

Extensive information:

Project Horses
South Africa



Table of contents

	<u>Page:</u>
1. Introduction	4
1.1 Percherons	4
1.2 Fresians	4
1.3 Nooitgedachts	5
1.4 Boerperde	5
2. The project	6
2.1 Rehabilitation Centre	6-7
2.2 Horse Trail side	8-9
2.3 Other involved projects	10
2.4 The future	10
3. Volunteers	11
3.1 Period / duration	11
3.2 Requirements	11
3.3 Costs (including and not including)	11-12
3.3 Accommodation	12
3.4 The work	13-16
3.5 The project staff	17
4. South Africa	18
4.1 Geography	18
4.2 Project location	18-19
4.3 Climate	19
5. Travel information	20
5.1 Flight arrangements	20
5.2 Passport and visa	20
5.3 Insurances	20
5.4 Arrival in East London, South Africa	20
6. Medical advise	21
6.1 Advise	21
6.2 Required vaccinations	21
6.3 Recommended vaccinations	21
6.4 Medical service	21

7.	Personal equipment	22
7.1	Essential items	22
7.2	Optional items	22
8.	General information	23
8.1	Food and drinks	23
8.2	Supermarkets and markets	24
8.3	Laundry services	24
8.4	Telephone and Internet access	24
8.5	Transport during your stay	24
8.6	Beach	25
8.7	Excursion arrangements	26-27
8.8	Currency	28

Note: Annually the text of this extensive information will be developed and will be kept up with regularly in cooperation with this project. Because there can be made some changes or because there will be some changes be necessary because of certain and unexpected results, etc., it could be that this text not every time will compare in practise at this project.

Join the project with an open mind, and a flexible attitude and you will leave South Africa with unique, special and unforgettable memories!



1. Introduction

Currently there are 49 horses on the project and a lot of different breeds. From Friesians and Percherons to Nooitgedachts (South African breed) and Boerperde (also South African breed).

1.1 Percherons

The Percheron gets its name from the La Peche valley in the south of France. Like many old breeds, the Percheron's exact origins are unknown, but it is said that its ancestors were crossbred between the heavy "forest horse" type of animal native to northern Europe and the Arabians that were brought to Europe by the Moors. Percherons were imported to South Africa during the latter part of the 19th century and their numbers gradually increased by subsequent imports as well as local breeding.

Percherons are mostly black or grey in colour, but sometimes they also appear in brown.

The Percheron is characterized by a square forehead, long ears, and a straight profile. They have long, heavy necks, a broad chest, prominent withers, a short back, heavy muscles in the lower thigh, and a deep girth. A quality example of this breed should have a long croup and a round hip. The Percheron's mane is generally very thick and the colour is always grey or black.

The Percheron is expected to be of good temperament and be an easy keeper. The breed is reputed to be proud, alert, and intelligent. They are generally very gentle horses, well-suited for driving, and are strong and willing workers. The Percheron is readily adapted to varying climates and conditions. They have the strength to pull heavy loads and the graceful style to pull a fine carriage. Percherons can be ridden and some have even been trained to jump.

1.2 Friesians

This breed, one of the oldest in Europe, is a breed of horse from Friesland, a province of The Netherlands. The breed faced extinction on several occasions, but was saved in 1913 by a dedicated group of breeders in Friesland.

The Friesian is most often recognized by its black coat color, though color alone is not their only distinguishing characteristic. Friesians also have a long, thick mane and tail, and "feathers" long, silky hair on the lower legs, deliberately left untrimmed.

The breed has powerful overall conformation and good bone structure, with what is sometimes called a "Baroque" body type. Friesians have long, arched necks and well-chiseled, short-eared, "Spanish type" heads. Their sloping shoulders are quite powerful. They have compact, muscular bodies with strong sloping hindquarters and a low-set tail.

Today, there are two distinct conformation types. The *baroque type* has the more robust build of the classical Friesian. The modern, sport horse type is finer-boned.

