

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

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

KWAZULU-NATAL

eMpangeni 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, Molliès 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

Ndlambe 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. 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
Contact our call centre on 0800 58 58 58;
or Visit your nearest NYDA branch.

