

Extensive information:

**Project Different Monkeys  
in South Africa**



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**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. Monkey introduction

## Animals currently at the sanctuary include:

- Marmosets (Common and Black eared)
- Barbary Macaques
- Rhesus Macaques
- Crab-eating Macaques
- Squirrel Monkeys (Common and Bolivian)
- Capuchins (Weeper and Brown tufted)
- Mona Monkeys
- Tamarin (Cotton top)
- Grey Mouse Lemurs
  
- Tenrecs
- Fennec Foxes
- 4 dogs and 6 cats also live at the sanctuary

We will describe in short the first 4 primates, which are currently the most primates living in the sanctuary;

## 1.1 Habitat

### Marmoset:

Common marmosets are found in tropical rainforests.

Scrub, swamp, tree plantations. The core area of each home range has a higher density of trees with exudate productions. A home range needs 50 gum trees to support this species.

The black-eared marmoset inhabits the Atlantic Forest region, generally occurring in montane rainforests, as well as disturbed secondary forest, up to elevations of 1,200 meters

### Macaques:

Barbary Macaques can occupy a variety of habitats, such as cedar, fir, and oak forests, or grasslands, scrub, rocky ridges full of vegetation. Most Barbary macaques inhabit cedar forests currently, however, this could reflect the present habitat availability rather than a specific preference for this habitat.

The rhesus macaque occupies an enormous range of habitats and climates, ranging from snow-covered mountains through dense forests to semi-desert and urban areas.

The crab-eating macaque lives in a wide variety of habitats, including primary lowland rainforests, disturbed and secondary rainforests, shrubland, and riverine and coastal forests of nipa palm and mangrove.

### Squirrel monkey:

Squirrel monkeys live in parts of primary and secondary forests and in cultivated areas, usually along rivers and streams.

### Capuchins monkey:

Primary and secondary rain forest to semi deciduous lowland and montane up to 2700m (8859ft)

## 1.2 Description

### Marmoset:

The common marmoset coat colour and appearance is black and grey fur with black fur over head and neck, prominent white ear tufts in adults and juveniles. Infants lack ear tufts and have grey fur over head and neck. Tail has alternating wide dark bands and pale narrow bands.

An adult reaches a maximum weight of body size of 300-500 grams and their length (without tail) about 14-19 centimetres. Their lifespan is about 12 years and they are mature by 18 months.

The black-eared marmoset is characterized by black tufts of hair around their ears. It typically has some sparse white hairs on its face. It usually has a brown or black head and its limbs and upper body are gray, as well as its abdomen, while its rump and underside are usually black. Its tail is ringed with black and white and is not prehensile, but is used for balance. It does not have an opposable thumb and its nails tend to have a claw-like appearance. The black-tufted marmoset reaches a size of 19 to 22 cm and weighs up to 350 g.

### Macaques:

Barbary Macaques are large monkeys with a silky grey to brown or yellow coat and a dark pink face. Males are somewhat larger than females, though in appearance they are very similar. Like all macaques, they have powerful jaws, long canine teeth, and cheek pouches beside the lower teeth that extend down the sides of the neck. These pouches are used to store food when foraging and are able to hold a volume of food as large as the stomach.

Rhesus macaques range in color from dusty brown to auburn with little to no fur found on their reddish-pink faces. Their rumps are the same color as their faces and they have medium-length tails that average between 207.6 and 228.9 mm.

With Crab-eating Macaques are the males considerably larger than females. The tail is longer than the body, typically 40–65 cm, which is used for balance when they jump distances up to 5 m. The upper parts of the body are dark brown with light golden brown tips. The under parts are light grey with a dark grey/brown tail.

### Squirrel monkeys:

The squirrel monkey's tail is not prehensile but it used in balancing as the animal jumps through the trees. Their body length is about 32cm with a slightly longer tail 41cm. Males are heavier (750g) than females (500g). Their coat is short, greyish or olive in colour except for its bright yellow legs. Its white face has a peak of dark fur on the forehead and a dark muzzle. Males have larger upper canine teeth than females.

### Capuchins monkeys:

Like other monkeys in the genus *Cebus*, White-headed Capuchins are named after the order of Capuchin friars: the cowls worn by these friars closely resemble the monkeys' head coloration. White-headed Capuchins have mostly black fur, with white to yellowish fur around the naked, pinkish face and on the shoulders; and, of course, white throats. A V-shaped area of black fur on the crown of the head is distinctive. The tip of the tail is often held coiled, giving White-headed Capuchins the nickname "ringtail". The tail is prehensile, dextrous, and longer than the body, at up to 551 millimeters in length. Males are perceptibly larger than females, becoming heavier in build with age.

