



Lily of the Valley

VOLUNTEER INFORMATION

INTRODUCTION

We are grateful that you are considering volunteering at Lily of the Valley Children's Village. Thank you for being willing to offer your time, experience and gifts to benefit these children and this ministry.

As workers and volunteers at Lily of the Valley we want to be living examples to these children and this community of the love and goodness of Jesus. May you be blessed and filled with joy in doing so too. We are sure you must have many questions and we hope that this information will answer most of them and help you make an informed decision regarding applying to volunteer here.

BRIEF OVERVIEW OF LILY

Lily of the Valley Children's Village is a children's home set in the beautiful farming area of Eston, in the province of KwaZulu-Natal. Lily was originally started in 1993, by Mr & Mrs Kaiser, as a hospice for children who were dying of HIV/AIDS. However, with the availability of antiretroviral drugs (ARVs) and good nutrition the children began to survive and now live relatively normal and healthy lives. Lily is home to 120 orphaned or vulnerable children, ranging from babies to 20 years of age - many of whom have lost one or both parents to the HIV/AIDS pandemic. Approximately 70% of our children are HIV positive, as a result of mother-to-child transmission, or abuse. You can read more about HIV and how it will affect your time at Lily on the last page of this booklet.

In addition to the Children's Village, an adjacent property was purchased to start projects for the benefit of the Lily children and the surrounding community. Lily also has a sustainable business component called *Valley Fresh*, which uses vegetable tunnels to produce tomatoes that are sold as a source of income for Lily. However, we are still largely reliant on government funding and donations to keep Lily running.

Lily of the Valley Children's Village is run by Chief Executive Officer, Brendan Stapleton. He is ably assisted by a great team, including two social workers, a Christian worker, Village Manager and various other hard-working staff and volunteers - without whom, Lily could not function. On arrival at Lily you will be given a list of staff names and job roles.

Lily also oversees a smaller orphanage called iKhethelo. It's about 30 km away from Lily and has approximately 50 children at present. Both Lily and iKhethelo fall under the umbrella of Abathenjwa Trust and given the large level of co-operation between the two orphanages, we do try to optimize our volunteer resources. Occasionally this may mean that we ask volunteers to help out at the other children's village for a period, should the need arise. Invariably this does mean our volunteers receive an even more diverse experience.

LILY LAYOUT

The residential staff and volunteers all live on a 100 hectare campus located near the communities of Eston and Mophela, and a beautiful Game Reserve called Tala on the other side (with hippo, rhino, giraffe, zebra and buck, amongst other animals). Lily of the Valley is situated approximately 45 minutes from the port city of Durban. Each child lives in a house with five other children and a house mother, where together they operate as a family unit. They all attend various schools and we as a team are responsible for all areas of their growth and nurture – physical, social, spiritual, and academic.

Lily consists of approximately 50 buildings ranging from a 1-bedroom unit, to a 16-sleeper conference centre. In the Children's Village itself, we have a girls' section and a boys' section (Phase 1 and Phase 2 respectively).

WHERE YOU COULD BE INVOLVED

There are many areas in which you can get involved. Some are as follows:

- **Education:** Helping with homework, providing tutoring, or assisting the teacher(s) in the Nursery or the Preschool.
- **Clothing:** General stock control and sorting of donated clothes and linen, assisting in the purchase and distribution of clothing, keeping the storeroom tidy, giving out school uniforms, etc.
- **Recreation:** Oversee sports, music lessons, drama, art and crafts, sewing, baking, woodwork, teaching maintenance skills, playing games, accompanying kids on outings, etc ... we also welcome your ideas!

- **Spiritual:** Assist our Christian Worker in leading Bible studies, worship or group discipleship.
- **Administration:** General office admin, answering telephones, up-dating files etc.
- **Driving:** Daily driving as and when required - ex. Taking children to and from school, church and sports activities, and other off campus activities.
- **Medical:** Accompanying children to Clinic / Doctor / Hospital. If trained, you can assist with physiotherapy, occupational therapy, routine medicine, upkeep of records, and administration of medicines in conjunction with staff members and members of the Two Weeks+ organization. You may also be required to give basic First Aid e.g. cleaning and bandaging small cuts
- **IT:** Helping to teach IT skills to Lily children in our Computer Suite.
- **Social:** Assisting with birthday parties, holiday programs, sponsor updates, up-dating memory books, etc.
- **Maintenance:** We have a constant need for volunteers/staff with maintenance skills of all kinds, especially electrical, plumbing, carpentry, and mechanics.

