



GROWING RESILIENT COMMUNITIES

*Immersive Tourism
(Volunteering)*

THE LOCATION



Location

Nourish Eco Village is located in the heart of the South African Lowveld, surrounded by both beautiful wildlife areas and an amazing variety of local cultures.

There are multiple languages spoken in the area, but English is the main form of communication between peoples.

The area is very safe to travel to and our team being local can make your African experience one to remember!



“Place of Ubuntu”



The Nourish Foundation

Our goal at The Foundation is to grow resilient wildlife communities through engagement in conservation and sustainability to protect our wildlife areas. Through Education, Enterprise and Tourism.

Our main aim is to create sustainable change – and have long-term impact in the spheres of both conservation and community upliftment.

We believe that by working to grow resilient communities, that are healthy, educated, and have access to opportunities, we can break the poverty cycle and thus positively impact conservation efforts in our wildlife areas

Nourish Eco Village

Ubuntu is an African philosophy that speaks to compassion and humanity at its very core.

I am because you are

We engage with our communities through an Eco Village model with a variety of programming initiatives that fall under beneficiation, education, enterprise and tourism.

All our projects are integrated, holistic and sustainable: to grow a better tomorrow.

THE SOCIAL IMPACT



SUSTAINABLE DEVELOPMENT GOALS



Our social impact rests on three foundation pillars, resilience, sustainability and conservation. All our outcomes are aligned with and measured against Agenda 2030 and the UN SDGs. Your internship alongside our projects will have a direct impact on these Sustainable Development Goals

IMMERSIVE EXPERIENCES



We accept curious people to join us for an immersive learning experience.

If you are interested in learning about a new culture, doing research or aiming to learn a new skill, then we would love to have you join us.

All of our programs runs from Monday to Friday from 8am to 4pm, all year around and are located on the same property.

A Nourish Immersive Experience (volunteering) is based on your chosen field, and immersing yourself into the day to day operations and running of the programme associated with your chosen field. You will spend your day working with the team, learning from them and having an amazing experience!

The work is very hand-on, so expect to be busy but remember to have fun!



Green Kidz
Environmental
Education



Agro-Ecology



Eco Building
& Recycling



Rise Creche



Eco Village
Management



Social Enterprise

Typical day

Nourish programs run from Monday to Friday, from 8am to 4pm. You will be immersed into the project as one of the team members to engage in the planning and running of the programs. You can combined our projects during your time at Nourish or focusing on one (your choice)



- Assisting with daily task
- Creating content for the Environmental Education program
- Supervising the activities with the children
- Helping the children with theirs homework



- Assisting with daily task
- Manufacturing products from our farm
- Exploring new recipes with indigenous plants
- Assisting with marketing, financial or operational support



- Assisting with daily task
- Exploring new eco building process
- Building new facilities with eco building technique
- Assisting with marketing, financial or ops support



- Assisting with daily task
- Classroom assistance
- Supervising the activities with the children
- Playing with the children



- Assisting with daily task
- HR assistance
- Assisting with marketing, financial or ops support
- Creating Social media contents



- Assisting with daily task
- Creating new concepts, products and design
- Manufacturing products from our facilities
- Assisting with marketing, financial or ops support



215
Volunteers

From

14
Countries

Supported

2
Nourish Eco Villages

FOR THE LAST 3 YEARS, **215 VOLUNTEERS** FROM ALL AROUND THE
WORLD CAME TO SUPPORT OUR PROGRAMS



THANK YOU!



6 Veggie Gardens
were built to support
Food Security for more than
17 000 meals monthly



More than 800 children, benefite daily
of Environmental Education and
Early Childhood Development

To be part of what's next contact us



9 Playgrounds
were built to uplift the lives
of 774 children



Environmental Education Program – Green Kidz



The Programs

Our after school program welcomes around **90 children** (for 2024) everyday of the week from the local village and aims to grow wildly passionate young people.

Our program work daily with children from primary schools teaching **environmental education** and taking these learners on **conservation-based field trips**, to give them an understanding of nature and their role in protecting it.

