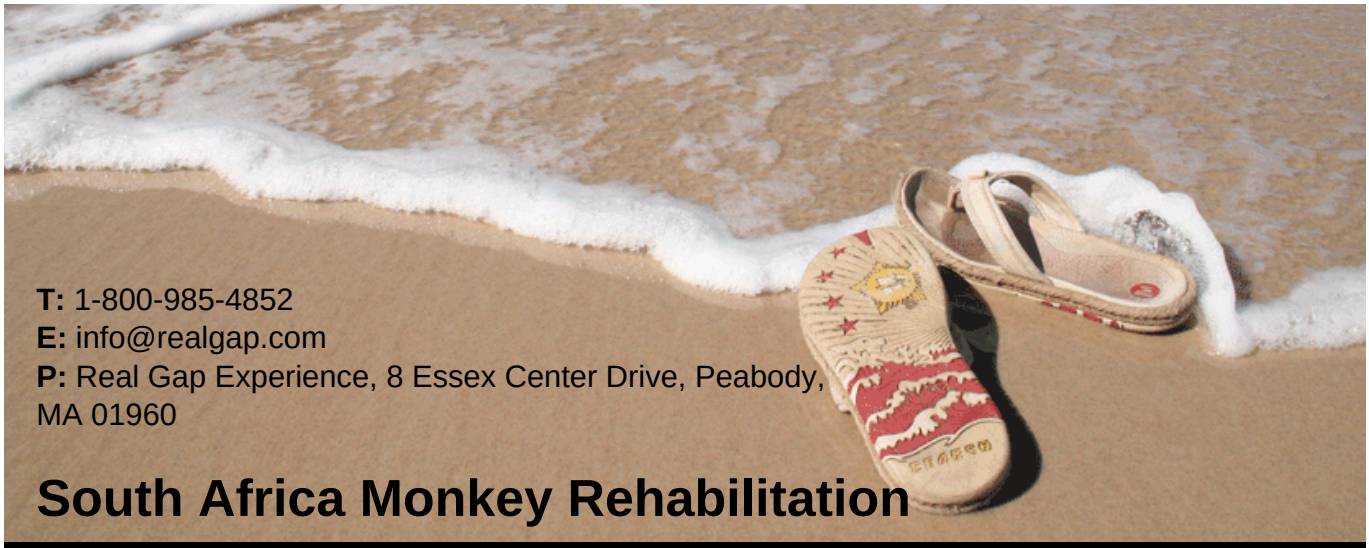

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South Africa Monkey Rehabilitation

Adventure Relaxation Culture

Trip Name: South Africa Monkey Rehabilitation **Trip Code:** SAMR **Duration:** From 2 weeks

Trip Highlights

- Hundreds of mischievous furry Vervet monkeys!
- Caring for orphaned babies (during the season – November to March).
- Rustic wooden cabins – perfect for student travel in South Africa.
- Chilling out in your free time at the world famous stunning Kruger National Park or Debengeni Waterfalls.

Overview

You'll be helping out with this amazing project that aims to give shelter and care to Vervet monkeys, which have been injured, orphaned or abused. So they can't be released back into the wild. Instead, they're rehabilitated and housed in natural enclosures with their fellow primate companions.

If wildlife's your thing, can student travel in South Africa get any better than hanging out with hundreds of Vervet monkeys in one of the world's most stunning areas of natural beauty?

And learn to scratch your armpits like a true pro!

Destination Info

Diverse, exhilarating, spectacular, varied – student travel in South Africa is something big to write home about. Never far from the news, it's a vast, modern, multicultural country, full of contradictions and full of interest. It offers so many opportunities for student travel that it's difficult to summarise.

SA offers everything from lush subtropics to deserts, savannah, scrubland and bush to stunning coastlines. You'll

love the wildlife reserves, including the world-renowned Kruger National Park.

South Africa has accomplished so much in the years since apartheid was dismantled – it's unique in the world.

Itinerary

Day 1: Arrive into Johannesburg International Airport (airport code JNB)
Today you will be met from the airport and taken to a backpackers hostel in Pretoria. You will need to arrive before 4pm though, so that you ready for your orientation that evening. The journey from the airport to your accommodation takes around 45 minutes.

If you are not able to arrange a flight to get you into Johannesburg 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, give us a call for more information.

Day 2: Monkeying around!

Today you will be transferred to your project and introduced to the team so that you can begin volunteering. The project itself is based in Tzaneen, 420km north of Johannesburg, near the world famous Kruger National Park; to get there you will travel by Bus from Pretoria Bus Station which departs at 10:30am and will arrive in Tzaneen at around 3:40pm. You will be met from Tzaneen bus stop by a representative from the project and taken to the Monkey Sanctuary; the journey to the Sanctuary takes approximately 25 minutes.

