

Seventeen Hour Flight: Volunteering in South Africa

Chloe Jean

University of Michigan School of Social Work

Cape Town, South Africa

- Cape Town is the second most populous city in South Africa, after Johannesburg
- Cape Town was first developed by the Dutch East India Company as a supply station for Dutch ships sailing to East Africa, India, and the Far East
- Table Mountain in Cape Town is believed to be one of the oldest mountains in the world

	United States	South Africa
Population	296 million	51 million
Life Expectancy	78 years	56 years
Exchange Rate	1 dollar	10 rand (1 dollar)
GDP	16 trillion	0.38 trillion
Literacy Rate (age 15 and older)	99%	93%



Oakhaven Place

- Oakhaven Place provides high standards of 24-hour residential care and nursing within a home-like environment
- Oakhaven strives to promote quality of life, maintenance of independence, and the preservation of dignity
- Oakhaven provides services that range from independent living to full frail-care provision for between 50 and 70 residents

Outcomes

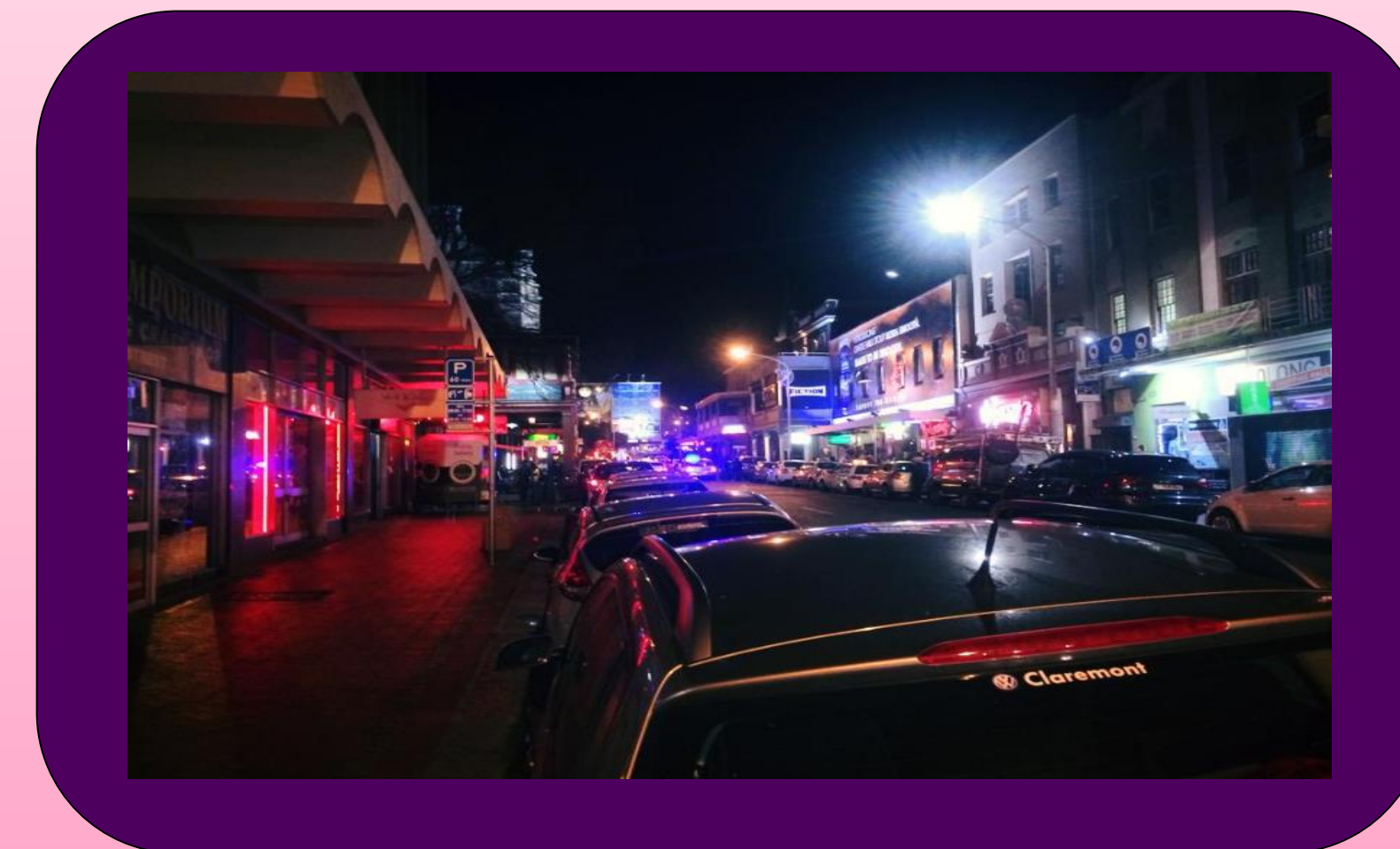
Cross Cultural Solutions provided a volunteer opportunity at an “old age” home in a coloured township in Cape Town, South Africa. I worked alongside the recreational therapist in leading exercises to increase flexibility and promote mobility and movement among the residents.

