



Mission Vision Tours t/a

## **Embrace SA Tours**

Onrusriver, Western Cape, South Africa

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## EDUCATIONAL TOURS

### SAMPLE ITINERARY FOR UNIVERSITY STUDENTS

**CAPE TOWN AND JOHANNESBURG**

**SOUTH AFRICAN LAND PORTION 12 DAYS AND 11 NIGHTS**

**[Click on the blue links to visit the websites](#)**

#### **DAY 1**

Welcome to South Africa. We will wait for you at the Cape Town International Airport with big smiles. We have a special welcoming ritual...

##### **Group Arrival – Flight details?**

Lunch on the go. Stop at the [Long March to freedom Statue Garden](#)

19h00 Welcoming Dinner at your hotel. Accommodation: [Portswood Hotel, VA Waterfront](#)  
**[Supper included]**

#### **DAY 2**

Breakfast

08h30 – 11h00 We take the [cable car to the top of Cape Town's no one tourist attraction, Table Mountain](#) (one of the Seven Wonders of Nature in the world). We drive up [Signal Hill](#) after our Table Mountain experience.

Our group explores Cape Town on a brief sightseeing tour and visits the culturally rich area of the Bo Kaap. [Upper Cape](#)

Lunch at the Biesmiellah Restaurant Bo-Kaap

We get the opportunity to visit the [Desmond and Leah Tutu Legacy Foundation](#) and have discussions afterwards.

This is the official legacy organization of one of the world's most iconic leaders, and his life-long partner. Founded in 2013, the Tutu Legacy Foundation strives to preserve the legacy of the Tutus, while taking their example into the future by growing and facilitating powerful and courageous voices of uncompromised bravery in the world

Our final stop of the day will be at the [Iziko Slave Lodge](#) (if time permits). The Slave Lodge is one of the oldest buildings in Cape Town. Drop off at the hotel

Evening: Debriefing before supper. Speaker **Edwin Arrison**

Supper at the [VA Waterfront Restaurant – The Spur](#)

Accommodation: [Portswood Hotel, VA Waterfront](#) **[breakfast, lunch and supper included]**

Tour guide: Local guides and Deon Kitching

### DAY 3

Breakfast

10h00 Church Service at [The Central Methodist Church](#) to meet [Alan Storey](#), anti-apartheid activist.

Afterwards we jump on the bus for our **Cape Peninsula Tour**. Our tour begins with a scenic drive along the Atlantic coast, passing through the cosmopolitan suburbs of **Sea Point** and **Camps Bay** to **Hout Bay**, one of Cape Town's best-kept secrets.

From there we will drive via [Chapman's Peake drive](#) (one of the most scenic drives in the world) to the [Boulders to visit the Penguins in Simon's Town](#).

Packed lunch. We drive to [Cape Point](#) and Cape of Good Hope to visit the most southwestern tip of Africa. 17h30 Drop off at your hotel

19h00 Supper Accommodation: [Portswood Hotel, VA Waterfront](#) **[breakfast lunch and supper included]**

Tour guide: Deon Kitching/one of our own guides.

### DAY 4

Breakfast

08h00 Arrive at the Nelson Mandela Pier VA Waterfront for your 09h00 boat to Robben Island.

Visit to [Robben Island](#). It is a starting point to understand the modern history of South Africa. It will be an emotional day since you will "experience" the atrocities of the apartheid system of the Nationalist government and the role that leaders like Nelson Mandela played to fight for the freedom of the South African people. We explore the island and join an ex-political prisoner who will show the group the maximum prison. You will get the opportunity to stand in Nelson Mandela's cell.

13h00 Boat arrives back at Nelson Mandela Pier

Packed lunch Afternoon. The group will visit [District 6 Museum](#) with a local tour guide who lived in District 6. We will do a community walk if time permits.

17h00 Speaker – A student from one of the Universities near Cape Town who is busy with a Masters or PHD degree related to the day's experiences.

Evening: Debriefing before/after supper. 19h00 Supper at your hotel.

Accommodation: [Portswood Hotel, VA Waterfront](#) **[breakfast, lunch and supper included]**

Tour guide: Local guides

## DAY 5

07h00 Leave for Volmoed Retreat Centre, [Hermanus, the whale capital of South Africa](#).

Breakfast – packed

Meet the members of the [Volmoed Youth Leadership Programme](#) under the leadership of Edwin Arrison. The group will visit the township/suburb of Zwelihle and listen to the stories of different people working and staying in that area. Community walks in local township.

Lunch Afternoon group discussions at Volmoed. Supper with your new friends from Zwelihle.

Traditional South African “Potjiekos”. Return to Cape Town

Accommodation: [Portswood Hotel, VA Waterfront](#) **[breakfast, lunch and supper included]**

Tour guide: Local guides

## DAY 6

Breakfast

Today the group will spend an exciting day in [Langa](#) with Odwa Futshane. Langa is the oldest township/suburb of Cape Town and has a very rich history,

On arrival we meet our guide and facilitator for the day, Odwa Futshane at [Guga’s Thebe Cultural Centre, which will also be our venue for the day](#).

Welcome and briefing by Odwa Futshane

Next on the agenda is a very exciting 2-hour walking tour of Langa where you will encounter interesting people and see many places of historical importance.

Odwa will stop at an orphanage where you will hear the story of one woman’s dedication, and you will have time to interact with the children.

Lunch. Back to Guga’s Thebe for a traditional African meal and rest

Afternoon

To “drum up” the energy you will now learn how to play the African drum in an interactive session.

