



Sports Coaching Program Malawi



Mzuzu, Malawi



Life Skills



Community empowerment



Sport Programs





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I. What is the program about?

This project in Mzuzu, Malawi has a unique focus, especially for a country like Malawi; it uses tennis and table tennis to educate and empower youth and children.

Tennis Kids Malawi is actively promoting table tennis and lawn tennis by creating structured and progressive coaching but also competitive structures for athletes, coaches, administrators and match officials to be involved in these sports, from beginner's level to international games.

This shall be guided by the following principles.

1. To create an environment of table tennis and tennis to develop both positive physical health standards but also life skills, social skills and personal development.
2. To improve the standard of table tennis and tennis in the northern region to compete with the best on a local, regional and international level.
3. To make table tennis and lawn tennis the most widely played sport at grass root level in Mzuzu.

The mission of Tennis Kids is to provide necessary skills in table tennis and lawn tennis in a sustainable, structured, progressive and professional manner.

Due to its success so far and the ambitions of the leaders of Tennis Kids they believe that table tennis and lawn Tennis could be one of the leading sports in the northern region of Malawi by 2024. Not an easy task when competing with the all-time favourite sport of soccer, but the vision is there.





2. What do volunteers do?

The organization is involved in many activities that improve the general health of children and develop the skills of Lawn tennis and Table tennis as a life sport.

Training and coaching

One of the main activities of Tennis Kids and where volunteers can be involved is the actual playing and coaching of table tennis and/or lawn tennis. The daily coaching sessions will show how big the interest is from the local youth to be actively involved and these sports are not the most obvious ones in Malawi. Training sessions are focused at different age groups and levels of experience and any volunteer with basic skills can contribute hugely by offering the extra help.

Coaching courses

To offer the best quality of training and to have a sustainable long-term focus there is an ongoing need for coaches who are dedicated and know how to coach and improve the skills of the children and young adults. Tennis Kids conducts coaching courses at the beginning of every year to provide more advanced coaching skills to already trained coaches, any new coaches coming from different youth organizations and teachers from different primary and secondary schools.

Schools league tournament

SBB organizes a school's league tournament, which involves players of different schools competing against each other. Currently there is a total of 11 schools taking part in the league. The Tennis Kids coaches are usually assigned to visit the schools once a week to train any interested children and to identify talent.

HIV/AIDS tournaments

The tournament activities are part of the national response to the HIV/AIDS pandemic threatening the general population of Malawi. As the youth is especially vulnerable and within a high risk age group Tennis Kids believes that through sport the message of the risks of HIV/AIDS can be positively carried out.

The tournaments offer, next to playing sports, a variety of activities that can influence the youth to make use of testing and knowing their status as well as counselling for those infected. It is intended to influence positive change in sexual behaviours and to decrease the risks of HIV/AIDS among young people.

These tournaments, named "Kumanya vya Edzi" tournament, which simply means "knowing about HIV/AIDS" tournament, were designed to facilitate the programme. The goal for Tennis Kids is to have such tournaments every end of school term as previous tournaments have shown huge success.



Championship competitions

Tennis Kids organizes regional tournaments with funding from different sponsors and stakeholders but is also involved in the National championships by participating with some of their players. These tournaments as well as end of the term tournaments provide the youth different opportunities to test their skills against each other and socialize with players from other parts of the region or country.

3. How can I help?

Join us!

Join the program and help develop minds and bodies.

Daily Activities

Volunteers can be involved in a variety of tasks and activities within the diversity of what Tennis Kids offers such as:

- Assisting with coaching and training of children and youth.
- Developing new coaching techniques and teaching others.
- Personal health and fitness activities.
- Visiting schools and teaching sports.
- Organizing awareness and further growth of the sports in Mzuzu and surroundings.

Volunteering at this project can be challenging at times but if you love to work with children that are eager to play and learn as much as they can you will have an incredibly rewarding time with Tennis Kids.

You will have a fair level of freedom to discuss your personal talents and ideas with the management to create a unique and personalised programme to make the most out of your stay.

Working Hours

Normally we work all weekdays from 8h30 until 16h00 and weekends are off. Some weekends will be focused on tournaments so expect that working hours can be different.

