

Extensive information:

Project penguins
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. The project

1.1 History

In 2000, this South African Marine Rehabilitation and Education project, a non-profit organization, was formed in Port Elizabeth after the disaster of the sinking of the ship the Treasure close to Cape Town in 2000. A large amount of oil was spilled in the ocean threatening the lives of 20.000 penguins. They were initially removed and transported to Port Elizabeth but swam back 800 km to Cape Town in only 11 days.

The realization of how vulnerable the African Penguin is and their declining numbers created the awareness to have facilities available to cope with any such new disaster which could threaten the largest breeding colony of African Penguin in the world.

The main focus of the project is to care for sick or injured African Penguins (also known as Jackass Penguins) because of their vulnerability as well as other marine birds such as gannets, cormorants and seagulls. Their work is vital for the safety of the largest breeding colony of African Penguins in the world which is situated on St Croix Island right in front of Port Elizabeth.

One of the main causes of the decline in the numbers of African penguins is that the cold currents in which penguins find their food have been pushed further out to sea due to climate change. This results in them having to swim almost 60 kilometers away from their burrows on St Croix and by the time they get back to feed their babies much of the food has been digested. This results in the young chicks not being fed properly and therefore taking much longer to fledge and become independent.

When the chicks are left to fend for themselves, not knowing how to catch their own meal, they slowly weaken and struggle with the sometimes rough conditions, wash up on our beaches.

The project is the only center in Port Elizabeth that has the capacity to collect washed up penguins sick, hurt or exhausted and to treat any diseases they may have, give them a vitamin boost, fatten them up and release them into the bay again.

They will still have to learn how to catch fish independently but at least being fit and fat they have a proper chance to survive.

There are currently only 25.000 breeding pairs of African Penguins left in the world and 21.000 of those are mostly right here on our doorstep in the Algoa Bay.

Other great concerns are the influence of modern day marine traffic and the large seaport of Coega in the Algoa Bay. Ships sail right past the breeding colony and while pollution is strictly controlled and monitored in the harbor itself, spillage can occur as ships will approach and queue in the bay before getting into the harbor. A penguin only needs to get a spot of oil as small as a 5 cent coin on its feathers to render it helpless and basically cause a slow death. The project rescues these birds and after cleaning them and boosting their health gives them the chance to be released successfully.

In September 2009, the project moved into new premises in the Cape Recife Nature Reserve which is specifically designed for sick African Penguins and other marine birds.

The building provides a huge concrete area which can accommodate 2000 birds if there is a bad oil spill as in 1998 when an emergency area had to be set up at the harbor.

1.2 Education

The center's purpose isn't just to rescue and rehabilitate, but also to inform and educate the general public through their different programs. The extensive displays at the center give tourists, school groups and other visitors the opportunity to learn about these endangered birds but also a wider variety of marine life in the beautiful and incredibly diverse Algoa Bay.



2. 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 animals also general support and maintenance of the reserve.
2. Volunteer participation in the work of the project is essential, as each volunteer brings unique skills and perspectives to the organization.

2.1 Period / duration

- Volunteers are welcome all year round (with exception on this that the project will be closed for volunteers 3 weeks over Christmas and New Year's every year).
- The duration of your stay must be 4 weeks or longer (shorter stays in consultation).
- Starting date is on Mondays.
(You can arrive on the Monday morning when the program starts, or you could come a couple of days earlier to settle in before starting your volunteering).

2.2 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 unless accompanied by a parent/caretaker
- Having a passion and love for nature and animals;
- Be able to communicate in English;
- Don't mind by getting your hands dirty.



