



**AUGUST 7th
to AUGUST 19th**
13 DAYS/12 NIGHTS

Included:

Hotel accommodations with breakfast daily in Johannesburg, Durban and Cape Town.

All domestic flights, transportation and entrance fees for scheduled activities as specified in the itinerary.

Some meals *See itinerary for details

Airport transfers

Excluded:

Your round trip flight from your home country/city to Johannesburg, SA.

Beverages

Some meals will be on your own *See itinerary for details

Trip insurance

Once your flights are booked, please email your flight itinerary to Sharla@OneWoman.ca

Double Occupancy \$3,500/per person

For One Woman South Africa Adventure participants who wish to arrive a day or two earlier to adjust to the time change, relax by the hotel pool, or explore more of Johannesburg, the hotel is pleased to offer discounted hotel rates at \$150 CDN/night (single occupancy) and \$75 CDN/night per person (double occupancy), with breakfast included. When you book your trip on our website, simply add any additional nights and then email us at Sharla@OneWoman.ca with the dates you would like to add to your itinerary.

South Africa



Population: 55.91 Million

Capital City: The Republic of South Africa does not have a single capital city. Instead, it is one of a few countries in the world that divides its governmental powers among three of its major cities: Pretoria, Cape Town, and Bloemfontein.

People: Black South Africans make up around 80% of the population and belong to a variety of ethnic groups.

The Zulu and Xhosa speakers are the two largest groups – accounting for nearly 40% of the population – with Pedi, Sotho, Tswana, Tsonga, Swati/Swazi, Venda and Ndebele speakers making up the rest.

South Africa is often called the ‘Rainbow Nation’, a term which was coined by the former Archbishop, Desmond Tutu, and neatly describes the country’s multicultural diversity.

Because of its colonial past, South Africa has a large number of Afrikaans- (descended from Dutch settlers) and English speakers (the British began colonizing the region in the 1800s).

French Huguenots, Germans and Portuguese arrived from the 1600s and brought many slaves from India and modern-day Indonesia. Islam and Hindu traditions and culture are also therefore prominent.

Language: Among native black South Africans, there are many different ethnic groups and eleven officially-recognised local languages including; Afrikaans, English, Ndebele, Northern Sotho, Sotho, Swazi, Tsonga, Tswana, Venda, Xhosa, and Zulu.

Currency: South African Rand

Time Zone: UTC + 02:00





Johannesburg (August 7th – 10th) Garden Court Sandton City

4-Star Garden Court

Sandton City offers a central and convenient location with many of Sandton's and Johannesburg's top attractions within easy reach. From the best shopping malls, the most popular restaurants and entertainment options to relaxing treatments at the nearby Sandton Sun Spa, there is plenty to keep you entertained.

Hotel accommodation includes breakfast daily and free WiFi.



Day 1

Tuesday, August 7th

Arrive at O.R. Tambo International Airport

We will be there to greet you when you arrive at O.R. Tambo International Airport and bring you to the beautiful Garden Court Sandton City Hotel. Get checked in and spend the rest of your day resting and relaxing so you can be ready for your incredible trip of a lifetime! Depending on your arrival time, you may choose to rest after the long flight, relax by the pool, enjoy a wonderful meal at Riff's Bar & Grill at the hotel, or at one of the many other restaurants within walking distance or pamper yourself at the nearby Sandton Sun Spa.



Day 2 Wednesday, August 8th

Johannesburg, Apartheid Museum and Soweto (Half Day Tour)



Enjoy this Johannesburg, Soweto and Apartheid tour that will introduce you to the history of South Africa. Visit Soweto where the history of apartheid is rich and also the Apartheid Museum, which explains the history in detail.

- Explore the Hector Pieterse Museum and Mandela House in Soweto.
- Tour the Apartheid Museum and learn about the history of apartheid.

*Lunch stop (on own account)

Visit to Oprah Winfrey’s Leadership Academy

During her visit with the late Nelson Mandela in December 2000, Oprah Winfrey pledged to build a world-class school for girls in South Africa. Two years later, on December 6, 2002, Mr. Mandela and the then Minister of Education, Professor Kader Asmal, joined Ms.



Winfrey to break ground on the site of the Academy - located in Henley on Klip in Gauteng province.



In January 2007, the Academy officially opened its doors to girls in Grades 7 and 8, and now serves approximately 290 girls from Grade 8 to 12.

Through a generous personal donation made by Ms. Winfrey, the Oprah Winfrey Leadership Academy Foundation (OWLAF) contributed more than US\$40 million towards the Academy’s creation. The Foundation continues to fund the school and its boarding facilities.

