



SPORT & HEALTH INTERNSHIP IN SOUTH AFRICA

Our sail-training organization in Cape Town is committed to giving socially disadvantaged children and young people with health challenges hope, optimism, and education.

We do so with the help of 3 core programmes:

- sailing therapy mainly on Optimists and small yachts
- mentorship programmes
- Refurbishment of health and educational institutions

YOUR TASKS

- Assist sailing coaches with facilitation of sailing therapy programmes
- Assist education and mentorship programmes
- Assist event and project management tasks





YOUR PROFILE

You should have basic to good sailing and boat handling skills and willing to teach others. You should also be interested to understand the power of sailing in fostering (mental) health and education.

TIME & DURATION

Ideally you can stay for 8 weeks. Shorter periods are possible if you come with advanced sailing skills.

Next starting date:
April 2026

CONTACT

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