

# SOUTH AFRICA

2016 TRG Travel Packet

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## Message from the CEO and Founder of TRG International

Sawubona!

Sawubona is the Zulu word for “hello” and it is greeted with the response “Yebo” which means “yes”. Traveling to South Africa with TRG is a magnificent life-changing journey. Our students in South Africa are all anxiously awaiting your arrival. Each year when we return we learn so much about our students and ourselves. Although we come with humble hearts to serve, this trip is for us as well. The vision of TRG is to build an international community of leaders who will transform the world. We hope that this trip will be one of personal and professional development.

Through the lens of history we’ve witnessed great social change, but we know there is plenty of work remaining to address the social, political, and financial infrastructure of communities that impacts our quality of life. TRG has chosen to make this our mission and are overjoyed that you’ve chosen to join us! Our primary program is the global ambassadors program which is centered on professional development and entrepreneurship. The goal is to allow our students—who have the greatest understanding of the needs of their communities—to mobilize existing resources for its betterment. As the number of alumni continues to grow each year, we’re beginning to see the beginning stages of that vision come to fruition. We hope to take the lessons we learn in South Africa and apply them to our communities in the United States because we are connected as a global community and have much to learn from each other. This is the spirit of Ubuntu a Zulu concept of community, which means, “I am because you are”.

Volunteers are the lifeblood of TRG. As an organization comprised of volunteers, your willingness to travel to South Africa with us makes our work possible. We have sought out motivated and hard-working volunteers to join the TRG team! Though we’ve planned meticulously for this trip, we’re thankful for your patience and flexibility because the schedule will change, we may eat leftovers, and there will be days that you’re so exhausted after 12-15 hours of work that you collapse on your bed in your clothes. Much of the joy of the trip is bonding with the students and other volunteers. We have so much to learn from each other and are excited that you will be a part of this experience. We acknowledge the financial commitment and sacrifice that you’ve already made to make this happen and thank you in advance for all of the exhausting work you’ll do on the ground during your vacation! It takes a really special person with a warm heart to take time away from his or her daily responsibilities to serve others so selflessly.

We look forward to having you on this amazing journey with us.

Sizobonana eNingizimu Afrika (See you in South Africa)!



Tammeca Rochester  
Founder/CEO, TRG International

## Meet the Team!



*Left to Right:  
Sherrae,  
Flojaune and  
Tammeca.  
Photographer:  
Angela (pictured  
below)*

**Tammeca Rochester**, Chairman/Founder is a graduate from Spelman College and Georgia Institute of Technology with a dual BS in Mathematics and Mechanical Engineering. She has a MBA from New York University with a specialization in Social Innovation and Impact. She currently works as an Engineer for the Colgate Palmolive Company. While in South Africa, Tammeca (TRoc) serves as the Travel and Logistics Coordinator. Contact Tammeca at [trochester@trg-international.org](mailto:trochester@trg-international.org)

**Flojaune Griffin**, Development Director is a graduate of Spelman College in Atlanta, Georgia with a BS in Chemistry and a BA in Women Studies. She holds a MPH in Epidemiology and a PhD in Epidemiologic Sciences from the University of Michigan and works as Preconception Health Coordinator for University of California San Francisco. While in South Africa, Flojaune (Flojo) serves as the Volunteer Coordinator. Contact Flojaune at [fgriffin@trg-interntational.org](mailto:fgriffin@trg-interntational.org)

**Sherrae M. Hayes**, Marketing & Promotions Director is a graduate of Tennessee State University, obtaining her BA in Speech Communications in 2008. She holds a MA in Africana Studies from New York University, and is currently pursuing her PhD in African American and African Studies at Michigan State University. While in South Africa, Sherrae (Rae Rae) serves as the Conference Co-chair. Contact Sherrae at [shayes@trg-international.org](mailto:shayes@trg-international.org)



**Angela Conti**, Chief Operating Officer/Founder graduated from Azusa Pacific University with a BA in Psychology, California Polytechnic University Pomona with a MA in Education, and Southern California School of Ministry with a DDiv. She was educator for 27 years before joining the I Can Foundation and is sole proprietor of P.R.I.N.T.S. by Angela. While in South Africa, Angela (Mama Conti) serves as the Conference Chair and Photographer.

## About TRG International

The Revolution is over. It is time for the Renaissance!

The Renaissance Group (TRG International) is an international organization founded in June of 2006 in Johannesburg, South Africa by a group of inspired and motivated young Black American women. Since its inception, the TRG has worked to advance the cause of equality for South Africans, strengthen their interest in the community development, and foster the next generation of advocates who will perpetuate a better society for all.

**Our Vision:** To lift as we climb, to give back to the under-served and equip them with solid foundations on which to build their futures

**Our Mission:** To provide sustainable solutions to young people, enabling them to become healthy, educated, and financially independent global leaders.

### ***The TRG Difference: Volunteers ONLY***

TRG is purposefully an "all volunteer" organization. Our team believes that the skills we use in our daily professions make our experiences more relevant to the communities we serve in South Africa and the United States. Because we do not receive salaries, our team has an unwavering and personal commitment to TRG International. Financially, this also means every dollar stretches further because 100% of the proceeds from donations and fundraisers provide direct program support.



## PROGRAMS

### ***Global Ambassadors Program***

Global Ambassadors are students in grades 9-12 who have overcome tremendous hardships and special circumstances while demonstrating academic excellence and campus and community leadership. Students begin in grade 9 and during the 4 years in the program are provided with a uniform, and must attend monthly seminar series, the annual leadership summit, community service, and the entrepreneurship program.

The Monthly Seminar Series covers effective citizenry, responsible decision-making, academic development and political engagement.

Community Service requirement encourages students to dedicate time to serve their local communities and schools by participating in at least two projects per year.

The Annual Leadership Summit enhances student development through workshops lead by local and global experts.

### ***Entrepreneurship Program***

The Entrepreneurs Program aims to teach students the fundamental steps in starting and running a business. Students learn hands on by planning and establishing their own venture. The program educates students in economics, encourages students to conduct market research, and provides capital to establish their businesses.

