

# PHILISA ABAFAZI BETHU

## *Go Abroad*



Philisa Abafazi Bethu  
Women and Children's Programme  
Cape Town, South Africa  
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# PHILISA ABAFAZI BETHU

Heal Our Women

## About us

Philisa Abafazi Bethu operates in Lavender Hill, a township that was founded during apartheid in Cape Town. Although the time of racial segregation officially ended in 1994, the majority of people in South Africa still live separated according to their skin colour. Like many other townships, Lavender Hill is characterized by a high rate of gangsterism and crime, substance abuse and violence against women and children.

The organisation focuses on supporting abused women, in form of a Women's Support Group, offers an After School Programme for children, a consulting center for parents, a Senior Project for disadvantaged elderly women and lastly an Emergency Safe House for women in need.



## OUR MISSION

Philisa Abafazi Bethu is Xhosa and means „*Heal our Women*“. Lucinda Evans founded the South African NGO in 2008 with the goal, to help every single woman that is in need of support and shelter. Ever since, PAB has been growing and is currently running five different projects. All of our projects target to improve the life circumstances of the community in Lavender Hill.

## OUR PROJECTS

Philisa Abafazi Bethu works in various areas with people living in Lavender Hill. As a volunteer you therefore have a broad spectrum of contributing and giving back to the community.



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## *After School Programme*

The After School Programme is for girls and boys aged 8-13 years old that are victims or survivors of sexual assault and domestic abuse. The after school care takes place Mondays through Thursdays from 3pm - 5pm. The Kids participate in different workshops covering topics such as cooperation



between

girls and boys, hygiene-consciousness, nutrition and diet, finding their own interests and training life skills. Once a week during the summer time, PAB organises different trips to the beach, where the kids have the opportunity to learn surfing.

We try to create a safe space for the children and give them the chance to experience a violence and crime free surrounding, where they can feel free and discover new perspectives. Besides the opportunity of talking to our staff about any

personal problems, there is also one warm meal for the kids per day.

## *Life Coaching*

On a daily basis, people reach out to our organisation for various reasons, looking for support and council. Drug abuse, sexual assault or family matters are only a few of the problems that PAB is addressed with. We try our best to advise and, if necessary, organise contacts to the police, lawyers, psychologists, etc.



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## *Women's Support Group*

Our group is for women that are victims and survivors of domestic violence, rape or any kind of abuse. We invite the women to take part in different workshops, which concern itself with topics such as self-help, women's rights



in South Africa and nutritional and personal hygiene. Our aim is to help and guide them on their way towards becoming strong, independent individuals. Within the group they have the freedom of expressing their feelings and exchange personal experiences with others, without any fear of being judged.

## *Senior Programme*

The Senior Club members meet once a week and have the chance to talk about their problems and the challenges they are facing. We invite the ladies to participate in our excursions, additionally we organise game playing and crafting afternoons, wellness days, etc.



## *Emergency Safe House*

Since 2012 Philisa Abafazi Bethu has been running an Emergency Safe House for abused women that are in urgent need of shelter. It is the only Emergency Safe House in the region that invariably accepts any woman, regardless of her social status, skin colour or religion, and offers her and her children shelter. There they have the opportunity to receive council, accompaniment to court appointments and the support to make the perpetrator accountable for his



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crime. Furthermore we offer them three meals a day, accommodation for her and her children, warm showers and medical care.

The staff of Philisa Abafazi Bethu also regularly participates at demonstrations, accompanies victims of abuse and their dependents to court appointments and offers collaboration with the police and law department.



## Be part of the Philisa Abafazi Family!

Our organisation allows you to get involved in several different projects and gives you the opportunity to profit from the experiences and memories you will make in various areas.

The past years we have had many international volunteers that have assisted us in our work. Especially students studying social work, psychology, teaching and education, politics, sociology, nutrition and medicine can profit from working together with PAB in form of an internship. Also a few of our volunteers use their time at Philisa Abafazi Bethu to research for their thesis. We also encourage students studying in the IT-area, marketing, PR or event management to intern or volunteer at our organisation.





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## Our host-families / accommodation

Usually our volunteers are accommodated in our host families within the community. But there are different options to choose from, if you would prefer stay somewhere closer to or directly in Cape Town.

## How and where do you apply?

### *As an individual volunteer*

If you are at least 18 years old, you can apply at any time. All you have to do is hand in a motivational letter to Philisa Abafazi Bethu, which should include a short introduction of who you are and why you want to come to South Africa and work in beautiful Cape Town. Also inform us about what sector you are interested working in, how you could contribute to our organisation and when and for how long you would want to stay. Furthermore we will need a police record and a drug test, that you need to hand in with your application. The cost for the stay of an individual volunteer will be 1500 € a month, including accommodation, transport and food (3 meals a day). Flights, visa and health insurance are not included in this price.

If you would like to use your time here for research purposes, we will need an official document from your school/university. The price would be 2000€ a month, including everything listed above.

### *As a group:*

Philisa Abafazi Bethu also offers student groups of 5-10 people the opportunity to volunteer. The participants can work at PAB for one week and then take a one week tour to the famous Garden Route, including a wildlife safari for the entire group. The costs for this package will be 3000€ per person, including accommodation, transport and food. Flights, visa and health insurance are not complimentary.



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Applications can be sent via mail to:

- Contact in South Africa:      Lucinda Evans  
[admin@philisaabafazi.org](mailto:admin@philisaabafazi.org)  
+27734244665
- Contact in Germany:            Laura Hartmann  
[bringlavenderbacktothehills@web.de](mailto:bringlavenderbacktothehills@web.de)  
+4915156033569
- Contact in Denmark:          Anna Halling Jensen and Bulela Butcheca  
+ 001452 0782028



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## Ex- volunteer experiences

### Eleanor

I started working with Philisa Abafazi almost 7 years ago, and since then I



have been back every year since! Working with the PAB team changed my life, and encouraged me to help people just as Lucinda and her team do. I will be eternally grateful to Lucinda and her team for empowering me and helping me to empower others. I now have a South African family for life. Working alongside this team is honestly the most eye opening and rewarding experience ever.

### Erica

My name is Erica and I came from the US to volunteer for Philisa Abafazi. I am the single mother of a nine-year-old boy, and traveling internationally with a young child on my own has been an interesting experience. Since our arrival, however, Lucinda and the other volunteers have made us feel so at home. Volunteering has been both a tremendous learning experience and also a fulfilling opportunity to share my passion for public health with the ladies in the women's support group and the children in the after school programme. The women and children have taught me a lot about myself and have caused me to introspectively reflect on various aspects of my own life. Living here within South Africa and being able to help and support such an important and much needed organisation has been a positive, life-changing experience for myself, and has also benefitted my son in so many ways.

