# Sports Coach Volunteer Cape Verde

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## Project overview

**What's included:**

- 24/7 support in case of emergencies

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- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals
- Orientation

**What's not included:**

- Airport drop off
- Flights
- Travel insurance
- Vaccination
- Visa

## Project itinerary

As a sports coach volunteer, you will have plenty of support from your local coordinator who will discuss the day ahead, who you're working with, and give you tips and pointers to get the most of the day for you and your students. In addition, you will have the opportunity to try out different teaching methods and find those that work best with your students.

### Mandatory Orientation Day

On the Monday of your first week at this location, you will join our orientation day to learn about your surroundings and local culture. Thereafter, your program will continue as usual from Tuesday throughout the rest of the week.

### Orientation Day Schedule

- Welcome: Introduction to Cape Verdean traditions and culture; House rules, Code of Conduct and handling of documents,
- Basic Kriolu Lesson
- Visit local supermarkets and ATMs, and explore the surroundings of our centre.
- Lunch
- Visit to Mar De President Beach and spend some time on the beach before returning back to the centre for dinner.

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## Weekly Schedule

### Monday

- Breakfast
- Introduction
- Lunch
- Introduction
- Dinner

### Tuesday to Friday

- Breakfast
- Sports Coaching
- Lunch
- Sports Coaching
- Dinner

## Evenings and Weekends

After a day of sports coaching, you can choose to explore the area or head further afield on the weekends. Many of our volunteers enjoy mixing with their new volunteer friends during the week and plan their weekend adventures as they go!

**Please note:**

Cost of transport to locations is not included, but will usually be around £1.50 per day.

This schedule can be changed depending on weather conditions and unforeseen circumstances.

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## APPLICATION FORM

| | | | |
|---|---|---|---|
| | | Booking ref: | |
| Fullname | | | |
| Nationality | | Passport number | |
| Age | \| Male \| Female | Date of birth | |
| e-mail address | | Phone number | |
| Flight Details | | Home address | |
| Contact person at home (In case of an emergency) | | Contact number (In case of an emergency) | |

Do you have any health problems or allergies we should know about?

| |
|---|
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| |

**To complete your placement we will require the following:**

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)