2.3 Fees

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

These costs include:

- Pick-up upon arrival in Port Elizabeth and drop off at the end of your stay (on week days)
- Accommodation in the volunteer house close to the beach
- 3 meals a day
- Welcome pack with information guide, free SIM-card on request, maps, etc. upon arrival
- City tour and introduction program
- A donation to the project
- Training and supervision (volunteer coordinator 24/7)
- Transportation to and from the project
- Administration costs
- Offer of weekend trips and outings (extra costs apply)

These costs not include:

- Flight/travel to and from Port Elizabeth, South Africa
- Passport / visa
- Travel insurance, which is compulsory for all participants and a cancellation insurance
- Pick up and Drop off at airport on weekends
- Personal expenses and luxuries such as snacks, soft drinks, alcohol, souvenirs, etc.
- Any excursions or activities undertaken by the volunteer

2.4 Accommodation

The volunteer house is situated in the popular beach front area of Humewood, and is only a five minute walk away from the beach. Shops, beachfront cafés, restaurants and access to other facilities are all within easy reach. It's the perfect location to enjoy the beach after work or during weekends.



The volunteer house offers spacious living conditions and is shared with other volunteers who work at different projects in the surrounding and making it the perfect place to enjoy your stay with other volunteers from all over the world.

It is fully furnished and has all the facilities needed and more; two kitchens, two washing machines, a dining room and TV lounge with satellite TV, a garden with a swimming pool to cool off, great views of the ocean and 9 bedrooms offering a variety of sleeping options.

Depending on how busy it is, you will share a room with other volunteers, some rooms are very large, which offer dorm style accommodation (4 beds in a room), others are a bit smaller for only 2 volunteers sharing. Male and female volunteers will have separate rooms and bathrooms to use. There are a total of 6 bathrooms in the house.

If you would like to have a private room, we will gladly see if we can arrange that for the small surcharge per week. Couples and older volunteers will have preference for private rooms if available, but if you want to be guaranteed a private room we will have to charge this extra fee. Let us know if you want more information.

Wireless internet is free; just bring your own laptop or any other device to access the Wi-Fi network.

There is even a full time cleaning lady, as we believe in offering local employment but especially in offering clean and well looked after accommodation. All bedding is provided, but no towels, so please bring your own.

(Although there is a cleaning lady, volunteers are asked to keep their room clean and tidy.

Thank you).



2.5 The work

On the Monday, you will be given your introduction and shown around the area so that on Tuesday you can start your volunteering.

Daily activities are diverse and include:

Bird hospital

- Scrubbing and cleaning the bird hospital facilities
- Preparing food and medication
- Feeding the penguins and other birds
- Cleaning and caring for the birds that are brought in
- Joining the staff (when possible) at rescues in the Port Elizabeth area



Sea school

- Teaching the visiting children about the center
- Helping with rock pool and ship wreck lessons
- Looking after displays and educational material

General

- Volunteers will be assisting in a variety of tasks and activities such as;
- Welcoming visitors
- Answering the phone and office duties
- Guiding visitors and school groups through the center
- Helping at the coffee shop when needed

Working days are generally from 8.00 until 16.00 on all weekdays and weekends are off.

2.6 The project staff

Employees and other volunteers

Daily guidance

You will be supervised by one of the volunteer coordinators, who will also pick you up upon arrival, make sure you are settled in, show you around the city and prepare your work activities at the project. They will transfer you to and from the project, make sure the shopping is done and organize fun outings for the weekends.

At the project site

Your work will be supervised by one of the staff members who will allocate daily tasks and activities to you. They will also be the people to report to in the mornings and sign out before you leave again at the end of the day.

The staff is enthusiastic and enjoys training and working with volunteers from different countries.

You most likely won't be alone when volunteering at the project and meet both local as international volunteers. There are volunteers from all over the world.

The language spoken at this project is English (and Zuid-Afrikaans).



3. South Africa

3.1 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.

3.2 Port Elizabeth (PE) and project area

Port Elizabeth is the biggest city of the Eastern Cape, with approximately 1.2 million inhabitants (including the Northern areas, Despatch and Uitenhage). In the Eastern Cape you will find cities such as Bisho, King William's Town and Umtata which can be found in the regions of the Transkei and Ciskei, which were known as 'homelands' in the Apartheid years.

