

2024

# GAP YEAR PROGRAMME

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Taking a gap year offers individuals a unique opportunity to gain life experience, maturity, and clarity about their future goals. It allows for personal growth through diverse experiences such as travel, work, volunteering, or specialized training, which can enhance skills and broaden perspectives. This break from formal education can lead to increased motivation and academic performance upon return to studies, as individuals often return more focused and with a clearer sense of purpose. Additionally, a well-structured gap year can provide valuable life skills, such as independence, problem-solving, and adaptability, making participants more resilient and well-rounded individuals.



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# WELCOME MESSAGE

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## **Adil Shaik Mungalee**

Founder - Sisinde Survival Skills Training

Welcome to the Sisinde Survival Skills Training GAP Year Program! We are thrilled to offer an enriching and transformative experience for students who are ready to take a meaningful break before diving into their academic pursuits. Our program is designed to equip you with essential life skills, foster personal growth, and provide unique learning opportunities that will prepare you for future challenges and successes.

## Mission and Vision

At Sisinde Survival Skills Training, our mission is to empower young individuals by providing a comprehensive and hands-on learning experience during their GAP year. We believe in the value of experiential learning and aim to nurture well-rounded, resilient, and resourceful individuals. Our vision is to create a generation of capable and confident young adults who can navigate the complexities of the modern world with ease and innovation.





# PROGRAMME OVERVIEW

Our GAP Year Program is a carefully curated blend of practical skills training, personal development, and community engagement. Over the course of 9 months, students will have the opportunity to immerse themselves in a variety of courses, ranging from Survival Skills and Sustainable Agriculture to Basic Carpentry and Money Management. Each course is designed to be both informative and engaging, ensuring that students not only learn valuable skills but also enjoy the process.

## Benefits of Taking a GAP Year with Us

Choosing to take a GAP year is a significant decision, and we are here to support you every step of the way. Here are some of the key benefits of participating in our program:

- **Skill Acquisition** : Gain practical skills that are not typically taught in traditional academic settings but are crucial for everyday life and future career success.
- **Personal Growth**: Develop greater self-awareness, confidence, and independence through hands-on learning and real-world experiences.
- **Global Perspective** : Engage with diverse communities and cultures, broadening your understanding of the world and fostering a global mindset.
- **Career Exploration** : Discover your interests and passions through exposure to various fields and industries, helping you make informed decisions about your future career path.
- **Networking Opportunities** : Connect with like-minded peers, industry professionals, and mentors who can provide guidance and support throughout your GAP year and beyond.
- **Holistic Development** : Balance your intellectual, emotional, and physical development through a well-rounded program that emphasizes overall well-being.





# COURSE DESCRIPTION

**Our course is broken down into 4 modules. Each Module is two months long and covers a very specific set of skills, knowledge and attitudes the participant must learn in order to complete a project assigned to them in each Module.**

Module 1	Module 2	Module 3	Module 4
Project: Back to basics – develop a survival strategy to live in the bush for 72 hours using the very basic tools and depending totally on natural resources	Project: DIY1 – Building a wall / room Everything learnt in this module will culminate in participants building an actual brick and mortar structure	Project: DIY2 – Metal fabrication of a steel structure Everything learnt in this module will culminate in participants making a steel structure / object	Project: DIY3 – Wood work and carpentry skills to build a wooden structure Everything learnt in this module will culminate in participants making a wooden structure / object
Skills to be learnt: - Fire crafting - Water purification and sourcing - Shelter Building - Food procurement	Skills to be learnt: - Safety - Brick making - Mortar mixing - Basics of architectural structure - Building fundamentals	Skills to be learnt: - Steel types - Safety in metalwork - Grinding and cutting - Basic welding - Structural stability - Basic Design	Skills to be learnt: - Wood types - Safety in woodwork - Cutting - Joinery - Lathe use
Survival Skills Development: - Knife making - Primitive tool sourcing - Bush crafting making traps, containers and assistive devices	Building with purpose: - Understanding needs and practicality in building of structures - Basic electrical circuits and connectivity - Basic plumbing - Fitment of accessories to structures	Metal preservation: - Spray painting - Coating Fundamentals of metal joinery Practical applications Tooling – making tools and jigs to assist in projects CNC plasma cutting (when we have our own)	Types of wood found in South Africa and their uses Wood preservation: - Varnishing - Painting - Epoxy application Application of joining methods and learning about different types of joints Measuring and purchasing of cut lists
Mental health and survivor mindset for improved situational awareness Self-defence Hunting Skills (includes fishing and trapping)	Design, process, build, evaluate and improve. Incorporated ICT Skills: - Presentation skills - Marketing - Online search and purchase Architectural presentation Costing and quantity surveying	Design, process, build, evaluate and improve. Incorporated ICT Skills: - Company setup - Logo and branding design - Costing and purchasing - Sales	Design, process, build, evaluate and improve. Incorporated ICT Skills: - Business Plan design - Website Development Entrepreneurial skills in marketing and selling of made products
RESULT: Improved situational awareness Survival mindset Appreciation of basic amenities Improved self-consciousness Ability to adapt, overcome and improve / improvise	RESULT: Ability to manage a Project from start to finish Understand the processes involved in building Present plans and project to an audience Physically build a structure	RESULT: Design of metal structures and objects Use of metal working machinery Marketing and entrepreneurial skills Physically building a metal structure using knowledge and skills learnt in the module	RESULT: Design of wooden structures and objects Use of carpentry machinery Physically building a wooden structure using knowledge and skills learnt in the module

# ADDITIONAL ACTIVITIES AND SKILLS

The modules will end after each eight-week period and participants will have a choice to go back home or stay on the premises to complete farm-based chores.