When you arrive at the sanctuary you will be introduced to the team who will be your main point of contact whilst you are volunteering. Your accommodation is on the same site as the project and the team will help you settle in. Today is all about settling in and getting to know how everything works.

Days 3, 4 and 5: Getting stuck in!

If you are at the programme between November and February then this is the baby season, so please be prepared that you may be starting your day as early as 6am and finishing at 4pm. You may also be asked to be

involved in overnight shifts with the babies – a truly memorable experience!

Outside of these months, you may be starting at around 8am and finishing at around 5pm.

During your volunteering you can expect to be involved in a variety of different activities which can vary depending on the needs of the sanctuary at the time you are there. These may include the collecting and preparation of meals for the monkeys, caring for the orphans, sickbay duty, observation and recording of date, construction and maintenance at the centre, taking photos and writing articles for newsletters, working with the ex-pet monkeys and rehabilitating them.

Days 5 and 6: Weekends!
Even though it is the weekend, the work never stops at the sanctuary as the monkeys require attention seven days a week, so you will still be working during weekends. However it is not ‘all work and no play’ at this programme, as you will be entitled to a half day of free time on either day of the weekend. You can use this time to simply chill out and relax or take advantage of the many activities that this fabulous area has to offer.

In addition to your half day off at weekends you will also be able to choose a full day off mid week to use as you choose; if you are at the project for a min of 4 weeks you will also be able to take some touring days to visit places such as Kruger National Park.

You will be working Monday to Friday at the programme plus weekends, but don’t forget you will have your half day of free time at weekends and an additional day off in the week. It is entirely up to you what you decide to do but we recommend you make the most of it and see as much of the area as you can!

Once you are fully settled in, your team at the sanctuary will be able to help you arrange touring trips with a local guide who is fully qualified. Some of the trips available may be to Kruger National Park or a riverboat safari! The guide will be able to collect you directly from the volunteer accommodation and return you safely at the end of your excursion.

On your last day, after saying goodbye to your new found friends and staff at the Sanctuary, you will be able to travel back to Johannesburg Airport or stay and travel independently in South Africa.

The project aims to provide shelter and care to Vervet monkeys which have been injured, orphaned or abused, and so are not able to be released back into the wild. Instead, they are rehabilitated and housed in natural enclosures with their fellow primate companions. The sanctuary is also involved in educating the local community on Vervet monkeys and establishing ways to live side-by-side with each other.

As a volunteer on this project you will be involved in a number of different tasks:

- Collecting and preparing food to give to the monkeys
- Caring for the Monkeys
- General maintenance at the centre
- Construction of new enclosures for the monkeys
- Caring for the orphaned baby monkeys during the baby season (November to March)
- Monitoring the health of the monkeys

Your work at the programme may not be limited to just these tasks – remember, you're volunteering in Africa, so it's important to be flexible!

Accommodation

You will spend your first night in Pretoria at a comfortable Backpackers Lodge in a shared room.

During your time at the sanctuary, you will be staying in rustic wooden cabins. The accommodation is basic but clean, please note that there is no electricity in the cabins so it is vital that you bring a torch/flashlight and plenty of batteries with you. You will also need to bring your own bedding with you, although you will be provided with a single bed, mattress, sheet, pillowcase and pillow.

The accommodation area also has 2 toilets (eco-style with worms and enzymes which compost the waste), 4 bush showers (hot water is limited), kitchen (crockery and cutlery is provided) and campfire for evening Braais (South

African Style BBQs's). There will also be a computer available for internet access (at a small additional cost) and small self service bar where you can purchase beers, soft drinks, crisps and chocolate.

Programme Services and Facilities

Internet
There is a computer with internet access in the cottage which you are welcome to use during your free time, for a small fee. Wireless internet connection is also available on site.

Skype is also available on the computer which you will be able to use providing you have a Skype account.

Telephone
The international dialling code for South Africa is +27. To place an outgoing, direct dialled international call, dial +44 for the UK followed by the telephone number. For example to call the Real Gap UK Office dial +44 1892 701880.

There is not a landline telephone at the Sanctuary, however there is good mobile phone reception at the sanctuary and you will be able to purchase a South African sim card locally, please make sure your mobile phone is unlocked so that it will accept any sim card from any network.

Laundry
Laundry will be done for you by staff at the centre, you will be required to take your laundry up to the cottage where the maids will wash them for you and hung out on the line for you to collect. Laundry is done Monday – Friday.

Electricity
South Africa uses 220/230V and a frequency of 50Hz. The plug sockets in South Africa take plugs with 3 pins: two circular pins and one larger circular grounding pin. There is no electricity in your cabin accommodation, but there is electricity in the cottage where you will be able to charge your camera and phone etc.