*Dinner on your own at one or the hotel restaurants, or many restaurants within walking distance from the hotel.

NOTE: This is a tentative itinerary, activities may vary slightly or the order in which they happen may be adjusted as needed to make the best experience possible!

Day 3 Thursday, August 9th

National Women's Day Conference

*We will continue to update the itinerary with keynote speaker details for the conference as they become available.

South Africa National

Women's Day commemorates August 9, 1956, when women participating in a national march petitioned against pass laws. (For anyone who does not know the history – “pass laws” were legislation that required African persons to carry a document on them to ‘prove’ that they were allowed to enter a ‘white area’ during the Apartheid regime).

On this day in 1956, over 20,000 women of all races and ages from every corner of South Africa marched together towards the Union Buildings in Pretoria.

These brave women were marching in protest against the pass laws that proposed even further restrictions on the movements of women.

Organized by the Federation of South African Women, the March was led by four brave women; Helen Joseph, Rahima Moosa, Sophie Williams and Lilian Ngoyi. The leaders delivered petitions to Prime Minister JG Strijdom’s office within the Union Buildings in Pretoria.

Women throughout South Africa had put their names to these petitions indicating their anger and frustration at having their freedom of movement restricted by the hated official passes.

The march was a resounding success and South Africa recognizes the bravery of these women who risked arrest, detention and banning by declaring August 9th National Women's Day.

*Lunch and Dinner (on own account)



Day 4 Friday, August 10th Lesedi Cultural Village

Start your journey at the Ndebele village with an introduction to the cultural experience preceded by a multi-media presentation on the history and origins of South Africa's rainbow nation.

Then, enjoy a guided tour of the other four ethnic homesteads of the Zulu, Basotho, Xhosa and Pedi. As the sun sets over the African bush, visit the Boma for a very interactive affair of traditional



singing and dancing, which depict stories

dating back to the days of their ancestors. This is where you will connect with the Rainbow nation. Remember, at the end of the village tour you will join in the dancing and the King will await you in the Nyama Choma Restaurant, featuring ethnic dishes, a fusion of Pan African cuisine all complemented by warm, traditional service (on own account).



Lion Park Safari

Lion Park is a spectacular destination in South Africa showcasing the splendors of magnificent African wildlife. The national park is home to over 80 varieties of lion species including white lions and plentiful carnivores like cheetahs, wild dogs, brown and spotted hyenas, black backed jackal, side striped jackal and a wide array of antelope species roaming freely around the Lion Park.

During this spectacular safari experience, you will get to interact with some of the animals including a giraffe feeding area and a lion cub sanctuary where you can pet the cubs and take photos!



*Late Afternoon/Evening flight to Durban and check in at The Riverside Hotel.

*Dinner at the hotel or one of the nearby restaurants (on own account).

Durban (August 11th – 12th) The Riverside Hotel

The Riverside Hotel is the ideal beachfront accommodation in Durban for some much-needed rest and recuperation. This luxury hotel in Durban North, just outside the city centre, boasts unparalleled views across a magnificent green belt, stretching from the river’s mouth, across the Indian Ocean, and towards Durban’s golden mile beachfront beyond. Breakfast and WiFi is included.



Day 5 Saturday, August 11



One Woman’s partner charity for this empowerment trip to Durban in the KZN (Kwa Zulu Natal) province of South Africa is Southern Africa Embrace Foundation (SAE Fdn). SAE, is a Canadian registered International development charity launched in 2010. The organization advocates, supports and promotes the well-being of rural women and girls from the rural areas of Ndwendwe, Msinga, Mkhanyakude, Maphumulo and Nongoma through education sponsorships, sanitary towel donations and in the provision of micro financing towards income generating self sustainability projects such as farming, traditional art and crafts, basketry, pottery and traditional clothes making. The products



are sold by the artisans at low income rural markets, fair trade markets in urban cities and overseas by SAE Fdn to continue the socio and economic empowerment of the women in their respective communities.

Part of your registration in the One Woman SA Adventure will be used to support young girls with sanitary towels as well as help in the purchase of raw materials and resources for the women’s handicrafts projects. We will start our day by visiting a few of the local homes in the Ndwendwe area where the individual artisans reside so as to immerse ourselves in their culture and surrounding. We will then have some time to sit with the women artisans group to hear about their community initiatives, their resilient stories of how they keep their families together, taste some Zulu traditional food as well as get some hands on training on beading from the masters themselves. Our time with the community will also give us a chance to share on our lives and stories which will encourage knowledge and culture exchange stories.

We will end our day with an evening dinner with the group so as to share on our day’s experiences, lessons and laughter at “Moyos” beachfront restaurant by the pier at Durban Ushaka Marineland (on own account). This day will be one you will never forget!