### **Sew Grow**

We believe children deserve the right to an education. TRG developed the Uniform Project in 2006--renamed the Gregory L. Dixon Back to SCHOOL drive in 2013--in an effort to close the achievement gap caused by the discriminatory apartheid economic policies by providing mandatory school uniforms. Providing free uniforms has had the immediate impact of increased attendance, confidence, and classroom participation for recipients.

To expand upon the Gregory L. Dixon Back to SCHOOL Uniform drive, TRG started the Sew Grow Social Venture to create a sustainable mechanism to address the community need for lower cost school uniforms by helping TRG Ambassadors start and operate a uniform manufacturing business. The name "Sew Grow" is derived from the homonyms "sow" and "sew" to describe how the students will sew school uniforms to sow seeds for economic and educational growth in their communities.



### **Goodwill Games**

The Goodwill Games are daylong fairs hosted develop a strong relationship with the entire communities surrounding the schools and local orphanages we serve. The Games promote mental health and hygiene, physical fitness, nutrition and HIV/AIDS awareness.

### **ACCOMPLISHMENTS**

- Over 125 School uniforms for high school students
- 6 annual leadership conferences serving over 250 students
- Goodwill Games within the Kwa-Zulu Natal Community
- Goodwill Games at SOS Children's Village in Nelspruit
- Completed construction and furnishing of Happy Day Preschool
- 4-week US cultural exchange visit for 3 TRG Global Ambassadors
- Early Educator's Conference in Soweto
- 900 books to the Inanda High School Library



# South Africa Country Map



## Volunteer Overview

### Where do we work?

TRG serves Inanda Newtown C and Bhambayi townships in the informal settlements outside of Durban, South Africa. Most families live in extreme poverty--without sanitation or stable sources of income, food, and housing. The majority of our students have been orphaned by HIV/AIDS.

### What will I do as a volunteer?

The opportunity is threefold: Conference Presenter, Group Leader, and Goodwill Games Volunteer.

Each volunteer will lead a workshop of their choosing. Prepare for an audience of 100. Last year topics included, "Coping with Trauma," "How to Start a Business," "Engaging in South African Politics," and "Straight Talk about Sex." The goals of the conference are to 1) encourage intellectual curiosity by exposing the students to new information and 2) encourage students to become leaders by challenging themselves. The students are open to learn any piece of information you want to share with them. Volunteers may present in groups. Remember this trip is not only about our students in South Africa but developing the Global Leadership and communication skills of participating volunteers. This is a wonderful opportunity for you to share with our students. The theme of the 2016 Leadership Conference is "Ubuntu: Beyond the Vision."

The Leadership conference usually lasts 3 days. During this time you will serve as a group leader. Group leaders help the students work on projects, create presentations, and ensure that they are full participants in every aspect of the conference. Your goal during the summit is to relate and share with each student. There will be numerous team-building activities for you to get to know your team better. After the conference, we host Goodwill Games. This is an annual TRG event in which we host a fair filled with games, food, giveaways, educational information and prizes for the Inanda and Newtown C community. It is an opportunity to meet and interact with our students' families and other community members and to show TRG's commitment to them. Each volunteer will have a table at the fair to host an interactive activity (preferably related to your workshop).

### What should I expect my typical volunteer day to look like?

6:00am Awaken, Dress, and Eat Breakfast  
8:00am Short Prep at Conference Site  
8:30am Student Arrival  
9:00am Meet your group of students  
9:30am Opening Group Activity  
10:00am Lead Conference Workshops/Activities  
11:00am "Tea" (a full meal)  
11:30am Lead Conference Workshops/Activities  
2:00pm Lunch  
2:30pm Group Project Work  
4:00pm Large Group Activity  
5:00pm Student Presentations  
7:30pm Dinner  
8:30pm Debrief/Next day preparation/errands  
11pm Sleep



## 2016 Conference Agenda

| Day       | Time  | Activity                         |
|-----------|-------|----------------------------------|
| Tuesday   | 8:30  | Opening Activity & Introductions |
| June      | 9:30  | Conference Opening               |
| 28        | 10:00 | Morning Tea                      |
|           | 10:30 | Workshop 1                       |
|           | 12:30 | Lunch                            |
|           | 13:30 | Workshop 2                       |
|           | 15:00 | Activity: Siyakhuluma isiZulu    |
|           | 15:30 | Workshop 3                       |
|           | 17:00 | Dismissal                        |
| Wednesday | 8:30  | Opening Activity                 |
| June      | 9:00  | Workshop 4                       |
| 29        | 10:30 | Activity: Siyadansa!             |
|           | 11:00 | Workshop 5                       |
|           | 12:30 | Lunch                            |
|           | 13:30 | Workshop 6                       |
|           | 15:00 | Activity: Siyakhuluma isiZulu!   |
|           | 15:30 | Workshop 7                       |
|           | 17:00 | Dismissal                        |
| Thursday  | 8:30  | Opening Activity                 |
| June      | 9:00  | Workshop 8                       |
| 30        | 10:30 | Activity: Siyacula!              |
|           | 11:00 | Workshop 9                       |
|           | 12:30 | Lunch                            |
|           | 13:30 | Workshop 10: Group Presentations |
|           | 15:00 | Closing Ceremony Preparation     |
|           | 15:30 | Closing Ceremony                 |
|           | 17:00 | Dismissal                        |

### What donations are needed?

**Please do not feel obligated to purchase items; solicit donations from friends, family and community members**

- Please bring toys to distribute to the children. Please note: TRG has a policy of providing black dolls, characters and figurines to children to promote a positive self-image and build confidence.
- Please bring candy to distribute to the children (preferably US-based candy, but all is welcome)
- Each year TRG purchases uniforms for students; you may personally solicit donations or direct people to donate in the Back to SCHOOL drive to contribute to this effort

