

# Volunteering

South Africa, Namibia, Tanzania, Zanzibar

2026



sikhula sonke  
growing together





In 1995 we founded Good Hope Studies, an English language school for foreign tourists, in Cape Town. The idea was to deliver excellent education in a relaxing and welcoming environment. The school became a success and has been going from strength to strength ever since.

In 2009, we founded Good Hope Volunteers in Cape Town. GHV is an organisation that provides projects to foreign volunteers. While it is quite different to a language school, in essence it is much the same: young and not-so-young adults from around the world work toward a common goal.

In the case of volunteering, it is about contributing to communities or protecting endangered environments or animals. Our focus is not only on finding projects that are safe, but also where volunteers can make a meaningful contribution.

Volunteering is so much more than just giving your time for free. Our projects allow you to learn about other cultures and communities or about environments and ecosystems. It is very important to us that you benefit as much from the experience as the projects that you are serving.

We want you to meet people from all over the world, to share your knowledge with disadvantaged communities and to learn from the people you meet along the way. Make friends for a lifetime and leave with unforgettable memories.

Yours sincerely,

Wolfgang Graser

Alexander Kratochvík

## Join us and become a Good Hope Volunteer

### Be passionate about a cause

Allofourprojectsprovide servicesvital tothe communities and the environment in which they are based. Volunteers play an integral part in the services offered, and your help is needed! A portion of your fee goes towards the upliftment of the community or project you work at as well as your passion to serve, so you get to leave Africa knowing you have made a difference!

### Anyone can get involved

We have selected and developed projects located in environments that are suited to all, whether you are a tourist, a solo traveller, a student, or coming as a family. We offer everything from budget experiences to premium projects. All you need in order to apply is a good command of the English language and be at least 18 years of age (17 years for some). Our projects attract volunteers from dozens of different countries, allowing you to make life-long friends from across the globe.

### We will find the right project for you

Allow ustowalkyou throughour application processto best determine which projects will be most suitable for your goals and needs.

### We come highly recommended

Forover20 years,the GoodHope brandhasbeen creating experiences and supporting students and volunteers from all over the world. We have been actively involved in changing the lives of thousands of students embarking on the adventure of a lifetime through meaningful travel in southern Africa. Read through some of our many testimonials to see for yourself!

### We offer a wide variety of project options

Weofferprojects in SouthAfrica,Namibia, TanzaniaandZanzibar. The experiences range from community-driven social projects to those that focus on environmental and conservation initiatives. Wherever your passions lie, Good Hope Volunteers will match you up with the right project at a fair cost.

### We are passionate about volunteering

Wearean experienced andmotivatedteamwithyears of practice operating and travelling throughout southern Africa. We are small and flexible enough to meet your personal needs but also large enough to offer you a full range of support services. We will be on hand to help you every step of the way, from visas to airport transfers, accommodation options to advice and around-the-clock on-the-ground support.

## Projects in Cape Town

### Cape Nature Conservation



Conservation & Community  
All year round, from 2 weeks  
18+

Volunteer at a reserve that aims to promote the conservation of the indigenous fauna and flora of the Zandvlei wetland in Muizenberg. The programme is very broad and every day will be filled with a new adventure. Interact with people from across Africa and make a difference in the conservation of the reserve.

### Caring for the Elderly



Community  
All year round, from 2 weeks  
18+

This organisation aims to provide all its residents with the highest standard of care and nursing within a homely environment, and to promote quality of life, the maintenance of independence, and the preservation of dignity. Volunteers work with residents who come from all walks of life and socioeconomic backgrounds.

### Changing Hearts and Minds



Community All year round, from 2 weeks 18+  
Work hand in hand with social workers to enable healing, rehabilitation and transformation through a beautiful physical and relation-oriented environment for vulnerable children who have lived through trauma and neglect. The project's core is to care for and nurture them and ultimately reunite them with their families.

### Domestic Animal Shelter



Animal Project  
All year round, from 2 weeks  
18+

This centre is a pro-life, nonprofit organisation whose core aim is to rescue, rehabilitate, reunite and re-home lost, abandoned, abused and neglected dogs and cats. Volunteers make a marked difference to the lives of the animals here and need to have patience and a deep love for the work they will do.

### Healing through Horses



Community All year round\*, from 2 weeks 18+  
This project helps better the lives of adults and children living with severe intellectual and physical disabilities through therapeutic horse riding and training. Classes aim to promote the social wellbeing and improve the quality of their participants' lives and learning abilities through training, exercise, recreation and rehabilitation.

