



ITINERARY | DAY-BY-DAY

CAREER ENRICHMENT



Exploring Culture & Healthcare Journey to South Africa!

12 days / 9 nights

August 14-24, 2024 *arrival back in U.S. on August 25

\$5,499 (Including flights. Based on double occupancy)

\$999 (single supplement)

Join esteemed leader Dr. Evette Wilson, DNP, RN in South Africa to explore how nursing and other healthcare services are delivered in urban and rural communities. Meet with fellow practitioners while also exploring the rich culture and heritage of Johannesburg and Cape Town.

BOOK NOW 888.747.7501

Focus on Professional Interaction

- ✓ Meet with a representative from an organization like the **Democratic Nursing Organization of South Africa** or the **South African Nursing Council**. Learn not only about nursing in South Africa but also discuss their organization and the types of services they provide including nursing regulation.
- ✓ **Interact with nurses, educators, and other allied healthcare professionals** from a variety of facilities throughout your travels. Explore South Africa's healthcare and nursing system to expand your professional perspectives of nursing participants by immersing in the diverse healthcare environment of South Africa. Goal is to instill a deep understanding and appreciation of the unique challenges and opportunities in the South African healthcare system, including a visit to **Tapologo**, a facility providing care to the poorest of the poor in the Bojanala region.
- ✓ Delve into the intricacies of **healthcare provision, policy dynamics, and nursing roles** in South Africa, enhancing your own practices back in the U.S.
- ✓ **8.0 -10 Continuing Education Units (CEU)** credits will be sought for this journey through the Nevada State Board of Nursing.

Program Highlights

- ✓ Embark on an exploration of the darkest years in South African history at the **Apartheid Museum** as well as a driving tour of the **South Western Township (Soweto)**.
- ✓ Explore **Pilanesberg Game Reserve**, known for Big 5 game viewing in a malaria free environment and just a short 2-hour drive from Johannesburg.
- ✓ **Accompanying guest program** – *Professional members and their guests are welcome. Alternate privately guided activities will be provided for accompanying guests.*

What's Included:

- 4* accommodations throughout.
- All transportation and activities outlined in the itinerary.
- Group transfers to and from the international airports
- International air to and from South Africa (gateway tentatively Newark, NJ area).
- Local English-speaking guides.
- Meals as mentioned and some tips.

Not Included:

- Personal expenses at the hotels.
- Meals not specified.
- Tips for national guide.
- Passport renewal or issuance.
- Domestic flight to gateway city.
- Departure taxes where applicable.



South Africa | www.nandajourneys.com | 888-747-7501



📍 Newark, NJ (EWR)

DAY 1– Wednesday, August 14, 2024 Depart for South Africa

Depart early this evening and make your way to South Africa.

With a dynamic fusion of African, European, and Asian influences, South Africa is a place of vibrant cultural diversity. Years after its emergence from apartheid, the nation has become a fascinating mix of history and modernity, of ancient traditions and new ideas.

📍 Johannesburg, South Africa

DAY 2 – Thursday, August 15 Arrival in Johannesburg

Upon arrival at Johannesburg International airport, you will meet your local guide. Transfer to the hotel for check-in (starts at 2pm), dinner and overnight.

Johannesburg is currently the largest city in Southern Africa with more than six million people and urbanization at 97%. It is a city of contrasts with wealthy suburbs and commercial centers alongside informal settlements, Indian bazaars and African *muti* (medicine) shops, where traditional healers dispense advice and traditional medicine. Johannesburg is in Gauteng Province. “Gauteng” is a Sotho word meaning Place of Gold.

Situated in the heart of Johannesburg’s most exclusive suburbs, **Southern Sun Hyde Park** offers guests the perfect blend of style, sophistication, relaxation, and elegance in Sandton. The hotel has free Wi-Fi, onsite dining, a business center, outdoor pool and bar, and other upscale amenities. It is close to local shops and restaurants for your convenience.