### 1.3 Diet

#### Marmoset:

The common marmoset relies on a diet of tree exudates (gums and saps), small animal prey, and fruits. Marmosets gain access to exudates from a variety of tree species by gnawing holes in the tree bark. The specialized dentition of the common marmoset acts as a tool facilitating access to gums and saps. Examples of animal prey include: grasshoppers, cicadas, crickets, and cockroaches. Fruit sources range in size from small to large and tend to be sweet and soft.

The Black-eared Marmoset diet consists primarily of tree sap which it gets by nibbling the bark with its long lower incisors. In periods of drought, it will also include fruit and insects in its diet. In periods of serious drought it has also been known to eat small arthropods, molluscs, bird eggs, baby birds and small vertebrates.

#### Macaques:

The diet of a Barbary macaque consists of a mixture of plants and insect prey. Almost every part of the plant is eaten, including flowers, fruits, seeds, seedlings, leaves, buds, bark, gum, stems, roots, bulbs, and corns. Common prey caught and consumed by Barbary macaques are snails, earthworms, scorpions, spiders, centipedes, millipedes, grasshoppers, termites, water striders, scale insects, beetles, butterflies, moths, ants, and even tadpoles.

The diet of the rhesus macaque varies by region. They are omnivorous opportunists, feeding mainly on roots, herbs, insects, crop plants and small animals. They are good swimmers and will cross water to find food.

Crab-eating macaques typically do not consume crabs; rather, they are opportunistic omnivores, eating a variety of animals and plants. Although fruits and seeds make up 60 - 90% of their diet, they also eat leaves, flowers, roots, and bark. They sometimes prey on vertebrates (including bird chicks, nesting female birds, lizards, frogs, and fish), invertebrates, and bird eggs.

#### Squirrel monkeys:

Squirrel monkeys feed on fruits, insects, leaves and seeds.

When these squirrel monkeys capture a 20mm caterpillar, they remove the spines, head and internal organs before eating the body.

#### Capuchins monkeys:

The diet of capuchins monkeys consist of fruits, nuts, seeds, butts, insects, spiders and bird eggs.

Animal prey, including snails (32%) and social insects (22%).



## 1.4 Behaviour and social life

### Marmoset:

Group size and composition of the common marmoset varies from group to group in the wild. Once formed, groups are stable. An average group size is 8-10 individuals, but some groups may have up to 15 members. Usually groups contain only one breeding pair. They are the highest ranking male and female.

The Black-eared marmoset has a lifestyle very similar to other marmosets. It typically lives in family groups of 2 to 14. The groups usually consist of a reproductive couple and their offspring. Twins are very common among this species and the males, as well as juvenile offspring, often assist the female in the raising of the young.

### Macaques:

The Barbary macaque is gregarious, forming mixed groups of several females and males. Troops can have 10 to 100 individuals and are matriarchal, with their hierarchy determined by lineage to the lead female. Unlike other macaques, the males participate in rearing the young. Males may spend a considerable amount of time playing with and grooming infants. In this way, a strong social bond is formed between males and juveniles, both the male's own offspring and those of others in the troop. This may be a result of selectivity on the part of the females, who may prefer highly parental males.

Rhesus Macaques live in active, noisy troops that can include up to 200 animals. Though these monkeys are good climbers (and swimmers), troops spend a lot of time on the ground. Males are the dominant sex, but they do not remain with troops permanently, so female monkeys lead these communities. Because troops include multiple mature males and females, their members are sexually promiscuous. Females usually produce one young each year, which will be raised by its mother within the very social environment of the troop.

Crab-eating Macaques live in social groups that contain 3 to 20 females, their offspring, and one or many males. The groups usually have fewer males than females. In social groups of macaques, a clear dominance hierarchy is seen among females.

### Squirrel monkeys:

Squirrel monkeys' social relationships are very complex. They live in large groups, subdivided into adult male bands, mother-and-infant bands, and juveniles, except during the mating season. Females often form a special bond with another female. The size of the groups can vary from 20 - 35 up to as many as 200 or more in some areas. They all sleep together at night, then divide up to go and look for food. In the mating season the mature males become very active, put on a lot of weight and seek the company of females.

