

CAPE TOWN, SOUTH AFRICA

Arrive: 0800 Saturday, 26 October
Onboard: 1800 Wednesday, 30 October



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 are apparent, and each township tells its own powerful story.



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. As amazing as the variety is the spectacle of numbers, for the African plains are the last place on Earth where vast herds still roam in primeval 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:

The following trips are grouped according to interest categories.

Art and Architecture:

CAP 100-101 Table Mountain & City Orientation Tour

Cultural Highlights:

CAP 124-501 Service Visit: Grassroots Soccer

CAP 133-201 Township culture & Church Service Overnight

Nightlife:

CAP 105-203 Evening Cape Town Jazz Safari

Active/Adventure:

CAP 101-102 Spier Wine Estate by Segway

CAP 116-601 Cycling through the Winelands

CAP 120-501 Table Mountain Hike

Taste of Cape Town:

CAP 121-601 Township Xhosa Cultural Cooking Day

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.

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	Saturday, 26 October
CAPL1	SEMS 3500-103	Professor Rimo Berg	International Public Health
CAPL2	SEMS 3500-506	Professor Rick Castaldi	Global perspectives of Business Ethics & Social Responsibility [2]
CAPL3	EVSC 3559-101	Professor Sian Davies-Vollum	Environmental Geology
CAPL4	HIST 3559-101	Professor Alfred Hunt	Diasporas: Migration in World History
CAPL6	SEMS 3500-107	Professor Gregory justice	World Theater
CAPL7	ANTH 1010-101	Professor Wenda Trevathan	Introduction to Cultural Anthropology

Day 1: Saturday, October 26

CAP 203-102 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 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 lives within walking distance, making it an ideal homestay location. This homestay project 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. 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.

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

STANDARD PRICE		Early Booking
Adult	\$95.00	\$90.00
Child	\$95.00	\$90.00
TIME		
	Date	Time
Depart	October 26	1600
Return	October 27	1000
HIGHLIGHTS		
<ul style="list-style-type: none"> • Township homestay in Tambo Village • Traditional meals with family 		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 32		

CAP 100-101

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 the essences of its people. Pay a visit to 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.

Adderley Street is the principal thoroughfare of Cape Town, and is renowned for its fine examples of old Cape architecture, including the Standard Bank Building, St George’s Anglican Cathedral, and the Cultural History Museum.

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 on the return to the ship.

Please note: Participants should wear lightweight clothing & comfortable walking shoes.

STANDARD PRICE		Early Booking
Adult	\$57.00	\$54.00
Child	\$28.00	\$27.00
TIME		
	Date	Time
Depart	October 26	0900
Return	October 26	1330
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit Castle of Good Hope • Stroll through Company Gardens • Visit SA Museum 		
MINIMUM REGISTRATION: 26		
MAXIMUM CAPACITY: 160		



CAP 131-101

LANGA TOWNSHIP & HAPPY FEET

Half day

After filming the movie “Safe House” in Cape Town, Denzil Washington had this to say about Langa: “The warmest and most welcoming place I have ever filmed.”

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 gumbboot dancing, and an uplifting afternoon’s exposure to the “Spirit of Langa”, we will return to the quayside.

STANDARD PRICE		Early Booking
Adult	\$48.00	\$46.00
Child	\$24.00	\$23.00
TIME		
	Date	Time
Depart	October 26	1400
Return	October 26	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: 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.

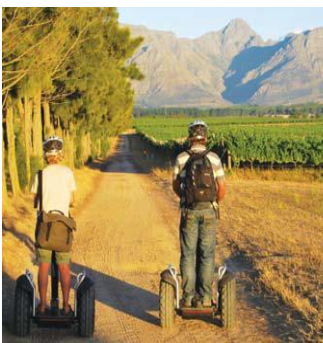
Continue to the !Khwa ttu, the San Education and Culture Centre, 70 km north-west of Cape Town which offers the unique experience of being introduced to the world of the descendants of the first indigenous people of southern Africa.

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 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.

STANDARD PRICE		Early Booking
Adult	\$74.00	\$71.00
Child	\$37.00	\$35.00
Cancelled		
Depart	October 20	1200
Return	October 26	1900
HIGHLIGHTS		
<ul style="list-style-type: none"> • Insight to the San people • Lunch on bus 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 60		



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.

