

SOUTH AFRICA

COURSEWORK



CURRICULUM

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ABOUT TAKE ACTION LAB

PAGE 3

LEARNING OUTCOMES

PAGES 4 - 5

UNIT 1 – FOUNDATIONS

THINKING AS A GLOBAL CITIZEN

PAGES 6 - 7

UNIT 2 – PRACTICUM

TRANSFORMING INTENT INTO IMPACT

PAGES 8 - 10

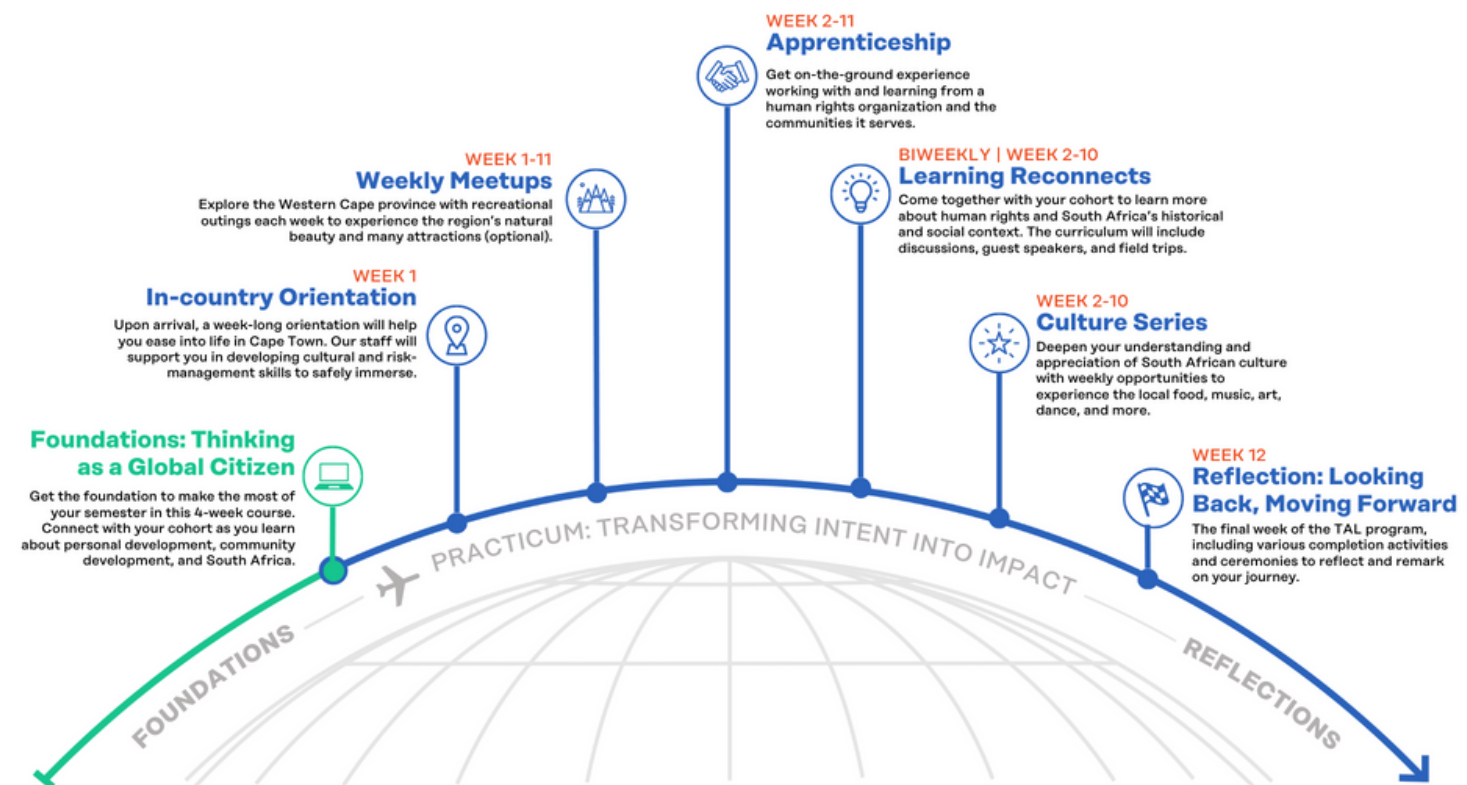
UNIT 3 – REFLECTION

LOOKING BACK, MOVING FORWARD

PAGES 11 - 12

About Take Action Lab

Gain lifelong skills during an immersive semester in South Africa while learning from experienced human rights advocates working to advance social justice. Learn to collaborate and contribute to global challenges from the ground up with a diverse cohort of like-minded peers from around the world. You'll develop the skills, network, and insights – about yourself and the world – that will help you fuel a future of positive impact.





ABOUT TAKE ACTION LAB

PAGE 3

LEARNING OUTCOMES

PAGES 4 - 5

UNIT 1 – FOUNDATIONS THINKING AS A GLOBAL CITIZEN

PAGES 6 - 7

UNIT 2 – PRACTICUM TRANSFORMING INTENT INTO IMPACT

PAGES 8 - 10

UNIT 3 – REFLECTION LOOKING BACK, MOVING FORWARD

PAGES 11 - 12

Learning Outcomes



Self Discovery

→ Self-Awareness

Analyze how your experiences and identity markers have shaped your sense of self and your worldview. Learn to recognize interpersonal dynamics, including those of privilege and intersectional identity markers.

→ Well-Being

Develop and practice habits of mind, body and spirit to help you support a life that's fulfilling and purpose-driven. Learn how to collaborate with others to cultivate communities of mutual care.

→ Sense of Purpose

Define a personal sense of belonging and meaning that will serve as both a grounding force and a compass for your future.

Global Orientation

→ Inter-relatedness

Analyze systems, problems, and solutions from a perspective that acknowledges the complex layers of relationship connecting people, communities, and planet.

→ Global Perspective Taking

Cultivate the ability to understand global perspectives different from your own and incorporate this to broaden and challenge your perspectives and worldview.

→ Empathy

Practice the capacity of "imagining yourself in another's shoes" and use this capacity to inform how you engage with people, situations and decisions.





