

MOT SOUTH AFRICA

January 2016



MOT International Courage2Lead Training Convention

On **4 and 5 March 2016**, MOT South Africa will be hosting a MOT International Training Convention with the theme **Courage2Lead**. The purpose of the event is to inspire, up-skill and acknowledge active MOT Presenters and MOT Youth. It will also give MOT Associates, Supporters and Sponsors the opportunity to network, share best MOT practices and strengthen the Courage to Lead in TVET Colleges, High Schools and Communities.

Feedback from MOT Students

Read below some of the feedback received from MOT Students in 2015.

"MOT helped me be more confident in my actions and made me realise that my decisions and actions can affect those around me. MOT has also taught me to be the best at what you do and never give up."

"MOT is the best programme to help students find the meaning in their lives, to know right from wrong and to succeed in life. I am very fortunate to be a part of MOT for the past three years and I will continue with everything they taught me."

"MOT is doing a great job in playing a role in encouraging us. I have learnt a lot about behaviour towards others. It has helped me to grow inside, be a better person that everyone can find easy to talk to."

"MOT has helped me to understand and love myself so that I can care for other people. I now know what I want in life and am encouraged to go out there and get it."

MOT Presenters' Training Workshops

The next MOT Presenters' Training Workshops will take place from 18 to 20 February 2016 in Cape Town and 25 to 27 February 2016 in Port Elizabeth. For more information on the workshops, contact the MOT Programmes and Training Manager at training@mot.org.za or phone the MOT SA office on 021-696 6610.

Cape Town Cycle Tour 2016

On Sunday, 6 March 2016, a group of 18 cyclists from Norway and Denmark will take part in the Cape Town Cycle Tour to support MOT South Africa. To join this group in their fundraising efforts and secure an entry in this year's Cycle Tour, contact the MOT SA office on 021 696 6610 or email: wanda@mot.org.za.



Guidelines to implement the MOT Programmes effectively

1. Schedule your 2016 calendar dates for your MOT sessions for each group(s) at the beginning of the academic year and submit them to your MOT Coordinator. Make sure your sessions are not scheduled during exam times.

2. Confirm the date, time and venue of your MOT sessions two weeks in advance.

3. Make sure you have all the equipment you need to facilitate a session, at least one week before your session. Contact your MOT Coordinator or the MOT SA office well in advance should you need any assistance.

4. Prepare for your session at least three to six days before the scheduled date. Phone the MOT SA office if you are unsure on how to conduct a specific exercise.

5. Plan your session according to the time you have available with the learners/students.

6. Wear your MOT t-shirt and be on time to prepare your classroom. Make sure you have enough space for your exercises and to arrange the chairs in a horse shoe formation.

7. The theme and aim of the MOT sessions must be made very clear to the students/learners and stick to the purpose throughout the session. Ensure that the objective(s) of the session is achieved with the learners/students and encourage their feedback.

8. Keep a register / attendance list for all the learners/students taking part in the MOT sessions.

9. Take photos of your sessions if the opportunity presents itself. Submit good quality photos to the MOT Advocacy and Social Media Manager, if you want them published.

10. Enjoy each MOT session with the students/learners and be proud of the fact that you are equipping the youth with essential life-skills to become successful in life.

11. Involve the youth in all the exercises and encourage their participation.

12. Give feedback on the manuals and exercises to the MOT SA office at office@mot.org.za. Write a journal on your experiences and share it with your MOT colleagues.

Recommended MOT Programmes planner

	High School Programme	TVET College Programme
Year 1	Sessions 1-6	Sessions 1-4
Year 2	Sessions 7-11	Sessions 5-7
Year 3	Sessions 12-15	Sessions 8 & 9

Recommended months to schedule MOT sessions

High Schools	TVET Colleges
February, March, April, May, July, August, September	January/February, March, May, August

MOT SA BOARD OF DIRECTORS: Prof Eltie Links (Chairperson); Prof John Volmink; Ntombekaya Nyati; Kubeshini Govender; Zozo Siyengo; Brian Eagar; Jannie Isaacs and Geir Nasset

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NON-PROFIT ORGANISATION (NPO No: 078-690)

PUBLIC BENEFIT ORGANISATION (PBO No: 930 028 579)

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