



**SOUTH  
AFRICA  
EXPEDITION  
GUIDE**



# INTRODUCTION

**Transformational. Impactful. The beginning of the rest of your life. This is how Raleigh Venturers describe Raleigh Expeditions.**

This guide will give you a more in-depth description of what to expect on a 10-week Raleigh Expedition in South Africa, including the structure of your programme, the projects you will participate in and camp life. We hope it gives you a sense of life on Expedition. 7 and 5 week Expeditions will differ, but many of the elements involved will be the same.



I will remember it until the day I die. A truly remarkable experience I will never forget.

**Martin, Raleigh Alumni**

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# WELCOME TO SOUTH AFRICA!

**SAWUBONA, WELCOME.**

## About South Africa

**South Africa is also known as the 'Rainbow Nation' because it is made up of so many diverse cultures and religions.**

Known for its incredible nature, South Africa is also home the Greater Kruger area. Far from South Africa's capital cities of Cape Town and Johannesburg, Kruger a world renowned biodiversity haven where 'Big five' wildlife roam.

Famed for its incredible diversity, stunning landscapes, and rich culture, South Africa truly is the great cultural meeting points of Africa.



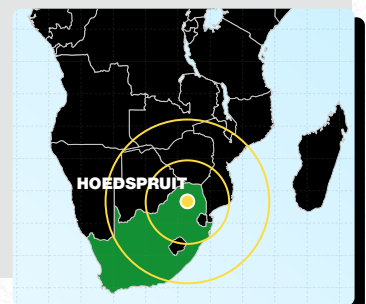
## NATIONAL LANGUAGE

The main local language in the Expedition region is Sepedi. However, most people do speak English as a second language.

- **Hello - Dumela**
- **How are you? - O kae?**  
(singular) Le kae? (plural)
- **I am fine. - Ke gona.**
- **I am fine, thank you. - Le nna ke gona, ke a leboga.**
- **Goodbye - Gabotse**
- **Good luck - Mahlatse**
- **Have a safe journey. - O be le leeto le le bolokegilego**

## DID YOU KNOW?

- ✓ There are more than 2000 shipwrecks in and around the South Africa coast.
- ✓ The highest commercial bungee jump in the world is situated along the Garden Route. It is 216 metres high and is called the Bloukrans Bridge Bungee.
- ✓ Guess who is the second largest fruit producer in the world? Yes, you guessed it, South Africa.
- ✓ The lion, the cheetah and the wildebeest are three of the five fastest animals in the world, and they all live in South Africa.
- ✓ There are eight amazing world heritage sites in South Africa.



# SAMPLE TIMELINE



## What will I be doing and when?

The order of the phases vary on a 10-week Expedition. On a 7-week Expedition you join one project and the trek. On a 5-week Expedition you join one project phase and a shorter trek.

### WHAT IS 'CHANGEOVER'?

At the end of each phase, everyone returns to Raleigh Fieldbase in Hoedspruit for a couple of days. During this time you will catch up with the rest of the Expedition team, debrief from your previous phase and have time to rest and relax. You will be allocated into new teams so you can start preparing for your next phase.

You will have the chance to access your phone so you can get in touch with friends and family. Once recharged and energised, you'll be ready for the next phase of your Expedition adventure!

## SAMPLE TIMELINE



This is a sample timeline for a 10-week Expedition and the phase order and structure may be subject to change



# INDUCTION

“  
Raleigh friends for life! From all walks of life, coming together to overcome challenges and to accomplish their shared goals together. Absolutely life changing.

**ALISON,  
RALEIGH VENTURER**

## Arrival and introduction

**All Venturers are met at the airport by our dedicated team (on the Expedition arrival date) and taken to Raleigh Fieldbase, close to Hoedspruit near the Greater Kruger area.**

Expedition begins with induction, where you can expect a busy few day as you get to know your teammates and prepare for Expedition life.

You'll receive essential training and safety briefings, find out more about the project you'll be working on and how your energy and hard work will contribute to creating lasting change.

During induction you will stay at the Raleigh Fieldbase, where accommodation will involve sleeping in tents with access to basic washing facilities. There is also limited Wifi.

By the end of Induction, you will be ready for your first phase! You will give in your phones to be safely stored before setting off on Expedition.

## YOUR TEAM

The number of Venturers can vary but you will be in group sizes of no more than 14. This will include national Venturers and Venturer Managers. You change groups between each phase and will have the chance to work with many different people.

## Your induction will cover:

- ✓ **Introductions to the team**
- ✓ **Raleigh Code of Conduct**
- ✓ **Safety around camp and on projects**
- ✓ **The work we do and why its important**
- ✓ **Information about South African culture, local community issues and conservation issues.**
- ✓ **Project roles and schedules**
- ✓ **Getting to know your fellow Venturers**

# COMMUNITY PROJECT

## PHASE 1

**Work side-by-side local experts to reduce poverty in rural areas through projects improving access to educational facilities, as well as food and farming education.**

**Our projects are based on a community-specific needs assessment and relationship building between Raleigh, the local community and project partners.**

### About your community projects

On your community project you will work in the community of Saville B, based on the edge of Kruger national park just south of Hoedspruit, approximately 1.5hrs from Raleigh Fieldbase.

