



# Missionvale Care Centre



Gqeberha (Port Elizabeth), Eastern Cape, South Africa



Community Upliftment



Skills Development



Food Distribution





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# I. Who is Missionvale Care Centre?

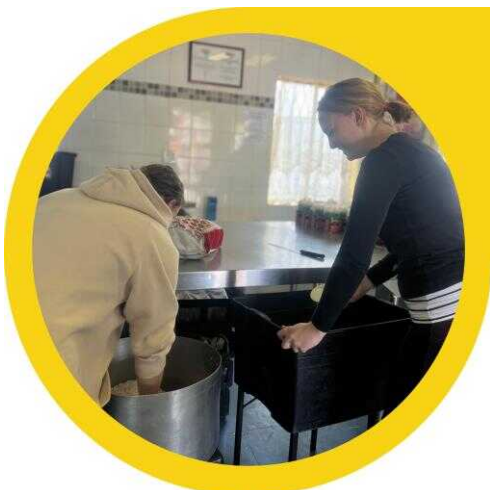
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The Missionvale Care Centre operates in the extremely poor informal shack land township of Missionvale in Port Elizabeth, South Africa - part of the wider Nelson Mandela Metropole.

It was founded by Sister Ethel Normoyle, from humble beginnings, under a tree donated by a resident of Missionvale. It has grown into a Centre, which provides many essential services as well as love and care for the poor and destitute, with particular emphasis on those living with HIV/AIDS.

Missionvale Care Centre is a non-profit organization committed to providing quality care and support to improve the life of the people of Missionvale through love, consultation, participation, and self-development. They respond to the many needs of the people in the circumstances in which they live in a variety of ways.

The help of volunteers is highly appreciated and needed, as there are a variety of projects to do and support with.





## 2. What do they do?

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### **Crafters Unit**

The ladies of the crafter's unit work very hard every day on a variety of projects including curtains, placemats, handbags, aprons, pillows and more. These items are then sold at the Missionvale Care Centre as well as at 'Art in the Park' on the first Sunday of each month. As the women are taught the basics of sewing and become more adapted to these skills they have an increased chance of becoming employed by businesses throughout the Port Elizabeth area.

### **Child Support and Development**

Children who attend the school but also for those who do not, every day there are a variety of activities for them, to keep them off the streets and play safely. They get a meal, can get computer lessons, listen to stories, and learn to play the drum or cultural dancing, play outside, and play sports.

### **Clinic**

The clinic offers a one-step facility where people can get a check-up and additional care with illnesses, especially TB and HIV/AIDS related illnesses. The caregivers need help from nurses to offer proper care during the daily home visits into the townships. There are qualified nurses working at Missionvale but not enough can be done. and we call out to anybody with a medical or nursing background to come and make a difference. Missionvale also runs its own small pharmacy.

### **Community gardens**

Residents of the area can plant and grow their own vegetables and fruits and donate part of the harvest to the soup kitchen. They are given access to water, seeds and tools to work the land and generate an income by working themselves and getting the support needed to do this the best way possible.

### **Clothing warehouse**

All donations of clothing are cleaned and sorted, so anybody in need can get a parcel with well-fitted and clean clothes. This well-structured warehouse is run by some lovely ladies who can always use help to fold, clean and pack clothing items to be ready to be distributed to those in need.

### **Food distribution**

A big part of what Missionvale offers is immediate support for those who need help and many families in this area struggle to have food on their table. Missionvale provides them with a soup mix and bread daily, which they will prepare at home to have at least something to eat. Weekly food parcels are also given out and there is always help needed with making parcels and distribution.

### **Primary School**

Missionvale has its own primary school providing schooling to the children of the community. The 3 classrooms are well equipped but especially individual attention and class assistance can contribute for slow learners.



### 3. How can I help?

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#### **Fundraising & Donations**

Keep in mind that you have already made a donation to the project but if you feel motivated to raise further funds before visiting, we are happy to help with any information you may need. To wisely and effectively spend such donations we suggest first to spend some time here and then plan your donation to ensure maximum impact. If you are keen to bring certain materials before traveling to South Africa please connect with us so we can let you know which items are most needed.

