

CAPE TOWN, SOUTH AFRICA

Arrive: 0800 Friday, 28 March
Onboard: 1800 Wednesday, 02 April



Brief Overview: Cape Town is a city of beauty and history, but it is also a city of contrasts. The beauty of majestic **Table Mountain** and the immediate **Victoria and Alfred Waterfront** is evident as soon as the ship pulls into the harbor, showcasing South Africa's unique landscape. However, if one looks beyond Table Mountain and the immediate Victoria and Alfred Waterfront, the real beauty is its people and the stories they tell through their experiences, during, as well as after, Apartheid. The nearby **townships** may look grim in comparison to the pristine waterfront area, but the beauty and resilience of the townships and its peoples are clear. Even with political struggles and financial adversity, the threads of family, culture, and community in each township tells its own powerful story. Watch the [Through Our Lens video](#) that shows the cultural experience SAS students had in South Africa during the Spring 2012 Voyage!

South Africa is also known for its **wildlife**. Such familiar wonders as the elephant, rhinoceros, hippopotamus, and giraffe are joined by antelopes, monkeys, and aardvarks. Colorful birds, unique reptiles, and fascinating insects round out the experience. The African plains are also the last place on Earth where vast herds still roam in abundance. Safaris and game drives organized by Semester at Sea provide an opportunity to venture through a variety of wildlife reserves and national parks to see these animals in their natural habitat.



Suggested short-cuts to simple planning:

Art and Architecture:

CAP 138-102 Table Mountain & City Orientation Tour

Cultural Highlights:

CAP 133-301 Township Culture & Church Service

CAP 132-202 !Khwa Ttu Route – Learn the 'Click' Language

Taste of Cape Town:

CAP 121-501 Township Xhosa Cultural Cooking Day

Active/Adventure:

CAP 101-102 Spier Wine Estate by Segway

CAP 116-501 Cycling through the Winelands

CAP 120-601 Table Mountain Hike

Impact Opportunities:

CAP 113-501 Social Justice Visit: Amy Biehl Foundation

CAP 142-601 Parkwood Primary School

CAP 124-601 Service Visit: Grassroots Soccer

TERMS AND CONDITIONS: In selling tickets or otherwise making arrangements for field programs (including transportation, shore side accommodations and meals); the Institute of Shipboard Education (I.S.E.) acts only as an agent for others who provide such services as independent contractors. All participants accepting or using tickets or other arrangements for such services shall be deemed to agree and consent that I.S.E. shall not be liable or responsible in any way for any loss, death, injury, or illness to person or loss, theft or damage to personal property arising from or in connection with such services. I.S.E. shall not be responsible for cancellation of field programs for reasons beyond its control and in such event, at its option, may refund the purchase price.

Information about overnight trips and safaris:

Accommodations: Lodging options for overnight trips are available for all budgets, with participants having the same amazing game drive experience no matter where you stay.

- **Explorer Options** are great for those who are budget-conscious and typically provide basic rooms and dorm (multi-bed) facilities, shared bathrooms and simple one-course meals.
- **Standard Options** offer double- or triple-occupancy rooms in standard hotels and three-course or buffet meals. On-site amenities vary, but facilities aim to be comfortable and convenient.
- **Deluxe Options** provide a stay in more luxurious hotels and resorts in double-occupancy rooms as well as meals to match. They often provide amenities like day spas (at an additional cost) or pools on-site.

Packing Suggestions for Safari: As a general rule, the following items are recommended: toiletries, sun block, sun hat, sunglasses, comfortable (closed-toe) walking shoes, windbreaker, swimsuit, comfortable light-weight clothing, and possibly a sweater and light-weight long pants for the evenings. Brightly colored clothing is not recommended safari attire. Temperatures reach roughly 86°F during the day, with cooler temperatures in the evening, so plan accordingly.

IMPORTANT: If you registered in one of the following courses, you have a field lab on the specified day.

Do not make any other travel plans as this is a designated class day in port for your course.

Field Labs	Cape Town, SOUTH AFRICA	Friday, 28 March	Wednesday, 2 April
SEMS 2500 103	Professor Robert Brigham	Ending Deadly Conflict	
AAS 3500 101	Professor Kandioura Drame	African Cinema	
EVSC 2050 101	Professor Gary Griggs	Introduction to Oceanography	
SEMS 3500 103	Professor Paul Harvey	International Business Ethics	
PLCP 3500 101	Professor Sandra Hinchman	Politics of Development	
ENLT 2559 101	Professor Dan Kinney	Global Shakespeare	
PLCP 1010 501	Professor Frederick Mabbutt	Introduction to Comparative Politics [1]	
SOC 2320 101	Professor Andrea Parrot	Gender & Society	
ENSP 1559 102	Professor John Serio		Studies in Poetry
ARTS 1000 502	Professor Faye Serio		Drawing at Sea
RELG 2559 101	Professor James Tueller	Religion and Conflict	
BIOL 1559 102	Professor Iain Campbell		Infectious Disease in Humans

Day 1: Friday, 28 March

CAP 138-102

TABLE MOUNTAIN & CITY ORIENTATION TOUR

Half day



Cape Town is a remarkable city where the present and the past harmoniously converge – in history, architecture, cultural pursuits, and its people.

You'll visit the Castle of Good Hope, the oldest building in South Africa. Built from 1666-1679, it is a pentagonal fortification with a moat and bastions at each corner.

You'll also visit Adderley Street, the principal thoroughfare of Cape Town which is renowned for its fine examples of old Cape architecture, including cathedrals and other famous sites.

No visit to Cape Town is complete without a trip up Table Mountain, the city's most celebrated landmark. You will get there by **cable car**. The journey from the base to the summit takes just under four minutes and one can enjoy spectacular views, as the floor of the car rotates 360 degrees during the ascent. Your coach will meet you at the top and complete your city orientation. The orientation drive will pass the colourful and historic houses of the Bo-kaap (Malay Quarter), downtown convention centre, Adderley Street with statues of Jan van Riebeeck and Bartholomeu Diaz, the Castle of Good Hope, the City Hall in Darling Street, the Dutch Reformed Church, Slave Lodge and St Georges Cathedral, and the Cape Provincial Government buildings in Wale Street. The coach will then return you to the ship quayside.

Please note: Participants should wear lightweight clothing & comfortable walking shoes. This tour is strictly weather-permitting. If the cableway is closed, guests will visit Signal Hill instead and will receive their ticket that can be used another time during their stay. This tour is not suitable for guests with a fear of heights.

STANDARD PRICE		Early Booking
Adult	\$52	\$49
Child	\$26	\$25
TIME		
	Date	Time
Depart	March 28	1300
Return	March 28	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> Visit to the oldest building in South Africa – Castle of Good Hope Scenic and insightful tour of the 'Mother City' Birds-eye-view of Cape Town from the top of Table Mountain 		
MINIMUM CAPACITY: 24		
MAXIMUM CAPACITY: 156		

CAP 103-102

CYCLING CITY CENTER

Half day



Discover the city of Cape Town by bicycle, including all of the main sights of the city center between the sea and the mountain. See the waterfront and stand where the first ships set anchor in Cape Town over 350 years ago. Cycle up Long Street and see the last vestiges of the Napoleonic-era armory at the Chavoness Battery. On the tour, learn how the Castle of Good Hope

was saved from destruction, how the DEIC bought the Cape Peninsula from the Khoi and why Apartheid was almost inevitable. In addition, discover how Robben Island came to be a penal island, what animals roamed the City Centre only 300 years ago and how the historical Long Street architecture was preserved.

Please note: 21-gear mountain bikes and safety helmets are provided. Biking can be strenuous at times and a moderate level of fitness is required. Participants should wear light-weight clothing and comfortable walking shoes. Please bring sunblock, a sun hat, sunglasses, a windbreaker and water.