STANDARD PRICE		Early Booking
Adult	\$93.00	\$88.00
Child	\$46.00	\$44.00
TIME		
	Date	Time
Depart	October 26	1330
Return	October 26	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Explore Spier Wine Estate by Segway followed by tasting of Spier wine 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 11		



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	\$64.00	\$67.00
Child	\$34.00	\$32.00
TIME		
	Date	Time
Depart	October 26	2000
Return	October 26	2310
HIGHLIGHTS		
<ul style="list-style-type: none"> Star gazing at ostrich ranch 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 40		

Day 2: Sunday, October 27



Adventure lovers unite! This four-day trip combines a unique safari experience with the chance to zip-line through the forests of South Africa. Spend your first afternoon on a safari game drive, searching for local wildlife before catching some rest at the lodge. Elephants are the stars of our next day on a memorable trek. Familiarize yourself with these majestic animals, walk alongside them, feed them, and even ride them! You will travel along the Garden Route to Tsitsikamma in the afternoon, exploring the Storms River Mouth Area which lives up to its title, "the place of much water," with its variety of reef and deep-sea fish. Up above, the Tsitsikamma canopy is a world of its own. A zip-line from platforms 30 meters above the forest floor allows



you the experience of seeing the wilderness of South Africa from a truly different vantage point. End this exhilarating day with a 4x4 safari drive. Your last stop is the nature reserve's Reptile Center, where you can see up-close a variety of reptiles native to South Africa, some of which are found nowhere else in the world.

STANDARD PRICE		Early Booking
Adult	\$1303.00	\$1241.00
Child	\$652.00	\$621.00
TIME		
	Date	Time
Depart	October 27	0730
Return	October 30	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> Elephant-back safari through Tsitsikamma wildlife area Zip-line canopy tour Safari game drives Reptile Center at nature reserve 		
MINIMUM REGISTRATION: 12		
MAXIMUM CAPACITY: 16		

ITINERARY

<p><u>Day 1: (L, D)</u></p> <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 	<p><u>Day 2: (B, L, D)</u></p> <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 	<p><u>Day 3: (B, L, D)</u></p> <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 at the Garden Route Lodge 	<p><u>Day 4: (B)</u></p> <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
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Adventure lovers unite! This four-day trip combines a unique safari experience with the chance to zip-line through the forests of South Africa. Spend your first afternoon on a safari game drive, searching for local wildlife before catching some rest at the lodge. Elephants are the stars of our next day on a memorable trek. Familiarize yourself with these majestic animals, walk alongside them, feed them, and even ride them! You will travel along the Garden Route to Tsitsikamma in the afternoon, exploring the Storms River Mouth Area which lives up to its title "the place of

much water" with its variety of reef and deep-sea fish. Up above, the Tsitsikamma canopy is a world of its own. A zip-line from platforms 30 meters above the forest floor allows you the experience of seeing the wilderness of South Africa from a truly different vantage point. End this exhilarating day with a 4x4 safari drive.

Your last stop is the nature reserve's Reptile Center, where you can see up-close a variety of reptiles native to South Africa, some of which are found nowhere else in the world.

ITINERARY

<p><u>Day 1: (L, D)</u></p> <ul style="list-style-type: none"> • Drive to Garden Route Game Lodge (4.5 hours) • Enjoy lunch at lodge and relax around the pool • 4x4 game drive (approx. 2-3 hours) • Enjoy dinner at the Garden Route Lodge 	<p><u>Day 2: (B, L, D)</u></p> <ul style="list-style-type: none"> • Morning game drive • Reptile center followed by picnic lunch en route • 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 dinner & overnight 	<p><u>Day 3: (B, L, D)</u></p> <ul style="list-style-type: none"> • Enjoy breakfast and check out of lodging • Have a Canopy Treetop and Zip-Line Adventure • Travel to Storms River Mouth for free time • Enjoy dinner & overnight at Orange Addo Backpacker lodge 	<p><u>Day 4: (B, box lunch)</u></p> <ul style="list-style-type: none"> • Travel to Addo Elephant park for SUNRISE game drive • Breakfast at lodge • Depart for airport • Return flight to Cape Town
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STANDARD PRICE		Early Booking
Adult	\$1303.00	\$1241.00
Child	\$652.00	\$621.00
TIME		
	Date	Time
Depart	October 27	0800
Return	October 30	1500
HIGHLIGHTS		
<ul style="list-style-type: none"> • Elephant-back safari through Tsitsikamma wildlife area • Zip-line canopy tour • Safari game drives • Reptile Center at nature reserve 		
MINIMUM REGISTRATION: 11		
MAXIMUM CAPACITY: 12		