### Hout Bay Children's Programmes



Community  
All year round\*, from 4 weeks  
18+  
This project caters for the children in a developing community near Hout Bay. As a volunteer, you spend mornings caring for young children while their parents are at work. Afternoons are spent in an aftercare programme that assists older children with their homework and creative activities once school has finished.

### Nyanga Upliftment Project



Community All year round\*, from 2 weeks 18+  
Volunteers joining this multipurpose facility can assist with education and social welfare programmes as well as further skills development for young adults, to assist in them finding employment. This project is set in Nyanga, a township in Cape Town where there is a great need for volunteering.

### Rugby and Learning



Community  
All year round\*, from 2 weeks  
18+  
The aim istobridge the gapbetween children from lower-income areas, and those from more affluent backgrounds. It provides access to education, sports and literacy, ensuring that challenges the children are faced with are addressed early on in their lives. This creates opportunities and a safe space to learn, play and grow.

### Soccer for Change



Community  
All year round\*, from 2 weeks  
18+  
This project stimulates social change and is perfect for soccer lovers! Through the power of sport, it provides a safe and loving environment with educational and vocational opportunities granting the children and youth within the participating communities access to further services that nurture, support and empower them to succeed.

\* Not available during school holidays. See price list for dates.

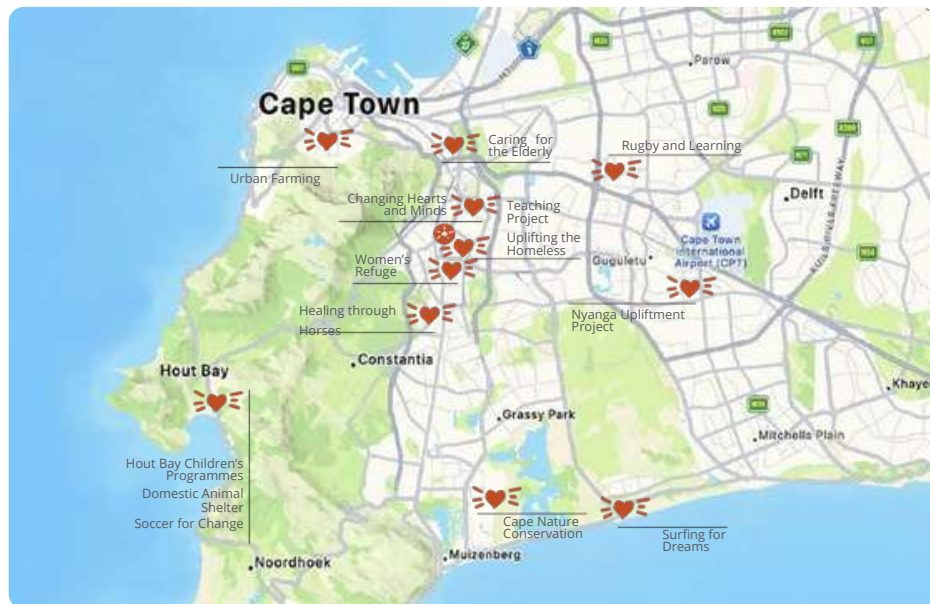
## Projects in Cape Town

### Surfing for Dreams



Community  
All year round, from 2 weeks  
18+

Help create opportunities that engage, uplift, equip and empower impoverished, vulnerable high-risk youth with very few resources or positive role models. Surfing is a form of engagement and empowerment teaching them discipline, determination and life skills. Safe spaces and structured after-school programmes are available too.



### Teaching Project



Community  
All year round\*, from 2 weeks  
18+

Support teachers in their classrooms who strive to provide professional tuition that develops each learner's potential and individuality. In the afternoons, you will be involved in the many sport activities the school offers, such like Athletics, Basketball, Cricket, Hockey, Ruby, Swimming, Softball and many more.

### Uplifting the Homeless



Community  
All year round, from 2 weeks  
21+

Homelessness is a huge issue in South Africa. Core aim of this project is to get homeless people off the streets by creating an effective life change pathway with long term results for rehabilitation and reintegration. During that process, people are made whole again, in relational, spiritual, emotional, financial, and physical ways.

### Urban Farming



Community  
All year round, from 2 weeks  
18+

Set in the heart of Cape Town, this urban farming project will allow you to experience sustainable farming. The project encourages change in the way the public sees food production and purchasing and also teaches the community where our food really comes from and how it can benefit and sustain the families that live here.

### Women's Refuge



Community  
All year round, from 2 weeks  
18+

The project plays a critical role in protecting, supporting and empowering emotionally drained women, and their children, who are survivors of domestic violence, abuse and stigmatization. Its main mission is to assist those in crisis to help heal holistically, including physical, emotional and spiritual healing.



