Self Development through Education and Sport

Arusha, Tanzania early 2013

If you are practicing, retired or have any experience in the following disciplines, we would really welcome your assistance:

- Physio or Physical Therapy
- Occupational, Speech & Language Therapy
- Teaching English as a foreign language
- Sports Coaching including Rugby
- Computer Skills
- General Labourers/Helpers

Sponsorship Target: €4000
(covers flights, hotels, transfers, meals and water)

Visit our website: www.playingforlife.ie
The poverty is just as bad as you could ever imagine. ‘Nothing’ is a daily word that we use very liberally. But honestly, these people have absolutely NOTHING.”  

Kevan Owens, Co. Down

“My overall opinion of the trip was totally enjoyable and fulfilling. The work we did and the people we met were amazing and very inspiring to see how much can be done with a little determination and passion.”

Pamela Keadin, Co. Roscommon,

Volunteer Programme 2013

Since we began in 2005, Playing for Life and many volunteers have worked in underprivileged communities around Africa, providing skills training, helping to build training facilities and delivering a health awareness programme through the medium of sport. The improvements we have seen in these communities have been incredibly positive, no more so than in Esso, outside Arusha in Tanzania, which continues to thrive and to generate income, thus sustaining themselves in a way that was not possible before. You can read more about this in the report on our website.

Times are much tougher than ever, but we hope to continue to bring volunteers over to this amazing part of the world to truly immerse themselves in African life and really give something back. Be it in coaching sport and rolling out the health awareness programme through games and play, helping to teach a skill, lend a hand in the kindergarten or rolling your sleeves up to assist in some building or carpentry, I guarantee you will not be the same person when you return to Ireland. All the clichés are true, it really does make a difference to all concerned and the friends that you make and the bonds built have a lasting and powerful effect.

So look at our website, send any queries or questions you may have to our email address and really think about what it could mean and how much could change in just two short weeks.

Thank you and I look forward to hearing from you,

Tracy

WWW.PLAYINGFORLIFE.IE info@playingforlife.ie Tel: 045 482479

“To those considering the experience I would say go for it – you’ll get back a lot more than you could ever give.”

Mary Dooley, Co Offaly

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