

Sample Itinerary

SOUTH AFRICA

Day 1, Monday, Mar 3 | Arrival and Welcome Dinner (D)

Overnight: Guesthouse

Welcome to Cape Town! After arriving at the airport, we will be met by our Kaya Leader. Together, we will transfer to the guest house and settle in. We will end the day with a celebratory Braai Welcome Dinner.*

**If the group arrives too late this might be transferred to Tuesday.*

Day 2, Tuesday, Mar 4 | City Tour and Museum Visits & Robben Island with Guest Speaker (B,L,D)

Overnight: Guesthouse

Today our main focus will be around settler colonisation and acts of imperialism. We will start our day with a City tour with visits to several museums:

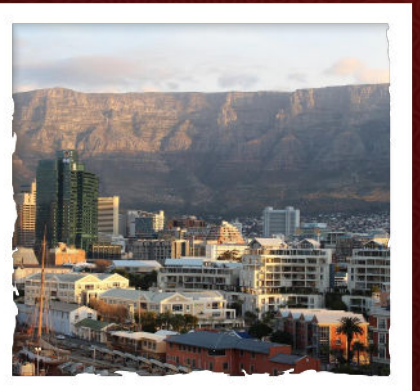
- *Castle of Good Hope*: The oldest colonial building in South Africa, it was used as a fort, a prison and even a military hospital.
- *Slave Lodge Museum*: Tells the story of the transatlantic slave trade and its impact on South Africa.
- *Bo Kaap Museum*: It showcases South Africa's Islamic heritage helping us understand the local population within a cultural and socio-political context.
- *District 6 museum*: Focuses on people who used to live in the neighborhood and their experiences during the apartheid era.

During the afternoon we will visit **Robben Island**, declared a World Heritage Site. The notorious Robben Island prison is where Africa's political prisoners, including former President Nelson Mandela, were kept during the colonial and Apartheid years. After traveling to the island by ferry, we will learn of the island's rich multi-layered history, shaped by its many different occupations and uses. Our **guest speaker** will be an anti-apartheid activist and former Robben Island prisoner who was held from 1978 to 1982, where he was mentored by Nelson Mandela and survived torture and interrogation. He has written a book, "My Freedom, My Passion".

Day 3, Wednesday, Mar 5 | St. Lukes Hospice, Heart Museum & Grootte Schuur Hospital (B,L,D)

Overnight: Guesthouse

This day will show theory vs practice and the realities of healthcare in South Africa. We will also cover modern vs traditional social care. Our morning visit will be to **St. Lukes Hospice** which provides comprehensive palliative care services and it is dedicated to offering compassionate care and support to individuals with life-limiting illnesses. Our **guest speaker** during the visit will be a palliative care specialist and social worker with over 29 years of experience. During the afternoon we will visit the **Heart Museum & Grootte Schuur Hospital** offering a deep dive into medical history and innovation. The heart museum provides insights into the lives of the patient and donor while the Grootte Schuur hospital will impress us with its role as a leading teaching hospital highlighting its contributions to medicine.



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Day 4, Thursday Mar 6 | GAPA NGO & Traditional Healer (B,L,D)

Overnight: Guesthouse

Today we will immerse ourselves in the community. Grandmothers Against Poverty and Aids (**GAPA**) is a non-profit organization formed to help grandmothers fight AIDS and poverty in Khayelitsha. They provide after-school programming to children in the surrounding community. We will share lunch with the grannies, enhancing an intercultural session where they will share their first-hand experiences with us. Our afternoon will be reserved to visit a **Khayelitsha traditional healer**. He only speaks Xhosa, but the guide will interpret, and we will learn about various healing methods, including herbal medicine and spiritual practices, as well as diagnostic techniques like divination and ancestral communication. Discussions will cover the integration of spiritual and physical health, the healer's personal journey, and their economic and environmental practices.

Day 5, Friday, Mar 7 | Free Day (B,L,D)

Overnight: Guesthouse

Today will be a free day for us to have some time reflect and/or explore on our own. Access to group transportation is available to nearby locations; this can be coordinated with the local team if required.

Day 6, Saturday, Mar 8 | Khayelitsha Community Tour (B,L,D)

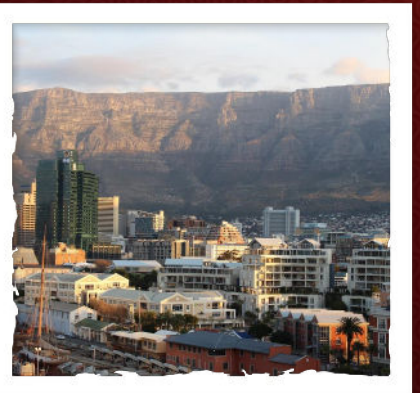
Overnight: Guesthouse

Today we will be doing a full day Khayelitsha Community tour, including a visit to Langa and Cape Flats, all townships with a rich cultural heritage. Khayelitsha has a vibrant community and a mix of formal and informal housing. A traditional lunch in Khayelitsha typically includes local dishes such as umngqusho (samp and beans), inyama yenkomo (beef stew), and umleqwa (free-range chicken). The flavors are a blend of African, Dutch, and Malay influences, reflecting the diverse cultural heritage of the community. These visits will offer us a unique opportunity to experience the warm hospitality of the local people, learn about their history and culture, and enjoy traditional cuisine in a vibrant and lively setting. We will also get the chance to see a live jazz performance which will show art as a form of resistance.

