



Bringing Hope, Breaking Despair

International Student Internships

General and Planning Information

Living Hope is a Christian non-profit organisation that offers students opportunities to work alongside our staff, whilst gaining their practical experience required for their degrees or learnerships and serving some of the most vulnerable populations in our area through our Healthcare, Substance Abuse Treatment, Life Skills, Family Strengthening, Community Response and Agriculture Programmes.

Internship requests come mostly from student representative agents or learning institution which is a smoother process.

It must be noted that Visa's, accommodation, and transport are not arranged by Living Hope and should either be done via your agent representative or learning institution.

Visa's

Please visit the following website for more information on types of Visa's and requirements.

[Department of Home Affairs - Types of Visas \(dha.gov.za\)](https://dha.gov.za)

Exchange rates

South African currency is in Rands. You can check on current exchange rates here:

<https://www.xe.com/currencyconverter/>

Accommodation

Here are some examples of places we have used in the past:

1. [Accommodation Noordhoek Cape Town | Ocean Golf Guest House](#)
2. [Seaside Cottages Fish Hoek Beach Self-Catering Accommodation](#)
3. Oceans Retreat Center – retreatcenter@oceansministries.org – [self-catering](#).
4. Sacred Mountain - <https://www.sacredmountain.co.za>
5. Calder's Kings Conference Centre - <https://www.calders.co.za/> - opposite Fish Hoek beach

Transport

It is essential to have a car to get to and from Living Hope but also to allow you to explore Cape Town whilst you are here. We can recommend the following car rental agencies:

[Car Rental Cape Town](#) | [Car Hire in South Africa](#) | [Rentacheapie](#)

[Valley Motors - Home](#)

Flights:

- Land in CPT (Cape Town International)
- Expedia.com assists in flight searches: [Cheap Flights: Compare & Book Plane Tickets | Expedia](#)
- All the major airlines fly into Cape Town or have partners who do.

Sightseeing:

Cape Town is beautiful and has many interesting sights to see during your stay.

Here are some of those activities:

1. [The 15 Best Things to Do in Cape Town - 2024 \(with Photos\) - Tripadvisor](#)

2. [Cape Town Tourism](#)
3. Cape Point Nature Reserve, which is within the city. [Home - Cape Point](#)
4. Aquila Game Reserve. [AQUILA PRIVATE GAME RESERVE | Big 5 Safari Close To Cape Town \(aquilasafari.com\)](#)

For more information about Cape Town, the culture, the weather etc. please download the Living Hope “welcome packet” on our website.

If you are interested in doing your internship with us, please do not hesitate to email on volunteer@livinghope.co.za or alternatively on hr@livinghope.co.za