<http://trg-international.org/backtoschool>



## 2016 Itinerary

**Please note that this schedule is subject to \*minor\* modifications.** We will attempt to complete all of the activities listed, however the day and time are subject to change. We appreciate your flexibility.

| Day       |           | Activity  |
|-----------|-----------|---|
| Friday    | 24 - June | US Travelers Arrive in Johannesburg, South Africa<br>US Travelers Fly to Cape Town via domestic flight (Do Not Leave Airport)                         |
| Saturday  | 25 - June | 1 <sup>st</sup> Time Travelers: Table Mountain and Robben Island<br>Return Travelers: Free Day to Explore<br>Night: Club and Dancing                  |
| Sunday    | 26 - June | Wine Tour / Cape of Peninsula Tour  |
| Monday    | 27 - June | Depart for Durban<br>Meet students at the School (late morning)<br>Tour Community and homes of students in Inanda<br>Outing with TRG Alumni (evening) |
| Tuesday   | 28 - June | Conference – Day 1<br>Conference – Day 2  |
| Wednesday | 29 - June | TRG Team Dinner   |
| Thursday  | 30 - June | Conference & Closing Ceremony – Day 3   |
| Friday    | 1 - July  | Uniform Purchase Day at GEM<br>Women's Conference – Day 1   |
| Saturday  | 2 - July  | Women's Conference – Day 2<br>Goodwill Games & Gospel Concert<br>Night: Club and Dancing  |
| Sunday    | 3 - July  | Week 1 Travelers Depart for Home<br>Free Day to Relax and Explore Durban  |
| Monday    | 4 - July  | Depart for Maputo, Mozambique / City Cultural Tour  |
| Tuesday   | 5 - July  | Maputo Elephant Reserve and Mercado Municipal   |
| Wednesday | 6 - July  | Cultural Tour   |
| Thursday  | 7 - July  | Inhaca Island   |
| Friday    | 8 - July  | Depart for Johannesburg, South Africa<br>Depart for Home  |

## 2016 Trip Details

### Option 1: June 24 - July 2 (Cape Town and Durban)

#### Price: \$2300

- Price Includes:
  - Domestic Airfare from 1) Johannesburg to Cape Town and 2) Cape Town to Durban, 3) Durban to Johannesburg
  - Hotel (double occupancy) accommodations in Johannesburg (3 nights) and Durban (6 nights)
  - Airport Transfer and Ground transportation for all group activities
  - Daily Breakfast (9 days); Lunch during the conference (3 days)
  - Sightseeing Fees
- Price DOES NOT include: International Airfare to South Africa, lunch and dinner meals, and personal expenses

#### Flight information

- Departure: Flights should be booked to arrive in Johannesburg on **Friday, June 24 by 1pm local time**. If you are leaving from the West Coast, due to time zones and itineraries, this may involve leaving on **Wednesday, June 22**.
- Return: Flights should be booked to depart Johannesburg on Sunday, July 3 after 3pm.

### Option 2: June 24 – July 8 (Cape Town, Durban, and Maputo, Mozambique)

#### Price: \$3500

- Price Includes:
  - Domestic Airfare within South Africa from 1) Johannesburg to Cape Town and 2) Cape Town to Durban
  - International airfare between 1) Durban, South Africa to Maputo, Mozambique and 2) Maputo, Mozambique and Johannesburg, South Africa
  - Hotel (double occupancy) accommodations in Cape Town (3 nights), Durban (7 nights), and Maputo, Mozambique (5 nights)
  - Airport Transfer and Ground transportation for all group activities
  - Daily Breakfast (15 days); Lunch during the conference (3 days)
  - Sightseeing Fees
    - Cape of Good Hope
    - Robben Island
    - Stellenbosch wine country tour of Black-owned vineyards
    - Table Mountain (weather permitting)
- Price **DOES NOT** include: International Airfare to South Africa, lunch and dinner meals, and personal expenses

#### Flight information

- Departure: Flights should be booked to arrive in Johannesburg on **Friday, June 24 by 1pm local time**. If you are leaving from the West Coast, due to time zones and **layovers**, this may involve leaving on **Wednesday, June 22**.
- Return: Flights should be booked to depart Johannesburg on Friday, July 8 after 5pm.

## Payment and TRG Trip Travel Coordination

### Can we make payments toward the trip?

Yes, please! Most people who travel with TRG prefer to purchase their trip in installments. Below is a recommended schedule; however the absolute deadlines are for the deposit (so we know for sure who is planning to attend) and for the final payment. Travelers are welcome to pay in smaller installments and over a longer period of time. In fact, if you think you'd like to travel with us in 2019, you can start sending \$30 per month now!

#### Schedule:

February 1<sup>st</sup>: 10% non-refundable deposit

March 1<sup>st</sup>: 20% payment

April 1<sup>st</sup>: 20% payment

May 1<sup>st</sup>: 25% payment

June 1st: 25% payment

**Payment via Paypal to:** [trochester@trg-international.org](mailto:trochester@trg-international.org) **Memo:** TRG Trip Payment (Traveler's Name)

**Check/Money Order Payable to:** TRG International

**Mail to:** 231 W 136th Street, Suite 202 New York, NY 10030

### Who will coordinate the travel details?

Email your planned itinerary to Flojaune at [fgriffin@trg-international.org](mailto:fgriffin@trg-international.org) for approval **before** you purchase it.

In addition, please provide the following information via email:

- Dates of travel (Trip option 1 or 2)
- Photo of your passport displaying the number, expiration date and place of issuance
- Any special food concerns (dietary restrictions, allergies, etc.)
- Emergency Contact information including home address and telephone number

For the conference program please also send:

- Brief Biography
- Headshot
- Workshop Title

### How do I book flights?

The TRG travel package DOES NOT include international airfare to and from South Africa as part of the tour package. You must book your own international flight.

International flights should be round trip from OR Tambo International Airport in **Johannesburg (Airport Code: JNB)**

TRG will book domestic flights inside of South Africa: this includes trips to Cape Town and Durban. TRG will also book international flights within the African continent: this includes Maputo, Mozambique.

