

LIVING HOPE SUMMER PROJECT 2012



\$1995*
special offer

Location

Cape Town, South Africa

Length

6 weeks

Start Dates

28 May - 7 July

2 July - 11 Aug

Ministry Focus:

community outreach

kids & teen clubs

homeless ministry

community projects

compassion ministry

Price

\$ 2295 per person

**Special rate (\$1995) apply to*

all bookings made before 31 Jan

OVERVIEW

Itinerary

week 1: ministry orientation & team building

week 2 - 5: ministry with Living Hope

week 6: garden route vacation & safari

Includes

- accommodation · meals · transport · ministry support
- weekend excursions

Excludes

- flights



DESCRIPTION

Imagine spending a summer serving the people of Africa, sharing the love of Christ, bringing hope to the destitute, and transforming your life forever. Imagine a summer that propels you into a deeper walk with God, gives you greater confidence in making Him known and begins friendships that will last a lifetime.

On the [Living Hope Summer Project](#) you will serve in vibrant and colorful communities, many of which face day-to-day struggles such as poverty, unemployment and the devastating consequences of HIV/AIDS and other social issues.



Sharing Christ's love in Africa...

logistics by



contact: volunteer@livinghope.co.za

visit: www.livinghope.co.za

www.actsafrica.com

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MINISTRY



The exact ministry schedule will be determined by Living Hope and will be adjusted closer to the time, so as to best meet the exact needs of the communities volunteers will be working in. Generally speaking, ministry opportunities will include:

Children or Teens Clubs:

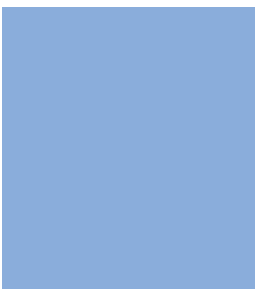
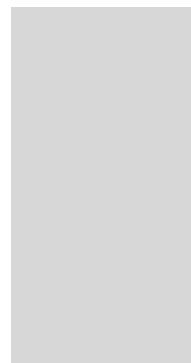
After school and during school vacation in South Africa means that many children in impoverished areas spend much of their time on the streets passing time, and often mingling with the 'wrong' crowds due to a lack of responsible adult supervision. This offers wonderful opportunities to share the love of Christ through Holiday* and Kids Clubs. Involvement may include planning and running activities such as songs, games, sports, arts & crafts, Bible-stories & devotionals and generally spending quality time with the children, loving them as Christ does. Teen Club is an opportunity to reach the high-risk youth in these same impoverished communities by building encouraging, healthy, Christ-centered, mentor relationships. Involvement includes partnering with the Teens Team to help strengthen these relationships. *Only during school vacations.

Health Screenings:

Many people living in impoverished communities don't have access to proper support and health-related education to make the choices that would lead to long and healthy lives. Living Hope reaches out to the community by offering free health-screenings that includes various tests, offering support through counseling and health education. Involvement may include assisting with the health-screening days.

Community Work:

Community work is completely dependent on the exact needs in the surrounding communities and partner churches at that time. Practical involvement may include painting, repair & maintenance, basic construction (houses, fences etc), planting vegetable gardens etc.



Declare His glory among the nations, His marvellous deed among all peoples.
1 Chronicles 16:24



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Homeless Ministry:

Living Hope 's homeless ministry, "Living Grace ", seeks to transform the shattered lives of the destitute through the love of Christ. Its mission is to motivate, treat and support the homeless (most of which are without any basic necessities), and to be the voice for the voiceless. Living Grace operates a daily feeding programme, provides lockers (where the homeless keep their belongings), a shower, laundry facilities, toilets, social and health services, job training, addiction counseling as well as health and substance abuse support groups. Involvement may include helping facilitate the feeding programme and conducting Bible studies and worship times.

Compassion Ministry:

Many people die from AIDS and other chronic diseases in South Africa due to a lack of proper nutrition, medication, health care and health-related education. Living Hope offers a 22-bed IPU (in patient unit) to the community that offers to all these needs, but more importantly offers the compassion of Christ, prayer and personal touch. Involvement may include playing boardgames, visiting and praying with, doing crafts and " pampering " patients.

