TAKE ACTION LAB

Apprenticeship

LOOK BOOK

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Put Your Learning Into **Action**

Students are placed in an apprenticeship with an organization working in Civic Innovation in Cape Town or Environment & Sustainability in Penang. They work at this organization Monday - Thursday each week, with guidance from their Apprenticeship Supervisor and supported by a Take Action Lab Program Coordinator Mentor. During the week they complete work for the organization, as well as specific tasks that support their learning and growth:

- 1:1 Meetings with their Supervisor and TAL Mentor
- A weekly Professional Reflection
- A work plan to guide your placement
- A group project that help students contextualise their apprenticeship through the lens of Civic Innovation, or Environment & Sustainability

READY TO APPLY? TILTINGFUTURES.ORG

Take Action Lab is a holistic learning experience blending **personal**, **professional** and **academic** learning through all parts of our program.

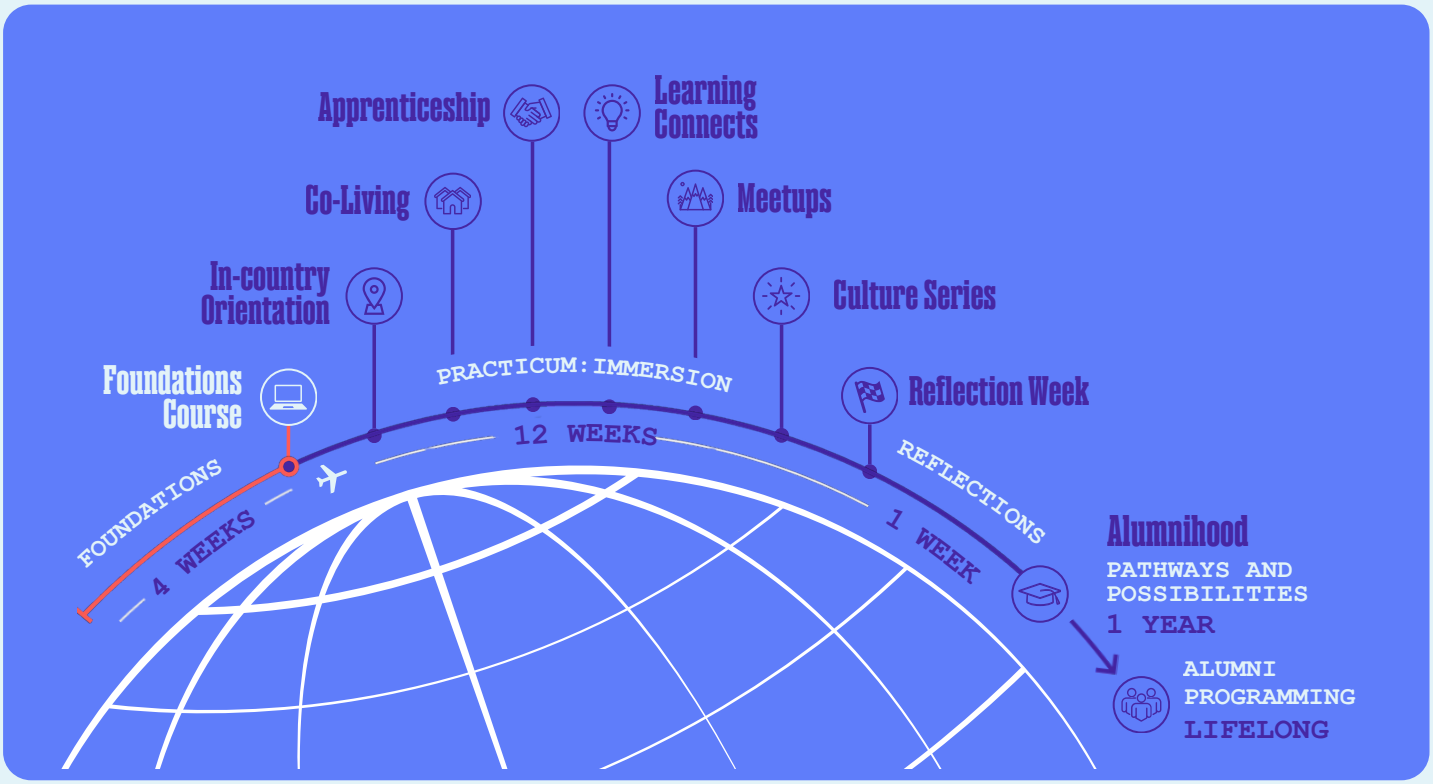
Interested in learning more about our curriculum?