Each children receive a warm lunch before starting our programs

Monday: Environmental Education Presentation

Tuesday: English literacy and Computer Club

Wednesday: Scout

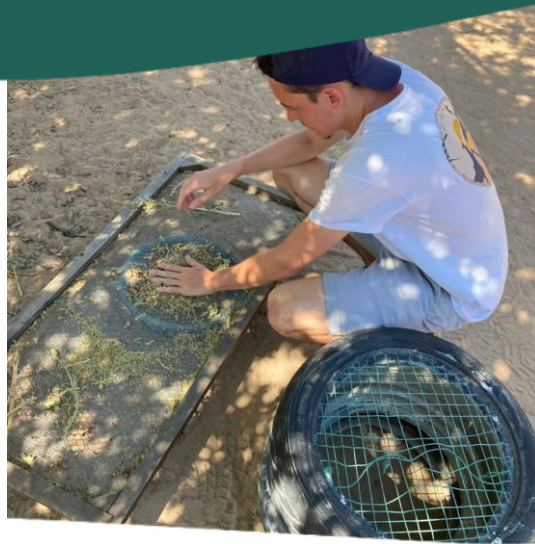
Thursday: Craft day with Recycled materials

Friday: Sport and Animals Kindness / Once a month Field Trip

Highlights

- Make a real, lasting difference in young people's lives through your participation in our conservation education projects.
- Build new knowledge around conservation issues faced in Africa from a local perspective
- Gain real world experience in hands on projects aimed at environmental responsibility
- Visit Kruger National Park and get the chance to see an elusive leopard or experience the gentleness of an elephant.
- Enjoy an authentic South African experience in food, culture and wildlife together with staff, locals and other volunteers from around the globe!

Agricultural Entrepreneurship



The Programs

Our program provide training in basic business and entrepreneur skills, agri processing, sustainable and contemporary farming techniques.

The Eco village is our classroom and showroom.

- Agro-Ecology training, very similar to permaculture, but more suited to African conditions,
- Helping at the farm and assisting with daily tasks (watering, weeding, planting, harvesting etc)
- Manufacturing products from our farm such Pickle Beetroots, Monkey Orange syrup, gluten free flour and hot sauce.
- Exploring new recipes with Indigenous fruit & vegetables

Our Farms also support our **Food security** programs with **17000 meals monthly**.

Highlights

- Make a real, lasting difference in people's lives through your participation in our socio-economic development projects.
- Work side by side with local agri-entrepreneurs to develop new products.
- Gain hands-on experience in small to medium size enterprise development
- Visit Kruger National Park and get the chance to see an elusive leopard or experience the gentleness of an elephant.
- Enjoy an authentic South African experience in food, culture and wildlife together with staff, locals and other volunteers from around the globe!

Eco Building & Recycling – Sustainability Programs



The Programs

Our Eco Village is all about **Reduce and Reuse & Recycle**.

Our goal is to create sustainable change - and have long-term impact in the spheres of both conservation and community upliftment.

- Building with Green Technique (Eco brick, Mud brick, cow' dung floor..)
- Creating products as jewelry, sculpture with recycled materials)
- Building Playground by using recycled materials
- Building Veggie Garden to support our Food Security
- Creating workshop to teach those techniques to the locals.

9 playgrounds were built to uplift the lives of **774 children**.

6 Veggie Gardens were built to support our **Food Security**.

Highlights

- Make a real, lasting difference in children's lives by building playgrounds/ play tools kit.
- Work side by side with local entrepreneurs to develop new products.
- Been part of our social-enterprise programs, by creating new products
- Visit Kruger National Park and get the chance to see an elusive leopard or experience the gentleness of an elephant.
- Enjoy an authentic South African experience in food, culture and wildlife together with staff, locals and other volunteers from around the globe!

Early Childhood Development – Rise Educare



The Programs

We believe we can improve someone's life by giving them the best opportunity possible, and it should start with a good education and as early as possible.

Created in 2016, our Rise Creche is for the most vulnerable children (many from broken families) who's parents could not afford school fees. These **66 children** for 2024 (from a few months old to 5/6 years old) come to the preschool daily for **3 meals** and **developmental learning**.

