

Welcome to “The Escape”

South Africa!



South Africa Escape!

Three weeks set amidst the unique culture and adventure of South Africa. World-class attractions abound in this spectacular and complex country. After spending time in one of the most beautiful cities in the world, Capetown, we head west along the Garden Route taking in an array of adventure activities. Once to Port Elizabeth, we head to Krueger Park, with possibly the finest wildlife viewing in Africa.

- No prior experience necessary
- Age range best suited 18-30
- Non students welcome

Pacific Challenge has been operating safely and successfully since 1985, taking over 1000 students and faculty on our unique experiential travel programs. During this period, it has earned the respect and support of numerous university faculty and outdoor administrators from around the United States and other countries around the world.

Academic Credit

During this program, you will be introduced to a wealth of information regarding the cultures, history and environments of South Africa.

For those students who would like to incorporate this superb educational opportunity with academic credit, Escape leaders will direct you in setting up an academic program for you on the trip.

Details

All accommodation, a multitude of adventure activities, and all transportation from New York is provided.

This year's program will consist of a smaller group of approximately 12 participants. Escape staff are looking forward to having this optimal size for the development of supportive group dynamics, environmentally sound travel and an overall enriching experience for each participant.

This will be an adventure of a lifetime!

Spots fill quickly and it is first-come, first-serve!

Itinerary—South Africa

Week One

From New York, participants will fly across the Atlantic and start our adventure in Capetown, South Africa. We spend four nights in this beautiful city, set 40km from the Cape of Good Hope, the southern tip of Africa and dominated by a 1000m-high mountain with virtually sheer cliffs, surrounded by mountain walks, vineyards, and beaches.

While in Capetown, we will head into the villages and learn about the local culture and visit native families. In addition, we will be taking a boat off the shore and visiting Robben Island, where Nelson Mandella, former president, was incarcerated after attempting to abolish hated pass laws.

After Capetown, we head along the famous Garden Route, taking in the spectacular coastal views. The narrow coastal plain is often forested, and is mostly bordered by lagoons which run behind a barrier of sand dunes and superb beaches.

We stop for a few nights in Hermanus, where we will take in activities such as shark diving, whale watching, and sand boarding!

Week Two

Continuing along the Garden Route, we head to Plettenberg Bay, which is rich in beautiful beaches and marine life including dolphins, whales, and seals. While in Plettenberg Bay, we take advantage of the worlds highest bungee jump and monkeyland.

Heading east once again, we end our Garden Route adventure in the “Friendly City” of Port Elizabeth, which is set on the steep hills overlooking Algoa Bay. Here we will enjoy the great beaches and acres of natural gardens. There are also good diving sites around Port Elizabeth.

From Port Elizabeth, we fly to Johannesburg, which is famous for the reef of gold that lies under the open grassland. Here we will learn even more about South Africa’s apartheid history and unique culture. From here, we will head into Krueger National Park.

Week Three

Krueger National Park is one of the biggest, oldest, and quite simply one of the best wild-life parks in the world. A visit here is likely to be the highlight of your trip. The park boasts the greatest variety of animals of any park in Southern Africa, with lions, leopards, elephants, buffaloes, and rhinos (the Big Five), as well as cheetahs, giraffes, hippos, and many varieties of antelope and smaller animals. Altogether, these include 147 mammals, more than 500 birds, 114 reptiles, and 49 species of fish!

Here we will be participating in a unique safari experience which will include viewing the exciting wildlife listed above.

Leaving Krueger Park, we will head back to Johannesburg and spend our final night before heading back to the United States.

Friendships and memories travel with us!

Notes and Activities—South Africa

Program Cost

The total cost of the program is **\$4950**

Included in program cost

International flights to and from New York
Internal flight in South Africa
All transportation throughout South Africa
All trip accommodation
Included activities

Not included in program cost

Travel to and from New York JFK
Airport departure tax
Most meals
Fees for optional academic credit
Travel insurance
Optional activities

Level of activities

No prior experience is necessary. All activities and instruction are aimed at the novice level. However, for those experienced in certain activities, opportunities for challenge at your level are facilitated.

Activities included in program cost

Township Tour in Capetown
Robben Island Tour in Capetown
Table Mountain Hike in Capetown
Shark Diving in Hermanus
Sand Boarding in Hermanus
Multiple Day Safari in Krueger Park

As itineraries change each year, these activities are subject to change slightly. These are the minimum activities provided. Once pricing is finalized, it is possible that some of the optional activities will be added to the included activities.