#### **Volunteer your time and energy!**

##### **Days:**

Volunteers work all weekdays from about 8h30-15h00, with Friday being a shorter day and weekends are off! Some days might start earlier or later and in summertime, due to the heat, hours can change.

##### **Supervision:**

You will be supervised by our Volunteer Coordinator who will pick you up upon arrival, make sure you are settled in, show you around the city and prepare your work activities at the project. They will transfer you to and from the project, make sure the shopping is done and organize fun outings for the weekends.

At the project you will be guided and supervised by the local team of staff and volunteers.







## 4. How to become a volunteer

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### Step 1

Submit your application.

### Step 2

Our booking office will help you to confirm your stay.

### Step 3

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

### Step 4

Finalise your payments.

### Step 5

Wait in anticipation for your departure date!





## 5. Location!

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**Port Elizabeth (new name: Gqeberha, we will teach you how to pronounce it), Eastern Cape, South Africa**

The Eastern Cape and the surroundings of Port Elizabeth (Gqeberha) show a large variety of natural beauty, and this makes it a great place to see the variety of South Africa.

To the East you will find the Wild coast (former Transkei and Ciskei) which is mostly rural and undeveloped, and closer you will find Addo National Elephant Park and great coastal villages such as Port Alfred or Kenton-on-sea.

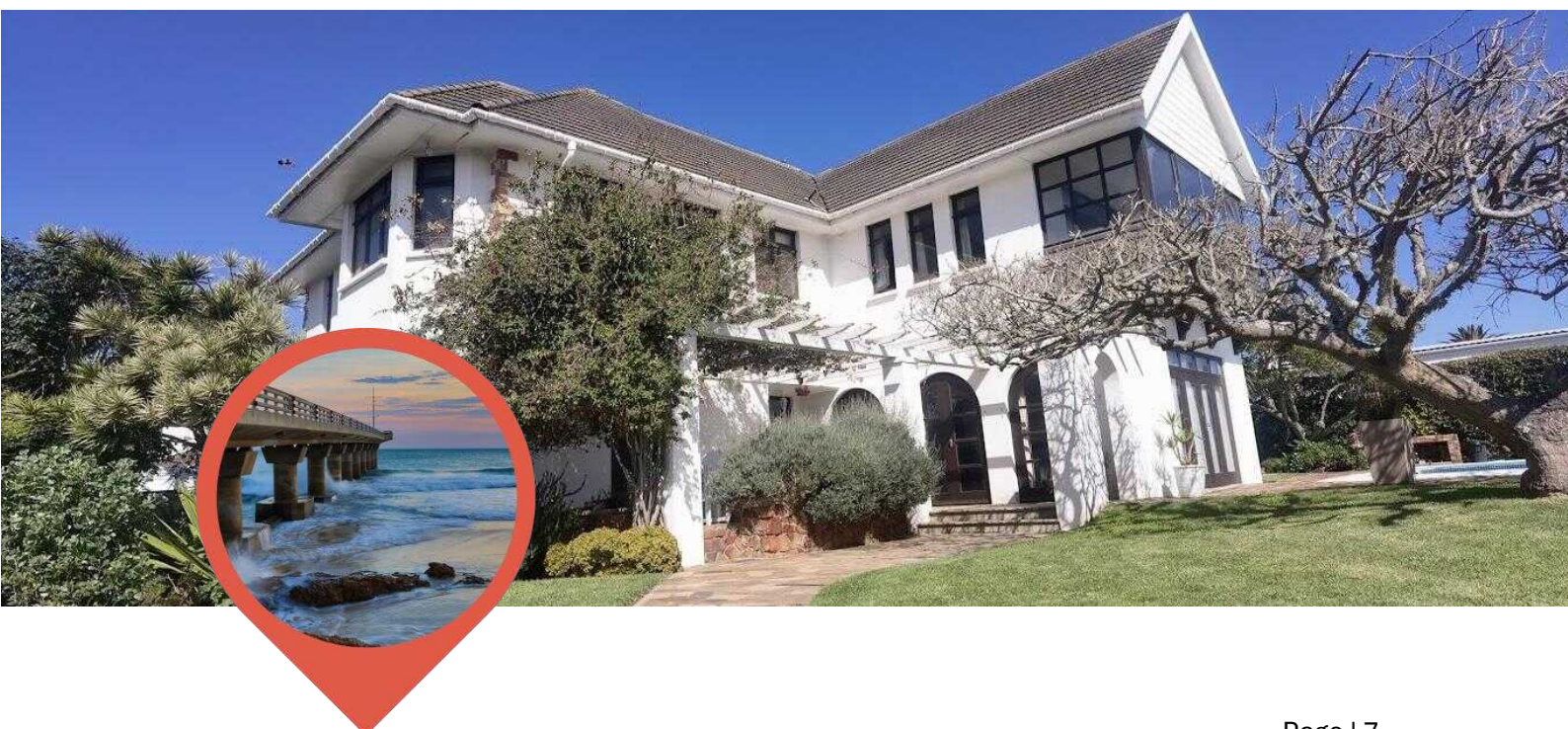
To the North you will find the great Karoo; a semi desert area with wide open spaces, large nature areas and long open roads with historical places such as Graaff Reinet, the Baviaanskloof Wilderness and much more.

