

CAPE TOWN, SOUTH AFRICA

Arrive: 0800 Wednesday, 25 March

Onboard: 1800 Monday, 30 March



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 are a few things within South Africa's stunning landscape that will immediately catch your eye as the ship pulls into the harbor. However, look beyond and you will see that the real beauty lies within the people and their stories. The nearby townships may look grim in comparison to the pristine waterfront area, but the strength and the resilience of the townships and the people within them match in beauty. Even with political struggles and financial diversity, the threads of family, culture and community in 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. 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.

Watch the [Through Our Lens video](#) for a glimpse of the cultural experience SAS students had in South Africa on the Spring 2012 Voyage!



Field program highlights by category:

Cultural Highlights:

CAP 128-103: Cape Town Jazz Safari
CAP 136-201: Cape Town, Apartheid and Robben Island
CAP 145-201: IMPACT: Through the Eyes of a Farmer

Taste of Cape Town:

CAP 119-102: Lion's Head Sunset Picnic
CAP 121-501: Township Church and Xhosa Cultural Cooking Tour

Active/Adventure:

CAP 401-201: Treetop Canopy and Elephant Safari
CAP 148-601: Horseback Riding Noordhoek

IMPACT Opportunities:

CAP 203-202/203: Township Homestay A and B
CAP 110-301: Baphumelele Orphanage and Township
CAP 113-601: Amy Biehl Foundation

TERMS AND CONDITIONS: In selling tickets or making arrangements for field programs (including transportation, shore-side accommodations and meals), the Institute acts only as an agent for other entities who provide such services as independent contractors. Food and beverages provided to the Passenger by service providers and/or independent contractors, as well as any other food or beverage consumed on shore excursions, are not the responsibility of the Institute. It is the responsibility of the passenger to ensure personal compliance with their own specific dietary restrictions. All Participants accepting or using tickets or other arrangements for such services shall be deemed to agree and consent that the Institute 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. The Institute shall not be responsible for cancellation of programs for reasons beyond its control and in such event, at its option, may refund the purchase price.

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.



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Day 1: Wednesday, 25 March

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

COURSE #	FACULTY	DAY 1 - Wednesday, 25 March
ENGR 2595 101	Professor Steve Anderson	Energy for the World
MDST 3505 101	Professor Amber Johnson	Communication, Culture, Identity
AAS 2559 101	Professor Walton Johnson	The New Scramble for Africa
ARTS 1000 502	Professor Grace Kim	Drawing at Sea (Section 2)
DRAM 2020 101	Professor Adrienne Moore	Acting 1
SOC 1010 101	Professor Kesho Scott	Introductory Sociology
ANTH 3130 101	Professor John Shepherd	Disease, Epidemics and Society [Part I]
ARCH 3500/ARH 3500 102	Professor Daphne Spain	Sustainable Communities and the Global Environment

CAP 100-102

City Orientation Tour with Table Mountain

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	\$54	\$52
Child	\$27	\$26
TIME		
	Date	Time
Depart	March 25	1300
Return	March 25	1730
HIGHLIGHTS		
<ul style="list-style-type: none"> • Castle of Good Hope • Adderley Street • Table Mountain by cable car • Bo-kaap (Malay Quarter) 		
MINIMUM CAPACITY: 24		
MAXIMUM CAPACITY: 120		



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. **“A wonderful trip that was educational and eye opening to all!” – F’12**



Please note: There are limited restrooms in the township. Only local currency is accepted in the craft market.

STANDARD PRICE		Early Booking
Adult	\$46	\$44
Child	\$23	\$22
TIME		
	Date	Time
Depart	March 25	1400
Return	March 25	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit South Africa’s fastest growing township • Philani Nutrition Center • See social entrepreneurship in action 		
MINIMUM CAPACITY: 15		
MAXIMUM CAPACITY: 40		



Discover Cape Town in scavenger hunt style! Participants will answer questions, create a necklace from materials you collect along the way, complete clues in your racebook and stop at numerous checkpoints completing challenges around Capetown! Divide into groups and set out to

places like Bo-Kaap, take some classic selfies and taste a traditional South African delicacy! The challenge will conclude at lunch venue and students will have the option to enjoy lunch (at your own expense) or return to the ship.

STANDARD PRICE		Early Booking
Adult	\$TBA	\$TBA
Child	\$TBA	\$TBA
TIME		
	Date	Time
Depart	March 25	1300
Return	March 25	1530
HIGHLIGHTS		
<ul style="list-style-type: none"> • Discover Cape Town in scavenger hunt style! 		
MINIMUM CAPACITY: 20		
MAXIMUM CAPACITY: 60		



Lion's Head is a beautiful rocky peak which lies between Table Mountain and Signal Hill and forms part of the dramatic backdrop to the city of Cape Town. Its name was derived in the 17th century by the Dutch who saw the rock formations and thought they resembled a crouching lion—Signal Hill as the lion's tail or rump and Lion's Head its mane. The area is part of the Table Mountain National Park and is covered in indigenous fynbos vegetation and is home to a variety of

small animals. On a clear day, the peak provides spectacular 360-degree views of Table Mountain, the city centre, harbor and the Atlantic Ocean.

