

# Sports Economics and Development in South Africa

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## Overview

### Includes;

- Accommodation in a hostel or local guest house
- 3 meals a day
- English-speaking, on-site Kaya group leader and 1 local guide for the duration of the trip
- All transfers in private vehicles
- Daily transportation to project sites
- Excursions as listed in the itinerary
- Sightseeing fees and permits for all items on itinerary
- \$3M liability insurance policy to protect your University and its participants
- 3 day safari to Kruger National Park

### Does not include:

- International flights
- Flight from Cape Town to Johannesburg
- Visas (Not required by US Citizens)
- Any meals not defined in Itinerary
- Medical Insurance
- Tips and Gratuities
- Personal expensive or baggage fees

## Itinerary

### Day 1 - Arrival and Orientation (D)

The group will fly into Cape Town, where we will be met by our Kaya Group Leader and on the ground staff. We will be brought to our hostel in Muizenberg, just outside of Cape Town. Here we will check into our rooms and rest after a long journey. After a bit of relaxing we will enjoy a welcome dinner and get a good nights sleep.

### Day 2: Desmond Tutu, Cape Town Tour (B,L,D)

For our first day in South Africa, we will wake up early and head to St. Georges Anglican Cathedral for a service with Desmond Tutu. (This is contingent on him being in Cape Town, and may not be possible.) After the service, he typically mingles with the attendees so we will have a chance to meet him ourselves. We will also enjoy breakfast at Truth Coffee, a local restaurant.

In the afternoon we will have an orientation and walking tour of Cape Town. Our tour will include the District Six museum, Springbok (rugby) museum, and the Slave Lodge, a museum that explores the history of slavery in South Africa. Afterwards we will have a lecturer from the University of Cape Town who will give us an overview of sport in South Africa, we will have dinner at the Bluebird Market in Muizenburg before returning to our hostel for the evening.

### Day 3: Cape Peninsula Tour (B,L,D)

We will spend today on a tour of the cape peninsula. It will include Chapman Peak, a series of jagged peaks called the twelve apostle and Cape Point..



In the afternoon we will stop by Boulders Beach in Simons town, where we can spend some time with endangered African penguins. This site is famous because of the amount of penguins that can be found there every day.

If school policies allow, we will also do a bit of wine tasting, before making our way back.

Depending on match schedules, we will spend the evening at a Rugby match at Newlands stadium, getting to experience one of the South Africa's most important sports. Before the match, we will have a traditional Braai (South African Bar-Be-Que) for dinner!

#### **Day 4: Surf Lesson and Royal Golf Course(B,L,D)**

This morning we will have the opportunity to take a surf lesson. Muizenburg is known as one of the best places to learn to surf because of the regularity of the waves, and surfing is an important sport in South Africa. Hosting some major events including a stop on the Billabong world tour.

In the afternoon we will visit the Royal Cape Golf Course, which is the oldest golf course in Cape Town. We will get to meet with the club chairman, and learn about golf in South Africa.

In the evening we will hike up Lions Head peak, one of the picturesque mountains surrounding Cape Town. We will pack a picnic dinner to eat on the way, and enjoy the night time views of the city.



#### **Day 5: Sports Science institute and NBA Cape Town (B,L,D)**

This morning we will visit the Sports Science Institute to learn about their mission and programs. Their goal is to optimize the sporting performance and health of all South Africans through the execution, dissemination and application of science.

In the afternoon we will visit the NBA headquarters in Cape Town to learn about their efforts to expand basketball in Africa.



#### **Day 6-7: Surf Project (B,L,D)**

For the next two days we will work with "Making Waves", a program that empowers youth through surfing to succeed in school and life. Through this we will be able to see the impact that surfing can have on a developing community.

#### **Day 8: Move to Observatory and Soccer Project (B,L,D)**

This morning we will move our things from the hostel in Muizenberg to another one in Observatory Hill, a trendy neighborhood of Cape Town. For our first day here we will spend an entire day volunteering with a project that uses Soccer for empowerment. This will be a great way to meet locals and provide support to this awesome project!

**Day 9: Volunteer Work and World Cup Meeting (B,L,D)**

This morning we will continue our work at the soccer project, spending some more time with the kids.

In the afternoon we are trying to schedule a meeting with someone involved with the World Cup organizing committee to speak to the group about the impact that the event had on the country.

We will have a dinner at the Friday Hout Bay market, which will be an exciting treat!

**Day 10: Table Mountain and Robben Island (B, L, D)**

This morning we will wake up early to hike Table Mountain, one of the most famous vistas in the world. Table Mountain overlooks the city of Cape Town and the ocean on the other side providing some of the most spectacular views anywhere.

In the afternoon we will take a boat to visit Robben Island, which is where political prisoners including Nelson Mandela were held during Apartheid. The site now functions as a museum.

We will also try to see a local South African Football Association match before enjoying dinner, and our last night in Cape Town!

**Day 11: May 29 - Fly to Joburg (B,L,D)**

Today we will head to the airport to fly from Cape Town to Johannesburg. When we arrive we will be staying at Lebo's Backpackers in Soweto.

**Day 12: Bike tour and Sports Museum (B,L,D)**

We will start our first day in Johannesburg, with a bicycle tour of Soweto. The tour includes Vilekazi Street and the Apartheid Museum, allowing us to see many of the locations that played such an important role in the movement to end Apartheid.



In the afternoon we will visit the South African Sports Museum in Pretoria, the capital of South Africa, which is about an hour away from our hostel.

**Day 13: Stadium Visit and Sports Media talk (B,L,D)**

We will spend our morning visiting an iconic stadium. We will either go to Wanderer's Cricket Ground or visit Soccer City Stadium, which was made to host the final of the world cup.

In the afternoon we will try visit (availability depending) either Supersport or South African Broadcasting Company to learn about sports media coverage in South Africa.

**Day 14: Mandelas Soweto Kids Sport and Learning (B,L,D)**

Today we will spend a day visiting Mandela's Soweto Kids Sport and Learning project. This will give us a good overview of different organizations that use sports as a way to promote empowerment and development within South Africa.

**Day 15-16: Kruger National Park (B,L,D)**

We will wake up early to make the long drive to Kruger, one of Africa's most famous parks. It will take us about 6 hours to get there, we will have time to relax

by the pool at our private safari camp before going on a sunset game drive to look for wildlife.

We will spend the next two days looking for wildlife on game drives. Kruger is a prime spot to see the Big 5 - Lions, leopards, elephants, buffalo and rhinoceros. After our time at the park we will head back to Joburg, stopping to see some sights along the way including Blyde River Canyon, Gods Window Lisbon Falls and Bourkes Luck Pothols. We will head straight for the airport on the third day for our flight home.

**Day 17: Departure (B,L,D)**

This morning we will wake up early with our guides and enjoy a morning bush walk. This exciting experience will be a fitting way to end our trip.

Unfortunately, all good things must come to an end. We will head back to the airport for our flight home.