Friesians are known for their excellent disposition. They are extremely friendly and intelligent horses. They are strong and learn very quickly. Friesians can be ridden and are excellent for dressage.

1.3 Nooitgedachts

Nooitgedachts are a South-African breed. Derived after the Anglo-Boer war, they are an extension of the original Basuto Pony used by the Afrikaner during the war and were recognized by British Cavalrymen after their experiences during that period. There was a great call for this strong little equine and many were exported to Europe around 1906 leaving only the poorer stock.

In the 1950's the South African Agricultural department started a breeding programme at a research station called Nooitgedacht in the Eastern Transvaal. They purchased a nucleus of typical Basuto type ponies with a view to saving the breed and introduced Arab-Boer type stallions, from this came the Nooitgedachts.

They are strongly built ponies ranging from 13.2 to 15 hands, colours are all shades of grey though bays are accepted. They have a docile temperament, but with high intelligence. They are very hardy with dense bone and high quality hooves, not needing to be shod, they can carry weights of up to 80kgs for long periods of time.

1.4 Boerperde

Boerperde is a South-African breed formally known as the cape horse, the name boerperde is an Afrikaans word, translated means farm horse, they were very hardy animals and were used by the Boers during the Anglo Boer War in 1899.

Horses are not indigenous to Africa and were brought into South Africa as far back as the Great Trek in the days of Jan van Riebeeck. These horses were from Java and to prevent inbreeding Persian Arabs were introduced, this was the first phase of the Cape horse, later to be renamed Boerperde. The second phase came after the Great Trek when Flemish stallions were imported from the Netherlands, also Cleveland Bays, Hackney and Norfolk Trotters, this was then recognized as the SA Boerperde type. The third phase came after the Anglo-Boer War, this breed had proved it's stamina, hardiness and mobility which had been tested during the war years.

The Boerperde is an average of 14.2 to 15.2 hands, has a good conformation and lots of bone. The most common colouring being bay, chestnut and a darker grey. They are surefooted, trustworthy and as a utility horse for farm work with livestock they excel.



2. The project

The project was set up in 1998. The main goal of the project is to rescue and rehabilitate abused and neglected horses that through sheer ignorance of their owners have suffered.

The project has 236 acres and smaller paddocks to accommodate social groupings of horses.

Currently the farm gives a home to about 49 horses, dogs, cats and numerous other smaller animals and birds.



The project has two sites: the Rehabilitation Centre and the Horse Trail side.

2.1 Rehabilitation Centre

When the project refer to rescuing horses this does not mean they just go and pick up any poor thing that they see. Very often the staff go to auctions and see the state of some of the animals there and if the project has the funds they will try and bid on them. Other rescues are by word of mouth.

Every horse at the centre has a story to tell some of them very sad.

Some of the cases are unwanted, people like to have animals, but get fed up with them once they realise how much work they need. This doesn't apply to horses. There are a few genuine cases of horses that belonged to people who when their kids had out-grown or gone on to further their education didn't want to sell their horses for fear of losing touch with them, if a horse goes to the centre it stay until it joins it's friends in 'the paddock in the sky'.

The project has 236 acres and smaller paddocks so they are able to accommodate a lot of horses. The horses that are rescued and arrive at the farm will follow the following procedure;

Most of the horses that have been rescued so far have had wounds through abuse, neglect or pure ignorance and have been unattended. The project has a very good 'online' equine vet from the UK with the help of technology she helps them with advice and treatment for the horses.

A lot of the time the physiological damage is a huge problem and it's a case of trying to get the horse to trust humans again, this is far more difficult than the physical problems.

Some of the project's rescue cases will never be suitable to be ridden again, so they are retired on the farm and make good companions for the other horses. The project has a logo for the horses that are successfully rehabilitated and join the trails they become 'horses working for horses' this generates an extra income to support the horses on the farm.



2.2 Horse Trail Side ‘Horses Working For Horses’

“Take a ride on the wild side”!

