



Happy Youth Day!

This year's **Youth Day** will most definitely be a memorable one as the national holiday is celebrated in conjunction with the world's biggest sporting event, the FIFA Soccer World Cup, held on our home grounds. All schools and tertiary institutions are on holiday and so bringing an extra bit of freedom and fun to the nation's festivities. As a country, we will have much more reason to celebrate our annual Youth Day.

Stadiums have been built, a mascot has emerged and even a signature dance has been choreographed, "The Diski Dance". So, how exactly does all of this affect our youth? For starters, the City of Cape Town has excellent holiday programmes available. This year's June/July holidays will be 5 weeks long and so the City have compiled a roster which includes a variety of activities. Pam Naidoo, the 2010 Project Coordinator at the City of Cape Town has come together with the Western Cape Department of Social Development to present activities in all of the Sub councils 23 areas. The City as well as provisional staff members will be assisted by a further 340 volunteers to watch over the activities which will be taking place. Some programmes include talent shows, workshops on drugs, HIV/Aids and teenage pregnancy. The City of Cape Town's Lesley de Reuch says that about **125 000 children** in the Cape metropole will benefit from the holiday programme.

De Reuch also adds that the City wants to leave a legacy long after the World Cup has ended and that the various activities are aimed at boosting the Western Cape's excitement, offer a safe environment during the holidays and to teach life skills, while having fun. For more information on the programmes and its venues contact [Cornelia Finch](#) on (021) 400 1495 or 083 642 1289.

Besides the above holiday programmes, the youth can also look forward to the **Fanparks** which have been set up around the country in the host cities. Fanparks are public viewing areas which were started in 2006 by FIFA for those who weren't able to afford tickets to watch the games at the stadiums. On the days when there are matches, many of these Fanparks will provide live entertainment before the match kicks off and during intervals...exciting!

The World Cup has brought many great opportunities and exposure to our beautiful country, all the upgrades that have been made in the various host cities will benefit all of us once the World Cup has come and gone. Not only has the World Cup already united all South Africans but it has truly boosted our patriotism. The citizens of our country have come together in support and we should make every effort to show the world that South Africa can host the world's biggest sporting event and make it a great success...come on youth, let's represent and celebrate Youth Day and World Cup month the "Ayoba" way!

Become a fan of our **Facebook Group**: The Heart and Stroke Foundation South Africa and tell us just how "Ayoba" your holiday and Youth Day has been...

Happy Youth Day from the Heart and Stroke Foundation SA...

Written by:

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The Heart and Stroke Foundation SA

The Heart and Stroke Foundation South Africa is a community-based organisation established to reduce the amount of South Africans who suffer or die from heart, stroke and blood vessel disease by providing education and supporting research. For further information visit www.heartfoundation.co.za