You will work with Nourish, our project partner. Nourish are a well-known and well established organisation that delivers meaningful community projects in the area. They are working to increase the standard and availability of education in the local community, creating safe spaces and resources for children to develop, grow and learn empowering skills that they don't usually have access to.



It was incredible to see something go from nothing to a physical structure that would be used. It was really rewarding for me to do that.

**MARTIN,  
RALEIGH ALUMNI**

### What will I be learning?

Teamwork is essential to achieve the objectives of these projects. Other skills learned or put into practice are effective communication, decision-making, conflict resolution, leadership and negotiation. You will also learn practical skills such as building, using tools, playground design using reclaimed materials and farming practices in a rural setting.



# COMMUNITY PROJECT continued...

## PHASE 1



### Projects activities include:

- ✓ **Building:**  
You may build jungle gyms, and create different play areas to support different age groups, so children can learn through play. Improving facilities for educational play stimulates the senses and encourage an active, healthy lifestyle.
- ✓ **Raleigh Farm:**  
Assist at the Raleigh farm through planting, upkeep and harvesting of seasonal vegetable. You may clear land create a vegetable garden, used to both support the feeding scheme, and provide education around agriculture and harvesting.
- ✓ **Action days:**  
You will plan and deliver action days - involving engaging the wider community - at the end of the project.
- ✓ **Learning:**  
You will receive presentations on the context of community life in South Africa and presentations from the Nourish staff on their work as an NGO.

### GETTING TO KNOW LIFE IN RURAL SOUTH AFRICA

Whether you are playing a game of football or netball, learning the language or simply getting to know local people, you will gain an insight into a different way of life.

Around the campfire you will discuss your experiences, facilitated by a local to immerse you deeper into the culture. Amongst the hard work you will share stories, learn to cook traditional food and understand the local traditions, fears and culture.



### Where will I be staying during this phase?

You will setup a basic camp with sleeping tents, mess tent and basic washing facilities at the Nourish Base.

# ADVENTURE CHALLENGE PHASE

## PHASE 2

**Before leaving the Fieldbase, you and your team will pack your kit and supplies together before you embark on your exciting 19 day adventure trek.**

**Venture through the Drakenberg Mountains and experience the wonder of Blyde Canyon and Magoebaskloof.**

Your ability to work as a team and to support others will be tested whilst the ability to navigate, a strong mental aptitude, sense of humour and proper planning are all essential elements of completing this hike. Add the unspoilt natural beauty and majesty of the Drakensberg, and you have all the ingredients for a truly world-class adventure.



### SLEEP IN THE WILD

You will be camping in tents along the way and will stay in a different campsite. There will be very few facilities available but you will sometimes be able to use natural sources, such as nearby rivers or dams, for washing and cleaning clothes.

### Taking on the Drakensbergs

You will travel with your team to the Drakensberg mountains where you will begin your adventure trek, trekking beautiful terrains, passing through canyon landscapes, forest areas and rural villages. You will cover a mix of cattle trails and going off-trail cross country.

The terrain consists of grass, shrubbery, a few rocky sections and easy river crossings. However, do not underestimate how taxing it will be to walk long distances with a heavy backpack on sloping terrain and climb, on average, 1000m a day!



# ADVENTURE CHALLENGE PHASE continued...

## PHASE 2

### Everyone starts and finishes trek together

**The trek is designed to be challenging, but no matter your trekking experience, you will learn to put one foot in front of the other and keep going. Come rain, come shine, everyone does it together.**

It requires courage to do something beyond your comfort zone, and there will be highs and lows. Supporting one another through this and not giving up will be among some of the most defining moments of your Expedition.



### What skills will you learn?

- ✓ **Navigation, survival and fitness skills**
- ✓ **Endurance and mental resilience**
- ✓ **Leadership and planning**
- ✓ **Teamwork and independence**
- ✓ **Map reading, GPS and compass use**

“

There's a lot of challenges, but I enjoyed the last few days, especially when we were under the waterfall. I actually still can't believe myself that I achieved that and finished the route.

**TIANA,  
RALEIGH VENTURER**

### PREPARING FOR TREK



- Do practice hikes to boost your fitness before Expedition so you are better prepared for the challenge of trek.
- Get ready for the climate you will be facing. Oct-Apr is summer so every day will be hot and humid, while May-Sept is winter so it is hot in the day but can be chilly in the evenings/mornings.

### Leadership and experiential learning

With all our projects, you will all take it in turns to lead the group for a day. This is a chance to develop your leadership skills and learn about the power of team working to achieve goals.

Throughout trek, Venturers will take part in orienteering, as well as developing planning and logistics skills. This is all part of your experiential learning experience and an opportunity to build skills, confidence, and resilience outside of a classroom setting. Whether it's scrambling up hills, lighting a fire or falling asleep under a starlit sky, these are the memories that stay with you.

