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PLAY • INSPIRE • EMPOWER



# VOLUNTEER PACK 2027

# ABOUT US

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Play it Forward is a UK and Zambian charity using the power of sport to create opportunities for children and young people in Zambia.

From our base in Livingstone, we deliver programmes across football, education and health, helping young people develop the skills, confidence and opportunities they need to thrive – both on and off the pitch.

Football is often where the relationship begins. It gives us a way to bring young people together, create safe and positive spaces and connect them with wider opportunities – from tutoring and digital skills to health education and personal development.

Our programmes are designed and delivered by our Zambian team, who understand the communities we work with and the challenges young people face.

**As a volunteer, you'll become part of that team for the duration of your placement - contributing your skills, energy and experience while learning from the people around you.**





## OUR IMPACT

**13**
School Classrooms Built

**687**
Children fed every day

**8**
Boreholes drilled

**3,200**
HIV Education Sessions Delivered

**128**
Local Coaches Trained

# VOLUNTEER WITH US

Volunteering with Play it Forward is more than just a trip to Zambia. It's an opportunity to become part of our team in Livingstone, experience a different culture and use your skills to contribute to work supporting children and young people in the local community.

You'll work alongside our Zambian team, putting your skills into practice while learning from the people around you and developing both personally and professionally. Depending on your interests and experience, you could get involved in football, education, digital skills, communications or other areas of our work.

Life in Livingstone brings experiences you're unlikely to find anywhere else. You'll build new relationships, experience everyday life in Zambia and have the chance to explore one of the most incredible parts of the world – including Victoria Falls and the Zambezi.

Whether you join us for a week, a month or stay longer, we want your time with Play it Forward to be meaningful for you and useful to our team.



# VOLUNTEER OPPORTUNITIES

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Every volunteer brings something different. We'll work with you to find a placement that matches your skills and interests with the needs of our programmes. Here are some of the ways you could get involved:

**1. Reading & Environmental Awareness Clubs**
Support our community reading and environmental clubs for children aged 8–14. Help young people develop their reading skills, confidence and curiosity through engaging afternoon sessions.

**2. After-School Tutoring**
Work alongside our team to support small groups of children aged 8–16 with subjects including English, maths and science. This is particularly suited to volunteers with teaching, tutoring or youth-work experience.

**3. Football Coaching**
Get involved on the pitch, supporting training sessions for children and young people across our football programme. Depending on your experience, you could assist with session planning, skills development, match preparation and academy activities.

**4. Digital Skills**
Help young people build the digital skills they need for the future. Our programmes introduce school pupils to coding through Scratch, HTML and CSS, alongside more advanced training for school leavers interested in careers in technology.

**5. Communications and Media**
Help us tell the stories behind our work. You could support photography, video, interviews, blogs and social media while working alongside our team in Livingstone and visiting projects across the community.



# YOUR VOLUNTEER EXPERIENCE

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## WHAT WE'RE LOOKING FOR

Volunteers must be 18 or over and ideally have some experience working with children or young people through teaching, coaching, tutoring, mentoring, youth work or volunteering.

Formal qualifications aren't essential, although relevant qualifications and coaching certifications are welcomed.

Most importantly, we're looking for people who are enthusiastic, adaptable and respectful, and ready to work alongside our local team.

All volunteers working directly with children and young people must complete a DBS check (or equivalent) before travelling and will work under the guidance of Play it Forward staff.

## YOUR EXPERIENCE

Volunteering with Play it Forward is a chance to experience everyday life in Livingstone, build new relationships and gain a deeper understanding of Zambia than you would as a tourist.

Outside your placement, you'll have time to explore everything Livingstone has to offer, from Victoria Falls and the Zambezi River to wildlife, local food and football.

You'll leave with new experiences, new skills and – we hope – a different perspective on the world.






# YOUR TRIP

## ARRIVAL IN LIVINGSTONE

On arrival at Livingstone Airport, please proceed through immigration and customs, collect your luggage and make your way to the arrivals exit. You will be met by a Play it Forward driver holding a sign with your name, who will transfer you to your accommodation. The journey typically takes around 15 minutes.

## VISA

Most volunteers do not need to apply for a visa in advance, as visas are issued on arrival in Zambia. The single-entry visa is currently free of charge. If you plan to travel between Zambia and Zimbabwe, or take a day trip to Botswana, you may wish to purchase a KAZA UNIVISA, which is valid for multiple entries. This visa typically costs USD $50 (subject to change).

## INSURANCE

All volunteers must arrange comprehensive travel insurance before departure. Your policy should cover medical treatment, emergency evacuation and repatriation. If you intend to take part in any adventure or extreme activities (such as bungee jumping or white-water rafting), please ensure these are specifically covered by your insurance provider.





# YOUR TRIP (cont)

## WHERE YOU WILL BE STAYING

Volunteers stay at Jollyboys Backpackers, located in the centre of Livingstone. This is typically in shared dormitory rooms, with access to shared kitchen facilities. Private rooms may be available subject to availability and at an additional cost. The accommodation is secure, with 24-hour security, and provides a relaxed and welcoming base during your stay. It is conveniently located close to a large supermarket, cafés, restaurants, shops and bars, with plenty to do within walking distance.

