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## Cape Town Experience

Adventure



Relaxation



Culture



**Trip Name:** Cape Town Experience    **Trip Code:** SACT    **Duration:**

### Trip Highlights

- Explore the amazing city of Cape Town
- Visit all the key attractions in a fun packed week of activities
- Really get under the skin of Cape Town and its people through a visit to a local township; learning how to make a living from rubbish and how to cook the local grub
- Visit the world famous vineyards of Stellenbosch and sample the wines\* (with a bit of culture thrown in too!)
- Head to the Cape Peninsula and visit the naughty penguins at Boulders Bay, go to the southern most tip of Africa and head up Table Mountain\*
- Spend the weekend in Cape Town seeing the V&A Waterfront, Robben Island or whatever takes your fancy!



### Overview

Have fun and explore Cape Town on this tour designed to pack in the main attractions of Cape Town and also give you an insight into its people beyond the normal tourist trail.

You will be whisked around Cape Town for the week starting with a visit to the Masiphumelele where you will learn all about township life; including how to make the local cuisine and make artwork from junk. You can even take your creation home as a souvenir. The next day you'll be off for more culture in the form of wine tasting around the Western Cape where you have the opportunity to sample some of the best wine South Africa has to offer. Don't get carried away as you will need to be up and out early the next day for a tour of the Cape Peninsula, including cheeky penguins and baboons! Your weekend will be in Cape Town city where you can visit Table Mountain, Robben Island, the Victoria and Albert Waterfront, Camps Bay and much more - the choice is yours.

During the week you will be staying at our volunteer house in the seaside town of Fish Hoek before transferring on Friday and Saturday nights to a hostel in the centre of Cape Town.

\* Please note entrance fees for these activities are not included

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## Destination Info

South Africa is the southernmost tip on the African continent, stretching over 2500km along the coast, from Namibia to Mozambique. South Africa is a country of contrasts from the vast wilderness and animal spotting opportunities in the north, to the frenetic city of Johannesburg and the cosmopolitan aura of Cape Town in the south.

Cape Town is one of the most iconic cities in the world with Table Mountain right in the heart of the city and world-famous harbour. It isn't Africa's number 1 tourist destination without good reason. Cape Town and its people are friendly, open-minded and is a safe place to visit as a result. It also offers something for everyone; from animal lovers to history buffs and food lovers alike. There is much to see and do within a small area which makes it an ideal destination for the tourist who want to experience and explore.

## Itinerary



### Day 1 - Arrive into Cape Town International Airport (airport code CPT)

Today you will be met at the airport and taken to our volunteer house in Fish Hoek. You'll need to arrive in before 4pm so that you're all ready for the briefing session which kicks off at 5pm. The journey from the airport to Fish Hoek should take around 45 minutes and if you keep your eyes open you might get to see Table Mountain on the way! After the briefing you will have an evening meal and some time to relax.

If you aren't able to arrange a flight to get you into Cape Town before 4pm then we'd recommend you fly in a day early. We can arrange an early airport pick-up for you including one night's accommodation, please give us a call for more information.



### Day 2 – Township experience

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Today you will experience the vibrant township life of Masiphumelele (Masi to the locals), situated along the Cape Point Route. You'll be guided through this friendly township whose name means "we will succeed" in English. This informal Xhosa settlement was first developed in 1992 by people from the Eastern Cape coming to Cape Town and looking for work opportunities. The township has grown enormously since then and is now home to more than 25,000 residents with the majority living in poverty.

Your guided walk will include an introduction to the way of life for the residents in this township; including shops, crèche's and local artists. Your guide is a resident of Masi and she will be able to give you a far greater insight into the community life of a township population that you could achieve on other tours. On the tour you will pop into crèches providing child care to as many as 70 preschool children per crèche, giving them a safe learning environment while their parents go out to work. They empower and support the families of the children of the Masiphumelele community, many affected by Tuberculosis and HIV/AIDS. Your guide will share her insights into Masi history and culture; there won't be much you don't know by the end of the day.

In the afternoon you will have the chance to meet some of the innovative residents by visiting a junk recycling beach litter programme. It's a simple case of turning rubbish into something worthwhile and keeping the area clean at the same time. You will be amazed at what can be turned into something saleable and you will get the chance to make your own piece of art, with expert tuition of course. Your day of cultural immersion finishes with the most important thing of all – food. You'll learn how to make a traditional African dish and get to eat the fruits of your labour too.