Community Outreach:

Living Hope partners with local churches in impoverished communities with an aim to empower, encourage and invest in these churches that serve the people in the different communities. Involvement may include leading worship, assisting with community outreaches and celebrations.



Project Arrival

Volunteer must make sure that their flights arrive at Cape Town International Airport on either the **26th or 27th of May** for **GROUP 1 & 30th of June or 1st of July** for **GROUP 2**, preferably anytime before 10pm.

After your arrival at the of your flight, you will be met by an ACTS representative who will be holding an ACTS sign as you exit the arrival hall. From there you will be transported 45 minutes to your project accommodation.

Week 1: Monday - Friday,

The first part of your week will be spent on given you a practical orientation and briefing on what the next few weeks will entail. A tour of Living Hope, team building and ministry overview set the focus for the first part of this week. To the end of the week you will receive a ministry schedule for the next couple of days.

Saturday,

Scheduled weekend excursion. Situated at the foot of Table Mountain, within a stone 's throw from the Cape Town Stadium and in the heart of Cape Town 's working harbour, the V&A Waterfront offers the visitor an abundance of unforgettable experiences. Indoor shopping and entertainment venues seamlessly merge with ocean vistas and mountain views and the fresh sea breeze and warm African sun add zest to a cosmopolitan, vibrant atmosphere.

Sunday,

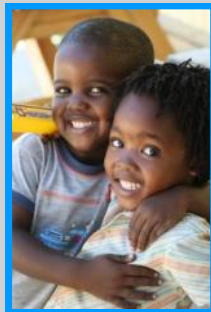
After a busy week, you deserve a day to do what you want. You will have the opportunity to visit one of the local community African churches.

Week 2: Monday - Friday,

Follow ministry schedule with Living Hope (As per the above ministry description)

Saturday,

What better way to start the morning than a hike up Table Mountain. This is undoubtedly South Africa's most visited destination with great views of both the sea and the mountain. This is an experience not to be missed ...



Sunday,

Today you have at your leisure, take a day tour, go shark cage diving or just spend the day on the beach or at the volunteer house.

Week 3: Monday - Friday

Follow ministry schedule with Living Hope (As per the above ministry description)

Saturday,

Today we will start with retail therapy and visit the Biscuit Mill with its myriad of stalls crafters and local produce. We then head off to Spier Wine Estate near Stellenbosch, one of the most famous sites in the Cape wine lands. Set amidst stunning scenery, it is also home to two wildlife awareness projects, namely Cheetah Outreach and Eagle Encounter. This will allow you a close and personal encounter with one of Africa's most beautiful cats, the cheetah!

Sunday,

Today is at your leisure to take a swim, sleep late, hike one of our beautiful mountains or catch up on your emails to friends back home.

Week 4: Monday - Friday

Ministry with Living Hope (As per the above ministry description)

Saturday

Today we will visit 3 coastal towns. Simons Town a naval base set back in time and has a number of great museums and old folk tales. Kalk Bay 's centre revolves around a small fishing harbour, streets are lined with antique stores, good food and bohemian stores make for a great stroll.

Sunday

Another well deserved day to relax and reflect on your experience so far.

Week 5: Monday - Friday

Ministry with Living Hope (As per the above ministry description)

Saturday,

Depart for your **7 day Garden Route Tour**

Departure:

Today you will return to Cape Town from your 7 day Garden Route Tour. You will be dropped off at the Cape Town International Airport for your return flight to your home destination.