Day 7, Sunday, Mar 9 | Peninsula Tour (B,L,D)

Overnight: Guesthouse

With today's tour we will visit Cape Point, Boulders Beach and Kalk Bay. **Cape Point** Nature Reserve is a UNESCO World Heritage Site, known for its stunning natural beauty, with towering cliffs, beaches, and varied vegetation. **Boulders Beach** is a picturesque beach, famous for its colony of endangered African penguins. Visitors can observe the penguins up close, swim in the calm waters, and enjoy the beautiful scenery. **Kalk Bay** is a charming coastal town known for its historic harbor, which has a rich history as a fishing village and is still home to an active fishing community. Yesterday's visit and today's tour will help us experience the difference between wealthy populations and low income communities in South Africa.



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Day 8, Monday, Mar 10 | Ikasi Soccer School NGO Visit & Guest Speaker (B,L,D)

Overnight: Guesthouse

Today we will continue to experience cross cultural engagement. This morning we will visit **IKASI Soccer School**, an NGO providing young girls in the community with a safe, educational after-school soccer program that focuses on building confidence, passion for the sport and promoting equality. Organizations like Ikasi address the needs of marginalized groups and foster a love for sports among young people. During the afternoon we will have a **guest speaker**, a specialist in gender issues in South Africa who is truly passionate about leading projects and programs for marginalized communities that increase access to intercultural engagement, with a special focus on gender equality.

Day 9, Tuesday, Mar 11 | Baphumelele NGO Visit & Workshop on Neoliberalism (B,L,D)

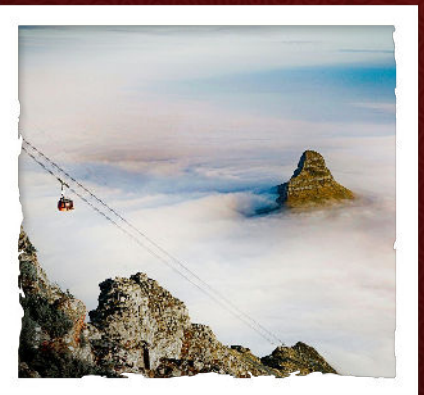
Overnight: Guesthouse

Baphumelele Waldorf Association is a non-profit organization that provides temporary shelter, skills development and early childhood care to individuals with chronic diseases including HIV/AIDS. It provides skills development for the unemployed, provides early childhood care, alleviates poverty, and provides healthcare information to the Khayelitsha community and surrounding areas. During the afternoon we will have a short **Workshop on Neoliberalism** and relate South African history and political dynamics with the perspectives of South Africans today. Critiques of neoliberalism and alternative economic models will be discussed, supplemented by case studies illustrating real-world cases.

Day 10, Wednesday, Mar 12 | Fikelela Children's Home NGO Visit & Guest Speaker (B,L,D)

Overnight: Guesthouse

Today we will be spending time with the children at **Fikelela Children's Home** which provides safe, secure and nurturing home-based care for up to 40 children between 0 and 8 years old. The children are either affected by or infected with HIV/AIDS. Children at Fikelela have been abandoned and orphaned, neglected or abused. Many of the children in Fikelela's care are nursed back to health and put on antiretroviral medication as needed, under the supervision of trained medical professionals. Fikelela is committed to reunifying children with their families or placing the children into foster homes, which are carefully screened and monitored by social workers. Our **guest speaker** today is a social worker from this NGO. They will provide insights into the home's mission to support vulnerable children through residential care, education, and health services. We will learn about the assessment and admission processes, the challenges faced by the children and the therapeutic and support interventions used. The discussion will cover efforts toward family reunification and community outreach, as well as success stories and impact measurement.



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Day 11, Thursday, Mar 13 | The Winelands (B,L,D)

Overnight: Guesthouse

Today will be focused on settler colonisation, showing architecture and historically relevant monuments which will allow us to have open discussions about anti-colonialism approach. We will start with the **Taal Monument**, dedicated to the Afrikaans language. We will also visit Stellenbosch, home to several museums, including the **Stellenbosch University Museum**, the Stellenbosch Village Museum, the Rupert Museum, and the Stellenbosch Botanical Garden, which offer a glimpse into the town's rich history and cultural heritage. Our last stop will be at **Franschhoek**, a picturesque town in the Western Cape province of South Africa. These visits will offer us a unique perspective on South African history and colonization. The architecture of the Cape Dutch homesteads showcases colonial-era design, while we will discuss the impact of colonization on indigenous populations and the use of slave labor in the early wine industry.

Day 12, Friday, Mar 14 | Reflection Time and Free Day (B,L,D)

Overnight: Guesthouse

Another day to spend on reflection or plan your own adventure around the city. Access to group transportation is available to nearby locations; this can be coordinated with the local team if required.

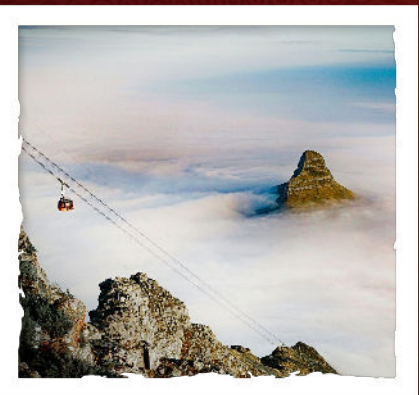
Day 13, Saturday, Mar 15 | Table Mountain & V&A Waterfront (B,L,D)

Overnight: Guesthouse

Today will be an adventure by taking a cable car to Table Mountain. We will also visit V&A Waterfront. **Table Mountain** is a prominent landmark overlooking the city of Cape Town and a major tourist attraction. In addition to being a natural icon of Cape Town, it is also an important ecological and recreational asset for the city. We will also visit the **V&A Waterfront**, situated in the oldest working harbor in South Africa with the iconic Table Mountain as its backdrop, offering a unique blend of historical charm, modern amenities, and stunning ocean and mountain views.

Day 14, Sunday, Mar 16 | Departure (B)

After 13 days full of learning and new experiences, today we will depart for home.



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