Daily guidance & supervision

Guidance will be offered in multiple ways as different people are involved in your stay in



Mzuzu.

First of all we have our Khaya Volunteer Coordinator Justin Banda who will pick you up either from the airport (see Transport) or when arriving at the bus terminal in Mzuzu. Justin will welcome you and take you to your host family to settle in after arriving.

He will prepare your stay at the project and will be assisting you where he can. After a good night's rest he will show you around Mzuzu, make sure you have a local SIM card and explain you more about the area and what you can expect from him and your project involvement.

He will take you to the project on your first day of work and show you how to get there.

At the centre you will be supervised by the founder of Tennis Kids Owen and the other local staff who will focus on your daily work and supervise your activities.

Normally we work all weekdays from 8h30 until 16h00 and weekends are off. Some weekends will be focused on tournaments so expect that working hours can be different.

Project needs

The biggest need for Tennis Kids is to have enthusiastic and knowledgeable coaches to offer the best training and coaching they can. Volunteers with some experience and a love for either one of these sports will be highly appreciated and welcome to form part of the team.

There always is an ongoing challenge for financial support and materials. If any volunteers can contribute with any of the following items this would be highly appreciated;

- Tennis rackets and balls
- Sports uniforms and tennis shoes
- Table tennis bats and balls
- Sports clothing

Please take note that part of your fees includes a donation to support them with their ongoing running costs and additional donations are not expected but highly appreciated.



4. How to join the program

Step 1

Submit your application.

Step 2

Our booking office will send you the necessary forms to complete and request your supporting documents. Once we have received everything back from you, we will submit your application to the hospital in Zanzibar for approval.

Step 3

Our booking office will send you a confirmation email

Step 3

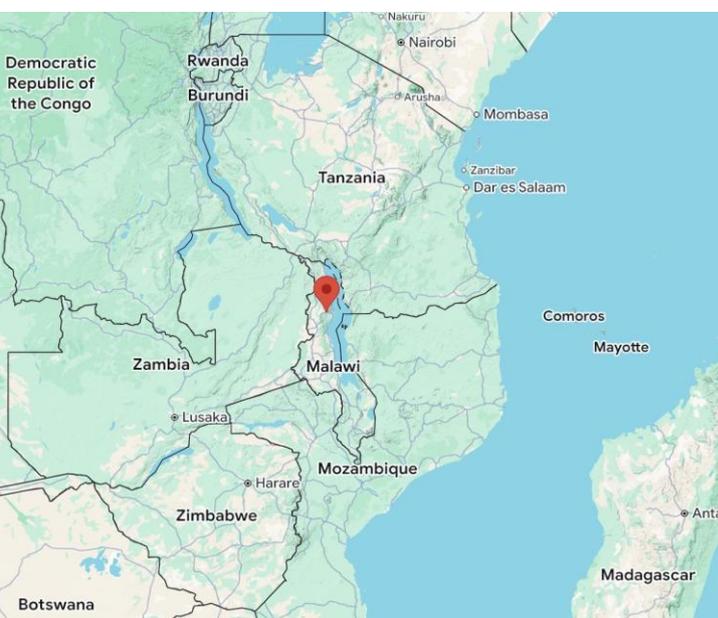
Check out our special discounts and offers & book your flights and/or travel arrangements.

Step 5

Finalise your payments.

Step 6

Wait in anticipation for your departure date!





5. Location

Malawi

Malawi is also known as the 'Warm Heart of Africa' and for a good reason. Malawi is extremely friendly and compared to other African countries relatively easy to travel through independently. Some might even give it the name 'Africa-light'.

One of the things that will leave a lasting impression on any visitors to this land locked country is the friendliness of its people and the smiles you will see everywhere. It is a landlocked country bordering Zambia to the west, Tanzania to the northeast, and Mozambique on the east, south and west. Malawi shared Lake Malawi with Tanzania and Mozambique. Its estimated population is 17 million with Lilongwe as its largest city and capital.

Malawi is among the world's least-developed countries. The economy is heavily relying on agriculture, with a largely rural population. The government depends heavily on outside aid to meet development needs, although this need (and the aid offered) has been decreasing since 2000. The Malawian government faces challenges in building and expanding the economy, improving education, health care, environmental protection, and becoming financially independent.