Depart the ship and travel to the base of the peak where you'll have an opportunity for some moderate exercise with beautiful views all around. Upon reaching the summit (about a 70 minute walk, ascending about 1150ft), refreshments and a picnic dinner will be served while watching the sunset. Once the sun sets, the beauty of the city starts to shimmer as the city lights are turned on and the moon and stars start to light the sky. The guides will carry flashlights to light the path on the journey down.

Please note: Flashlights are highly recommended for this trip. This hike can be considered strenuous at times. A moderate level of fitness is required; therefore this trip is not suitable for children under 12.

STANDARD PRICE		Early Booking
Adult	\$39	\$37
Child	\$19	\$19
TIME		
	Date	Time
Depart	March 25	1600
Return	March 25	2100
HIGHLIGHTS		
<ul style="list-style-type: none"> • Lion's Head • Table Mountain National Park • Picnic Dinner • Star gazing 		
MINIMUM CAPACITY: 20		
MAXIMUM CAPACITY: 100		



A wonderful way to connect with people and their culture is by listening to their music. 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 – visiting jazz musicians in their homes – and enjoy dinner and a performance. These are intimate sessions of music and sharing.

Please Note: If you wish to play along with the musicians, bring your own instrument on this trip.

STANDARD PRICE		Early Booking
Adult	\$100	\$95
Child	\$50	\$48
TIME		
	Date	Time
Depart	March 25	1900
Return	March 25	2330
HIGHLIGHTS		
<ul style="list-style-type: none"> • Intimate session of music and sharing in a local musicians home 		
MINIMUM CAPACITY: 7		
MAXIMUM CAPACITY: 40		

Day 2: Thursday, 26 March

CAP 302-201

Kapama Overland

3 days/2 nights



Enjoy a 2 day safari at Kapama Game Reserve visiting the natural habitats of over 40 types of animals and 350 bird species. 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, comfortable accommodations at Kapama River Lodge and four game drives, allowing you to enjoy as much time as possible with South Africa's famed animals.

STANDARD PRICE		Early Booking
Adult	\$1857	\$1769
Child	\$929	\$885
TIME		
	Date	Time
Depart	March 26	0800
Return	March 28	2000
HIGHLIGHTS		
<ul style="list-style-type: none"> • Morning and afternoon game drives • Opportunity to see "Big 5" 		
MINIMUM REGISTRATION: 8		
MAXIMUM CAPACITY: 18		

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

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

Day 1: (L, S, D)

- Fly to Hoedspruit via Johannesburg
- Check-in at game lodge
- Lunch
- Free time
- High tea
- Game drive
- Dinner and overnight

Day 2: (B, L, S, D)

- Early morning game drive
- Breakfast
- Free time
- High Tea
- Game drive
- Dinner and overnight

Day 3: (B)

- Early morning game drive
- Breakfast and check-out
- Fly to Cape Town via Johannesburg
- Return to Ship



Situated along the banks of the Sabie River, the Sabi River Sun resort is surrounded by magnificent scenery. In close proximity is the world-famous Kruger National Park, as well as Bourke's Luck Potholes, God's Window, the Blyde River Canyon, Pilgrims' Rest and many other

places of interest. The resort boasts unrivalled sporting facilities, including an 18-hole golf course, 5 swimming pools, 3 floodlit tennis courts, a bowling green, squash court, volleyball, and mountain biking. For the less energetic, there are nature walks, bird watching, sightings of the resident crocodiles or hippos, the experience of a game drive, or just relaxing next to the river. Your stay includes an afternoon and full day safari in Kruger National Park in open game vehicles, leisure time at the resort, and all meals.

STANDARD PRICE		Early Booking
Adult	\$1568	\$1494
Child	\$ 784	\$ 747
TIME		
	Date	Time
Depart	March 26	0830
Return	March 28	1630
HIGHLIGHTS		
<ul style="list-style-type: none"> • Game drives in open air vehicles • Opportunity to enjoy the resort's many activities 		
MINIMUM REGISTRATION: 12		
MAXIMUM CAPACITY: 36		

"Brilliant program! It was a childhood dream come true." – Julienne, SP'14 Voyage

Day 1: (D)

- Fly to Nelspruit
- Check-in at resort
- Afternoon/sunset game drive in Kruger National Park
- Free time at hotel
- Dinner at resort

Day 2: (B, L, D)

- Picnic breakfast
- Full-day safari in Kruger National Park
- Picnic lunch
- Free time at resort
- Optional activities – biking, nature walks, white river rafting (cost not included in field program; tour guide will provide assistance in booking optional excursions)
- Dinner at resort

Day 3: (B)

- Breakfast and check-out
- Fly to Cape Town
- Return to Ship



Kwa Maritane Bush Lodge is located on the slopes of a volcano **inside** the Malaria Free Pilanesberg National Park. The lodge is a mere two to three hour drive from Johannesburg and offers guests the opportunity to visit the bush where the Big Five and many other

mammals and bird species roam free. Kwa Maritane's accommodations feature floor to ceiling windows leading onto balconies or patios with most rooms having a view onto the bush. The relatively small size of the park compared to the vastness of Kruger, and its unusual ecological richness, dramatically increase your chance of encountering the Big 5 in their natural environment.

Upon arrival, head out for an afternoon and sunset open vehicle game drive in the Pilanesberg National Park before returning to the lodge for dinner. The next day you will have an early morning and afternoon game drive as well as some leisure time and dinner back at the lodge. On your final day, enjoy another early morning game drive and a leisurely breakfast before the return journey to Cape Town.

