



ProjectsAbroad

Bolivia

Brazil

Costa Rica

Ghana

India

Jamaica

Moldova

Mongolia

Morocco

Peru

Senegal

South Africa

*help...  
learn...  
explore!*

**SPORT**

➔ [www.projects-abroad.co.uk](http://www.projects-abroad.co.uk)

Tel: +44 (0)1903 708300

## → Introduction

In developing countries many children are not given the same basic opportunities as in the rest of the world. One way this can be addressed is to offer sport within these communities. Through sport we aim to improve physical fitness and mental wellbeing, create an environment for fun and enjoyment, allow participants to form social relationships and importantly provide a positive path for development.

By volunteering on one of our sports projects you will be helping with: social inclusion, health, community regeneration, reducing crime and social interaction.

It also provides the children with: improved fitness and wellbeing, a good learning environment, non-sport related life skills and a reduced risk of disease.

Whatever sports placement you decide is right for you, football in Ghana, cricket in India or volleyball in Bolivia we can help you make the best of your time. You could be learning more about your sport in the morning and organising a match in the afternoon. Volunteer coaches are responsible for helping in the organisation of all aspects of sporting provision, from setting up training drills and fitness sessions, to coaching teams in competitive games.

Destination	Football	Rugby	Basketball	Cricket	Volleyball	Water Sports	Tennis	School Sports
Bolivia								
Brazil								
Costa Rica								
Ghana								
India								
Jamaica								
Moldova								
Mongolia								
Morocco								
Peru								
Senegal								
South Africa								

**Key:** Africa (Pink), Asia (Teal), Eastern Europe (Yellow), Latin America and the Caribbean (Light Green)

**2-Week Sport Specials for 16-19 year olds** – although our normal projects have no set start dates and duration, we also run 2 week projects over set dates in the summer. Please contact us on 01903 708 300 for the start dates.

## → What is included?

### YOUR PLACEMENT

Our Sport Projects are available in Bolivia, Brazil, Costa Rica, Ghana, India, Jamaica, Moldova, Mongolia, Morocco, Peru, Senegal and South Africa. You will be given a supervisor at your place of work, and they, our staff and you will meet regularly to discuss how your internship is going and any issues which may arise.

### YOUR OWN START-DATE AND PROJECT-LENGTH

You choose where you want to go, when, and how many months you wish to work. This applies to all projects except for the 2 Week Sport Specials for 16 - 19 year olds which operate on set dates only.

### YOUR ACCOMMODATION

You will usually live with a local host family, who have been carefully selected because they are friendly, welcoming and can provide you with safe and secure accommodation for the duration of your stay.

### ALL YOUR MEALS

We will ensure that you are provided with three meals a day, including a packed lunch if required.

### INSURANCE

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

### COMPREHENSIVE LOCAL SUPPORT

We directly employ sizeable staff teams in all of our destination countries, 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.

### SOCIAL LIFE

It's nice to have other people to share your experiences with, and – thanks to the large number of volunteers we work with in each destination - you can be sure that there will always be someone for you to meet up with, go out with and possibly even travel with when your project finishes.



## FOOTBALL

Our aim is to give you and all our Football coaching volunteers the necessary information and skills to develop the young footballing talent of your chosen destination, whilst you develop your own skills as a coach. You do not have to be an experienced coach with an FA coaching certificate to get involved. You do not necessarily need to be a very capable footballer, although it is always an advantage if you have a few good skills.

Your role will be wide and varied, but there are certain criteria which are most definitely needed - including enthusiasm, knowledge of skills and techniques and a warm, approachable manner.



## RUGBY



If you have a passion for Rugby then you could volunteer on our Rugby coaching projects in Ghana. 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. You can volunteer on a Rugby coaching project on your gap year, career break or as part of an extended holiday.

We at Projects Abroad strongly believe that sport can be used to develop individuals and communities and are working to introduce popular sports into new areas in order to achieve this. We cannot accomplish this without the help of our volunteers and this is why we need you to join our voluntary Rugby coaching projects. You will join a group who are dedicated to the sport and to passing on their love of the game to others.

## BASKETBALL

Volunteering on a Basketball Coaching project is about more than simply developing the sport itself. It is about giving the children that you work with a better present, and the chance of a better future, both from playing the game directly and also from ideas and notions that are developed through the sport - like teamwork, discipline and fair-play.