Day 6 Sunday, August 12 Victoria Street Market

The Victoria Street Market is rather like stepping into another world, with its blend of all things Indian and African. Spices and incense fill the air in which more than 170 stalls display their wares.

The Vic, as the Victoria Market is now known, is set in a huge building that resembles something out of a Maharajah's story. The ornate structure is a humming place in which to buy anything in the way of food and spices.



The Indian community in Durban is the largest outside of Asia. They have had a huge impact on the character of the city of Durban, and the open air markets, that have evolved into the Victoria Street Market, were first opened in the 1870s - a fantastic way to familiarize yourself with the colour, smells, boldly colourful material and bartering that is so characteristic of their community. And it isn't all about food. You can buy saris, scarves, arts and crafts, woven baskets, beaded dolls and animals, oriental ceramics, and Chinese wholesale goods.

*Lunch (on own account)

*Drive to Thanda Safari - Private Game Reserve. Dinner at Thanda included.



Safari (August 13th – 14th)

Day 7 & 8 Monday August 13th and Tuesday, August 14th

Thanda Safari – Private Game Reserve

More than a luxury lodge, more than a dream safari destination, more than an African escape...Thanda Safari offers an authentically South African wildlife experience, matched with sincere commitment to the Zulu culture and passionate conservation of the environment. Meaning 'love' in isiZulu, Thanda is a proud member of The Leading Hotels of the World and multiple winner of World's Leading Luxury Lodge. It is known for meaningful safari experiences and exclusive close-up encounters with Africa's magnificent Big Five.

Tented accommodation, three meals per day (brunch, high tea, dinner), two game drives per day, guided bush walks and selected local beverages (soft drinks, house wines, local spirits and beers), in-room minibar, WiFi and laundry all included!



Cape Town (August 15th – 18th) Day 9 Wednesday, August 15th

Flight to Cape Town, Check in at Southern Sun Waterfront Hotel

The Southern Sun Waterfront Hotel in Cape Town is located in the heart of the city's most tourist friendly precinct, and is a short walk from the V&A Waterfront. Stylish and inviting, the hotel provides comfortable and convenient accommodation with breakfast and free WiFi included.



Table Mountain

The five-minute cable car ascent to the top of Table Mountain offers a 360° view of Cape Town, the ocean and the neighbouring peaks. Once at the top you will enjoy spectacular views and the peaceful feeling of being over one thousand metres above the city below. The area at the top of the mountain is surprisingly large, you will have time to stroll along the paths, enjoy the viewing platforms, and soak up the vistas.

*Lunch and Dinner on your own account.



Day 10 Thursday, August 16th
Cape Peninsula (Full Day Tour)



This amazing tour takes you along the spectacular coastline of the Peninsula through picturesque coastal villages filled with history and personality. Visit Cape Point Nature Reserve & experience the beauty of The Cape of Good Hope. The natural awe of the Peninsula and its diverse scenes of mountain, sea, fauna and flora will leave you breathless.



Tour Highlights:

- Sea Point, Clifton & Camps Bay
- Maiden Cove, Twelve Apostles (Photo Opportunity)
- Hout Bay
- Chapmans Peak Drive (when open)
- Noorthoek, Glencairn, Simon's Town, Boulders Beach Penguin Colony
- Cape Point
- Cape of Good Hope

* Lunch stop during the tour (on own account)

* Dinner on your own



Day 11 Friday, August 17th Robben Island and Shopping in the V&A District

People lived on Robben Island many thousands of years ago, when the sea channel between the Island and the Cape mainland was not covered with water. Since the Dutch settled at the Cape in the mid-1600s, Robben Island has been used primarily as a prison. Indigenous African leaders, Muslim leaders from the East Indies, Dutch and British soldiers and civilians, women, and anti-apartheid activists, were all imprisoned on the Island. Nobel Laureate and former President of South Africa Nelson Mandela was imprisoned on Robben Island for 18 of the 27 years he served behind bars before the fall of apartheid.



Robben Island has not only been used as a prison. It was a training and defence station in World War II (1939-1945) and a hospital for people with leprosy, and the mentally and chronically ill (1846-1931). Since 1997 it has been a museum and a heritage site.

The Robben Island Tour includes:

- A return boat trip across Table Bay
- A visit to the infamous Maximum Security Prison
- Interaction with an ex-political prisoner
- A 45 minute bus ride with a guide providing commentary
- The opportunity to explore the Murray's Bay Harbour precinct attractions, such as the Muslim shrine, or kramat, and the Museum Shop



Lunch in the V&A District (on your own account) along with time for shopping or you can walk back to the hotel and relax for the rest of the day!