### Capuchins monkeys:

Forming troops of up to 20 individuals, White-headed Capuchins are polygamous: the sex ratio is unbalanced, with females always outnumbering males. The troop is led by a dominant male and female; hierarchy is determined by lineage to this pair. They are diurnal and arboreal animals; highly active, most of their time is spent searching for food. White-throated Capuchins are characterised as being vociferous; loud calls are used to communicate threat warnings, with softer calls used in intimate discourse. Facial expressions and scent are also important to communication, with urine being a primary "perfume".

Elder males are the principal defenders of territory, with all members of the troop watching for threats (such as large birds, boas, and carnivorous mammals). Grooming pervades social interaction, with the amount of grooming received directly dependent on rank. Females associate closely among themselves, forming "coalitions" against potentially aggressive males.

## 1.5 Reproduction

### Marmoset:

Age at first reproduction: 17-20 months. Gestation last for 144 days. The number of offspring is usually 2. Seasonal births every 6 months and age infant weaned is 2 months.

Reproduction is frequently suppressed in other adult females.

Several sets of offspring remain in the group. The older twins aid in cooperative rearing by assisting in the raising of younger siblings

The black-eared marmoset reproduces twice a year, producing 1 to 4 offspring, though most often just twins. Its gestation period is 150 days and offspring are weaned after 8 weeks. There is considerable parental investment by this species, with both parents, as well as older juveniles, helping to raise the young. The offspring are extremely dependent on their parents and though they are sexually mature at 18 months, they typically do not mate until much later, staying with their family group until they do.

### Macaques:

The Barbary macaque gives birth to a single offspring. Barbary macaques are very social. Once infants are born, the entire troop takes part in caring for infants (i.e., cooperative breeding).

lasts 164 days in rhesus macaques and the interbirth interval is between 12 and 24 months. If a female does not have a successful pregnancy or her infant dies in the first year of life, she is more likely to give birth the following season than a female who successfully rears an infant.

After a gestation period of 162–193 days, the female gives birth to one infant. Immigrant males sometimes kill infants not their own, and high-ranking females sometimes kidnap the infants of lower-ranking females. These kidnappings usually result in the death of the infants, as the other female is usually not lactating. A young juvenile stays mainly with its mother and relatives.

### Squirrel monkeys:

Births are carefully timed, occurring during a very short season, corresponding to the time of greatest rainfall. One youngster is born after a gestation of 150 to 170 days and the males take no part in caring for it. The youngster is carried on the mother's back from the first weeks, clinging on tightly. After about 5 - 10 weeks it starts to leave the mother, explore its surroundings and take some food and by 5 - 10 months it can be almost independent of the mother. Females mature at about 2 years, males 4 years.

### Capuchins monkeys:

Only one female is in estrous at one time; while no fights break out over her, it is usually only the dominant male who mates with her. The birthing season spans from December to April; gestation lasts for 157 to 167 days, usually resulting in a single birth. There is a minimum period of 19 months between births, although this period is much less if the infant dies.

The grey-faced infants stay close to their mothers, who habitually groom and carry their infants on their backs. Weaning occurs at 12 months with the infants gradually becoming more independent with age; they play among themselves, chasing and wrestling each other. Sexual maturity is reached at 2-3 years, with full adult size reached at 8 years.

## 2. The project

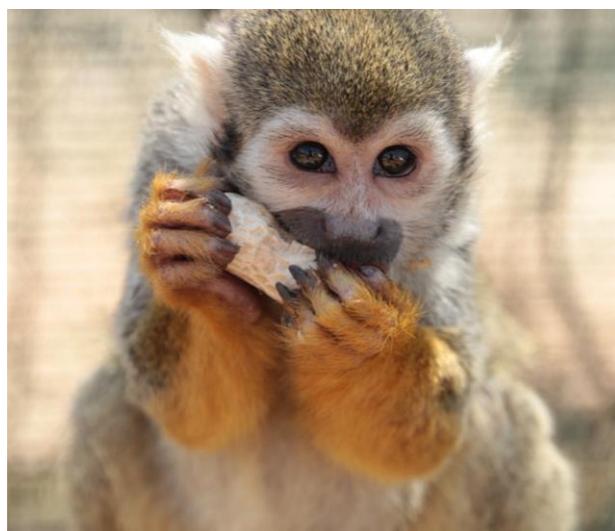
### 2.1 History

The project started as a sanctuary for Marmosets in March 1996, where the founder had been caring for primates since 1990. Fascinated by the strange and unstable behavior patterns of a Common Marmoset monkey named "Meggie", she was prompted to study behavioral problems and other disorders in captive and/or orphaned nonhuman primates.