The project organizes different trails for national and international tourists. The trails are for the absolute beginner, to the experienced equestrian. The horses are of all shapes and sizes, and each has a different character;

2 1/2 hours beach trail

This is the most popular of the trails especially for the absolute beginner.

To access the beach there is minimal roadwork maybe 250 metres maximum, the rest is a little bush work, it takes roughly 20 minutes to get there. The project has two different areas for this ride one is open beach as far as you can see. The other small bays and coves, where lots of sea birds and marine life can be seen. The staff is all very good at building confidence in the riders, mainly through the descriptions of the horses their different backgrounds and characters.

The project gives their clients very basic instructions before setting out and lots of encouragement during the trail. Very often these absolute beginners think they are cowboys by the time they get back to camp.

A lot of their success comes from the trust their horses have in them, they know they have an easy life after what a lot of them have been through, but they still have to respect them for what they are.



Half day trail:

This trail is half beach, and half bush, seeing lots of bird life (including the magnificent Fish Eagle that nests up in the krans). Bush buck and duiker are very often seen on this trail, and the environment and ecological surrounds are breath taking.

(This trail starts normally at 8 to 9am depending on the elements and the duration is about 3 – 4 hours. These trails have to be a minimum of 4 people).

Full day trail:

The full day trail takes you up as far as Cape Henderson, all on the beach. The marine birdlife is of great interest. The white breasted plover or ‘strandlooper’ as it is locally known, is a common character, running along in front of the horses.

Other interesting wildlife to be seen would be the chance of sighting a Southern right and Humpback whale. They are more prolific in the winter season. Dolphins are the order of the day, though no guarantees of a sighting can be made.

(This trail leaves normally at 8 to 9am in the morning and finishes around 5pm. Departure time will depend on the elements. Duration of this trail is 5 to 6 hours. These trails also have to be 4 or more people).

The horse trail side of the business funds the rehabilitation centre, as the project has no official sponsorships, hence the heading ‘Horses working for Horses’.



2.3 Other involved Projects

The project also worked for the European Union, which is one of the most important projects they have worked on during the last 10 years.

The project was selected as the service provider to go into the rural areas in the Transkei, and teach the local horse owners basic horse care management. They also trained approximately 60 guides in tour guiding and let the guides work on the horse trails. This was to try and improve both horses and guides for the Amadiba and Amapondo horse trails.

This was a vast challenge for the project, and they were very proud to be selected for such a task. They wrote manuals in English, to be translated into Xhosa. In some of the sites they visited, they did a lot of their teaching with pictures, especially for the older horse owners who were only semi-literate.

The trail guides were a lot easier as they were much younger and had good basic education. Most of them were fluent in English, and were able to use more detailed manuals.

Of all the people that the project has trained one stood out, his name is Bongani and he is works with the staff if we find we need an extra pair of hands. He has had extensive training in the horse care and management and also tour guiding, so he's a big help knowing how the centre runs.



2.4 Future

The project has lots of goals for the future, one is to be able to employ more people from the local community within the golf estate, using more of their horses, therefore generating more income for the rehabilitation centre.

The staff is busy trying to upgrade the facilities at the farm for the training of the younger horses. They have a lunging ring and a ménage and a jumping lane maybe with some experienced volunteers they may have more suggestions regarding these projects. The farm is very suitable to build a cross country course on maybe a volunteer with experience in this field could help.

3. Volunteers

By being a volunteer on this project you will support this project's work in two ways:

1. Volunteer donations contribute to the day-to-day costs of running the project. These costs include food, healthcare and the provision of new and updated housing and its enrichment for the horses and other animals. Volunteer donations also allow the project to rescue new horses that are in need of help.
2. Volunteer participation in the work of the project is essential, as each volunteer brings unique skills and perspectives to the organization.

3.1 Period / duration

Volunteers are welcome all year round.

You are free to choose your own arrival date.

The duration of your stay must be 1 week minimum, but preferable longer.

3.2 Requirements

There are no specific skills, nor previous animal care experience, required to participate at the project just a passion for horses and other animals.