## Travel Requirements

### What are the passport requirements?

#### South Africa

South Africa requires that travelers from the US have a valid passport that expires **at least 90 days** after the date of entry into the country.

Travel to South Africa from the US for tourism does **NOT** require a visa for stays up to 90 days.

You **must have one totally blank visa page** available in your passport; however, in practice immigration officers may require two fully blank pages. If you don't have enough pages remaining, you can purchase additional pages from the US passport agency.

#### Mozambique

Mozambique requires that travelers from the US have a valid passport that expires **at least 6 months** from the date of entry into Mozambique.

Travel to Mozambique requires a tourism visa for US citizens. The **visa MUST be obtained prior** to departing for Mozambique. **The cost is \$160**. TRG has a volunteer in Washington, D.C. who will hand deliver the applications for processing to ensure that there are no delays. Please prepare items 1-4 listed below and provide by **Monday, May 2** to Flojaune (if you live on West Coast), Tammeca (if you live on the East Coast), Sherrae (if you live in the middle of the country).

To obtain a visa:

- 1) Complete the visa application: For more details Visit the [Mozambique Embassy Consular Services](#)
- 2) Submit your passport
- 3) 2 passport size photographs
- 4) \$160 money order payable to the Embassy of Mozambique
- 5) Copy of the flight itinerary and hotel reservation
- 6) A self-addressed envelope or prepaid air bill with tracking number (preferably FedEx) unless you bring the application to the Embassy in person. The processing time is 10 working days.

You **must have three totally blank visa pages** available in your passport. Effective January 1, 2016, the US Passport office [no longer will issue extra visa pages](#). If you don't have enough pages remaining, you must renew your passport.

**Keep your passport with you:** Mozambican law requires that all persons carry an identity document such as a passport when out in public and that they present it to police upon request.

### How do we navigate customs?

Because you are volunteering with TRG International and participating in tourism, your trip falls under the category of "short business" or "tourism." For ease, we recommend identifying it as "tourism" or "holiday".

Please refrain from bringing narcotics, fully automatic, military or unnumbered weapons, explosive fireworks or weapons of mass destruction, poison or other toxic substances, cigarettes, counterfeit materials, gold coins/unprocessed gold, plants or animals, dairy products and more than one month's medicines for personal use, more than R 5,000 in South African Rand bank notes, 500 Mozambican metical bank notes, or more than \$5000 in USD cash. I know it will be tough to leave these items behind, but if you do, you will have nothing to declare and clearing customs and immigration will be much easier.

## Travel Warning: Do not shop at Maputo Shopping Center

All U.S. citizens are prohibited, by U.S. federal law, from patronizing any businesses located within the Maputo Shopping Center. This shopping center is owned by Mohamed Bachir Suleman (MBS), a notorious drug baron, who, on June 1, 2010, was designated by the White House as a “Drug Kingpin.” This makes any U.S. citizen who frequents his businesses subject to the Kingpin Act. Penalties for violations of the Kingpin Act range from civil penalties of up to \$1 million per violation to more severe criminal penalties, to include up to 10 years in prison, and fines pursuant to Title 18 of the United States Code, for criminal violations of the Kingpin Act.

## What Shots/ Immunizations are needed?

Most travelers who have had routine US adult vaccinations will not require special vaccinations to travel.

- Travelers should confirm this by reviewing their vaccination schedule and visiting either their personal physician or a travel health clinic 4-8 weeks before departure.
- CDC Adult Vaccination: <http://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>

### South Africa Vaccinations

|                               |  |
|-------------------------------|--|
| Influenza (Flu)               | Recommended for all travelers  |
| Hepatitis A                   | Recommended for all travelers  |
| Typhoid                       | Recommended for all travelers  |
| Hepatitis B                   | Recommended for all travelers  |
| Measles, mumps, rubella (MMR) | Two doses recommended for all travelers born after 1956, if not previously given |
| Tetanus-diphtheria            | Revaccination recommended every 10 years   |

### Mozambique Vaccinations

|              |   |
|--------------|---|
| Rabies       | Recommended for travelers involved in outdoor and other activities that put them at risk for bites by dogs, bats and other mammals.   |
| Yellow Fever | There is no risk of Yellow Fever in Mozambique. The government requires proof of vaccination ONLY if you are traveling from a country with risk of Yellow Fever. Neither South Africa nor the US is a country with a risk of Yellow Fever. If you are from or traveling from another country please check the list to see if you require vaccination: <a href="#">Countries with risk of yellow fever virus (YFV) transmission.</a> |

## What medications should I bring?

- **Anti-Malarial:** ONLY if the TRG itinerary includes travel to Malaria endemic areas. Travelers using option 2 will be **required to take malaria medication before during and after the trip** to prevent malaria. Malaria medication can be purchased without a prescription in South Africa for approximately \$40 USD.
- General insect repellent with DEET
- **Anti-diarrheal:** The food and water where we'll be staying is safe, however as a precaution all travelers should bring along an antibiotic and an antidiarrheal drug because travelers' diarrhea is the most common travel-related ailment. It is good to be prepared so it doesn't ruin your expensive and much anticipated trip.

## Planning for the Trip

### Where will we stay?

During your time in South Africa you'll stay at Bed and Breakfasts or Guest Houses. All of the accommodations have indoor plumbing and other modern conveniences. Many also include WIFI access. We take security very seriously; while nothing is guaranteed, TRG feels confident that each place is reasonably safe.

**Cape Town, South Africa:** Azamare Guest House [www.azamare.com](http://www.azamare.com) Camps Bay +27 21 438 0682

**Durban, South Africa:** Olwandle Hotel and Suites [www.olwandle.co.za](http://www.olwandle.co.za) Downtown +27 0 31 941-4445

**Maputo, Mozambique:** Afrin Prestige Hotel [www.afrin-hotels.com/en/afrin-hotels.html](http://www.afrin-hotels.com/en/afrin-hotels.html) +258 21 358 900

### What is the weather like?

June/July is the beginning of winter in the southern hemisphere. In South Africa, Durban is generally always warm (54-73°F or 12-23°C); however Cape Town is often chilly (45-64°F or 7-18°C), especially at night. Please bring a jacket or sweater. The weather in Maputo, Mozambique will be similar to Durban (55-75°F or 13-24°C).