Itinerary

Day 1: (S, D)

- Fly to Johannesburg
- Drive to safari destination (~3 hours) – rest stop en-route
- Check-in at bush lodge
- Afternoon/sunset game drive in Pilanesberg National Park – refreshments in bush
- Dinner and overnight at lodge

Day 2: (B, L, D)

- Early morning game drive
- Breakfast
- Free time at lodge– pool
- Lunch at lodge
- Free time at lodge
- Afternoon game drive
- Dinner and overnight at lodge

Day 3: (B)

- Early morning game drive
- Breakfast and check-out
- Fly to Johannesburg
- Transfer to Ship

STANDARD PRICE		Early Booking
Adult	\$1206	\$1149
Child	\$ 603	\$ 575
TIME		
	Date	Time
Depart	March 26	0800
Return	March 28	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Up to 4 Game drives in open air vehicles • Opportunity to see animals free roaming in the bush 		
MINIMUM REGISTRATION: 12		
MAXIMUM CAPACITY: 36		



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 Botlierskop Game Reserve, with lunch served before an afternoon open vehicle game drive with an experienced game ranger. You may be fortunate enough to encounter lion, rhinoceros, buffalo, giraffe, rare black impala, mountain zebra, eland and more. Day two includes an early morning game drive as well

as 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	\$1363	\$1298
Child	\$ 681	\$ 649
TIME		
	Date	Time
Depart	March 26	0700
Return	March 29	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit to Elephant Sanctuary • Open air game drives • Adventurous trip through canopy treetops 		
MINIMUM REGISTRATION: 8		
MAXIMUM CAPACITY: 16		

“Great trip! It made my South Africa experience and I can't imagine South Africa without it.” – Caroline, SP'14 Voyage

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

Itinerary

Day 1: (L, D)

- Drive (~6 hours) to Botlierskop Game Reserve
- Check-in at lodge
- Lunch
- Free time – pool
- Afternoon game drive
- Dinner and overnight at lodge

Day 3: (B, L, D)

- Breakfast
- Check-out and travel to Canopy Treetop Adventure
- Upon arrival, safety briefing and gear-up
- Aerial adventure through Tsitsikamma Forest
- Lunch
- Visit Storms River Mouth – free time
- Travel to Port Elizabeth
- Check-in to hotel and free time
- Dinner and overnight at hotel

Day 2: (B, L, D)

- Early morning game drive
- Breakfast at lodge and check-out
- Travel to Plettenberg Bay – picnic lunch
- Elephant sanctuary – guided tour, walking with elephants, feeding elephants, riding elephants
- Travel to Tsitsikamma and check-in at lodge
- Free time
- Dinner and overnight at lodge

Day 4: ()

- Breakfast and check-out
- Travel to Addo Elephant National Park
- Game drive
- Lunch
- Travel to airport and fly to Cape Town
- Upon arrival in Cape Town, transfer to Ship



Arrive at the small fishing harbor in Hout Bay for a 35-minute boat cruise to Duiker Island. You will view thousands of Cape Fur Seals in their natural environment beneath the well-known Sentinel Mountain. From Hout Bay, you will travel along the scenically beautiful Chapman's Peak Drive and proceed through Sunnydale and Simon's Town to Boulders Beach, where you will visit

the African penguin colony. Boulders Penguin Colony is home to a unique and endangered land-based colony of African Penguins and is one of only a few colonies in the world. On the return to the ship, pass Fish Hoek, the colorful fishing harbor of Kalk Bay before turning on to Boyes Drive offering magnificent views of Muizenberg and False Bay.

Please Note: Seal Island visit requires favorable weather conditions. Chapman's Peak Drive can also be closed due to bad weather.

STANDARD PRICE		Early Booking
Adult	\$68	\$65
Child	\$ 34	\$ 33
TIME		
	Date	Time
Depart	March 26	0900
Return	March 26	1500
HIGHLIGHTS		
<ul style="list-style-type: none"> • Scenic drive along Atlantic Seaboard and Chapman's Peak • Boat Cruise to Seal Island • Boulders Beach - home to the African Penguin • Picnic lunch will be provided 		
MINIMUM REGISTRATION: 20		
MAXIMUM CAPACITY: 40		



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 show 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 traditional South African dishes.

In the afternoon, pay a visit to the District Six Museum and hear 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.

"I've gone on lots of SAS trips - so far this was the best! This tour was packed with information - history, economy, music, culture, and great food." - Ann, SP'14 Voyage

Watch this heartfelt [video](#) of SAS students' reactions to visiting Robben Island.