During the Apartheid era, the 'homelands' were the home of the Xhosa speaking people. There weren't a lot of facilities and work opportunities in those areas. Many of the Xhosa people worked in the bigger cities, but went home every year to visit their families. Fort Hare University was the only university in the area where Xhosa people were allowed to study. Famous politicians namely Nelson Mandela, Thabo Mbeki and Steve Biko completed their studies at this university. Although Bisho is the capital of the Eastern Cape, it remains poor and an undeveloped city. Many people moved from these homelands to Port Elizabeth in search of employment and a better life.

The Eastern Cape is as culturally diverse as it is in nature and the climate of the region. The diversity in culture is represented by the black population (mostly Xhosa speaking), coloureds, Indian and white people of Port Elizabeth. As you can see here and will surely notice in South Africa; we do not mind using the colour of our skins to be identified with, so there is nothing insulting to call somebody black if they are.

The Eastern Cape and the surroundings of Port Elizabeth show a large variety of natural beauty and make PE a great central place to visit the variety of South Africa. To the East you will find the Wild coast (former Transkei and Ciskei) which is mostly rural and undeveloped, but closer you will find Addo Elephant Park and great coastal villages such as Port Alfred. To the North you will find the great Karoo; a semi desert area with wide open spaces, large nature areas and long open roads with historical places such as Graaff Reinet, the Baviaanskloof Wilderness and much more. To the East towards Cape Town, you will be amazed by the Tsitsikamma National Park, holiday villages such as Plettenberg Bay, Knysna and Nature's Valley or the surf mecca of Jeffrey's Bay. This gives you plenty to see and visit while you are here.

3.4 Climate

The weather in this part of Africa can be diverse and summers can get really warm, while winters can get quite cold. Port Elizabeth has a very moderate climate though due to the ocean currents and winds, cooling things down on those hot summer days.

Not what everybody expects of Africa but bring a jacket and warm sweater to be prepared for some of those colder days, if you come in our winter months (June, July, and August).

Summer (Dec, Jan and Feb)	16 – 40 ° Celsius
Autumn (Mar, April and May)	10 - 32 ° Celsius
Winter (June, July and Aug)	8 - 25 ° Celsius
Spring (Sep, Oct and Nov)	10 - 32 ° Celsius



4. Travel information

4.1 Flight arrangements

Volunteers have to make their own flight and/or travel 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.

4.2 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 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!

4.3 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.

4.4 Arrival in Port Elizabeth, South Africa

You will be responsible for arranging your own transport to Port Elizabeth, South Africa. Providing we have received your flight/arrival details, a staff member of the project will pick you up (from the Airport) in Port Elizabeth and bring you to the volunteer house.

Your airport pickup is included in your fee when arriving on Monday (or any other day of the week). If you prefer to arrive on a weekend, we will gladly organize a cab to pick you up (or you can take an Uber) to any accommodation of your choice. We will collect you there on Monday morning at 9AM to start your stay with us.

If you prefer to come to the project directly over the weekend, as well as when you depart again, there will be an additional charge of an extra Weekend Fee of R200 (15 EUR) for your pick up or drop off.

5. Medical advice

Because volunteers will work with animals 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.

5.1 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. All volunteers will participate solely at their own risk and Global Spirit or the project cannot be held liable for any damages, loss, theft, injuries or death before, during or after your stay.

Our advice is to behave responsibly and always listen to the project staff.

5.2 Required vaccinations

There are no vaccinations required at this project, although Yellow Fever vaccination is required for travellers arriving from a yellow-fever-infected area in Africa or the Americas. (Only 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).

This is a malaria free area; in fact there are very little mosquitoes at all around the project side. Rabies is NOT common here and no real risk, so no need for that.