Located on the border of Zambia and Zimbabwe, Victoria Falls is the largest waterfall of its kind in the world. Called Mosi-o-Tunya (Smoke that Thunders) by the locals, its water plummets roughly 100 meters into the Zambezi Gorge.

During this tour, you will explore the famous Victoria Falls, as well as travel to Botswana for a full-day safari experience at the **AMAZING Chobe National Park**. The falls and the surrounding area have been declared national parks and a World Heritage Site, thus preserving the area from excessive commercialization. Experience one of the world's unique natural wonders in the heart of southern Africa.

STANDARD PRICE		Early Booking
Adult	\$2,256.00	\$2,148.00
Child	\$1,128.00	\$1,074.00
TIME		
	Date	Time
Depart	October 27	0445
Return	October 29	2015
HIGHLIGHTS		
<ul style="list-style-type: none"> • Victoria Falls tour (Zambia & Zimbabwe!) • Full-day safari in Botswana 		
MINIMUM REGISTRATION: 22		
MAXIMUM CAPACITY: 40		

Cancelled

Please note – IMPORTANT VISA INFORMATION: ALL participants in this program will require an **additional 2 blank pages** in their passports (in addition to the recommended 10 pages for the voyage for an estimated 12 pages total). It is the responsibility of the guest to obtain the appropriate visas required for participation in this program. Citizens of most nationalities will be able to obtain the required double entry visa for Zimbabwe at the Victoria Falls airport; as well as the single entry visa for Zambia. At time of printing, rates for visas are as follows:

Double Entry Zimbabwe	Single Entry Zambia
US Citizens: USD\$ 45	US Citizens: USD\$ 50
UK Citizens: USD\$ 70	UK Citizens: USD\$ 50
Canadian Citizens: USD\$ 150	Canadian Citizens: USD\$ 50

***Please note the visa fees must be paid on the spot and is the responsibility of each guest. Fees above are provided as a guideline only and are subject to change without notice. The local consulates would have the most updated requirements available. <http://www.zimtrade.co.zw/site/site.asp?section=13&page=7>

BOTSWANA: Currently a visa is not required for U.S. /U.K. citizens - all other nationalities should check with the Botswana Consulate.

“Amazing trip! Loved the Boma! The best SAS trip so far!” – Hannah, F’12 student

ITINERARY

<p><u>Day 1: (D)</u></p> <ul style="list-style-type: none"> • Transfer to Cape Town Int’l Airport for flight to Victoria Falls via Johannesburg • Hotel check-in and lunch on your own • Sunset cruise on Zambezi River • ‘The Boma’ restaurant for dinner and African cultural show 	<p><u>Day 2: (B, L, D)</u></p> <ul style="list-style-type: none"> • Transfer to Kazungula Border (bring passport & visa) and on to Chobe, Botswana • Boat cruise on Chobe River; Lunch at the Chobe Lodge • Game drive in Chobe National Park This is the “real deal” safari • Return to hotel for dinner 	<p><u>Day 3: (B)</u></p> <ul style="list-style-type: none"> • Guided tour of Falls from Zimbabwe side • Transfer to Victoria Falls airport for flight to Cape Town via Johannesburg • Transfer to harbor
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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 luxury tented accommodations at Kapama Buffalo Camp, allowing you to enjoy as much time as possible with South Africa's famed animals.