"Exceeded my expectations!" –SP' 13 Voyager

STANDARD PRICE		Early Booking
Adult	\$49	\$47
Child	\$24.50	\$23.50
TIME		
	Date	Time
Depart	March 28	1300
Return	March 28	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> Views of the waterfront and Table Mountain Learn interesting facts about Cape Town and South Africa 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 39		

Visit Khayelitsha, South Africa's fastest growing township. The impression from the outside is fairly grim—many shacks line the outskirts and give no indication of the vibrant culture found within. However, life in Khayelitsha is filled with entrepreneurial energy and community spirit; get a first-hand look at **Social Entrepreneurship** in action. Upon entering the township we visit Philani Nutrition Centre, where you will view weavings and silkscreen paintings, a project undertaken by the women in the community. Continue to the Khayelitsha Craft



Market. After exploring the market, proceed to a local park where we see how creative urban architecture and Soccer World Cup 2010 have combined to turn a once treacherous derelict area, into a safe social and recreational precinct.



We complete the tour of Cape Town's largest township with a visit to Golden, the modest man of Khayelitsha who has embraced re-cycling and developed a business around transforming junk into flowers and ultimately cash to sustain him and his family. **Please note:** There are limited restrooms in the township. Only local currency is accepted in the craft market.

"A wonderful trip that was educational and eye opening to all!" – F'12

STANDARD PRICE		Early Booking
Adult	\$50	\$47
Child	\$24	\$23
TIME		
	Date	Time
Depart	March 28	1400
Return	March 28	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> Discover entrepreneurial side of Khayelitsha, South Africa's fastest growing township 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 39		



Spier is an award-winning wine farm on the banks of the Eerste River with sweeping views of the Stellenbosch Mountains, beautiful heritage buildings, and a history dating back to 1692. While rooted in this heritage, Spier has a vibrant and conscious energy, and explores contemporary South African culture through food, wine, and art. Depart on your tour by Segway, gliding through the farm with some interesting facts about Spier's Protea Garden and wastewater treatment plant which combines nature, art, and technology, creating a space of cleansing and healing for one of our most precious resources. Thereafter, return to the wine tasting center at Spier for an informal wine tasting.

Please note: Guests are encouraged to wear a sunhat, sunglasses, and sunblock on warm, sunny days, and a rain jacket or windbreaker on wet and/or windy days. They should also wear flat, comfortable walking shoes and bring along a bottle of water to drink during the tour. Helmets will be provided.

STANDARD PRICE		Early Booking
Adult	\$93	\$89
Child	\$46	\$45
TIME		
	Date	Time
Depart	March 28	1330
Return	March 28	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> Explore Spier Wine Estate by Segway followed by tasting of Spier wine 		
MINIMUM REGISTRATION: 6		
MAXIMUM CAPACITY: 10		

CAP 140-103

WELCOME RECEPTION

Half day

Meet up with University students from a cross-section of Cape Town's numerous institutions as they welcome us to their city and country. Attend a reception and the premier of the play *Missing* by John Kani, which is highly educational and will also introduce the SAS students to the socio-cultural and political realities and contradictions of the new South Africa, post 1994. The link touches on the issues played out in the play <http://mg.co.za/article/2014-03-11-john-kani-on-his-new-play-missing>

The event and premier are fully sponsored by AACUSC/Petrosa, an association of affiliated universities in the Cape Town area. Trip costs cover transportation.

STANDARD PRICE		Early Booking
Adult	\$19	\$19
Child	\$19	\$19
TIME		
	Date	Time
Depart	March 28	1800
Return	March 28	2130
HIGHLIGHTS		
<ul style="list-style-type: none"> • Performance at Baxter Theater, University of Capetown • Interactions with actors and students 		

CAP 203-302

TOWNSHIP HOMESTAY – GROUP A

2 days/1 night



Townships in South Africa came about as a result of apartheid city-planning policies, which excluded 'non-white' people from living in the suburbs of the city. They were forcibly moved to peripheral areas on the edge of the city, where they had to live in harsh conditions and cope with extreme poverty.

Although apartheid officially ended in 1994, many people still face harsh conditions from the consequences of poverty. Despite this struggle, the townships are filled with a strong sense of community, vibrancy and faith. There is a growing hope as many redefine their futures within and beyond the boundaries of the township.

Tambo Village is a small, contained community located within the Gugulethu Township where everyone knows each other, making it an ideal homestay location. This homestay project is fully-embraced by the community. It is owned and operated by community members who have a vested interest in the comfort and safety of their guests.

Tambo houses are built out of brick and mortar and have running water, flush toilets and electricity. Accommodations are simple and geysers (water heaters) are not standard, so bathing in some houses is with cold water or with water heated up on the stove. Participants will share a room with another SAS participant. Meals, linen and bedding are provided by the host family. The food quality is excellent and special dietary needs may be catered to upon request.

"The homestay was perfect. I would go back in a heartbeat." –Ali, SP '13 student

Note: This trip is not suitable for children under 12 years of age.

STANDARD PRICE		Early Booking
Adult	\$79	\$75
Child	\$40	\$37
TIME		
	Date	Time
Depart	March 28	1600
Return	March 29	1000
HIGHLIGHTS		
<ul style="list-style-type: none"> • Township homestay in Tambo Village • Traditional meals with family 		
MINIMUM CAPACITY: 16		
MAXIMUM REGISTRATION: 30		



Day 2: Saturday, 29 March

CAP 144-201

SERVICE VISIT: TOMS & ROTARY INTERNATIONAL

Full day

Step out with members of the local Rotary organization and Assistant Governor Gavin Schachat as part of their Family Health Days. As part of Rotary International's Family Health Days, students will be introduced to three different organizations who are all involved in serving and developing individuals and communities.

The first stop will be at Christine Revell Children's Home, committed to "build better and brighter futures and strive to nurture and develop all the children in their care and to work towards their successful re-integration into a family and the community." Students will spend approximately two hours here learning about the Home, interacting with the children, and fitting & distributing new shoes to the 49 children living here.

Afterwards, the group will proceed to Nonceba, an outstanding Rotary project in the Khayelitsha Township. Meet with the coordinator of Nonceba and enjoy lunch together. www.nonceba.org

The afternoon will be spent at the Ilitha Creche – Khayelitsha – where students will again have the opportunity to give TOMs shoes to children and interact with them. Ilitha is a crèche that provides a day care service in Khayelitsha. It is run by trained care-givers, who look after the children while their parents are away at work or seeking jobs. Parents are mainly indigent and there is very little money available to run the school. They rely on service organizations like Rotary to assist where ever possible. There are 65 children at Ilitha ranging in age from two to six years.

*Price of the trip INCLUDES a monetary donation to Revell Children's Home AND Ilitha Creche.

*Nonceba makes and sells dolls to support their organizations. Students may wish to bring money to purchase a doll.

STANDARD PRICE		Early Booking
Adult	\$38	\$38
Child	\$ 38	\$ 38
TIME		
	Date	Time
Depart	March 29	0830
Return	March 29	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> TOMS shoe distribution at 2 locations Personal interaction with the Assistant Governor and coordinator of Nonceba Lunch in township 		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 26		

CAP 114-203

EVENING STAR GAZING AT OSTRICH RANCH

Evening



Enjoy a magical evening of star gazing at a local ostrich ranch. You will be divided into groups, from where a variety of telescopes awaits you. Astronomers will share their passion and knowledge of the night skies. You will be guided through the night sky, and shown the many wonders appearing at that time.

Please note: Four times will be confirmed closer to port arrival. The contents of the tour are weather dependent. In case of inclement weather, the astronomers will present a lecture on the night skies. This trip is not suitable for those with limited mobility.

STANDARD PRICE		Early Booking
Adult	\$73.00	\$68.00
Child	\$35.00	\$35.00
TIME		
	Date	Time
Depart	March 29	2000
Return	March 29	2310
HIGHLIGHTS		
<ul style="list-style-type: none"> Star gazing at ostrich ranch 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 40		



Depart the quayside and travel along the West Coast towards Bloubergstrand, where you will stop briefly to take a photograph of the picture postcard view of Table Mountain and the city across Table Bay.

STANDARD PRICE		Early Booking
Adult	\$77	\$74
Child	\$39	\$38
TIME		
	Date	Time
Depart	March 29	1230
Return	March 29	1900
HIGHLIGHTS		
<ul style="list-style-type: none"> Insight to the San people 		
MINIMUM REGISTRATION: 12		
MAXIMUM CAPACITY: 58		

Continue to the !Khwatthu, the San Education and Culture Centre, 70 km north-west of Cape Town which offers the unique experience of being introduced to the world of the descendants of the first indigenous people of southern Africa. The San themselves will take you on a journey into their history, traditional knowledge, skills, languages, customs, and current affairs. This enjoyable and eye-opening event will stay with you for a long time.

