

## Natures Valley Trust (NVT)

### Info sheet



#### Project Overview

**Project Duration:** Minimum 2 weeks

**Project Costs:** R400/day

**Location of project:** Natures Valley, Western Cape, South Africa

**Getting there:** Arrive Cape Town airport, then either bus to Plettenberg Bay, or Flight to George then bus to Plettenberg Bay.

**Activities:** Volunteers get to spend time on all our programs, most notably our award winning Conservation Education program that reaches 5000 rural kids a year, and our world class ecological research programs where you get to experience what it is like being an ecologist in a global biodiversity hotspot. All this along a pristine section of coastline, in one of the most beautiful places in the world!

**Working Hours:** 8am to 4pm, Monday to Friday

**Getting to the project daily:** Transport provided.

**Requirements:** Physically fit, well – motivated volunteers with a keen sense of humor!

#### Project description

**Environmental Education:** Our conservation education staff use curriculum based initiatives to reach over 5000 children each year, making this one of the biggest environmental education initiatives in the Western and Eastern Cape Provinces of South Africa. We believe in investing in the next generation, equipping them to understand why conservation should be an integral part of how they live their lives. Our EE program uses 16 specially designed outdoor classrooms where children have access to hands-on experience with nature. We also run programs around national and international environment days, like national water week, world environment week, national arbor week etc. We work closely with many rural schools, where we run eco-clubs linked to the internationally acclaimed WESSA Eco-Schools program. Also included in the EE program are two annual projects which teach children about the marine environment and how to assess the health of the rivers that they use on a daily basis.

**Ecological Research:** Our scientific staff run long term ecological monitoring projects that enable us to better understand the environment we find ourselves in. The data collected from these research programs is fed directly to the local conservation authorities to assist their efforts in ensuring the long term ecological integrity of the area. Without good quality scientific data, we cannot conserve anything... We work in a variety of biomes, on a number of different projects. Volunteers will be required to assist in studying and collecting data on: the Fynbos (one of only 6 global plant kingdoms), rivers and estuaries, beaches, marine mammals (whales and seals), and forests. You will also be a part of the animal conservation activities by assisting with catching and tagging the endemic birds and monitoring the small mammals and baboons in the area.

## What's included?

### Accommodation

The "White House" is where our volunteers and interns stay. This lovely, large home is where you will stay, sharing a room with same-sex, like-minded people. Fully furnished, with satellite television and laundry facilities. Cooking is done on a roster basis. Located just 10 minutes from our center, and only 20 minutes from Plettenberg bay (a famous tourist spot in South Africa) it is ideally situated for both your working week and your days off.



### Orientation:

On your first day of arrival you will be met by Mark and Cindy-Lee, our Program Director and EE Director, they will show you to your accommodation and talk you through your duties and opportunities.

This will include

- Welcome and introduction to the project
- Tour of the facility
- Meet the team
- Ethics and code of conduct
- What to expect

**Support:** Natures Valley Trust staff will be available any time of day or night to assist you.

**Donation:** Over and above your daily rate, donations are welcome but NOT expected. Most of our programs run on donations, so anything you feel like contributing is put to good use.

**Food:** Breakfasts and Dinners are included in your daily rate. A roster system is used so that everyone gets a turn to cook, and everyone gets some time off!

### What's not included?

Volunteers need to make their own travel arrangements with Plettenberg Bay as the destination on arrival and as the departure point when their time with us is over. We will provide transport to and from Plettenberg Bay at no cost.

### The working routine

The daily routine varies a lot, so expect something different all the time! However, you can expect to work in the field on our research projects at least twice a week, with school groups at least twice a week, and catching up on office admin once a week.

### Your role as a volunteer

The awesome part about volunteering with us is that you really do make a difference! We need willing hands to help us on both our EE and research programs, and you will definitely be more than just a spectator.

## Project rules

NO drugs, no excessive alcohol, please read the VSA code of conduct provided.

## Weather

This area is world renowned as one of the best places to go on holiday! We have a Mediterranean climate, and very rarely have bad weather for more than a few days a month.

## What to pack

**Passport, tickets and visas**

**Insurance details**

**ATM cards**

**Mobile phones**, if you are bringing your mobile please unblock the code BEFORE you leave your country.

**Charger**

**Universal adapter** plug for South Africa (you can buy these in SA)

**Toiletries**, soap, shampoo, razors etc.

**Sun Block**

**Hat**

**Swim wear**

**Towels**

**Medicines & mosquito repellent**

**Torch/headlamp**

**Comfortable shoes** e.g. Trainers and sandals

**Clothes**, jeans, t-shirts, underwear, shorts, dresses, warm top etc.

**Wind proof jacket**

**Water bottle**

## Other activities after volunteering?

In your off time, there is so much to see and do around here! We can provide more info on request.

## Health

Physically fit and able to cope with full days in the field essential.