The sanctuary, the first of its kind in South Africa, received its first monkey, an eight-month old Common Marmoset named "Cheeky", in April 1996. After a report on national TV in South Africa, the sanctuary was inundated with requests to receive problem monkeys. In 1998, the sanctuary was offered a very disturbed Bolivian Squirrel monkey, and 15 month old Bobby, who is still a resident at the sanctuary, became the first primate other than a Marmoset to be cared for at the project. By September 2001 Sue and the primates were obliged to relocate to a larger property in order to accommodate the swelling numbers of primates in need. In Israel; Iris, a Patas monkey became the first international rescue case and was flown from Israel to the sanctuary in South Africa in February 2002. The rescue was widely reported, and sanctuary has since received numerous requests to assist in international rescues. The sanctuary has since received primates in need from as far afield as Mali, Germany, Hungary and Israel.

### 2.2 Primate rescue and rehabilitation

The sanctuary currently cares for over 120 primates, including Marmosets, Tamarins, Capuchins, Macaques, Squirrel Monkeys, Mona Monkeys and Grey Mouse Lemurs. Many are hand reared ex-pets who arrive with behavioral problems and require rehabilitation from psychological disorders. The sanctuary houses exotic primates, who are unable to be returned to the wild, and therefore the time and focus is aimed at ensuring all enclosures are as suitable and comfortable for each individual as possible. The demand for this service is growing relentlessly; the project receives a constant stream of requests to rescue homeless primates in South Africa and abroad. Through this, the sanctuary is expanding on a daily basis in order to keep up with the demand.



The sanctuary does their best to re-home any primate in need but unfortunately due to a lack of financial means for things such as accommodation and vet bills, they sometimes have no choice but to redirect the care of primates, to other suitable shelters.

When a primate arrives at the project it is checked and vaccinated. As much information as possible is collected about its diet, health and history. It will then be released into its new enclosure and put under observation to check how it is settling in.

If at all possible the project will try to find a companion of the same species for the animal. If this is possible they will first put the animals in enclosures side by side and do observations to see how the animals are interacting. If they seem to enjoy each other's company they will then slowly try to introduce the animals.



## 2.3 Education

In the future the sanctuary would like to role out an educational project, teaching present and future generations about the dangers of keeping primates as pets. Currently it is lacking the funding as all funds go towards building new enclosures.

### The media:

The project has often been featured in the South African media. Sue has been invited to speak on behavioral problems and other disorders in nonhuman primates at international conferences and has been the subject of radio interviews in Denmark, the UK, and South Africa. She has written on these subjects for primate groups in the US and animal welfare groups in South Africa.

## 5. 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 monkeys and other animals.
2. Volunteer participation in the work of the project is essential, as each volunteer brings unique skills and perspectives to the organization.

### 5.1 Period / duration

- Volunteers are welcome all year round.
- You are free to choose your own arrival date.
- The minimum duration of your stay must be 1 week. Longer stays are always welcome.

### 5.2 Requirements

There are no specific skills, nor previous animal care experience, required to participate at the project.

However, volunteers must be:

- A minimum of 18 years old or accompanied by a parent/caregiver;
- Volunteers must be in reasonable physical condition.

### 5.3 Fees

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

These costs include:

- Accommodation
- Use of volunteer kitchen
- Working equipment
- A donation to the project
- Training and supervision
- Administration costs

These costs not include:

- Flight/travel expenses to and from Johannesburg, South-Africa
- Transfer from the airport in Johannesburg or bus station in Pretoria to and from the project site;
- Passport / visa
- Travel insurance, which is compulsory for all participants and a cancellation insurance
- Meals
- Personal expenses such as telephone bills, internet, souvenirs, etc.
- Any excursions undertaken by the volunteer

## 5.4 Accommodation

Accommodation at the sanctuary is quite basic and is based within the centre so you are only a walk away from the primates.

Volunteers will normally share the room with other volunteers (mixed dorms).

The volunteer house consists of 4 dorms, a seating area, a braai (BBQ) area, a kitchen, 4 toilets and 2 showers. There are also outdoor areas with picnic benches.

Volunteers are provided with a pillow, duvet, towel and hot water bottle (subject to availability).