Project Information

- Facilitate group recreational therapy exercises
- Assist activity director with coordinating and executing daily activities with residences
- Implemented mood therapy through interpersonal conversation and cosmetology

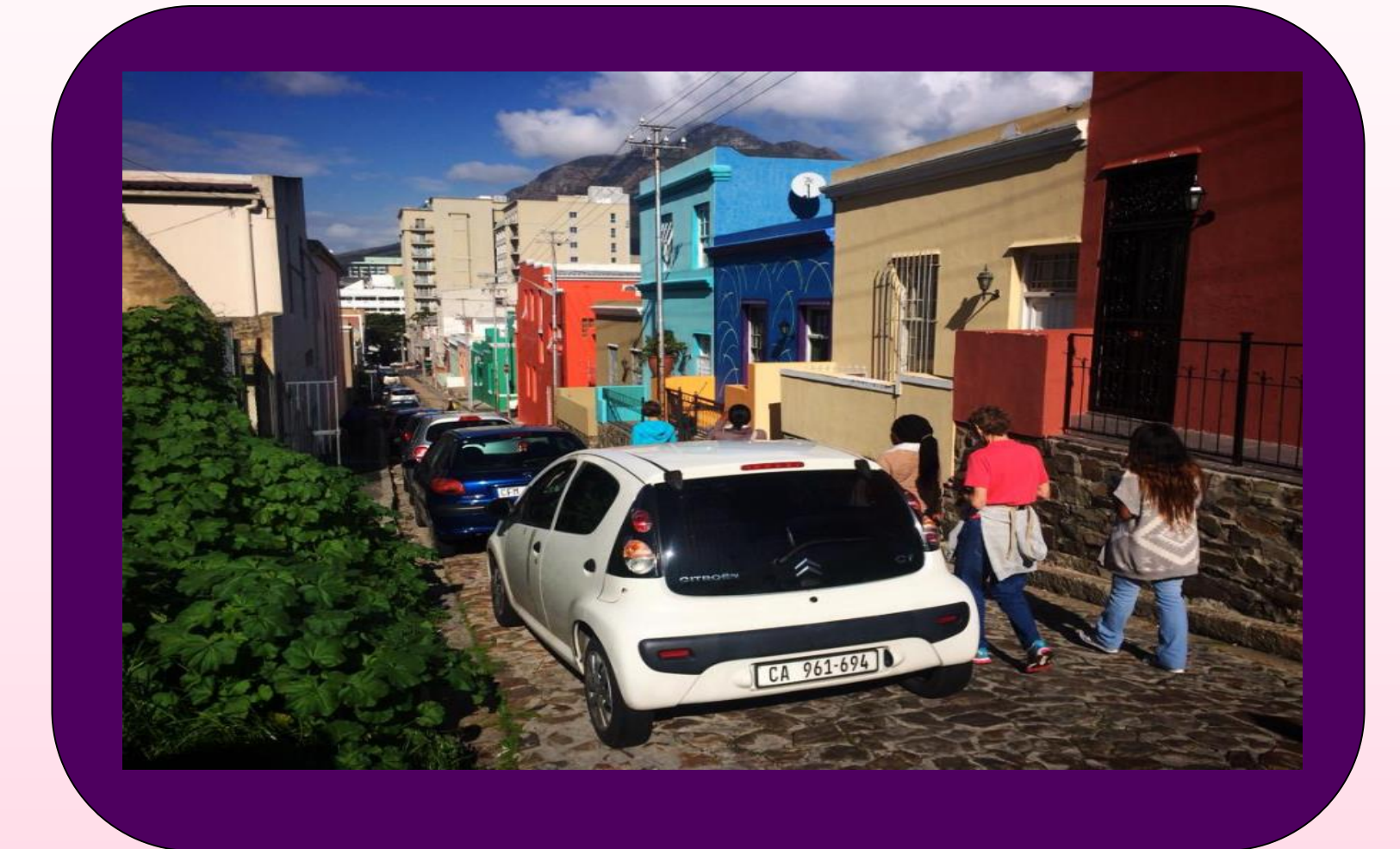
Skills Utilized/Developed

- Humility: When working with or for people its important to be humble and accepting
- Diversity: Within the city of Cape Town many different race/ethnicities reside as well as a large socioeconomic gap between the high and low SES
- Sustainable change: It was important for me to understand that the service I provide is sustainable and not just charitable



Lessons Learned

- Don't be afraid to try something new
- The world is as big as it is small
- Race has never been and will never be apart of someone's biological identity, but for now it is a large part of someone's social identity



Advice

- Everything is relative
- Discovering a different part of the world can help you discover a different part of yourself
- If you have the desire to do something you're more than half way towards completing it.

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