Breakfast included, self-cooked African meal included



## Day 3 - Wine tasting

Time to taste South Africa; sample some of the world-famous wine and give your opinion!

You will spend the full day visiting the world famous wine producing area of Stellenbosch situated in the Hottentot Holland Mountain region of the Western Cape. Many farms are steeped in the early Dutch/Afrikaans culture and history. The farm buildings are classic examples of Cape Dutch architecture and the towns also have finely preserved examples of Georgian and Victorians buildings. Highlights include stunning mountain scenery, cellar tour and two wine tastings, with a third wine tasting if time permits.

You will see the Hellshoogte mountain pass, one of the most beautiful passes in the world. Lunch will be in Stellenbosch or Franschoek (dependent on timings) and you will have a short tour of Stellenbosch during the day as well.

Any entrance fees, wine tastings, food and drinks are not included. Please note: tastings cost R20 per farm – however if you buy wine – you drink for free.

Breakfast included.



## Day 4 – Cape Peninsula

Today you'll be exploring everything that the Cape Peninsula has to offer, and there is a lot.

You will have the chance visit the naughty African penguins at Boulder Bay and the Cape Point Nature Reserve. The reserve is home to many species of antelope, zebra, ostrich, and the Chacma baboons (watch out they will steal your ice cream if you let them!). You'll also go to the most south-westerly tip of Africa, The Cape of Good Hope.

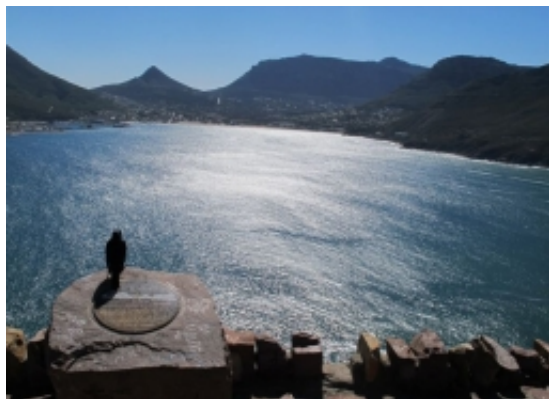
The peninsula is a crooked finger of land that juts into the sea. The coastline is a combination of steep mountain slopes descending directly into the sea and gentle white sandy beaches. Table Mountain National Park incorporates the entire peninsula, including Cape Town city bowl as well as the Cape of Good Hope Nature Reserve.

Travelling back along the scenic coastal road of Chapman's Peak we will pop into Kirstenbosch Gardens which was voted best picnic spot in the world. Weather permitting we will visit Table Mountain and then travel back to Fish Hoek along the Atlantic seaboard.

Lunch and entrance fees not included. Cape Point (R80), Boulders Beach (R45) and Kirstenbosch (R20), Table Mountain cable car (R120).

Breakfast included.

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## Days 5 to 6 – Cape Town

After breakfast you will transfer to your accommodation for the weekend in Cape Town. You'll be in a hostel in the city centre giving you the best opportunity to explore the many sights that the city has to offer. You'll be given help and advice on how to get about, what to do and how to make bookings but the weekend will be free for you to explore at your leisure.

Some of the must-see attractions are Table Mountain (if the weather didn't allow on Day 4) or you can walk up it for free. V&A Waterfront and the wealth of shopping opportunities there, this is also the place to catch a boat trip to Robben Island, there is also a sightseeing bus that will take you around the city attractions including Greenmarket Square flea market and District 6 museum.

There are also plenty of restaurants and bars to sample in the local area and close to your hostel. Again, the team can help point you in the right direction.

## Day 7 - Your last day

After breakfast you will need to check out of your accommodation in Cape Town and continue with your onward travel plans. Your return transfer to the airport is not included in the cost but we can make arrangements for you if you would like.

## Accommodation

### During the week

During your time in Cape Town you'll be staying in our volunteer house in the small seaside town of Fish Hoek. The house has 4 bathrooms that include western style toilets and hot water. Bedrooms in the house are dormitory style with up to 8 volunteers sharing a room. There are also a number of communal areas including a comfortable lounge with sofas, table where you can eat your meals and a balcony and garden area with BBQ! While in the house you will be responsible for keeping the place clean so please tidy up after yourself, especially in the kitchen.

