

## Fit for Life graduates in their own words

- 'It helped a lot with motivation and confidence – to apply for a job and feel confident that I could get somewhere in life.'
- 'I learned that to succeed you need both ambition and hard work.'
- 'We have much more chance of finding work than we had before.'
- 'I am not afraid to try. Even if I try and fail that is ok – at least I have tried.'
- 'It's given us the belief that "I can do".'

## Find out more about our programme

To find out about the next course, application deadlines or other details, please contact the Valoyi Centre:

Tel: 015 312 0039

email: [nydc@nwamitwa.org.za](mailto:nydc@nwamitwa.org.za)

To apply in person, go to the Valoyi Centre, next door to the Satellite Police Station, Mugodeni Grace Road, Msiphani Village

# Valoyi Fit for Life, Fit for Work Programme

With support from

*Ford Foundation*

*Etafeni Trust*

*Valoyi Traditional Authority Trust*

We welcome visitors and volunteers to Valoyi.

### THE VALOYI TRUST COMMUNITY CENTRE

Phone: 015 312 0039

Cell: 079 180 4797 / 087 802 0120

email [nydc@nwamitwa.org.za](mailto:nydc@nwamitwa.org.za)

Website: [www.valoyi.org.za](http://www.valoyi.org.za)

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## Who we are

Established by the Valoyi Traditional Authority Trust with support from Etafeni Trust (Cape Town), the Fit for Life, Fit for Work programme takes participants through an intensive six-week course with dual aims: to help young adults learn to make healthy life and sexual and reproductive choices – to be ‘fit for life’ – and to provide training in important skills for employment – ‘fit for work.’

*Are you ready for the challenge?*

## What we do

In addition to education in personal and reproductive health, Fit for Life, Fit for Work supports learners to gain employment skills (e.g., computer skills, English skills, interview skills, finding and applying for work). We continue to help graduates find opportunities for employment, further study, or to start small businesses in the year after course completion.

In its first two years of operation in N’wamitwa, the programme has trained more than 240 local learners. Many have found jobs, set up their own small businesses, or gone on to further training or study.



## Overview of training

- *Fit for Life:* Facilitators guide students through personal development modules including goal setting, personal awareness, how to resist pressures that block goal achievement, strategies to develop good sexual and reproductive health, and strategies to avoid and cope with depression, conflict, and substance abuse.
- *Fit for Work:* Practical skills are emphasised, including how to write a CV, how to prepare for and conduct yourself during an interview, and how to choose and pursue a particular career. Students learn to develop their work ethic and personal integrity.
- *Getting started on the computer:* Students learn basic computer skills.
- *Entry into the world of work:* Staff assist students with job searches or crafting their own

## No guarantees

The programme won’t find a job for you – the only one who can do that is YOU.

We help you develop the confidence and practical skills needed to believe you can succeed, and support you as you GO OUT AND DO IT.

Your success depends on your commitment and motivation to get involved and keep trying.



## What we ask from you

- Commitment to work through the six-week course
- Willingness to be self reflective and work on your personal development
- Desire to learn with and from others
- Positive attitude and willingness to work hard

## Who can apply

- School leavers 18–30 years of age (normally)
- Young people who are unemployed – no work experience required
- People with no criminal record
- People with children welcome (note that you will have to make childcare arrangements in advance)

## How to apply

- Come to the Xitsavi Centre (address overleaf) with your original Grade 12 certificate or other school records
- Bring your curriculum vitae (CV) as well as two references
- Bring your original ID
- Make an appointment for an interview
- A small application fee of R100 will be requested when you are accepted.