# ENVIRONMENTAL PHASE

## PHASE 3

**Protect and maintain wildlife and nature in the Greater Kruger area through data collection and physical conservation work.**

Your environmental project will have direct impact on restoring a healthy habitat on land bordering the Kruger National Park. You may be working in the Sawong Reserve in the Greater Kruger area, or within the Kruger Canyons Biosphere Reserve in Limpopo with the Cape Culture Conservancy.

You may be involved in alien plant removal, tree planting, combating soil erosion, snare sweeps, litter picks and road clearing. All of which will help accelerate the restoration of a wilderness.

Venturers will be doing physical conservation work which will be physical, messy and fun, making a difference to the health of the habitat.



"I've seen animals that I've never seen before, learning from our guide, gaining knowledge on tracking, identifying animals and footprints."

**TIANA,  
RALEIGH VENTURER**

### Tasks may include:

- ✓ Removing and cutting down invasive plant species
- ✓ Snare sweeps to stop poaching
- ✓ Data collection of wildlife
- ✓ Removing rubbish (such as old fencing)
- ✓ Building new fences to protect boundaries
- ✓ Awareness raising activities on the importance in preserving these eco systems

### ACCOMODATION

You will be off-grid at your camp site, which is next to the river in a protected area. You will sleep in tents and have basic facilities, such as flushing toilets and cold shower facilities. You'll sit around a fire pit for the evenings and will be cooking your own food with gas hobs.



# LIFE IN CAMP

**Throughout your Expedition you will experience a range of different environments on each phase. From Fieldbase and community life, to bush life on your Environmental project and living off-grid on trek. You will be camping throughout and will embrace basic living with your teammates.**

Alongside the project work you will have your own responsibilities within camp. Depending on the phase, you could be collecting water for the showers, keeping fires going to heat water and to cook, collecting firewood and clearing the area to discourage wildlife.

## What to expect

- ✓ Shared sleeping tents with basic showers and toilets, with a social area to eat and learn.
- ✓ No WiFi or phone access during project phases and limited WiFi access during Changeovers.
- ✓ No African camp is complete without a fire boma. On many nights you will collect around the fire, gazing at the stars before bedding down before an early start the next morning.

## Meals

Venturers will be given ingredients and take turns to cook and clean. Meals will be basic, locally inspired and filling.

## Time off

- ✓ Work will be done in the early mornings and late afternoons to avoid the heat of the day.
- ✓ On rest days you are free to relax, read a book and socialise with your fellow Venturers.

## ENDING EXPEDITION

Whatever length of Expedition you do, you will meet lots of new friends and have amazing experiences. All Expeditions end with everyone coming together for a final few days back at the training centre. This is a chance to catch up with friends and celebrate all you have achieved together.

### Your journey doesn't end with Expedition



You will be to be part of a global movement of over 55,000 alumni.



Join a Raleigh International alumni society full of Venturers dedicated to taking action towards a fair, inclusive, and green world.

# SOUTH AFRICA FULL-TIME STAFF



## **STACEY** | COUNTRY DIRECTOR

Stacey leads the development of Raleigh South Africa and is responsible for the organisation's general management. South African born and bred, Stacey has extensive experience in volunteer travel.



## **JASON** | EXPEDITION MANAGER

Jason has been involved in outdoor adventure and conservation since 2008, working as a white water rafting guide, a field guide and ranger. He has worked all over Africa and the UK on conservation projects, most recently leading volunteer projects in Zanzibar. He is passionate about protecting the environment, uplifting local communities and adventure.



## **HARRIET** | OPERATIONS COORDINATOR

Harriet studied International Development at university, fuelling her passion for sustainable development. She has since worked in event and project coordinator roles, as well as working with volunteers on projects in Zanzibar. She has seen first hand the impact of Raleigh Expeditions as a volunteer with Raleigh in India and Borneo.

# SOUTH AFRICA FULL-TIME STAFF

continued...



## **GARETH** | OPERATIONS COORDINATOR

After studying a Bachelor of Heritage and Cultural Science at the University of Pretoria, Gareth followed his passion to create a positive impact on the lives of people and animals. He has worked on community and environmental projects, and as an adventure guide for groups travelling Southern Africa.



## **SHADRECK** | GUIDE

Shadreck is an Outward Bound Instructor and a professional tour guide, has been working with youth development programs since from 1995. He was involved with Raleigh international as a venturer in Belize 1998. He is passionate about working with young people and interacting with people of different cultures.



## **KATIE** | CONSERVATION GUIDE

Born in the UK, Katie has volunteered around the world, but her heart lies here in South Africa. With a background in ecology and conservation, Katie combined those skills with training as a field guide. She has a passion for nature and the environment, and believes education about our natural world can benefit everyone.

**NOTES**

A night scene of a campsite. In the foreground, a green semi-transparent banner with the word "NOTES" in white capital letters is overlaid. The background shows a dark night sky with stars. On the left, there are white storage containers, one with a yellow "TENTCO" label. In the center, a bright light source, possibly a campfire or a lantern, creates a strong lens flare. To the right, there is a dark, dome-shaped tent. The ground appears to be covered in dry grass or dirt. The overall image has a slightly blurred, artistic quality.



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If you still have  
questions, there are  
lots of ways you can  
find out more

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