5.3 Recommended vaccinations

You are really recommended to be vaccinated against:

- DTP
- Hepatitis A (and B if you want to participate for a longer time)
- 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).

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.

However, while there are risks anywhere you travel, South Africa has a relatively salubrious climate and the levels of hygiene, health care, and water treatment make it a pretty safe destination. The project's policy is that they do not allow volunteers to be exposed to any serious health risks. Guarantees are impossible to give but they do believe that they can offer healthy working environments for volunteers, staying within reasonability of risks involved of course.

5.4 Medical service

For minor medical needs, the nearest clinic is only 15 minutes away from the project site.

In the case of more serious medical emergencies, the nearest hospital is about 15 minutes away.

If you need a pharmacy you can go to a Pharmacy that is just under 2kms from the volunteer house.

The coordinator is present to assist each volunteer if they are not well.

6. Personal equipment

Some items are provided at the project, such as:

- Pillow
- Sheet and blanket will be provided

6.1 Essential items

Bring clothing for a variety of weather conditions. Even though it is Africa, it is not always hot and especially in winter the nights can be cold. So bring a wind jacket and some long trouser, a hat is always handy on sunny days and good shoes for weekend outings and running around with the children.

Here are some essential items, which you should bring with you:

- Valid passport and Visa
- Travel insurance documents
- Old clothes for dirty work
- A couple pair of long trousers and a couple pair of shorts
- Various T-shirts and vest tops
- A couple of long-sleeved tops
- Underwear and socks
- A compact waterproof/windbreaker jacket
- At least one jumper and fleece
- A towel
- Nightwear
- 1 pair of walking boot or trainers
- At least 1 pair of sandals or flip flops
- A pair of comfortable shoes for traveling and daily use
- A small torch (head torch is best)
- A sun hat or cap
- Sunglasses
- A refillable water bottle
- A travel adaptor (South Africa, three round pins (220.230 V 50 Hz))
- A notebook/journal and pens
- A small day pack (e.g. hand luggage bag)
- Sunscreen (with high UV protection)
- Personal toiletries
- Moisturiser or after sun lotion
- Insect repellent containing DEET
- Contact lens fluid (if needed)
- Personal medication
- Painkillers
- Antiseptic cream & wipes
- Diarrhoea blockers
- Lip salve /protection with SPF
- Any prescription medicines, with a copy of the prescription (to be carried in hand luggage)
- Plasters & bandages (a good assortment)
- A camera (and photographic materials) and charger
- Swimming costume

6.2 Optional items

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

- A copy of your passport and visa
- A Pen knife/Leatherman or similar (don't pack in hand luggage)
- Some books/magazines to read/an e-reader
- A MP3 player or iPod with batteries/charger
- A mobile/cell phone with charger
- A pack of playing cards
- Hair dryer if applicable
- A watch
- An alarm clock
- Something against dehydration like ORS (we advise you to drink a lot of water)
- A sewing kit
- Small padlock
- Spending money
- Etc.

7. General and practical information

7.1 Food and refreshments

Our full time cook will provide all meals at the volunteer house on a daily basis. This means you will be able to enjoy great South African home cooked meals, learn how to cook some of these specialties and have a House Mother to comfort you when needed. Melanie is a lady with a warm heart and even bigger embrace for those that need it and she will look after the house and the meals to provide the best possible.

We believe in participation, so volunteers will not be sitting back and get served, they still need to help her cook at times, chop vegetables, clean dishes and warm up the food for dinner themselves. Melanie will create weekly menus offering breakfast, lunch and dinner as well as alternate meals like stews, curries, stir-fry, soups, pastas and other wholesome options. Meals will be prepared and cooked from Monday to Friday, where on weekends volunteers will only have to heat up a meal or make their own similar meals.

Three meals per day are included and we work on a set menu per week. There is free coffee, tea and cordial juice available at any time.