Enjoy a welcome dinner this evening.

Overnight: Southern Sun Hyde Park (or similar)
Included meals: Dinner

📍 Johannesburg, South Africa

DAY 3 – Friday, August 16 Professional Interaction

After breakfast (provided daily), take part in an **orientation and welcome briefing** on South Africa with South Africa partner Keira Powers. This comprehensive briefing covers an introduction to your local staff, some historical background, and current information on South African society and economy.

Immediately following you will be joined by a representative from an organization like DENOSA or SANC to provide an overview of the South African nursing system. Collaborate and share expertise to mutually uplift nursing standards and practices on a global scale. Exploring avenues and barriers for nurses looking to ascend to leadership positions in South African healthcare institutions.

Lunch will be provided this afternoon.

This afternoon we will request the opportunity to meet with **Mmatshilo Motsei, Founder of Afrika Ikalafe**, an organization that specializes in personal and societal transformation. An African mystic, author, healer, and midwife, she started her career as a nurse, midwife, nursing lecturer, social science researcher and community development facilitator. With a BA Hons in Psychology and MA in Creative Writing, she uses writing as a tool for healing. She is an author of six books which includes *Kanga and the Kangaroo Court: Reflections on the Rape Trial of Jacob Zuma*, *Hearing Visions*, and *Reweaving the Soul of the Nation*, a collection of essays in African spirituality, politics, and feminism. *Pending her availability perhaps visit a local hospital or nursing training institution in the area.*

Guest program:

Guests will explore some highlights of Johannesburg with a local guide today including a visit to the Origins Center and Constitution Hill. Lunch will be included today. The interactive exhibits at the Origins Center showcase the extraordinary journey of the origins of humankind in Africa and moves through the development of technology, art, culture and more. Explore the diverse southern African rock art traditions as you explore. These ancient masterworks are illustrated through contemporary art installations by well-known South African artists.

Dinner is by individual arrangement (own expense).

Overnight: Southern Sun Hyde Park (or similar)
Included meals: Breakfast & Lunch



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📍 Johannesburg, South Africa

DAY 4 – Saturday, August 17 Cultural Program

The group will embark on an exploration of the darkest years in South African history at the **Apartheid Museum**. Likened to the Holocaust Museum in Washington, D.C., this haunting museum takes you into the beating heart of the struggle for freedom from apartheid, the grip of the National Party's regime during apartheid, and the giddy days of liberation.

Lunch is by individual arrangement today.

Explore the massive **South Western Township (Soweto)** of Johannesburg, the biggest city in South Africa and heart of the Freedom Struggle. In Kliptown, pay a visit **Freedom Square**, a place where the Freedom Charter was adopted as the guiding document of the Congress Alliance. In Orlando is the famous **Vilakazi Street**, which has been home to two Nobel peace prize winners and the Hector Pieterse Memorial, the site where the student uprisings of '76 began.

Enjoy dinner at Lebo's for a fireside chat with an invited guest who can discuss the Nguni people. This will provide an opportunity to provide that opportunity to meet the local people and learn about the very diverse culture, language, and people of South Africa.

Overnight: Southern Sun Hyde Park (or similar)
Included meals: Breakfast & Dinner



📍 Pilanesberg, South Africa

DAY 5 – Sunday, August 18 Safari Time!

Say goodbye to Johannesburg today. Travel north via private motor coach to the **Pilanesberg Game Reserve** (2 hours). Pilanesberg Game Reserve offers safari's as Big 5 and most other large mammals of Southern Africa are represented in the reserve.

Bakubung Bush Lodge has much to offer and is situated at one of the reserve gates for your convenience. They have a shuttle that runs to Sun City which is nearby (resort and casino area). They have onsite tennis, cricket and volleyball along with a spa, internet lounge, and a pool.

Lunch will be provided after arrival at the lodge.