Malawi has a low life expectancy and high infant mortality. There is a high prevalence of HIV/AIDS, which is a drain on the labour force and government expenditures. There is a diverse population of native peoples, Asians and Europeans, with several languages spoken with English and Chichewa as the leading languages. Malawian cultural practices and Malawian cuisine are rich in local, southern African, and overseas influences.

Mzuzu and the area

Despite being the third biggest city in Malawi and being central to the north of the country, Mzuzu has a very laidback and village feel to it. The city is stretched out and links to rural farming communities in the immediate area.

Mzuzu has a central location connecting to Lake Malawi at Nkhata Bay, which is only 50 km away and travel routes up north to Tanzania and beyond.

The location of Mzuzu makes its temperatures and climate more enjoyable than at the lake, where it can be very hot and humid. It is easily reachable from Lilongwe in the south and is a great place to travel to some of the highlights of Malawi, such as Nkhata Bay and Kande Beach at Lake Malawi, Livingstonia further to the north, Nyika Plateau to the west and Viphya Forest to the south.



6. Safety

Your safety is very important to us and if you follow just a few guidelines your safety in Malawi can be increased incredibly. When you stay in Malawi the odds are that you will have a safe and incident-free volunteering period. However, crime as well as unexpected difficulties can happen.

Hoping to help you avoid serious difficulties during your visit to Malawi, you should keep the following in mind:

- Safety on the Street: Use the same common sense travelling 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.
- 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 into the communities are supervised by our coordinators who will walk with our volunteers and make sure they are safe.





7. How much does it cost?

Included in fees:

- Information and assistance before departure
- Pick up upon arrival (extra costs apply)
- Accommodation in host family
- Volunteer coordinator available 24/7
- 3 basic meals a day

Excluded from your fees:

- Air tickets
- Extra costs for airport transfer or bus tickets
- Private Luxuries (snacks, cool drinks, alcohol, etc.)
- Costs for weekend outings
- Laundry
- Insurance
- Visa Costs

DURATION:	USD
1 Week	\$ 299
2 Weeks	\$ 499
3 Weeks	\$ 729
4 Weeks	\$ 915
Extra Weeks	\$ 215
<u>Local Payments:</u> Lilongwe airport transfer (one way per vehicle) Daily Transport	\$160 \$25 per week

Arrival & Departure Transfers

We will gladly pick you up from the airport in Lilongwe for the additional cost of 160 USD. This is a local payment and needs to be paid directly to our coordinator. These costs can be shared if there are more volunteers arriving on the same day, so with 2 people it will be 75 USD per person, with 4 only 37.50 USD per person. Mzuzu is 340 km from the international airport in Lilongwe, making it quite a trip to pick you up, but we gladly arrange it for you.



Own transport Malawi

As Malawi is such a friendly and relatively easy country to travel in, public transport is another option to arrange your own airport pick up with accommodation in Lilongwe, and to stay over before taking a bus to Mzuzu. We gladly help you with planning this and giving you free advice.

Own transport via Tanzania

As the flights to Lilongwe can unfortunately be quite expensive, we suggest looking at the alternative to fly to Dar es Salaam or Kilimanjaro in Tanzania, offering cheaper flights and to take a bus to Mzuzu. Buses are available on a daily basis and can take 16-20 hours to get to Mzuzu.

Accommodation

Volunteers will stay with one of our selected host families within walking distance of Tennis Kids, making it very easy to come to work and get back home.

We offer a comfortable family home with 2 bedrooms with 2 and 3 beds respectively. There is a private bathroom for volunteers to use with a western toilet and shower with warm water. The home offers the use of a dining room, lounge with TV and large garden.

Depending on how busy it is, you will share a room with other volunteers. Male and female volunteers will have separate rooms.

We take couples and older volunteers into account and if possible, provide them with a private room, so please let us know if you have any questions regarding the accommodation.

Meals

Malawian meals are different from western meals, and we encourage you to eat what is prepared for you, otherwise you are free to buy and cook your own food. There are 3 meals a day, which will be local food mostly made up of rice, pastas, 'nsima' (porridge of maize meal), fish, vegetables, and meats. Breakfast is usually porridge or bread with coffee or tea. Lunch is toast or sandwiches and dinners are cooked meals.