However, volunteers must be:

- A minimum of 18 years old, unless accompanied by a parent/carer;
- Having a passion and love for horses and other animals;
- Be able to communicate in English;
- If you have basics of walk, trot and canter it's a bonus but it's not required;

(An International driver's licence recommended by the project's insurance to help with transporting food, water and riding equipment to the trail horses and to be mobile).

3.3 Costs (including and not including)

The costs per person to participate at this project are as specified in the Global Spirits' website.

These costs include:

- Information and assistance before departure
- If desired, free estimate of flight options / travel possibilities (the most convenient flights options at a glance)
- Accommodation (including laundry, cook and cleaning)
- 3 meals a day and non alcoholic beverages
- Airport transfers
- Transfer to and from different working venues
- WIFI
- A donation to the project
- Training and supervision
- Administration costs
- And, of course a very memorable experience !

These costs not include:

- Travel/flight to and from East London, South Africa
- Passport / visa
- Travel insurance, which is compulsory for all participants and a cancellation insurance
- Personal expenses such as telephone bills, souvenirs, snacks, etc.
- Any excursions undertaken by the volunteer

3.4 Accommodation

Volunteers will normally be accommodated in the volunteer cottage which is attached to the main homestead and has 2 bedrooms, a living room with TV, a kitchen with a stove, microwave and fridge, a bathroom with bath/shower and toilet and there is also a separate toilet present.

You will normally share the bedroom with another or more volunteers.

Facilities like kitchen and bathroom are shared by all participants.



3.5 The work

Summer: days start around 06.30 am.

Winter: days start later due to the lack of daylight hours.

Depending on the season the days are quite long.

Should the project has a morning (09.00 am) trail, the horses all have to be fed at least an hour before the ride goes out.

As a volunteer you would be involved with the day to day feeding.

All the horses, both on the farm and at the base at other venues, are fed and watered twice a day and depending on the season the older horses are blanketed.

(The feeding of the horses has an interesting background. In the UK the staff used to feed the hunters the waste hops and barley mixture from the breweries. On running a rehabilitation centre they found the expense of buying registered brands of horse feed too expensive as the family grew. They made enquiries at the African breweries as to the composition and nutritional values of the waste product after the beer had been brewed, and found that if they bought the spent grain from the breweries, they could mix their own feed, adding concentrates and trace elements. They have been doing this for the past more than 18 years, and have had very good results.

But unfortunately in March 2017 the brewery closed due to lack of water through an awful drought. So they have moved their production to Durban. The project does get a couple of drums of 'brewers grain' from a local 'micro brewery', but certainly not enough to feed all the horses. So the project now has to buy registered horse feed which is three times the price of the brewers grain making it very difficult to survive).

While with the project you will get to meet some of the local guys on trips to fetch the horse feed and maybe a trip around the factory to see how the African beer is brewed. Without the 'spent grain' the project would not be able to help so many horses. The information above is very interesting to people who have experience with horses.



Volunteers will help in taking care of the rehabilitation and trail horses as well as the other animals at the farm.

The project also provides facilities for the volunteers to work with young horses in the training and schooling areas, but this does depend on the experience of the volunteer.



The trails side of the farm gives you a very wide scope to be able for riding on the beach with international tourists, but this depends on your experience and is at the discretion of Penny the registered guide . (60% of the clientele are from a close by backpackers lodge, one of the top 10 backpackers in South Africa. Domestic tourism is also good in the area).

The project offers their clients 2 and a half hour trails, half day, full day and overnight trails. You would be involved in all these activities, priority however being the care of the rehabilitation and trail horses.

If the project has rides in the morning and afternoon there is time during the day for relaxation. The afternoon ride finishes around 18.30 pm. It's always nice to drop the clients off at de lodge and have a drink with them.

The summers are harder than the winters. (The project's area has a poor reputation for ticks. Dipping of all the horses once a week is imperative, as these parasites are a nightmare, and cause numerous problems).