We will try to accommodate your interests and skills and assign tasks accordingly. **However, remember that you are coming to serve and therefore you will need to fit in with the current needs at Lily.** It's important to know that Lily functions as a 24/7 organization and so those that serve at Lily can expect to work hard and work long hours. We could not accomplish the amount of work we do without volunteers like you who are prepared to offer much of their time and energy to care for our young people. It's our hope that a season of volunteering and serving at Lily will be a first step towards a lifetime of servant leadership for you.

EXPECTATIONS

As far as possible we would like our volunteers to commit to volunteering for a period of at least **6 months**, preferably longer, thus allowing time to really make a lasting impact in our community. However, we will consider shorter periods based on the skills and experience of the individuals applying. Please do still make enquiries if your life circumstances mean you are unable to commit to the minimum period.

The general expectation is for resident volunteers to assist about 50 hours per week or more – which is inclusive of numerous social and Christian activities, which would be part of your daily life regardless of where you were. Please also note that you will be expected to work weekends since the children are not at school and this is our busiest time in the village.

By assisting with recreational and educational programs on weekends you are allowing key staff who generally work or remain on site and on call 24/7 the opportunity to rest. This is priceless to the sustainability of this ministry as our staff is our greatest asset. Your dedication and creativity to this task alone will make a huge contribution. Volunteers that serve at Lily for a year or less will receive one day off per week. Volunteers that serve for more than a year will receive two days off per week.

On arrival you will meet with the Village Manager and Volunteer Coordinator to work out a tailor-made schedule for you, so that the whole team will be on the same page from the start. This schedule is a living document and will evolve as your understanding and familiarity of Lily grows, and our knowledge of your strengths and gifts develops. We encourage you to let us know your particular areas of interest and passions so that we can use you to your full potential and so that you get the most out of your time here.

Lily of the Valley is a Christian-based organization and as such there are certain lifestyle guidelines and boundaries which volunteers are asked to respect, with the view that everything we do here is aimed to glorify Christ. We try to ensure that everything we do here is based on biblical principles, and encourage each and every team member to act as a godly role model for the children.

We would ask you to consider carefully whether you are able to fit in with these principles, and to only apply to volunteer here if you are willing to adhere to the following boundaries:

- ⤴ Volunteers must not have alcohol, cigarettes, recreational drugs or pornography on the Lily campus.
- ⤴ Intimate physical relationships between people who are not married to each other will not be condoned.
- ⤴ Lily of the Valley is a swearing free zone, and it is unacceptable to use the Lord's name in any way that is not glorifying to Him.

Please respect our Christian ethos and refrain from advocating to the staff, children and community, any other ethos that is contrary to ours whilst you are with us. Thank you for this.

Irrespective of your background, personality, age, or reason for coming, one guarantee is that your stay at Lily will affect many aspects of your view of life – socially, emotionally, spiritually, etc.

This work can be very challenging, and upon your arrival you will no doubt be feeling excited, wary, eager, or maybe even apprehensive. Please be assured that the staff and other volunteers will help you find your place at Lily and help to make your stay a rewarding and enriching experience.

The remaining portion of this booklet is filled with information, suggestions, and feedback from previous volunteers that we hope you will find helpful and relevant in your preparation, should your application be accepted.

ACCOMMODATION

- You will usually stay in the Children's Village with the kids. The houses provided are simple (3 bedrooms), with a shared lounge, kitchen, and a bathroom. Volunteers are typically required to share a house, but have their own bedroom.
- Volunteers are responsible for the provision of their own food and for preparation and cooking of their own meals as well as keeping their accommodations tidy. These duties can often be shared with other volunteers.
- Furniture and linen is provided. Laundry is done in washing machines provided (sometimes shared between houses), and there is a fridge, microwave, toaster, kettle. If anything is broken/not working or missing, please let our Logistics Manager know.
- We do not charge volunteers for accommodation; **however there is a charge of R500 per month to cover each volunteer's utility costs such as water, electricity, and internet.**
- The volunteer house that you stay in is your home while you are here (so make yourself at home and let us know if there are any problems).
- Please note that accommodation for single (unmarried) volunteers is single-sex accommodation.
- It is essential that volunteers have sufficient finances to provide for their food and other needs during their stay. A paid return ticket to home is required by customs when you enter the country. We recommend a minimum of R2500 (approx. \$220 USD or 180 Euro) per month, as this will cover your basic food needs and any personal expenses during your stay here.