Please note on arrival all volunteers are given their own plate, bowl, cup, knife, fork and spoon .

The project request a 100 rand deposit for these items which will be returned on departure providing items are in a good condition.



## 5.5 The work

On a weekly basis, tasks are appointed on a rota system. All jobs are spread between volunteers on site. A normal working day runs from 9:00 to 16:30 with a 2 hour lunch break. Once a week you will be scheduled in to help with the morning feed which starts at 4:30 or 5:30 am, depending on the season and lasts for about 1 hour. And once a week you will be helping with the monkey dishes from 18:00 to 19:00.

### An example of a working day:

+/- 04.30am – 5:50	Morning Feed. Short term volunteers hand out the marmoset food while long term volunteers deal with all the other monkeys
9:00 – 12:00	Food Top Ups and supplements, food preparation etc.
14:00 – 16:00	Cleaning enclosures and creating enrichment
16:00 – 16:45	Monkey pellets

Throughout the day there are also observations of sick monkeys, blind monkeys or newly introduced monkeys. So you will probably spend one hour a day doing observations.



There are many duties that volunteers may be involved in, some of the tasks are:

- Food preparation
- Feeding the primates
- Cleaning the enclosures
- General monitoring of unstable primates and record keeping
- Enclosure building and general grounds maintenance
- Introductions and monitoring of unfamiliar primates
- Relocating and monitoring of primates to new enclosures at the sanctuary
- Providing enrichment
- On Thursday afternoon, there is ‘monkey time’ which allows you to spend time with the primates and get to know them!



For any students wishing to study, time will be made available accordingly. If you wish to carry out a study/internship at the sanctuary, please forward a copy of your proposal and in which period you wish to participate to Global Spirit.

You will work 5 days a week and have 2 days off each week (volunteers can choose which days they prefer to have off), and excursions are readily available to book on site at an extra cost.





## 5.6 The project staff

The project consists of a permanent staff of around 10 long term volunteers. The staff are enthusiastic, friendly and enjoy training and working with volunteers from different countries. The language spoken at this project is English.

There are also 5 local people employed at the sanctuary. Their main duties are construction and maintenance. One of the workers is in charge of all the laundry created by both the monkeys (blankets from bed boxes etc.) and by the human volunteer.

There are also several day volunteers. These are local people who come and help the project one or two days a weeks to care for the monkeys.

## 6. South-Africa

### 6.1 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.

### 6.2 Project Location

The project is set in a bush field surrounding just outside of Pretoria, which is approximately 45 minutes drive north of Johannesburg.



### 6.3 Climate and clothing

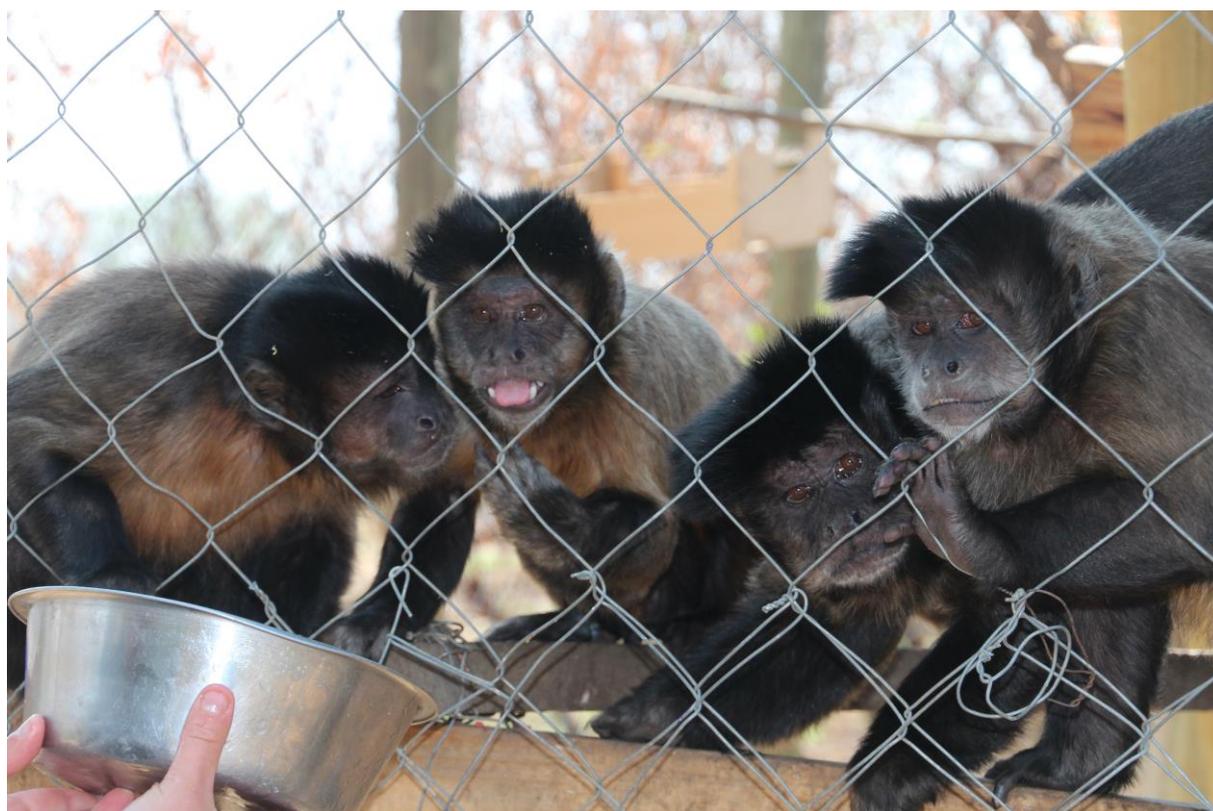
The North-east of South-Africa can expect sunshine, long summer afternoons and dry days for most of the time.