The V&A Waterfront, which attracts roughly 24 million visitors each year, is South Africa's most-visited destination. This is hardly surprising when you think about how much it has to offer!

While it is still technically a working harbour – you'll no doubt catch a glimpse of fishing boats and container ships – the V&A Waterfront is more frequently thought of as a shopping destination. Covering 123 hectares (think: 180 rugby fields), the V&A Waterfront is divided up into five shopping districts: Victoria Wharf, the Watershed, The Alfred Mall and Pierhead, The Clock Tower, and Breakwater Point. With more than 450 stores, you'll find everything from local designers to big international brands. For crafts and local talent, make sure you pop into the Watershed, and, if it's art or jewellery you're after, head over to The Alfred Mall and Pierhead.

All that shopping is likely to work up an appetite, and the myriad restaurants, coffee shops and fast-food outlets will keep you fuelled. Of course, some of the restaurants and bars are reason enough to visit the V&A Waterfront.



Day 12 Saturday, August 18th

A Morning with CNN Hero, Mama Rosie



In 1989, Rosalia Mashale “Mama Rosie” to those around her, a trained primary school teacher, moved from the Eastern Cape to Khayelitsha in the Western Cape Province. Rosie was disturbed to see young children going through the rubbish dump in search for food while their parents were away during the day, either at work or in search of work. She responded by taking children into her home, and together with a group of women from the community, began looking after these unsupervised children. After the first week, 36 children had joined their charge. The name given to this project was Baphumelele (pronounced: ba-poo-meh-leh-leh), a Xhosa word

meaning “you have progressed”. From these humble beginnings **Baphumelele Educare Centre** was founded. Today the centre is an established community crèche and Grade R (preschool) caring for roughly 250 children aged three months to six years. While the Educare Centre had developed a reputation for looking after children, Rosie also felt a calling to reach out to orphaned children in the community. To that end, **Baphumelele Children’s Home** was created as a place of safety for abandoned, abused, neglected or orphaned children, many of whom have been affected by the HIV/Aids pandemic or have HIV/Aids themselves.

Through the hard work, determination, and help of the community and friends overseas, Baphumelele has developed into a thriving community project over the years. In addition to the Children’s Home and Educare Centre, Baphumelele has expanded to include the Adult Respite Care Centre, Child Respite Centre, Hospice in the Home, Child Headed Households, Fountain of Hope, and Rosie’s Bakery/Sewing Project.

Mama Rosie is a visionary paradigm-shifter whose leadership and vision continue to grow and shape Baphumelele today.

Itinerary Day 12 continued on following page.



Day 12 Saturday, August 18th (continued) Afternoon Cape Winelands Tour

World class wines, fine cuisine, rich history and beautiful scenic views, this afternoon has got it all. Enjoy a breathtaking journey through the Cape Winelands. Learn about wine making secrets, while visiting the historical towns of Stellenbosch, Franschoek & Paarl.

*Wine & Cheese and Wine & Chocolate tasting included

*Lunch on own account

Final One Woman Celebration Dinner at Gold's Restaurant



Your taste safari starts with an interactive Djembe drumming session to build up some appetite before you're seated in one of the beautiful African-themed dining areas. Your hands will be washed before dining and each meal brought out by a traditionally adorned staff member, who will explain to you the origins of your Cape Malay or African dish. Highlights include a Zambian Zombozza with Lamb and Ostrich, a Tanzanian Mango and Lime Chicken, and a North African Tabbouleh.

Live performances will continue to keep your evening alive and vibrant as you make your way through 15 incredible culinary masterpieces. Traditional performances begin with a praise singer who welcomes guests to the restaurant and introduces the other singers, dancers, puppets and other entertainment. A second performance showcases Africa's dancing celebration and a



third honours the royal African queens. In a beautiful and symbolic crescendo at the end of the evening, the queen scatters 24-carat gold dust on guests to thank them for their patronage.

Highlights:

- Highly rated African restaurant in Green Point
- 15-dish menu with dishes from a number of African countries
- Live entertainment includes a drumming session, singing, dancing, puppets, ceremonies and more
- Cuisine: Traditional South African, Cape Malay, Ethiopian, Tunisian, Mozambican, Malawian, Zambian, Tanzanian, Cape Malay, Egyptian, North African and more
- Ambience: Authentic African

*Dinner included, drinks on own account.

Day 13 Sunday, August 19th

Fly back to Johannesburg to catch international flights back home.

If you require an overnight stay before flying home or a day room (depending on your flight time), we can help you with booking a hotel for you close to the airport. Please email Sharla@OneWoman.ca if you require assistance with this.