During a three-hour experience the San will demonstrate their skills, share their ancient knowledge about oral history, tracking animals, and identifying plants with you. They will also teach you words in some of their distinctive ‘click’ languages and enlighten you about recent achievements in obtaining their rights to land and intellectual property. The San-guided experience provides a unique opportunity for you to listen to accurate accounts of the past and present lives of the San. Thereafter, return to Cape Town along the same route.



After filming the movie “Safe House” in Cape Town, Denzel Washington had this to say about Langa: “The warmest and most welcoming place I have ever filmed.” Join psychology **Professor Peg Barratt** for this excursion to Langa Township. Professor Barratt has experience in various townships near

Cape town and will provide insight into township life in South Africa.

Langa is a suburb in Cape Town that was established in 1927, as a result of the 1923 Urban Areas Act. It is one of the many areas in South Africa that were designated for Black Africans before the apartheid era. It is the oldest of such suburbs in Cape Town and was the location of much resistance to apartheid.

Walk through the streets, homes, and hearts of this suburb. During the course of the afternoon, we want to show you “a day in the life of a Langa township resident.” Learn about entrepreneurial activity and social customs and how women have made use of traditional Xhosa customs to create a living for themselves in the city.

We will visit people’s homes of shacks, side by side with upper class “Beverley Hills” homes, and describe how the rich and poor live adjacent to one another here in peace and harmony. We end our tour of Langa with a visit to the Happy Feet Project, an initiative started in 2007, to provide township kids with positive influences to keep them away from gangs and drugs in the community. After an inspiring performance of gumboot dancing, and an uplifting afternoon’s exposure to the “Spirit of Langa”, we will return to the quayside.

STANDARD PRICE		Early Booking
Adult	\$48	\$45
Child	\$24	\$24
TIME		
	Date	Time
Depart	March 29	1400
Return	March 29	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> Visit the township of Langa and meeting locals Visit to the Happy Feet Project 		
MINIMUM REGISTRATION: 7		
MAXIMUM CAPACITY: 39		



This trip provides historical insight into the social injustices of Cape Town's past.

Start the tour with a visit to Robben Island by ferry. This former leper colony was a political prison during Apartheid. View Nelson Mandela's prison cell while ex-political prisoners give a detailed commentary. Also visit the quarry, where the former President's eyes were damaged permanently, and where personalities in the struggle were put to back-breaking labor. Now operating as a living museum, Robben Island also hosts about 23 mammals and 132 bird species including the African penguin.

Next, a visit to the townships and Cape Flats shows how sprawling satellite camps of seemingly endless shanties provide little more than a roof for shelter. This journey through history continues with a visit to Langa, the oldest existing township on the Western Cape. Local community workers host you in this vibrant area as numerous squatters set about building their own brick homes, with the help of state grants. Enjoy lunch at Lelapa Restaurant, which offers a selection of traditional South African dishes.

In the afternoon, pay a visit to the District Six Museum and learn how 60,000 families were forcibly removed from that once vibrant suburb. Your next stop will be Bo-Kaap, a typical example of a Malay Quarter residence. Experience the unique culture, lifestyle and personality of this Cape Muslim community and their role in Cape Town's development. Return to the ship after this fulfilling, thought-provoking day.

<http://www.semesteratsea.org/2012/11/28/fighting-for-freedom-south-africas-struggle-with-apartheid/>



STANDARD PRICE		Early Booking
Adult	\$125	\$119
Child	\$62	\$61
TIME		
	Date	Time
Depart	March 29	0815
Return	March 29	1715
HIGHLIGHTS		
<ul style="list-style-type: none"> • A ferry trip to Robben Island • A visit to the oldest township in Cape Town & lunch at a local restaurant • A visit to the District Six Museum & Bo-Kaap 		
MINIMUM REGISTRATION: 12		
MAXIMUM CAPACITY: 78		



During this beautiful and adventurous Garden Route excursion, you will partake in a safari experience which involves learning and becoming familiar with one of Africa's most stately, intelligent mammals – **the African Elephant!** Day one begins by traveling to Garden Route Game Lodge with lunch served before an afternoon open vehicle game drive with an experienced game ranger. You may be fortunate enough to encounter lion, elephant, white rhino, buffalo and cheetah! Day two includes a visit to The Elephant Sanctuary where you will be able to touch and interact with the elephants, feed them as well as go for an elephant ride. Day three includes an adventure through the canopy treetops of Tsitsikamma Forest and an afternoon traveling through the beautiful Storms River Mouth. The final day of the trip includes a sunrise game drive through Addo Elephant National Park followed by breakfast and travel back to Cape Town.

STANDARD PRICE		Early Booking
Adult	\$1,298	\$1,239
Child	\$649	\$620
TIME		
	Date	Time
Depart	March 29	0730
Return	April 1	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> Understand the African Elephant by feeding and ride these stately mammals Take an adventurous trip through the canopy treetops Enjoy 2 game drives with experienced guides 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 18 (per section)		

Please note: Wear comfortable, lightweight clothing and comfortable walking shoes. Bring sunblock, sun hat, sunglasses, and windbreaker. Accommodations are EXPLORER category.

BASED ON HISTORIC DEMAND, WE HAVE CREATED TWO SECTIONS THAT WILL DO THE SAME ACTIVITIES IN REVERSE ORDER.

ITINERARY SECTION 201

Day 1: (L, D) <ul style="list-style-type: none"> Depart 8 AM via coach to quayside and travel overland to Garden Game Route Lodge (4.5 hours) Enjoy lunch and an afternoon game drive in an open vehicle Free time to freshen up and dinner at a lodge 	Day 2: (B, L, D) <ul style="list-style-type: none"> Morning game drive including a coffee stop Travel overland to Plettenburg Bay including picnic lunch Embark on the full Elephant Experience including a chance to feed and ride elephants Travel to Tsitsikamma Lodge for overnight Enjoy dinner and leisure time at lodge 	Day 3: (B, L, D) <ul style="list-style-type: none"> Enjoy breakfast at lodge Make your way to the starting point for your Canopy Treetop Adventure Lunch and transfer to Storms River Mouth for scenic overlooks Travel to Addo to check-in to "backpackers-style" accommodations and dinner 	Day 4: (B, L) <ul style="list-style-type: none"> Travel to Addo Elephant National Park for sunrise game drive Enjoy breakfast at the lodge before transferring to Port Elizabeth Airport Fly back to Cape Town and arrive quayside (return to ship at 1500h)
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ITINERARY SECTION 202 depart 730AM toward airport

Day 1: (L, D) <ul style="list-style-type: none"> Fly to Port Elizabeth Travel to Addo via motorcoach Enjoy lunch at lodge Afternoon game drive to see wildlife Leisure time and dinner Overnight at Addo 	Day 2: (B, L, D) <ul style="list-style-type: none"> Enjoy breakfast at backpacker's lodge Elephant sanctuary experience with trained elephant Guide; Walking hand-in-trunk with Elephants; Feeding (Elephant Food included) & Elephant Back Riding Travel to Tsitsikamma Lodge for overnight Optional visit to Storms River Mouth area 	Day 3: (B, L, D) <ul style="list-style-type: none"> Enjoy breakfast and check out of lodging Have a Canopy Treetop and Zip-Line Adventure Travel to Garden Route Safari Lodge; 4x4 game drive Enjoy dinner and overnight at the Garden Route Lodge 	Day 4: (B) <ul style="list-style-type: none"> Take an early morning game drive Take breakfast at the lodge Tour the facility's Reptile Center Travel back to Cape Town overland via coach
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Steeped in legend and history, the iconic Kruger National Park in South Africa is waiting for you to explore its vast landscapes and spectacular African wildlife. Fly from Cape Town to Nelspruit and spend the afternoon searching for animals in the dramatic



wildlife. Your second day will be filled with exciting safari drives and a picnic lunch in the bush. There will be time in the late afternoon for leisure time at the lodge including swimming. Accommodation included in this tour will be in luxury safari tents at the Nkambeni Tented Lodge in Kruger National Park, further incorporating the safari atmosphere of this field program.