### What Should I Pack?

- Laptop/Tablet: Helpful for developing student presentations; you may also want to email/Skype
- 1 dressy (church) outfit will be needed. (pants are acceptable for ladies)
- Camera
- At least one change of clothes in your carry-on
- See "packing list" for other recommendations

### What Shouldn't I pack?

- **ANY** valuables or electronics in your checked luggage
- Your best outfit. You'll be playing with kids, spending time outside and on some unpaved roads.

### What is the currency in South Africa?

The currency in South Africa is the Rand (ZAR). As of February 24, 2016 the exchange rate is 1 US Dollar to 15.61 ZAR.

### **What is the currency in Mozambique?**

The currency in Mozambique is the Mozambican Metical (MZN). As of February 24, 2016 the exchange rate is 1 US Dollar to 48.55 MZN.

### **How can I get money while we're away?**

Though we rarely need cash in the US, you will mostly be operating in a cash economy while in South Africa. Most large establishments now accept cards. Mozambique is strictly a cash economy and ATMs are scarce (outside of airports and major city centers). You can bring cash or traveler's checks with you to exchange at the airport or use the ATM to withdraw cash in the local currency. Often the ATM may yield a better exchange rate, but check with your banking institution about fees. Please note that the airport may be the only place to exchange USD for ZAR or MZN, so if you don't exchange enough at the airport and need additional money during the week, you may need to rely on your ATM card.

**TIP: Contact your bank!** Please contact your Bank and Credit Card Company and let them know that you will be traveling in the event that you want or need to use your card. If you don't, it may appear to be a fraudulent charge and they will put a hold on your account.

### **What additional funds will be needed while in South Africa (and Mozambique)?**

- Money for lunches and dinner (that are not included)
- Spending money for souvenirs and leisure activities not included in the packages

## Packing List

| ☑ | Things to Pack  |
|---|---|
|   | 1) Passport   |
|   | 2) Copy of your passport (leave one at home, bring one with you) and flight itinerary         |
|   | 3) Laptop, power cord, and necessary attachments  |
|   | 4) USB drive for storage  |
|   | 5) Dental care (e.g. toothbrush, paste, floss, mouthwash)                                     |
|   | 6) Skin care (e.g. facial cleanser, moisturizer, body lotion, sunscreen, lip balm)            |
|   | 7) Hair care (e.g. scarf, shampoo, conditioner, moisturizer, comb, brush hair ties, headband) |
|   | 8) Personal or Feminine Hygiene   |
|   | 9) Bath towel, face towel, wash cloth   |
|   | 10) Flashlight  |
|   | 11) Camera/Camcorder  |
|   | 12) Insect Repellent  |
|   | 13) Light Sweater   |
|   | 14) Undergarments (underwear and socks)   |
|   | 15) 1 Set Dressy (Church) Clothes   |
|   | 16) Jeans, shorts, sweatpants, casual pants   |
|   | 17) T-Shirts, tank tops, casual shirts  |
|   | 18) Pajamas   |
|   | 19) Socks   |
|   | 20) Sneakers/Comfortable walking shoes  |
|   | 21) Light Jacket  |
|   | 22) Hand Sanitizer  |
|   | 23) Medicines (including pain medication and anti-diarrheal)                                  |
|   | 24) Notebook, pen, pencil   |
|   | 25) Items for your Workshop   |
|   | 26) Candy   |
|   | 27) Snacks for Flight (no Liquids)  |
|   | 28) Entertainment for flight (e.g. iPad, book, cards)   |
|   | 29) Comfort for flight (e.g. neck pillow, eye mask)   |
|   | 30) Extra bag for souvenirs (optional)  |

## Overview and Geography

South Africa is the southernmost country in Africa, a land of diversity and division in its geography, people, and political history. Physically, tall mountain ranges separate fertile coastal plains from high interior plateaus. The grassland and desert of the plateaus hide pockets of amazing mineral wealth, particularly in gold and diamonds. Until the 1990s, whites dominated the nonwhite majority population under the political system of racial segregation known as apartheid. Apartheid ended in the early 1990s, but South Africa is still recovering from the racial inequalities in political power, opportunity, and lifestyle.

### General Information<sup>1</sup>

Official Name: Republic of South Africa

### The Land

Area: 1.2 million sq. km. (470,462 sq. mi.)

#### Main Cities<sup>3</sup>

|              |           |
|--------------|-----------|
| Cape Town    | 2,893,247 |
| Johannesburg | 3,225,812 |
| Durban       | 3,090,122 |

Terrain: Plateau, savanna, desert, mountains, coastal plains

Climate: Moderate; similar to southern California

### The People<sup>2</sup>

Nationality: *Noun and adjective*-- South African(s)

Population: 52.98 million

Density: 36 persons per sq km (93 per sq mi)

Ethnic groups: black 79%; white 9.6%; colored 8.9%; Asian (Indian) 2.5%.