For breakfast you will have toast, fruit yoghurt, cereal and/or eggs. For lunch you can have sandwiches with cheese, marmalade, cold meats or other spreads.

There will be a variety in our dinners, since all of the volunteers have different skills and preferences. So, if you would like to show off your cooking skills, then please do!

Please tell the coordinators about any wishes, vegetarian wishes and allergies concerning food.



7.2 Supermarkets / shops

Within walking distance, there are some shops such as a SPAR and you can easily take a taxi bus along the beachfront to go to the shopping centre. Otherwise you can always join one of the coordinators on their shopping trips.

7.3 Laundry services

There are 2 washing machines available in the volunteer house which all volunteers may use.

7.4 Telephone

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

To be connected in South Africa, upon arrival you will be given a free local SIM card to use locally and to phone the staff if you need them.

Please make sure your Smartphone is SIM lock free to be able to use this card.

7.5 Internet access

In the volunteer house is free wireless Internet available.

You will be able to mail, Skype, use Facebook or other forms of social media to stay in touch with the family and friends back home.

Just bring your own laptop or any other device to access the Wi-Fi network.

7.6 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 international adaptor with you, but you can check this in a specialised shop in your own country.

7.7 Transport during your stay

Included in your fee is your daily transport. The project has well looked after vehicles, which are properly insured and driven by the project's drivers who all have required Professional Driving Permits.

Transport to and from the volunteer house, and the project is included but if you like to go out after work or in the weekend, you will be able to walk during the day or use a taxi at night, at your own expense.

7.8 Excursion arrangements and leisure time

The project location is a perfect place to do- and see a lot in your leisure time.

Besides just relaxing at the beach or the swimming pool of the volunteer house there are a lot of other interesting places to go to like:

- Visit Tsitsikamma National Park
- Make a game drive in one of the private nature reserves and
- Visit Addo elephant Park
- Visit Baviaanskloof
- Visit one of the nice coastal villages like Port Alfred, Plettenberg Bay or Knysna
- Go surfing in the surfer's mecca of Jeffrey's Bay
- And many more

All excursions are at your own expense.

Also at the volunteer house there will be arranged an informal social on a weekly basis where you can be part of, relax and have some fun, get to know other volunteers as well as your coordinators.

Every Friday is "Casual Day" and after your volunteering at your project there is the " Social Outing" - free of charge of course.

The outing is weather permitting. It can range from a trip to the beach where we can have a picnic and swim; we can go for a walk or a hike; to the city center or even some retail therapy at the shopping mall or a pre-weekend drink at a pub.

If you like to do your own thing on the weekend and rent a car; no problem, there are several car rental options available, with which the project coordinator will gladly help you when you are here. Car rentals start from R140 (10 euro or 12 USD per day) for a basic older car, but there are lots of options, just ask us and we will gladly assist.

Most volunteers come to South Africa to see as much of the country as possible. You can do that in a variety of ways before, during or after your stay with the project or on your free days.

The coordinators will give you information about the surrounding areas such as Addo Elephant Park, the Baviaanskloof, Tsitsikamma National Park and other areas during the weekend outings'.

(Trips, excursions, etc. are at your own expense).

If you want to visit Cape Town or see more of the country, we gladly assist to make this happen.

7.9 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.

There is a bank on a walking distance.

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 (ATM's) near each shopping center and volunteers can go to a bank to exchange foreign money but we advise volunteers to try to do this at the airport in Johannesburg or

Cape Town on arrival. If you need more money, then the coordinator will advise you on the best bank for you, to go to. .

All ATMs have instructions in English.

Your fees will cover most of your expenses but if you like to enjoy a beer or soda, want to buy some souvenirs or fancy a nice dinner eating out, we advise you to bring some extra money.

7.10 Way of life and Safety in South Africa

South Africa has been referred to as the 'rainbow nation', a title which shows the country's cultural diversity.

