

Project O

www.project-o.org

Visitors Pack

Thank you for your interest in Project O. We hope that you will have a memorable stay and enjoy your time in South Africa. We also hope that you find this document useful - it contains some important information about your travel and stay with us at Marian Hill.

Martin & Vashti Downs

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Packing

December - April: Is the summer months with temperatures between 23-33 oC

January is the hottest month with temperatures averaging 32oC

May - August: Is winter temperatures range from 16-25oC, but the evenings are cooler - around 14oC. Durban boasts of it average 320 days of sunshine each year.

Depending on what time of year you come to Project O, you will want to bring cool cotton clothes for the hotter months and thin jumpers for the winter evenings. Please check you baggage allowance with your airline.

At present, the UK has certain restrictions on hand baggage allowance. These restrictions include, but are not limited to sharp objects, firearms, liquids and gels. Please check details at your departing airport or online.

Although Durban is not in the malaria zone, you may still wish to bring insect repellent for use in the evenings.

You may wish to bring some South African Rand with you, however, cash is easily available at the cash points. You will need to check that your bank card can be used abroad and if there are any charges attached.

Health

Several different vaccinations are required for visiting South Africa. We would advice that you visit the nurse at your local GP surgery for further information. Some courses of vaccinations can take up to 3 months, so a visit at your earliest opportunity is advisable. Your GP surgery will also be able to advice you on malaria preventative treatments, depending on the areas you intend to visit during your stay.

It is essential that you take out travel insurance for your visit to South Africa. You must ensure that this covers hospital treatment otherwise you will not be eligible.

As standard, we ask all our visitors to sign an indemnity for some of the activities that you will be taking part in under the banner of Project O.

Customs

For visits of up to 3 months, holders of a British passport will not need a visa for South Africa. You will however be given a temporary visa at the entry airport. For visitors staying longer than 3 months, it is advisable that you contact the South Africa Embassy in the UK for further information.

Upon arrival into South Africa, you will be required to complete a customs declaration form. You will be asked to declare new items worth more than R3000 (£220). as well as currency over the value of R5000 (£360) and other currencies in your possession.

On the customs declarations form, you will be asked for your residency address in South Africa. Project O accommodation is at:

12 Shirvic Crescent Pinetown Durban 3601 Tel: +27 (0) 31 700 8996

Meeting you at the airport

We offer airport pick up and drop off at a rate of R200 (£15) per person per journey. If you have booked for this service, then simply look out for a member of the Project O team with a board with your name on it. Please keep us informed if your flight is delayed or you have missed a connection.

During Your Stay - Introduction to our base.

Rules and Information - Main House

- Please respect the family and other paying guests in the main house and keep the noise level down to a reasonable level at all times.
- Project O head office reside at the property and run an 8.30am to 4.30pm Monday through Saturday working week
- Please leave the main kitchen and lounge room for use by guests in the main house.
- There is a PC with internet access provided in the main guest reception. Please pay hourly fee of R50 Please don't use the PC for more than 30 minutes at a time, when busy.
- There is a guest washing available below the lounge room, next to the swimming pool. There is a R40 (£3.00) charge for each load including soap powder.

Pool Area:

- **Please only swim between 7am and 8.30am in the morning and 4pm and 7pm in the evening.**
- Please keep the pool area clean and tidy at all times.
- Always remove all your belongings from the pool area when you have finished and put all equipment back where you have found it.
- Please do not remove the creepy cleaner from the pool as this will seriously damage the pump.
- There are showers and a toilet in the small block by the pool, as well as a washing line for wet towels.

Pool-house:

- Do not leave dirty crockery/cutlery about ñ there are monkeys in the area.
- Always close the windows and the main door to the pool-house, when leaving rooms, for the same reason.
- All rubbish is to be compacted neatly into black bags (Sharp items sufficiently in card/wadding) and placed in the wheelie bins outside the pool-house near the gate.
- It is the responsibility of the pool-house guests to wheel their bins to the corner of the street every Friday at 7am and remove the bags, placing them on the grass bank.
- **DO NOT leave the bins on the street as they belong to us!** (i.e. not paid for by municipal authority) Please bring the bins back to the property and hose them out before putting them back by the gate.

General Requests:

- **Do not open the gate to ANYONE you do not personally know.** This is the crime capital of the world. Our staff will deal with those you don't know.
- Boys stay clear of girls' rooms and vice versa.
- Remember this is Africa.
- Snakes make sporadic visits to the gardens and house. If you see a snake, remain calm, do not go near it and notify a staff member immediately.
- Poisonous spiders are more common than snakes, though still rare. If you do get bitten you will need to notify staff and see a doctor as soon as possible.
- Please take care of gate remotes and do not lend them to any third party. Loss of gate remotes will be charged at R300 (£22) each.
- No visitors allowed without prior consent.
- The base has 24-hour armed response units in place for your peace of mind.