ABOUT TAKE ACTION LAB

PAGE 3

LEARNING OUTCOMES

PAGES 4 - 5

UNIT 1 – FOUNDATIONS:
THINKING AS A GLOBAL
CITIZEN

PAGES 6 - 7

UNIT 2 – PRACTICUM
TRANSFORMING INTENT
INTO IMPACT

PAGES 8 - 10

UNIT 3 – REFLECTION:
LOOKING BACK, MOVING
FORWARD

PAGES 11 - 12

Unit 1

Foundations:

Thinking as a

Global Citizen



4 weeks – virtual

Take Action Lab begins with the Foundations course. Before going abroad, this four-week course will prepare your cohort to approach your time abroad with self-awareness, humility, and a learning mindset. Guided by experienced instructors, you'll reflect deeply on identity, privilege, belonging, and what it means to be a responsible global citizen. This virtual course will equip you with an introduction to the historical and social context in Cape Town and connect you with the cohort of students who will be journeying alongside you.

What you'll accomplish in Unit 1:

- Forge enduring relationships and develop community, trust, and a supportive culture within your cohort.
- Analyze how your experiences and intersectional identity markers have shaped your sense of self and your worldview.
- Interrogate how does it look, feel, and sound to responsibly and respectfully serve a community that I am not a part of?
- Integrate an emerging understanding of the legacy of colonialism, South Africa's history and the social/political context of Cape Town.

Format

- Foundations is a 4-week course completed online. You'll meet synchronously with your cohort 4 times a week (two 90 minute sessions and two 60 minutes sessions).
- Plan to dedicate 7 hours per week.
 - 5 hours meeting with your instructor and cohort
 - 2 hours of pre-work



ABOUT TAKE ACTION LAB

PAGE 3

LEARNING OUTCOMES

PAGES 4 - 5

**UNIT 1 – FOUNDATIONS
THINKING AS A GLOBAL
CITIZEN**

PAGES 6 - 7

**UNIT 2 – PRACTICUM
TRANSFORMING INTENT
INTO IMPACT**

PAGES 8 - 10

**UNIT 3 – REFLECTION
LOOKING BACK, MOVING
FORWARD**

PAGES 11 - 12

Unit 2

Practicum: Transforming Intent into Impact



12 weeks – Cape Town, South Africa



The Practicum is at the heart of the Take Action Lab experience. For 12 weeks you'll immerse yourself in the culture and community of Cape Town, South Africa. The following components will structure your immersion experience.

