



*Are YOU the change
YOU want to see in the world?*



*Make a difference in your life to
make a difference in your
community!*

Chrysalis Academy Profile

Who are we?

The Chrysalis Academy is a youth leadership development organisation as well as a social crime prevention initiative, empowering young people to take responsibility for their personal growth.

Vision:

To become the leading Academy for Youth Development in the Republic of South Africa

Mission:

To unleash the potential of youth through mental, physical, emotional and spiritual empowerment, enabling them to become positive role models and productive citizens in the Republic of South Africa

To achieve its vision and mission, the Academy provides young people with the necessary life skills and tools to become self-confident, more self-aware and positive role models within their communities.

What are we offering?

The Academy offers a 3-month **intensive** residential life skills programme to provide young people with the necessary tools to become self-confident, resilient role models and leaders within their communities.

Our Programme has four phases:

Orientation Phase; Outdoor Phase; Skills Phase; and the Community and Exit Phase

During each phase, the students are exposed to physical activities, a range of learning areas and voluntary work to achieve their development into positive role models. They deepen their personal mastery, environmental awareness, life & leadership skills as well as career skills.

Throughout the programme, the students have access to individual counselling and life coaching based on individual assessments. Furthermore, parent workshops and family sessions are offered to promote positive parenting and caring families in the communities.

To ensure the sustainability of the programme and as part of the on-going development of our youth, the Academy offers a **5 year after care** support programme to monitor and assess the progress and needs of graduates in order to provide employment, learnership and volunteer opportunities where required.

Our 3-month Development Programme

I. Orientation Phase

As a foundation for our programme, a daily routine is established where discipline, neatness and personal hygiene are emphasised. The following life skills are



Aid (Level 1).

offered: Personal Mastery, Emotional Intelligence, Leadership, Goal Setting, Conflict Management, Basic Health and Nutrition, Environmental Awareness and First

II. Outdoor Phase

Our students head to the great outdoors to test their personal limits; discover their strengths and weaknesses; develop



teamwork skills and experience the power of nature. They are afforded the opportunity to explore the beauty of the Western Cape Province. After this



phase, the students receive visitors for the first time since leaving home.

III. Skills Phase

According to the needs in the job market, the

students will be exposed to different technical and vocational skills. Hairdressing & grooming, Welding, Carpentry, Cookery, Basic Office Administration and Computer skills, Public Safety, Sports Coaching, and Child & Youth Care are some of the skills on offer.

IV. Community & Exit Phase

Our students are prepared for their life back in the 'real' world by focussing on



Professional behaviour in the workplace and career guidance. Students are encouraged to 'give back to society' by connecting with schools and community organisations and doing positive community work such as sports coaching in schools, helping at Old Aged Homes or marshalling at events.

Life Coaching & Family Integration



Our professional Life Coach conducts individual assessments during the Orientation Phase to gather information about the students' backgrounds and their social needs.

The parents' workshops are an integral part of this programme and 3 workshops are presented during the 3-months training.

The aim is to encourage positive parenting styles and restoring caring, loving relationships within the home.

Letters from Parents and Students

"Chrysalis had a positive impact on my son. He acted so mature and confident when I saw him for the first time. He looked healthy. I have started to be more patient, loving and considerate. I will not push him into a direction I want him to go in, but allow him to set goals and achievements for himself". –Parent

"I wanted to change my life, my situation and I wanted to better my future. I have achieved a lot; I have found who I really am and what I want for my future. I have also achieved a lot of skills, like conflict management, personal growth and leadership abilities."

-Nico Koordom 11 ALPHA

Health Care

Health Care at the Chrysalis Academy is rendered by a chief professional nurse.

According to the



World Health Organisation, health is defined as a state of complete physical, psychological and social wellbeing and not just the absence of a disease. At Chrysalis, we embrace this view by treating our students holistically as a multi-disciplinary team. Health and wellness is a critical aspect of the 3-months programme, therefore students also receive education in leading healthy lifestyles. Students are afforded a range of therapeutic care programmes like Mindfulness, Stress Release, Yoga, Meditation and Art & Journaling.

Who should apply?

Young motivated people who want to contribute to society by positively changing their lifestyle and;

- are between 18 & 25 years old
- have passed Grade 9 (Standard 7)
- not in employment, education or training
- have no criminal record and
- is a resident of the Western Cape Province

How to apply?

Please fax or email the application form together with a copy of your I.D, proof of address and your most recent school report to the Chrysalis Academy (see our contact details below).

Bring two I.D. photos and your banking details.

Should you fit our criteria, you will be contacted to arrange an interview. You will then undergo a medical and a fitness assessment for the final selection. Random drug testing may also be done.

Take the First Step Apply TODAY

Our youth development programme is FREE to all applicants from all areas of the Western Cape.

Contact Details:

**Chrysalis Academy, Porter Estate, Tokai Road,
Tokai, 7945
Private Bag X2
Western Cape 7966**

Tel: 021 712 1023

Fax: 021 712 1075

Email: applications@chrysalisacademy.org.za

Website: www.chrysalisacademy.org.za

PART A - PERSONAL DETAILS

Surname:												
First names:												
Id number:												
Date of birth:	D	D	M	M	Y	Y	Y	Y	Age			
Gender:	Male						Female					
Race:	African		Coloured		White		Other					

PART B - CONTACT DETAILS

Cell phone													
Email address													
Street address													
Suburb/village							City/town						
Province							Postal code						
How long have you been staying at your current address?													
In which area did you stay previously?													
Is your postal address the same as your street address?												YES <input type="checkbox"/>	NO <input type="checkbox"/>
Postal address: (if not)													

PART C: DETAILS OF YOUR CURRENT/MOST RECENT STUDIES

Please provide a copy of your latest/most recent report

What are you doing this year?	In school		Employed		Unemployed		Studying and not employed			
What is your highest grade passed?		Name of school								
How did you hear about the Chrysalis Academy?	Chrysalis Graduate		Community Worker		Municipality		Website		Other	

What is your reason for applying to the Chrysalis Academy?

