

Surfing Project Management Plan

Cape Town, South Africa



OVERVIEW

Company Mission

Our mission is to encourage young people to volunteer for worthwhile work in developing countries. We expect that doing this kind of voluntary work will in time become the norm. As more and more people join us, we aim to create a multi-national community with a passion to serve, to learn, to understand, to teach, to inspire and to be inspired.

Surfing Project Mission

Our project's mission is to give underprivileged children the opportunity to learn how to swim and to surf, which is not something they would normally be exposed to. The project offers these children somewhere safe, productive and stimulating to spend time outside of their regular and, at times, negative township environment.

Background Information

Nearly 20 years have passed since the advent of democracy, yet most young South African children continue to grow up in a profoundly unequal society in which they face simultaneous threats to their development. These include poverty, malnutrition, illness, exposure to violence and insufficient stimulation. These factors compromise their health, psychological and educational outcomes and can have a negative lifelong impact. Good nutrition, health care, supportive parenting and early learning opportunities promote child development and mitigate the impact of poverty and other threats to wellbeing.

PARTNERS

The Surfing project is based in the coastal suburb of Muizenberg. Our project partners travel from various underprivileged communities in the Southern Suburbs of Cape Town. All of the partners are English speaking, however the majority of the children's first language is Afrikaans.

- **Village Heights** – This project partner brings children from the underprivileged areas of Sea Winds, Steenberg and surrounding informal settlements. Part of our agreement with this partner is that we feed the kids after every surfing session. The group comes twice a week and every group consists of about 15 children. A big focus point for this group is to teach them about the ocean, as well as to swim and surf. When there is no surf, due to bad weather conditions, we perform sports and educational workshops.
- **Lotus River High School** – This project partner is an established high school and the Surfing volunteers have been assigned as their official school surfing coaches. They consist of 2 surfing teams, 12 children each group. The big focus with this group is to increase their surfing ability and to use surfing as a way for them to empower themselves. We aim to have at least 5 children actively participating in Western Province trails within the next year.
- **Ottery Youth and Education Centre** – This project partner consists of children currently awaiting trial for various petty crimes. The group consists of 15 children who come once a

week. We focus on improving the children's self-expression through surfing, as well as focus on using the techniques and rules of surfing to teach them discipline.

- **Believe in Schatse** – This project partner consists of special needs children. The children have either been diagnosed with Down Syndrome or are mentally challenged. They join us for two sessions a week. Although coaching them can be a little difficult, our focus however is to teach them to integrate themselves into society and learn how to become self-sustaining
- **Lighthouse Rehab center** – This project partner is formed of 8 people struggling with addiction. They join us for one session a week and our focus is empowerment. We want to teach them to surf and also have them teach new volunteers how to surf. This teaching of other people will give them self-worth and empowerment, which are two vital steps in fighting addiction.

GOALS

In order to work towards our Surfing project mission, we have set the following:

1) Promote physical and mental development

The children that attend this project are often malnourished and do not receive proper physical stimulation. The sport of surfing is a very demanding physical sport and has shown to increase muscular development as well as improve general fitness. Physical activity is also known to minimize a child's involvement in gang related crimes and drug abuse.

2) Increase emotional support and care

The project partners involved are all in need of emotional support as their day-to-day lives are filled with poverty, crime, violence and drug abuse. Living in an environment with so many challenges has a tragic impact on the emotional wellbeing of many people in the community. This project provides light at the end of the tunnel for these children, by allowing them to have a break from the daily struggles and have a place where they can feel safe to express themselves in a true and honest manner. We always accommodate the project partners and their particular needs in any way we can.

3) Improve surfing ability

We aim to improve the surfing ability of all children that attend the sessions. This is done with coaching and training of the skills necessary to become a surfer. The volunteers also get the training they need to individually impact each person that comes for each session. Surfing is a very important tool for us to allow everyone involved with the project to understand the value of self-expression, this improves a person's overall quality of life and would have great benefits in the long run in overcoming difficult environments and troubled times.

RESOURCES

- 64 volunteers per annum (based on volunteer numbers in 2014)
- Surfing project manager
- Myprojectsabroad resources (www.projects-abroad.co.uk/resources)
- Bi-weekly workshops/ discussion sessions conducted by staff
- Volunteer-led workshops

- Guest coaches and speakers from various non-profit organisations and partners
- Surfboards, wetsuits, rash vests, body-boards and all equipment required for surfing

MONITORING & EVALUATION

- Regular feedback with placements
- Onsite weekly visits by staff
- Annual report from Surfing project
- Feedback with Projects Abroad staff
- Volunteer workshops/ discussion sessions – attendance, feedback and significant outcomes to be tracked by staff each week
- Volunteer Debriefing forms and End of Placement feedback forms
- Biannual Placement Evaluation Feedback
- Surfing progress reports on the partners as well as that of volunteers.
- Project partner feedback on the project as well as the manager and volunteers.