There are lockers in the accommodation where you will be able to store valuable but you will need to bring your own padlock and keys. Additionally you will need to bring your own sleeping bag, pillow case, towels as these are not provided. You should also make sure you bring warm clothes with you, particularly if you are travelling during

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the South African winter months, when it can get particularly cold. There isn't a washing machine at the house but there is a laundry close by where you can get your clothes cleaned at your own cost.

A supermarket, shops, internet cafe, laundry and bank are all close to the volunteer house so you'll be able to shop either in your lunch-break or after your days volunteering.

## At the weekend

At the weekend (from Friday) you will transfer to a backpackers in central Cape Town. Located close to the foot of Table Mountain, the wooden sun deck and the garden of the lodge offer views of the landscape. You will be in a shared dormitory room which is bright and well designed. There are 6 and 8 bed dorms; the dorms are mixed although we do have a couple of girls only dorms. All dorms have specially designed wrought iron bunk beds that have lockers built into them for your added security. There are individual reading lights and white fluffy duvets on each bed.

Communal areas of the lodge include an outdoor swimming pool, a travel center, and the café with billiard table. 24-Hour Front Desk can help with packed lunches, laundry service, and airport shuttle. Internet cafe available and charges are applicable.

Breakfast buffet and lights meals are available. The menu includes nachos and burgers as well as fresh crisp salads and quick toasties.

Long Street (one of the most popular spots in Cape Town) with various restaurants, day and nightlife is about a 10 minute walk away.

## Programme Services and Facilities

The volunteer house is based at the top of a hill within Fish Hoek, which is a suburb of Cape Town and is about 45 minute by car or an hour by train to Cape Town city centre. Fish Hoek is a quiet, residential area to the south of Cape Town centre looking over False Bay. There are shops in Fish Hoek where you can buy all your essentials except alcohol as Fish Hoek is a dry area. You'll find commercial laundry facilities close by as well.

The trains are a great way to get into the centre cheaply, particularly at the weekend. They do stop running at 7pm so if you do want to go out into the centre at night you'll need to budget around US\$35 / 250 Rand each way for a taxi.

The closest shops, internet and laundry facilities are a five-minute walk from the volunteer house and there is an off-licence a little further away in Kommetjie. Internet costs about R30 per half-hour and laundry about R50 per load. There is a phone at the volunteer house that can be used for incoming calls free of charge and for outgoing calls when purchasing a world call card from the shops. There are many electricity points at the volunteer house and adaptors if needed are easily bought.

## Lockers

Please note there are lockers in the volunteer house that you will be staying at for you to store your valuables, however you will need to bring your own padlock and keys, or a combination padlock.

## Meals

Your time in Cape Town is on a self-catering basis (apart from the evening meal on the first night and breakfast). There is a kitchen complete with cookers, loads of fridge space, microwave, toaster and other kitchen utensils you can use to cook tasty meals to enjoy in the large dining area. However if you are feeling a little lazy why not order takeaway instead!

We recommend that you budget around R600 (South African Rand) per week for groceries, as prices are similar to home. However if you choose to eat out or buy takeaways regularly, this will be more expensive and you will need to budget accordingly.

## What's Included

- Arrival airport transfer
- Accommodation
- Breakfasts
- Tour guide services as detailed in itinerary
- Arrival airport transfer
- Local in-country team and 24 hour emergency support



## What's Not Included

- Food (except breakfasts)
- Entrance fees as detailed in itinerary
- Return airport transfer
- Flights
- Travel Insurance
- Visas



## What to Pack

Packing is a very personal thing; you could spend a small fortune buying up all those nifty travel items that you see in the shops! If you're on a tight budget then please don't feel the need to go overboard. You are normally able to buy most things that you need while you're in South Africa, particularly in the main cities. Part of the challenge and charm of this trip is that you probably won't have everything you consider necessary at home, so dive in and enjoy it! We have listed some items that we think may be useful to take with you...