ITINERARY

<u>Day 1: (L, D)</u>	<u>Day 2: (B, L, D)</u>	<u>Day 3: (B)</u>
<ul style="list-style-type: none"> • Fly to Johannesburg and transfer to Kruger (approx. 6 hours) • Take an PM/sunset game drive in an open vehicle • Free time and dinner at your lodging 	<ul style="list-style-type: none"> • Full day safari at Kruger National Park • Picnic lunch served in the bush • Leisure time at the resort • Dinner at Lodge 	<ul style="list-style-type: none"> • Leisurely breakfast and morning • Transfer to airport and return flight to Cape Town

STANDARD PRICE		Early Booking
Adult	\$1,157	\$1,098
Child	\$579	\$549
TIME		
	Date	Time
Depart	March 29	0545
Return	March 31	PM
HIGHLIGHTS		
<ul style="list-style-type: none"> • Full-day safari at Kruger Nat'l Park • Sunset game drive on Day 1 • Tented "lodge" in KNP • Picnic lunch 		
MINIMUM REGISTRATION: 12		
MAXIMUM CAPACITY: 38		



Spend three days visiting the natural habitats of over 40 types of animals and 350 bird species in this safari through the Kapama Game Reserve. Located in the Limpopo Province, adjacent to the Kruger National Park, this area is known for the famed 'Big 5' - lions, leopards, elephants, buffaloes, and rhinos. Game drives are conducted through the rolling savannah grasslands and riverine forests that make up this appealing African reserve. The cost of this trip includes flights and comfortable accommodations at Kapama Buffalo Camp, allowing you to enjoy as much time as possible with South Africa's famed animals.

**"Definitely one of my favorite SAS trips by far!
It will be an unforgettable three days!" –Ellie (SP'13)**

The Kapama Game Reserve is located in a low-risk Malaria zone.

ITINERARY

<u>Day 1: (D)</u>	<u>Day 2: (B, L, S, D)</u>	<u>Day 3: (B)</u>
<ul style="list-style-type: none"> • Fly to Hoedspruit via Johannesburg • Arrive in Kapama Buffalo Camp • Enjoy high tea served at your accommodation <p>Take a game drive to view wildlife</p>	<ul style="list-style-type: none"> • Depart for an early morning game drive • Enjoy breakfast and a leisurely morning • High tea served at your accommodation • Evening game drive before dinner is served 	<ul style="list-style-type: none"> • Enjoy coffee or tea and depart for an early morning game drive • Breakfast at your lodging and pack your belongings • Fly back to Cape Town via Johannesburg and arrive quayside

STANDARD PRICE		Early Booking
Adult	\$1,748	\$1,659
Child	\$874	\$830
TIME		
	Date	Time
Depart	March 29	0630
Return	March 31	1830
HIGHLIGHTS		
<ul style="list-style-type: none"> • Kapama Game Reserve • 'Big 5' sightings • Daily game drives 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 18		



Venture on the wild side with this safari adventure. Set against the backdrop of the majestic Langeberg mountain range, the Garden Route Game Lodge marks the entrance to South Africa's world famous Garden Route Coast. Catch a glimpse of South Africa's most famous creatures, including lions, leopards, elephants, buffaloes and rhinos;

together these animals constitute the "Big 5." Morning and afternoon safari game drives will make spotting tons of animals not a problem at all. During your free time go on an optional cheetah walk or explore the reserve's Reptile Center to see even more creatures. Located only four scenic hours' drive from Cape Town, this family owned and operated private game reserve combines the best of safari with comfortable accommodations and delicious meals.

STANDARD PRICE		Early Booking
Adult	\$471	\$452
Child	\$236	\$226
TIME		
	Date	Time
Depart	March 29	0930
Return	March 31	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Garden Route Game Lodge • 'Big 5' sightings • Daily safari game drives • Optional cheetah walk 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 38		

ITINERARY

<u>Day 1: (L,D)</u> <ul style="list-style-type: none"> • Travel to Garden Route Game Lodge • Embark on a 4x4 game drive • Dinner at the Lodge 	<u>Day 2: (B, D)</u> <ul style="list-style-type: none"> • Embark on a morning game drive with coffee stop • Take an optional cheetah walk • Participate in an afternoon game drive • Free time for relaxation and lunch on your own 	<u>Day 3: (B,L)</u> <ul style="list-style-type: none"> • Enjoy coffee/tea before early morning game drive • Optional guided tour of reserve's Reptile Centre • Travel back to Cape Town and arrive quayside
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Day 3: Sunday, 30 March

CAP 133-301 TOWNSHIP CULTURE & CHURCH SERVICE

Half day

For obvious reasons this group tour takes place on Sundays. We will depart from the quayside and after 30 minutes we will be in the township of Langa passing District Six en-route from which more than 50,000 so-called “coloured” South Africans were forcibly removed from their homes during the apartheid-era.

Sunday is probably the best day to be in the townships. Residents are home from work, and like the fashion-conscious Italians parading around their piazzas, so to do the residents of Langa, dressed in their finest and swishing around their streets. From early in the morning, groups of young and old make their way to the church of their choice, testimony to the fact that 76% of South Africans call themselves Christians.

We will join a community church for a part of their service, enjoying the soulful singing and rhythmic dancing which is so much a part of African tradition. Thereafter, in the company of your guide and local residents, we will walk to the home of a local community leader to enjoy a cup of tea and a discussion about the values, traditions, beliefs, language, and rituals of the Xhosa-speaking South Africans.

Your tour ends with a drive through Langa and adjacent Bonteheuwel which is today home to many of the previous residents of District Six and their descendants. We have the opportunity to contrast the stark cultural differences between these two communities, separated by a roadway, divided by apartheid 40 years ago, and today arguably still miles apart.

Please note: There are limited restrooms in the township. This township is extremely impoverished and therefore this tour is a “no frills” experience.

STANDARD PRICE		Early Booking
Adult	\$48	\$45
Child	\$23	\$23
TIME		
	Date	Time
Depart	March 30	0900
Return	March 30	1300
HIGHLIGHTS		
<ul style="list-style-type: none"> Community church service Spend time in a local township with community members 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 24		



CAP 117-301 AQUILA

Full day



This full-day tour to Aquila Game Reserve will take you to the semi-scrub desert of the Karoo for a wild encounter with Africa's game. Travel in an air-conditioned coach to your game drive destination. This comfortable 90-minute drive will meander through the scenic Hex River Valley to Cape Town's closest private game reserve, Aquila.

“This trip is the next-best thing to going on a multiple day safari. Everyone loved it!” –Carol Baker, Field Office Coordinator, F'12

Once at the reserve, a welcome drink awaits your arrival. Head out on a 2-3 hour game drive. While traveling in 4x4 safari vehicles with an experienced ranger, view the animals roaming the reserve. There is an ideal opportunity to observe rhinoceros, buffalo, giraffes, and lions (the lions and cheetahs are in an enclosure.) Large herds of zebra, black and blue wildebeest, red hartebeest, warthog, eland, springbok, blesbok, and gemsbok may also be seen in the semi-arid desert.

Hippopotami and crocodiles lurk in the wetlands and in the rainy season, flamingoes also reside there. After your drive, enjoy a delicious buffet lunch, which is served in the African *boma* restaurant, before returning to Cape Town. **Note:** Participants should wear lightweight clothing and comfortable walking shoes, and bring sun block, sun hat, sunglasses, and windbreaker.

STANDARD PRICE		Early Booking
Adult	\$227	\$219
Child	\$114	\$112
TIME		
	Date	Time
Depart	March 30	0715
Return	March 30	1645
HIGHLIGHTS		
<ul style="list-style-type: none"> 2-3 hour game drive in safari vehicle Buffet lunch at <i>boma</i> restaurant 		
MINIMUM REGISTRATION: 18		
MAXIMUM CAPACITY: 98		



Situated in the magnificent Outeniqua Mountains and unspoiled beaches of the Indian Ocean, in the heart of the Garden Route, the Botlierskop Private Game Reserve ensures its visitors a unique South African safari experience. With only an only 5-hour drive from Cape Town, this malaria-free family owned and privately operated garden route game lodge is home to an abundance of

animal and birdlife including 4 of the Big 5. Begin the trip with a 5-hour scenic overland drive from Cape Town to Botlierskop Private Game Reserve. Enjoy lunch and an afternoon game drive before settled in for dinner and a night spent in Botlierskop's unique luxury tented accommodations. Day two will begin with breakfast followed by a day of elephant back rides and horseback safaris. Day three will commence with a final breakfast at the lodge followed by a scenic drive back to Cape Town.