Scan the QR code to explore the full Take Action Lab curriculum

DISCOVER THE FULL CURRICULUM

Component Parts of Take Action Lab

The Take Action Lab Curriculum Pillars and Learning Outcomes are integrated into all parts of the program.



The program arc showcases how the full Take Action Lab Term unfolds. The Accelerator follows the same arc over nine weeks.

TAKE ACTION LAB

Civic Innovation

CAPE TOWN, SOUTH AFRICA

FULL TERM
FEBRUARY TERM | AUGUST TERM

ACCELERATOR
JUNE TERM



Apprenticeship Samples:

Abalimi Bezekhaya is a Cape Town-based non-profit organization committed to empowering communities through sustainable urban agriculture and environmental stewardship. Founded in 1982, the organization works with underprivileged communities in the Cape Flats region to promote food security, environmental awareness, and economic development. By equipping individuals with the tools, knowledge, and resources to cultivate home and community gardens, Abalimi helps transform barren urban spaces into vibrant green hubs of productivity and sustainability.

The Alcardo Andrews Foundation is dedicated to transforming lives and communities through education, advocacy, and support. Founded in honor of social justice leader Alcardo Andrews, it focuses on sustainable development and empowering individuals to reach their potential.

The foundation provides access to quality education, promotes community development, advocates for social justice, supports youth empowerment, and champions environmental sustainability. Through innovative programs and partnerships, it addresses societal challenges, promotes equality, and creates opportunities for growth and empowerment.

Bush Radio is a pioneering community radio station in Cape Town, South Africa, established in 1993. It provides a vital platform for marginalized and underrepresented communities to share their stories and concerns. Broadcasting diverse programming, including news, talk shows, music, and cultural content, the station promotes freedom of expression, cultural diversity, and social justice. It has significantly contributed to nurturing local talent and addressing community issues, fostering greater inclusion and representation in the media landscape.

The Cape Town Science Centre is an interactive educational facility promoting science, technology, engineering, and mathematics (STEM). Featuring over 250 exhibits, puzzles, and outdoor water-saving displays, it offers engaging learning experiences for all ages. In collaboration with the Western Cape Education Department, the centre supports STEM Clubs to enhance student engagement, literacy, and career opportunities. It also hosts events and activities year-round, inspiring curiosity and fostering a deeper understanding of science and innovation within the community.

Cape Town TV (CTV) is a non-profit community television station providing an inclusive platform for local voices, events, and stories often overlooked by mainstream media. Its programming includes news, documentaries, talk shows, cultural programs, and community initiatives that reflect the interests of Cape Town residents. CTV promotes community participation in content creation, fostering local ownership, diverse representation, and greater media access for underrepresented groups.

The Center of Excellence supports learners from local primary and high schools through structured after-school programs focused on literacy, numeracy, and life skills. It also provides psychosocial support and community engagement initiatives aimed at breaking cycles of poverty, violence, and school dropout. By equipping learners with essential tools, knowledge, and confidence, the Center for Excellence helps them build brighter futures and pursue long-term educational and personal success.

EcoActive is a Cape Town-based nonprofit dedicated to environmental education, youth empowerment, and sustainable community development. Through workshops, clean-up campaigns, permaculture gardening, and skills training, it promotes ecological literacy and positive behavioral change. Working with schools, NGOs, and grassroots movements, EcoActive inspires young people to become environmentally conscious leaders and fosters a culture of responsibility and sustainability in communities most affected by environmental challenges.

GAPA supports elderly women in Khayelitsha, Cape Town's largest township, with self-help groups fostering mutual support and skills development. Initially focused on grandmothers affected by AIDS-related losses, it now engages over 600 seniors and runs an aftercare program for more than 100 grandchildren. For over two decades, GAPA has provided vital community resilience, care, and empowerment.

Great Commission United is a Cape Town-based nonprofit organization focused on community upliftment, youth development, and social outreach. The organization works within local communities to provide structured programs aimed at empowering children, youth, and families through mentorship, skills development, educational support, and community-based initiatives.

Just Grace, based in Langa, Cape Town, drives community empowerment through education, youth development, skills training, and psychosocial support. Founded in 2012, it partners with local stakeholders to create sustainable, long-term solutions. Programs include academic support, vocational training, and initiatives to strengthen families and communities, fostering resilience and opportunities for all.

Noluthando Sheltered Employment Trust is a Cape Town-based nonprofit organization dedicated to providing meaningful and supported employment opportunities for individuals with disabilities and those who face barriers to entering the mainstream workforce. The organization operates as a sheltered employment center, creating structured work environments where beneficiaries can develop vocational skills, build confidence, and earn an income in a safe and inclusive setting.

