



have fun. help people.

South Africa Cape Town Experience About your Program



"There comes a point in a person's life when you start asking yourself: what difference am I making in this world? I decided to put my time into something worthwhile."

- Gayle Harrod

South Africa Cape Town Experience

Introduction to South Africa

South Africa has officially celebrated an end to formal Apartheid but despite its rich natural resources and can-do attitude, the majority of the black population still face huge challenges. Job prospects are still in low supply, housing and the standard of living are still far below expectations, e.g. access to running tap water is limited, decent flushing toilets are shared, and millions still live in “slums”. This program provides unique opportunities to understand the challenges faced by the black majority, while also helping to improve their lives. In stunning contrast, volunteers will see “beyond-belief”, gorgeous sights, white sandy beaches, pristine wineries, rugged mountain-scapes, gigantic whales and wild penguins etc, and more importantly they will get to understand the real beauties and challenges of the new South Africa.



South Africa is located at the southernmost tip of Africa bordered by Namibia, Botswana, and Zimbabwe to the North, the Southern Ocean to the South, the Atlantic Ocean to the west, and Mozambique and Swaziland to the East. In 1488 the Portuguese explorer Bartolomeu Dias found the Cape of Good Hope, which later developed into Cape Town when the Dutch settled there in 1652. In 1795 Cape Town was captured by Britain, and officially became part of the British Empire in 1814 after the battle of Waterloo. The colony became self-governing in 1872 and then in 1931 South Africa became fully independent. By 1961 South Africa was a republic. Today Capetown is one of the most multicultural cities in the world, and a major destination of immigrants.

In 2014 Capetown was named the best place in the world to visit by both The New York Times and The Telegraph.

Attributes of South Africa



Wildlife: South Africa is home to a diverse number of animals including the famous Big Five: elephant, lion, rhino, leopard, and buffalo. The Kruger National Park alone has over 10,000 elephants and 20,000 buffalos. Cats, birds, reptiles, fish, and over 200 different mammal species can be spotted in various regions of South Africa. There are 20 national parks in South Africa dedicated to conserving wildlife in their natural environments.

Wine: South Africa has one of the oldest wine industries in the world, outside of Europe and the Mediterranean, dating back to 1659 with the explorations of the Dutch East India Company. The climate in South Africa allows grapes to thrive and the threat of a winter frost is very rare. In 2003 70% of grapes harvested in the country were used in wine production.



Challenges in South Africa

Unemployment: As of 2014, the unemployment rate in South Africa is about 25%. Youth unemployment is one of the country's major socio-economic challenges as well. 63% of youth between 15-24 years old (3.2 million individuals) are not in employment, education, or training.

Poverty: As of 2011 extreme poverty rates are 20.2% and moderate poverty rates are 45.5%. This translates to about 10.2 million South Africans living in extreme poverty and 23 million living in moderate poverty.

HIV/AIDS: As of 2013 6.3 million South Africans were infected with HIV/AIDS. 18.5% of the adult population is infected as well. South Africa has the largest number of individuals infected with HIV/AIDS than any other single country in the world.

Life Expectancy: As of 2009, life expectancy for a white South African was 71 years, but only 48 years for a black South African.

Orphans: South Africa has an estimated 3.9 million orphans. About 2 million of these children have lost their parents as a direct result of AIDS-related diseases. About 150,000 children are believed to be living in child-headed households

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Community

Hout Bay is a lively coastal town with a picturesque harbor about 18 miles south of Cape Town, situated in a valley on the Atlantic seaboard of the Cape peninsula. It is divided into approximately 28 distinct areas. Hout Bay is surrounded by mountains to the north, east and west and the southern Atlantic Ocean to the south. In the north, it is bordered by Table Mountain National Park comprising the Oranjekloof Nature reserve and the bottom slopes of Table Mountain beyond that. To the north-west, it is bordered by the backside of the Twelve Apostles, known as the Oranjekloof. To the west, it is bordered by Little Lion's Head (Klein Leeukop), Karbonkelberg, Kaptein's Peak and the Sentinel. To the east it is bordered by the Vlakkenberg, Skoorsteenskopberg and Constantiaberg. The world famous Chapman's Peak Drive is carved out of the mountainside and leads towards Noordhoek and onwards to Cape Point. Both Hout Bay and Cape Town are best explored on foot, though your coordinator will be arranging transport for you between your accommodations and project work site every day.

Cape Town International Airport (CPT/FACT) is the airport that volunteers will fly into. It has direct flights from Johannesburg and Durban. We do take each individual back again on departure. See further down below on specific meet up requirements.

Imizano Yetho township (approximate population – 20,000 to 35,000) is the area where all our projects will be focused, and schools in other deprived, nearby areas. Locals refer to the town as IY. The primary language for most residents is Xhosa, though you will find plenty of people who also speak English. Only 5% speak Afrikaans. Taxis are fairly plentiful and safe.



Projects and Expectations

Globe Aware engages volunteers in several different work projects targeted at helping those who are impoverished. Much of the work and projects relate to helping the overcrowded community of Imizamo Yetho township where most of the residents live in makeshift shacks (some Westerners would call these – slums) sharing communal taps and toilets with hundreds of neighbors, where the roads are pot-holed and where the basic infrastructure is run-down. The projects will vary depending on weather conditions, the number of volunteers, and the projects' needs.