Please note: Participants should wear lightweight clothing and comfortable walking shoes, and bring sun block, sun hat, sunglasses, and a windbreaker.

ITINERARY:

STANDARD PRICE		Early Booking
Adult	\$779	\$747
Child	\$390	\$373
TIME		
	Date	Time
Depart	March 30	0700
Return	April 1	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Open vehicle game drive with chance to see 4 of the Big 5 • Elephant back ride • 1-2 hour horseback safari • Stay in Botlierskop unique, luxury tented accommodations 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 28		

Day 1: (L, D)

- Depart Cape Town harbor and drive to Botlierskop Private Game Reserve
- Enjoy lunch at the lodge
- Afternoon game drive to see wildlife
- Leisure time and dinner

Day 2: (B, L, D)

- Enjoy breakfast at the lodge
- Split into group to enjoy a 30-minute elephant back ride
- Leisure time for optional spa treatments (additional cost), time at the pool, or simply relaxing
- Lunch served at the lodge
- 1-2 hour horseback safari
- Leisure time and dinner

Day 3: (B, L)

- Optional (additional cost) morning open vehicle drive
- Enjoy breakfast and check out of lodging
- Return transfer to Cape Town (picnic box lunches included)



This 3 day, 2 night tour takes you to Bongani Mountain Lodge which borders the southern side of Kruger National Park and is near the magnificent Malelane Mountains.

Your excursion begins by traveling to Cape Town International Airport for a short flight. Transfer to Bongani Mountain Lodge and upon arrival, enjoy lunch followed by check-in formalities. Gather for tea before taking an afternoon game drive with experienced field guides in the 8,000 hectare Mthetomusha Game Reserve. Keep your eyes peeled during the game drive, as Bongani is home to the “Big 5” as well as other wildlife and an entertaining variety of birdlife. Relax for the evening and enjoy dinner at the lodge before resting in luxurious bush accommodations said to inspire travelers from around the world!

Day two begins with tea and an early morning game drive followed by a scrumptious breakfast at the lodge. Take a guided scenic walking San Rock Art tour and then enjoy leisure time before lunch. Depart for your afternoon game drive to see wildlife including the Big 5. Dinner will be served at the lodge in the evening. Your last day at Bongani Mountain Lodge begins with a morning game drive and breakfast. Transfer to Cape Town via Nelspruit Airport and arrive quayside at approximately 1700.

Please note: Participants should wear lightweight clothing and comfortable walking shoes and bring sunblock, sun hat, sunglasses, and a windbreaker.

ITINERARY:

Day 1: (L, D) <ul style="list-style-type: none"> • Depart Cape Town harbor to Cape Town International Airport • Upon arrival, enjoy lunch at the lodge • Afternoon tea and game drive to see wildlife • Leisure time and dinner at the lodge 	Day 2: (B, L, D) <ul style="list-style-type: none"> • Early morning wake-up call followed by coffee and tea and a morning game drive • Enjoy breakfast at the lodge • Explore San Rock Art with a walking tour • Lunch served at the lodge • Afternoon tea followed by a game drive • Leisure time and dinner 	Day 3: (B) <ul style="list-style-type: none"> • Early morning game drive for your last chance to see the Big 5 • Enjoy breakfast and check-out of lodging • Return flight to Cape Town
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STANDARD PRICE		Early Booking
Adult	\$1,245	\$1,193
Child	\$623	\$597
TIME		
	Date	Time
Depart	March 30	0830
Return	April 1	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Four game drives with ample opportunity to see “Big 5” • Guided San Rock Art walking tour • Enjoy the luxurious bush accommodations of Bongani Mountain Lodge, said to inspire travelers 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 18		

JUST ADDED new section!

CAP 207-301

FAIRY GLEN ONE-NIGHT SAFARI (STANDARD)

2 Days/1 Night



One night at Fairy Glen is a great option for those who want some wild animal experience but also want time in Cape Town. It cannot be compared to a Kruger Safari, but will be enjoyable for those who want just a taste of the "wild."

ITINERARY:

Day 1: (L,D)

- 2-hour scenic drive to reserve
- Buffet lunch
- 4x4 open vehicle game drive with an experienced game ranger. Fairy Glen Private Game Reserve is home to buffalo, lion, rhino, elephant as well as species like blue wildebeest, giraffes, and zebra
- Free time to relax around pool or take nature walk
- Dinner at the lodge

Day 2: (B)

- Embark on a morning 2-3 hour game drive and continue your search of wildlife.
- Return to Cape Town (refreshment stop – OWN EXPENSE)

STANDARD PRICE		Early Booking
Adult	\$361	\$346
Child	\$181	\$173
TIME		
	Date	Time
Depart	March 30	1000
Return	March 31	1400
HIGHLIGHTS		
<ul style="list-style-type: none"> • Fairy Glen Private Game Reserve • Afternoon & morning game drive • Relaxed rustic lodge 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 18		



Day 4: Monday, 31 March

CAP 115-401

CAPE POINT & PENGUINS

Full day



Contrary to popular belief, Cape Point is not the southernmost tip of Africa. That honor belongs to Cape Agulhas. It is, however, the meeting place of the Atlantic Ocean and False Bay. The route to Cape Point takes you along the M3, via the scenic Ou Kaapse Weg (Old Cape Road), Sun Valley, Misty Cliffs, and Scarborough. The Cape of Good Hope Nature Reserve occupies 19,151 acres of indigenous flora and fauna. Walk to the platform on top of the hill for a great view of the peninsula

and the place where the Atlantic and Indian Oceans are said to meet. If you prefer, take the optional funicular railway at your own expense, which will transport you to the platform. From that location, there are approximately 120 steps to the old lighthouse on top of Cape Point. There is free time to explore the area on your own. Then, depart the reserve and continue along the shoreline of the Indian Ocean, through the historic naval base of Simon's Town. Stop at Boulder's Beach, one of only two mainland Jackass Penguin breeding colonies in the world. Lunch is enjoyed at a scenically located restaurant. On completion of lunch, return to the quayside joining the M3 motorway and passing the University of Cape Town, Rhodes Memorial, Mostert's Mill, and the famous Groote Schuur Hospital en-route

Please note: Participants should wear lightweight clothing and comfortable walking shoes. Also take along sunblock, a sun hat, sunglasses, and a windbreaker. This tour is not recommended for those with a fear of heights.

STANDARD PRICE		Early Booking
Adult	\$88	\$84
Child	\$43	\$42
TIME		
	Date	Time
Depart	March 31	0800
Return	March 31	1500
HIGHLIGHTS		
<ul style="list-style-type: none"> Scenic drive along Ou Kaapse Weg Spectacular views & photo opportunities at Cape Point Nature Reserve Visit to Boulders Beach – home to the African Penguin Delicious seafood lunch at a local restaurant 		
MINIMUM REGISTRATION: 8		
MAXIMUM CAPACITY: 119		

CAP 104-401

ANIMAL WHISPERS – GROUP A

Half day

At Somerset West, you will visit the Cheetah Outreach Project and have an exciting and educational “Private Encounter” with a cheetah. You will come face to face with these majestic cats and have the opportunity to interact with them on a personal basis. After this visit, transfer to Spier Wine Estate in the Cape Winelands area near Stellenbosch. Pay a visit to the Eagles Encounter Rehabilitation Center where you will have a “Private Viewing” and meet birds of prey such as eagles, owls, kestrels, kites and ghost hawks, which have been previously injured, poisoned or illegally removed. They are now being nurtured until they can be released back into the wild. Take a short walk to the Spier Wine Tasting Centre to experience a “Private Winelands Select Tasting” before returning to port.