## General

- Light weight shoes and/or trainers
- Sandals and or/flip flops
- Sun hat and sunglasses (with UV protection)
- Personal drink bottle

- Towel
- Torch (for use during power cuts)
- Padlock and keys (to use lockers)
- Camera
- Wet wipes or waterless soap
- Insect repellent + mosquito net - these can be bought cheaply in country
- First Aid Kit including: Paracetamol, antiseptic wipes, plasters, water purifying tablets, sunscreen (high factor), malaria prophylactics
- Day rucksack / backpack
- Personal hygiene pack e.g. toothpaste, toothbrush, deodorant, shampoo, toilet paper etc.
- Warm clothes if you're going in winter months (May to September), as it gets very cold

## Minimum Age

Minimum age 17 years old.

## Minimum Numbers

This trip requires minimum numbers to operate.

## Flights

Please arrange your flight into Cape Town international Airport (airport code CPT). You'll need to arrive in before 4pm on your programme start date so that you're all ready for the briefing which kicks off at 5pm and your return flight for your programme end date.

To book your flights, please contact your sales advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.

It is important that once you have booked your flights you add these details to your Online account, or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

Please make sure your flights arrive and depart on the correct dates. If you arrive or leave on any other day we cannot guarantee an airport transfer for you or accommodation for any additional nights you are in the country.

It is essential that you provide us with a full flight itinerary at least 8 weeks before your programme start date. If we do not receive this within 8 weeks we cannot guarantee you will be met at the airport on arrival (if your programme includes an airport transfer).

The above does not apply to you if you are on a Complete Gap Year where Real Gap has organised your flights for you.



**Please note:** This programme requires a minimum of 4 participants to run. Please contact us to confirm whether the minimum numbers have been met for your start date, we recommend that you do not book your flights until we have confirmed these numbers and the programme will be running.

## FAQs

1. **How many volunteers will I be staying with?**

During the week you will be at a volunteer house in Fish Hoek where all of our volunteers stay who are volunteering on various projects around Cape Town. At the weekend you will be in a backpackers with other travellers. The tour has a minimum number to run so you will never be on your own.

2. **How much spending money should I take?**

We would recommend budgeting for around £100 for the week to cover self-catered food etc. You will also need to budget for the entrance fees as detailed in the itinerary (about £30) and other excursions you want to do at the weekend. If you are going out in Cape Town over the weekend you will need extra to cover that.

3. **Can I get in touch with other volunteers before I go?**

Yes! We provide a 'buddy list' of others email addresses joining you in Cape Town on the same start date.

## Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

## Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

## Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

## Money Matters

The currency in South Africa is the Rand (R), which is divided into 100 cents. Coins come in denominations of 1, 2,

5, 10 and 50 cents, and 1, 2 and 5 Rand. Notes come in denominations of 10, 20, 50, 100 and 200 Rand.

US Dollars, Pound Sterling or Euros are the best currencies to bring to change locally. Major credit cards such as Visa or MasterCard are accepted in most towns, cities and petrol stations and ATMs can be found across the country. ATMs in cities are the most likely to give cash advances to cards on the on the Cirrus network.

Meal, Inexpensive Restaurant \$7.70  
Domestic Beer (0.5 litre draught) \$1.85  
Coke/Pepsi (0.33 litre bottle) \$1.04  
Water (0.33 litre bottle) \$1.13

(Prices quoted in US Dollar)

## Passports and Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

For stays of 90 days or less nationals of the European Union, the USA, Australia and New Zealand can obtain a free entry permit on arrival. All other nationalities should consult their nearest South African Embassy or High Commission for details on entry requirements.

## Cultural Considerations

### Smoking and Drinking

Smoking and drinking is tolerated in South Africa, although smoking has been banned in public areas such as cinemas, bars and airports. You will find that you will be able to get imported beer cheaply in most establishments and there are many tasty local beers too. South Africa is also famous for wines, so you shouldn't miss out on the opportunity to try some local varieties.

However, please respect other volunteers. Drinking is only permissible in moderation and must not impact on your volunteer work during the week. While we want you to have fun in your free time, antisocial behaviour will not be tolerated on the project.

### Drugs

It is absolutely forbidden to bring drugs into South Africa. Always keep an eye on your luggage while travelling. Never bring anyone else's luggage through customs. If you get caught there is little chance that you will walk away without punishment. As in most countries, South Africa has very strict rules when it comes to the possession of drugs. All drugs, including 'soft' drugs like marijuana, are illegal. Please do NOT use any illegal substances whilst travelling - it is not worth the risk and is not acceptable at the project.

