



**NOURISH  
FOUNDATION**

**GROWING RESILIENT COMMUNITIES**

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# “Place of Ubuntu”



## *The Nourish Foundation*

Our goal at The Nourish Foundation is to grow resilient wildlife communities through engagement in conservation and sustainability to protect our wildlife areas.

*Our main aim is to create sustainable change – and have long-term impact in the spheres of both conservation and community upliftment.*

We believe that by working to grow resilient communities, that are healthy, educated, and have access to opportunities, we can break the poverty cycle and thus positively impact conservation efforts in our wildlife areas

## *Nourish Eco Village*

Ubuntu is an African philosophy that speaks to compassion and humanity at its very core.

*I am because you are*

We engage with our communities through an Eco Village model with a variety of programming initiatives that fall under beneficence, education, enterprise and tourism. all our projects are integrated, holistic and sustainable: to grow a better tomorrow.

# THE LOCATION



## *Cultural Awareness*

South Africa has 11 official languages.

English, Afrikaans and Xhosa are the most widely spoken.

The language most common in the communities we work with is Shangaan, but don't worry most people can speak English!

One of the most important things to know before arriving is '*African Time*'.

The majority of South Africans enjoy the simple things in life such as living in the moment, and due to this they don't stress about silly little things like punctuality.

Because of this things never work out as planned, but always work out in the end. **"They are no problems, only solutions"**

It is important to understand that South Africa is still developing and has only just begun its journey towards being a true 'rainbow nation' with equality for all!



# THE SOCIAL IMPACT

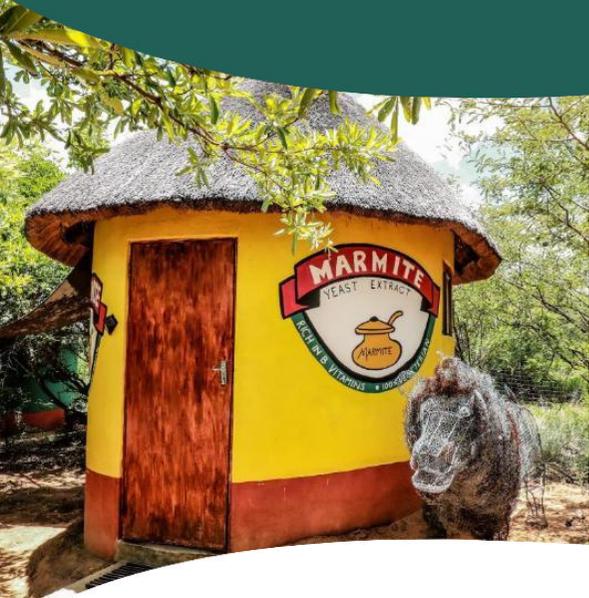


## SUSTAINABLE DEVELOPMENT GOALS



Our social impact rests of three foundation pillars, resilience, sustainability and conservation. All our outcomes are aligned with and measured against Agenda 2030 and the UN SDGs. Your internship alongside our projects will have a direct impact on these Sustainable Development Goals

# SHIK SHACK BACKPACKERS



## *Accommodation*

You will stay at Shik Shack Backpackers, the tourism arm of Nourish foundation. Situated on the same property of Nourish Eco Village.

Shik Shack backpackers focus on creating an authentic eco, community based accommodation and cultural tour experience. It's all about responsible tourism that is meaningful and creates a positive impact on the communities and people in our landscape, as well as having a light footprint on the Earth.

During your stay, you will be in one of our Traditional Huts (Rondavels) that can accommodate 2 people (you may have to share with another Volunteer/Intern). Each room is equipped with bedding, mosquito net and towel, so no need to pack this!

*Adventurously. Alternatively. Actually African!*

# SHIK SHACK BACKPACKERS



## *Meals*

Continental Breakfast (Help yourself): of cornflakes, yogurt, bread, granola, fruits, jam, coffee and tea.  
Lunch and Dinner, cooked by our local cook. Dinner is traditional dish (like boboties, vetkoek, braai, etc)

*Even more immersion into the culture of South Africa!*

You can also enjoy our swimming pool after a long and hot day, with a cold drink from our Bar!

You will also meet other tourists from all around the world who stay at Shik Shack for one or couple nights, as well as others volunteers and interns.

*And obviously you'll meet our 4 dogs and 2 donkeys!*

# PRACTICAL INFORMATION



## *Electricity*

Two types of plugs are used in South Africa. Most common is the 220/240V, three-pin round plugs.

European plugs are also in use, but less common.

You can find adaptors for European plugs in most shops (even in Hoedspruit) and adaptors for UK plugs can be found at most airports.

Sometimes there is no electricity due to loadshedding or storms, this is Africa!