### GHV Volunteer House

Volunteers of all projects in Cape Town stay in the GHV Volunteer House. There are single and twin rooms with shared bathrooms, a communal kitchen for self-catering, a lounge area and a garden with a pool.

The GHV Volunteer House is located in a popular student area close to the University of Cape Town. It is close to a large shopping mall, restaurants, pubs, a gym, cinema, banks etc.

Volunteers stay here together and share their experience. The daily transfer to the projects also starts from here.

Once a month, Good Hope Volunteers organises a group activity and volunteers can participate in the activity programme of the language school nearby.

## Volunteering along the Garden Route

### African Wildlife Experience



Conservation & Community  
All year round, from 2 weeks  
17+

This is a project that believes in a world where humans and nature can live together in harmony. Volunteers will have the opportunity to work with some of the most amazing wildlife species in Africa such as lions, rhinos, elephants, giraffes, cheetah, meerkats and many others. Volunteers live and work on a working game reserve.



### Conservation & Community



Conservation & Community  
All year round, from 2 weeks  
17+

This project offers a rare opportunity to combine community development and environmental protection. Volunteers will work directly with children from a local care facility as well as support environmental conservation efforts on a working game reserve.

### Elephant Research Project



Conservation  
All year round, 2 - 12 weeks  
18+

Volunteers are directly involved in elephant research and aid in providing information that relates directly to the welfare and management of semi-captive elephants. Volunteers learn a significant amount about elephant biology, social dynamics, behaviour, husbandry, welfare as well as how research practices are conducted.

### Protecting Children



Community  
All year round, from 2 weeks  
21+

Assist the staff at this unique organisation empowering vulnerable children from the surrounding district coming from situations of abuse, neglect or exploitation. The facility provides temporary statutory residential care for ±30 children (ages 3-18), where most have developmental deficits and associated behavioural challenges.

### Ocean Conservation



Conservation  
Mid Jan - mid Nov, from 2 weeks  
17+

This foundation is dedicated to the conservation of the marine environment in South Africa through research, willingness to help, and dedication. You can make a real change for the future of South Africa's beautiful coastline and at the same time enjoy seeing whales, dolphins, seals and seabirds in their natural habitat.



### Mr Ross Muir, Volunteer Manager

Justas volunteers seek experiences that are culturally rich, environmentally sound, sustainable and involve encounters that help and love local people in South Africa, my childhood was a lovely mix of a small local community and the rich expanse of a game reserve. I am genuinely committed to social development and environmental sustainability and found myself volunteering at various NGO projects myself during my well-travelled teenage years. It is thrilling to build strong relationships and partnerships with some of the extraordinary projects and to introduce young volunteers to the richness they have to offer.



### Mrs Vuyokazi Currie, Assistant

I care deeply about making life better for everyone in different communities and protecting our natural environment. My heart lies in helping people who face tough challenges in their daily lives, especially young people who need support to reach their dreams. I love working with local groups to create positive change, whether it's helping kids or making sure everyone has a voice in important decisions. Working together with others to solve social and environmental problems brings me joy, and I believe that when we help each other while caring for our planet, we make our communities stronger and better for everyone.

# Volunteering in Southern Africa




## South Africa


### African Cat Sanctuary



Conservation All year round, 2 - 12 weeks 18+  
This sanctuary creates a safe and secure home for captive-bred big cats and raises awareness about the treatment of animals. This 40-hectare paradise provides a home for the animals and volunteers are involved in their day-to-day care and protection as well as the education of the public of the plight of Africa's big cats.



### Wildlife Rangers



Conservation  
All year round, from 2 - 12 weeks 17+  
The main aim is to gain a greater understanding of wildlife and the environment in which it thrives and to teach this knowledge to all who assist at its sites. It provides the opportunity to be a part of the research and monitoring teams on the reserve and to work and be educated as an assistant Field Ranger.

## South Africa

### Scuba Diving Conservation Project



Conservation Jan - Nov, 2 - 12 weeks 18+  
Those who can't dive will have a diving course first. Volunteers dive every morning during the week, collecting photographic data on turtles, mantas, whales and ragged-tooth sharks. Later in the day the collected data will be entered into a database.

### Shark Project



Conservation All year round, from 2 weeks 17+  
An ocean-based project which aims to unite scientific research and public participation in the protection of South Africa's sharks. Volunteers are primarily here to work closely with sharks and tourists and in doing so increase awareness of these wonderful creatures.