Religions: Predominantly Christian; traditional African, Hindu, Muslim, Jewish

Languages: Afrikaans, English, isiNdebele, isiXhosa, isiZulu, Sepedi, Sesotho, Setswana, siSwati, Tshivenda, and Xitsonga (all official languages)

### Look Into...

#### Literature



Title: Moss

Author: Mary Watson

Book Type: Fiction

**“WOMEN must be at the forefront of nation-building to bring the South African citizenry together and, therefore, develop a whole new ethos of human co-existence.” – Steve Biko**

<sup>1</sup> Patrick O'Meara, "South Africa," 1997-2007, [http://encarta.msn.com/text\\_761557321\\_\\_1/South\\_Africa.html](http://encarta.msn.com/text_761557321__1/South_Africa.html)

<sup>2</sup> State Department, "Background Information: South Africa," 2007, <http://www.state.gov/r/pa/ei/bgn/2860.htm>

## The People

### The Government<sup>3</sup>

|                           |  |
|---------------------------|--|
| Type:                     | Parliamentary democracy  |
| Independence:             | The Union of South Africa was created on May 31, 1910; became sovereign state within British Empire in 1934; became a republic on May 31, 1961; left the Commonwealth in October 1968; rejoined the Commonwealth in June 1994. |
| State President:          | Jacob Zuma   |
| Deputy President:         | Cyril Ramaphosa  |
| Minister:                 | Jeff Radebe and Susan Shabangu   |
| Deputy Minister:          | Buti Manamela  |
| Director General:         | Dr Cassius Reginald Lubisi   |
| Chief Operations Officer: | Lakela Kaunda  |

### The Educational System<sup>4</sup>

Under apartheid the education system was racially structured with separate national departments for whites, Coloreds, Asians, and blacks. Although government spending on black education increased greatly in the late 1980s, at the end of the apartheid era in 1994 per capita expenditures for white pupils were still four times higher than expenditures for blacks. Black schools had fewer classrooms than white schools, shortages of textbooks were common, and few schools had science laboratories of any kind. As a result, only about 40 percent of black candidates passed matriculation (the qualification for completing secondary school, a minimum requirement for entrance to a university) in the early 1990s. At the same time, at least 1.5 million school-age blacks were not in school. The challenge of restructuring education in post-apartheid society was immense. The post-apartheid government merged 14 education departments into a unified education system with no racial distinctions. School attendance is now compulsory for children ages 7 through 15. The number of private schools, attended largely by whites, increased dramatically in the mid-1990s as public schools were integrated. South Africa's literacy rate grew from 82 percent in 1995 to 87 percent in 2005. In 2002 the government announced a restructuring of higher education in South Africa. The restructuring involved a series of mergers that reduced the number of institutions in the country. For example, the merger of Rand Afrikaans University, Technikon Witwatersrand, and two campuses of Vista University formed the new University of Johannesburg (opened in 2005).

Look into...

Music



Artist: Brenda Fassie

Music Type: Pop

**"It always seems impossible until it's done." – Nelson Rolihlahla Mandela (Madiba)**

<sup>3</sup> State Department, "Background Information: South Africa," 2007, <http://www.state.gov/r/pa/ei/bgn/2860.htm>

<sup>4</sup> Patrick O'Meara, "South Africa," 1997-2007, [http://encarta.msn.com/text\\_761557321\\_\\_1/South\\_Africa.html](http://encarta.msn.com/text_761557321__1/South_Africa.html)  
Ethnic Groups and Culture

## Ethnic Groups and Languages<sup>5</sup>

South Africa has a multiracial and multiethnic population. Blacks constitute 79 percent of the population. The main black ethnic groups are Zulu, Xhosa, North Sotho, Tswana, South Sotho, and Tsonga. Whites account for 10 percent of the population: More than half are Afrikaners, and most of the rest are of British descent. Colored people account for 9 percent of the population, and Asians (mainly Indians) 2 percent.

The main black ethnic groups speak isiZulu (22.7%), isiXhosa (16%), Sepedi (9.1%), Sesotho (7.6%), isiNdebele (2.1%), Setswana (8%), siSwati (2.5%), Tshivenda (2.4%), and Xitsonga (4.5%). Among whites, more than half are Dutch origin and speak Afrikaans (13.5%), and most of the rest are of British descent and speak English natively (9.6%). South Africa recognizes 11 official languages; however English is considered the lingua franca because it is used for business, politics and the media.

Most South Africans are multilingual. English- and Afrikaans-speaking people tend not to have much ability in indigenous languages, but are fairly fluent in each other's language. Most South Africans speak English, which is fairly ubiquitous in official and commercial public life. The country's other lingua franca is isiZulu. isiZulu, isiXhosa, siSwati, and isiNdebele are collectively referred to as the Nguni languages, and have many similarities in syntax and grammar. The Sotho languages – Setswana, Sesotho sa Leboa, and Sesotho – also have much in common.

The languages you will hear most frequently spoken in South Africa depend on where in the country you are. isiXhosa, for instance, is spoken by around 80% of South Africans in the Eastern Cape, while 78% of people in KwaZulu-Natal speak isiZulu. isiZulu is also the most frequently spoken home language in Gauteng. Afrikaans is spoken mainly by white Afrikaners, coloured South Africans and sections of the black population. Although the language has European roots, today the majority of Afrikaans-speakers are not white.

Predominant languages by province (Census 2011 figures) are:

- Eastern Cape – isiXhosa (78.8%), Afrikaans (10.6%)
- Free State – Sesotho (64.2%), Afrikaans (12.7%)
- Gauteng – isiZulu (19.8%), English (13.3%), Afrikaans (12.4%), Sesotho (11.6%)
- KwaZulu-Natal – isiZulu (77.8%), English (13.2%)
- Limpopo – Sesotho (52.9%), Xitsonga (17%), Tshivenda (16.7%)
- Mpumalanga – siSwati (27.7%), isiZulu (24.1%), Xitsonga (10.4%), isiNdebele (10.1%)
- Northern Cape – Afrikaans (53.8%), Setswana (33.1%)
- North West – Setswana (63.4%), Afrikaans (9%)
- Western Cape – Afrikaans (49.7%), isiXhosa (24.7%), English (20.3%)

### SOUTH AFRICAN HOME LANGUAGES 2011

| Language      | Number of speakers* | % of total  |
|---------------|---------------------|-------------|
| Afrikaans     | 6 855 082           | 13.5%       |
| English       | 4 892 623           | 9.6%        |
| isiNdebele    | 1 090 223           | 2.1%        |
| isiXhosa      | 8 154 258           | 16%         |
| isiZulu       | 11 587 374          | 22.7%       |
| Sepedi        | 4 618 576           | 9.1%        |
| Sesotho       | 3 849 563           | 7.6%        |
| Setswana      | 4 067 248           | 8%          |
| Sign language | 234 655             | 0.5%        |
| siSwati       | 1 297 046           | 2.5%        |
| Tshivenda     | 1 209 388           | 2.4%        |
| Xitsonga      | 2 277 148           | 4.5%        |
| Other         | 828 258             | 1.6%        |
| <b>TOTAL</b>  | <b>50 961 443**</b> | <b>100%</b> |