During the summer months the heat is often interrupted by a short thunderstorm which is usually a welcome respite from the sometimes extreme heat of the day.

Average summer temperatures, between late November and March, may reach of 28°C to 35°C .

During the winter the days usually start with a chilly morning which progresses to a warm midday and cool, dry afternoon. At night the temperature drops dramatically and you usually need to reach for a blanket to stay comfortable.

Average winter temperatures, between June and late September, may reach 23°C to 25°C.



## 7. Travel information

### 7.1 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.

### 7.2 Passport and visa

To visit South Africa you will need a valid passport, which must be officially valid, for at least 30 days, beyond the period of intended stay. Passport also must have at least two blank pages for entry stamp. This cannot include the 'endorsement' page at the back.

To visit South Africa, you will automatically get a tourist visa at the airport on arrival for a stay of up to 90 days providing you have a return ticket.

If you will visit South Africa longer than 90 days, you will need to apply for an extension or your tourist visa after these three months at the closest home affairs office for a minimal fee. (You should see your participation as a holiday not as work).

**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!**

### 7.3 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.

### 7.4 Arrival in South-Africa

You will be responsible for arranging your own transport to Johannesburg, South-Africa.

Pick up is only available from either Johannesburg, O R Tambo airport or Pretoria bus station and can be arranged at an additional cost of 700 rand per vehicle, plus 50 rand per person if there is more than one person sharing the transfer, i.e. if 2 people are being transferred the total cost is 750 Rand each way. This service includes a secure meet and greet with a Tour operator representative and will be paid by the volunteer to the driver at arrival at the project site.

If you require the pick-up service, please let us know as soon as possible.

Volunteers are welcome to arrange their own transport to the sanctuary, but please be aware that taxi costs can be very expensive and you will be expected to pay around 65 Euro if doing so.

## 8. Medical advice

Because volunteers will work with monkeys in South-Africa and sometimes you will have direct contact with these animals, you will have to take precautions for your own protection and that of the animals.

### 8.1 Advice

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.

### 8.2 Required vaccination

For this project is a Tetanus (DTP) vaccination required.

### 8.3 Recommended vaccinations

You are really recommended to be vaccinated against:

- Hepatitis A
- Hepatitis B
- Typhoid
- Yellow fever (in many countries it won't be given because it isn't effective, but your vaccination book will be signed because many countries in the world will check it).

Pretoria is not within a high risk area of South Africa and it is therefore not a requirement to take anti-malaria.

If you want to visit Kruger National Park, anti-malaria tablets will possibly be required.

It is always best to check up-to-date information with your local clinic or medical authority in your own country for the appropriate medical advice.

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

### 8.4 Medical service

There are good medical services available. If you should need a doctor, you can go to Wonderboom private clinic, which is just 40 minutes from the project site. For emergencies there is a hospital 15 minutes away from the project

An ambulance service is also available if needed.