We encourage you to assist with cooking and cleaning up and make some of your personal favourite dishes.

Transport

Your host family is within walking distance from the centre making it very easy to walk to and from work.

To reach any facilities such as the main street with banks, internet café, shopping centre with a modern supermarket it is only a 10-15-minute walk away, but we encourage you to use the local bicycle taxis that will transport you anywhere you need to go for a small fee.

At night we discourage you to walk alone to be as safe as possible and we will make sure you have a variety of numbers for local taxis who will offer door to door services for very reasonable rates.



8. When can I start?

Starting your volunteer work is preferably on Mondays but we are flexible. If you will be arriving before Monday, we gladly assist with your pickup and extra days will be charged accordingly.

Participation is per full week only.





9. What is expected of me?

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

- To be enthusiastic and independent
- 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.





10. Things to consider

Visa

Visas can be applied for in advance, but despite information on some embassy sites, most visitors to Malawi are obtaining visas on arrival still. They are being issued 30 days tourist/visitor visas on arrival for USD\$75.

Please ensure that you have USD\$75 cash with you to pay for this on arrival. The below items may help to ensure that this process is as quick as possible upon arrival:

- Completed application form. Please enter a holiday under reason for travel, as a volunteer visa does not exist currently and a visitor/tourist visa is the appropriate visa for your stay, as a paying tourist to the country, staying less than 90 days.
- Two passport photos
- Air ticket/itinerary
- Three months latest bank statements

Those staying longer than 30 days are still being issued 30 day visa renewals locally at MWK 5000 each time up to 90 days, as they were previously.

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 and your Yellow Vaccination Passport or entry to the country can be denied.

Passport

Your passport must 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 Malawi insists on people having 2-free pages available when you enter. Keep this in mind if you are going to visit other 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.

Vaccinations

You will need to take prescription medicine before, during, and after your trip to prevent malaria. Your doctor can help you decide which medicine is right for you, and also talk to you about other steps you can take to prevent malaria.

The government of Malawi requires proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever.



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 and 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.

Typhoid

You can get typhoid through contaminated food or water in Malawi. It is recommended to be vaccinated, especially if you are visiting smaller cities or rural areas, or if you are an adventurous eater.

Please speak to your doctor or travel clinic to make sure you have all vaccination required and you are well informed about the health risks.

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

Weather

The weather in this part of Africa can be diverse and due to the height difference in short distances can quickly change. Malawi has a hot summer rainfall season from November to April (yet, it's summer here in those months) and drier winter months - early May to late October. Winters can get chilly high up on the northern Nyika Plateau but down on the shore of Lake Malawi you can expect warm, sunny and dry days - great beach weather! January and February can be very hot and humid with rainfall at its highest.

Summer	(Dec, Jan and Feb)	20 - 43 ° Celsius
Autumn	(Mar, April and May)	19 -22 ° Celsius
Winter	(June, July and Aug)	17 - 18 ° Celsius
Spring	(Sep, Oct and Nov)	21- 24 ° 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 trousers, a hat is always handy on sunny days and good shoes for weekend outings and running around with the children.



Alcohol

We allow alcohol to be enjoyed at the Khaya Beach House but only for those of 18 years and older as per local law. Volunteers under the age of 18 are not allowed to drink alcohol as per South African Law.

We do not allow any parties or gatherings at the house where alcohol is consumed and advise you to go out to enjoy yourself and drink responsibly.

Drugs

Using or possessing drugs such as marijuana is illegal in South Africa as are the obvious hard drugs such as ecstasy etc.

We have a zero-tolerance policy for such usage and if we become aware of this you will unfortunately be no longer welcome at our premises.

DISCLAIMER

Go with Khaya commits itself to always offer accurate and correct information, but please keep in mind that information can change, and all projects can be subject to change regarding their programs and/or accommodation arrangements. Go with Khaya is a facilitating organization and does not run its own projects. Therefore, Go with Khaya cannot take responsibility whatsoever, for any changes concerning any program we offer. You will participate solely at your own risk.

II. Let's stay connected

We'd love to stay connected! Please follow & subscribe to our social media platforms below.



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