Volunteers will be involved in helping to improve and maintain informal community and pre-school (crèche) care centers, assisting with the refurbishment of the Community Youth Centre, helping to rebuild shacks lost due to fires, replacing simple roofing, home waterproofing, installing concrete flooring, painting and refurbishing local schools, participating in community and schools sports programs like soccer, volleyball, field hockey, Physical Education lessons.

Other projects may include working to improve schools in Imizamo Yethu in Hout Bay, painting murals and doing other maintenance projects..

Many in the area do not finish school beyond primary schools. The funds to send children via car or bus is often simply not feasible. Very few truancy prevention measures are in place.

Because of the high level of poverty, many families live in quickly made shelters directly on earth floors. There is quite a range of housing, however. You will see some concrete and or brick structures that have been erected with the help of funds of volunteers and NGOs. But most are made from found materials and refuge. A few have access to running water and toilets but most share concrete out houses located in a central area. Most bathing is done by bringing a plastic tub into their homes and sponge washing. There is no sewerage system and a very underdeveloped water system, in terms of infrastructure. The Disa River which runs through this settlement has the highest level of e-coli bacteria that has ever been recorded in South Africa. Note that volunteers will not be staying in Imizamo Yethu.

In 2002 a project spearheaded by an Irish based NGO called the Niall Mellon Township Trust, in cooperation with their People's Housing Process, community living conditions were improved as several hundred homes were built.

NOTE: Schools have their long holidays from June 29 to July 17 and mid December to mid January. This means no work "within" schools between those dates, though we may be working on refurbishments during this time.

Leisure Activities

Volunteers will learn first hand from our coordinator about the culture and traditions of her Xhosa tribe and invites volunteers to her local church service if there is interest. Witness the outstanding local modern dancing of the young children. Visit the small community craft center and the outstanding beaches of Camps Bay and Clifton. Season depending, volunteers may try surfing at Muizenberg beach.

Other optional excursions at additional cost:



- Take the Cable Car to the top of iconic Table Mountain. Hike Lions Head.



- Enjoy a trip to the Cape of Good Hope and witness “the fairest Cape in all the lands”, according to explorer Sir Francis Drake. See wild ostriches, baboons, and the penguin colony at Boulders Beach.



- Sample the exquisite wines at the local wine estates.



- Take a boat ride to Robben Island where Nelson Mandela was imprisoned for 24 years.



- Go cage diving with Great White Sharks, and see massive Southern Right Whales close by (season June to December).



- Take a three-day-trip along the Garden Route – mountains, rivers, lakes, forests, beaches, and adventure.

Because we get asked for this frequently, we are also including several common excursions that volunteers enjoy. **These activities do not need to be booked in advance and should be discussed with your coordinator on arrival:**

CENTRAL CAPE TOWN TOUR

Collection from accommodation at 0900.

Head for Lower Cable Station on Table Mountain and take the Cable Car ride to the top. (weather permitting). Extraordinary 360 degree views.

Travel on to Signal Hill, followed by a visit to the picturesque BO-Kaap which is the area where the imported Malay slaves were settled during the early Dutch occupation.
Opportunity to take part in a Cape Malay cooking class, and enjoy a spicy meal.

After lunch a visit to St GEORGES Anglican Cathedral (a bastion against apartheid under the leadership of Archbishop Desmond Tutu), and the Company Gardens – now a beautiful Botanical example of African trees and plants, but originally the site of the vegetable garden established to victual the sailing fleets passing the Cape.

Followed by a drive through District 6 – the scene of “forced removals of the coloured population” during the bleak apartheid days of the mid 1960s, and later a visit to the District 6 Museum.

Finish off with a visit to the spectacular Victoria and Alfred Waterfront, part of Cape Town’s working Harbor but also a top entertainment area with a fine aquarium, boat trips, top restaurants, and world renowned designer boutiques.

For 2 guests – Rand 1,300 per person.

For 3 guests – Rand 1,200 per person.

For 4 guests – Rand 1,100 per person.

Includes Cape Malay cooking lesson.

FULL DAY CAPE POINT TOUR

Depart Cape Town via the wealthy Atlantic coastline suburbs of Clifton and Camps Bay which are nestled between the ocean and Table Mountain. Continue past the beach village of Llandudno, and through the town of Hout Bay- which is the largest fishing port in the western Cape.

The views all along the route are spectacular, but now we approach the magnificent cliff side pass of Chapman's Peak which gives us views over the bay, far out into the Atlantic Ocean and back to Table Mountain. The steep, narrow road leads us down into Noordhoek and its white sandy – Long Beach, the base for many Cape Town surfers on weekends.

Still following the coast we travel through Kommetjie and the eco friendly villages of Misty Cliffs and Scarborough before entering the nature reserve (look out for zebra, baboons, springbok and ostrich – and whales in springtime) which leads down to Cape of Good Hope and Cape Point. At Cape Point there is a small vernacular railway to the southernmost rock which is home to the majestic lighthouse.

Our route now arcs back along the Indian Ocean coast via Simonstown – a quaint harbor town and the headquarters of the South African Navy. The ideal spot for a light lunch – at the water's edge overlooking the ships, yachts and small boats busying themselves around the bay.