- **Orientation:** Upon arrival in Cape Town, the Global Citizen Year team will welcome your cohort and help you settle in. During a week-long orientation, you'll build community with your cohort and learn cultural and risk-management skills to safely immerse and navigate Cape Town.
- **Apprenticeship:** You'll be matched with a South African organization advancing a human rights cause aligned with your interests; this will be your apprenticeship. Each week, you'll spend four days at your apprenticeship, supporting their mission, and deepening your own awareness by working on-the-ground with experienced human rights advocates and the communities they serve. A staff advisor and a mentor at your apprenticeship will support you in setting and working toward meaningful goals for your apprenticeship experience.
- **Asset Mapping Project:** While at your apprenticeship, you'll learn to apply the principles of asset-based community development by completing an asset mapping project. Your research conducting community stakeholder interviews will culminate in a dynamic, multimedia asset map.
- **Cultural Excursions:** Outside of your apprenticeship, weekly cultural excursions with your cohort will provide experiential opportunities to extend and challenge your understanding of South Africa and all its complexities.

- **Global Cohort:** While not a formally structured part of the curriculum, the learning experience is immeasurably enhanced by the relationships and interactions you'll have co-living with your global cohort and by the daily experiences of immersing yourself in a new country and culture.

What you'll accomplish in Unit 2:

- Develop professional, cross-cultural communication skills in real-world environments.
- Deepen your understanding of human rights issues through direct engagement in human rights work.
- Extend and challenge your capacity for self-directed learning and action.
- Learn the principles of asset-based community development and put them into practice by conducting stakeholder interviews.
- Design a dynamic, multimedia asset map presenting your research into how existing assets can address a community-identified problem.

Format

- During the 12 week Practicum, you'll report to your apprenticeship 4 days a week (Monday - Thursday). Apprenticeship hours range from 5 - 8 hours per day.
- Each apprenticeship in South Africa is connected to the advancement of human rights. Particular themes include:
 - Early childhood education
 - Food security and economic development
 - Migration and refugees
 - Women's empowerment
 - Youth empowerment and recreation



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PAGE 3

LEARNING OUTCOMES

PAGES 4 - 5

**UNIT 1 – FOUNDATIONS
THINKING AS A GLOBAL
CITIZEN**

PAGES 6 - 7

**UNIT 2 – PRACTICUM
TRANSFORMING INTENT
INTO IMPACT**

PAGES 8 - 10

**UNIT 3 – REFLECTION
LOOKING BACK, MOVING
FORWARD**

PAGES 11 - 12

Unit 3

Reflection: Looking Back, Moving Forward



1 week – Cape Town, South Africa

During the final week of the semester, you'll make meaning out of the rich experiences you've had in South Africa. Through guided reflection, you'll consider how you want to integrate your new perspectives into life going forward. As your cohort prepares to return to their home countries, this final week sets the foundation for maintaining your cohort connections across the globe. Finally, you will be officially welcomed into Global Citizen Year's alumni network – a robust community of 2000 changemakers worldwide.

What you'll accomplish in Unit 3:

- Reflect upon your experiences and the impact of those experiences on your sense of self and your worldview.
- Consider how your experiences and new understandings may endure and inform your life after departing South Africa.

Format

- Final week in Cape Town, South Africa.



APPLY NOW

Now accepting applications!

Global Citizen Year is the only program that recruits and selects the most promising future changemakers (independent of financial circumstances) and helps them to develop the insights, skills, and networks needed to drive social impact over the course of their lives.

Apply to Take Action Lab today!



APPLY NOW → GLOBALCITIZENYEAR.ORG/APPLY



THE FUTURE IS UP TO YOU

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