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The Preparation Year can be viewed as a formative year for young adults to become independent and learn a great deal of responsibility prior to engaging in university life.

**IS THIS PREPARATION YEAR FOR ME?**

Not sure what you should do after matriculating? Are you interested in personal growth and understanding yourself better? Do you like challenging yourself and learning new things? If your answer is yes, then this preparation year is for you.

This prep year consists of internships, learning a trade and volunteer work, all for the purpose of improving in knowledge, maturity, decision-making, leadership and independence, self-sufficiency and more. This is intended to expand the mind, personal confidence, experiences, and interests thus improving your resume before going to college/university. The prep year is built on Fundamental Biblical Truths and Christian Beliefs.

Biblical Foundation Course / Discipleship / Personal Work / Mission work / Evangelism

First Aid / Scuba Diving / Photography / Marketing / Sharks & Conservation

Life Skills / Language Studies / Career Assessment

Internships

**PREPARATION  
YEAR**





## Breakdown of the courses we offer at the Just Africa Life Skills Prep Year.

### **BIBLICAL FOUNDATION COURSE**

Classes on topics such as Personal Work, Discipleship and Christology, Mission work and Evangelism will be presented. The students will have the opportunity to practically apply what is learnt at outreaches.

### **EFR - BLS & FIRST AID**

- Primary Care (CPR)
- Secondary Care (First Aid)
- Diving Emergency Management Provider Program

### **SCUBA DIVING COURSES**

SSI Open Water Scuba Diving Certification  
Speciality Courses & Advanced Certification optional.

### **PHOTOGRAPHY**

- Photography Basics
- Underwater Photography
- Photo Editing (Adobe Lightroom)

### **LIFE SKILLS COURSES**

#### **PERSONAL DEVELOPMENT**

- Growth Mindset
- Emotional Intelligence
- Communication & Conflict management
- Self Esteem & Self Awareness
- Personal finance management
- Etiquette & Appearance
- Christian Ethics
- Character & Attitude
- Time Management & Productivity

### **INTRODUCTION TO MARKETING**

- Basic computer and program skills
- Web design and websites
- Social Media management
- Human behaviour

### **CAREER ASSESSMENTS**

It is important to us that our students leave the Prep Year with direction and purpose in life. Many matriculates do not yet know what they want to do with their lives, we offer an in-depth Career Assessment which consists of personality, interests, skills and ability assessments to help with this big life decision.

### **CULTURE & LANGUAGE STUDIES**

- Malawian culture & basic Chichewa
- South African cultures

### **SHARK LIFE CONSERVATION COURSE**

- Master Shark Diver Qualification - 6 Modules
- Conservation Awareness

### **INTERNSHIPS**

Prep year students will take part in our various internships, gaining valuable work experience with.

### **INTRODUCTION TO BUSINESS MANAGEMENT & ENTREPRENEURSHIP**

- Starting a new business
- Business management

## WHAT YOU CAN EXPECT



### EXPERIENCE

You will be exposed to many kinds of job experience with the internships.



### SKILLS

You will learn how to apply the life skills you've gained with fellow students and within the various internships.



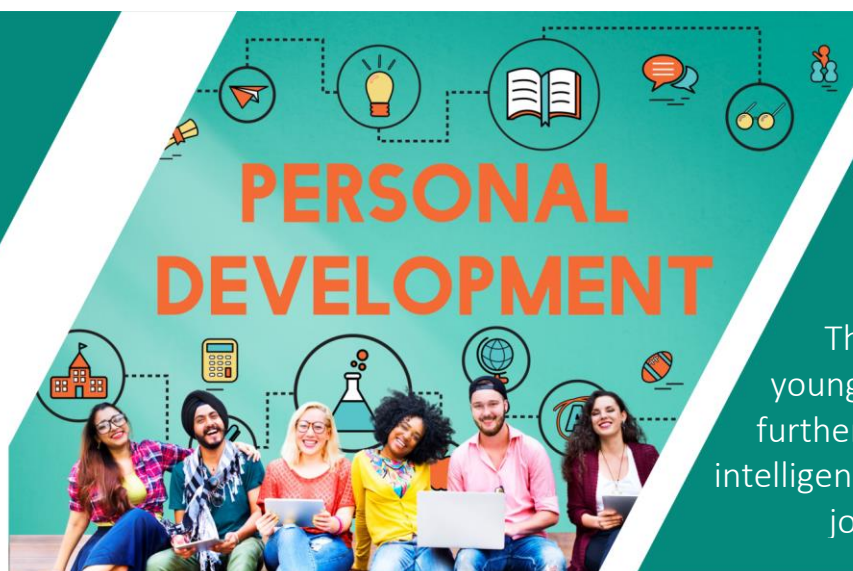
### CAREER

You will be introduced to many different kinds of careers available, opening up your mind to new possibilities.



### MENTORING

You will be learning and growing within a mentoring relationship.