After lunch visit Boulders Beach to enjoy the entertaining African penguins frolicking on the beach.

For 2 guests – Rand 780 per person.

For 3 guests - Rand 740 per person.

For 4 or more guests – Rand 700 per person.

Includes entry to Cape Point & Boulders Beach.

CAPE WINELANDS, STELLENBOSCH, FRANSCHOEK FULL DAY TOUR

An easy 40 minute trip takes us to the historical university town of Stellenbosch. The town is also recognized as the centre of the South African wine industry. A stroll through the town will take us past quaint coffee shops, art galleries and past some of the oldest buildings in the country.

We move on to our first wine estate for our first tasting in an area well known for its red wine. A second tasting and cellar tour in this beautiful valley with its stunning views, follows.

We continue on, over Helshoogte mountain pass, to the quaint and pretty town of Franschhoek – the gourmet capital of South Africa. Walk through Franschhoek, and lunch at one of the pavement cafes, at a wine estate or at a Michelin star restaurant.

After lunch, one further wine tasting before beginning our journey back to Cape Town.

Note : There are so many magnificent wine estates in the region but depending on time and prior bookings we recommend the following for tastings : Ernie Els, Waterford (wine and chocolate) , La Motte, Fairview (cheese and wine), Delaire Graaf.

For 2 guests – Rand 850 per person

For 3 guests – Rand 770 per person

For 3 or more guests – Rand 750 per person

Includes 3 wine tastings, excludes lunch.

HERMANUS TOWN AND SHARK CAGE DIVING

Early morning start takes us eastward over the scenic Sir Lowry's Pass with its magnificent views looking back over the Cape Peninsula and False Bay. Through apple orchards and down the Houw Hoek Pass to the premier holiday village of Hermanus where we have the option of lunch on our return journey.

We continue past Hermanus Lagoon to Gansbaai – the shark diving capital of the world.

After a hearty breakfast our modern launch takes the 20 minute trip to “Shark Alley” where everyone, in groups of 4 or 5, will get their opportunity to enter the semi-submerged steel cage from where we will view the Great Whites. These Apex predators swim up to and often “brush” past the cage. A thrill not to be missed.

The total trip will take about 3 hours and after returning to harbour we have the chance to view and buy video tapes of our experience.

In Whale Season (June to December) these gentle giants often “calve” in one of the many rocky bays of the area.

Our guide normally knows where to find them, and often they can be seen a “stones throw” from the shore.

On the return journey we can stop for lunch in Hermanus. A favorite spot being Bientang's Cave which is on the waterline and carved in to a centuries old cave.

For 2 or 3 guests – Rand 1850 per person

For 4/5/6 guests Rand 1750 per person.

Includes: Transport, boat trip and shark dive, breakfast.

Excludes lunch.

THREE DAY GARDEN ROUTE TOUR

An early departure takes us over Sir Lowry's Pass and through the maize fields of the Overberg region to the true beginning of the Garden Route at the harbor town Mossel Bay. On a Game Reserve just outside the town we have the opportunity to “Walk with Lions” and/or take an “Elephant-back Ride”

From there we drive through Wilderness and encounter the beaches, mountain passes, forests and lakes of this popular area.

The approach to the pretty town of Knysna is alongside the shores of a tidal lagoon. Here we can visit Knysna Heads (the rocky and dangerous entrance to the Lagoon) with its many tales of shipwrecks, walk around the

craft markets – famous for handmade leather goods and wooden furniture , laze on Leisure Isle beach, or take a Sunset Cruise from the Waterfront area.

Overnight in Knysna and in the evening enjoy one of the popular restaurants.

The second day we travel through Knysna Forest (home to several, rarely seen, wild elephants) , continue past the premier holiday town of Plettenberg Bay and head for Bloukraans River Bridge – the site of the world's highest bridge bungy jump (Optional), and the beach village of Natures Valley.

Return to Plettenberg Bay for a late lunch at one of the beach cafes or at a restaurant on nearby Beacon Island. Return to Knysna for overnight.

On Day 3 we start our return journey by heading inland to Oudtshoorn – a prosperous town made famous by the many ostrich farms, and allied factories which manufacture goods from soft ostrich leather, the colorful feathers, feet and giant eggs of the bird. If you weigh less than 80 kgs you will be able to ride an ostrich, or watch as small jockeys race these birds.

From Oudtshoorn we drive back to Cape Town through the typical country towns of the arid Klein Karoo. For gentler paced journey we can extend the full trip to 4 days duration. Prices subject to personal requirements : i.e. standard of accommodation, activities, length of trip.

FOUR COUNTRY ROUND TOUR

If you have the time, and to understand the full wonders of Africa, we recommend the 4 country Southern African Tour, in part or whole.

Take in the varying desert scenery, and Etosha Pan Game Reserve, of Namibia,

In Botswana, the world's second largest inland delta of the Okavango where the rivers disappear into the sand, and where the wild life is prolific in season,

Chobe Game Reserve with its huge numbers of elephant, The Zambezi River and gigantic Victoria Falls, in Zimbabwe. Before heading back to South Africa. Time, dates and prices subject to itinerary, activities and standard of accommodation.