Optional Activities

There will be lots of opportunity to do extra activities. It is your responsibility to organize and pay for these optional activities, however leaders will be happy to help coordinate these adventures for you. To make your trip even better, it is recommended to search the various places where you will have free time and the activities available before you leave. At the pre-trip meetings, leaders will fill you in on several of the optional activities in each area.

Common Optional Activities

Extra Scuba Diving beyond the shark dive
Deep-sea fishing
Surfing
Whale or dolphin watching boat cruise
Worlds Highest Bungee Jump (216m)

Spending Money

People often enquire about the amount of spending money needed. It is difficult to predict an exact amount. We suggest between \$500 and \$1500, depending on souvenir purchases and optional activities. Spending money is typically used for email, meals, (normally cooked as a group to cut down on cost), and optional activities.

The exchange rate for currency is certainly in our favor. Check out current exchange rates at www.oanda.com.

Spending money is best carried on credit/debit cards. Check with your bank that your credit/debit card can be used in withdrawal machines in other countries. Ensure you have at least two cards (one debit/cash card and one credit card) in case you lose one.

Leadership

Leadership

We've selected a dynamic team of supportive, resourceful, experienced and highly organized people to lead our trips. They understand the importance of balancing the needs of individuals with group objectives, facilitating a high level of group cohesion, inspiring a genuine appreciation for the areas visited, and awareness of minimum impact travel ethics. They take every chance to give you the time of your life!

All our leaders are trained in wilderness or remote travel first aid, outdoor leadership, and risk assessment/management.



Dave Wright, PhD
Founder and Director

Dave Wright, PhD, is an Australian and the Director and founder of Pacific Challenge and the Escape Program. He brings his love of the outdoors and vast experience to the program and trips he leads. Dave's background in Environmental Studies and Tourism also provides a strong interpretive emphasis to our time in the lands down under. With his approachable, outgoing nature, he makes friends the world over.



Jinny Rietmann
Escape Coordinator

Jinny has been with the Escape Australia and New Zealand Program since its inception in 2003. She was a participant on the classic Pacific Challenge trip in 2000 and has been working with the program ever since. She is an enthusiastic and organized leader and has a love for the outdoors and a thirst for adventure. She has extensive experience in the outdoors and adventure travel. She currently has a bachelors degree in Recreation and Leisure Studies, and Recreational Therapy, along with a minor in Adventure Tourism. She also has a masters of science degree with an emphasis in counseling.



Doug Egan

Doug is a native Australian and greatly enjoys travel, the outdoors, and working with our American students. Doug has been working with the Escape Program since 2006. He currently has a law degree and is working on his masters degree in Educational Leadership and Outdoor Recreation. His classically Australian personality and sense of humor are unforgettable and make him an exceptional leader.

Payment Schedule—South Africa

UWL STUDENTS:

- In this packet, there are three forms that need to be completed and mailed to the Escape Program. With these materials, a \$200 application fee is required to hold your spot. Make checks payable to Escape Program. Please mail these materials to:
 - Escape Program c/o Jinny Rietmann
Africa Adventure
29359 Hay Creek Trail
Red Wing, MN 55066
- In addition, students need to apply to the Study Abroad office. Application forms, materials, and payment information can be found on the UWL International Education site at:
<http://www.uwlax.edu/oie>
- UWL students are required to pay the \$50 application fee and \$250 confirmation deposits for the program, checks payable to UWL.
- The remaining program fee (minus the application / registration fees already paid) will be billed to your student account.
-

Payment Schedule and Conditions

Total program cost for the Escape 2008 Africa program is \$4,950. There is also an administration fee of \$500 for UWL students, totaling \$5,450.

NON—UWL STUDENTS:

- Required application forms are included in this packet
- There is a \$200 deposit required with the application packet.
- Please make checks payable to:
Escape Program
- Mail registration materials and deposit to:
 - Escape Program, c/o Jinny Rietmann
Africa Adventure
29359 Hay Creek Trail
Red Wing, MN 55066

Questions? Jterm@pacificchallenge.org

To secure your place on this program, please send in the completed the registration materials to the Escape Program. Once accepted into the program, you will receive an email stating that you have been accepted and that you should then complete the necessary UWL forms.

Registrations are accepted year-round until the program is full, or until our reservation payments are due. Places are allocated on a first to register basis.