If you need any medication, you can obtain it from a pharmacy, which is also situated at several locations close to the project.

## 9. Personal equipment

Some items are provided at the project, such as:

- Pillow
- Bedding/Linen (like sheets and pillow-sheets)
- Towel
- Hot water bottle
- plate, bowl, cup, knife, fork and spoon (100 Rand deposit)

### 9.1 Essential items

Here are some essential items, which you should bring with you, for the summer period November – February:

- Valid passport and Visa
- Trousers and shorts
- T-shirts, vest tops and a lightweight jumper
- Underwear, sleepwear and socks
- Strong work shoes / hiking boots
- Sandals / Flip flops
- Waterproof coat - in the case of a downpour. These are most likely to occur during the summer months.
- A Hat or cap
- Sunscreen (it's recommended to use at least SPF 20)
- Insect repellent (and mosquito protection tablets)
- Toiletries bag
- Garden/ outdoor gloves
- Travel adaptor
- Travel Alarm
- A head torch (important for morning feed)
- A torch and spare batteries
- First-aid kit with for example plasters, disinfectant, painkillers, etc. (items that you feel are necessary)
- Any medication that you need (enough for the duration of your stay)
- A camera (and photographic materials)

Here are some essential items, which you should bring with you, for the winter period April – September (days are generally warm/sunny and nights very cold):

- Valid passport and Visa
- Sleeping bag
- Trousers and shorts
- T-shirts, vest tops and a lightweight jumper
- Underwear, sleepwear and socks
- Warm trousers
- Thick jumper/fleece
- Long pyjamas
- Woolly hats, scarves and gloves
- Boots
- Strong work shoes / hiking boots
- Sandals / Flip flops
- Waterproof coat - in the case of a downpour. These are most likely to occur during the summer months.
- A Hat or cap
- Sunscreen (it's recommended to use at least SPF 15)

- Insect repellent (and mosquito protection tablets)
- Toiletries bag
- Garden/ outdoor gloves
- Travel adaptor
- Travel Alarm
- A head torch (important for morning feed)
- A torch and spare batteries
- First-aid kit with for example plasters, disinfectant, painkillers, etc. (items that you feel are necessary)
- Any medication that you need (enough for the duration of your stay)
- A camera (and photographic materials)

It is essential to bring sunscreen. The winter months can still be very hot and can burn skin easily. Volunteers should be sensible and use shade or bring hats if extremely sensitive to the sun.

## 9.2 Optional items

Here are some optional items, which you may choose to bring with you:

- A water bottle
- Earplugs
- Sun glasses
- Binoculars
- A watch
- A notebook and address book
- Swimming clothes (it's possible to swim in the pool next door)
- Something against dehydration like ORS (we advise you to drink a lot of water)
- Imodium or other ant-diarrhoea medication
- Leisure clothes (evenings and days off are spent however volunteers see fit, therefore, normal everyday clothes can be worn)
- Books or magazines
- A mosquito net (during the summer)

If you have space in your luggage the project would really appreciate if you can bring:

- Sugar free marshmallows
- Assorted **unsalted** nuts; Peanuts, Cashew Nuts, Pecan Nuts etc.
- Cat & Dog treats (for our dogs and cats, not the monkeys)
- Duct tape
- Thin wire
- Hand Sanitizer
- Laminating covers (to laminate signs)
- Hot water bottles for the monkeys

Tools and equipment;

Due to a lack of financial means and tools being stolen, the sanctuary is currently having difficulty in providing correct equipment for tasks carried out. They would therefore be very grateful of any tools that you are able to bring with you. These can be things such as:

- **Cable ties**
- **Pliers**
- **Wire cutters**
- **Rope**
- String hammers
- Nails
- Scrubbing brushes
- Cloths
- Permanent markers and other stationary.

## 10. General information

### 10.1 Food and refreshments

The project is self catering, but you may use the volunteer kitchen to prepare your meals.

We have a small shop on site for essentials and snacks.

A larger shop and a cash machine are located at about a 20 minute walk from the sanctuary and has all basic food and toiletries items that people will require.

Cooked meals are available upon request and can be delivered to the sanctuary at an additional cost.

The project's neighbour has a small bar and does excellent meals. If you let him know before 14:00 you can order meals for the same day. A menu is available at the sanctuary.

All drinking water at the sanctuary is safe!

Should you prefer, there is mineral water and other drinks at the small shop on site.