STANDARD PRICE		Early Booking
Adult	\$107	\$102
Child	\$ 53	\$ 51
TIME		
	Date	Time
Depart	March 26	0815
Return	March 26	1715
HIGHLIGHTS		
<ul style="list-style-type: none"> • Robben Island where former President Nelson Mandela was imprisoned • A visit to the oldest township in Cape Town, Langa • Lunch at a local restaurant serving traditional SA dishes • A visit to the District Six Museum & the Bo-Kaap 		
MINIMUM REGISTRATION: 18		
MAXIMUM CAPACITY: 80		



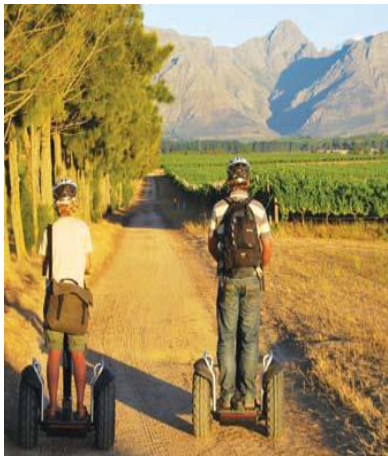
Solms-Delta Wine Estate was established in the mid-1700s, when Hans Silverbach and his wife Ansela van der Caab, a freed slave settled on the farm. Today it is owned by the world-renowned neuroscientist Professor Mark Solms who took a philanthropic approach to estates, from the vineyards, the wines and farm workers. Currently Solms-Delta is in the forefront of redressing the social and economic legacy of South Africa's past.

Enjoy a tour of the Van De Caab Museum to learn more about the history of the Delta farm from the very beginning of human settlement, through pre-colonial rural usage of the land, private ownership, the effects of slavery and apartheid and the establishment of a democratic South Africa.



Continue on a guided tour through the voice of a farm worker. The Wijn De Caab Trust was established to break the cycle of poverty and dependency amongst wine farm workers and employees. See the changes that have been brought by the effects of black empowerment initiatives transforming housing, education, medical care and general quality of life for the farm inhabitants. The tour will end with a wine tasting followed by a delicious lunch on the estate.

STANDARD PRICE		Early Booking
Adult	\$94	\$89
Child	\$ 47	\$ 45
TIME		
	Date	Time
Depart	March 26	0830
Return	March 26	1330
HIGHLIGHTS		
<ul style="list-style-type: none"> • Solms Delta Wine Estate • Visit to Van De Caab Museum • Learn effects of black empowerment for farm workers • Wine Tasting & Lunch 		
MINIMUM REGISTRATION: 14		
MAXIMUM CAPACITY: 26		



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 – all too great acclaim.

Depart on your tour per 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 centre at Spier for an informal wine tasting. Afterwards, return to the ship.

STANDARD PRICE		Early Booking
Adult	\$98	\$94
Child	\$ 49	\$ 47
TIME		
	Date	Time
Depart	March 26	0730
Return	March 26	1200
HIGHLIGHTS		
<ul style="list-style-type: none"> • Exploring Spier Wine Estate by Segway • Wine tasting 		
MINIMUM REGISTRATION: 4		
MAXIMUM CAPACITY: 9		



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 may have ended with the birth of democracy on April 26, 1994, when all races were allowed to vote, many people still face harsh conditions from the consequences of poverty. Despite these conditions, the townships are filled with a strong sense of community, vibrancy and faith. There is a growing sense of hope as many redefine their futures within and beyond the boundaries of the township.

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

The accommodations in Tambo are simple. The houses are built out of brick and mortar and have running water, flush toilets and electricity. Geysers (water heaters) are not standard; bathing in some houses is either with cold water or with water heated up on the stove. Participants registered in this program will share a room with another SAS participant within the family home and must be prepared to share a double bed. This is a separate room from where the family sleeps. All linen and bedding is provided. Meals are prepared and provided by the host family. The food quality is excellent and special dietary needs may be catered for on request.

“This was just a wonderful opportunity to get a taste of what it is like to live in a township!” – Leonie, SP’14 Voyage

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

STANDARD PRICE		Early Booking
Adult	\$83	\$79
*Child	\$ N/A	\$ N/A
TIME		
	Date	Time
Depart	March 26	1600
Return	March 27	1000
HIGHLIGHTS		
<ul style="list-style-type: none"> • Experience life in a township • Cross-cultural exchange • Live with a native host family • Authentic South African home cooking 		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 32		



Day 3: Friday, 27 March

CAP 311-301

Botlierskop Safari

3 days/2 nights



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 a 5-hour drive from Cape Town, this malaria-free family owned and privately operated 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 settling 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. On Day 3, there is an optional early morning game drive for an additional fee.

"I had incredible interactions with the animals in their natural environments and learned a lot about them. It provided a great opportunity to step outside one's comfort zone. This was the best SAS experience yet!" – Brandon, SP'14 Voyage

STANDARD PRICE		Early Booking
Adult	\$786	\$749
Child	\$393	\$375
TIME		
	Date	Time
Depart	March 27	0700
Return	March 29	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 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 34		

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
- Free time and dinner

Day 2: (B, L, D)

- Enjoy breakfast at the lodge
- Free time for optional spa treatments (additional cost) and time at the pool
- Lunch served at the lodge
- Split into two groups to enjoy either a 30-minute elephant ride or horseback safari (reverse groups from morning session)
- Free time
- Dinner and overnight

Day 3: (B, L)

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

Fairy Glen is tucked away at the foot of the world-famous Brandwacht Mountains



in a peaceful rustic environment near Cape Town. Fairy Glen Private Game Reserve is home to buffalo, lion, rhino, elephant as well as species like blue wildebeest, giraffes, eland, the endangered bontebok, zebras, lynx, oryx and other smaller buck species including klipspringer, nyala, rhebok, and steenbok. There is also a large variety of African bird species like the endangered Black Eagle, better known as the Aquila.