For travel within the region before or after the program, you might also consider G Adventures, who offer a 5% discount to Globe Aware volunteers with the promo code **GAware5**. Bear in mind this is a separate company not affiliated with Globe Aware and we have not vetted their services. The website for G Adventures is www.gadventures.com

Another company (local and known by our coordinators) that you can research is Trek Direct - www.trekdirect.co.za. The contact email for this company is sean@trekdirect.co.za - We have found many volunteers are paying exhorbitant prices for tours by going their own way so please be sure to check with them before booking any tours, safaris or excursions with other vendors. Our coordinators can help with this.

Additional Packing Information

Our program location is warm and hot in their summers and mild to cool in their winter. Pack light, casual and quick drying clothes. If you are traveling to South Africa in their winter months (May to September) it is a good idea to bring layered clothing for temperatures between 40 and 70 degrees, including a light rain jacket. Your work clothes may be ruined with paint, cement, or mud. You may want hiking boots or comfortable and sturdy work shoes. Expect narrow, sometimes muddy and uneven footpaths in the township and bring appropriate footwear. Some volunteers have found helpful bringing work gloves that may get dirty, a few snacks and Ziploc bags. Strong insect repellent is not a bad idea, though you are unlikely to need it in the winter months at all. Make sure to pack enough clothes to be comfortable, considering sweat, mud, paint, etc. Make sure to pack enough clothes to be comfortable, considering that you may get dirty doing volunteer work. You should not need to do laundry on a week long trip but if necessary laundry services are available nearby for a fee.

Please note that the packing list is meant as a guideline. There is no single item that you can't live without for one week. Pack what you think you will need to be comfortable, but do not get preoccupied about items that you didn't bring, weren't on the list, etc. Everyone has different opinions about essential items!

- Work gloves
- Sunscreen
- Layered clothes for winter months
- Sun hat
- Pants for working and relaxing.
- Towel
- Wet wipes
- Comfortable walking shoes
- Flashlight
- Toilet paper / tissues or wipes (available locally but if you feel you need a particular kind)
- Toiletries and any prescription medication needed
- T-shirts
- Umbrella or rain poncho (may not be necessary - check the weather before you go!)
- Socks and plenty of underwear
- Day pack / Small backpack
- Strong money belt
- Camera / memory cards / chargers
- Money / credit cards for personal expenditures
- Lip balm
- Travel charger
- Electrical adaptor (most modern electronics come with AC adaptors that accept from 100 to 250, but you will still need an adaptor to fit the sockets - see our Electricity section.

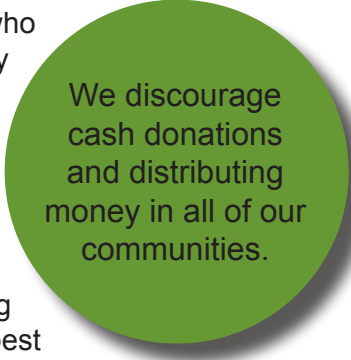
You may enjoy bringing games or books for free time.

Blankets, towels or a sleeping bag may help you be more comfortable, as the bedding or linens may not be what you are accustomed to. The vast majority of volunteers find the sheets and blankets completely satisfactory and feel that taking up extra luggage space isn't worth the cost or effort, though this is a personal decision. Others have brought "travel blankets" or "sleep sacks" which are much easier to pack.

Gifts / Donations

At the end of your stay, you might feel inclined to give something to community hosts who have been particularly helpful or courteous. In the past, volunteers have given an empty journal decorated with a child's name, or written them a thank you note, sung them a song, etc. People also enjoy seeing simple tokens from home, such as postcards of your hometown, or photos of your family.

Please be aware that bringing donations can also be awkward. In some instances, receiving donations can effect the recipients' pride negatively. This is not always the case. Do try and consider when donating used clothes, particularly those used during the program, if you feel the local community members would actually want them. It is best to discuss donations with the coordinator for these reasons.



We discourage cash donations and distributing money in all of our communities.

There are cases that donations are more readily accepted, however there are often still local cultural nuances that can make the act of giving complicated. In order to preserve pride, please discuss how your donations can be presented with the coordinator. **Please note you are not expected to bring anything.**

Should you decide you do want to bring donations, you may consider: toothbrushes, toothpaste, shampoo, soap, linens, kitchen utensils, flashlights with batteries, children's books, clothing - shoes, flip flops for kids, underwear, t-shirts, socks- , school supplies like pencils, pens, and educational toys or toys that do not require batteries - UNO, Connect Four, board games, cards, Jenga, Rummikub, dominoes, jump ropes, balls - of any kind especially soccer. If possible used laptops are always a great donation. You may also want to leave behind the items you used during the week - clothes, towels, linens if you brought them.

Because of the nature of our frequent contributions to the community, it has come to our attention that occasionally locals, even staff, will solicit personal contact information to solicit donations after your return home. We strongly discourage giving personal contact information/social media for this reason. When given outside the context of a US based nonprofit, there is no accountability needed or required on the end of the recipient, nor is there any special tax deduction for your donation. We are eager to keep you abreast of goings on with this project, which we post on our facebook page and in newsletters and are happy to keep in contact with you through our official channels and our home office.

