



CAREER ENRICHMENT



Mental Health Journey to South Africa

11 days / 8 nights

April 29 – May 8, 2019

**arrival back in New York on May 9*

\$5,999 (Based on double occupancy)

\$899 (single supplement)

Enjoy the unique culture and traditions of South Africa while you spend time exploring the cosmopolitan city of Cape Town and the capital city of Johannesburg. An optional safari post trip excursion will be offered on this itinerary.

Program Highlights

- ✓ 8-night (11 day) journey through **South Africa**.
- ✓ 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)**.
- ✓ **Accompanying guest program** – alternate activities will be provided for those who do not wish to attend the meetings.
- ✓ An optional **Kruger National Park** post program extension will be available.

Focus on Community & Culture

- ✓ Talk to the people you meet on the street. You'll be delighted at how open to conversation the locals are, and you may surprise yourself with the new impressions formed.
- ✓ Giving back and engaging with the local community is an important part of your journey. **Visit a facility in an under-resourced community** that serves children and their families with various assistance & support.

Focus on Professional Interaction

- ✓ **Meaningful interaction and collaboration** with mental health counterparts will focus on understanding the barriers to early treatment of serious mental illness, strategies to the prevention of relapse of serious mental illness, and the importance of culture in the effective treatment of mental illness.
- ✓ Participants in this journey will **enhance their understanding and appreciation of the culture and history** of the South African people while learning about the rich diversity of individuals treated.

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 Washington, DC area)
- Local English speaking guide
- Meals as mentioned and most tips

Not Included:

- Personal expenses at the hotels including room service and spa services
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city



📍 **Washington, DC (IAD)**

DAY 1 – Monday, April 29, 2019
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 – Tuesday, April 30
Arrival in Johannesburg

Upon arrival at Johannesburg International airport, you will meet your local guide to transfer to the hotel.

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.

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 & bar and other upscale amenities. It is close to local shops and restaurants for your convenience.

Enjoy dinner at the hotel restaurant this evening.

Overnight: SS Hyde Park (or similar)
Included meals: Dinner



📍 **Johannesburg, South Africa**

DAY 3 – Wednesday, May 1
Welcome and Orientation

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

Immediately following, the group will have a speaker from an organization such as the **South African Society of Psychiatrists (SASOP)** join the group to provide an overview of mental health and psychiatric services in South Africa. This will provide an opportunity to ask questions and interact with their knowledgeable representative(s).

Lunch will be provided at a local restaurant.

Explore 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.

Dinner is by individual arrangement (own expense).

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





📍 **Johannesburg, South Africa**

DAY 4 – Thursday, May 2
Professional Interaction

Meetings will be requested for this morning and afternoon with local schools, medical facilities and/or a local university such as the **University of the Witwatersrand (Wits)** Psychiatry Department. The department renders service in various local community clinics in Ekurhuleni, Sedibeng, Metro and West Rand. Wits is a remarkable university that is internationally distinguished for its excellent research, high academic standards and commitment to social justice. *We will be requesting Wits' assistance with access to one of the community clinics or local hospitals with which they are affiliated.*

Mission: The primary aim of this professional exchange program is to interact with your mental health counterparts in South Africa to discuss and better understand the barriers to early treatment of serious mental illness, strategies to prevent relapse of serious mental illness, and the importance of culture in the effective treatment of mental illness. All mental health professionals can learn from other countries and cultures how to effectively treat mental illness via developing longstanding ties with international counterparts and this journey will open those doors with South Africa.

Lunch will be provided at a local restaurant today.

Guest program:

Guests will venture to Pretoria, South Africa's political capital filled with stunning architectural and cultural history. At the Voortrekker Monument, see an unparalleled view of the city and take a moment to reflect upon the importance and long-term repercussions of the actions of the first whites to conquer South Africa's interior and northern territories. Later, visit Church Square and the Union Buildings, which are the seat of the South African national government and site of Nelson Mandela's presidential inauguration.

Dinner is by individual arrangement (own expense).

Overnight: SS Hyde Park (or similar)

Included meals: Breakfast & Lunch

📍 **Johannesburg, South Africa**

DAY 5 – Friday, May 3
Professional & Humanitarian Program

This morning the group will meet with the **South African Depression and Anxiety Group** (or similar). They are Africa's largest mental health support and advocacy group and is committed to quality counseling, outreach and capacity building work throughout South Africa.

Guest program:

Guests will have some free time this morning to relax and will connect with the rest of the group for the afternoon humanitarian visit.

Lunch is by individual arrangement today.

This afternoon the group will take part in a visit with staff from local after-school program **The Elton John Masibambisane Center for Orphaned and Vulnerable Children**. Spend time with the staff and children, hanging out and learning about the assistance the center provides to the children and their caregivers, while giving back to the community.

Dinner will be provided at a local restaurant this evening.