Late payments or forms may result in forfeiture of your position. Please ensure payments are made by the due dates.

Financial Assistance

Students currently utilizing financial aid may be eligible to do so on this program. Please contact your financial aid advisor to discuss this.

Notes

Free Days

We have approximately 4 free days, in towns or cities where there are sufficient facilities to allow you to catch up on laundry, email, etc. It is recommended that you check out the cities you will visit before the trip and plan activities that will enhance your experience.

Accommodation

Accommodation is diverse, comfortable, and carefully chosen to fit our needs. There are several nights stayed in youth hostels and nights in huts / camping.

Air Tickets & Flights

Participants will be notified in early June with their flight arrangements. The program cost includes round-trip international flights, from and returning to New York, and travel throughout South Africa.

Once your tickets are issued, the Escape does not arrange or cover the cost of date changes to your ticket. Change of your return date and adding layovers is possible, subject to seat availability, and must be arranged through the airline. Any costs incurred in changing dates are your responsibility.

Entry Requirements

US citizens are required to have a current passport. However, US citizens visiting South Africa for tourism are not required to have a Visa.

Travel Insurance

Participants are required to take out a travel insurance policy, which are quite affordable and can be very helpful. Policies usually cover the cost of curtailment or cancellation of travel, medical expenses, loss or theft of personal belongings, and personal liability. Approximate cost is \$120 for one month. Two common sites to purchase travel insurance are www.statravel.com and www.insuremytrip.com

Changes to Itinerary

Occasionally, minor changes from the published itinerary may occur. We will notify participants in advance should this happen.

Climate

Through June and July the weather remains dry; warm on the coast but with a huge temperature range in the interior. Nights may be cool. Starting in August, temperatures begin to rise for the summer.

Keeping in Touch

There is internet access in every town we visit and it costs \$2-3 per hour. Low cost phone cards are readily available, and are more economical than bringing US based phone cards (which often don't work). Cell phones from the US often do not work or incur very steep international charges.

Vaccinations

There are a few vaccinations required to enter South Africa. These will be discussed at the pre-trip meetings

Checklist

Register for program through Escape, complete registration materials, and pay \$200 deposit to Escape:

- 1) Registration form _____
- 2) Medical Forms A & B _____
- 3) Waiver Forms A & B _____
- 4) \$200 Deposit to Escape Program _____

Complete Study Abroad forms and pay application fee and confirmation fee to UWL

- 1) Study Abroad Application _____
- 2) Application Fee _____
- 3) Confirmation Fee _____

Obtain Passport _____

Attend Orientation meetings as scheduled _____

Enroll for classes and pay tuition (if taking credit) _____

Purchase Travel Insurance Policy _____

Arrange travel to and from New York's JFK International airport _____

Check that your credit / debit cards can be used overseas _____

Clothing and Equipment List—make sure you have all necessary items _____

Get EXCITED!!!

Pay remainder of program cost, minus fees already paid _____

Medical Information Form—Part A

Africa

Personal Information

Full Name _____

Current Address _____

Permanent Home Address _____

Day Phone # _____ Evening Phone # _____

Email Address _____

Age _____ Height _____ Weight _____

In Case of Emergency, contact:

Full Name _____

Address _____

Day Phone # _____ Evening Phone # _____

Email _____

Relationship to participant: Mother Father
Other _____

Personal Physician or Medical Group (if you have a preferred one)

Name _____

Contact Information _____

Emergency after hours phone # _____

Medical Information Form—Part B

For your safety, and the well being of the group, it is imperative that you complete the following information honestly and accurately. All disclosures are confidential.

Please describe any serious injuries or illness you have had:

Please list all drugs or medication (prescription and non-prescription) you are taking and what they are being taken for:

Do you have any problems which may affect your ability to participate safely in any of the activities on the trip? If yes, describe. Ex: allergies, diabetes, back problems, asthma, fear of heights, etc.

Have you had any first aid training? What level and when?

Have you had any previous experience or taken classes in any of the activities on the trip? Detail briefly.

Can you swim? What level of swimming ability do you have?

Please list any other pertinent medical information that should be known. Attach page if necessary.

It is important that you inform the program coordinator or your trip leader if any of the above information changes at any time.

Signature _____ Date _____

Liability Waiver 1 – Africa

It is very important for the success of the program and your personal enjoyment during the trip that you read and understand the following:

A release of liability and assumption of risk form is on the other side of this page. Please read carefully, sign, and return this together with your medical information form, to the Escape Coordinator, no later than July 1st.

