

## CONTACT DETAILS

### FULL SERVICE BRANCHES

#### EASTERN CAPE

**East London Full Service Branch**  
73 Oxford street  
East London

#### Port Elizabeth Full Service Branch

Govan Mbeki Avenue,  
Vuyisile Mini Square,  
Port Elizabeth, 6001

#### Mthatha

Wonkennntu Craft Centre  
Nelson Mandela Drive  
(Next to Shell Garage)  
Mthatha, 5100

#### KWAZULU-NATAL

#### eMpanjeni Full Service Branch

Central Business District  
Cnr Main and Turnbull Road  
Empangeni

#### Durban Full Service Branch

71 Margaret Mncadi Avenue  
Victoria Maine Building,  
Durban

#### Newcastle Full Service Branch

Civic Centre Newcastle  
38 Murchison Street  
Newcastle

#### Mbombela Full Service Branch

Office Number 7 & 8, Imbizo Place  
Samora Machele Drive (N4)  
Mbombela

#### Secunda Full Service Branch

Block D (Third Door)  
Kiwiet Office Park, Secunda

#### eMalahleni Full Service Branch

Stand No 174 Smuts Avenue  
Emalahleni

#### GAUTENG

#### Johannesburg Full Service Branch

28 Harrison Street  
6th Floor, Johannesburg

#### Randfontein Full Service Branch

Shop No. 2, Cnr Sutherland & Park Street,  
Randfontein

#### Sedibeng

Mafatsane Thusong Centre  
Second Avenue, Evaton, 1985

#### Ekurhuleni

13 Church Street  
Old Magistrate Building  
Youth Empowerment Centre,  
Boksburg

#### Tshwane Full Service Branch

Middestad Mall, 1st Floor  
522 Thabo Sehume Street, Pretoria

#### LIMPOPO

#### Polokwane Full Service Centre

69 Schoeman Street  
Moolman Building, Polokwane

#### Thulamela Full Service Branch

Thulamela Information centre  
Punda Maria Road, Thohoyandou

#### WESTERN CAPE

#### Cape Town Full Service Branch

Shop P18A Golden Acre  
9 Adderley Street, Cape Town

#### FREE STATE

#### Bloemfontein Full Service Branch

Shop GF 125, Sanlam Plaza  
Cnr Charlotte Maxeke & East Burger Streets  
Bloemfontein

#### NORTHERN CAPE

#### Kimberly Full Service Branch

Old Telkom Building, 64 - 70 De Toit Span

#### NORTH WEST

#### Rustenburg Full Service Branch

39 Heystek Street, (next to SARS)  
Rustenburg

### DISTRICT CENTERS:

#### Mopani District Office

27 Agatha Street, Elita Flat no.5  
Central Park, Tzaneen

#### THULAMAHASHE

Bushbuckridge Local Municipality Office, Old  
Bohlabela BLD, Bushbuckridge Main Road.

#### SEKHUKHUNE - GROBLERSDAL

529 Van Reebeck Street, Groblersdal 0470

#### District: WATERBERG - THABAZIMBI

Address: Thabazimbi, Limpopo  
11 Jourdan Street, Mollies Building

#### District: CHRIS HANI - QUEENSTOWN

Address: 22 Cathcart street, Komani

#### District: ALFRED NZO - MOUNT AYLIFF

Umzimvubu Goats Complex-Hospital Road,  
Mount Ayliff 4735

#### District: JOHN TAOLO GAETSEWE

KURUMAN, 4 Federale Mynbou  
(St John Taolo District Municipality)

#### District: NGAKA MODIRI MOLEMA

30 James Watt Crescent  
Industrial Site, Mafikeng

#### XHARIEP

20 Louw Street, Trompsburg

#### District: FEZILE DABI - TWEELING

514 Tweeling, Pink Monaune Youth  
Development Centre, Tweeling, 9820

#### District: UMKHANYAKUDE

MBAZWANA THUSONG CENTRE  
P466, Mbazwana, 3974

#### District: SARAH BAARTMAN - KIRKWOOD

Nalambe Municipal Building  
57 Voortrekker Street, Alexandria, 6185

#### District: ZULULAND PONGOLA

D1867 Belgrade Area, 3170

#### District: UGU - PORT SHEPSTONE

#### District: WESTERN CAPE

BEAUFORT WEST  
1 Ngesi Ave, Sidesaviwa,  
Beaufort West, 6970

#### District: UTHUKELA MUNICIPALITY

LADYSMITH  
25 Keate Street, Ladysmith



# LIFE SKILLS PROGRAMME



NATIONAL YOUTH DEVELOPMENT AGENCY  
**OUR YOUTH. OUR FUTURE.**

Toll Free No: **0800 58 58 58** • Web: **www.nyda.gov.za**

National Youth Development Agency @nyda\_insta @NYDARSA @nydarsa

## Background

In a constantly changing environment, having Life Skills is an essential part of being able to meet the challenges of everyday life. The dramatic changes in global economies over the past decade have been matched with the transformation in technology and these are all impacting on education, the workplace and in household settings. To cope with the increasing pace and change of modern life, young people need new life skills such as the ability to deal with stress and frustration. Today's youth will have many new jobs over the course of their lives, with associated pressures and the need for flexibility.

## Individual benefits

In everyday life, the development of life skills helps learners to:

- Find new ways of thinking and problem solving
- Recognise the impact of their actions and teaches them to take responsibility for what they do rather than blame others
- Build confidence both in spoken skills and for group collaboration and cooperation
- Analyse options, make decisions, and understand why they make certain choices outside the classroom
- Develop a greater sense of self-awareness and appreciation for others

## Employment benefit

While learners work hard to get good grades, many still struggle to gain employment. According to research, employers are looking not just for academic success but key employability skills including: -

- The ability to self-manage, solve problems, and understand the business environment
- Working well as part of the team
- Time and people management
- Agility and adaptability to different roles and flexible working environments
- The potential to lead by influence

## Benefit to Society

The more we develop life skills individually, the more these affects and benefit the world in which we live:

- Recognizing cultural awareness and citizenship makes international cooperation easier
- Respecting diversity allows creativity and imagination to flourish developing a more tolerant society
- Developing negotiation skills, the ability to network and empathize can help to build resolutions rather than resentments

## Objectives

- To equip young people with information and capacity through disseminating information on topics covered in the modules.
- To empower youth to make informed decision.
- To empower youth with applicable life skills relevant to a constantly changing society
- To promote active citizenry among young people &
- To impart skills and decision-making capabilities that would result in social and economic participation.

## Accessibility

Life Skills training is accessible through the walk-ins in all NYDA Branches and district offices of NYDA countrywide or you can register online at [erp.nyda.gov.za](http://erp.nyda.gov.za). It is presented by our well-qualified training officers. They train in accordance with the youth needs. It could be issues of personal development, conflict resolutions, money management skills and communications. It is required that youth who have passion to start businesses must go through the life skills training.

## How to access the Life Skills Programme:

Visit our website at [www.nyda.gov.za](http://www.nyda.gov.za)  
Contact our call centre on 0800 58 58 58;  
or Visit your nearest NYDA branch.