- Please report any breakages to a member of staff as soon as possible.
- All visitors are required to read the Child Protection Policy, located in the main kitchen, and **sign** to indicate you have done so, before going out with staff.
- Please park at the bottom of the driveway and facing the pool-house or beyond the garages, as close to the wall as possible on the right-hand side (ensure you leave enough room for cars to drive past and turn around at the top). Thank you.

A copy of these rules will also be provided for you on arrival.

Child protection Policy

Project O has a duty of care to safeguard all children involved in all of our programs and activities from any harm. All children have a right to protection and the needs of disabled children and others who may be vulnerable must be taken into account. Project O will ensure the safety and protection of all children in all of our activities and programs through adherence to the Child Protection guidelines that follows here.

Good practice guidelines:

- Always working in an open environment avoiding private or unobserved situations and encouraging open communication.
- Treating all young people/disabled adults equally with respect and dignity
- Always putting the welfare of each young person first
- Maintaining a safe and appropriate distance with children at all times(e.g. it Is not appropriate for staff or volunteers to have an Intimate relationship with a child or to share a room with them)
- Building balance relationships based on mutual trust and empowering children to share in decision making
- Keeping up to date with technical skills, qualifications and insurance
- Involving parents/carers/staff whenever possible. If groups have to be supervised in the changing rooms always ensure parents/carers/staff work in pairs of the same gender.
- Ensuring that if mixed teams are taken away for the day or night, they should always be accompanied by a male or female member of staff.
- Ensuring that at activity days or residential events, adults should not enter children's rooms or invite children into their rooms.
- Being an excellent role model - this includes not smoking or drinking alcohol or using foul language in the company of young people.
- Giving enthusiastic and constructive feedback rather than negative criticism
- Recognizing the developmental needs and capacity of young people and disabled adults - avoiding excessive training or competition and not pushing them against their will.
- Securing parental consent in writing (for residential events) to act in loco parentis, if the need arises to administer emergency first aid and/or medical treatment
- Keeping a record of any Injury that occurs, along with the details of any treatment given. Hand in to the Project director.
- Requesting written parental consent if staff is required to transport young people in their cars.

Practices to be avoided:

- Spending excessive amounts of time alone with children away from others
- Taking or dropping off a child to an event

Practices never to be sanctioned:

- Engage In rough physical or sexually provocative games, including horseplay.
- Share a room with a child
- Allow or engage in any form of Inappropriate touching
- Allow children to use inappropriate language unchallenged
- Make sexually suggestive comments to a child, even in fun
- Reduce a child to tears as a form of control
- Allow allegations made by a child to go unchallenged, unrecorded or not acted upon
- Do things of a personal nature for children or disabled adults that they can do for themselves
- Invite or allow children to stay with you at your house unsupervised

A copy of the full child protection document is on display in the accommodation.

Accommodation

We have dorm accommodation available or private rooms with double beds. Discounts are available for people booking for more than 4 weeks.

All our accommodation is self catering, there will be opportunity for you to go shopping when you arrive. All kitchens are fully equipped with cookers and fridge freezers.

We have a large lounge, swimming pool, laundry facilities for the use of our guests.

Typical day/week

There will be opportunity to join in with the work of Project O during your stay.

A typical outing with Project O would involve a quad bike trip to the Valley of a 1000 Hills delivering food parcels to the sponsored orphans and visiting the orphans in their homes. You may also be able to help with the school program or helping with building projects, depending what area of the project is being developed during your stay.

Additional extras

Car hire is available to get around the city and further afield from as little as R98 (£7) a day

Other possible adventures that you can enjoy during your stay are;

Go on Safari to one of South Africa's biggest game reserves, and see the big five! (Organized trips for up to 4 people from the base on Mondays for £70. Trip Includes game drive (8 hours) 2 hour boat trip in Hippo and croc territory!

Picnic at rivers edge in game reserve and ***** breakfast at hilltop restaurant.

Sky diving over the rural setting of the 1000 Hills (around R1400 (£100))

Take a boat trip around the shark nets as scientists free the entangled sharks

Whale watching

Dolphin watching

Surfing lessons

Helicopter rides over the 1000 Hills

Plus much more

Further information

About Project O

Project O was set up in 2006 to tackle the biggest humanitarian disaster in Africa. The AIDS pandemic has left 3,000,000+ orphans across South Africa. Project O's mission is to provide assistance to children infected or affected by HIV/AIDS by providing financial assistance, support, education and basic medical care within the safety of self-sufficient children's homes; and to bring up the children in a loving and supportive environment within the teaching of Christianity.