Enjoy an afternoon safari! The park has over 7000 animals including the Big Five: lion, leopard, elephant, buffalo, and rhinoceros. Your safari guides will help you see how the animals blend into their surroundings, and you may encounter animals, birds and learn about the flora and fauna of the region.

Dinner will be provided at the lodge this evening.

Overnight: Bakubung Bush Lodge (or similar)
Included meals: Breakfast, Lunch & Dinner





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📍 Pilanesberg, South Africa

DAY 6 – Monday, August 19 Game Drive & Afternoon Meeting

As the animals prefer to feed during the cool temperatures of early morning, you will venture out early in an **open game vehicle** to witness exotic plant and animal life in the gentle light of the dawn. You may see lazy hippos and crocodiles along the riverbank, and your guide will help you be on the lookout for the Big Five—lion, Cape buffalo, rhinoceros, leopard, and elephant. Take in stunning South African beauty among the ever-present giraffe, zebra, kudu, impala, and warthog.

Return for lunch at the lodge.

This afternoon the group will have the opportunity to professional engagement with **Tapologo** a local non-profit organization helping the poorest of the poor in the region. Discuss all things community healthcare worker, communicable diseases/HIV/TB, rural healthcare delivery/cultural nuances in patient care and more. Tapologo has an incredible backstory and have delivered healthcare for underserved since the advent of the HIV epidemic. Understanding the integral role of community health workers in extending healthcare to remote and underserved regions. Also discuss their strategies and challenges faced by nurses in addressing prevalent communicable diseases like Covid, TB and HIV/AIDS.

Overnight: Bakubung Bush Lodge (or similar)
Included meals: Breakfast, Lunch & Dinner



📍 Cape Town, South Africa

DAY 7 – Tuesday, August 20 Fly to Cape Town

Enjoy one last morning game drive before heading to the local airport for your flight to Cape Town. Lunch is on your own today.

Cape Town is the oldest port in southern Africa, Cape Town is regularly heralded as one of the most beautiful cities on earth. Tucked into the arms of a broad bay, it is surrounded by white-sand beaches. Cape Town's Mediterranean look and feel attracts visitors from around the world, and it was the first place settled by European settlers, entrepreneurs, and religious refugees.

After arrival you will get settled into your hotel.

The **Southern Sun The Cullinan** hotel is located in one of Cape Town's most sought after areas, within easy reach of the Victoria and Alfred Waterfront. The hotel has a outdoor heated pool, fitness center, conference facilities, onsite dining and a bar. Guest rooms have all the amenities you will need including AC, minifridge, free Wi-Fi, bathroom amenities, safe and more.

Dinner will be provided this evening.

Overnight: Southern Sun The Cullinan (or similar)
Included meals: Breakfast & Dinner



📍 Cape Town, South Africa

DAY 8 – Wednesday /August 21 Sightseeing Day

This morning you will visit **Robben Island** (weather permitting), once described by Nelson Mandela as “the harshest, most iron-fisted outpost in the South African penal system,” has become an international symbol of the triumph of the human spirit. Today Robben Island is a living museum and World Heritage Site, a tangible reminder of the past and a symbol of hope for the future.

Lunch will be provided this afternoon.

If weather permits, you will have the opportunity to ascend **Table Mountain** via a revolving aerial cable car this afternoon. This iconic symbol of Cape Town is a UNESCO World Heritage Site offering stunning views of the entire Cape Peninsula, the Atlantic and Indian Oceans, Cape Town, and the harbor.

Dinner is by individual arrangement (own expense).

Overnight: Southern Sun The Cullinan (or similar)
Included meals: Breakfast & Lunch

📍 Cape Town, South Africa

DAY 9 – Thursday, August 22 Professional Exchange

Today is set aside for further professional activities. This morning we will request a visit with the **University of Cape Town** or similar depending on school schedule. This visit will provide a comparative exploration of nursing curricula, training, and qualification pathways between the U.S. and South Africa. Delving into the current and proposed healthcare policies, and the influence of nurses in shaping them in South Africa.

