

## Achievement Report: ACE – South Africa

### *Supporting Nomzamo by ‘Teaching and Giving’*

#### Objective

**Holiday programs:** Coordinate 2 school holiday programs in the third quarter

**Construction:** Renovate and improve 2 educational institutions in the third quarter

**Women’s Empowerment:**

**SDG:** No poverty, Good Health and Well-being, Quality Education, Gender Equality, Decent Work and Economic Growth, Reduce Inequalities, Partnerships for the goals



#### Summary

“When you learn, teach, when you get, give.” The words of Maya Angelou were followed by the ten participants from the ACE Program who continuously taught and gave for 3 weeks this July. The group from the Rubenstein-Bing Student-Athlete Civic Engagement program supported the Sports, Construction and Women Empowerment programs at the GVI Cape Town base and undoubtedly made a difference in the community of Nomzamo.

#### Report



Exercise is vital to young people for various reasons; it helps maintain a healthy body weight, builds strong muscles, bones and joints, reduces the risk of disease and aids in the development of social skills. With these reasons in mind, volunteers from ACE supported and delivered the base’s traditional sports holiday program during their first two weeks. The program, which provides a fun, safe and educational space for local youth during the school holiday period, focused on sports and promoted healthy lifestyles and exercise. The group

planned the first two weeks of the program and in that time, delivered an array of different sports and activities to the 60+ students who attended the program each day. The group shared their broad knowledge of athletics and taught various sports to the local children. The mornings involved a training session in which the group led drills designed to introduce and improve skills needed for a particular sport. Whether it was soccer, basketball, rugby, relays or invasion games, the local children gained a wealth of knowledge and practical skills due to the support from the ACE participants.

During their third week, the group swapped the sports field for the community centre and a local creche where they supported the women's empowerment program and completed a construction project respectively. On the women's empowerment program, the volunteers provided one-to-one assistance to the women completing GVI's computer course. The course, which is in line with SETA (Sector Education and Training Authority), teaches the women basic computing skills such as configuration, how to use the internet as well proficiency in Microsoft Office applications. The volunteers supported the local women by teaching them the skills within the course and gave them a practical understanding.



Furthermore, on the construction site, the volunteers continued to focus on the importance of exercise within young people by constructing portable playground equipment for a local creche. The volunteers worked in teams to design their own colourful and functioning equipment, designed to allow the children to have fun, but to also develop their important gross motor skills. From a sand pit to an obstacle course, the ideas were varied, and the results were wonderful.

The 10 participants from ACE were excellent and I thank them for their passion, dedication and determination. They are the difference!

*Written by Jack Allison  
Group Coordinator*