***Please note that your return flights needs to be booked so that you depart from Cape Town International Airport on **7 July 2012** any time after **3pm** for **GROUP 1** & **11 August 2012** any time after **3pm** for **GROUP 2**. If you are only able to book your return flight for a day or two after the tour ends ,then ACTS Africa will be more than happy to help you to make alternative accommodation and airport transport arrangements for the extra nights, and transfer to the airport in the morning. This will be at an extra cost and needs to be arranged prior to your arrival.*

Accommodation

Our volunteer house is a comfortable and safe home shared with other volunteers during your time here. You will be sharing a twin room in our ACTS Volunteer House. Surrounded by mountains and indigenous Fynbos, the house is situated very centrally within the southern peninsula of Cape Town, only 40 minutes drive from the airport and 30 minutes from the centre of Cape Town. The house is in close proximity to the Living Hope headquarters, King of Kings Baptist Church and also the nearby mall with numerous shops, restaurants and movies. The property is very private and secure with spacious en-suite (shower, toilet and basin) bedrooms.

Meals

You will be provided with three meals a day. Breakfast is on a help-yourself basis consisting of cereals / porridge, toast, tea and coffee. Lunch you will need to prepare yourself, but all the ingredients needed will be provided. Dinner will be cooked or prepared for you by one of our chefs at your volunteer house. On weekends you will need to cook your own meals (we will provide ingredients) as our staff will need to be given time off. Weekends are usually a good time for tourist activities and exploring the surrounding area, so this is the time that a lot of volunteers are out and about.

Please advise us of any specific dietary requirements before you arrive!





The Cape to Addo Park Safari is a unique way to experience the thrill of game driving in an authentic BIG 5 National Game Park, while touring the coastal regions of both the Western and Eastern Cape. On this tour nothing is left out as we explore the Whale Route, Route 62, the Karoo and Garden Route all the way to Jeffrey 's Bay, Mandela Bay and Port Elizabeth. Every Cape to Addo Safari is professionally driven and guided by an experienced African tour leader and the itinerary is packed full of unique African experiences and exciting discoveries. Game driving, ski-boat cruises, beer tasting, caving, zip lining, bungy jumping, hot natural springs, horseback rides, surfing, elephant feeding and riding, river canoeing, the list goes on... and on.

Day 1: Whale Route, Hermanus, Birkenhead Brewery and Cape Agulhas

Departing Cape Town at 8:30 am, our exciting journey begins today as we join the world famous whale route in Gordons Bay for a stunning drive along the picturesque R44 mountain pass overlooking False Bay to the vibrant coastal town of Hermanus. After an opportunity to take some photographs and a picnic lunch on the seafront, we continue to the southernmost tip of Africa in Cape Agulhas National Park. After a visit to the lookout point we make our way to the harbour where there is an option to embark on an exciting ski-boat cruise to search for dolphin and whales. After our cruise we take a walk back to our accommodation along " Die Plaat ", the longest beach in the Southern Hemisphere.

Optional Activities: Shark cage diving, Ski-boat cruise (possible whale viewing June – Nov)

Day 2: Tradouws Pass, R62, the Little Karoo and Oudtshoorn

Driving inland this morning our journey takes us north through rolling wheat fields to the Langeberg Mountains and on to the pristine semi-desert environment of the Little Karoo. Shortly after Barrydale on Route 62, we stop at Warmwaterberg Spa for lunch and a relaxing swim in 43-degree natural hot springs.

In the afternoon we drive through Ladismith and Carlitzdorp to the capital of the Little Karoo, Oudtshoorn. Known as the ostrich capital of the world, Oudtshoorn is situated in a beautiful valley between the Outeniqua and Swartberg Mountains. Here there is an option to view and ride one of these prehistoric birds on a working farm or go on a guided tour of the Cango Endangered Wildlife Ranch for an opportunity to pet cheetah, cage dive with crocodiles and view many rare and endangered animal species.

Day 3: Cango Caves, Knysna, Bloukrans Bungy Jump & Tsitsikamma

We begin the day with a short 20km drive to the magnificent Cango Caves. Here we 'll embark on a 1-hour guided tour of the cave system to view its massive caverns and a wonderland of stalactite and stalagmite formations. Cango Caves is a world heritage site and one of the great wonders of the natural world.

