

RULES AND REGULATIONS VOLUNTEERS AND INTERNS

General Information

- Smoking around the side of the house by the JO JO tanks.
- Drug tests can and will be done randomly.
- Profane language is not allowed
- Please refrain from engaging in romantic relations with other volunteers, staff, children.

- We understand that we cannot control who you see, visit and befriend, but please be mindful of who you bring into the childrens space.

- Please be respectful of others at all times of the day where noise levels and cleanliness are concerned.

- Please clean up after yourself as you go, especially when using the kitchen and the bathrooms.

- Please refrain from using your cell phone during your shift except when on a break.

- **Volunteers are not permitted to discuss with the child... the child's past, regardless of age, mental understanding of the child, or language spoken.**

Dress Code

- **PLEASE DRESS MODESTLY.**
- **NO CROP TOPS/SHORTY SHORTS/VERY SHORT DRESSES.**
- Dress like you would dress when going to work amd/or
- Dress comfortably

Health

- Please have a medical certificate which indicates any mental health or medical challenges.
- Should you be on ANY medication, please declare up front.

Tourist or Volunteer

- Are you touring Cape Town or are you volunteering – there is a huge difference.
- Yes, we do allow once off visits if you are touring – please discuss with Alison
- Volunteers – commitment of 3 months and longer
- Short term volunteering is disruptive for the children, but can be accommodated.

Motor Vehicles

- You are allowed to use my personal vehicle and/or Rainbow of Hopes vehicle when you are taking the children to extra mural activities, etc.
- Please have your international drivers license with you. It is compulsory.
- When filling the vehicle with petrol, (at our expense), please ask for a cash slip. This is for Rainbow of Hope's financial accountability.

Shifts

- Shifts are as discussed with your recruiter and/or according to the shifts.
- Extra murals finish at 8pm on some nights so no obligation to do that at all.
- During the school holidays, unless otherwise discussed, you may arrive at 10h30am as this is the ONLY time we get to "sleep in."
- Your shifts will be discussed with you during the first week of your arrival.
- When on the Morning shift, your weekend off starts from 1pm Friday.
- When on the Afternoon shift, your weekend off starts from 7pm Friday.
- You will need to be back on the Monday for whichever shift you are on for.
- Please explore this beautiful country we live in on your weekends off.
- Should you choose to spend your off weekends at Rainbow House, you are allowed to attend any extra murals with the kids which is normally gymnastics, Ambassadors, Self Esteem, Rock climbing, Bouldering etc.
- Taking time off in the week is highly negotiable as during May to September the weather isn't ALWAYS good on weekends.
- When needing to take time off in the week, please advise your Project Manager.
- Repeated unexcused absences will result in the termination of your volunteering.

Food & Drink

- When you are at Rainbow House and you are here for breakfast, lunch and/or supper, you are welcome to have a meal with us.
- If for any reason you do not eat what we eat, that's okay, just let me know and I will prepare something for you.
- You are welcome to have meals with us. We do on occasions have wine with our meals. Adults only of course. (Over 18.)
- Let me know if you are vegan, vegetarian etc., etc.

**ANYTHING ELSE WILL BE DISCUSSED WITH YOU AS THE
NEED ARISES.**

**WE HOPE YOU WILL HAVE A WONDERFUL STAY AT
RAINBOW OF HOPE**