Overnight: SS Hyde Park (or similar)

Included meals: Breakfast & Dinner





📍 **Cape Town, South Africa**

DAY 6 – Saturday, May 4
Fly to Cape Town & Table Mountain

Check out of your hotel after breakfast and head back to O.R. Tambo International Airport in Johannesburg. Fly to the southern city of **Cape Town** late this morning. 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.

Lunch is on your own today if not included in your flight to Cape Town. *Options available at the airport.*

The **Southern Sun Cullinan**, located in the heart of the city's most tourist-friendly precinct, is a short walk from the V&A Waterfront. Stylish and inviting, the hotel provides comfortable and convenient accommodation for travelers. The hotel has free Wi-Fi, air conditioning, a fully-equipped fitness center and a gorgeous outdoor pool.

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 Cullinan (or similar)
Included meals: Breakfast



📍 **Cape Town, South Africa**

DAY 7 – Sunday, May 5
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.

Lunch will be provided this afternoon.

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.

Dinner is by individual arrangement this evening. You might check out the **Victoria and Alfred Waterfront**, which features magnificent sea and mountain vistas as well as exciting shopping and entertainment venues, cafés, restaurants, and markets.

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





📍 **Cape Town, South Africa**

DAY 8 – Monday, May 6
Professional Exchange

Today is set aside for continued professional interaction with your mental health counterparts to visit a **local high school**. Discuss items such as suicide risk assessment and reduction, violence risk assessment and reduction, substance abuse, sexual harassment and other items of mutual interest with the faculty and select students as available.

Lunch is by individual arrangement (own expense).

This afternoon, a meeting will be requested with the **University of Cape Town** to discuss the *Mental Health & Poverty Project* (MHaPP). The purpose of the Mental Health and Poverty Project is to develop, implement and evaluate mental health policy in poor countries to provide new knowledge regarding comprehensive multi-sectoral approaches to breaking the negative cycle of poverty and mental ill-health. MHaPP is based in four African countries: Ghana, South Africa, Uganda and Zambia.

Guest program:

Guests will visit Bo-Kaap, the only area in the city of Cape Town where the Cape Malay community were not forcibly removed under Apartheid. It is a bright and colorful area, one of the most photographed places in Cape Town. Enjoy a walk around the area and visit a spice shop before heading into a home of one of the ladies in the area. The Cape Malay cuisine is the oldest cuisine of the Cape, having been evolved by the Malay slaves who worked in the kitchens of their Dutch masters. Participate in the making of a delicious meal and learn more about this local culture. Enjoy some time free late this afternoon to explore the waterfront. The V&A Waterfront is, Cape Town's premier retail, dining and entertainment precinct.

Dinner is by individual arrangement (own expense).

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

📍 **Cape Town, South Africa**

DAY 9 – Tuesday, May 7
Cape Winelands Tour

Travelers 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.

Visits may include a visit to *Solms-Delta* for a wine tasting and a look at their Museum van de Caab and Music van de Caab center. Located in the farm's original wine cellar and dating back to 1740 the museum gives a voice to the individual indigenous and slave people who have lived and worked on the farm from pre-colonial times to the present.

Also visit **Franschoek**, a valley originally settled by French Huguenot refugees who brought with them their wine and food culture.

Lunch will be provided this afternoon at a local winery.

Return to Cape Town late this afternoon with some time to relax before dinner.

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

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





📍 Departure

**DAY 10 – Wednesday, May 8
Departure**

Fly back to Washington, DC today with arrival the following morning (Thursday, May 9). The morning is yours to explore independently and prepare for hotel check-out.

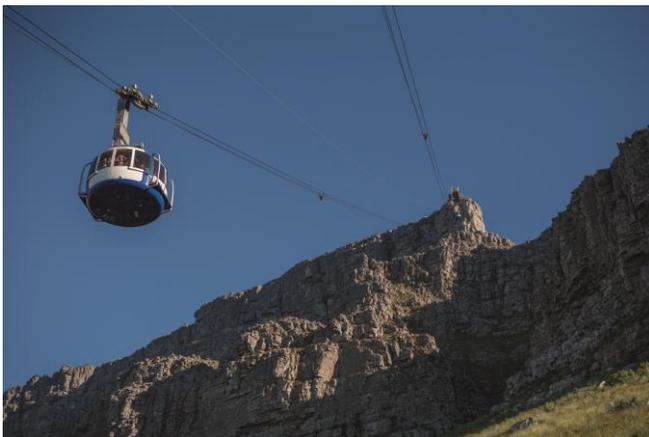
Depending on flight time, lunch is on your own this afternoon with meal service provided on your international flight home.

Included meals: Breakfast

📍 Arrival

**DAY 11 – Thursday, May 9
Arrival in US**

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





📍 Johannesburg, South Africa

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📍 Cape Town, South Africa

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