After our visit to the caves, we leave the Karoo and travel 60km to the coast through the magnificent Outeniqua Pass. Entering the Garden Route for the first time in George we take a leisurely drive up the coast to Knysna, rated South Africa 's most beautiful town. Here we 'll take a walk to the entrance of the lagoon to explore the captivating scenery surrounding the famous Knysna Heads. In the afternoon we drive to the highest road bridge in Africa at Bloukrans Bridge. At a height of 216m this is also the site of the highest bungy jump in the world! For those wishing to take the leap, this is your opportunity!

Day 4: Tsitsikamma National Park, Black Water Tubing, Waterfall Zipline & Sundays River Valley

This morning you have the opportunity to explore the Tsitsikamma National Park, either via a hike across the suspension bridge at Storms River Mouth or by means blackwater tubing. Tubing is a unique, four hour fun adventure, filled with splashing, swimming, rock jumping, kloofing and hiking (seasonal). The National Park, declared in 1964, encompasses a marine reserve made up of 80km of coastline and offers magnificent scenery. Approximately 30% of the park is covered in fynbos, scattered amongst the forest vegetation, boasting a wide variety of beautiful flowers, including proteas and heath. Many species of forest, fynbos and sea birds are present.

We also stop off at the fun waterfall zipline at Tsitsikamma Falls Adventures. This “foefie-slide” tour takes you on 8 cable rides over the Kruis River and down a ravine over three waterfalls.

Afterwards we make our way inland towards Addo and our accommodation for the night, in the Sundays River Valley. Set in a wild and scenic location on the banks of the Sundays River, we take the time to relax under the African sun as well as explore the river by canoe. Around the campfire tonight, this is what you’ve come to experience... Wild Africa at her enigmatic best!

Day 5: Addo Elephant Park, Game Drive, Port Elizabeth & Jeffrey’s Bay

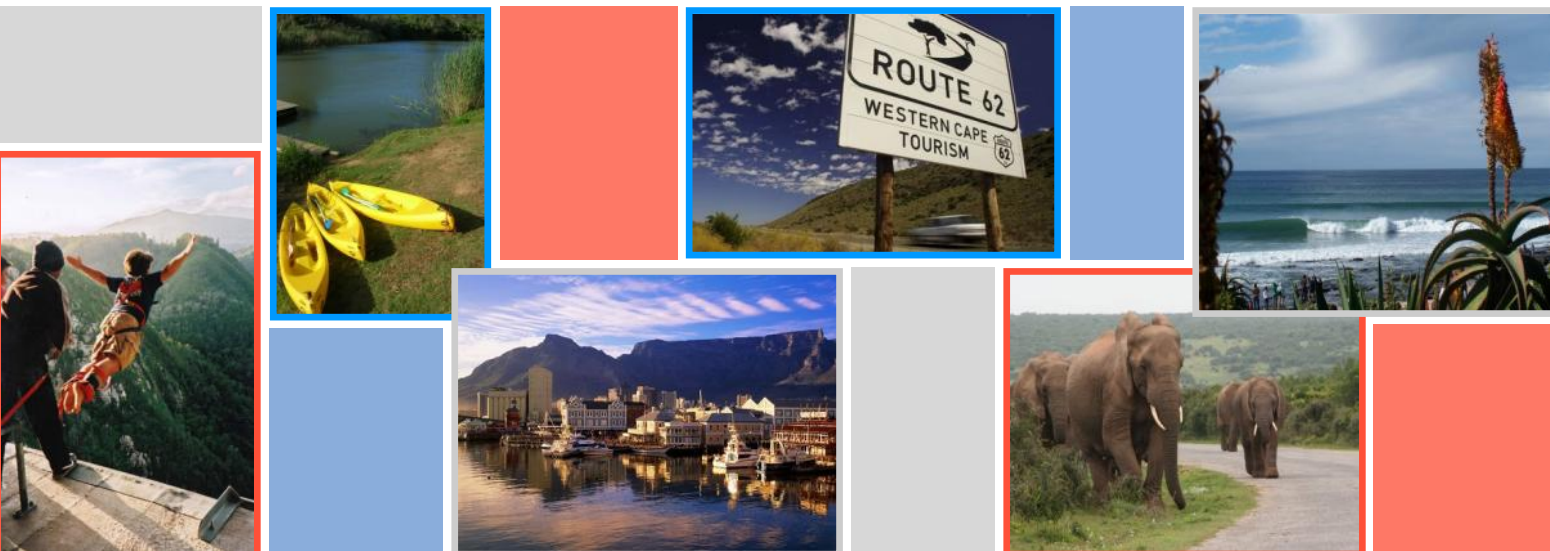
Up early this morning, we begin our Addo Park Safari along a network of winding roads stopping regularly for photographs and information on the animals we encounter along the way. On our game drive we’ll also disembark from our vehicle at the main lookout point for a spectacular view over the evergreen wilderness that is Addo. After our game drive we’ll take lunch at the park restaurant before a leisurely drive down to the coast and Port Elizabeth.

