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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 / Young Engineers Instructors

# **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.

### **DAN BLS & FIRST AID**

- BLS (Basic Life Support) & First Aid Level 1
- BLS & First Aid Level 2
- Diving Emergency Management Provider Program

### **SCUBA DIVING COURSE**

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
- Personal finance management
- Life Skills Coaching
- Etiquette
- 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

### **INTERNSHIPS**

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

### **SHARK LIFE CONSERVATION COURSE**

- Master Shark Diver Qualification - 6 Modules
- Conservation Awareness

### **YOUNG ENGINEERS INSTRUCTORS TRAINING**

- STEM Education training for the Big Builders program and the Bricks Challenge program.

- Just Africa Mission NPC
- Just Africa Life Skills PTY LTD
- Young Engineers H&W
- Journey's End Horseback Rides

## 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.

# A CLOSER LOOK AT THE COURSES

## THE YEAR 2019 AT A GLANCE – Term 1 & 2



TERM 1	COURSES
21 January - 15 March	<ul style="list-style-type: none"> <li>• Bible Course – Road to Redemption Classes Prescribed book Assignment</li> <li>• Young Engineers Instructors Course Training Theory Exam Practical Exam</li> <li>• Photography Course Level 1&amp;2 Classes Practical Assignment</li> <li>• Life skills – Appearance &amp; Character Classes Prescribed book Practical application</li> </ul>
15 March - 01 April	Student Holiday
TERM 2	COURSES
02 April - 14 June	<ul style="list-style-type: none"> <li>• Bible Course – Jesus our Saviour Classes Prescribed book Assignment</li> <li>• Career Assessment and Personality test Comprehensive testing of interests, personality, capabilities, weaknesses, strong suits and emotional intelligence. Guidance Sessions Research</li> <li>• Scuba Diving Open Water Course Classes &amp; Training Theory Exam Practical Exam</li> <li>• Life skills – Communication &amp; Conflict Classes Prescribed book Practical application</li> </ul>
28 June - 7 July	Student Holiday

## THE YEAR 2019 AT A GLANCE – Term 3 & 4

TERM 3	COURSES
09 July - 20 September	<ul style="list-style-type: none"> <li>• Bible Course – The Will of God Classes Prescribed book Assignment</li> <li>• Shark life Conservation Classes 6 Modules &amp; Exams</li> <li>• Introduction to Marketing &amp; Social Media Classes Practical Assignment</li> <li>• Life skills – Emotional Intelligence &amp; Attitude Classes Prescribed book Practical application</li> </ul>
23 September - 30 September	Dive & Shark Tour
TERM 4	COURSES
01 October - 04 December	<ul style="list-style-type: none"> <li>• Bible Course – Discipleship Classes Prescribed book Assignment</li> <li>• Basic Life Support &amp; First Aid - Level 1 &amp; Level 2 Training Theory Exam Practical Exam</li> <li>• Culture &amp; Language studies Classes Prescribed book Assignment</li> <li>• Life skills – Time Management &amp; Productivity Classes Prescribed book Practical application</li> </ul>
06 December - 10 January 2020	Africa Tour



## 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

### Driving Licence code B

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

### Daily Meal Voucher

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

### Stay-In Student

Accommodation  
 Food  
 Toiletries

### Diving Excursions & Boat Card

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



## Personal Finance Course

Budgeting  
Banking  
Insurance  
Investments  
Savings & Goals  
Basic skills & Confidence in money management

## Music Course

Music Theory  
Beginner Guitar  
Vocal Training

## 3D Printing Course

CAD (Computer Added Design) Training  
Building & Using a 3D Printer  
Completing a Project

## 4X4 Course

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

## Study Methods Course

Study Counselling  
Study Techniques  
Guidance in Setting Goals  
Guidance in Structure

## 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

Setting yourself up for a full, healthy and successful life

## Self-Esteem & Self Awareness Course

Understanding your emotions  
Coping with emotions  
Being able to view yourself: your thoughts, beliefs and behaviours

## Social Skills Course

Ways we interact with others  
Understanding and reading social cues  
Good social skills help us to become confident and independent

## Stress Management Course

Techniques to reduce stress and regain control of your life  
These skills lead to satisfaction and contentment

## 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

## Speciality Diving Course

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

## Rescue Diving Course

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

## Dive Master Course

Study Material  
Dive Master Slates  
Instructor Manual  
Pool Dives  
Sea Dives



## Madagascar Dive & Shark Tour

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

If you are interested in finding out more about the Just Africa Life Skills Preparation Year, please contact us to set up an appointment to discuss the preparation year and the complete cost breakdown.