STANDARD PRICE		Early Booking
Adult	\$65	\$62
Child	\$32	\$31
TIME		
	Date	Time
Depart	March 31	1245
Return	March 31	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> Personal encounter with a cheetah Meet Birds of Prey at animal rehab center Wine tasting of local wines 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 39		

“I really enjoyed the day- great mix of programs!” –Megan, Spring '13 student

Please note: Participants should wear lightweight clothing and comfortable walking shoes and bring sunblock, sun hat, sunglasses, and a windbreaker.

CAP 141-401

ECO-MARINE CRUISE

Full day

Your early-morning transfer from the pier will take you to the town of Gansbaai where you'll embark on your Eco-Marine boat cruise. This 1 to 2 hour journey takes you to the bays of Gansbaai. One frequently sees dolphins along the bay. You will also see seals, as well as African Penguins, and a colony of 60,000 seals. You will also see a colony of white sharks. When back on land enjoy a complimentary lunch and continue your tour to the quaint and seaside town of Hermanus for a light lunch at a local restaurant. Thereafter bid Hermanus farewell and return to Cape Town following a scenic route.

Please note: Participants should wear lightweight clothing and comfortable walking shoes and bring sunblock, sun hat, sunglasses, and a windbreaker. Please use anti-seasick medication well in advance if you are prone to motion sickness.

CANCELLED

STANDARD PRICE		Early Booking
Adult	\$173	\$169
Child	\$86	\$85
TIME		
	Date	Time
Depart	March 31	0700
Return	March 31	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> View marine life led by experienced skippers and guides who will share knowledge with you and emphasize the welfare and conservation of animals 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 21		

CAP 207-401

FAIRY GLEN ONE-NIGHT SAFARI (STANDARD)

2 Days/1 Night



One night at Fairy Glen is a great option for those who want some wild animal experience but also want time in Cape Town. It cannot be compared to a Kruger Safari, but will be enjoyable for those who want just a taste of the "wild."

ITINERARY:

Day 1: (L,D)

- 2-hour scenic drive to reserve
- Buffet lunch
- 4x4 open vehicle game drive with an experienced game ranger. Fairy Glen Private Game Reserve is home to buffalo, lion, rhino, elephant as well as species like blue wildebeest, giraffes, and zebra
- Free time to relax around pool or take nature walk
- Dinner at the lodge

Day 2: (B)

- Embark on a morning 2-3 hour game drive and continue your search of wildlife.
- Return to Cape Town (refreshment stop – OWN EXPENSE)

STANDARD PRICE		Early Booking
Adult	\$361	\$346
Child	\$181	\$173
TIME		
	Date	Time
Depart	March 31	1000
Return	April 1	1400
HIGHLIGHTS		
<ul style="list-style-type: none"> Fairy Glen Private Game Reserve Afternoon & morning game drive Relaxed rustic lodge 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 18		





Townships in South Africa came about as a result of apartheid city-planning policies, which excluded 'non-white' people from living in the suburbs of the city. They were forcibly moved to peripheral areas on the edge of the city, where they had to live in harsh conditions and cope with extreme poverty. Although apartheid officially ended in 1994, many people still face harsh conditions from the consequences of poverty. Despite this struggling, the townships are filled with a strong sense of community, vibrancy and faith. There is a growing hope as many redefine their futures within and beyond the boundaries of the township.

Tambo Village is a small, contained community located within the Gugulethu Township where everyone knows each other and families live within walking distance, making it an ideal homestay location. This homestay project is fully-embraced by the community; it is owned and operated by community members who have a vested interest in the comfort and safety of their guests.

Tambo houses are built out of brick and mortar and have running water, flush toilets and electricity. Accommodations are simple and geysers (water heaters) are not standard; bathing in some houses is either with cold water or with water heated up on the stove. Participants will share a room with another SAS participant within the meals, linen and bedding are provided by the host family. The food quality is excellent and special dietary needs may be catered to upon request.

"The homestay was perfect. I would go back in a heartbeat." –Ali, SP '13 student

Note: This trip is not suitable for children under 12 years of age.

STANDARD PRICE		Early Booking
Adult	\$79	\$75
Child	\$40	\$37
TIME		
	Date	Time
Depart	March 31	1600
Return	April 1	1000
HIGHLIGHTS		
<ul style="list-style-type: none"> Township homestay in Tambo Village Traditional meals with family 		
MINIMUMUM CAPACTIY: 16		
MAXIMUM REGISTRATION: 30		



Day 5: Tuesday, 1 April

CAP 110-502

BAPHUMELELE ORPHANAGE & TOWNSHIP BY BICYCLE

Half day

After departing the quayside, a 45min coach transfer on the N2 National Highway will take you to into the Baphumelele Orphanage, located in the bustling township of Khayelitsha.



Founded in 2001, Baphumelele Children's Home was a humble woman's response to an alarming situation. Rosie Mashale had no money when she decided to provide a home and place of safety for children who were orphaned, abandoned, abused or neglected, but she had a vision, a big heart, a lot of resolve, and the constant support of her community. At present the children - ranging in age from newborn to 19 years old - live in nine separate buildings. They are cared for by women

and men from the community who love them as their very own, and who are supported by volunteers.

STANDARD PRICE		Early Booking
Adult	\$61	\$59
Child	\$31	\$30
TIME		
	Date	Time
Depart	April 1	1330
Return	April 1	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Service opportunity for local orphans • Experience Khayelitsha, South Africa's fastest growing township • Visit with local youth and play a game of soccer "Township Style" 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 24		

The sustainability and unique nature of Baphumelele as a community-based project is assured through its deep roots in the community. The Home in particular is viewed by many as a sentinel of hope in the townships of the Western Cape and a demonstration of what a community can achieve when everyone works together.



At the orphanage, if she is available, you will be met by the founding member of the establishment, Rosie Mashale, who will offer a brief tour of the orphanage coupled with an explanation as to what it aims to achieve. Once you are familiar with the establishment, the group will be split up to assist with various activities taking place throughout the orphanage, including infant minding, playing with toddlers, reading to the children, general handiwork, and meal preparation in the kitchen.

After completing the various tasks assigned, bid farewell to the children at the orphanage and transfer to Langa for a cycling tour and a visit to the Happy Feet Project where you will meet the founder, Siviwe Mbinda and enjoy a performance by the kids. Happy Feet Youth Project is a NPO founded in 2007 by Siviwe Mbinda in an effort to provide a safe after-school environment for the children of his community. The program includes approximately 70 boys and girls ages 3-20.

PLEASE NOTE: Restroom facilities are extremely limited in the Township; please use facilities prior to departure. Most of the sites visited on this tour are part of an African Township, which whilst having extreme poverty, is being uplifted by the government and the local community, making it a place of hope. One needs to be prepared for this aspect of the tour, as it is definitely a "no frills" experience. Through participating in this tour, you will receive an insight into the local African culture like no other you have ever experienced, and in doing so, will contribute to the economic uplifting so vital for the people of South Africa.



Become a member of the Global Grins Delivery Squad by delivering toothbrushes and spreading the word about the link between good oral hygiene and disease prevention. More information about Global Grins can be found at www.globalgrins.org.



Amy Biehl was a young American Fulbright Scholar who was stoned to death in 1993 in South Africa, where she had gone to help disenfranchised voters in the struggle against apartheid.

Her family established the Amy Biehl Foundation Trust to continue Amy's work against the effects of Apartheid. In the townships, you will see the lasting

impact of apartheid and the continuing racial discrimination of poverty today

This highly interactive trip is a favorite with SAS participants; many revisit the Foundation during their remaining time in Cape Town because it is such a rewarding experience. Lunch is included at a township restaurant featuring traditional Xhosa foods.

On this trip, spend the day touring the various programs run by the Amy Biehl Foundation including:

- the Amy Biehl Music Program, which teaches sixth and seventh graders music theory and practice;
- the Youth Reading Role Models program, where seventh graders read to first graders;
- the Buthisizwe Training Centre, a facility which provides instruction on block making, sewing, and aluminum window-frame making; and
- the Khayelitsha Golf Club—*A Driving Range for the People*. This provides constructive and safe activities for youth after school and makes the game of golf accessible to all South Africans regardless of race or economic circumstance.