The population of South Africa is one of the most complex and diverse in the world. South Africa has approx. 52 million inhabitants of which 80% is Black African, 10% is white, 10% is coloured or mixed race and the rest is Asian/Indian.

South Africa also has 11 official languages with is Xhosa, English and Afrikaans spoken in the Area description.

It is important to prepare yourself and obtain local knowledge about the country you are about to visit. Go get yourself a good guide book and talk to people that have visited South Africa before or contact us to get some answers.

This will help you to understand the country more and will help you to not offend people or breaking local laws. Show respect towards the people and culture of the local communities. You might not agree with certain things you see during your stay here, but please don't forget you are a guest here, and you can't try to change everything in a period of just a few weeks.

The way of life in South Africa is a lot different from other continents. Foreigners may consider South Africans as lazy, always late, talking loudly, chaotic and hot blooded. But are you, just because of the fact of being from overseas and not from South Africa, then automatically hectic, not enjoying life, always focused on work, always on time, humorless, serious and cold blooded?

We are pretty sure you are not like that, so please think twice before you set opinions.

Safety in South Africa

Safety is an issue that is paramount in the minds of volunteers visiting South Africa. Safety is important to us and by following just a few guidelines your safety in South Africa can be increased incredibly. Although South Africa is in many aspects a developed country, much of its population, particularly in rural areas, lives in great poverty.

When you stay in South Africa, the odds are that you will have a safe and incident-free volunteering period. However, crime and violence, as well as unexpected difficulties, can happen.

Hoping to help you avoid serious difficulties during your visit to South Africa, you should keep the following in mind:

- Safety on the Street: use the same common sense travelling in South Africa that you would at home.
- Don't walk around with all your valuables visible.
- Use taxis at night and let somebody always know where you are going.
- Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. When possible, ask directions from individuals in authority.

The staff looks after your safety in multiple ways during your stay:

- The project offer safe and well equipped accommodation. The volunteer house has perimeter walls, burglar bars and a dog on the premises.

- The coordinators are prepared for your stay, and have been instructed to keep you as safe as possible.
- The Code of Conduct, which will be spoken about and signed has clear 'do's and don'ts' which we urge volunteers to stick to.
- All activities and visits in the townships are supervised by the coordinators, who will walk with the volunteers and make sure they are safe.

7.11 Books to read and movies to watch

Books you may be interested to read:

- Nelson Mandela – 'Long walk to freedom': While not travel literature, Nelson Mandela's superb and inspirational autobiography, is one of the best ways to prepare for a South Africa trip.
- Alan Paton – 'Cry - the beloved country': A beautifully told and profoundly compassionate story of the Zulu pastor Stephen Kumalo and his son Absalom, set in the troubled and changing South Africa of the 1940s.
- Steven Otter – 'Khayelitsha': The account of the year journalist Steven Otter spent in the township, drinking in shebeens (unlicensed bars) and challenging his preconceptions about race.
- Jason Carter – 'Power Lines: Two Years on South Africa's Borders': The chronicle of a Peace Corps volunteers perspectives on the still-deep divisions between white and black South Africa.

Movies you may be interested to watch:

- 'Long Walk to Freedom': Based on the book of Nelson Mandela's biography.
- 'Invictus': A biographical sports drama film about the events in South Africa before and during the 1995 Rugby World Cup.
- 'Bang Bang Club': A drama based on the true-life experiences of four combat photographers capturing the final days of apartheid in South Africa.
- 'Goodbye Bafana': The true story of a white South African racist whose life was profoundly changed by the black prisoner he guarded for twenty years. The prisoner's name was Nelson Mandela.

7.12 South African slang...

Pick up on some of the local slang and understand what they actually are saying:

Just now	sometime soon, shortly
Now now	sooner than "just now"
Howzit?	hello (a greeting), as in "how are you doing?"
Bakkie	pick-up truck
Robot	traffic lights
Braai	barbeque

Boet

friend