One week per break will be a compulsory attendance in order to learn about sustainable agriculture and animal husbandry. Meat processing will form part of the activities for this week. Participants will also take part in social upliftment projects during their GAP year.

Each group of ten students will identify a charity they would like to help and apply their learnt skills to assist their charity of choice by providing support.

Breakdown of theoretical and practical sessions:

2 weeks theory : Knowledge and Skills based training, research and development

4 weeks of preparation, practicals, design and development, and testing

2 weeks of execution, building, making and completing the project

Participants will be given a project at the very beginning of each module. Each project will be a real-life problem that will need to be solved. They will then acquire the knowledge and skills to be able to complete the project by using the resources that we will provide to them.





# SCHEDULE AND DURATION

Overview of the program duration:

The whole programme will take place over 8 months of the year. Each module will be two months long and in those two months, participants will complete a set of smaller projects which will culminate into a larger project. For every project they embark on, they will be given a set of skills, knowledge around the topic and resources to complete their projects. After every two month period there will be a break for a month but in the break month participants will complete philanthropical assignments in their own areas, or they will participate in bigger projects in humanitarian aid.

Daily and weekly schedule:

Each Module will contain an eight-week programme. These eight weeks will be further broken down into 2 weeks of theory, 4 weeks of practical's and 2 weeks of execution. Time spent in these eight weeks will not only focus on the project at hand but also on other aspects which will result in the holistic development of each participant. These include:

- Spiritual Awareness
- Humanity
- Personal development of self-awareness and social integration
- Entrepreneurship
- Health and Fitness
- Self-care
- Accountability
- Community outreach

## ADMISSION REQUIREMENTS

### Eligibility criteria:

Since this is a GAP year and we still want to encourage participants to study further, the programme will be open to matriculants. The minimum criteria for eligibility will be a matric certificate. Participants must be 17 years and older to join the programme with very few exceptions on taking on younger students.

### Application process:

Our online application process will be the first step in making an application to the programme. We will also require the following documentation:

- Copy of South African Identity Document
- Copy of parents ID (if participant is under 21)
- Proof of Residential Address
- Proof of Matric Certificate
- A medical certificate
- A signed indemnity form (provided by Sisinde Survival Skills Training)

### Important dates:

Applications for each new year will open from September of the previous year. Application deadline will be 25 November in the preceding year. This will give our admin ample time to formalise the programme and start the administration of each student who will be attending.





# FEES AND FINANCIAL INFORMATION

## Detailed breakdown of program fees:

Fees per Module will be R21 250.00 per person. This includes meals for five days per week x 8 weeks. (Students will either go home on the weekends or if they stay behind, will provide their own meals for the weekend).

The total cost for the entire year will be R85 000.00\* per person

Students who wish to complete only certain modules will be free to do so.

\*This amount is subject to change annually based on inflation rates.

## Payment plans and options:

A registration fee of R15 000.00 is required upon acceptance into the programme. Thereafter the account holder takes on the responsibility of payment for the remainder of the amount. The balance can be paid as follows:

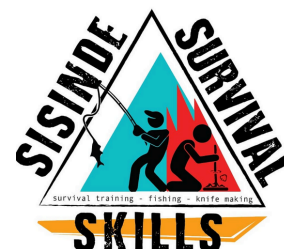
- Full payment of the R85 000.00 up front
- Payment of Registration deposit of R15 000.00 and then payment of the balance of R70 000.00 over the four modules.
- Each Payment of R17 500.00 will be due before each module starts.
- So if Registration is paid by November of the previous year, the first payment for the balance will be due in January of the GAP year

The GAP year is broken down as follows (These are tentative dates and will need to make accommodation for public holidays):

- Module 1: 10 January to 10 March – with a compulsory attendance from 01 April to 07 April
- Module 2: 10 April to 10 June – with compulsory attendance from 01 July to 07 July
- Module 3: 10 July to 10 September – with compulsory attendance from 01 October to 07 October
- Module 4: 10 October to 10 December – Programme ends but there will be a non-compulsory excursion from 14 to 21 December (This excursion is at an additional cost and will involve taking participants on a week tour of our coastal region. Estimated cost will be about R5000 per person excl. meals)

## Information on scholarships and financial aid:

It is our hope that through interaction with different like-minded individuals, companies and NGO's, that we will introduce financial aid for students who cannot afford to attend the GAP year, but wish to. Unfortunately for now, the entire programme will depend on participants paying the required fees





A group of people are participating in an outdoor activity on a dry, grassy field. One person is standing on a large log, while others are nearby. In the background, there are wooden structures with tires attached, possibly for climbing or obstacle courses.