## *Money*

The South African currency is Rand (ZAR). The exchange rate is +/-: €1 = +/- R17; \$1 = +/- R15.5

The exact rate can be checked here: <http://www.xe.com/currencyconverter/>

Most shops in South Africa accept both credit and debit card. Mastercard and Visa are well known. Most debit cards work as well, just make sure you tell your bank that you are coming to South Africa.

Any extra drinks, weekend activities will be added to your tab, and can you pay with credit card at the end of your stay.

## *Internet*

There is wifi at Shik Shack backpackers and in the cafés and restaurants in Hoedspruit. Wi-fi is not always reliable though, weather circumstances (like storms) can influence the connection.

You can also buy data on your South African sim card.

# PRACTICAL INFORMATION

## *Safety*

Hoedspruit is a safe community and you won't have to worry when you're at Nourish.

However we do want to give you some basic guidelines in order to make sure you have the best experience during your time with us:

- Don't walk alone at night,
- Don't accept lifts from strangers,
- Don't leave valuable things on display.

We are in a wildlife area so be aware of snakes, scorpions and centipedes, and don't approach any animals that are in the wild as they can be unpredictable.

## *Weather*

During summer time (September to March) it can get very hot and humid. It can easily reach 40 degrees. Summer is also the rainy season so you can expect hot days and if we are lucky thunder storms in the evening.

During winter (April to August) it can be warm during the day reaching an average of 25 degrees, however the morning and evenings can be very cold!

# TRAVEL INFORMATION

## *Recommended Travel*

We recommend that you fly to OR Tambo Airport in Johannesburg as it is the closest international airport to us.

To get to Hoedspruit, there are two options:

● Via Plane:

You can fly from Johannesburg to Hoedspruit. You can check rates here: <http://www.flysaa.com/>

● Via Shuttle:

There is a shuttle service (you need to book it) that departs from OR Tambo airport. Depending on your arrival time you may need to spend the night in Johannesburg and catch the shuttle the next morning, however we are happy to help you make these travel arrangements.

## *Passport & Visa Information*

Check if your passport is valid for your trip and for 6 months after you have left. You will automatically get a double check with your South African Embassy before you leave to ensure you do not need a visitors visa before arriving.

## *Travel Insurance*

It is very important that you have travel insurance. Please send us a copy of your insurance policy with emergency details before you arrive at Nourish through our Passenger Register. A website we recommend is World Nomads.

## *Vaccination*

For South Africa you usually do not need any vaccinations unless you come from an area where Yellow Fever is common. For Covid 19, please check with your embassy for any travel restrictions.

As each country is different, please check with your doctor for advice!

# PACKING LIST



## *Practical Information*

- Copy of your passport
- Copy of any prescriptions for medication
- Medical card / insurance card
- Copy of your insurance
- Home contact information

## *What to Pack*

You will be doing a lot of different activities at Nourish, so make sure you bring clothes that you don't mind getting dirty.

We don't have any clothing rules, just wear what is comfortable for you. Pack for generally warm weather, so a hat and sunglasses are a must! But also bring a warm fleece or jacket for our winter months (May - September) because it can get cold at night and in the morning.

### **Some recommended items: Accessories: Suggested Items:**

- Sandals or flip flops
- Camera
- Personal prescription medication
- Trainers/walking shoes
- Memory Card, USB Stick
- Small personal first aid kit
  - Shorts
  - Headlamp or good torch (painkillers, plasters, antistaminics, antiseptics)
- Trousers/jeans/leggings
- Mobile phone (you can get We also do have a first aid on site)
- Warm fleece or jacket (a MTN sims card)
- Insect repellent, suncream
- Long-sleeve shirt
- Adaptor Plug (you can buy
- T-shirts/vests (one in Hoedspruit)
- Hygiene kits (shampoo, toothpaste..)

You can always buy groceries in Hoedspruit, if you run out or need anything extra

# WEEKEND ACTIVITIES



During your stay, you will have the possibilities in the weekends to explore our amazing country (at extra cost)

From the well known Kruger National Park to the first largest green Canyon in the world, the Blyde River Canyon!

Enjoying the bush on a Game Drive. To find the Big 5 (Lion, Leopard, Buffalo, Rhino and Elephant) as well as all the other amazing animals from birds to antelopes to insects and so much more.

Why not, immersing yourself as well into the wilderness during a Bush Walk? Enjoying the bush on foot is a life experience which will change your conception of the bush forever!

You could also spend the whole day at the Blyde River Canyon, with Panorama Route, contemplating the Canyon from the top!

The Canyon can also be explore from the bottom, on a boat, on foot, hiking around the dam and exploring the bush in the Canyon and swimming in a waterfalls from the Canyon.

*And so much more...*





*Thank you for coming to volunteer  
with Nourish. We can't wait  
for you to come and join us in this  
beautiful part of the  
world!*

[www.nourishcovillage.com](http://www.nourishcovillage.com)