STANDARD PRICE		Early Booking
Adult	\$82	\$79
Child	\$41	\$40
TIME		
	Date	Time
Depart	April 1	0900
Return	April 1	1500
HIGHLIGHTS		
<ul style="list-style-type: none"> • Tour facilities of Amy Biehl Foundation • Interact with local youth • Lunch included 		
Note: rescheduled from March 29		
MINIMUM REGISTRATION: 6		
MAXIMUM CAPACITY: 11		



Depart the ship by motorcoach for the university town of Stellenbosch and explore the town and surrounding area, such as Franschhoek, for approximately 2.5 hours using 21-gear mountain bikes. Then, pack up the bikes and transfer by vehicle over the Helshoogte Pass to the other side of the

mountain. Once there, cycle approximately 19 kilometers along the Simonsberg, on an evenly paved road to the picturesque wine land region of Franschhoek. After a brief visit at the Huguenot Monument, continue to a local winery for a wine tasting and a picnic lunch in the pristine surroundings before returning to Cape Town.

"You could not have made this a better trip!" –Jake (SP' 13)

Please note: 21-gear mountain bikes and safety helmets are used. The biking is strenuous at times and may not be suitable for those with limited mobility/endurance. Participants should wear lightweight clothing and comfortable walking shoes and bring sunblock, sun hat, sunglasses, and a windbreaker.

STANDARD PRICE		Early Booking
Adult	\$84	\$79
Child	\$42	\$41
TIME		
	Date	Time
Depart	April 1	0800
Return	April 1	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • 2.5 hour-long bicycle ride through scenic wine land region • Picnic lunch and wine tasting at local winery 		
MINIMUM REGISTRATION: 11		
MAXIMUM CAPACITY: 39		

CAP 121-501 TOWNSHIP XHOSA CULTURAL COOKING DAY**Full day**

This full day tour will appeal to curious travelers who seek out authentic experiences to enrich their understanding of the country they are visiting. An authentic cuisine experience in the townships of South Africa is not about glitz and glamour - rather it is about the everyday food that over 70% of South Africans eat daily, if they are fortunate.

On this tour you will be in the company of township residents for the entire day. You will get to understand why, in spite of the spectacular natural scenic beauty of the Cape, so many visitors to Cape Town regard their visit to the townships and meeting these local Africans, as their most memorable experience in our country.



You will become part of the community by walking the streets, buying the ingredients for lunch from Fruit & Vegetable Spaza stores in the community. You may see Xhosa ladies making traditional beer called Umqobothi, and the local delicacy called "Smileys" (sheep's heads), which are sometimes cooked by locals in the street. After purchasing all your ingredients, you will go to the home of your host where you will peel, slice, and chat; season, sauté, and chat; sip, savor, and chat ... cooking up a storm.

Please note: This township is extremely impoverished and as such this tour is a "no frills" experience. Your participation contributes to the economic uplift vital to this small community. Please be aware that killing a live chicken is part of this experience. Students do not have to participate, but should be prepared.



STANDARD PRICE		Early Booking
Adult	\$74	\$69
Child	\$37	\$35
TIME		
	Date	Time
Depart	April 1	0930
Return	April 1	1515
HIGHLIGHTS		
<ul style="list-style-type: none"> Visit one of the townships in Cape Town and become part of the community by walking the streets, buying ingredients for and cooking lunch in a local home Enjoy an energetic performance by Happy Feet Gumboot Dancers 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 49		

CAP 119-502 LION'S HEAD SUNSET PICNIC**Half day**

Start your hike at the base of Lion's Head (300m above sea level). The beauty of this hike to the summit of Lion's Head is that the route spirals upwards around the mountain, presenting you with ever-changing vistas. Find yourself some 250m above your starting point before arriving at the final ascent. Although the final stretch involves some rock scrambling, the Lion's Head beacon will beckon you.



The views from the top of Lion's Head won't disappoint, allowing you to get 360° views over the Atlantic Ocean in the West, Table Bay and Robben Island towards the North, the city of Cape Town in the East, and Table Mountain and the 12 Apostles to the South. This amazing panorama is well worth the climb to the summit. With table mountain sandstone as your seats and a trigonometric beacon as your table, enjoy a scrumptious panoramic picnic as you watch the sunset over the Atlantic. Sadly, it's time to head back down the hillside with your head torch or flashlight. Treading carefully in the light of your torch, we slowly make our way down Lion's Head, where the driver & coach will be waiting to transfer you back to the quayside.

Note: Participants are advised to take along a daypack with suitable clothes for either cold or wet weather; robust hiking

STANDARD PRICE		Early Booking
Adult	\$38	\$35
Child	\$19	\$17
TIME		
	Date	Time
Depart	April 1	1600
Return	April 1	2100
HIGHLIGHTS		
<ul style="list-style-type: none"> Unimpeded 360° views of Cape Town and surrounds from Lion's Head as the vantage point A delicious picnic dinner at sunset, with table mountain sandstone as your seat 		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 99		

shoes; a head torch or flashlight; and at least 1 liter of drinking water. A moderate to high level of fitness is required.



Townships in South Africa came about as a result of apartheid city-planning policies, which excluded 'non-white' people from living in the suburbs of the city. They were forcibly moved to peripheral areas on the edge of the city, where they had to live in harsh conditions and cope with extreme poverty. Although apartheid officially ended in 1994, many people still face harsh conditions from the consequences of poverty. Despite this struggling, the townships are filled with a strong sense of community, vibrancy and faith. There is a growing hope as many redefine their futures within and beyond the boundaries of the township.

STANDARD PRICE		Early Booking
Adult	\$79	\$75
Child	\$40	\$37
TIME		
	Date	Time
Depart	April 1	1600
Return	April 2	1000
HIGHLIGHTS		
<ul style="list-style-type: none"> • Township homestay in Tambo Village • Traditional meals with family 		
MINIMUMUM CAPACTIY: 16		
MAXIMUM REGISTRATION: 30		

Tambo Village is a small, contained community located within the Gugulethu Township where everyone knows each other and families live within walking distance, making it an ideal homestay location. This homestay project is fully-embraced by the community; it is owned and operated by community members who have a vested interest in the comfort and safety of their guests.

Tambo houses are built out of brick and mortar and have running water, flush toilets and electricity. Accommodations are simple and geysers (water heaters) are not standard; bathing in some houses is either with cold water or with water heated up on the stove. Participants will share a room with another SAS participant within the meals, linen and bedding are provided by the host family. The food quality is excellent and special dietary needs may be catered to upon request.

"The homestay was perfect. I would go back in a heartbeat." –Ali, SP '13 student

Note: At the village's request, this trip is not suitable for children under 12 years of age.



Stellenbosch is a major university town characterized by Cape Dutch-style architecture and streets lined with oak trees, some of which have been declared national monuments. It also happens to be home to some of the most fertile, wine producing areas in the world. Start the afternoon with a lovely wine- & chocolate tasting at one of the well-known wine estates in Stellenbosch.

Thereafter travel to the town center of Stellenbosch followed by some time at leisure for you to explore independently. Along the way, you can visit the Stellenbosch Museum, which is comprised of 4 different houses depicting different eras: the 1709 Schreuder House, 1788 Bletterman House, early-19th-century Grosvenor House and 1850 O.M. Bergh House, (optional and at your own expense). Alternatively, you may wish to browse through the variety of curio shops.

Re-board your vehicle and transfer to a second wine estate in Stellenbosch to taste more local wines produced in the area. After your wine tasting take a leisurely drive to your restaurant where a pre-dinner drink will be enjoyed followed by a delicious 3-course dinner (subject to change due to seasonal ingredients).