Example of a working day:

Rise around 06.30 am have a cup of tea/coffee fruit juice, whatever takes your fancy. These are summer time tables, it only gets light around 7am in winter.

Should the project have a beach trail at 9am you will would feed earlier and some volunteers would help with the trails and others stay at the farm to help.

- 07.00am Mix feed for the horses.
- 07.30am Help yourself to breakfast.
- 08.00 am Feed all horses on the farm and check they have clean fresh drinking water. Travel to the other venues to feed and refresh water supplies, during feeding times you are always visually checking the horses for any problems, lumps and cuts etc.
- 10.00 am Return to the farm and work with rehabilitation horses allocated to you, should the weather not be suitable there is always other chores, cleaning tack, washing grooming kit, using organization skills and generally mucking in on the day to day running of the centre.
- 11.00 am Grab a cup of tea, coffee etc. Time for discussion regarding any problems with your project.
- 01.00 pm Lunchtime make a sandwich, salad something filling, but simple. Always a good time to put ideas forward.
- 02.00 pm Back to the grindstone. If there is no trail once again working with your rehabilitation horse, depending on your experience maybe it would be a youngster we have asked you to help with.
- 03.00 pm Your welcome to have tea/coffee break.
- 03.30 pm Mix afternoon feed. Feed horses on the farm and trail horses, once again making sure there is plenty of fresh water and visually checking for any problems.
- 05.00 pm Finish off discuss any problems.

All these times are + - 's

The work is almost never done, there are always horses where you can take care of by grooming, etc.

You will work 5 days a week, approximately 9 hours a day. You may have two days off each week as there is a need for you at the project at weekend when the trails are busy it's preferably for the project that volunteers take a day or two off during the week.



3.6 The project staff

The project consists of a permanent staff of 2 people.

Georgie and her daughter Penny are enthusiastic, friendly and enjoy training and working with volunteers from different countries. Very often there are volunteers who have returned to help out!

Tanja, Georgie's married daughter, helps out with trails on a casual basis.

Both Penny and Tanja are registered with the South African Tourism Board as 'adventure guides'.

The language spoken at this project is English.



4. South Africa

4.1 Geography

South Africa occupies the southern tip of Africa, its long coastline stretching more than 2500 km from the desert border with Namibia on the Atlantic coast southwards around the tip of Africa and then north to the border with subtropical Mozambique on the Indian Ocean.

To the north of South Africa lies Namibia, Botswana, Zimbabwe, Mozambique and Swaziland, while the Kingdom of Lesotho is an independent enclave surrounded by South African territory.

South Africa is made up of nine provinces; Western Cape, Eastern Cape, Northern Cape, Free State, North West, Gauteng, Limpopo, Mpumalanga and KwaZulu Natal.

There are three capital cities in South Africa; Cape Town, which is the parliamentary capital in the Western Cape, Pretoria in Gauteng, which is the administrative capital and Bloemfontein which is the judicial capital. Johannesburg in Gauteng is the largest city.

4.2 Project Location

The project lies in the Eastern Cape Province on the southeast coast of South Africa close to the city of East London. East London, affectionately called Buffalo City by the locals, is the gateway to the Wild Coast, East London has the only river port in South Africa and is one of the most appealing cities on the coast.

Further north, along the Eastern Cape's east coast, is the largely untamed and extravagantly beautiful Wild Coast. Craggy, rocky and untamed, the Wild Coast is the pearl in the crown of the Eastern Cape with countless natural attractions and a rich cultural heritage. Kilometre after kilometre of unspoiled coastline, forest and open spaces where you can enjoy sandy beaches, horse riding, birding, hiking, etc.

The project is located in a beautiful surrounding and close by a private game reserve for spotting wildlife like rhino's and zebra's, etc.





4.3 Climate

The Indian Ocean creates a sub-tropical land of flora and fauna from different climates all flourishing side by side like nowhere else in Southern Africa

The climate along the Wild Coast is nearly always warm to hot, with humidity levels rising from December to March. The climate is temperate with warm summers and mild winters. Soft gently falling rain may occur during the summer months (November to March) although it can be wet it is never cold.