The Rise Creche program focuses on Early Childhood Development, through play based learning specialized on Sensory integration.

Highlights

- Make a real, lasting difference in small children's lives through your participation in our early childhood development projects.
- Gain valuable hands on experience in play based learning.
- Experience the amazing learning opportunities from a completely different cultural perspective.
- Visit Kruger National Park and get the chance to see an elusive leopard or experience the gentleness of an elephant.
- Enjoy an authentic South African experience in food, culture and wildlife together with staff, locals and other volunteers from around the globe!

Eco Village Management – Social Enterprise



The Programs

Our goal is to create sustainable change - and have long-term impact in the spheres of both conservation and community upliftment.

We believe by giving opportunities back to the communities we can protect our Wildlife area.

We focus on soft skills, and provide training and workshops to the locals to help them grow their own opportunities & businesses.

- Hospitality (Bartender, waitering, wine pouring etc)
- Sewing Center (Creating products for the tourist and locals)
- Building (Creating or improving green building technique)
- Agroecology (Creating business opportunities through agroecology)
- Recycling (Using recycled materials to create products)



Highlights

- Make a real, lasting difference in people' lives through your participation in our social development projects.
- Gain valuable hands on experience in the NPO world.
- Experience the amazing learning opportunities from a completely different cultural perspective.
- Visit Kruger National Park and get the chance to see an elusive leopard or experience the gentleness of an elephant.
- Enjoy an authentic South African experience in food, culture and wildlife together with staff, locals and other volunteers from around the globe!

INCLUDED IN THE PACKAGE



Included

- Pick-up and Drop off from Hoedspruit (Town or Airport)
- Accommodation
- 3 meals a day, 7 days a week
- 1 Town trip per week
- Cultural Village walking tour
- Project and logistical support
- Supervision
- Immersive field and programme activities
- Wifi access, SIM Card if needed,
- Nourish T-shirt
- Optional language workshops can usually be arranged

Additional extras (tourism)

These are tourism options available to you in the area at additional costs. We can either host these for you or you can make alternative travel arrangements

- Game Drive (Kruger/Manyeleti)
- Bush Walk
- Panorama Route (3rd largest Canyon in the world!)
- Horse Ride Safari
- Hikes
- Boat Trips
- Adventurous Activities (Quad Safari/Kloofing/Big Swing)
- So much more...

TESTIMONY: Don't just take our words for it



As a volunteer I really had a great time at nourish. I felt very welcome and I am grateful for this time. The work nourish does is really important for the community and it was great being a part of that. Also i found it very interesting to see how the people live in the villages. The people at Nourish and Shik Shack play a big part in this positive experience, everyone was very lovely - **Dorien 2024**



It was an incredible and very rewarding experience. I was lucky enough to help the nourish eco village association for 6 weeks. I was made very welcome by the members of the association. I have wonderful memories of this experience and I met some wonderful people. Thank you very much! - **Jeanne 2023**



My month at Nourish Eco Village was an unforgettable experience. Everyone was so welcoming from the beginning. After having the possibility to get an insight into all the different projects run by amazing people, you can get involved with your own ideas. I learned so much from the people while working hand in hand with them! I have so many nice memories from my stay there and I love to look back on them. Thank you! - **Elianne 2023**



Fantastic experience - travelling from Australia to South Africa was well worth it purely for Nourish. Staff were great - professional and fun. Meeting volunteers from diverse backgrounds was awesome, and the weekend activities Shik Shack provided/organised were unforgettable (and stress free!). Our stay was wayyy too short - will be back in the future and hopefully for a longer time :) - **Charlotte 2024**



I spent two months at Nourish as a Volunteer from the US. It was an amazing experience! The staff is so welcoming and friendly. They are passionate about their work and love sharing their culture. This Eco Village is practicing what they preach. I felt extremely safe and cared for during my time here. My only regret is not signing up for 3 months. Of all my visits to South Africa, this has been the best trip yet. I will definitely be back in the near future! - **Shalini 2023**





Get in Touch to find out more

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