ITINERARY

<p><u>Day 1: (D)</u></p> <ul style="list-style-type: none"> • Fly to Hoedspruit via Johannesburg • Arrive in Kapama Buffalo Camp • Enjoy high tea served at your accommodation Take a game drive to view wildlife 	<p><u>Day 2: (B, L, S, D)</u></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 	<p><u>Day 3: (B)</u></p> <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
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STANDARD PRICE		Early Booking
Adult	\$1,538.00	\$1,464.00
Child	\$769.00	\$132.00
TIME		
	Date	Time
Depart	October 27	0630
Return	October 29	1630
HIGHLIGHTS		
<ul style="list-style-type: none"> • Kapama Game Reserve • 'Big 5' sightings • Daily game drives • Luxury 'tents' 		
MINIMUM REGISTRATION: 12		
MAXIMUM CAPACITY: 12		

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. OPTIONAL activities available on Day 2 (AT YOUR OWN EXPENSE) second sunset safari at 16h30, quad biking, river rafting, elephant interaction, tree top canopy tours. Accommodation included in this tour will be at the NKAMBENI TENTED LODGE in Kruger National Park.



STANDARD PRICE		Early Booking
Adult	\$1,117.00	\$1,064.00
Child	\$558.00	\$532.00
TIME		
	Date	Time
Depart	October 27	0430
Return	October 29	1915
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: 22		
MAXIMUM CAPACITY: 40		

ITINERARY

<p><u>Day 1: (L, D)</u></p> <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 at your lodging <p>Dinner at a LODGE</p>	<p><u>Day 2: (B, L, D)</u></p> <ul style="list-style-type: none"> • Full day safari at Kruger National Park • Picnic lunch served in the bush • Leisure time at the resort • optional activities (at own expense) • Dinner at LODGE 	<p><u>Day 3: (B)</u></p> <ul style="list-style-type: none"> • Leisurely breakfast and morning • Transfer to airport and return flight to Cape Town
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Enjoy a 2-day safari on this malaria-free private game reserve, set on 14,800 acres of pristine wilderness. Nestled between the Kariega and Bushman’s River, the Kariega Game Reserve incorporates contrasting riverine, Bushveld, and grassland ecosystems, and hosts more than 25 species of game, including elephant, buffalo,

leopard, rhino, hippo, hyena, giraffe, zebra, eland, wildebeest, waterbuck, a variety of antelope, and more than 250 bird species. Don’t forget the barbecue open air dinner at the lodge! This is a wonderful opportunity to see the wildlife and environment of the African coastal plains up close. Accommodations are at the Kariega Main Lodge.

ITINERARY

<p><u>Day 1: (L, D)</u></p> <ul style="list-style-type: none"> • Fly from Cape Town to Port Elizabeth • Travel to Kariega Game Reserve (approx. 2 hours) • Take an afternoon game drive <p>Barbeque dinner in the open-air ‘boma’</p>	<p><u>Day 2: (B, L, D – all at the Lodge)</u></p> <ul style="list-style-type: none"> • Early am river cruise (05:30) • Guided HIKE on the reserve • Afternoon game drive • Relaxation and Dinner 	<p><u>Day 3: (B, boxed L)</u></p> <ul style="list-style-type: none"> • Enjoy coffee/tea before early morning game drive or hike • Fly back to Cape Town and arrive quayside
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STANDARD PRICE		Early Booking
Adult	\$1,233.00	\$1,174.00
Child	\$616.00	\$587.00
TIME		
	Date	Time
Depart	October 27	0900
Return	October 29	1745
HIGHLIGHTS		
<ul style="list-style-type: none"> • Kariega Private Game Reserve • Daily game drives • River cruise • Hike on the reserve • BBQ open-air dinner in ‘boma’ 		
MINIMUM REGISTRATION: 22		
MAXIMUM CAPACITY: 40		



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	\$487.00	\$463.00
Child	\$243.00	\$232.00
TIME		
	Date	Time
Depart	October 27	0930
Return	October 29	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Garden Route Game Lodge • 'Big 5' sightings • Daily safari game drives • Optional cheetah walk 		
MINIMUM REGISTRATION: 22		
MAXIMUM CAPACITY: 40		

ITINERARY

<p><u>Day 1: (S, D)</u></p> <ul style="list-style-type: none"> • Travel to Garden Route Game Lodge • Embark on a 4x4 game drive 	<p><u>Day 2: (B, D)</u></p> <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 <p>Free time for relaxation and lunch on your own</p>	<p><u>Day 3: (B)</u></p> <ul style="list-style-type: none"> • Enjoy coffee/tea before early morning game drive <p>Fly back to Cape Town and arrive quayside</p>
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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".