Average summer temperatures, between late November and March, may reach of 28°C to 32°C . Average winter temperatures, between June and late September, may reach 23°C to 25°C.

5. Travel information

5.1 Flight arrangements

Volunteers have to make their own flight arrangements. We advise you not to reserve your flight before we have confirmed your participation at the project (unless you will plan your participation at the project as a part of a bigger journey).

If you are unable to arrange your flight yourself for any reason, Global Spirit will be able to help. If you would like us to help you, please note this on the booking sheet.

5.2 Passport and visa

As visa requirements vary considerably, please contact your closest South African embassy or consulate to check visa requirements at least 4 weeks prior to departing. Please note that passports and visas are the responsibility of the volunteer, and that Global Spirit will not be held responsible for clients being denied entry, should they not be in the possession of the relevant visas.

In general, the rule applies that any stay of longer than 90 days in South Africa will require you to apply for a visa before departure. If you plan to stay shorter than 90 days most nationalities receive a free visa upon arrival in Johannesburg or Cape Town airport.

To visit South Africa you will need a valid passport.

Please note that South Africa insists on people having 2-free pages available when you enter. Keep this in mind if you are going to fly home from South Africa after completing a tour to multiple African countries. Please ensure that your passport is valid for at least six months after your date of departure from Africa. You are personally responsible for ensuring that passports, visas, vaccination certificates and other travel documents are in order and for all costs relating thereto.

Passport and visa requirements are liable to change at short notice. All volunteers are advised to check their entry requirements with their own embassy or consulate!

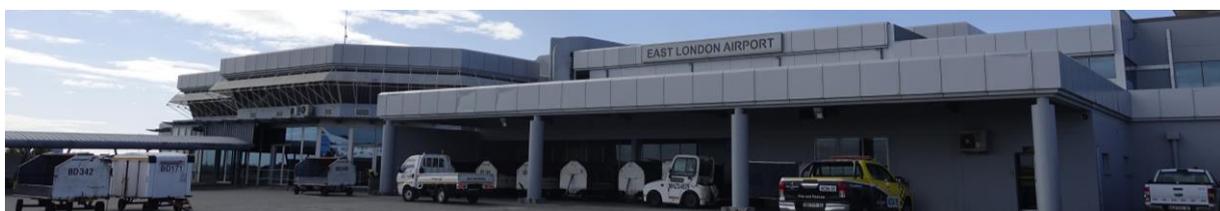
5.3 Insurances

Every volunteer is required to have a travel insurance policy (which covers extra medical costs, accidents and repatriation costs), and cancellation insurance is highly recommended. Without this travel insurance you will not be permitted to work at this project.

Global Spirit can help you arrange travel insurance (for volunteers who live in The Netherlands, Belgium and Germany) and cancellation insurance (for all volunteers). If you would like assistance, please indicate this on the booking sheet. If you already have insurances (or if you are a volunteer living outside The Netherlands, Belgium or Germany) please send a copy of the policy to Global Spirit.

5.4 Arrival in East London, South Africa

You will be responsible for arranging your flights to East London, South Africa. Providing we have received your flight/arrival details, you will be met at the Airport of East London (small airport) and brought to the project by a member of staff.



6. Medical advice

6.1 Advise

As Global Spirit is not a professional medical service, we advise you to go to a local clinic or medical authority in your own country for the appropriate medical advice.

This document is provided for information purposes only.

Do not visit your local clinic or medical authority later than six weeks before departure.

As a participant in this project, you are responsible for yourself. Global Spirit is not held responsible/liable for any unexpected casualties. Our advice is to behave responsibly and always listen to the project staff.

6.2 Required vaccinations

There are no vaccinations required at this project, although Yellow Fever vaccination is required for travellers coming from a yellow fever endemic area (also just for a transit).

