

Return to Study Abroad South Africa Itinerary

EXPERIENCE CAPE TOWN THE SIT WAY IN THIS ADULT EDUCATIONAL TRAVEL PROGRAM
FOCUSED ON MULTICULTURALISM AND HUMAN RIGHTS

Outline of Itinerary:

Please note that the itinerary is subject to change and a more detailed itinerary will be provided closer to the start of the program and after registration closes on December 9th, 2024

DAY 1: SATURDAY, APRIL 26TH

Meals included: Dinner

Arrival Day! Arrive in Cape Town and transfer to Hotel

Please Note: Most flights from North America arrive late in the afternoon/evening

DAY 2: SUNDAY, APRIL 27TH

Meals Included: Breakfast, Lunch, Welcome Dinner

Welcome and Introductions

Meet the program staff and fellow participants. Participants will get the opportunity to spatially ground themselves in Cape Town and understand its geographical layout and reflect on the cultural and environmental importance of Table Mountain.

DAY 3: MONDAY, APRIL 28TH

Meals Included: Breakfast, Lunch, Dinner

Get an overview of the History of Cape Town and South Africa, focused on Race, Identity, and Human Rights. Participants will gain a comprehensive understanding of South Africa's complex history, including colonialism, apartheid, and the struggle for human rights. Visit Bo-Kaap and partake in a walking tour to learn about the history and cultural heritage of the Cape Malay community, understanding the impacts of displacement and cultural preservation. Visit the Slave Lodge to explore the history of slavery in South Africa and its long-term impacts on society and human rights.

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DAY 4: TUESDAY, APRIL 29TH

Meals Included: Breakfast, Lunch, Dinner

Participants will get an Isixhosa language class to acquire basic language skills in Isixhosa, enhancing their communication and cultural understanding. From there, journey to Langa and learn about the history of the pass laws and their effects on the mobility and freedom of black South Africans during apartheid. Then visit other important museums and sites in the city to understand the forced removals and the broader implications of apartheid policies on communities and human rights. Round out the day with a dinner with a local family to connect more deeply with the local community.

DAY 5: WEDNESDAY, APRIL 30TH

Meals Included: Breakfast & Lunch

Day Excursion to Cape Point

Venture to the Cape Point Nature Reserve situated at the Southwest tip of Africa. Spend time in the Nature Reserve and then head to Boulders Beach to see the endangered African Penguin. Have a free evening to explore the city.

DAY 6: THURSDAY, MAY 1ST

Meals Included: Breakfast & Lunch

Robben Island (weather dependent)

Visit to Robben Island to reflect on the history of political imprisonment during apartheid, including the incarceration of Nelson Mandela. Understand the island's significance in the fight for freedom and human rights.

DAY 7: FRIDAY, MAY 2ND

Meals Included: Breakfast, Lunch, and Dinner

Excursion to Stellenbosch

Visit Stellenbosch and hear about the complexities of Afrikaner identity and history, and its role in contemporary South African society. Tour the Sustainability Institute to learn about sustainable development practices and their social, economic, and environmental impacts. End the day with a dinner at a winery with optional wine tasting to experience local culture and cuisine while discussing sustainability and land use in South Africa.

DAY 8: SATURDAY, MAY 3RD

Meals Included: Breakfast & Dinner

Visit a Market in Cape Town to engage with local vendors and artisans to understand the role of markets in community life and the local economy. Observe multicultural interactions and the economic activities of small business owners in a diverse society. Then enjoy a free afternoon for souvenir shopping or last-minute exploration.

DAY 9: SUNDAY, MAY 3RD

Meals Included: Breakfast

Departure Day