Basketball is an incredibly easy game to pick up, but there are many complexities in the rules and the tactics which the volunteer coach can introduce to enthusiastic students, not to mention the individual skills that can be developed.

## CRICKET



Cricket is a fantastic game to play because it has a unique capacity to involve players with a whole range of different abilities, giving each one a role which contributes to the overall success of the team without ever having to isolate those who lack confidence in their abilities.

The fundamental skills of batting, bowling, throwing and catching are incredibly easy to pick up and also easy for a coach to develop in their students, which makes volunteer cricket coaching a very rewarding project.

You don't have to be a qualified coach to take part in one of these projects. Projects Abroad are looking for enthusiastic, energetic and committed volunteers.

## VOLLEYBALL



Volleyball is a very popular sport in many of the poorer destinations in which we work and this has made it an obvious choice for one of our major sports development projects. As with most successful sports it is incredibly easy to learn the basics skills required. There are just three main ways to play the ball - the 'dig', the 'set' and the 'spike' - and preventing the ball from hitting the ground is almost a natural instinct. However there are many further skills and techniques to learn, and this is where Projects Abroad Volleyball coaching volunteers can help.

## WATER SPORTS

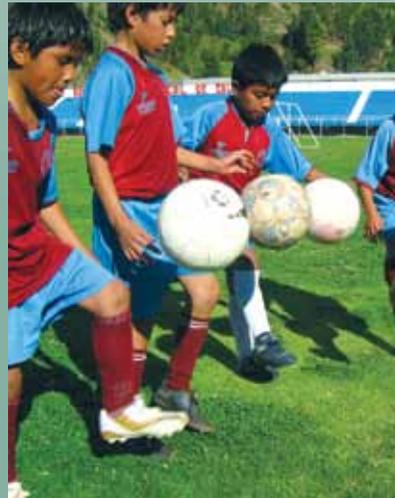
This project gives you the opportunity to work with school children, 'at risk' youth groups and street children on an exciting water sports project. You will often initially have to teach the children how to swim, before moving on to surf lessons. Once introduced to this learning environment, the children are also taught vital life skills, decision making and have the opportunity to learn basic numeracy and literacy skills.

You do not need to be an experienced surfer, but do need to be a strong swimmer. We are looking for volunteers who are keen and enthusiastic to get involved with mentoring, teaching and all other aspects of this valuable water-sports project.

This project provides the perfect combination of coaching, learning new skills, and providing valuable support to a great community project.



## SCHOOL SPORTS



You can get involved in coaching numerous different sports in our School Sports destinations. Your role will be similar to a traditional physical education teacher, covering a range of popular and lesser known sports, including tennis, athletics, football, badminton and cricket.

You can volunteer as a coach on a school sports project no matter what your age, your experience or your abilities; whether you are on a gap year, a career break, an extended holiday or even during your retirement! You just have to have a passion for sport, and the desire to pass the skills, techniques and attitudes that come with it on to the next generation.

If you are also prepared to offer conversational English teaching alongside your Sports placement, then you will be contributing even more to the community you are working in.

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

**Variety:** We want to match your skills and enthusiasm to the right project. By creating a wide variety of projects for volunteers, we allow you to select the project best suited to you. There are 12 destinations to choose from, allowing volunteers with all interests to find a placement that is just right for them.

**Flexibility:** Our projects have no set start dates which mean you can choose when your placement begins.

**CV and Self-Development:** Voluntary work with Projects Abroad is excellent for your CV and university applications. It gives you greater life experience, develops personal skills, and shows your initiative to try something new - traits which appeal to employers and universities.

**Prices:** Sport placements start from **£995**.

## → 3 easy ways to apply



Telephone  
Tel: +44 (0) 1903 708300



Internet  
[www.projects-abroad.co.uk](http://www.projects-abroad.co.uk)  
(Under section "Apply Now")



Application Form  
(Request a brochure)



"I cannot express in words the joy that I saw on the faces of the little children whilst playing and having a good kick around. Every one of the children comes with their own problems, whether it be that they are orphaned, or abused. I find it hard to stress just how worthwhile this project is. It gives them an invaluable opportunity to forget their problems and just to play hard. I was proud to be involved".

**Alice Wonnacott** (in Ghana)

"The two weeks that I spent out in Ghana were the most educational and moving that I can remember. The local people were so friendly and always made me as welcome as they could with the very little they had. The football potential amongst young guys out there is really something. The game is physical and played with passion but, most importantly, always with a bright smile".

**Anthony Hurley** (in Ghana)

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