Proclaimed a National Park in 1931, this malaria free, 145 000 ha. Park, extends all the way down to the Indian Ocean and is home to the densest African Elephant population on earth, totalling over 500 elephant.

A major sea port and tourist destination, Port Elizabeth is set along the beautiful shores of Algoa Bay and is fondly referred to as the Friendly City. We then head for the pristine beaches of Jeffrey’s Bay! Renowned the world over as one of the best surfing waves on the planet, we’ll take time out to view the waves at “supertubes” before exploring the town and visiting the ever-popular surf wear factory shops i.e.: Billabong, Rip Curl, Roxy, Quiksilver and more. You have the chance to rent a board to experience the waves for yourself or do a surf lesson.

Day 6: The Craggs Elephant Sanctuary, Monkeyland & Wilderness

This morning we begin our relaxing journey back to Cape Town with our first stop for the day at the Craggs Orphaned Elephant Sanctuary for a truly wonderful close encounter experience. Here you have an opportunity to walk, feed and ride an African elephant while receiving instruction from a knowledgeable African guide.



After the Sanctuary we continue down the Garden Route, stopping occasionally to take in anything we may have missed on our way up. In the late afternoon we arrive at our accommodation overlooking the sea in the stunning Wilderness Lakes region. Our last evening together on tour, we drink a toast to our shared adventures around a roaring fire.

Day 7: Return to Cape Town via Sir Lowry 's Pass

After breakfast below the Milkwood trees in Wilderness, we start our journey back to Cape Town. We visit an Aloe factory in Albertinia and enjoy a wonderful scenic drive via Swellendam and Sir Lowry 's Pass. We arrive in Cape Town early Saturday afternoon.

Includes:

- Transfer from the nearest airport, bus or train station in Cape Town to the project accommodation in Fish Hoek
- Orientation and introductions to project work
- All daily transportation to and from the ministry, all tour ministry
- Full board and lodging which includes 3 meals a day at your accommodation
- Assistance in your projects by Living Hope coordinators. Full support from ACTS and Living Hope throughout your time at your Cape Town placement
- 10 % donation of your project fee, this entails financing that goes directly back into the project that you are involved with.
- Email/Internet service
- Sightseeing on Saturdays include Table Mountain Cableway, Cape Point and Boulders, V&A Waterfront, and visits to Old Biscuit mill Market, Simonstown and Kalk Bay.
- 7 day Garden Route adventure vacation including safari

Excludes:

- Personal travel insurance for the duration of your placement (expected to include cover for repatriation)
- All items of a personal nature, such as curios, gifts, clothing (work and other)
- Telephone calls and soft drinks
- All visas
- Any excursions over and above your planned itinerary in Cape Town and within South Africa
- Any flights
- Optional activities
- Meals not mentioned in the tour itinerary

Included on 7-day Cape to Addo Tour:

- Comfortable air-conditioned transport & qualified guide
- Spacious dorm accommodation in SA 's top backpacker lodges (upgrades available)
- All bedding, duvets, pillows etc.
- Breakfasts and dinners
- Entrance to Warmwaterberg Mineral Hot Springs
- Standard/adventure guided tour of Cango Caves
- 3-hour game drive in Addo National Park
- Canoeing on Sundays Rive

Contact Details

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facilitated by