Please note, this form is not designed to intimidate participants, merely to help relieve the pressure on programs like these when confronting the serious liability issues. It should be noted that this program has been running for a number of years successfully and safely. It has been very carefully designed to cater for an adventurous spirit; it is not for hardcore high risk takers. The program leaders are all trained in first aid and experienced in outdoor and group leadership. Our leader to participant ratio is well within accepted limits. Leaders will take all reasonable care during the execution and supervision of each activity.

It is strongly recommended that all participants take out a travel insurance policy, to cover the possibility of lost luggage, theft, accidental or incidental sickness, travel curtailment and cancellation.

The bottom line is to expect a pleasantly adventurous, safe, and enjoyable look at South Africa with leaders who will take all reasonable care.

Please note: Participant and parent or witnesses must sign below to acknowledge reading and understanding of the above information.

Participant Signature _____ Date _____

Printed Name _____

Parent/Guardian Signature _____ Date _____

Printed name _____
(if under 21 and/or if on parents insurance—otherwise 2 witnesses)

Witness 1 _____ Date _____
Name and Signature

Witness 2 _____ Date _____
Name and Signature

Liability Waiver 2

Release of Liability and Assumption of Risk Agreement

I am aware that during the trip in which I am participating under the arrangements of the organizers and their employees, agents, associates, and contractors, I may be subjecting myself to risks, dangers, and hazards which could result in losses, illness, injury, or death. I recognize that such risks, dangers, and hazards may be present at any time during the trip.

In consideration of and as part payment for the right to participate in the trip and the associated activities and services arranged by the organizers and their employees, agents, associates, and contractors, I do hereby fully assume all risks of losses, illness, injury, and death, and, further, I do hereby release and discharge the organizers for any and all losses, damage, illness, or injury resulting from my participation in the trip and the associated activities and services.

As well, I agree that I will not sue the organizers, their employees, agents, associates, or contractors for any losses or damages incurred as a consequence of my participation in the trip and the associated activities and services caused by the negligent or other acts of the organizers and their employees, agents, associates, or contractors.

I agree that the above obligations shall be binding upon me personally, as well as upon my heirs, executors, administrators, and all members of my family.

I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and an assumption of risk agreement between me and the organizers and their employees, agents, associates and contractors. I sign this agreement of my own free will, after having been advised that I am free to obtain independent advice on it.

Participant signature _____ Date _____

Printed name _____

Parent/Guardian Signature _____ Date _____

Printed name _____

(if under 21 and/or if on parents insurance—otherwise 2 witnesses)

Witness 1 _____ Date _____

Name and Signature

Witness 2 _____ Date _____

Escape Registration—Africa

Please complete both sides of this form fully and legibly

** Tape 1 recent passport size photo here>>>

Full Name as shown on passport (no abbreviated names:

Last _____

First _____ Middle _____

Age _____ Gender (circle one) Male Female

Birthdate (mm/dd/yy) _____

Current address _____

Email address _____

Current phone # _____ Cell phone # _____

Permanent home address _____

Home Phone # _____

If your air tickets or correspondence is mailed out, which address should we mail them to?
(circle)

Home Current Other _____

Passport # _____ Social Security # _____

If you don't have a passport yet, leave this blank and notify us when you receive it)

Students only, please complete:

Name of college/university _____ School ID # _____

Year you expect to graduate _____ Are you interested in earning credit? Y N
circle one

If not a student, please complete:

Occupation: _____

Employer: _____

Escape Registration

Are you vegetarian? Y N Other_____

Are you a certified open water scuba diver? Y N
(If yes, please bring your card and logbook)

If you would like to be in the same group as a friend, please write their name here.

How did you discover the Escape Africa Program?

Web_____ Flyer_____ Presentation_____ PC Employee_____

Word of Mouth_____ Other_____

Enclose with your registration the deposit of \$200. An email receipt, and confirmation of your acceptance into the program will be forwarded upon payment.

Please make checks payable to:

Escape Program

and mail to:

**Jinny Rietmann
Escape Coordinator
29359 Hay Creek Trail
Red Wing, MN 55066
Jterm@pacificchallenge.org
(651) 301-2008**

NOTES _____

*By posting this registration, you will begin the trip of a lifetime.
Welcome to the Escape!*