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.”

“It was wonderful! Great experience for the money. The lions were my favorite part!” – Alexandria, SP’14 Voyage

Day 1: (L,D)

- 2-hour scenic drive to reserve
- African buffet lunch
- Open vehicle game drive with experienced game ranger
- Free time to relax around pool or take a nature walk
- Dinner at the lodge

Day 2: (B)

- Embark on a morning game drive
- Return to Cape Town (refreshment stop – OWN EXPENSE)

STANDARD PRICE		Early Booking
Adult	\$356	\$339
Child	\$178	\$170
TIME		
	Date	Time
Depart	March 27	1000
Return	March 28	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: 20		



Victoria Falls, or Mosi-o-Tunya (The Smoke That Thunders) as the locals call it, is a waterfall located in southern Africa on the Zambezi River between the countries of Zambia and Zimbabwe. It is

1,708 meters wide, making it the largest curtain of water in the world. It drops between 90m and 107m into the Zambezi Gorge and an average of 550,000 cubic meters of water plummet over the edge every minute. The falls and the surrounding area have been declared National Parks and a World Heritage Site, thus preserving the area from excessive commercialization.

During this program, you will explore the famous Victoria Falls, enjoy a sunset cruise on the mighty Zambezi River, feast on local delights during a Boma dinner, as well embark on a full day safari in Chobe, Botswana. Accommodations are at the Kingdom Hotel.

STANDARD PRICE		Early Booking
Adult	\$2098	\$1998
Child	\$1049	\$999
TIME		
	Date	Time
Depart	March 27	0600
Return	March 29	2100
HIGHLIGHTS		
<ul style="list-style-type: none"> • Sunset cruise on Zambezi River • Evening African cultural entertainment • Game drive in Chobe National Park • Boar cruise on Chobe River 		
MINIMUM REGISTRATION: 12		
MAXIMUM CAPACITY: 36		

Please Note: REMEMBER TO BRING YOUR PASSPORT The visa required to enter Zimbabwe is not included and must be paid directly at the airport. Citizens of most nationalities will be able to obtain the required double entry visa for Zimbabwe at the Victoria Falls airport (see below). It is the responsibility of the guest to obtain the appropriate visas required for participation in this program. At time of printing, rates for Zimbabwean visas are as follows:

Double Entry

US Citizens: USD\$ 45

UK Citizens: USD\$ 70

Canadian Citizens: USD\$ 150

Day 1: (D)

- Fly to Victoria Falls via Johannesburg
- Upon arrival to Victoria Falls, check-in at hotel (Bring passport with visa)
- Free time for lunch on your own
- Zambezi River sunset cruise
- Dinner at local restaurant with African Cultural entertainment
- Overnight at hotel

Day 2: (B, L, D)

- Breakfast
- Boat cruise on Chobe River, Botswana
- Lunch at Chobe lodge (one drink and gratuity included)
- Game drive in Chobe National Park
- Return to Victoria Falls
- Free time at lodge
- Dinner at hotel's restaurant (one drink and gratuity included)

Day 3: (B)

- Breakfast
- Check-out
- Guided tour of Falls from Zimbabwean side
- Transfer to airport
- Lunch at own at airport
- Fly to Cape Town via Johannesburg
- Transfer to Ship



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. The comfortable 90-minute drive will meander through the scenic Hex River Valley to Cape Town's closest private game reserve, Aquila.

Once at the reserve, a welcome drink awaits your arrival followed by a buffet lunch. 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.

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

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

STANDARD PRICE		Early Booking
Adult	\$198	\$186
Child	\$98	\$93
TIME		
	Date	Time
Depart	March 27	0715
Return	March 27	1645
HIGHLIGHTS		
<ul style="list-style-type: none"> • 4x4 Safari on Aquila Game Reserve • Buffet Lunch 		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 100		

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 also supported by volunteers.



STANDARD PRICE		Early Booking
Adult	\$60	\$57
Child	\$30	\$28
TIME		
	Date	Time
Depart	March 27	1330
Return	March 27	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • A visit to Baphumelele Orphanage located in Khayelitsha, South Africa's fastest growing township • A bicycle tour of Langa • Visit to Happy Feet Youth Project and performance by the kids 		
MINIMUM REGISTRATION: 15		
MAXIMUM CAPACITY: 25		



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.



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 may have ended with the birth of democracy on April 26, 1994, when all races were allowed to vote, many people still face harsh conditions from the consequences of poverty. Despite these conditions, the townships are filled with a strong sense of community, vibrancy and faith. There is a growing sense of hope as many redefine their futures within and beyond the boundaries of the township.

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

The accommodations in Tambo are simple. The houses are built out of brick and mortar and have running water, flush toilets and electricity. Geysers (water heaters) are not standard; bathing in some houses is either with cold water or with water heated up on the stove. Participants registered in this program will share a room with another SAS participant within the family home and must be prepared to share a double bed. This is a separate room from where the family sleeps. All linen and bedding is provided. Meals are prepared and provided by the host family. The food quality is excellent and special dietary needs may be catered to on request.