6.3 Recommended vaccinations

You are really recommended to be vaccinated against:

- DTP
- Hepatitis A (and B if you want to participate for a longer time)
- Measles (BMR)
- Yellow fever (if coming from a yellow fever endemic area)
- Rabies
- Optional TBC

These vaccinations are not required, but are still very important to have. If you don't take them it's on your own responsibility. Global Spirit is not held responsible/liable for any unexpected casualties.

6.4 Medical service

There are good medical services available in East London. If you should need a doctor, you can go to local GP Dr, which is approx 10 km's from the project. An ambulance service is also available if needed both private and government.

If you need any medication, you can obtain it from a pharmacy, which is also approx 10 km's from the project site.

7. Personal equipment

Some items are provided at the project, such as:

- Pillow
- Bedding/Linen / Duvet/ Towels
- The project has riding hats, but if you have your own rather bring it along.
- The project has jodhpurs, chaps and riding gloves, if you have, bring your own.

7.1 Essential items

- Valid passport
- Old clothes for work (jeans, shorts, t-shirts)
- Wet weather clothes (rainproof jacket)
- Clothes for evenings (casual wear)
- Nightwear
- Strong work shoes / hiking boots
- Sandals / Flip flops
- A Hat or cap
- Sunglasses
- Sunscreen (with high UV protection, it's recommended to use for at least SPF 30)
- Insect repellent
- A torch and spare batteries
- First-aid kit with for example plasters, disinfectant, painkillers, etc.
- Bathing/swimming suit and beach towel
- Toiletries
- A watch / something with an alarm
- A water bottle
- A day pack- small back pack
- Your smile!

7.2 Optional items

- Binoculars
- A lighter
- A pocket knife
- A notebook and address book journal/diary
- A camera (and photographic materials)
- Working gloves
- Vitamin B (it will be anti mosquito)
- Mosquito net
- Something against dehydration like ORS (we advise you to drink a lot of water)
- Imodium or other ant-diarrhoea medication
- Sleeping bag
- Leisure clothes
- Books or magazines
- Games
- Snacks
- Etc.

8. General information

8.1 Food and drinks

Breakfast, lunch and evening meals as well as non alcoholic beverages are included in the participation fee.

It mainly contains of:

- Breakfast: Coffee, tea, fruit juice, cereal, yogurt, toast (it's help yourself)
- Lunch: will be usually consist of sandwiches plain or toasted, salad, (once again help yourself)
- Evening meals: will be usually consist of cottage pie with assorted veggies, bangers and mash, hamburgers and chips, cold meats and salads, etc.
- Saturday is usually a braai "BBQ" and a few drinks, and Sunday is usually a typical English Roast, time frames permitting.

If you have special dietary requirements, please indicate this on the booking form.

It is also possible to going out for dinner. There are good local restaurants in the area. If you do, please notify this to the project staff in time. (You need your own transportation for this)

All drinking water on the farm is safe . Should you prefer, there is mineral water available at the local supermarket.



8.2 Supermarkets and markets

Shops/supermarkets:

There is a small general store at the local village also an ATM to withdraw cash, curios shop, bottle store and restaurants.

The local supermarket (Spar) is 10 km's away, there is an ATM, hairdresser, pharmacist, nursery, coffee shop, video and DVD store.

Markets:

There are curios markets locally at Cintsa East or on the beach front in East London approx 45 km's from the centre.

8.3 Laundry services

There is a washing machine available at the project which volunteers may use.

8.4 Mobile phones and Internet access

Most mobile phones have access and can be used, but for sure we advise you to contact your phone company or phone service in your own country.

WiFi is available.

8.5 Electricity

South Africa has an electricity voltage of 220 - 230 Volts. A 3-legged plug can be used. It would be handy if you bring an adaptor with you, but you can check this in a specialised shop in your own country.

8.6 Transport during your stay

The project location is rather isolated, but if you want to go somewhere outside of the project area you can make arrangements with the staff to transport you to either the bus station, airport or pick-up point for any extra travelling or activities you wish to join. (They will ask you to help with fuel for these trips).