GETTING AROUND

We are sorry to say that transportation can often be problematic. Not only is the public transportation system fairly unreliable, but our vehicles are old and the local dirt roads are poorly maintained, therefore our vehicles are often out of action as they need to be repaired. Also, children regularly need to be taken to hospital etc and these trips take priority.

There is a possibility that Lily vehicles may be available in the evenings or on your day off if it is not needed for Lily activities. Vehicle's can be booked ahead of time with Thula, our Operations Manager, but please bear in mind that booking a vehicle for personal use is not always guaranteed.

For volunteers coming longer than a year we would highly recommend raising funds to purchase your own vehicle.

Due to the rising cost of petrol and our remote location, we encourage volunteers to save petrol by travelling as a group. For personal trips, we ask volunteers to pay R3 per km. There are log sheets in the vehicles, which **MUST** be filled in after each trip. You should plan to keep a record of your trips and pay what you owe to our Operations Manager at the end of each month.

You will have the opportunity to do food shopping at least once a week, when the volunteers go into the nearby town of Hillcrest to attend church on Sunday evenings.

ARRIVAL & DEPARTURE

Durban's King Shaka International Airport (DUR) is the closest airport to Lily, and therefore your flight destination. We will happily organize for volunteers to be picked up and dropped off, however **we do ask that you pay for the cost of the vehicle and driver to collect you (R450 per trip)**. Please budget for this when you are working out your finances.

HOW TO PREPARE:

- **Clothing:**
 - Depending on the length of your stay at Lily, you will need both warm and cold weather clothes. It can get VERY cold at night during the winter months (June, July, and August) and VERY hot during the summer months (December, January, February and March). Note that even when it is warm it can get cold at night. Buildings are not climatically controlled, and are built to minimise summer. Casual clothes are best and a waterproof jacket is useful during the summer months. *Ladies- please avoid packing shorts or skirts that are above the knee unless worn with leggings, as showing bare thighs is inappropriate in Zulu culture.*

- **Driving:**
 - If you have a driver's license, we suggest you obtain an International Drivers License from your National Automobile Association before you depart. You may be asked to drive a vehicle for Lily from time to time- should you agree- and this would be extremely helpful for us.
- **Medical Insurance:**
 - State provided health care in South Africa is not of the same standard to that in Europe. A private doctor is not difficult to organise and medicine is readily available at an affordable price. **However, we advise that all international volunteers have sufficient insurance to afford them private hospitalisation in case of emergency.** If coming from the US your regular health insurance should be sufficient for you here as medical costs are considerably less than in the USA (though do check for coverage before leaving home). On the other hand, those from Europe or Australasia who rely on state-sponsored systems at home should purchase travel insurance that covers private hospitalisation here (This is not very expensive and is essential). Sorting out insurance is an important aspect of preparing for your time in South Africa. In terms of medical insurance; if you want to get this before you come, many travel organisations will give you medical cover when you book flights with them. Also some banking institutions will do this if you pay for your flights with a credit card from their bank. However, it may be something you need to organise separately. Please research this before you come.
 - Once you are here, if you need medical attention, we do have an on-site Lily clinic with basic medication. We have a doctor here a couple days a week, and we do sometimes have visiting doctors, nurses and dentists. They will see you for a small charge (R30) and can deal with most simple ailments.
- **Theft Insurance**
 - We have no theft insurance at Lily. This is something that may be covered up to a certain amount by your travel organisation, but once again, you will need to research this before you come.
- **Bringing Gifts**
 - We often get asked what would be useful gifts to bring for the children. Our strong recommendation is that you do not buy gifts at home and then lug them half way around the world. Our needs are always evolving. If you arrive and perceive a need please discuss it with management and you can acquire it locally. The only exceptions would be electronics; such as laptops and tablets that you would be willing to donate to Lily; or training/teaching materials you need as part of a program you will teach.

WHAT HAPPENS NEXT?

If you have not already done so, please request an application form from the volunteer coordinator. We would appreciate as much notice as possible as the process can take several months to complete. After receiving your application, we will then follow up with your references.

If your application to volunteer at Lily is successful, we will notify you and send you a 'Pre-arrival information' booklet that will explain in more detail what you will need in preparation for life at Lily, and help you to understand the details of how things work; this should answer many further questions you may have.

As you will be working closely with children, we will need to see your country's version of a **Police Clearance** certificate before you leave for South Africa. This is to show us that you do not have a record of crimes against children, and is a requirement by law. If you don't already have one, you should start applying for this as soon as you have been accepted as a volunteer. **(Please note a Police check can take several weeks or even months to come through, but for legal reasons we must see a copy of this before you leave for South Africa).**

If you need a **visa** to come here (for most countries this only applies if you are coming for more than three months) we will send you a letter of invitation, which you must submit with your visa application.