“This was just a wonderful opportunity to get a taste of what it is like to live in a township!” – Leonie, SP’14 Voyage

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

STANDARD PRICE		Early Booking
Adult	\$83	\$79
*Child	\$N/A	\$N/A
TIME		
	Date	Time
Depart	March 27	1600
Return	March 28	1000
HIGHLIGHTS		
<ul style="list-style-type: none"> • Experience life in a township • Cross-cultural exchange • Live with a native host family • Authentic South African home cooking 		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 32		



Day 4: Saturday, 28 March

CAP 144-401

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.

"The trip was amazing. There is nothing more rewarding than giving back!" – Alicia, SP'14 Voyage

PLEASE NOTE: As of publication, this trip has not been finalized.

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

STANDARD PRICE		Early Booking
Adult	\$ 43	\$ 43
Child	\$ 43	\$ 43
TIME		
	Date	Time
Depart	March 28	0830
Return	March 28	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: 29		



Fairy Glen is tucked away at the foot of the World famous Brandwacht Mountains in a peaceful rustic environment near Cape Town. Fairy Glen Private Game Reserve is home to buffalo, lion, rhino, elephant as well as species like blue wildebeest, giraffes, eland, the endangered bontebok, zebras,

lynx, oryx and other smaller buck species including klipspringer, nyala, rhebok, and steenbok. There is also a big variety of African bird species like the endangered Black Eagle better known as the Aquila.

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.”

“It was wonderful! Great experience for the money. The lions were my favorite part!” – Alexandria, SP’14 Voyage

Itinerary

Day 1: (L,D)

- 2-hour scenic drive to reserve
- African buffet lunch
- Game drive
- Free time to relax around pool or take a nature walk
- Dinner at the lodge

Day 2: (B)

- Embark on a morning game drive and continue
- Return to Cape Town (refreshment stop – OWN EXPENSE)



STANDARD PRICE		Early Booking
Adult	\$356	\$339
Child	\$178	\$179
TIME		
	Date	Time
Depart	March 28	1000
Return	March 29	1400
HIGHLIGHTS		
<ul style="list-style-type: none"> • Fairy Glen Private Game Reserve • Afternoon & morning game drive 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 20		



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 have you spotting tons of animals. 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	\$492	\$469
Child	\$246	\$234
TIME		
	Date	Time
Depart	March 28	0930
Return	March 30	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> • Big 5 sightings • Daily safari game drives • Optional Cheetah Walk 		
MINIMUM REGISTRATION: 12		
MAXIMUM CAPACITY: 26		

"Students should know that this is a wonderful trip and that they're going to see a ton of animals!" – Gracie, SP'14

Itinerary

Day 1: (L,D)

- Travel to Garden Route Game lodge
- Afternoon game drive
- Dinner at the lodge

Day 2: (B, D)

- Embark on a morning game drive
- Breakfast at lodge
- Take an optional cheetah walk
- Free time for relaxation (pool) and lunch on your own at the lodge
- Afternoon game drive
- Dinner at lodge

Day 3: (B,L)

- Enjoy coffee/tea before early morning game drive
- Optional guided tour of reserve's Reptile Centre
- Travel back to Cape Town with picnic lunch



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 ship 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	\$83	\$79
Child	\$41	\$40
TIME		
	Date	Time
Depart	March 28	0800
Return	March 28	1500
HIGHLIGHTS		
<ul style="list-style-type: none"> • Scenic drive along Ou Kaapse Weg • Spectacular views 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		



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.” 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, you will experience “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.



You 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. You will end your visit to Langa with a stop at 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”, you will return to the ship.

“This was by far the best field program I’ve attended in terms of really getting a sense of local life. Watching the kids dance at Happy Feet was both hopeful and joyful, and something I wish more people could see!” – Katy, SP’14 Voyage

STANDARD PRICE		Early Booking
Adult	\$44	\$42
Child	\$22	\$21
TIME		
	Date	Time
Depart	March 28	1400
Return	March 28	1800
HIGHLIGHTS		
<ul style="list-style-type: none"> • Visit the township of Langa and meeting locals • Visit to the Happy Feet Project 		
MINIMUM REGISTRATION: 5		
MAXIMUM CAPACITY: 40		

Day 5: Sunday, 29 March

CAP 147-501

City and Atlantic Beaches Helicopter Flight

Morning



Depart the quayside and transfer to the helipad located at the V&A Waterfront. After a short briefing you will board the helicopter for take-off. This gentle taster of Cape Town from the air features the V&A Waterfront, the famous beaches of Clifton, Camps Bay, the towering Twelve Apostles and the City Bowl below Table Mountain. The flight is approximately 12 minutes in duration. After your helicopter flight you will be transferred back to the ship.

STANDARD PRICE		Early Booking
Adult	\$103	\$98
Child	\$51	\$49
TIME		
	Date	Time
Depart	March 29	0700
Return	March 29	0840
HIGHLIGHTS		
<ul style="list-style-type: none"> Panoramic views of Table Mountain and Cape Town from the comfort & advantage of a helicopter 		
MINIMUM REGISTRATION: 4		
MAXIMUM CAPACITY: 12		

CAP 116-501

Cycling in the Winelands

Full-Day



Begin at 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	\$83	\$79
Child	\$42	\$40
TIME		
	Date	Time
Depart	March 29	0800
Return	March 29	1600
HIGHLIGHTS		
<ul style="list-style-type: none"> Explore the Cape Winelands in a leisurely and scenic way.....by bicycle. Picnic lunch in the Winelands 		
MINIMUM REGISTRATION: 8		
MAXIMUM CAPACITY: 40		



You will travel along the West Coast towards Bloubergstrand and arrive at an Ostrich Show Ranch. Enjoy a guided tour, during which the habits, breeding and characteristics of this unique bird will be explained to you. The tour includes a 45 minute trail with a display room, the leather factory, west coast white ostriches, dwarf ostriches, black neck ostriches, emus, rheas, peacocks, ostrich chicks, the incubator, cactus garden and a spectacular view of Table Mountain and the surrounding countryside. You will also have the opportunity to take your photograph sitting on an ostrich, with Table Mountain as backdrop.

