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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?

This is for young people that are not sure what they want to do after matriculating as well as for those who want to gain experience doing various courses, tours, and volunteer work. The life skills we teach are practical life skills and emotional life skills. We have a holistic approach and focus on a balanced body, soul, and spirit.

This Preparation Year guides a young person into their future, taking further education, life skills, emotional intelligence, gaining work experience, and job availability into consideration.

Practical Life Skills | Emotional Life Skills | Work Experience |
Travel & Tours | Volunteer Work

INVEST IN YOURSELF!

PREPARATION YEAR





Courses we offer at the Just Africa Life Skills Prep Year

BIBLICAL FOUNDATION COURSE

With topics such as the Bible for dummies, Redemption, Jesus Christ and our life in Him, the will of God and Discipleship.

Emergency First Response FIRST AID

- Primary Care (CPR)
- Secondary Care (First Aid)

PHOTOGRAPHY

- Photography
- Underwater Photography
- Photo Editing (Adobe Lightroom)

INTRODUCTION TO MARKETING

- Basic computer and program skills
- Social media management
- Human behaviour

CULTURE & LANGUAGE STUDIES

- Malawian culture & basic Chichewa
- South African cultures

SHARK LIFE CONSERVATION COURSE

- Master Shark Diver Qualification - 6 Modules
- Conservation Awareness

MARINE ECOLOGY COURSE

- Marine Life classification & identification
- Practical snorkel & dive sessions

INTRODUCTION TO BUSINESS MANAGEMENT & ENTREPRENEURSHIP

- Starting a new business
- Business management
- Budgeting

PADI SCUBA DIVING COURSES

- PADI Open Water Scuba Diving Certification
- PADI Speciality Courses & Advanced Certification optional.

EMOTIONAL LIFE SKILLS COURSES

- Growth Mindset
- Emotional Intelligence
- Communication & Conflict
- Self Esteem & Self Awareness
- Personal finance management
- Etiquette & Appearance
- Character & Attitude
- Time Management & Productivity

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 in-depth Career Assessments which consists of personality, interests and aptitude assessments. We also have one on one career guidance sessions to offer guidance with this big life decision.

INTERNSHIPS & VOLUNTEER WORK

Prep year students will take part in our various internships, gaining valuable work experience. As well as volunteer work in Mission and Conservation projects.

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 Prep Year is a one-year commitment divided into 4 terms. We work according to the Western Cape government school calendar.



COMMITMENT

The preparation year is a full-time commitment.



COURSES

Every term will be a new challenge with new courses that will be introduced. You will have assignments to complete and books to read.



TOURS

The Tours are vital to the success of the prep year. Each year is unique, some of the tours we offer is the Africa Tour, Shark & Dive Tour, SA Coast to Coast as well as international destinations.

WHAT WILL BE PROVIDED TO YOU BY JUST AFRICA LIFE SKILLS

- All stationary
- 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
 - Presentable clothes for working at internships
2. Passport and ID
3. Cell phone in good working order
4. Digital Camera

OPTIONAL ITEMS

1. Laptop

EXTRA OPTIONAL OFFERS

These options can be added onto the basic Prep Year curriculum as needed.

DRIVERS LICENSE

Driving Licence code B

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

Driving Licence code EC

Admission & Registration fee
Maximum x 9, 1-hour lessons
Vehicle hire
ID photos

4X4 Course

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

DAY OR STAY-IN STUDENTS (EXTRA OPTIONAL OFFERS)

Daily Meal Voucher

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

Stay-In Student

Accommodation
Food

LIFE SKILLS COURSES (EXTRA OPTIONAL OFFERS)

Personal Finance Course

Budgeting & Banking
Insurance & Investments
Savings & Goals

Study Methods Course

Guidance in Setting Goals & Structure Practical help and guidelines for productive study.

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

A healthy habit is any behaviour that benefits your physical, mental, and emotional health. These habits improve your overall well-being and make you feel good.

Self-Esteem & Self Awareness Course

Self-Awareness is having a clear perception of your personality, including strengths, weaknesses, thoughts, beliefs, motivation, and emotions.

Social Skills Course

Social skills are the skills we use to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance.

Stress Management Course

Stress management is a set of techniques and programs intended to help people deal more effectively with stress in their lives by analysing the specific stressors and taking positive actions to minimize their effects.

SCUBA DIVING (EXTRA OPTIONAL OFFERS)



Diving Excursions & Boat Card

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

PADI 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

PADI Specialty Diving Courses

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

For more information, application forms or for a consultation, contact:

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