



## Holiday Camp Report- July 2017

*Reporting Dates: 18<sup>th</sup>-21<sup>st</sup> July 2017*

United Through Sport  
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### **Summary**

As the mid-year school break is a long period of three weeks, children normally get bored by the last week and need some activities to do before going back to school. It is standard practice for United Through Sport, supported by Go Ahead, to organise holiday programmes to minimise the idle time for the children during school breaks. This is also of huge assistance to the parents in the townships as they run out of the already limited resources and ideas of entertaining the children in a productive way. It is particularly over these school holiday periods that children, specifically teenagers, are exposed to at-risk behaviours and negative influences from peers. United Through Sport offers a programme that not only entertains the children, but has the benefits of physical and mental stimulation for them. Further to this it keeps them away from risky situations (crime, alcohol and drug abuse) during a period when they are most vulnerable.

From the 18<sup>th</sup> – 21<sup>st</sup> July, United Through Sport held a three day programme in partnership with Love Life, at the Love Life Youth Centre in Kwanobuhle. Love Life is a national youth focused HIV prevention initiative in South Africa. Due to their strong presence and imprint in the township of Kwanobuhle, Love Life took on the responsibility of inviting the participants for the holiday programme, with a target of 150 children. Before the start of the school break, they approached nearby local schools to send children aged 12-14 years and informed their own beneficiaries about the programme coming up in the holiday. The main factors for requesting this particular age were the life skills that would be given to the children during the holiday camp, and the sport as it is important to get boys and girls that can participate in structured sports and follow instructions well. However, experience has taught us that there should always be a plan for younger children as they come out with their older siblings and join the programme (due to having no parents around).



The different aspects of the holiday camp were sport (hockey, rugby, football and netball), life skills and arts & craft. United Through Sport, with the experience in holiday programmes and the personnel capacity, was responsible for the overall running of the programme, particularly the sport sessions and the arts and craft. Because Love Life has an already existing life skills programme, they took responsibility for delivering this aspect of the programme. The focus of the life skills was on HIV and AIDS awareness as it is an issue that is still very prevalent in the area of Kwanobuhle.

The targeted number of participants (150) was reached and with the exact number of 185 children, the target was surpassed. The age range of participants was 5-16 years, meaning there were slightly younger and slightly older children than expected.

Conducting the camp were 8 UTS staff members, 30 international volunteers and 4 Love Life staff members. The children had an opportunity to rotate between all the different aspects and most of the children were trying out hockey for the first time. The little children aged 5-9 years did not participate in the structured sport, but had their own games, arts & craft, reading and storytelling programme. All the older the children that took part in the life skills sessions received certificates of participation on the last day of the programme.

### **Challenges**

On arrival at the centre on the first day, we had a small challenge as the children were late to arrive and the numbers were lower than expected. However, the team was creative in managing this, and fortunately the numbers filled up and it was not much of a delay. The team decided to do some aerobics first thing every day while waiting for all the children to arrive. This way, the early arrivals were kept busy in a structured way while waiting.

The second minor challenge on one of the days was the weather as all the activities were outside and it started raining but fortunately the rain passed quickly and we only had a short pause in the programme. So overall the camp ran very smoothly with very few challenges.

### **Conclusion**

The joint venture was well planned and executed. The participants thoroughly enjoyed doing sport with United Through Sport at Love Life, and left inspired by the topics covered in



the life skills. The younger children thrived on the personal attention they received from the staff and volunteers during arts and crafts and story time. The children reported how the camp made them feel safe and secure during a time when they are often left alone. "This was the best way to end the holiday and get energised for school next week!" - Ayahloma, 12 years old, Love Life Beneficiary

Hockey is not very popular in these townships so the children enjoyed being exposed to the sport; learning the basics.



The younger children had multiple activities w





At the start of each day, some aerobics were done with all the kids to get them warmed up.



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