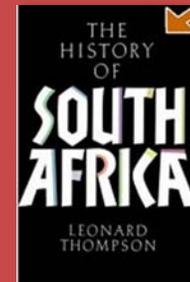
<sup>5</sup> Read more: [http://www.southafrica.info/about/people/language.htm#\\_VfdrU9JVhBc#ixzz3IITFbK2H](http://www.southafrica.info/about/people/language.htm#_VfdrU9JVhBc#ixzz3IITFbK2H)

## The Culture

The apartheid system left a profound imprint on South African society. Most whites enjoy a standard of living and way of life comparable to people in the world's most developed countries. Distinctive features of this lifestyle include an emphasis on sports and open-air living, which reflect South Africa's pleasant climate. Wealthy Asians, Colored people, and a small but growing minority of blacks have lifestyles similar to whites. For the great majority of South Africans, however, life is vastly different. Housing in the townships consists of mostly single-story dwellings, but houses are much closer together than in predominantly white suburbs. Barrack-like hostels house single black men and migrant workers. An increasing number of urban blacks live in shantytowns around major cities with minimal facilities and long distances to travel to work and shops. Recreational facilities are minimal in both townships and rural areas, but people play soccer wherever there is open ground. There are many churches, even in informal settlements, and they play an important role in social life. Women are still more disadvantaged in South African society than in Europe or North America. The post-apartheid government is anxious to promote gender equality, but traditional attitudes are slow to change. Women from all ethnic and racial groups are involved in the labor market, although this often reflects economic necessity rather than preference.

Look into...

Literature



Title: *The History of South Africa*

Author: *Leonard Thompson*

Book Type: *Non-Fiction*

**“I look at an ant and I see myself: a native South African, endowed by nature with a strength much greater than my size so I might cope with the weight of a racism that crushes my spirit.” – Miriam Makeba**

## Doing Business in South Africa

### The Economy<sup>6</sup>

|                                |                 |
|--------------------------------|-----------------|
| GDP (2013):                    | \$350.6 billion |
| GDP Annual Growth Rate (2015): | 1%              |
| Per capita GDP (2012):         | \$11,375        |

Natural resources: Almost all essential commodities, except petroleum products and bauxite. South Africa is the only country in the world that manufactures fuel from coal.

Business and industry: Minerals, mining, motor vehicles and parts, machinery, textiles, chemicals, fertilizer, information technology, electronics, other manufacturing, and agro-processing

Agriculture: World's largest producer of platinum, gold, and chromium; also significant coal production

### The Economic State<sup>7</sup>

Over the course of the 20th century South Africa changed economically from a producer of raw materials to an industrial nation that produces both raw materials and commercial products. The nation's manufacturing, commerce, and services have been built extensively on the foundations of mining and farming. The economy remained primarily agricultural for much of the 19th century until the discovery of diamonds at Kimberley in 1867 and gold on the Witwatersrand in the 1880s.

South Africa is the second largest economy in Africa. The country is rich in natural resources and is a leading producer of platinum, gold, chromium and iron. From 2002 to 2008, South Africa grew at an average of 4.5 percent year-on-year, its fastest expansion since the establishment of democracy in 1994. However, in recent years, successive governments have failed to address structural problems such as the widening gap between rich and poor, low-skilled labour force, high unemployment rate, deteriorating infrastructure, high corruption and crime rates. As a result, since the recession in 2008, South Africa growth has been sluggish and below African average. South African GDP shrank an annualized 1.3 percent on quarter in the three months to June of 2015, following a 1.3 percent expansion in the previous period. It is the first contraction in five quarters due to drop in manufacturing, mining and agriculture.

The GDP per capita in South Africa is \$11,375 per year, which makes South Africa a middle-income country. The modern industrial and commercial economy gives a minority of the population, including most whites, a standard of living equivalent to that in Western Europe; but for many who are wholly or partially excluded from the economy, incomes and lifestyles are characteristic of developing countries. There are marked variations in economic production among different geographic areas in South Africa. A significant portion of the country's GDP is produced in Gauteng Province alone, while minimal commercial activity and poor infrastructure characterize the former Bantustans.

During the apartheid period the South African government championed the capitalist system, although its own economic policies were in many respects interventionist, and its racial policies compromised

<sup>6</sup> State Department, "Background Information: South Africa," 2007, <http://www.state.gov/r/pa/ei/bgn/2860.htm>

<sup>7</sup> Patrick O'Meara, "South Africa," 1997-2007, [http://encarta.msn.com/text\\_761557321\\_\\_1/South\\_Africa.html](http://encarta.msn.com/text_761557321__1/South_Africa.html)

fundamental elements of capitalism such as the free movement of labor. The majority party in government, the African National Congress (ANC), came to power in alliance with trade unions and the Communist Party, leading to fears that it would pursue socialist policies. In practice its economic policies have been geared to maximizing economic growth, attracting foreign investment, and privatizing some state assets.