Afterwards the group will interact in group discussions with Langa artists. They will share their story and exhibit their work

We end the day on a high note where you create a piece of art with one of your new Langa friends which you can take home with you as a souvenir.

18h00 Drop off at the hotel Evening: Debriefing before/after supper

20h00 Supper. Pizzas!...

Accommodation: [Portswood Hotel, VA Waterfront](#) **[breakfast, lunch and supper included]**

Tour guide: Odwa Futshane

## DAY 7

Breakfast

08h30 Leave for Paarl

09h30 Visit Nederburg Primary School in Paarl

Lunch in Paarl, [Mbekweni Youth Centre](#) with local youth – preparing traditional food together

Continue the visit at [Mbekweni Youth Centre](#)

17h00 Drop off at the hotel

19h00 Farewell dinner Cape Town [GOLD restaurant Cape Town](#) Accommodation: [Portswood Hotel, VA Waterfront](#)

**[breakfast, lunch and supper included]**

Tour guide: Local Principal and Director/Deon Kitching

**DAY 8**

Breakfast and check out of The Portwood Hotel

Depart 09h00 for the airport.

11h30 Morning flight to Johannesburg.

14h30 Lunch at [Nkosi's Haven](#)

Afternoon. Guided tour of Nkosi's Haven with Gail Johnson and play with the children of the orphanage.

Evening: Debriefing before/after supper 19h00 Supper at your hotel

Accommodation: [Davinci Hotel and Suites](#) **[breakfast, lunch and supper included]**

Tour guide: Gail Johnson and Deon Kitching

**DAY 9**

Breakfast.

08h00 Leave your hotel for [The Apartheid Museum in Johannesburg](#).

09h00 Tour of Apartheid Museum starts.

The Apartheid Museum opened in 2001 and is acknowledged as the pre-eminent museum in the world dealing with 20th century South Africa, at the heart of which is the apartheid story. The Apartheid Museum, the first of its kind, illustrates the rise and fall of apartheid.

Lunch

After lunch we visit the [Cradle of Humankind and The Sterkfontein Caves](#).

The universe was formed about 14-billion years ago. The Earth is about 4.6-billion years old.

Life first emerged about 3.8-billion years ago. Our journey begins in South Africa, where fossils of some of the earliest known life forms on Earth have been found. South Africa has yielded fossils of some of the earliest known dinosaurs, dating back at least 200-million years.

19h00 Supper: Radisson Blu Hotel or similar

Accommodation: [Davinci Hotel and Suites](#)

**[breakfast, lunch and supper included]**

Tour guide: Local guides.

**DAY 10**

Breakfast

08h30 – 11h30 We will spend the morning on a Soweto Experience with our famous tour guide Queen Malefane.

[Soweto](#) is a township of the City of Johannesburg Metropolitan Municipality in Gauteng, South Africa, bordering the city's mining belt in the south. Its name is an English syllabic abbreviation for Southwestern Townships. [Wikipedia](#)

During our tour we will stop at Regina Mundi Church. The Church first wrote its name in South Africa's history books during apartheid, when it opened its doors to anti-apartheid groups and provided shelter to activists. We also stop at the Hector Petersen Museum. Next on to Vilakazi Street: The group continues their Soweto visit to the places where Nelson Mandela and Desmond Tutu once lived and the FNB soccer stadium where the finals of the 2010 Soccer World Cup were played.

Lunch at the famous [Sakhumzi Restaurant](#) in Vilakazi Street, Soweto.  
 Drive to [Bakubung Game Lodge](#) – in Pilanesberg Game reserve  
 Check in your rooms  
 Afternoon Game Drive – 2.5 hours 19h00 Supper in the bush around the fire  
 Accommodation: [Bakubung Game Lodge](#) **[breakfast lunch and supper included]**  
 Tour guide: Soweto Queen Malefane and local guides.

## DAY 11

06h00 Early morning Game Drive [Bakubung Lodge](#) Breakfast Spent the day at Bakubung.  
 Discussions with game rangers about the park and nature conservation.  
 Enjoy the activities at Bakubung.  
 Afternoon Game Drive  
 Supper at Bakubung. Accommodation: [Bakubung Game Lodge](#) **[breakfast lunch and supper included]**  
 Tour guide: Local game rangers

## DAY 12 – Tuesday 30 May 2023

Breakfast and check out of Bakubung  
 Drive back to Johannesburg and visit [The Union Buildings](#) and [Freedom Park](#) in Pretoria/Tshwane on our way back  
 Lunch provided  
 16h30 Afternoon drop off at OR Tambo International Airport  
 Fly back to your home country  
**[breakfast and lunch included]**  
 Tour guide: Deon Kitching/own guide

## WHAT'S INCLUDED AND EXCLUDED?

### INCLUDED:

- All the South African land arrangements
- Accommodation in the hotels and lodges as per the itinerary
- All meals as per itinerary. Three meals per day included.
- All entrance fees as per itinerary
- All land transportation with [Protours bus company](#).
- All the tips
- Payments of guides and excursions

### NO COVID RELATED INSURANCE

### EXCLUDED:

- Airfare – international
- **The one domestic flight from Cape Town to Johannesburg**
- Visa and passport fees
- Medical insurance

- Personal insurance
- Liability insurance

**Ed by Deon Kitching March 2024**



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and please **LIKE** and **FOLLOW** us

**Deon Kitching**

CEO and Founder

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