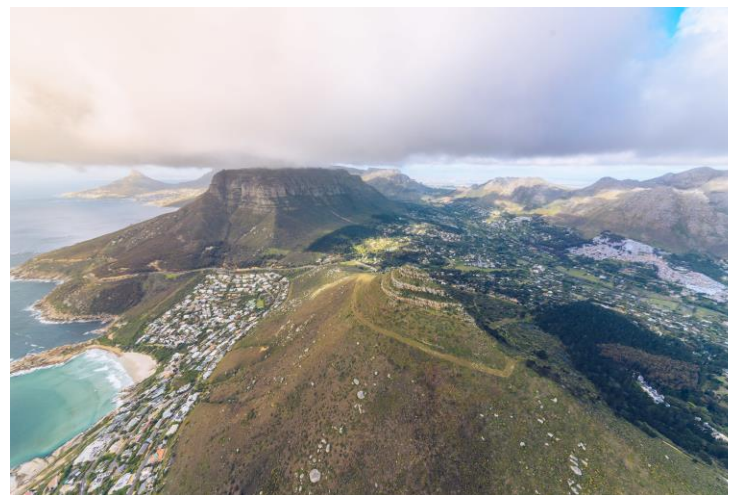
After lunch meet with a local hospital or clinic like **Netcare**. This visit will provide a deep dive into the disparities and challenges in healthcare delivery between the public and private sectors in South Africa. One of the leading private healthcare providers in South Africa, offering a perspective on private healthcare delivery.

Guest program:

Guests will escape to the Cape Winelands, where breathtaking vistas, majestic mountain backdrops, rolling vineyards, and quaint Cape Dutch homesteads characterize the famous and award-winning wine estates. Savor the rich history and culture of Stellenbosch, a historic Dutch colonial town now home to one of the country's best universities.

Lunch will be provided with dinner by individual arrangement (own expense).

Overnight: Southern Sun The Cullinan (or similar)
Included meals: Breakfast & Lunch





📍 Cape Town, South Africa

DAY 10 – Friday, August 23 Cape Point Tour & Botanical Gardens

Spend the day with fellow travelers enjoying the sights in and around Cape Town. Explore the countryside via a motor coach tour of the **Cape Peninsula** all the way to the **Cape of Good Hope** (Cape Point) in Table Mountain National Park. Extraordinary care has been taken to protect this lush reserve of indigenous flora and fauna, and the striking natural beauty of the area makes it a destination for both foreign and local visitors.

After lunch, stop to see the rare **African penguins** in their natural surroundings at Boulders Beach. There are few places in the world where you can get this close to a breeding colony of penguins, and you'll get a firsthand look at these flightless birds as they roam freely around the area.

On the way back to town, stop to take a walk through the **Kirstenbosch National Botanical Gardens** to see some extraordinary indigenous plants.

Say goodbye as you reflect and share memories over a **farewell dinner** at a local restaurant.

Overnight: Southern Sun The Cullinan (or similar)

Included meals: Breakfast, Lunch & Dinner

📍 Departure

DAY 11 – Saturday, August 24 Departure

Fly back to the U.S. today with arrival the following morning. The morning is yours to explore independently and prepare for hotel check-out.

Lunch is on your own this afternoon with meal service provided on your international flight home.

Included meals: Breakfast

📍 Arrival

DAY 12 – Sunday, August 25 Arrival in US

Arrive back in the US this morning to connect to your flight home.



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📍 Johannesburg, South Africa

Southern Sun Hyde Park

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South Africa

Telephone: +27-11-341-8080

<https://www.tsogosun.com/southern-sun-hyde-park-sandton>



📍 Pilanesberg, South Africa

Bakubung Bush Lodge

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Pilanesberg National Park 0316
South Africa

Telephone: +27-14-552-6000

<https://www.legacyhotels.co.za/hotels/bakubung-bush-lodge>



📍 Cape Town, South Africa

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