STANDARD PRICE		Early Booking
Adult	\$34	\$32
Child	\$17	\$16
TIME		
	Date	Time
Depart	March 29	0900
Return	March 29	1200
HIGHLIGHTS		
<ul style="list-style-type: none"> • Guided tour of an ostrich farm • Post card view of Table Mountain & Cape Town 		
MINIMUM REGISTRATION: 14		
MAXIMUM CAPACITY: 40		



Participants will be picked up at 9am and transported to Tambo Village in Gugulethu, a Cape Town township, where they will attend a vibrant multicultural, multiracial, multilingual service at Khanyisa Community Church, which will last approximately an hour and a half.

The church has become an integral part of South African township culture. During the Apartheid era when black and coloured communities were marginalised and oppressed by the minority white government, the church stepped in to provide education, health care and an important support structure in poverty stricken and heavily burdened township communities where there would have otherwise been incredibly little or no access to these things.



The Khanyisa service is a fun vibey experience where different races have come together to share their cultures under the roof of Christianity. Khanyisa is a true South African success story in where people from different cultures, backgrounds and racial groups have joined together in love and support under the umbrella of faith in a community once torn apart by Apartheid and racism.

After the church service, the students will walk to Mama Nok's house where they will be taught about the Xhosa people and the Xhosa food they will be preparing. Mama Nok's will show the various ingredients important in Xhosa cuisine and explain the cultural significance of certain foods. For example, the staple food of the Xhosa people is umngqusho made from cracked maize and beans. Maize meal 'pap' is also very popular. There are many different kinds of vegetable dishes

that feature alongside these staples and various meat dishes are also often prepared. The students will then get to partake in some traditional cooking under the supervision of the mamas. Of course, they'll then be eating their own traditionally prepared Xhosa dishes for lunch. Yum! After lunch students will be transported back to the ship.



STANDARD PRICE		Early Booking
Adult	\$83	\$79
Child	\$41	\$39
TIME		
	Date	Time
Depart	March 29	0900
Return	March 29	1515
HIGHLIGHTS		
<ul style="list-style-type: none"> • Township visit • Kyanyisa multicultural church service • Xhosa cuisine 		
MINIMUM REGISTRATION: 10		
MAXIMUM CAPACITY: 50		

"I loved this trip! Having a reason to be in the community and learn from a community member was just perfect! And the food was delicious. This trip really shows you where your food comes from." - Shelby, SP'14 Voyage



Stellenbosch, founded in 1680, 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.

Start the tour off with a lovely wine- & chocolate tasting at one of the well-known wine estates in Stellenbosch.

Thereafter travel to the town centre of Stellenbosch and take an orientation drive, followed by free time to explore the town 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.

STANDARD PRICE		Early Booking
Adult	\$166	\$158
Child	\$83	\$79
TIME		
	Date	Time
Depart	March	1230
Return	March	2100
HIGHLIGHTS		
<ul style="list-style-type: none"> • A visit to the second oldest town in South Africa - Stellenbosch • Wine- & chocolate tasting • A delicious 3-course dinner at a scenically located restaurant 		
MINIMUM REGISTRATION: 4		
MAXIMUM CAPACITY: 14		

Day 6: Monday, 30 March

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

COURSE #	FACULTY	DAY 6 - Monday, 30 March
SEMS 2500 504	Professor Stephanie Aragao	Intercultural Communications (Section 2)
EVSC 2050 502	Professor Ann Gargett	Oceanography (Section 2)
SOC 3595 101	Professor Michelle Camacho	Sociology of Food
MUSI 2070 101	Professor Erik DeLuca	Popular Musics
SEMS 2500 501	Professor Susan Müller	Global Comparative Social Entrepreneurship (section 1)
PSYC 2600 502	Professor Scott Plous	Introduction to Social Psychology (section 2)
MDST 3503 101	Professor Jessica Roberts	Social Media and Global Change
ENWR 2559 101	Professor Matthew Silva	Travel Writing Workshop

CAP 148-601

Horse Riding Noordhoek

Full-Day



Drive along the Atlantic coast, passing through Sea Point, Bantry Bay, Clifton and Camps Bay and on towards the fishing village of Hout Bay. From here you will travel along one of the world's most spectacular routes, Chapman's Peak Drive (closed in bad weather), with its numerous look out points offering magnificent views over the ocean towards Hout Bay & the Sentinel.

Upon arrival in the quaint little village of Noordhoek, you will be briefed prior to your horse riding experience. Following this, you are ready for a 2-hour horse ride, discovering the beautiful and pristine beaches of Noordhoek. The beach trail consists of roughly a 20 minute ride through the residential area of Noordhoek to the beach, an hour and 20 minutes ride on Noordhoek's beautiful beach and a 20-minute ride back through the wetlands.