PHILISA ABAFAZI BETHU
WOMEN & FAMILY CENTER

Founded in 2008 by Lucinda Evans, Philisa Abafazi Bethu addresses gender-based violence and child abuse in Steenberg, Cape Town. Evolving from Evans's home to a Women's and Family Centre, it provides education, outreach, and tailored programs for women, children, the elderly, LGBTQIA+ individuals, and men, offering protection, support, and hope for safer communities.

SHAWCO
STUDENTS' HEALTH & WELFARE CENTRES ORGANISATION

Founded in 1943 by UCT student Andrew Kinnear, SHAWCO is a leading Cape Town nonprofit focused on health, education, and social entrepreneurship. Through mobile clinics, educational programs, and student involvement, it addresses under-resourced communities' needs while fostering leadership, volunteerism, and sustainable solutions to social challenges.

SPP
SURPLUS PEOPLE'S PROJECT
CAPE TOWN • SOUTH AFRICA

Surplus People Project (SPP) is an organisation focused on land rights and agrarian reform, originating during apartheid to advocate for marginalised communities' land rights. Through research, advocacy, and community organising, they address challenges stemming from land dispossession. Their efforts include promoting land reform policies, sustainable agriculture, and social justice.

SPP advocates for land rights, agrarian reform, and food sovereignty, rooted in struggles against apartheid-era dispossession. Through research, advocacy, and community organizing, it promotes sustainable agriculture, gender equality, and pro-poor transformation. Collaborating with rural communities, SPP empowers youth and women, advancing social justice and equitable livelihoods.

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sweat
Sex Workers Education & Advocacy Taskforce

SWEAT is South Africa's leading sex worker human rights organization, providing services and advocating for adult sex workers for over 20 years. It supports their access to health and legal rights in a criminalized system while campaigning for the decriminalization of sex work to improve safety, equality, and dignity.

UMOJA

FOR AFRICA

Umoja for Africa empowers disadvantaged communities by providing skills training in beading, sewing, and crafts, fostering self-sufficiency and income generation. The nonprofit promotes respect, authenticity, and transparency while supporting both women and men to create sustainable livelihoods and stronger, more resilient African communities.

YMCA

PE TOWN

The YMCA Cape Town is a vibrant organization dedicated to youth development, healthy living, and social responsibility. Their mission is to empower young people and promote community well-being while upholding values of inclusivity and integrity.
Their programs include youth development initiatives, health and wellness activities, and community outreach programs targeting vulnerable populations. They collaborate with local organizations, schools, and businesses to expand their reach and impact.
YMCA Cape Town promotes youth development, healthy living, and social responsibility through programs in education, wellness, and community outreach. It partners with schools, organizations, and businesses to expand impact, with volunteers playing a key role in mentoring, program delivery, and events. Its facilities serve as hubs for learning and connection, building stronger, more resilient communities.





TAKE ACTION LAB

Environment & Sustainability

PENANG ISLAND, MALAYSIA

FULL TERM
FEBRUARY TERM | AUGUST TERM

ACCELERATOR
JUNE TERM



Apprenticeship Samples:

Alpha Agriventure

Alpha Agriventure produce authentic stingless bee honey, natural health supplements, and premium organically grown tropical vegetables, herbs, and fruits. Through regenerative farming, also help transform dry, underused land into productive, sustainable farms, while offering private and group farm visits and tours.

CEMACS
Centre for Marine & Coastal Studies

The Centre for Marine and Coastal Studies (CEMACS) is a research and education centre under Universiti Sains Malaysia (USM), established in 1978. Located in Teluk Aling, Penang National Park, CEMACS serves as a hub for marine and coastal research, focusing on areas such as biodiversity, aquaculture, climate change, marine conservation, and ecosystem management. It provides facilities for fieldwork, academic training, and community engagement, and plays a vital role in promoting sustainable use and protection of marine and coastal environments in Malaysia and beyond.

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entopia.
by Penang Butterfly Farm

Entopia is a Centre for Nature Learning that brings together the best of the living world and the world of learning. Entopia is not just a tourist attraction, but a place to learn, experience, and develop appreciation for invertebrates, ecosystems, and sustainability.

Green Acres

Green Acres is a sustainable farm and eco-tourism destination that practices organic farming and orchard management, including soil health, planting, tree care, and foraging, while also processing farm produce such as nutmeg and clove products. The farm maintains eco-lodge facilities, trails, water systems, and accommodations, and hosts guests for farm stays, educational farm tours, and hospitality experiences.

Green Acres also creates and curates educational content about sustainable farming, local flora, and farm life, catering to nature lovers, food enthusiasts, students and school groups, and local and international visitors interested in sustainable agriculture and eco-tourism.