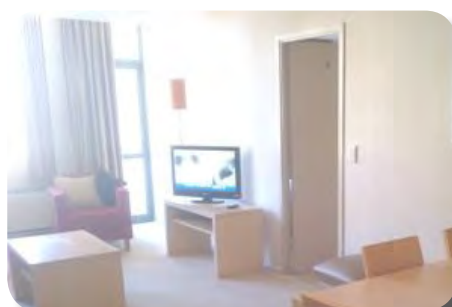
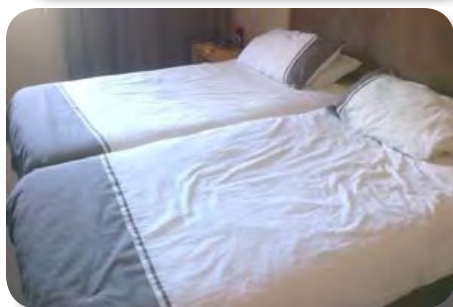
We discourage giving any more money than you are already giving to the program and community via your program fee. Globe Aware funds are spent on program expenses, as opposed to giving cash donations -- this helps ensure that the money is being spent in meaningful ways. We understand the good intentions of our volunteers. Giving cash out to community members contradicts the goal of promoting sustainability, promotes expectations that foreigners are 'made of money' and can create an atmosphere that begging may solve a community's challenges.

However, if you feel like giving a gratuity to your coordinator this will be very appreciated though not necessary.

Accommodations



Lodging is provided in furnished modern apartments in Hout Bay or Cape Town, depending on which project site has biggest needs. The former is situated within a mile of Imizano Yetho program site. Within walking distance of supermarkets, cafes, and the ocean. The latter apartment in the central Cape Town suburb of the "Gardens", close to the Mount Nelson Hotel. Transport provided to program site. If the group is large enough, members will be accommodated in dormitory style housing in central Cape Town. Hot running water, flushing toilets and access to electricity is provided.



Electricity



Electricity is 220-240V. Make sure you check if your devices will be able to be used in this voltage. You will need adaptors or an adaptor/converter. South Africa is on high alert as a surge of power plant maintenance issues have led to a spike in enforced blackouts throughout the country, temporarily depriving millions of electricity. This means we strongly discourage bringing items that require high electrical use such as blow dryers and to be prepared - you might consider a travel solar charger for your devices.

Laundry

You should not need to do laundry on a week long trip but if necessary laundry services are available nearby for a fee.



Food



Breakfast is self serve at your apartment, where cereal, bread, fruit, milk and coffee are provided. On weekdays a local cook will prepare pre packing lunch for taking to the project site and evening dinner back at your apartment. Sample items include pasta with rice fruit and salad. All meals have the option of meat, vegetarian or vegan. Tap water is safe in South Africa. South Africans take pride in the diversity of their cuisine. They have fresh seafood, fertile wine regions, and influences from all over the world, most especially from Dutch and Malaysian cultures.

Weather

Our program site is located in Hout Bay is considered a subtropical location, moderated by ocean on three sides of the country and the altitude of the interior plateau, account for the warm temperate conditions so typical of South Africa – and so popular with its foreign visitors. South Africa is famous for its sunshine. It's a relatively dry country, with an average annual rainfall of about 464 mm (compared to a world average of about 860 mm). The Western Cape gets most of its rainfall in winter. Temperatures in South Africa tend to be lower than in other countries at similar latitudes – such as Australia – due mainly to greater elevation above sea level.

Global warming has made conditions less predictable - it is always a good idea to double check the weather online before you go.

South Africa's coastal regions are warmest in winter. Being in the southern hemisphere, our seasons stand in opposition to those of Europe and North America, so, yes – we spend Christmas on the beach!

Summer

Over much of South Africa, summer (mid-October to mid-March) is characterized by hot, sunny weather.

Autumn

Autumn (fall) in South Africa (mid-February to April) offers the best weather in some respects. Very little rain falls over the whole country, and it is warm but not too hot, getting colder as the season progresses. In Cape Town, autumn is fantastic, with hot sunny days and warm, balmy nights which many people spend outdoors.

Winter

Winter in South Africa (May to July) is characterized in the higher-lying areas of the interior plateau by dry, sunny, crisp days and cold nights. It's a good idea to bring warm clothes.

The Western Cape gets most of its rain in winter, with quite a few days of cloudy, rainy weather. However, these are always interspersed with wonderful days to rival the best of a British summer.

Spring

Nowhere in South Africa is spring (August to mid-October) more spectacular than in the Cape provinces. Here the grey winter is forgotten as thousands of small, otherwise insignificant plants cover the plains in an iridescent carpet of flowers.

Global warming has made conditions less predictable (and more weather extremes) so it is always a good idea to double check the expected weather online before you go.

Money



The local currency is the South African Rand (R). US dollars can be exchanged in most small towns but it's a good idea to withdraw the equivalent of about \$250 from an ATM at the airport after you arrive. It's very likely this will be all the currency you need for the duration of your program. ATMs can be found in Cape Town and Hout Bay. Although dollars and Euros are sometimes accepted, you might not get a good exchange rate so it's better to have some Rand with you. Credit cards are accepted in many places accustomed to accommodating foreigners, but be sure to notify your bank that you will be traveling, and make sure to ask them not to flag the cards. Sometimes even after you have notified the bank, they might stop payment on some transactions, which can be extremely frustrating.