STANDARD PRICE		Early Booking
Adult	\$364.00	\$347.00
Child	\$182.00	\$174.00
TIME		
	Date	Time
Depart	October 27	1000
Return	October 28	1400
HIGHLIGHTS		
<ul style="list-style-type: none"> • Fairy Glen Private Game Reserve • Afternoon & morning game drive • Relaxed rustic lodge 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 20		

ITINERARY

<p><u>Day 1: (L,D)</u></p> <ul style="list-style-type: none"> • 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 	<p><u>Day 2: (B)</u></p> <ul style="list-style-type: none"> • Embark on a morning 2-3 hour game drive and continue your search of wildlife. • Return to Cape Town (refreshment stop – OWN EXPENSE)
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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 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 lives within walking distance, making it an ideal homestay location. This homestay project 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.

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

STANDARD PRICE		Early Booking
Adult	\$95.00	\$90.00
Child	\$95.00	\$90.00
TIME		
	Date	Time
Depart	October 27	1600
Return	October 28	1000
HIGHLIGHTS		
<ul style="list-style-type: none"> • Township homestay in Tambo Village • Traditional meals with family 		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 32		

CAP 133-201**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.

STANDARD PRICE		Early Booking
Adult	\$46.00	\$44.00
Child	\$23.00	\$22.00
TIME		
	Date	Time
Depart	October 27	0900
Return	October 27	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: 25		

CAP 134-201**Whale Watching****Half day**

Your early-morning transfer from the pier will take approximately 2.5-hours in order to reach your destination.

Anticipation mounting, arrive at the boat launch and begin your whale watching expedition. You will be fitted with a comfortable life jacket and receive an informative briefing about what to look for and expect during this memorable experience.

We start our trip from the Kleinbaai Harbour (east of Danger Point). From there, we move towards the Pearly Beach area where we find our highest concentration of Southern right whales (Jul to mid-Dec). The Southern right whales come to our calm bays every year from July to December to either, calve and nurse their young or to mate. After spending the allowed time with these magnificent creatures we move towards Dyer Island where we view the African penguins as well as various other seabirds. Behind Dyer Island we visit Geyser Rock, which is residence to about 60,000 Cape fur seals. Between these two islands we find ourselves in Shark Alley. Shark Alley is world famous for its Great White sharks, which makes this probably the only trip in the world where you have a chance of seeing a Southern right whale as well as an 80 % chance of seeing a Great White shark. After this exhilarating two and a half hour trip we return to the Kleinbaai harbour to enjoy some refreshments at The Great White House.

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.

STANDARD PRICE		Early Booking
Adult	\$182.00	\$174.00
Child	\$91.00	\$87.00
TIME		
	Date	Time
Depart	October 27	0700
Return	October 27	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> Viewing Southern Right Whales with a marine biologist Lunch 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 22		

Cape Town Hip Hop Route

Half day

While hip hop was made global via the USA, it started in Africa. And some of the great minds of hip hop came from Cape Town, like Prophets of the City, they broke new ground for hip hop everywhere. Today, Johannesburg is the commercial centre of South African hip hop, and Cape Town is where it is at its most expressive.

From Spaza to Afrikaaps, on this journey through the Cape Town scene we'll meet some of the city's most powerful wordsmiths.

Your tour will include a visit with two hip hop artists in their homes, or studios, or another of their favorite places. The encounter is part conversation, part performance, and part just 'hanging out'.....intimate and engaging.

STANDARD PRICE		Early Booking
Adult	\$81.00	\$77.00
Child	\$40.00	\$38.00
TIME		
	Date	Time
Depart	October 27	1400
Return	October 27	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> Meeting & interacting with two local hip hop artists 		
MINIMUM REGISTRATION: 6		
MAXIMUM CAPACITY: 15		

Cancelled

CAP 104-201

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	\$70.00	\$67.00
Child	\$35.00	\$33.00
TIME		
	Date	Time
Depart	October 27	1245
Return	October 27	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: 22		
MAXIMUM CAPACITY: 40		

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

CAP 105-203

EVENING CAPE TOWN JAZZ SAFARI

Evening

A wonderful way to connect with people and their culture is by listening to their music. This program provides just that opportunity. Cape Town Jazz is a unique mix of western and African music with global influences interspersed. It expresses South Africa's struggle and freedom. It is the music of the people. Access to the jazz scene takes time and is difficult if you are only in the city for a short time. Experience Cape Town's musical fabric and experience an intimate evening of music in the living rooms of a variety of Cape Town musicians, enjoying exclusive musical performances by the artists, dinner, drinks, and conversation.