GREW

Green Educators' Workgroup Penang

Green Educator's Workgroup (GREW) is a non-profit educator network dedicated to advancing environmental education, sustainability, and climate action in schools and communities. We design and implement Education for Sustainable Development (ESD) programs that integrate environmental awareness into formal curriculum, co-curricular activities, and community engagement.

Our work includes teacher training, student empowerment programs, green school transformation projects, and partnerships with government agencies, NGOs, and the private sector to scale impact.

HARMONICO

Penang Harmony Corporation Sdn. Bhd. (HARMONICO) aims to build and promote the new concept of religious harmony so as to meet the challenges posed by religious diversity in a globalized world. On the basis of recognizing religious diversity and differences, all religions should enhance mutual understanding and empathy through dialogue, shoulder the common responsibility of upholding peace and justice through cooperation, and foster intra- and inter-religious harmony and harmony between the religious community and the larger society.

Penang Green Council

The establishment of the Penang Green Council in 2011 was aimed at driving green conversations in Penang. Over the years, PGC diversified its offerings, not limited to just community outreach programs, but also plays a critical role in advancing understanding of environmental challenges in Penang, shaping policies and advocating for environmental solutions. PGC's objectives are: 1. Advocate for Green Policy/ Policy Change; 2. Promote Environmental Education; 3. Foster Partnerships, and 4. Organise green events.

PGC's main target audience includes governmental departments and agencies, industry players, corporate offices, institutions and schools, and the general public.

PENANG SCIENCE CLUSTER

Penang Science Cluster is a nonprofit organisation dedicated to advancing STEM education and innovation across Penang and Malaysia. We design and deliver hands-on programs, workshops, and competitions that spark curiosity and develop critical thinking, problem-solving, and digital skills among youth. Our main target audience includes students aged 10 to 18, educators, and underserved communities, with a strong focus on empowering young people from diverse backgrounds to pursue careers in science, technology, engineering, and mathematics.

PENANG BOTANICAL GARDEN

Established in 1884, the Penang Botanic Gardens (also known as the Waterfall Gardens) is Malaysia’s oldest public botanical garden and a vital ecological sanctuary in George Town. Managed by the Penang State Government within the UNESCO-recognized Penang Hill Biosphere Reserve, this 29-hectare valley preserves rich tropical biodiversity. Serving as metropolitan Penang’s "green lung," the gardens combine plant conservation, botanical research, and public environmental education with free, open-air recreation.

Through interpretive plant collections, guided forest walks, and partnerships with local groups, the gardens host school excursions, river water-quality assessments, and sustainability workshops. Combining conservation, horticulture, and free open-air recreation, it fosters environmental stewardship and connects visitors with Penang’s tropical biodiversity.

thinkcity
Making Cities Liveable, Together

Think City is a social purpose organisation dedicated to advancing urban sustainability, heritage conservation, and climate resilience. As part of our Climate Resilience Team, we work to build a more livable and climate-ready George Town through data-driven research, nature-based solutions, and inclusive community engagement.

Our projects focus on addressing urban heat risk, enhancing biodiversity, and strengthening city systems through both policy-level work and grassroots involvement.

TZU CHI

The Tzu Chi Environment Protection Education Centre in Penang is a community-driven sustainability hub operated by the Buddhist Tzu Chi Merits Society. Dedicated to environmental stewardship and compassionate service, the centre educates the public on the 5Rs—Recycle, Repair, Reuse, Reduce, and Rethink—through hands-on waste sorting and upcycling workshops.

Beyond accepting diverse recyclables and e-waste, volunteers repair donated appliances to support low-income families, promote plant-based living, and host community wellness programs. Powered by grassroots volunteerism, the centre transforms everyday recycling into meaningful action for a cleaner planet and a stronger, more caring society.

TROPICAL SPICE GARDEN

Maintain an 8-acre secondary rainforest garden with over 500 species of herbs and spices.

Provide guided tours, self-guided audio tours, cooking and soap-making workshops, and wellness events such as yoga, aromatherapy, and sound baths.

Host seasonal and educational activities like camping, forest bathing, children’s craft sessions, and nature walks.

Water Watch Penang

Water Watch Penang conducts educational programmes and outreach, research work and liaises with other organisations that are dedicated to similar aims and objectives.

Water Watch Penang focuses on students of all education levels, and industries that are dedicated to making a difference to the environment and the general public through our training and educational programmes.

WorldFish

As an international, non-profit research organization dedicated to harnessing the potential of sustainable aquaculture and fisheries to meet the growing global demand for nutritious food.

Our work includes scientific research, capacity-building, and policy engagement to promote resilient aquatic food systems. Our main target audiences include small-scale fishers and aquaculture farmers, policymakers, development partners, researchers, and community-based organizations.





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