### How to Start a Business in South Africa<sup>8</sup>

| Step | Procedure   | Time to Complete  | Cost   |
|------|---|---|--|
| 1    | <a href="#">Prepare and certify documentation</a>   | 7 days  | ZAR 250 - 500  |
| 2    | <a href="#">Pay fees</a>  | 1 day   |  |
| 3    | <a href="#">Reserve a company name with the Registrar of Companies</a>  | 3 days (electronic lodgments - The lodgment of a name reservation application in person at Cipro's office may take longer.) | ZAR 50   |
| 4    | <a href="#">Lodge formation documentation with Cipro in Pretoria, Gauteng Province, South Africa for registration</a>                               | 7 days  | ZAR 350 (administrative fee) + 0.5% of capital + ZAR 60 (certificate to commence business) |
| 5    | <a href="#">Open a bank account</a>   | 1 day   | No charge  |
| 6    | <a href="#">Register with the office of the local receiver of revenue (SARS) for income tax, VAT, and employee withholding tax (PAYE and SITE).</a> | 12 days   | No charge  |
| 7    | <a href="#">Register with the Department of Labor for Unemployment Insurance.</a>   | 7 days, simultaneous with Procedure 6   | No charge  |
| 8    | <a href="#">Register with The Compensation Fund of South Africa according to the Compensation for Occupational Injuries and Diseases Act.</a>       | 3 to 5 days, simultaneous with Procedure 6  | No charge  |

### The South Africa Business Toolkit<sup>9</sup>

Global computer giant IBM, local company Business Partners, the International Finance Corporation (IFC) and the Department of Trade and Industry have come together to offer South African entrepreneurs and small enterprises a free web-based toolkit to help them start, finance and grow their businesses. The **South Africa Business Toolkit** contains "the latest information and communication technologies to help small and medium enterprises (SMEs) in emerging markets learn and implement sustainable business management practices", IBM said in a statement.

Among the specially designed free tools are:

- An online calculator to help businesses determine their readiness for financing
- Software to build a website

<sup>8</sup> World Bank, "Doing Business in South Africa", 2007, <http://www.doingbusiness.org>

<sup>9</sup> South Africa Information, "The South Africa Business Toolkit," 2007, <http://www.southafrica.info>

- Business forms for employee performance evaluations
- Community tools such as online conferencing, blog capability, group calendars
- Survey and quiz builders to help small businesses make decisions
- A multilingual business directory to help small businesses link locally, regionally and globally

For further information visit [www.southafrica.info](http://www.southafrica.info)

### South Africa set for young 'Pimps'<sup>10</sup>

In an effort to boost self-employment in the country, the Usobomvu Youth Fund (UYF) is assisting 250 youngsters with start-up capital to sell prepaid airtime vouchers and energy drinks, as well as to become "Pimps" - positively intelligently motivated persons. The 250 were chosen from various UYF databases. The government-endorsed youth organization has entered into a partnership with local company Mojalife that will see Pimps around South Africa distributing prepaid airtime and PimpJuice, a non-carbonated energy drink created by US rapper Nelly. For further information, visit [www.southafrica.info](http://www.southafrica.info).

### Technoserve – Believe Begin Become Business Competition<sup>11</sup>

TechnoServe is helping aspiring entrepreneurs to turn business ideas into viable business plans through *Believe Begin Become*, a national [business plan competition](#). Thanks to training and networking (as well as seed capital for the winners), the participants are better-equipped to create thriving small and medium companies that generate jobs and incomes across many sectors of the economy. TechnoServe helps entrepreneurial men and women in poor rural areas of the developing world to build businesses that create income, opportunity and economic growth for their families, their communities and their countries. For further information, visit [www.technoserve.org](http://www.technoserve.org).

Look into...

Business Website



Title:

Ideate

Function:

Idea generator

### The Small Enterprise Development Agency<sup>12</sup>

The Small Enterprise Development Agency SEDA was established in December 2004 in terms of the [National Small Business Amendment Act](#). The mandate of SEDA is to design and implement a standard national delivery network that must uniformly apply throughout the country. Its role includes the support and promotion of co-operative enterprises, particularly those located in rural areas. For further information visit [www.seda.org.za](http://www.seda.org.za)

<sup>10</sup> South Africa Information, "South Africa set for young 'Pimps,'" 2007, <http://www.southafrica.info>

<sup>11</sup> Technoserve, "South Africa – Business Plan Competition", 2007, <http://www.technoserve.org>

<sup>12</sup> The Small Enterprise Development Agency, "Objectives," 2007, <http://www.seda.org.za>

## Mozambique Country Map



### Overview of Mozambique

At 309,475 sq mi (801,537 km<sup>2</sup>), Mozambique is the world's 36th-largest country. It is comparable in size to Turkey. Mozambique is located on the southeast coast of Africa. It is bound by Swaziland to the south, South Africa to the southwest, Zimbabwe to the west, Zambia and Malawi to the northwest, Tanzania to the north and the Indian Ocean to the east. Mozambique lies between latitudes 10° and 27°S, and longitudes 30° and 41°E.

Mozambique has a tropical climate with two seasons, a wet season from October to March and a dry season from April to September.

Mozambique is one of the poorest and most underdeveloped countries in the world. The official currency is the New Metical (as of October 2015, 1 USD is roughly equivalent to 40 New Meticals), which replaced old Meticals at the rate of a thousand to one. The old currency was redeemable at the Bank of Mozambique until the end of 2012. The US\$, South African rand, and recently the euro are also widely accepted and used in business transactions. The minimum legal salary is around US\$60 per month. Mozambique is a member of the Southern African Development Community (SADC).

Portuguese is the official and most widely spoken language of the nation, spoken by 50.3% of the population. Most Mozambicans living in the cities speak Portuguese as their first language.

The Bantu-group languages of Mozambique that are indigenous to the country vary greatly in their groupings and in some cases are rather poorly appreciated and documented. Apart from its lingua franca uses in the north of the country, Swahili is spoken in a small area of the coast next to the Tanzanian border; south of this, towards Moçambique Island, Kimwani, regarded as a dialect of Swahili, is used. Immediately inland of the Swahili area, Makonde is used, separated farther inland by a small strip of Makuwa-speaking territory from an area where Yao or ChiYao is used. Makonde and Yao belong to a different group, Yao being very close to the Mwera language of the Rondo Plateau area in Tanzania. The 2007 census found that Christians made up 56.1% of Mozambique's population and Muslims comprised 17.9% of the population. 7.3% of the people held other beliefs, mainly animism, and 18.7% had no religious beliefs.