Please note: If you wish to play with the musicians, you must bring your own instrument.

STANDARD PRICE		Early Booking
Adult	\$89.00	\$85.00
Child	\$45.00	\$43.00
TIME		
	Date	Time
Depart	October 27	1900
Return	October 27	2330
HIGHLIGHTS		
<ul style="list-style-type: none"> • Explore Cape Town's jazz scene • Opportunity to play with local musicians • Dinner in musician's home 		
MINIMUM REGISTRATION: 7		
MAXIMUM CAPACITY: 40		

Day 3: Monday, October 28

CAP 203-302

TOWNSHIP HOMESTAY – GROUP C

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 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 lives 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.

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

STANDARD PRICE		Early Booking
Adult	\$95	\$90
Child	\$95	\$90
TIME		
	Date	Time
Depart	October 28	1600
Return	October 29	1000
HIGHLIGHTS		
<ul style="list-style-type: none"> • Township homestay in Tambo Village • Traditional meals with family 		
MINIMUMUM CAPACTIY: 16		
MAXIMUM REGISTRATION: 32		

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. Then, head out on a 2-3 hour game drive. While traveling in 4x4 safari vehicles with an experienced ranger guide, 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 conditions.

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.

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

STANDARD PRICE		Early Booking
Adult	\$214.00	\$204.00
Child	\$107.00	\$102.00
TIME		
	Date	Time
Depart	October 28	0715
Return	October 28	1645
HIGHLIGHTS		
<ul style="list-style-type: none"> • 2-3 hour game drive in safari vehicle • Buffet lunch at ‘boma’ restaurant 		
MINIMUM REGISTRATION: 22		
MAXIMUM CAPACITY: 100		



• **NEW SECTION ***

CAP 207-301

FAIRY GLEN ONE-NIGHT SAFARI

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”.



STANDARD PRICE		Early Booking
Adult	\$364.00	\$347.00
Child	\$182.00	\$174.00
TIME		
	Date	Time
Depart	October 28	1000
Return	October 29	1400
HIGHLIGHTS		
<ul style="list-style-type: none"> • Fairy Glen Private Game Reserve • Afternoon & morning game drive • Relaxed rustic lodge 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 20		

ITINERARY

<p><u>Day 1: (L,D)</u></p> <ul style="list-style-type: none"> • 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 	<p><u>Day 2: (B)</u></p> <ul style="list-style-type: none"> • Embark on a morning 2-3 hour game drive and continue your search of wildlife. • Return to Cape Town (refreshment stop – OWN EXPENSE)
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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 parents, Peter (now deceased) and Linda, and their family, established the Amy Biehl Foundation Trust to continue Amy's work and have been highly

supportive of groups concerned with the lasting effects of apartheid. In the townships, you will see the lasting impact of apartheid and the continuing racial discrimination of poverty today. As you meet the townspeople, remember that there are social forces at work that have caused these terrible conditions to occur. ***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. On this trip, spend the day touring the various facilities and programs in the townships 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*. The Foundation provides the youth with the opportunity for constructive and safe activities after school and makes the game of golf accessible to all South Africans regardless of race or economic circumstance. Lunch is included at a township restaurant featuring traditional Xhosa foods.

STANDARD PRICE		Early Booking
Adult	\$88	\$84
Child	\$44	\$42
TIME		
	Date	Time
Depart	October 28	0900
Return	October 28	1500
HIGHLIGHTS		
<ul style="list-style-type: none"> • Tour facilities of Amy Biehl Foundation • Interact with local youth • Lunch included 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 50		

After departing the quayside, a 45min coach transfer on the N2 National Highway will take you 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.

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 busy 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.