## MONEY

The official currency of Zambia is the Zambian Kwacha (ZMW). ATMs are widely available in Livingstone and most accept Visa and Mastercard.

Card payments are accepted in many supermarkets, restaurants and cafés, but cash is still widely used, so we recommend carrying a small amount with you.

If you plan to visit Zimbabwe or take part in cross-border activities, it can also be useful to carry some US dollars.



> **Getting to know the players made our sessions much more effective and enjoyable. I really enjoyed working with the same group and building those relationships.**

**Max Carr, Volunteer Football Coach**

# YOUR TRIP (cont)

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## HEALTH

Please allow enough time before departure to arrange any recommended vaccinations and preventative medication. Speak to your GP or a travel health clinic about malaria prevention and whether antimalarial medication is appropriate for you.

To reduce the risk of insect-borne illnesses, use insect repellent regularly, particularly in the evenings, and cover exposed skin where possible. Mosquitoes and tsetse flies are most common during and after the rainy season (November–March).

Basic food and water precautions should also be followed. Tap water is not safe to drink; avoid drinks with ice unless made from purified water, avoid salads and street food where possible, and peel fruit before eating.

## SAFETY & SECURITY

Zambia is a peaceful and welcoming country, and Livingstone is generally safe for visitors. Volunteers should take sensible precautions at all times.

Avoid political rallies or demonstrations and do not travel outside of Livingstone after dark. During the day, walking around central Livingstone is generally safe; however, taxis should be used after dark. A list of trusted local taxi numbers will be provided on arrival.

For the latest travel advice, please consult the UK Government website:
https://www.gov.uk/foreign-travel-advice/zambia





# WEEKLY SCHEDULE

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## A WEEK IN THE LIFE OF A VOLUNTEER

There is no fixed itinerary for volunteering with Play it Forward. Schedules vary depending on programme needs, school term dates and seasonal activities, and can be adapted for individuals or groups where possible.

Play it Forward delivers a wide range of programmes, including football-based education, after-school tutoring, digital skills training, health and HIV education, and community projects such as school construction and sanitation initiatives. Volunteers support these activities alongside our local team. Below is an example of a typical week:

| | AM | PM |
|---|---|---|
| **Mon** | Session planning and preparation | Meet children and observe a classroom or sports session |
| **Tue** | Session planning and preparation | After-school session delivery |
| **Wed** | Session planning and preparation | After-school session delivery |
| **Thu** | Visit rural community school project | After-school session delivery |
| **Fri** | Session planning and preparation | After-school session delivery |
| **Sat** | Victoria Falls waterfall visit | Sunset cruise down the Zambezi river |
| **Sun** | Safari/game drive | Watch senior boys/girls team game |

*For longer placements, volunteers may take on additional morning teaching or football coaching support, depending on programme needs and experience.*



# PROJECT PRICING

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## WHAT'S INCLUDED

- Accommodation at Jollyboys Backpackers, including breakfast and Wi-Fi
- Airport transfers on arrival and departure from Livingstone Airport
- Daily transport to and from volunteer projects
- Orientation and induction programme
- Basic lunch provided at the Play it Forward office (Monday–Friday)
- Ongoing assistance and support from Play it Forward staff throughout your stay

## WHAT'S NOT INCLUDED

- International flights
- Medical and travel insurance
- Pre-departure medical or vaccination costs
- Visa costs (free for Zambia; additional costs apply if travelling to Zimbabwe)
- Optional non-project activities (e.g. safaris, white-water rafting, bungee jumping)
- Evening meals
- Additional snacks and drinks
- Mobile data or call charges
- Laundry costs

| 2027 | COST | + FUNDRAISING TARGET |
|---|---|---|
| 7 days | £495 | £1,000 |
| 2 weeks | £695 | £1,000 |
| 1 month | £995 | £1,000 |
| 3 months | £1,995 | £1,000 |

*The programme fee covers the direct costs of your placement, including accommodation, local transport, meals and staff support. The separate £1,000 fundraising target directly supports Play it Forward's community programmes in Zambia.*

# HOW TO APPLY

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Ready to volunteer with Play it Forward? We'd love to hear from you.

**1. GET IN TOUCH**
Send us a short introduction telling us about yourself, your experience and interests, when you'd like to come to Zambia and how long you'd like to stay.

**2. HAVE A CHAT**
We'll arrange an informal call to get to know you, answer any questions and discuss which of our volunteer opportunities could be the best fit.

**3. PLAN YOUR PLACEMENT**
If we're a good match, we'll agree your dates and activities and guide you through the next steps, including safeguarding checks, fundraising and preparing for your trip.

**READY TO GET STARTED?**

**APPLY NOW: workwithus@play-itforward.org**

www.play-itforward.org



# GET IN TOUCH

play-itforward.org

facebook.com/PlayitForwardZambia

twitter.com/playitforward

instagram.com/playitforwardzm/

linkedin.com/company/play-itforward

youtube.com/@play-itforward

# CONTACT

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Registered with FUNDRAISING REGULATOR

Play it Forward is a registered charity in England and Wales (charity number 1177278) and an NGO in Zambia (registration number RNGO101/1341/2020).

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