To the West towards Cape Town, you will be amazed by the Tsitsikamma National Park, holiday villages such as Plettenberg Bay, Knysna and Nature's Valley & world-famous surf mecca; Jeffreys Bay.

This gives you plenty to see and visit while you are here, and we believe even provides you more diversity than staying in Cape Town for example. You could always add a visit to The Mother City before or after visiting us in the Eastern Cape.

### **South Africa**

Especially for a country like South Africa, researching the history before you go will explain cultural differences you might see and will add a whole new dimension to your experience. If you understand the history of a country, you will understand not only the country better but also the people, their culture, and customs.







## 6. Is South Africa safe?

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Despite general ideas of South Africa being very unsafe, it is important to know that South Africa is known to many as very friendly and welcoming. But please remember that you must realise that in big cities you must stick to a certain conduct of behaviour to avoid complicated situations. As 70% of people live in poverty and few are extremely rich, the differences in life and hope for a better future creates a situation that fuels crime, lack of education, substance abuse, domestic violence and many more problems.

Your safety is very important, and your host will look after you to the best of their ability. We do expect you to do your bit and keep to our safety guidelines. Common sense if your best friend when it comes to safety, but here are a few guidelines:

- Do not walk alone or at night, use an Uber.
- Walk in a group where possible and stay on roads where you are in sight of other people.
- Do not walk around with visible valuables.
- Do not carry a backpack on your stomach; it shows you have valuables and are a tourist.
- Be confident and know where you are going without standing on corners looking at your phone.
- Have a phone on you but do not walk around while calling.
- The project manager at the project will give you additional guidelines that must be followed.







## 7. How much does it cost?

### Included in fees:

- Information and assistance before departure
- Airport pick up upon arrival and drop off at the end of your stay (Monday - Friday)
- Stay in an exclusive beautiful Volunteer House with shared rooms and many facilities (wifi, washing machine, swimming pool, large lounge, dining room, garden)
- 3 Family style meals per day
- Daily transport to-and-from the project
- Weekly offer of outings and fun activities (some for an extra cost)

### Excluded from your fees:

- Private Luxuries (snacks, cool drinks, alcohol etc.)
- Costs for weekend outings to safari parks etc.
- Air tickets
- Insurance
- Laundry powder for personal washing

DURATION:	EURO	USD	GBP
1 Week	€ 360	\$425	£315
2 Weeks	€ 630	\$740	£550
3 Weeks	€ 895	\$1050	£780
4 Weeks	€ 1,145	\$1,345	£1000
Extra Weeks	€ 260	\$305	£230
Long Term p/week (min 8 weeks)	€ 240	\$280	£210
Donation per week	€ 30.00	\$35.00	£25.00





## Accommodation

The exclusive Volunteer House in Port Elizabeth is a gorgeous home with lots of space. If you like to relax in the big garden, at the swimming pool or in the comfy lounge; this home has space for everyone to feel at home and enjoy the time outside of volunteering activities with other international volunteers from all over the world. .

The home is a beautiful old house renovated and decorated with modern touches. A large swimming pool for summer and a fireplace for winter, what more do you need?