STANDARD PRICE		Early Booking
Adult	\$62.00	\$59.00
Child	\$31.00	\$29.00
TIME		
	Date	Time
Depart	October 28	1330
Return	October 28	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Service opportunity for local orphans • Visit with local youth and play a game of soccer "Township Style" 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 25		

Day 4: Tuesday, October 29

CAP 136-401 CAPE TOWN, APARTHEID, & ROBBEN ISLAND

Full day

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.

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

STANDARD PRICE		Early Booking
Adult	\$126.00	\$120.00
Child	\$63.00	\$60.00
TIME		
	Date	Time
Depart	October 29	0815
Return	October 29	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: 20		
MAXIMUM CAPACITY: 80		

CAP 109-401 KHAYALITSHA TOWNSHIP

Half day

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; this trip is your opportunity to gain a first-hand look. Upon entering the township, visit the Khayelitsha Craft Market. Continue to the Philani Nutrition Centre, where you will view weavings and silkscreen paintings, a project undertaken by the women in the community. Visit *Medicines sans Frontiers* (Doctors Without Borders), which provides an HIV clinic to the community. Finally, a visit to Vicky's Bed and Breakfast is followed by a visit to the Waterfront *shebeen* (tavern) before returning to the ship.



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	\$48.00	\$45.00
Child	\$24.00	\$23.00
TIME		
	Date	Time
Depart	October 29	1400
Return	October 29	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Discover entrepreneurial side of Khayelitsha, South Africa's fastest growing township 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 40		

CAP 119-402

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. Shortly before the final rock scramble you will find yourself some 250m above your starting point. The final ascent involves some rock scrambling before the Lion's Head beacon beckons. The views from the top of Lion's Head must surely be the finest



in all the Cape Peninsula. You can stand on one spot with unimpeded 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. The panorama is truly amazing and 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. Bring out your head torch or flashlight. Sadly, it's time to head back down the hillside. 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.

Please note: Participants are advised to take along a daypack with suitable clothes for either cold or wet weather; robust hiking shoes; a head torch or flashlight; and at least 1 liter of drinking water.

STANDARD PRICE		Early Booking
Adult	\$44	\$42
Child	\$22.00	\$21.00
TIME		
	Date	Time
Depart	October 29	1600
Return	October 29	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: 100		

CAP 130-401

OPERATION HUNGER

Half day

Operation Hunger is an NGO whose mission is “to create partnerships between vulnerable households and caring people to combat malnutrition which, when suffered by children, undermines the nation's health, education and economic potential.”

The objectives are to improve the nutritional wellbeing of the poor; promote the dissemination of knowledge about poverty and malnutrition in South Africa; improve existing facilities to reduce malnutrition in South Africa and to render financial assistance to develop such programs; cooperate with communities, organizations and authorities to combat malnutrition; publicize and promote the objectives via lectures, exhibitions, meetings, conferences, pamphlets, newspapers, books, leaflets, radio, television and films. Operation Hunger's integrated development program includes locally-managed growth-monitoring programs, targeted food support, water supply, sanitation facilities, health/hygiene education, income generation and livelihood programs, agriculture and food production.

You will visit some squatter camps on the outskirts of Cape Town, filled with people mainly from the former homelands, Eastern Cape, who come to the city in big numbers, in search of non-existent work. On arrival, these people are already malnourished. They find no land, no shelter, no work, and no means by which to return 'home'. So they set up shacks made out of tin, cardboard, or anything else they can find. Through Operation Hunger, these people are assisted to start up own projects such as Feeding projects, Diseases control and environmental improvement initiatives, food security and childcare. The day's activities will include a nutrition surveillance activity in a community, a visit to a feeding scheme, and a cultural sharing activity. Possible areas to be visited are Khayelitsha and Philippi. Please note: Lunch is at your own expense.

STANDARD PRICE		Early Booking
Adult	\$34.00	\$31.00
Child	\$16.00	\$15.00
TIME		
	Date	Time
Depart	October 29	0900
Return	October 29	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit with Operation Hunger • Community Engagement 		
MINIMUM REGISTRATION: 35		
MAXIMUM CAPACITY: 40		

Day 5: Wednesday, October 30

Field Labs		Cape Town, SOUTH AFRICA	Wednesday, 30 October
CAPL8	MDST 2559-101	Jessica Roberts	Journalism, History, & Ethics
CAPL9	RELG 2559-101	Professor Thomas Coburn	Nonviolence, Activism, and Contemplative Life
CAPL10	BIOL 1559-502	Professor Robert Young	Marine Biology [2]
CAPL5	SEMS 2500-110	Professor Mark Huppin	Human Sexuality

CAP 203-402 TOWNSHIP HOMESTAY – GROUP D

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 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 lives 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.