Again, we are grateful that you are considering volunteering at Lily of the Valley Children's Village. We hope this information has been useful, but please don't hesitate to contact our Volunteer Coordinator at volunteer@lov.org.za if you have any further questions.

INFORMATION ABOUT HIV

KwaZulu Natal has been at the epicentre of the HIV/AIDS pandemic, and it has decimated large segments of our population. Many of the children at Lily are HIV positive, and hence we do take necessary precautions when dealing with First Aid. Simple cuts and scrapes occur often and this may result in exposed blood. Please do not panic, just remember to always use gloves when dealing with an open wound. The child should be taken to either the volunteer room where gloves and basic first aid supplies is available or to their housemother for treatment if the cut is minor. For anything more major the child can be transported to the Lily clinic. It is important to always cover our own exposed cuts, too.

What is HIV?

The Human Immunodeficiency Virus (HIV) causes a weakened immune system by attacking white blood cells. The virus attaches itself to healthy cells, damages the cells, and replicates itself to help continue the attack on the immune system. Ultimately, the immune system weakens so much that the person is unable to fight off serious opportunistic infections (ex: cancers, gastroenteritis, pneumonia, tuberculosis) and the resulting collection of signs and symptoms that the person exhibits is then called AIDS (Acquired Immune Deficiency Virus).

Differences between HIV and AIDS:

- HIV can be passed on – AIDS cannot.
- HIV is a virus that damages the immune system – AIDS is a collection of illnesses caused by HIV.
- People who are HIV + often appear healthy for a long time – AIDS involves signs and symptoms therefore the individual is noticeably ill.

Manifestation of AIDS

- Failure to thrive (low weight and height, developmental delays)
- Hepatosplenomegaly (enlarged liver and spleen)
- Chronic pneumonia (lung infection)
- Candidiasis (thrush/ white patches in mouth)
- Parotitis (swollen parotid glands)
- Recurrent bacterial infections (ex: urinary tract infections, gastroenteritis, meningitis)
- Developmental abnormalities.

The HIV virus is found in almost all body fluids (saliva, semen, vaginal secretions, tears, urine, breast milk), but evidence thus far shows that HIV infection is only transmitted through semen, blood, vaginal secretions, and breast milk. The three most common ways that HIV is spread is through

direct contact with blood, mother to child (inutero, at birth, breastfeeding) and intimate sexual contact with an infected person.

There is no cure for HIV or AIDS, but early diagnosis and ARV (antiretroviral) drugs have helped change this disease from rapidly fatal to a chronic, but terminal disease. ARV's work by slowing down the body's production of HIV, thus lowering HIV levels in the blood and strengthening the immune system. Despite the fact that ARV's do not work for everyone, can have very unpleasant side effects, and need to be taken every day at precise times, they are still the best chance for HIV infected individuals to improve their quality and quantity of life. Proper nutrition, exercise, and adequate rest also help to keep the body healthy. About 70% of the children at Lily are HIV positive and thanks to proper care are able to live relatively normal lives and the long-term prognosis for them is good.

GET TO KNOW SOUTH AFRICA

If you are a non-resident of South Africa we encourage you to learn as much as possible about the country before you come. We highly recommend you acquaint yourself with some of South Africa's history, and the challenges and questions you will face. There are many sources, particularly on the internet, for you to consider.

Here are some books (most quite long) that we subjectively recommend for those wishing to go below the surface in understanding South Africa, the Zulu People, African missions, the history of Kwazulu Natal, and the HIV/AIDS pandemic:

1. *Long Walk to Freedom: The Autobiography of Nelson Mandela* by Nelson Mandela
2. *The Washing of the Spears: The Rise and Fall of the Zulu Nation Under Shaka and Its Fall in the Zulu War of 1879* by Donald R. Morris
3. *Love Has a Face: Mascara, a Machete and One Woman's Miraculous Journey with Jesus in Sudan* by Michele Perry and Heidi Baker
4. *The Hole in Our Gospel: What Does God Expect of Us? The Answer That Changed My Life and Might Just Change the World.* by Richard Stearn
5. *Perspectives on the World Christian Movement: A Reader* by Ralph D. Winter and Steven C. Hawthorne (Editors)
6. *A History of South Africa, Fourth Edition* by Leonard Thompson and Lynn Berat
7. *Love in the Time of AIDS: Inequality, Gender, and Rights in South Africa* by Mark Hunter