Do you have any family members who have been on course before? YES NO

If Yes:	Name & Surname of family member	
In which year?		How is the family member related to you?

PART D: DETAILS OF YOUR FAMILY

Is either of your parents deceased?

Mother	Yes <input type="checkbox"/> No <input type="checkbox"/>	Father	Yes <input type="checkbox"/> No <input type="checkbox"/>
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How many people including you are living in your home?

	Do you live in a female headed household?	Yes <input type="checkbox"/> No <input type="checkbox"/>
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Name of Mother/ Stepmother/ Legal guardian

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What does your mother do?

Employed <input type="checkbox"/>	Not employed <input type="checkbox"/>	Self-employed <input type="checkbox"/>	Studying <input type="checkbox"/>	Other <input type="checkbox"/>
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Occupation, if employed

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Source of income:

Salary <input type="checkbox"/>	Pension <input type="checkbox"/>	Child Support <input type="checkbox"/>	Business Profit <input type="checkbox"/>	Maintenance payments <input type="checkbox"/>
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Contact Number:

	Email:	
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Name of Father/ Stepfather/ Legal guardian

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What does your father do?

Employed <input type="checkbox"/>	Not employed <input type="checkbox"/>	Self-employed <input type="checkbox"/>	Studying <input type="checkbox"/>	Other <input type="checkbox"/>
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Occupation, if employed

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Source of income:

Salary <input type="checkbox"/>	Pension <input type="checkbox"/>	Child Support <input type="checkbox"/>	Business Profit <input type="checkbox"/>	Maintenance payments <input type="checkbox"/>
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Contact Number:

	Email:	
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PART E: SAPS CLEARANCE

Name of Police Station in your area

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I hereby endorse this application form on behalf of the SAPS (Please tick box)

Yes	No
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I hereby confirm that the applicant has been screened for criminal record (Please tick box)

Yes	No
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Comment:

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Station/Area/Provincial Commissioner		Signature	
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Official SAPS date stamp

PART F: HEALTH HISTORY QUESTIONNAIRE FOR WELLNESS/FITNESS PROGRAMME (to be completed by a Medical Practitioner)

Medical practitioner's judgement on whether the applicant's condition in respect of the following medical conditions will affect his/her ability to participate in and complete the Chrysalis Academy's intensive 3 month residential training and development programme.

1. Has the applicant ever been diagnosed with any of the following? (Please tick and circle condition)

- Heart disease, cardiac surgery
- Asthma, lung disease, tuberculosis
- Diabetes
- Epilepsy, muscular, vascular or neuromuscular disease
- Mental, psychological disorder, phobia, nervous of functional condition
- Kidney or liver disease
- Cancer, blood diseases
- High / Low blood pressure
- Hearing or visual impairments
- Allergies

2. Injuries: Document all injuries and indicate whether Current, Past Acute or Chronic

	Current	Past Acute	Chronic
Concussion			
Fractures / broken bones			
Ligament damage (knee or ankle)			
Foot injuries / issues			
Joint dislocation			
Knee injuries			
Spinal injuries			
Stab wounds or gunshot wounds in the past two years	<input type="checkbox"/> Yes <input type="checkbox"/> No		

Are there any factors that may prevent the applicant from completing a hiking, rock climbing, and/or 2.4km running session? Yes No

Does the applicant have any concerns about the safety of exercise? Yes No

Has a doctor ever told the applicant that he/she should not exercise? Yes No

Females only: Is the applicant currently pregnant? Due date if "Yes" Yes No

Are there any medicines that a medical practitioner has prescribed to the applicant in the past 12 months which he/she is currently not taking? Yes No

Is the applicant currently on any prescription and/or over the counter medication? Yes No

Medication	Reason for taking	Dosage	Frequency	Any side effects

3. Kindly give full details if the answer to any of the above was "Yes".

I, the medical practitioner declare the applicant **medically fit / medically unfit** to participate in and complete the Chrysalis Academy's intense 3 month residential training and development programme.

Signature: _____

Date: _____

Date stamp of office of Doctor

TO BE COMPLETED BY APPLICANT

- Are you prepared to make yourself available for a consultation and fitness assessment at the Chrysalis Academy should you be contacted for an interview? Yes No
- I am aware that should it be found after being accepted onto the Chrysalis Academy programme that I submitted any false or inaccurate information in connection with this application, I could be dismissed immediately. Yes No

In which capacity are you filling in this application form?

Self Mother Father Guardian Other

Signature of Applicant: _____

Signature of parent/guardian: _____

Date: _____

Date: _____

Please do not forget to attach a copy of your ID, most recent school report, your proof of address, application for Criminal Record Check or your Police Clearance Certificate.

Fax or email the completed application form to:

Contact Details:

**Chrysalis Academy, Porter Estate, Tokai Road,
Tokai, 7945
Private Bag X2
Western Cape 7966**

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