensuring that all aspects of your project run as smoothly as possible. From the moment they meet you at the airport they will be available to show you around the local area, introduce you to your host family and placement supervisor, and be on-call 24/7 if you have any problems or questions.



YOUR OWN START DATE AND PROJECT LENGTH:

You choose when and where you want to go and how many weeks you wish to work. Projects run from 1, 2 or 3 weeks upwards.



INSURANCE:

Our package includes travel and medical insurance for the duration of your time away with us.



PRICES:

Sports projects start from £1,045.

ADDITIONAL INFORMATION

Amendments or cancellations may be notified to the UK office by telephone but they must be confirmed in writing. Our charge for an amendment is normally between £35 and £150. Cancellation and curtailment charges depend on how far in advance of your stated departure date we have been informed in writing.

- Notice of 3 months or more: £65
- Notice of 2 to 3 months: one third of total programme fee
- Notice of 1 to 2 months: two thirds of total programme fee
- Notice of less than one month: no refund

Deposits paid less than three months before the originally stated departure date are non refundable. Exceptions are entirely at the discretion of ProjectsAbroad and must be agreed in writing at the time when any postponement or cancellation is made.

Disclaimer

Although we try to be as accurate as possible in our publications, the information listed in this document is subject to change at any time. For the most up-to-date information please visit our website www.projects-abroad.co.uk

2 EASY WAYS TO APPLY



Internet
www.projects-abroad.co.uk
(Under section "Apply Now")



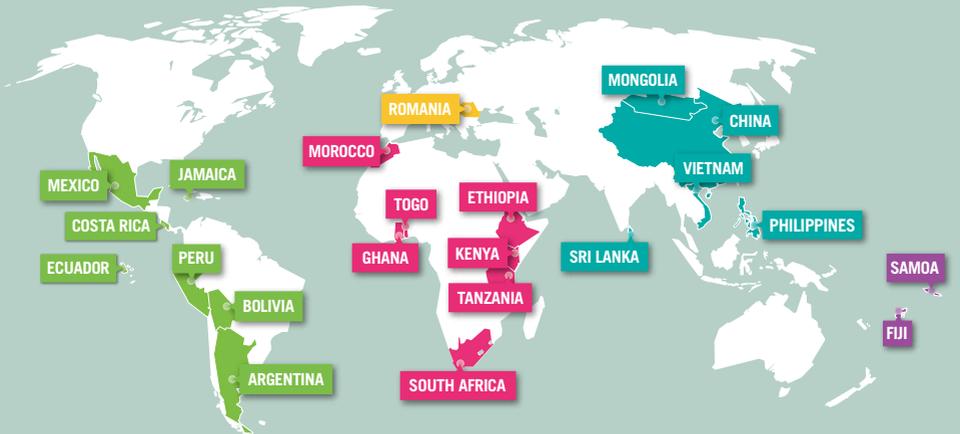
Telephone
01903 708300

“There was one child in particular who I taught in 3 hours to paddle properly, turn in for a wave, and actually stand up and ride a wave. This brought tears to my eyes for two reasons; the joy and sense of accomplishment on this boy’s face was beautiful, and I felt like I had already made a positive difference in his life.”

ProjectsAbroad

Emma Fauquier / Surfing in South Africa

Sports projects are available in the following destinations:



Sports

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