Phone and Internet

Please do not plan to spend a lot of time on the phone or internet during your short volunteer week. You may make calls and check email during your free time, though you may find it is not all that convenient.

Many US phones will work in South Africa, though roaming charges can be extremely expensive. Be sure to check with your cell phone provider before you leave so that you can arrange for data, cell and text while traveling and depending on your plan, you may need to pay for the entire billing cycle. The safest way to avoid a high cell phone bill when you return is to turn your cell phone off or use only on Wi-Fi where available.

Wi-Fi is sometimes available near the apartment where we stay. However, service can be spotty so it might be more feasible to not count on regular internet access. It does have a low download limit and you should not count on using it for facetime or streaming - even uploading and downloading photos may be hard.

There are internet cafes in the area, and free access points at places like the Hout Bay Public library, but it is not incredibly convenient. It is more feasible to not count on regular internet access.

Health

You should be up to date on routine vaccinations while traveling to any destination. No special vaccines are required to travel to South Africa as long as you are not traveling directly from a World Health Organization country designated yellow fever country. For additional information on travel health in South Africa, please refer to the CDC's website at <http://wwwnc.cdc.gov/travel/destinations/traveler/none/south-africa>

There is NO MALARIA RISK in Cape Town, Hout Bay or areas within several hundred mile radius. Please be aware that malaria exists in many areas where visitors go for safaris, which generally calls for taking malaria prophylaxis. In those areas, it is also essential to use mosquito repellent with at least 20% DEET at all times. It is best to consult your health professional in the event you will travel beyond our program location within South Africa to discuss options.

Your Fellow Volunteers

You will receive a Fellow Volunteer Report attached to our “Ready, Set, Go!” email about 3 weeks before the program starts. It will include information on your fellow travelers, as well as their email so that you can start to get acquainted with them before you leave.

Your Host and Main Coordinator: Nandi

Our coordinator lives in the township where we do our project work. We have additional back up staff at the ready in Hout Bay. She will meet you in Hout Bay. Kevin or Karen will pick you up in Cape Town but your main coordinator will be Nandi.



Nandipha (Nandi for short) is in her twenties, native South African, an articulate, dynamic and inspirational role model for the youth of Imizano Yetho.

Like so many Xhosa children, at the age of 7, her mother brought her, from the impoverished tribal areas of the Eastern Cape, to Cape Town, in search of a better life and future. With her brother and sister, and their possessions in their bags they had to start from scratch. Knowing few people, and little English they settled in Imizano Yetho. While at the local Primary school she met a teaching volunteer from London who was so impressed that he paid for her schooling fees at a local semi private High School. Nandipha has always been “community conscious” and while still at High School she started her girls club - Sistahood - which mentors, offers advice and acts as a “safe” area for young girls from impoverished, or violent, or parentless backgrounds. She is now expanding this concept into other Cape Town townships and also will include young unmarried mothers and their partners.

She identifies strongly with the Christian faith and enjoys being a role model to children in her community, but she also enjoys learning about the faith practices of others.

Arrival and Meet-Up / Entry Requirements

Cape Town International Airport (CPT/FACT) is the airport that volunteers will fly into. It has direct flights from Johannesburg and Durban.

You will meet your coordinator at 6:30pm on program start date, in the lobby of the Fountains Hotel, Adderley Street (opposite main railway station and within easy walk of CPT International Airport commuter bus terminus). Safe and easily found by any taxi driver.



Please make sure you have provided us with your flight arrangements as soon as possible.

If the coordinators do not see you at the meet up, they call our head offices, who in turn call your emergency contact to see if they have any updated information on any change in travel plans.

Entering and Leaving South Africa



A valid passport is required to visit South Africa with at least two fully blank, unused pages. The passport must still have 30 days validity before expiration. It is VERY important that you go through customs and immigration on your first point of entry into South Africa, which will usually be in Johannesburg. Even if you are directed to your connecting gate at the airport, you NEED to go through customs and immigrations before proceeding.

The South African government has announced that the new regulations pertaining to the travel of children will be enforced beginning June 1, 2015. Those new requirements are discussed in detail below. Travelers are encouraged to obtain birth certificates, parental consent affidavits, and other documentation well in advance of this deadline. All travelers should visit the South African Department of Home Affairs (DHA) website and check the latest requirements with the nearest South African embassy or consulate before traveling. If traveling by air, you may also wish to consult your airline.

Rules Applicable to all Travelers

Your passport must be valid for at least 30 days after your intended date of departure from South Africa.

South African law requires travelers to have two fully blank visa pages. Blank “endorsement” pages are not sufficient. The blank pages must be “visa” pages. All travelers should have at least two fully blank passport visa pages upon each arrival in South Africa, including following trips to neighboring countries.

Travelers without the requisite blank visa pages in their passports will be refused entry into South Africa, fined, and returned to their point of origin at their own expense.

As a general precaution, all travelers should carry a photocopy of the photo/bio information page of their passport and keep it in a location separate from their passport.