### Greeting

Pleasantries are taken seriously and using 'hello' and 'goodbye' can go a long way to making friends and being accepted. Please take the time to learn a few local words and show that you are keen to fit in. There is also a big emphasis on shaking hands. The Western way of doing this will be fine, but you are likely to pick up a few local variations!

On The whole, South Africans are easy-going people - any social errors are unlikely to cause offence, so please do not worry!

## Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

## Safety

Tourists can be targeted by pickpockets and thieves. Please educate yourself about Africa and South Africa in particular, before you leave, so that you can be alert for all types of situations. General travel safety rules are below.

- Avoid travelling alone, especially at night
- Find out where the unsafe areas are and avoid them
- When travelling keep all-important documents and valuables in a safe place, like an inner hidden pocket or money belt
- Carry only as much cash as you think you will need for the day
- Don't wear expensive jewellery or watches
- Be wary of people who seem too friendly too fast
- Keep cameras out of sight. Always keep bags and purses in your sight.
- Before swimming, ask how safe the area is

### ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

### Swimming

If visiting a beach in South Africa it is important that you take note of any information boards that are located on the beach before entering the water. Most beaches also operate a flag system to indicate whether it is safe to swim or not, it is essential that you take note of any advice given and heed any warnings that are in place as there can be the risk of rip tides, strong currents and Shark attack. If you are unsure whether it is safe to swim in the ocean, speak to the lifeguards or your in-country coordinators.

## Language Guide

There are 11 official languages in South Africa; Afrikaans, English, Zulu, Xhosa, IsiNdebele, Northern Sotho, Sesotho, Setswana, SiSwati, Tshivenda, and Xitsonga. There are many other tribal, indigenous languages. However, English is spoken prevalently across the country. In Cape Town, the predominant language is Afrikaans. We suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

### English - Afrikaans

Hello - *Hallo*

How are you? - *Hoe gaan dit?*

I'm fine - *Goed dankie*

Thank you (very much) - *Baie dankie*

Please - *Asseblief*

Yes / No - *Ja / Nee*

Goodbye - *Totsiens*

### English - Isi Xhosa

Hello - *Molo*

How are you? - *Kunjani?*

I'm fine - *Ndiphilile*

Thank you (very much) - *Enkosi*

Please - *nceda*

Yes / No - *Ewe / hayi*

Goodbye - *Hamba kahle (go well)*

## Food & Drink

Food in South Africa is delicious. You will be exposed to every different type of meat at every meal, ranging from impala and kudu to ostrich. All can be enjoyed in many different ways, but one of the best ways to taste these meats would be to sample it off a hot braai (barbecue). Be prepared to try something new! If you want to try some more traditional food then go for some Biltong (dried meat) and Boerewors (barbecue sausage).

If you are a vegetarian, do not worry. South Africa is abundant with delicious local vegetables, such as yams and sweet potatoes.

Drinking water from the tap is safe throughout the country, apart from in the more rural areas.

## Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from South African's who use long weekends to get away from the big cities.

To view a list of the public holidays for South Africa, please see the link below:

<http://www.timeanddate.com/holidays/south-africa/>

## Weather

Seasons in South Africa are opposite to those in the northern hemisphere. The climate is varied across the country with warm showery summers and cold winters in the Gauteng Province (Highveld), scorching summers and a

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slightly less chilly outlook for winter in the Durban area (Lowveld) and the Western Cape hit hardest by winter rains. Karoo's desert-like climate means it's hot and ready to explore all year round but if you want to explore the rest of the country Spring (mid-September to November) and autumn (April and May) are ideal almost everywhere.

## Time

South Africa is two hours ahead of GMT.

In Africa, time is not a priority like it is in much of the western world – there is a saying that Africa works to 'Africa Time', which basically means you must exercise a lot of patience! If a boat is due to leave at 12pm, don't be surprised if it still hasn't a couple of hours later... keep an open mind, and arrive 'expecting the unexpected'.

## Electricity

In South Africa the electric system is 230 Volts and frequency 50 Hertz. If you bring a device that does not accept this Voltage you will need to use an adapter.

Outlets in South Africa generally accept 1 type of plug:



Three round pins arranged in a triangle

## Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of recommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

## Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

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