Working in The Valley of 1000 Hills in Kwa Zulu Natal, Project O have the first 100% self-sufficient children's homes in the World. Project O also supports families which have taken in extra children as they have been orphaned. This is done through a sponsorship program providing food to the families, school fees and uniform for the children, and home visits by Project O staff.

Project O is founded and directed by Martin and Vashti Downs. Both born in England they developed their commitment and passion for helping disadvantaged children through their experiences working in the ghettos of New York and their travel over five continents, where they saw first hand the deprivations being experienced by children, through no fault of their own.

Project O is a registered charity with the department of Social Development in Pretoria. Charity number 050-074-NPO

Our partners



Metro Ministries is a Christian, non-profit organization dedicated to serving inner city children throughout the five boroughs of New York City and in various urban centers around the world, such as Metro Durban. The organization was established in 1980 by Bill Wilson. Their mission is to find and rescue inner city children in urban environments often plagued by poverty, violence, drugs, crime, and hopelessness. We offer programs designed to prevent children who are growing up in unfavorable settings from becoming mere products of their environments. For more information visit www.metroministries.org.



CRC Durban is the church attended by Martin and Vashti Downs, you will be welcome to join them on Sundays 9am, 11am and 6pm. Martin and Vashti are part of the evangelical team of CRC. Their vision is to establish an integrated network of outreach ministries encompassing greater Durban, caring for discipling and evangelizing their community. For more information you can email:

info@crcdurban.org.za

Brief History of South Africa

A policy of consistent racial separation was introduced in South Africa in 1910. This meant that people of black skin had no right to vote, or hold any political influence. There were resistance movements against this policy, the ANC, African National Congress, along with other movements formed but were ineffective at bringing about change.

In 1948 the NP, National Party were elected into government. They brought in new regulations over the private domain of the non-white occupants of South Africa. Marriage or any relationship between races was forbidden. All public services including education, medical care, public transport and toilets were racially segregated, so that there would be one for people with black skin and one for people with white skin. Those available to the black people were of a significantly inferior standard. This enforced separation was called Apartheid. Rebellion against these strict regimes often resulted in a punishment of death.

Apartheid was dismantled in a series of negotiations between 1990 and 1993. Democratic elections took place in 1994, where all races were for the first time allowed to vote, and the first Black African President was elected, Nelson Mandela.

Following the Apartheid era there were crimes unraveled from both white and non-white groups, and rather than arresting the thousands of accused, a truth and reconciliation court was opened, where if you confessed, and relinquished your crimes, you could go free.

Some films that we would recommend for you to watch which show a representation of the Apartheid era are:

Cry Freedom - PG, Universal pictures. Featuring Kevin Kline, Penelope Wilton and Denzel Washington

Red Dust - 15, Distant Horizon and BBC Films. Featuring Hilary Swank and Chiwetel Ejiofor

In My Country - 15, Phoenix pictures. Featuring Samuel L. Jackson and Juliette Binoche

Durban Today

Durban is the second most populous city in South Africa, with 3.2million residents. It spans 2,292 square kilometers. 63% of people speak Zulu in their homes, and 29 % speak English. 10% of under 20 year olds have no schooling at all, and many people in the townships are illiterate as they left education during primary school.

The reality is heavy, SA is the second most murderous society on Earth, and the Crime Capital of the World. In South Africa there are 6 million people who have HIV or AIDS, and 3 million orphans. SA is the AIDS capital of the world, treatment is not available for many, and hundreds die every day without seeing a doctor.

Films that we would recommend you watching to gain an insight into life in South Africa today are:

Yesterday - Video vision entertainment (you may find it in the foreign film section)

Tísotsi - Written by Gavin Hood (you may find it in the foreign film section)

Language introduction - Basic Zulu

Hello/Good day **Sawubona**

Goodbye/go well **Hamba kahle**

Goodbye/stay well **Sala kahle**

How are you? **Unjani?**

I'm fine **Ngikhona**

Me too/I also **nami**

What is your name? **Ngubani igama lakho?**

My name is Sam **Igama lami nguSam**

Where do you come from? **Uphumaphi?**

I come from England **Ngiphuma eNigilandi**

Do you speak English? **Uyakwazi ukukhuluma isiNgisi?**

I don't understand it **Angisazi**

How much does it cost? **Yimalini?**

Where is it? **Likuphi?**

Yes **Yebo**

No **Cha**

Thank you **ngiyabonga**

Please excuse me/Pardon me **Ungixelele**

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