U.S. citizen visitors to South Africa for stays of up to 90 days for tourism, short business meetings, or in transit do not require visas in advance. Visitor visas will be issued at the port of entry in South Africa. Applications to extend visitor visas may be submitted for a single 90-day extension while in South Africa and must be submitted at least 60 days prior to the expiry of the current visa. Additional extensions will not be accepted unless the visitor is in need of emergency life-saving medical treatment for longer than three months, or is an accompanying spouse or child of a holder of a business or work visa, who wishes to apply for a study or work visa.

All other travelers, including tourists intending to stay beyond 90 days, visiting professors, students pursuing a course of study, entrepreneurs, workers, intra-company transferees, and volunteers, must obtain appropriate visas before traveling to South Africa or they risk being denied admission and being returned to their point of origin.

Applications to extend a visa while in South Africa must be submitted no less than 60 days prior to the expiry date of the visa, or if the visa was issued for less than 30 days, not later than seven working days before the expiration of the visa. See the DHA website for information about how to apply to extend the period of stay.

Travelers who overstay their period of authorized presence by 30 days or less will be declared “undesirable” by immigration authorities and barred from entering South Africa for a period of 12 months. Travelers who overstay a second time within 24 months will be declared undesirable for two years. Travelers who overstay for more than 30 days will be declared undesirable for a period of five years.

Travelers who have been declared undesirable may appeal this decision. Appeals must be e-mailed to: Overstayappeals@dha.gov.za. The following documents must be submitted with your email:

1. Written reasons for your overstay and why the decision should be reversed;
2. A copy of the declaration of undesirability (form 19) that was issued at the Port of Entry;
3. Copy of the relevant pages of the passport, including page with prior visa and biographical information page;

4. Acknowledgment of receipt (in cases where the applicant has applied for a permit and the status is still pending);
 5. If the applicant overstayed due to medical reasons, a medical certificate must be submitted.
- For confirmation that the appeal has been received applicants may contact the IMS Operational Centre at (012) 406-4586.

Rules for Children – Beginning June 1, 2015

These rules apply to all children under age 18 who are entering, transiting, or departing South Africa, including children who permanently or temporarily reside in South Africa. Therefore, the required documents should be retained in all circumstances throughout the stay of the child in South Africa.

All children under age 18, including those traveling with both parents, must travel with an “unabridged birth certificate” to be presented to South African immigration officers. The South African regulations use the term “unabridged birth certificate.” The exact contents of unabridged birth certificates vary among the different jurisdictions that issue birth certificates (countries, states, counties, cities, etc.), but the key distinction between an “abridged” and “unabridged” birth certificate is that an unabridged birth certificate identifies the parents of the child. Some children are born to single mothers without a father being identified on the birth certificate, but that birth certificate listing only the mother is still considered an unabridged birth certificate.

The birth certificate must either be in one of the eleven official languages of South Africa (including English), or be accompanied by a sworn translation of the document into one of the eleven languages. Most travelers will find that an English translation is the easiest to obtain.

South African authorities have confirmed that for U.S. citizen children born overseas who have a U.S. Consular Report of Birth Abroad (CRBA), the CRBA will satisfy the requirement for an unabridged birth certificate because it identifies the child and the parents and is in English.

To avoid potential denial of entry because of questions about the validity of photocopies of the document, children should travel with an original CRBA, or with an original or official certified copy of an unabridged birth certificate. For U.S. birth certificates, parents should request official certified copies from the state, county, or city vital records office that issued the birth certificate. Parents are encouraged to obtain original or official certified copies of their children’s birth certificates well in advance of travel and keep them handy for the duration of their stay in South Africa. Information about how to obtain vital records from each U.S. state and territory is listed on the vital records page of the Centers for Disease Control (CDC) website.

Parents may request a replacement CRBA or order additional copies of a CRBA directly from the U.S. Department of State for a charge of \$50.00 per document. Instructions are available on the CRBA webpage. When BOTH parents listed on the birth certificate are traveling with a child, the parents must produce an unabridged birth certificate of the child.

When only ONE parent listed on the birth certificate is travelling with a child, he or she must produce an unabridged birth certificate of the child and the following:

- (i) An affidavit from the non-traveling parent giving consent for the child to enter and/or depart South Africa with the traveling parent. The affidavit must contain contact information for the non-traveling parent. A new affidavit must be given by the non-traveling parent for each trip undertaken by the child in accordance with the child’s current itinerary. Blanket affidavits covering extended periods of time and an indefinite number of trips will not satisfy this requirement. You may find a sample affidavit of consent on the U.S. Mission to South Africa website; or
- (ii) A court order granting full parental responsibilities and rights or legal guardianship of the child to the traveling parent or legal guardian; or
- (iii) Where applicable, a death certificate of the other parent registered as a parent of the child on the birth

certificate.

Where a person is travelling with a child who is NOT his or her own child, he or she must produce an unabridged birth certificate of the child and the following:

(i) An affidavit from the parent(s) or legal guardian(s) of the child confirming that the person has permission enter and/or depart South Africa with the child. The affidavit must contain contact information for the non-traveling parent(s) or legal guardian(s). A new affidavit must be given for each trip undertaken by the child in accordance with the child's current itinerary. Blanket affidavits covering extended periods of time and an indefinite number of trips will not satisfy this requirement. You may find a sample affidavit of consent on the U.S. Mission to South Africa website; and

(ii) Copies of the identity documents or passports of the parent(s) or legal guardian(s) of the child.