In the residential area you can see the exquisite houses and lanes of Noordhoek and enjoy a nice chat with your fellow riders. The beach is of course the main attraction, though, with its stretch of soft, white sand from the base of Chapmans Peak to Kommetjie on the other side; the surfers riding the waves on a good day; indigenous birds; the mountains in a distance and during certain times of the year you can even spot whales and dolphins playing in the sea. The riders also get to see the Kakapo wreck on Noordhoek beach. The ride back through the protected wetlands is also lovely, as you can see the renowned Cape Fynbos, a few lilies along the trail and a variety of indigenous and endangered bird species.

Please Note: You must sign a waiver to participate in this program.

STANDARD PRICE		Early Booking
Adult	\$115	\$109
Child	\$57	\$55
TIME		
	Date	Time
Depart	March 30	1130
Return	March 30	1630
HIGHLIGHTS		
<ul style="list-style-type: none"> • Scenic drive along the breathtaking Atlantic coast line • 2-Hour horse ride on the beautiful beach of Noordhoek 		
MINIMUM REGISTRATION: 4		
MAXIMUM CAPACITY: 6		



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 people would have LOVED this trip if they only knew about it!"* – Hailey F. Spring 2014

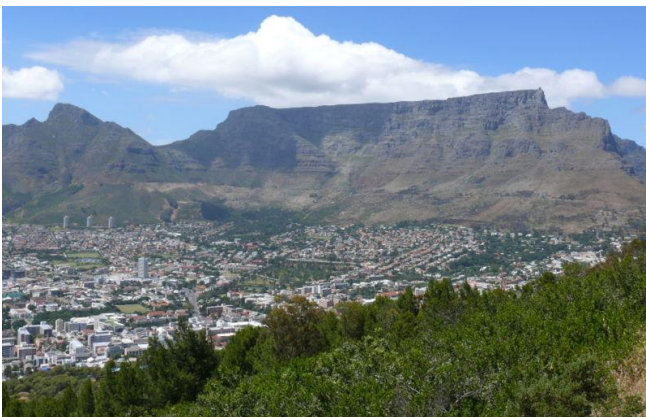
STANDARD PRICE		Early Booking
Adult	\$29	\$29
Child	\$29	\$29
TIME		
	Date	Time
Depart	March 30	0900
Return	March 30	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Tour facilities of Amy Biehl Foundation • Interact with local youth • Lunch included 		
MINIMUM REGISTRATION: 5		
MAXIMUM CAPACITY: 40		

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](#) that may include:

- 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.

Please Note: The program fee includes a donation to the Amy Biehl Foundation.



flanked by Devil's Peak to the east and Lion's Head to the west. Together with Signal Hill it forms the natural amphitheater of the city bowl and is a spectacular backdrop to Cape Town and its Table Bay Harbor. Table Mountain is also home to 2,200 plant species, making it a natural world heritage site.

Join experienced guides on a trip up Platteklip Gorge and follow the trek made by Antonio de Saldanha, who gave Table Mountain its name during the mountain's first recorded ascent in 1503. It takes approximately two hours to reach the summit and includes an ascent of 700m or 2300 feet. Above average fitness levels are

The world-famous Table Mountain is the centerpiece for the city of Cape Town and the main attraction in the Table Mountain National Park. With a height of 1,086 meters (3563 ft), this unique level plateau is surrounded by steep cliffs and is

STANDARD PRICE		Early Booking
Adult	\$66	\$63
Child	\$33	\$31
TIME		
	Date	Time
Depart	March 30	0900
Return	March 30	1700
HIGHLIGHTS		
<ul style="list-style-type: none"> • Table Mountain National Park – a natural world heritage site • Spectacular views of Cape Town and Table Bay Harbor • Optional cable car ride up 		
MINIMUM REGISTRATION: 16		
MAXIMUM CAPACITY: 100		

required for those climbing up.

Once at the summit, participants are rewarded with lunch and spectacular views of the mountainous Cape Peninsula, the Twelve Apostles, the city bowl and Robben Island. On a clear day, you can see as far as 200 kilometers (125 miles). Descend the mountain using a different circular route and return to the ship.

The first part of the hike can be quite strenuous as the first 2 hours are made up of some serious uphill climbing as you ascend about 2000 feet to the summit. There is an alternative option for the not-so-fit, or those whose idea of fun does not involve strenuous climbing and want to bypass the serious uphill – for an extra R100 you can catch the cable way to the summit instead and meet up with the climbers at the top for lunch and the more gentle hike along the gradual descent back down.

“Amazing! Climbing was tough and beautiful! I loved the view. I would do it again in a heartbeat.” – Colleen, SP’14 Voyage

Please note: It is advisable that you have sturdy hiking/walking shoes, a small backpack with an extra warm jersey or jacket as it can be cold at the top; a snack to boost your energy; plenty of water (2 – 4 litres) and a spirit of adventure are recommended. It is also a good idea to wear a hat and sun block. This hike can be considered strenuous at times. A good level of fitness is required; therefore this trip is not suitable for children under 12. We have had previous Life Long Learners over 70 complete this full day hike (ahead of some 21 year olds).