## Tanzania

### Teaching in Tanzania



Community All year round, from 2 - 12 weeks 18+  
Several primary and secondary schools throughout the Arusha district are in need of English learning programmes. So you'll get the opportunity to teach various subjects alongside local teachers and engage the kids in various activities to help them thrive.

## Zanzibar

### Health Care Project



Community All year round, from 2 - 12 weeks 18+  
Limited access to quality and affordable health-care as well as the scarcity of medical equipment and supplies contributes to a significant number of health problems in Tanzania. To actively participate in the medical programme, some medical experience and/or background is required.

### Neighbourhood & Sustainability



Community All year round, from 2 - 12 weeks 18+  
Environmental cleanliness and care for the surroundings are paramount in the community and thus a big part of the project. The programme will involve assisting the community depending on its needs at the time of your stay. This is the perfect way to immerse yourself in the life and culture of the people you will work for and with.

# Volunteering in Southern Africa

## Namibia

### Elephant Conservation



Conservation Jan to mid Dec, from 2 weeks 18+  
The sole objective is to conserve Namibia's free-roaming desert elephants and to ensure the safety and security of the communities who live alongside the local elephant herds. Volunteers provide immediate and practical support to communities, whilst learning about and benefiting wildlife conservation.

### Primary School Project



Community Mid Jan - mid Dec, 4 - 12 weeks 18+  
This primary school offers free education to children of the marginalised San Bushmen community, who would not normally receive any form of education. Providing this solid foundation of education means that these students are some of the first in Namibia to enter into mainstream schools.



### Medical Project



Community Mid Jan - mid Dec, 2 - 12 weeks 18+  
The project is committed to improving the lives of the San community through education, health care and improved living conditions. The project is a great choice for volunteers with an interest in health care, community service, nutrition and medicine.

### Wildlife Conservation



Conservation All year round, 2 - 12 weeks 18+  
Their vision is an Africa where humans and wildlife can live and thrive together. Their mission is to conserve the land, cultures and wildlife of Namibia and rescue species threatened by an ever-shrinking habitat.



## Add-on projects

These projects can be added to any of the two above for a duration of 1 week or longer.

### Namib Wilderness Experience

Based in Namibia's south, bordering the Namib Naukluft Park which is home to an array of desert-adapted wildlife, this project encompasses 330 km<sup>2</sup> of desert scenery in which volunteers assist the onsite team by getting involved in vital conservation activities while enjoying the beautiful surroundings.

### Wine & Wildlife Experience

Located at the foot of Namibia's Naukluft Mountains, this project is situated in a desert oasis and also boasts one of the world's driest vineyards. It is a prime conservation site for the monitoring of wildlife species and due to its location, this project has evolved to use the beautiful landscape for daily adventure activities combined with data collection in support of conservation monitoring.

### Rehabilitated Wildlife Monitoring

Located more in the north, this project comprises 350 km<sup>2</sup> of prime wildlife habitat. It is home to an array of wildlife species and the main role of this site is to provide a second chance and forever home to a great many rescued and rehabilitated animals. This includes wildlife coming from a variety of human-wildlife conflict cases across the country.

### Animal Husbandry Sanctuary

This wildlife sanctuary is located about 30 km away from the Medical Project in the east of Namibia. The sanctuary is almost 50 years old and caring for the many animals will be a wonderful experience for animal lovers. Volunteers at the Medical Project can also choose to spend time here on their weekends.

### Coastal Conservation

Located close to the coastal town of Swakopmund on the Namibian coast, this site focuses on beach clean-ups, as well as helping any wildlife in need. It is run by a designated project manager with a passion for and experience in marine biology. Volunteers can also do some adventure activities during their 7 days that will enhance their experience.

## Combine volunteering with a language course



When you volunteer, it is essential that you are able to communicate clearly with your supervisor, colleagues and the people you are helping. A good command of English is therefore required for all projects.

If you need to brush up on your English skills, add a language course before you start volunteering. Doing this will also give you a chance to get accustomed to the country before you start at your project.

If your level of English already meets the minimum criteria, you may want to combine an English language course in the morning with volunteering in the afternoon.

Our sister company, Good Hope Studies, operates an English language school from two campuses in Cape Town: one campus is situated in the leafy residential area of Newlands and the other is in the vibrant city centre, close to popular tourist attractions like the V&A Waterfront with spectacular views of Cape Town.

Our school is well-known for the professional yet relaxed environment in which learning is both challenging and fun. Students from up to 50 different countries benefit from our courses each year.



**Contactez un membre d'AFJ pour  
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