

SA001 “Cape Classic” 7 Days

Your ‘Taste of Volunteering’ Project

Being a Reading Partner/ Repairs & Renovations of an AIDS Orphanage/Helping in a community kitchen/Environmental Conservation 4 Days

The most memorable part of your experience is likely to be the four days of community development among the poorest, and the most wonderful people of Cape Town. You will be either a reading partner at a school, or help paint and repair a township orphanage.

You have a choice of volunteer projects - all are in and around Cape Town:

(1) Helping at an AIDS orphanage. Here you can help with repair and renovation work, and also with the daily tasks (cleaning, cooking, washing) in order to free up the permanent care-givers to focus on caring for the children.

(2) Helping in a community kitchen in a township. Here you can help with meal preparation, serving meals, and also with delivering supplies to the kitchens throughout Cape Town's townships.

(3) You can be a one-on-one reading partner in a school, assisting students who are falling behind in their studies, who will benefit from some personal tuition.

(4) You can help on an environmental conservation project: Trench digging and filling, bed preparation, planting of seeds and seedlings; Wind break construction; Planting of fruit trees and wind break plants Building simple nurseries; Making jams and chutneys using garden produce. All projects are rewarding and meaningful!



Trip Highlights:

- Volunteering in Cape Town or one of the townships
- Cape Town and her beaches
- Table Mountain
- Stellenbosch Winelands
- Cape Peninsula & the Cape of Good Hope
- Cultural tour of townships

Trip Description:

Cape Town & Table Mountain – Day 1

After your arrival at the modern Cape Town International Airport meet your tour leader outside the international terminal building at 9.30am, or at your designated hotel if you arrived before your start date.

The day begins with a chance to stretch the legs on the dramatic eastern slopes of Table Mountain at Kirstenbosch, one of the most beautiful botanical reserves in the world. This botanical reserve features over 9,000 different species of indigenous plants (the entire UK has 1,300). Enjoy the fine views and a superb display of African sculptures.

We then travel through the historic city centre, passing the Company Gardens and Castle before continuing to Table Mountain, one of the oldest, most spectacular and famous of all mountains. We ascend the mountain by modern cable car and enjoy the dramatic panorama from the top. Enjoy a picnic lunch on top of the mountain.

In the afternoon we check into our accommodation. In the evening we enjoy a meal at the hotel (L,D)

The Peninsula & Cape of Good Hope – Day 2

We begin the day with the spectacular Chapman's Peak Drive on the Atlantic seaboard. We then join a two hour kayak trip in False Bay, paddling to the penguin colony at Boulders Beach where there are over two thousand African Penguins. Continuing along the coast by vehicle we enter the Cape Peninsula National Park, a large reservation protecting the indigenous flora, called 'fynbos', and providing a home to zebra, antelope and baboons.

We visit the Cape of Good Hope, the South-Western tip of Africa, one of the most significant geographical points in the history of explorers and traders. Keen walkers may continue to Cape Point, alternatively travel by vehicle. After a picnic lunch in the reserve enjoy the opportunity to swim in a tidal pool adjoining beautiful False Bay, beneath soaring Judas Peak. In the afternoon we have a 'braai' (BBQ) at a South African's home – so you can enjoy local hospitality! (B,L,D)

Townships and Stellenbosch – Day 3

We travel across the 'Cape Flats' through the poorest parts of the city. Seeing the townships is vital for gaining a full and balanced picture about South Africa and it will help you prepare for your voluntary work. Your guide will explain the impact of the former apartheid system upon these areas and describe how things are changing.

We arrive in Khayelitsha, the second largest township in South Africa and a rapidly developing and dynamic area. We visit various development projects, including the Khayelitsha Craft Market, St Michael's Church and pre-school and the WARMTH community kitchen. We also visit Golden – the man who makes

daisies from tin cans. We see a great variety of development schemes and projects, including government programmes, charitable and private initiatives. The friendly vibe and energy of the people is striking – it is a fascinating and inspiring day.

We travel a short distance to the historic town of Stellenbosch, situated in the heart of the Cape Winelands. Stellenbosch is probably the most attractive town in Southern Africa. Oak-lined avenues create shady retreats for the gracious white-washed facades of Dutch-gabled homes. We tour the village on foot, including the picturesque park in the centre of the town. A light lunch is enjoyed in the town.

Our afternoon drive takes us north through wine country, past famous estates, enjoying views of the Simonsberg mountains and, of course, the opportunity to taste wine. Back in Cape Town we stop at the Waterfront complex to enjoy time to explore this impressive development. Dinner at leisure, or transfer back to the hotel. (B,L)

Volunteer Project, First Day - Day 4

We depart our accommodation with a guide to the site of your Volunteer project. A picnic lunch will be provided. You have a choice of volunteer projects - all are in and around Cape Town:

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All projects are rewarding and meaningful! Dinner at leisure: Cape Town and the Waterfront complex are close by. (B, L)

Volunteer Project, Second Day - Day 5

We depart our accommodation with a guide to your site of voluntary service. A picnic lunch will be provided. Dinner at leisure; Cape Town and the Waterfront complex are close by. (B, L)

Volunteer Project, Third Day - Day 6

We depart our accommodation with a guide to your site of voluntary service. A picnic lunch will be provided. Dinner at leisure; Cape Town and the Waterfront complex are close by. (B, L)

Volunteer Project, Fourth Day - Day 7

We depart our accommodation with a guide to your site of voluntary service. Half day with celebration lunch. Afternoon at leisure before a transfer to the airport for your flight out or to your hotel before your extension trip commences. (B, L)

B= Breakfast, L= Lunch, D= Dinner

Comfort Level: 4/5

Activity Level: 1/5

Min. Travellers per Group: 2

Max. Travellers per Group: 12

Police Check Required? Yes (unless doing the environmental conservation volunteer project)