8.7 Beach

The Wild Coast is renowned for its untouched coastline. The project's trails/safaris extend along pristine beaches, the Indian Ocean on one side and sand dunes with the other. The area is alive with marine birdlife, black oyster catchers, the pied kingfisher and fish eagles are just a few that are seen on the way. If you are interested in shells, there are very interesting areas with numerous shell banks at low tide.

Dolphins are seen all the year round diving in the waves and many sightings of the Southern right whales in winter.

The area is well known for its Strandlooper Hiking Trail which stretches from the mouth of the Kei River to Gonubie a suburb of East London. On trails the project often pass groups of hikers, they always tell them, 'it's much easier on horseback'.

All the beaches in the area are safe for swimming, surfing, fishing and taking long walks.



8.8 Excursion arrangements

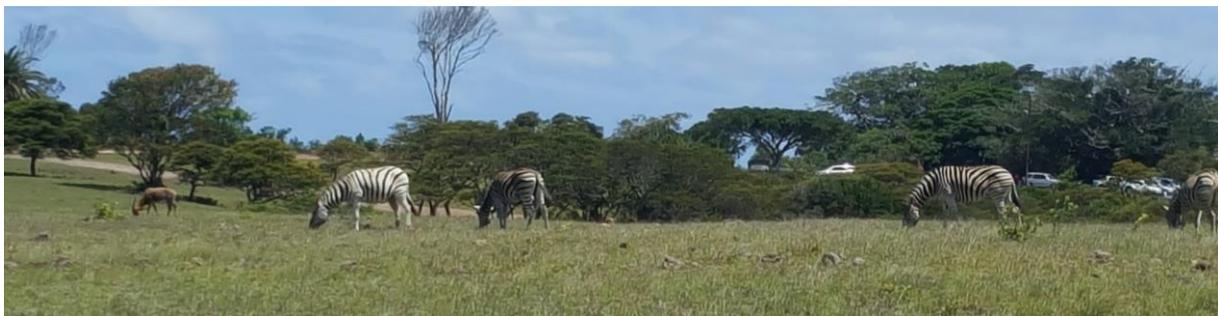
It is possible for volunteers to do a lot in their leisure time. For example:

At your own cost Penny of the project staff will hire a car and take you for example to Addo Elephant Park close by Port Elizabeth and on down to Storms River to Bungy Jump, to do this activity there needs to be at least two participants, but it's very exciting. You camp at Addo and drive the park. They have the big five and there is also no malaria in this area!

- The project is fortunate to have a links with 'Buccaneers' a local backpackers lodge, and can offer their volunteers extra activities during their stay, like:

While you're here learn to surf, join in volleyball and free wine at Buccaneers Backpackers quad biking, abseiling, zip lining. Or go on a trip to Hogsback, the birthplace of the author of Lord of the Rings J.R.R Tolkien. It is such an unusual mountainous area with very strange seasons and has tree's from all over the world from the English Oak to the American Red Wood.

- The Inkwenkwezi Private Game Reserve is virtually next door to the project side, for you to interact with elephants and lion cubs. As well as game drives in this park is a possibility to see zebra's and rhino's, etc.



Some of these activities would be at your own expense. – The local lodge has a pretty good pub. The site has the most magnificent view of the Indian Ocean, and at full moon, seeing the moon rising over the ocean is awesome. (Please, no smoking in the bar, it happens in the best of places. Smokers are however most welcome).



- There are many other activities available, such as just strolling along the beach without a horse.
- There is loads of free time to sunbathe, swim, play volley ball with the backpackers and/or other volunteers, and visit for example East London, etc.



8.9 Currency

The monetary unit of South Africa is the South African Rand.

Foreign currency can be exchanged in most banks. Most major international credit cards such as American Express, Diners Club, MasterCard, Visa and their affiliates are widely accepted.

You can find banks in East London. The banks are open on Monday – Friday from 09.00 am until 15.30 pm and Saturdays 09.00 am until 11.30 am.

There are cash machines at the local general store and also at the Spar Supermarket area. All cash machines have instructions in English.