Now more than ever, it is vital for young people to continually evolve and keep up with life's demands.

This Preparation Year is to guide a young person into their future, taking further education, life skills, emotional intelligence, gaining work experience and job availability into consideration.



### DURATION

The preparation year starts later in January and will officially end in the beginning of December. The Africa tour will then follow, reaching into the new year.



### COMMITMENT

The preparation year is a full-time commitment. Terms will be the same as the school terms for the Western Cape.



### COURSES

Every term will be a new challenge with new courses that will be introduced. You will have assignments to do and books to read.



### TOURS

The Africa Tour and the Shark & Dive Tour are vital to the success of the prep year and students will be expected to attend them.

## WHAT WILL BE PROVIDED TO YOU BY JUST AFRICA LIFE SKILLS

- All stationary
- A new Bible
- Access to computer & printer
- Handbooks and study material
- Access to our library
- Wireless internet access
- Branded clothing

## WHAT YOU WILL NEED FOR THE PREP YEAR

1. Appropriate Clothing and shoes for each of the following:
  - Sports wear
  - Swim wear
  - Hiking wear
  - Presenting Young Engineers classes
2. Passport and ID
3. Cell phone in good working order

### OPTIONAL ITEMS

1. Laptop
2. Digital Camera

## EKSTRA OPTIONAL OFFERS

### DRIVERS LICENCE

#### Driving Licence code B

Admission & Registration fee  
Maximum x6, 1,5-hour lessons  
Maximum x4, 2-hour lesson  
Vehicle hire  
ID photos

#### Driving Licence code EC

Admission & Registration fee  
Maximum x 9, 1-hour lessons  
Vehicle hire  
ID photos

#### 4X4 Course

Theory 20% & Practical 80%  
Various Terrains  
Basic Mechanics  
Basic Recovery & Safety  
Permits

## DAY OR STAY-IN STUDENTS (EXTRA OPTIONAL OFFERS)

### Daily Meal Voucher

Lunch (Monday to Friday)  
Dinner (Tuesday to Friday)

### Stay-In Student

Accommodation  
Food & Toiletries

## LIFE SKILLS COURSES (EXTRA OPTIONAL OFFERS)

### Personal Finance Course

Budgeting & Banking  
Insurance & Investments  
Savings & Goals

### Study Methods Course

Guidance in Setting Goals & Structure Practical help and guidelines for productive study.

### Growth Mindset Course

Our intelligence and talents are not fixed traits. Our most basic abilities can be developed through dedication and hard work – brains and talent are just the starting point. A growth mindset creates a love of learning and resilience.

### Setting Healthy Habits Course

A healthy habit is any behaviour that benefits your physical, mental, and emotional health. These habits improve your overall well-being and make you feel good.

### Self-Esteem & Self Awareness Course

Self-Awareness is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions.

### Social Skills Course

Social skills are the skills we use to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance.

### Stress Management Course

Stress management is a set of techniques and programs intended to help people deal more effectively with stress in their lives by analysing the specific stressors and taking positive actions to minimize their effects.

## SCUBA DIVING (EXTRA OPTIONAL OFFERS)



### Diving Excursions & Boat Card

Dives X 10  
Lunch & Drinks X 10  
Transport x 10  
Gear Rental X 10

### PADI Advance Adventure Diving Course

Adventures in diving Manual  
Adventures in diving DVD  
Class lectures  
Surface marker buoy  
All required equipment for duration of course  
3x Boat dives  
3x Shore dives  
Certification card  
PADI online registration fees

### PADI Specialty Diving Courses

Any two of the following:  
Deep Diver  
Navigation  
Nitrox  
Night & Limited Visibility  
Buoyancy  
Search & Recovery  
Wreck Diving  
Underwater Photography

### PADI Rescue Diving Course

Study Material  
All Required Equipment during course  
Pool Dives  
Sea Dives  
Registration Fees

### PADI Dive Master Course

Study Material  
Dive Master Slates  
Instructor Manual  
Pool Dives  
Sea Dives

## TOURS & TRAVEL

(EXTRA OPTIONAL OFFERS)

### Madagascar - Dive & Shark Tour

7 Nights accommodation at The Vanilla Hotel in a garden view room  
Breakfast & Dinner  
Scheduled Transfers  
8 Dives  
Equipment rental  
Day excursion to Tanikely, Nosy Komba  
Flights & Airport Taxes  
Personal travel, baggage and dive insurance

### Southern Red Sea - Dive & Shark Tour

7 Nights' accommodation on a luxurious Liveaboard  
Scheduled Transfers  
Flights & Airport Taxes  
Breakfast, Lunch, Dinner & Snacks  
All tea, coffee, bottled water & soft drinks  
Unlimited Diving  
Personal travel, baggage and dive insurance  
Day excursion to Pyramids & Museum

**For more information, applications or for a consultation,  
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