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

STANDARD PRICE		Early Booking
Adult	\$95	\$90
Child	\$95	\$90
TIME		
	Date	Time
Depart	October 29	1600
Return	October 30	1000
HIGHLIGHTS		
<ul style="list-style-type: none"> • Township homestay in Tambo Village • Traditional meals with family 		
MINIMUMUM CAPACTIY: 16		
MAXIMUM REGISTRATION: 32		

CAP 115-501

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 Grootte 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	\$94.00	\$90.00
Child	\$47.00	\$45.00
TIME		
	Date	Time
Depart	October 30	0800
Return	October 30	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: 14		
MAXIMUM CAPACITY: 120		

CAP 116-501

CYCLING IN THE WINELANDS

Full day



Depart the ship by motorcoach for the university town of Stellenbosch and explore the town and surrounding area for approximately one hour, 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 Franschoek. 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.

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

STANDARD PRICE		Early Booking
Adult	\$85.00	\$81.00
Child	\$42.00	\$40.00
TIME		
	Date	Time
Depart	October 30	0800
Return	October 30	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Hour-long bicycle ride through scenic wine land region • Picnic lunch and wine tasting at local winery 		
MINIMUM REGISTRATION: 11		
MAXIMUM CAPACITY: 40		

CAP 120-501 TABLE MOUNTAIN HIKE

Full day

Tackle the front face of Table Mountain head-on, powering your way up the clefted Platteklip Gorge, towering above Cape Town, and the source of the life-giving water which sustained the 16th century Dutch settlers of the Cape. 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 water, geology, flora and fauna, and any other topics of general interest. After approximately two hours of hiking, you will have climbed almost 600 meters to reach the summit of one of the World’s Seven Natural Wonders. Take a bow and pat yourself on the back. 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.

Please note: This hike will be steep and strenuous - a moderate to high level of fitness is required. Please bring a daypack, some 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. Each participant is responsible for purchasing their own cable car ticket down the mountain (approximately R100). Please note that the cableway closes if the winds are too strong.

STANDARD PRICE		Early Booking
Adult	\$66.00	\$63.00
Child	\$66.00	\$63.00
TIME		
	Date	Time
Depart	October 30	0900
Return	October 30	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: 100		



CAP 124-501 SERVICE VISIT: GRASSROOTS SOCCER

Half day

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 local community role models (professional soccer players, youth sport coaches, teachers, peer educators, etc.) with the tools to educate the youth in their communities.



STANDARD PRICE		Early Booking
Adult	\$84	\$80
Child	\$42	\$40
TIME		
	Date	Time
Depart	October 30	0900
Return	October 30	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: 20		



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 injured, poisoned, or illegally removed from their natural habitats. 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.

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

STANDARD PRICE		Early Booking
Adult	\$70.00	\$67.00
Child	\$35.00	\$33.00
TIME		
	Date	Time
Depart	October 30	0845
Return	October 30	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 		
MINIMUM REGISTRATION: 22		
MAXIMUM CAPACITY: 58		

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 will see Xhosa ladies making traditional beer called Umqobothi, and the local delicacy called “Smileys” (sheep’s heads). After purchasing all your ingredients locally (contributing to the local township economy and absorbing local culture), 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.

Once you have enjoyed the fruits of your labor and the company of your host, you will bid him/her farewell with a nutritious gift in tow, heading for the Happy Feet Gumboot Dancers. This social project utilizes local culture in the form of dance to get children away from the lure of gangs and drugs and into a project with positive influences and role models. After enjoying their energetic performance, you will leave your nutritious gift, the balance of your lunchtime meal with them, and then head back to the quayside.

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.

STANDARD PRICE		Early Booking
Adult	\$88	\$84
Child	\$44	\$42
TIME		
	Date	Time
Depart	October 30	0930
Return	October 30	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: 50		