Note: Where the parents of the child are both deceased, and the child is travelling with a relative or another person related to the child or the child's parents, the South African authorities have the discretion to approve such a person to enter or depart South Africa with the child. It is recommended that the relative or other person travel with copies of the death certificates of the parents.

An unaccompanied minor must produce an unabridged birth certificate and the following:

(i) An affidavit from the child's parent(s) or legal guardian(s) giving consent for the child to enter and/or depart South Africa. The affidavit must contain contact information for the non-traveling parent(s) or legal guardian(s). A new affidavit must be given by the parent(s) or legal guardian(s) for each trip undertaken by the child in accordance with the child's current itinerary. You may find a sample affidavit of consent on the U.S. Mission to South Africa website. If only one parent or legal guardian provides proof of consent, that parent or legal guardian must also provide a copy of a court order issued to him or her in which he or she has been granted full parental responsibilities and rights for the child; and

(ii) Copies of the identity documents or passports of the parent(s) or legal guardian(s) of the child; and

(iii) A letter from the person who is to receive the child in South Africa, containing his or her residential address and contact details where the child will be residing; and

(iv) A copy of the identity document or valid passport and visa or permanent residence permit of the person who is to receive the child in the South Africa.

Yellow Fever Vaccinations

Travelers entering South Africa from WHO-designated yellow fever countries are required to present their current and valid "International Certificate of Vaccination as approved by the World Health Organization (WHO)" (commonly called a "yellow card") or statement of medical exemption (also located on the same yellow card). Additionally, South Africa treats Eritrea, Sao Tome and Principe, Somalia, Zambia and Tanzania as yellow fever countries. This requirement has been imposed on travelers flying to South Africa via yellow fever countries, even when travelers transiting a yellow fever country do not deplane in the yellow fever country (e.g., flights stopping in Dakar, Senegal; Accra, Ghana; or Nairobi, Kenya), or if the plane makes an unscheduled landing in a yellow fever country. As a precaution, all travelers to South Africa should carry their original yellow vaccination card. South African immigration inspectors do not generally accept letters, scans, copies, or faxes regarding prior yellow fever vaccination. While this requirement may not be consistently applied, travelers who cannot present an original and currently valid yellow card risk being refused entry into South Africa. Yellow fever vaccinations are not administered at South African ports of entry for the purpose of entry into South Africa. Travelers are reminded that they are required to obtain a yellow fever vaccination at least ten (10) days prior to their arrival in South Africa in accordance with WHO regulations. South Africa may apply these requirements to people traveling from or through both high-risk yellow fever countries and low-risk yellow fever countries.

The U.S. Department of State is unaware of any HIV/AIDS entry restrictions for visitors to or foreign residents of

South Africa.

Information about dual nationality or the prevention of international child abduction can be found on our website. For further information about customs regulations, please read our Customs Information page. For country specific information about customs regulations, please visit the website of the South African Revenue Service.

Safety and Security

Hout Bay and Cape Town are fairly quiet, safe cities. Travelers should be vigilant when in major tourist areas such as the beach, due to higher threat of petty theft. Do be vigilant of your belongings at all times as petty theft has been an issue at this location outside of our accommodations.

Never take photos of people at close proximity without their permission.

Smart Traveler Enrollment Program (STEP)

The Smart Traveler Enrollment Program is a free service provided by the U.S. government to U.S. citizens who are traveling to a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency, keep you up to date with important safety and security announcements, and help your friends and family get in touch with you in case of an emergency. The link to STEP is <https://travelregistration.state.gov/ibrs/ui/>

Global Entry

Global Entry is a U.S. Customs and Border Protection (CBP) program that allows expedited clearance for pre-approved, low-risk travelers upon arrival in the United States. Global Entry approved travelers are able to use the automated kiosks at immigration to reduce wait times considerably. For more information, visit <http://www.globalentry.gov/>

In Case of Emergency

Globe Aware's 24 hour phone line Please note our email is not attended all day every day so if you have an emergency please use this phone number : (214) 824 4562

U.S. Consulate General Johannesburg
1 Sandton Drive (opposite Sandton City Mall)
Johannesburg 2196
South Africa
Telephone: +(27)(11) 290-3000 / 011-290-3000 (from within South Africa)
Emergency After-Hours Telephone: +(27) 79-111-1684 / 079-111-1684 (from within South Africa)
Fax: +(27)(11) 884-0396 / 011-884-0396 (from within South Africa)
consularjohannesburg@state.gov

CONSULATE

U.S. Consulate General Cape Town
2 Reddam Avenue, West Lake 7945,
Cape Town, South Africa
Telephone: +(27)(21) 702-7300 / 021-702-7300 (from within South Africa)
Emergency After-Hours Telephone: +(27) 702-7300 / 021-702-7411 (from within South Africa)
Fax: +(27)(21) 702-7493 / 021-702-7493 (from within South Africa)
americanscapetown@state.gov

State Department Travel Information: <http://travel.state.gov/content/passports/english/country/south-africa.html>

Further Readings While no further reading is required, we think it is always nice to have a travel guide book with you to read about the area. Lonely Planet, Eyewitness, Frommer's, Budget Travel, Rough Guides are some of the titles we have recommended in the past.