# ACCOMMODATION AND FACILITIES



Since this is our inception year, we have limited accommodation options available on our main farm which will be the base campus. This property has a large venue which will accommodate 50 students. There are 5 rooms which will house 10 participants each. Dining will be in a large mess area and toilets and ablution facilities are communal, accommodating for ten students at a time.

Our premises where we will be doing the Survival Course is able to accommodate up to 80 students. The farm is situated along the Vaal River and has ample sleeping space and ablution facilities. Feeding will take place in the mess area.



Facilities available to students (e.g., classrooms, workshops, recreational areas)

The main farm has a large steel structure which has been converted into a learning space. The shed is divided into four sections and each section is specialised to house resources which will be used in the learning process.

The farm is ideally located where it is not too far from urban Randfontein, but it is isolated enough to give participants that feeling of rural living.

# STAFF AND INSTRUCTORS

## Adil Mungalee

Programme Designer and Founder

The head of the programme is Mr Adil Shaik Mungalee. A teacher for the past 24 years, Mr Mungalee holds a Masters in Education in Information and Communication Technologies. He has been working with the youth in various youth development programmes over the past 20 years. He started Sisinde Survival Skills Training in 2013, as a programme to guide youth by teaching them basic skills to cope with difficult situations. Mr Mungalee will oversee all projects and provide support to participants by facilitating their learning experience. He is highly competent in Project Based learning strategies and has designed this GAP year programme to provide essential knowledge, attitudes and skills to participants in order to equip them for a future in any career they may want to pursue. In 2022 Adil was crowned the Best Teacher Award Nationally by the Department of Basic Education. This accolade is sheer testament to the hard work and dedication he has put into his career.

## Ebrahim Choonara

Programme Co-ordinator

Mr Ebrahim Choonara – a qualified metal worker and welder, has been chosen to participate as an instructor in this programme due to his dedication and commitment to helping the youth. He is a seasoned farmer who breeds his own cattle and sheep. He is skilled in processing of meat and will be an asset in developing our participants in various skills which will be shared in our GAP year programme.

## Ameer Sewraj

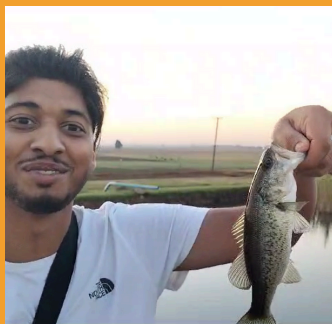
IT Support and Admin

Mr Ameer Sewraj – an ICT student who has come on board to share his expertise in Information and Communication Technologies. He has worked with Mr Mungalee for over 6 years and understands the process of project-based learning and how to integrate aspects of computing into the projects in each module.

## Aarif Mungalee

Holistic Development

Mr Aarif Mungalee – a third year Aalim student, is the spiritual anchor of our programme. He also has over ten years of experience running the survival camps and working with the youth. Aarif grew up in the youth development environment and has played a vital role in ensuring the success and future of Sisinde. He is tasked with ensuring that our participants are given the spiritual boost they need to improve their self-esteem. Encouraging our participants towards good and promoting healthy spiritual health is his forte. He is also an avid health and fitness fundi and will bring an element of holistic development of our students to the fore.





# STUDENT SUPPORT SERVICES

## Overview of support services available to students:

This programme is designed to provide participants with an alternate view to how the world currently functions. Our aim is to make participants aware of community and social development. By making them useful to society, we want to challenge whatever they have learnt about self-reliance and promotion of selfish ideals.

To ensure that our students are in a well protected and safe learning environment, we have teamed up with the local neighbourhood watch, the community policing forum and a private security company with armed response.

We have trained personal in first-aid and we have located services of emergency medical personal to assist in medical emergencies.

Contact information for support staff:

Adil Shaik Mungalee – 0614592272

Ebrahim Choonara – 0672681028

Website: [www.sisinde.co.za](http://www.sisinde.co.za)

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## APPLICATION FORM

Scan the QR Code to  
open the Application  
Form



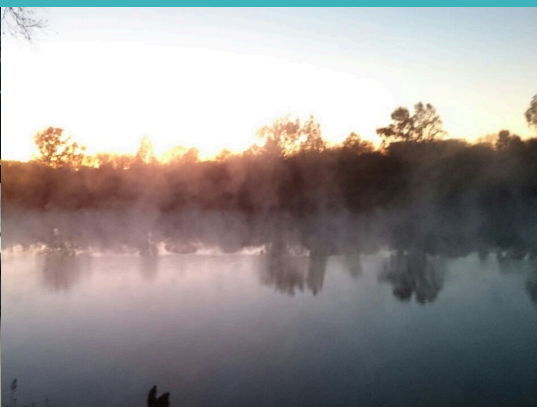
## FAQ'S

Scan the QR Code to  
open the FAQs



## LEGAL AND PRIVACY INFORMATION

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# LET'S WORK TOGETHER



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