



# Nourish Volunteer Program

# About Nourish

Nourish is a South African non-profit organization dedicated to uplifting local communities, promoting social responsibility and encouraging environmental education.

Nourish strives to improve the lives of people and the environment. We believe that the environmental integrity of a community is inextricably linked to the strength of its people, body and soul.

Our objective is to find an integrative approach to community empowerment that:

- educates communities on nutrition, sustainability and the vital role of the environment in their lives;
- builds capacity in environmental entrepreneurship thereby improving livelihood options and access to good nutrition;
- provides assistance in creating platforms through which the public and businesses can actualise transparent and sustainable community upliftment;
- promotes social responsibility amongst the general public; and
- focuses on the provision of “base needs” of food, shelter and clothing to impoverished communities, and “second tier” needs of education and entrepreneurship to those whose base needs have been met.

Our purpose flows from our passion for Africa as our home, from our belief that improving our local communities is an investment in our collective future. In all aspects of this work, we strive to create an environment of encouragement, empowerment, compassion, and mutual respect.

# Our Projects

- **Green Kidz**
- **Dress 4 Success**
- **Travel Trees**
- **Trash 2 Treasure**
- **Orphan Support**

We collaborate with a number of other projects, such as Soul Mates, Mother Bear Project and Pillowcase Dresses to provide shoes, teddies and clothing to rural communities. Needs that come to our attention throughout the year also gain our response through projects such as Flood Relief and the support of orphanages in southern Africa, allowing us to ensure that donations received are distributed to those most in need.

For more information go to [www.nourish.org.za](http://www.nourish.org.za) or check out our Facebook page for pictures of our latest work at [www.facebook.com/nourish.org.za](https://www.facebook.com/nourish.org.za) (dont forget to LIKE our page!)

# Volunteering with Nourish

Your experience volunteering with Nourish will be one of broadening horizons, of hard work, of laughter, of challenges, new experiences and amazing memories.

We are based in the Limpopo province of South Africa near the world renowned Kruger National park. Much of our work is focused on the neighboring rural communities and villages.



**WORK:** You will be involved in the day-to-day running of a small non profit organization which means that much time is spent planning projects and trying to seek funding to keep projects and orphanages going. This admin and preparation is vital to a successful project but takes efficiency and dedication to make it all happen. You will not only be office bound though – as you will get involved “hands on” in planting trees or vegetable gardens at schools, teaching recycled crafting in villages, or even building crèches or assisting in schools or orphanages. No two volunteers will have the same work experience and we are happy to try to accommodate your strengths and talents according to what you are hoping to get out of your experience volunteering with Nourish. You will be expected to be willing to get involved in whatever needs doing, and ‘muck in’ as part of a team. Being small means that there is room for growth though – so you have the opportunity while here to make a big difference, find a gap, plan an event or even change the way we do things if you can find an inspiring and sustainable solution. You have the opportunity within Nourish to touch lives, and to see the hard work that goes into making that happen – behind the scenes.

# Volunteering with Nourish

*Blur*  
THE LINE  
BETWEEN  
WORK &  
PLAY

**PLAY:** We are not all work and no play though – as a part of your volunteer experience with Nourish is enjoying exactly what it is that makes South Africa seep into ones heart and soul. You will enjoy the cultures, foods, scenery , people and animals that make South Africa truly special. A trip to a local village or township gives you a feel for life in Africa post apartheid days... the Kruger National Park gives you a personal experience with elephants, dusty sunsets, impalas, and a myriad of wildlife. The Panorama Route- traditional barbecues (called “braais” ) etc are all part of your time here...and an important part we feel. Because part of your time here is falling in love with South Africa as a place and with its people– and it is this love that will help you understand why we are doing the work that we do, and why we hope you will stay involved long after you leave .



# Some visual inspiration



# Budget

A month with Nourish costs **EUR 1 000 per** month and includes the following:

- Food ( except in restaurants)
- Accommodation at Nourish base
- Transport to all activities
- An SA SIM card for your cellphone
- WIFI (when applicable)
- A game drive in a big 5 reserve
- Many other amazing experiences and interactions with children and people!

We do not structure our volunteer program too excessively - as life working in communities is always uncertain and we adapt to jobs and opportunities as they come up. You will be a daily and active part of this and as long as you come with willing anticipation and an open heart you will truly gain the most out of this experience.

As a host, I have grown up in this country and love it with all my soul – and am happy to share special places, weekend fun and favorite foods with you to make this an experience you will always remember. Please note this budget does not include any drinks, souvenirs, or meals out in town. These and any weekends away will be at your own cost.

We encourage volunteers to stay a minimum of 2 months with Nourish in order to both contribute and benefit from being a part of the team!

# Contact us

For more information on our Nourish Volunteer program please contact Sarah Bergs on [nourish.org.za@gmail.com](mailto:nourish.org.za@gmail.com)

*Your fingerprints don't fade from the lives you touch~*