Meals

Breakfast and Lunch is on a self-service basis and the food is provided for you by the project. The meals are basic, breakfasts normally consist of cereals and lunches normally sandwiches and salads. Dinner is prepared and provided daily for you Monday to Friday, but meals will need to be prepared by you and your fellow volunteers over the weekends.

Important note: All meals at the project are vegan and no meat or fish is to be brought on site. However there are

some lovely local lodges in the local area that you may wish to eat at during your free time if you wish.

What's Included

- All meals
- Accommodation
- Arrival orientation
- Airport pick-up included on arrival date
- Full support from the project coordinators

What's Not Included

- All Flights
- Travel Insurance
- Visas
- Return Airport transfer

Additional Information

Project Requirements

Please note we require a TB test to be completed for you to participate in this project. You'll be spending lots of time in close proximity to these rare creatures so we need to ensure that you don't have any communicable diseases that you might pass on to them. A chest x-ray will need to be carried out in order to show the results, and you'll need to take the results with you to South Africa. If you are not able to secure this before leaving for South Africa, you will be able to complete this during your first days in country for around R375.00 which is approximately US$45.

What to Pack

Please note that this kit list is intended to help you plan what you may need to take with you and therefore, you may not need all of the listed items on your travels nor is it exhaustive.

Also, please be aware that the weather can change considerably from winter to summer and you should pack according to when you are travelling to ensure that you have the appropriate clothing.

Personal Admin

- Passport, insurance certificates and personal documentation
- Photocopies of all the above to be left at home with your next of kin

- Spending money
- Proof of inoculations (please speak to your Doctor about necessary immunizations, an up to date Tetanus vaccination is required by the project)
- All volunteers are required to have an up to date Tetanus vaccination and will also be required to have a Tuberculosis test showing negative, an x-ray for this can be obtained in-country for approximately R300.
- Secure, waterproof bag for documents and money: sealable plastic bags will do
- Driving licence – only if you have one as it will be required if you wish to hire a care or are able to help with some driving duties at the centre

General

- Camera / Film / Batteries (you will be able to re-charge batteries)
- Notebook and pen / diary
- Torch / Extra Batteries or Bulb
- Sunglasses
- Water bottle – at least 1 Litre
- Day pack/rucksack for everyday use
- Sleeping bag – essential
- Sleeping bag liner
- Mobile phone – set for roaming
- Personal stereo
- Plug adaptor
- Laptop (this is your choice and will be at your own risk)
- Padlock
- Alarm clock/watch
- Sewing kit and pocket knife for general use
- Travel Guide, such as Lonely Planet or Rough Guide (this is useful if you are travelling independently before or after your placement
- Mosquito Net (can be bought cheaply in South Africa)
- The evenings can be quiet so bring a book, cards, board games to play with your fellow volunteers etc
- Towel

Clothing

- Sun hat
- Comfortable walking shoes or trainers
- A pair of thick socks for walking
- Sandals
- Sets of outdoor loose fitting cotton clothes with full arm and leg cover for cooler mornings and evenings
- Waterproof Jacket
- Work Gloves

Medical Kit

- Hand sanitiser and wet wipes
- Personal First Aid Kit
- Personal medication e.g. anti malarial tablets/prescription drugs/inhalers
- Painkillers
- Contact lenses and solution if necessary
- Plasters
- Lip balm with SPF
- Tweezers (not in hand luggage!)
- Scissors (not in hand luggage!)
- Sanitary products for women if necessary
- Mosquito repellent (ensure it contains DEET or equivalent)
- Ear Plugs – in case you sleep next to a snorer!

Minimum Age

Minimum 18 years, maximum decided on potential participants' health.

Flights

Your flight to South Africa should arrive at Johannesburg (JNB) airport before 4pm on your programme start date, and your return flight should be arranged to depart from the same airport after 8pm on your programme end date (this is to allow enough time for you to travel back from Tzaneen to Johannesburg via Pretoria).

Please note that it is vital that you do arrive before 4pm on your programme start date, if you are unable to do so, you are welcome to arrive a day early and we will be able to arrange a private transfer and extra night of accommodation for you, at an additional cost.

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.

FAQs

1. **Will there be babies there when I go?**
   Depending on the monkeys rescued there may be but the baby season is November to March.

2. **What meals are included?**
   Please note the project is strictly vegetarian but all meals are included. In your free time, there are local restaurants to eat out at.

3. **How much free time will I have?**
   One full day off in the week and a half day at the weekend.

4. **What can I do in my free time?**
   The team at the sanctuary will be able to help you arrange trips out, one of which could be to the world famous Kruger Park!

5. **How much spending money should I take?**
   We recommend around £50 to £70 a week depending on how much you wish to do!

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.

You will be assigned a personal travel advisor who will co-ordinate your program with you. Feel free to contact them at any time before you go, or when you are on your travels. They will provide you with competent assistance and help with any questions or advice you may need during your stay.

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! It 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 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 reommended 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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