



Mentoring Youth in South Africa

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Hout Bay, South Africa

Hout Bay is a small suburb situated 25 minutes outside of the city center of Cape Town

- Population = 42,000
- Home to affluent residents, middle income residents, and informal settlements
- Various cultures, religions, and languages
- Surrounded by mountains and the Atlantic Ocean

Imizamo Yethu (IY)

While in South Africa, I worked with students from the township, Imizamo Yethu:

- 60% of residents in Hout Bay live in IY
- About 35,000 people live in IY
- Situated on about 44.5 acres of land
- Residents have little or no access to stable infrastructure
- Strong sense of community
- Predominant language = isiXhosa



Project Information

One Heart Source (OHS) is a non-profit organization that brings in volunteers from all over the world to mentor and tutor students at Oranjekloof Moravian Primary School. Throughout the program, OHS offers volunteers a chance to take part in biweekly dialogues, isiXhosa lessons and cultural immersion events/activities.

Community Partner

OHS works in collaboration with the IY community, as well as with the teachers at Oranjekloof Moravian Primary School, to provide the children and youth of IY education and skills training opportunities. Many of the residents of IY were unable to receive an education and have a lack of skills training opportunities due to the Apartheid Laws, which has resulted in suffering and hardship. The community is focusing on providing its youth with outstanding opportunities in hopes of disrupting the cycle.

Outcomes

During my time with OHS I assessed students' reading levels, which provided OHS with data on the effectiveness of their program. I also mentored and tutored two fifth grade students in math and literacy. During the time I worked with them, both students advanced to the next level. While working with these students I created lesson plans and goals, which focus on their individual educational needs.

Classroom Connections

SW 648: This class helped me become aware of my own values, beliefs, and assumptions that could effect my work while in South Africa. Additionally, it prepared me to deal with possible ethical dilemmas and difficult situations while abroad.

SW 504: This course gave me the skills and understanding to practice cultural humility. It also provided me with tools to help me facilitate and hold conversations about difficult topics

SW 625: This class provided me with an understanding of how protective, risk, and promotive factors can influence a child's daily life

Career Connections

- Gained practical experience building rapport and working with youth
- Greater understanding of the importance of practicing cultural humility with all future clients
- Learned the skills necessary to create a mentorship program within the United States



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Skills Utilized/Developed

- Cultural Humility
- Rapport Building
- Empathy
- Critical Thinking
- Empowerment

Lessons Learned

- In order to fully connect with others, one must practice cultural humility
- Never take education for granted
- Do not assume you know what is best for someone else. When working with a community unfamiliar to you, take the time to listen to community members and give them the chance to tell you what they need or are looking for

Advice

- Take advantage of this opportunity! Find a program and go abroad. It's amazing how much you can grow and learn in three short weeks
- Put down your phone, meet locals, talk to strangers, and learn as much as you can about the culture in which you are immersed