



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Youth at Risk Community Recreation Programme Development

Culture and Arts / Sport

Unit Standard 254234 · NQF Level 5 · 11 Credits · 8 Days

COURSE OVERVIEW

This course equips learners with the skills to design, implement, and evaluate community recreation programmes specifically for youth at risk. It focuses on understanding the needs of vulnerable youth, developing inclusive activities, and fostering positive social outcomes through structured recreation.

Category	Culture and Arts
Subfield	Sport
Unit Standard	254234
Accreditation	SAQA Accredited · NQF Level 5 · 11 Credits
Duration	8 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Analyse the needs and risk factors of youth at risk within a community context.
- Design a community recreation programme that addresses identified needs and promotes positive youth development.
- Implement the recreation programme using appropriate facilitation techniques and safety protocols.
- Evaluate the programme's impact on youth participants and the broader community.
- Demonstrate inclusive practices that accommodate diverse youth backgrounds and abilities.
- Apply monitoring and reporting mechanisms to ensure programme sustainability.

WHO SHOULD ATTEND

- This course is ideal for community development workers, youth workers, sports coaches, and NGO staff involved in designing recreational programmes for at-risk youth in South African communities.

COURSE OUTLINE

Day 1: Understanding Youth at Risk and Community Recreation

- Introduction to youth at risk: definitions and statistics
- Risk and protective factors in youth development
- Benefits of recreation for at-risk youth
- Community recreation models in South Africa
- Stakeholder mapping: government, NGOs, community
- Ethical considerations in working with vulnerable youth

Day 2: Programme Planning and Needs Assessment

- Needs assessment methods: surveys, focus groups, interviews
- Asset mapping and community resources
- Setting SMART objectives for recreation programmes
- Participatory planning with youth
- Logic models: inputs, activities, outputs, outcomes
- Case studies of successful needs assessments

Day 3: Programme Design and Activity Development

- Principles of positive youth development through recreation
- Activity design: sports, arts, outdoor, and team challenges
- Integrating life skills: communication, teamwork, problem-solving
- Inclusive programming for gender, disability, and culture
- Risk assessment and safety protocols
- Writing session plans and facilitator guides

Day 4: Implementation and Facilitation Skills

- Facilitation styles and techniques
- Building rapport and trust with youth
- Managing conflict and disruptive behaviour
- Motivational interviewing basics
- Adapting activities on the fly
- Debriefing and reflection methods

Day 5: Monitoring, Evaluation, and Reporting

- M&E; frameworks for youth programmes
- Designing surveys, observation checklists, and interviews
- Quantitative and qualitative data analysis
- Reporting results to funders and community
- Ethical data collection and confidentiality
- Using M&E; for continuous improvement

Day 6: Partnership Building and Resource Mobilisation

- Partnership identification and engagement
- Resource mobilisation strategies
- Grant writing basics for recreation programmes
- Volunteer recruitment and management
- Memorandum of understanding (MOU) essentials

- Sustaining partnerships over time

Day 7: Policy, Compliance, and Sustainability

- South African youth policy and recreation legislation
- Child Protection Act and safety regulations
- Sustainability models: social enterprise, community co-ops
- Advocacy and lobbying for youth recreation
- Building community ownership and capacity
- Exit strategies and transition planning

Day 8: Integration, Presentation, and Certification

- Integrating all modules: from needs assessment to sustainability
- Developing a programme proposal document
- Presentation skills and peer feedback
- Competency assessment and portfolio submission
- Reflection on learning journey
- Certification ceremony and action planning

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **11 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 32,200.00	R 32,200.00
1	In-House	R 41,900.00	R 41,900.00
1	On-Campus (Pretoria)	R 48,300.00	R 48,300.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	19 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	19 Aug 2026	On-Campus	Mauritius
11 Aug 2026	20 Aug 2026	On-Campus	Cape Town, South Africa
12 Aug 2026	21 Aug 2026	On-Campus	Dubai, UAE
13 Aug 2026	24 Aug 2026	On-Campus	Pretoria, South Africa
14 Aug 2026	25 Aug 2026	On-Campus	Abu Dhabi, UAE
17 Aug 2026	26 Aug 2026	On-Campus	Shenzhen, China
18 Aug 2026	27 Aug 2026	On-Campus	Dubai, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 254234) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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