STARTER - choice of:

ORGANIC MIXED LEAF SALAD

griddled vegetables, feta, pine nuts, olives,
oven baked croutons and parmesan shavings

Or

HOME-MADE SOUP OF THE DAY

always fresh and inspired

Or

DEEP FRIED CALAMARI

baby salad leaves with a chill and coriander cream

MAIN COURSE – choice of:

CHOICE CUT OF DRY AGED BEEF

grilled to your liking, served with pepper sauce

Or

PENNE PASTA

tossed with sundried tomatoes, coriander, feta cheese and basil pesto
topped with roasted pine nuts and shavings of parmesan cheese

Or

FRESH LINE FISH

Of the day

DESSERT

WHISKEY CHEESECAKE

butterscotch sauce

Or

ASSORTED SORBET

Or

CRÈME BRULÉE

STANDARD PRICE		Early Booking
Adult	\$135	\$127
Child	*	*
TIME		
	Date	Time
Depart	April 1	1230
Return	April 1	2100
HIGHLIGHTS		
<ul style="list-style-type: none"> Wine- & chocolate tasting at a well-known wine estate in Stellenbosch A second wine tasting A delicious 3-course dinner at a scenically located restaurant 		
*this trip is not eligible for anyone under the age of 18		
MINIMUM REGISTRATION: 10 MAXIMUM CAPACITY: 15		



Day 6: Wednesday, 2 April

IMPORTANT: If you registered in one of the following courses, you have a field lab on the specified day.
Do not make any other travel plans as this is a designated class day in port for your course.

Field Labs	Cape Town, SOUTH AFRICA	Wednesday, 2 April
ENSP 1559 102	Professor John Serio	Studies in Poetry
ARTS 1000 502	Professor Faye Serio	Drawing at Sea
BIOL 1559 102	Professor Iain Campbell	Infectious Disease in Humans

CAP 104-601 ANIMAL WHISPERS – GROUP B		Half day																							
<p>At Somerset West, you will visit the Cheetah Outreach Project and have an exciting and educational “Private Encounter” with a cheetah. You will come face to face with these majestic cats and have the opportunity to interact with them on a personal basis. After this visit, transfer to Spier Wine Estate in the Cape Winelands area near Stellenbosch. Pay a visit to the Eagles Encounter Rehabilitation Center where you will have a “Private Viewing” and meet birds of prey such as eagles, owls, kestrels, kites and ghost hawks, which have been previously injured, poisoned or illegally removed. They are now being nurtured until they can be released back into the wild. Take a short walk to the Spier Wine Tasting Centre to experience a “Private Winelands Select Tasting” before returning to port.</p> <p>Please note: Participants should wear lightweight clothing and comfortable walking shoes and bring sunblock, sun hat, sunglasses, and a windbreaker.</p>		<table border="1"> <thead> <tr> <th colspan="2">STANDARD PRICE</th> <th>Early Booking</th> </tr> </thead> <tbody> <tr> <td>Adult</td> <td>\$65</td> <td>\$62</td> </tr> <tr> <td>Child</td> <td>\$32</td> <td>\$31</td> </tr> </tbody> </table> <table border="1"> <thead> <tr> <th colspan="3">TIME</th> </tr> <tr> <th></th> <th>Date</th> <th>Time</th> </tr> </thead> <tbody> <tr> <td>Depart</td> <td>April 2</td> <td>0845</td> </tr> <tr> <td>Return</td> <td>April 2</td> <td>1315</td> </tr> </tbody> </table> <table border="1"> <thead> <tr> <th>HIGHLIGHTS</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> • Personal encounter with a cheetah • Meet Birds of Prey at animal rehab center • Wine tasting of local wines </td> </tr> </tbody> </table> <p>MINIMUM REGISTRATION: 20 MAXIMUM CAPACITY: 39</p>	STANDARD PRICE		Early Booking	Adult	\$65	\$62	Child	\$32	\$31	TIME				Date	Time	Depart	April 2	0845	Return	April 2	1315	HIGHLIGHTS	<ul style="list-style-type: none"> • Personal encounter with a cheetah • Meet Birds of Prey at animal rehab center • Wine tasting of local wines
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This trip provides historical insight into the social injustices of Cape Town's past. Begin the day's journey with a stop at the Bo-Kaap Museum, a typical example of a Malay Quarter residence. Experience the unique culture, lifestyle, and personality of this Cape Muslim community and their role in Cape Town's development.

Then, visit the District Six Museum and learn how 60,000 families were forcibly removed from the once vibrant suburb. Next, a visit to the townships and Cape Flats shows how sprawling satellite camps of seemingly endless shanties provide little more than a roof and some shelter. This journey through history continues with a visit to Langa, the oldest existing township on the Western Cape. Local community workers host you in this vibrant community as numerous squatters set about building their own brick homes, with the help of state grants. Then sample traditional African sorghum beer at a local tavern, or shebeen, before enjoying a lunch of traditional South African dishes. Afterward, continue to Robben Island by ferry. This former leper colony was a political prison during apartheid. View Nelson Mandela's prison cell while ex-political prisoners give a detailed commentary. Also, visit the quarry, where the former president's eyes were damaged, and where individuals in the struggle endured backbreaking labor. Now operating as a living museum, Robben Island also hosts about 23 mammals and 132 bird species including the African penguin. Return to the ship after this thought-provoking day.

Watch this video from 2012 for former voyagers' experiences on this remarkable trip:

<http://www.semesteratsea.org/2012/11/28/fighting-for-freedom-south-africas-struggle-with-apartheid/>

Please note: Wear comfortable, lightweight clothing and comfortable walking shoes. Bring sunblock, sun hat, sunglasses, and windbreaker.

STANDARD PRICE		Early Booking
Adult	\$125	\$119
Child	\$62	\$61
TIME		
	Date	Time
Depart	April 2	0815
Return	April 2	1715
HIGHLIGHTS		
<ul style="list-style-type: none"> • Tour historically significant sites around Cape Town • View Nelson Mandela's prison cell • Visit Cape Flats and Langa township • Lunch included 		
MINIMUM REGISTRATION: 12		
MAXIMUM CAPACITY: 78		

Grassroots Soccer uses the power of soccer to educate, inspire, and mobilize communities to stop the spread of HIV in Africa. Visit the Football for Hope Center in Khayelitsha Township and see the work of this innovative, culturally sensitive organization, firsthand. After a brief history of GRS, participate in a "teach back" with some of the coaches who are being trained to implement the fun 'Skillz' curriculum. Finally, play in a soccer game and interact with staff and interns at the Center who are committed to empowering



STANDARD PRICE		Early Booking
Adult	\$52	\$49
Child	\$26	\$25
TIME		
	Date	Time
Depart	April 2	0900
Return	April 2	1400
HIGHLIGHTS		
<ul style="list-style-type: none"> • Play soccer with local youth • Help teach essential skills of play • Packed lunch included 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 19		



local community role models (professional soccer players, youth sport coaches, teachers, peer educators, etc.) with the tools to educate the youth in their communities. One Spring 2013 voyager said the **"structured games were very informative, free time with the kids and a question/answer period were my favorite parts!"**

Tackle the front face of Table Mountain head-on, powering your way up the clefted Platteklip Gorge that towers above Cape Town. While the hike and views are exhilarating, the most fulfilling aspect of this hike is the narrative and interpretive discussion you will get from two tour guides; a geology-trained hiker and a qualified mountain guide. Our discussion will include the history of the settlement and the importance of its geologic features, including water source and its flora and fauna.

After approximately two hours of hiking, you will have climbed almost 600 meters to reach the summit, but the journey has only started. We turn eastwards and walk along the front table towards Maclear's Beacon, the highest point on the Table Mountain Range and the anchor of southern Africa's trigonometrical network. Enjoy your snacks and a well-earned rest at Maclear's Beacon before we turn and head towards the Upper Cableway Station. Here one can make use of the facilities and coffee shop, or buy a memento before taking the cable-car down to the Lower Cableway Station. Your coach & driver will be waiting to transfer you back to the quayside. There is no better way to explore this mountain, known as one of the world's seven "Natural Wonders of the World."

Note: This hike will be steep and strenuous - a moderate to high level of fitness is required. Please bring a daypack, snacks and at least two liters of water. Always carry warm clothes in your daypack as the summit can be cold, wet, and windy. This is not a walk in the park; **you will need good hiking shoes**. This tour is weather permitting. Please note that the cableway closes if the winds are too strong. **Each participant is responsible for purchasing their own cable car ticket down the mountain (approximately R100).**

STANDARD PRICE		Early Booking
Adult	\$56	\$52
Child	\$28	\$26
TIME		
	Date	Time
Depart	April 2	0900
Return	April 2	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> Hike up Cape Town's landmark – Table Mountain – led by a geology-trained hiker and a qualified mountain guide 		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 99		