Please note that the project has no alcohol policy, you are not permitted to drink or store any alcohol on the property, any alcohol found will be confiscated.

### 10.2 Supermarkets, markets and shops

There is a local supermarket that is about a 20 minute walk from the sanctuary and has all basic food and toiletries items that people will require. They are open from 9:00 to 17:00 and 10:00 to 13:00 on Sundays.

There is a shopping centre 20 minutes away (by taxi). You can find anything you need here including restaurants and a cinema.

There are no local markets in the area but the arts and craft market is included in some of the day trips.

### 10.3 Laundry services

There is a laundry service available at the project priced at 10 rand/kilo and depending on the weather the laundry is returned on the same day if you hand it in before 9:30.

Therefore (especially for short term volunteers), packing light is probably easiest as clothing can be washed fairly easily.



## 10.4 Telephone and Internet access

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

The sanctuary doesn't have Internet or phones available for volunteers to use. There is however, a shopping centre 20 minutes away (by taxi) where volunteers can purchase a 'dongle'. This will cost around 500 rand + data bundle costs.

SIM cards cost between 1 and 10 rand and the credit you decide to put on it.

To buy a SIM card or a Dongle you will need to bring your passport and a letter from the sanctuary that states the address you are staying at. The project has these ready for you to take with you.

## 10.5 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 or buy one when you will arrive in South-Africa

## 10.6 Transport during your stay

If you want to go somewhere outside of the project site in your free time you can call a taxi or take the taxi buses (mini vans) from the main road. We advise people who want to use the taxi bus services to travel in pairs or groups.

The taxi service the project uses is the one who also collects volunteers from the airport. They have 7 seaters and 8 seaters and volunteers tend to share the cost of taxis. Taxis can be booked in advance for larger trips or called on the day for short trips as they are located next door.



## 10.7 Excursion arrangements

On your days off you are able to make some nice trips.

Currently the project use a shuttle service to provide trips. The trips that volunteers can expect to pay extra for can be found below, please note these prices are subject to change:

<u>Prices per person</u>	<u>1 person</u>	<u>2 people</u>	<u>3 people</u>	<u>4 people</u>
Kruger National Park 3 days	R 17.000,00	R11.300,00	R 8.300,00	R 7.200,00
Pilanesberg National Reserve	R 3.800,00	R 2.600,00	R 1.850,00	R 1.600,00
Rhino & Lion Nature Reserve	R 3.400,00	R 2.200,00	R 1.600,00	R 1.400,00
Horseback Africa a.) Walk with lions	R 3.250,00	R 2.150,00	R 1.700,00	R 1.000,00
b.) 2,5 hours horse safari	R 3.850,00	R 2.650,00	R 2.150,00	R 1.850,00
c.) Combination of a and b	R 4.200,00	R 3.200,00	R 2.700,00	R 2.450,00
Elephant Sanctuary ***	R 3.000,00	R 2.400,00	R 1.950,00	R 1.750,00
Cheetah Centre ***				
- Guided tour	R 2.700,00	R 1.800,00	R 1.400,00	R 1.100,00
- <b>Tue/Thu/Sat&amp;Sun</b>				
Run and guided tour	R 2.800,00	R 1.900,00	R 1.500,00	R 1.200,00
Cradle of humankind (Maropeng & SterkFontein caves)	R 3.000,00	R 1.950,00	R 1.550,00	R 1.200,00
Lesedi Cultural Village	R 3.000,00	R 2.000,00	R 1.600,00	R 1.400,00
<u>Apartheid Museum</u>	<u>R 3.050,00</u>	<u>R 1.750,00</u>	<u>R 1.350,00</u>	<u>R 1.000,00</u>

### Price per person sharing

\*\*\* Add an additional R150-00pp for Chameleon Village (Craft Market)

Of course you can also spend your free time relaxing in the sun or next door at the pool.



## 10.8 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. It is not recommended to bring Travellers Cheques as they take too long and special arrangement to be cashed out.

The majority of volunteers bring cash or travel cards. If you go to Cash Passport, they have travel cards available. You can find more information via [www.cashpassport.com](http://www.cashpassport.com).

There is a cash machine (ATM) situated 20 minutes walk from the project site. All cash machines have instructions in English.

Unfortunately at present, the sanctuary does not hold the facilities to protect any valuable items or money. Please note that the project cannot be responsible for any loss of money that may be brought.

It is also important to note that you are only allowed through customs with 5000 rand on your person (in cash).