The property is well secured with electric fencing, a security company backup and superbly located within walking distance of the beach for a swim or surf, different restaurants & other shops.

If you would like a private room as a single traveller or as a couple, please let us know and we will advise you on availability and potential surcharges.

## Meals

All meals are included and we work on a set menu per week, lovingly prepared by our cook with your assistance, so don't be shy, help out in the kitchen and you might learn to cook some new dishes. All dinners are cooked, however on weekends when our cook is off from work, volunteers can warm pre-made meals or make a simple dinner with ingredients provided (hamburgers are a favorite) so some participation is required.

Breakfast: choices of bread, fruit, yoghurt, cereals and/or eggs.

Lunch: make your own sandwiches with cheese, marmalade, cold meat or other spreads to take with you to the project.

Dinners: a variety of hearty homely cooked meals such as pastas, stirfry, soups, stews, pies and other dishes.

There is free instant coffee, tea and safe drinking water available at any time. We also cater for vegetarians & vegans but please inform us before arriving to prepare accordingly.







## 8. When can I start?

Arrival at accommodation can be any day of the week, but new volunteers usually arrive on **Mondays** and start at the project on Tuesdays.

Participation is in full weeks only (7 nights per week). If you need to arrive a few nights early or stay a few extra nights, please let us know and we can advise you on availability and cost.

Please keep in mind that the project is closed for a few weeks over Christmas and New Years every year.

## 9. What is expected of me?

- 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 that you can't change everything in a period of just a few weeks.
- To show flexibility towards responsibilities, tasks and activities.
- To be willing to take initiative and come up with new ideas.

Volunteering at this project is an unique opportunity which can also be challenging at times, that is all part of the experience. You will learn about the circumstances in which 70% of South Africans live today, and experience their culture and traditions. You will be faced with poverty, neglect and other social problems in the township. For this reason, it is of absolute importance that volunteers are flexible and positive individuals who can adapt with the ever changing needs and the very different reality of life in South Africa compared to most Western countries.





## 10. Things to consider

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### **Visa**

Most countries will get a free visa upon arrival in South Africa, please check if you are unsure and note that visas are the responsibility of the volunteer, and that Go with Khaya can not be held responsible for clients being denied entry, should they not be in the possession of the relevant visa.

In general, the rule applies that any stay of longer than 90 days in South Africa will require you to apply for a visa before departure. If you plan to stay shorter than 90 days most nationalities receive a free visa upon arrival in Johannesburg or Cape Town airport which can be extended for another 90 days (total of 180 days) in South Africa at [VFS Services](#).

All travellers must be in possession of a valid onward/return air ticket.

### **Passport**

South Africa insists on people having 2-free pages available when you enter. Keep this in mind if you are going to fly home from South Africa after completing a tour to multiple 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.

### **Vaccines**

Port Elizabeth (Gqeberha) is a malaria free area. We do have mosquitoes in summertime, but they are more of an annoyance. For other vaccines we recommend that you contact your local physician or travel clinic for information and advice.

### **Weather**

The weather in this part of Africa can be diverse and summers can get warm, while winters can get quite cold. Port Elizabeth has a very moderate climate though due to the ocean currents and winds, cooling things down on those hot summer days.

Not what everybody expects of Africa but bring a jacket and warm sweater to be prepared for some of those colder days, if you come in our winter months (June, July, and August).

Summer (Dec, Jan and Feb) 16 – 40 ° Celsius

Autumn (Mar, April and May) 10 - 32 ° Celsius

Winter (June, July and Aug) 8 - 25 ° Celsius

Spring (Sep, Oct and Nov) 10 - 32 ° Celsius

### **Insurance**

Accidents can happen to anyone. Make sure to get comprehensive travel and medical insurance.





## **Alcohol**

We allow alcohol to be enjoyed at the accommodation but only for those of 18 years and older. 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 to drink responsibly.

At this project volunteers work with children who are exposed to alcoholism and all the negative results of it. For this reason, volunteers will not be allowed to participate if they smell like alcohol in any way.

## **Drugs**

Using or possessing drugs is illegal in South Africa and we have a zero-tolerance policy so if we become aware of this, you will unfortunately no longer be welcome at our accommodation or program.

## **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.





## II. Let's stay connected

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



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