



2 Week Intensive Supportive Immersion Uhambo Program Overview

General Information

- 6-20 young adult participants
- 2 Week Customized Themed Trips
- Base Cost: \$3,500/person; does not include airfare (\$1,100 from NYC or \$1,500 from LA approx.)
- Based in Stellenbosch, South Africa

Supportive Immersion Approach and Key Program Components

All Sibanye programs work off the Supportive Immersion model and approach to cross cultural community engagement and service learning. By walking alongside individuals and communities, Sibanye helps participants discover the amazing growth potential in moving beyond our comfort zones and discovering the richness of diversity that surrounds us. In order to facilitate this experience, Sibanye uses process based scaffolding to structure and support participants experience. As such, Sibanye will work directly with participants to attune and align the experience with the needs of the group. Finally, Sibanye is committed to making this experience as valuable for our local South Africa counterparts as it is for visiting participants. Thus, we collaborate and co-create all of our unique trips with our partner organizations and communities to amplify the impact and potential each trip holds.

Although each Sibanye trip is customized and unique to individual group needs, we do have a variety of key components to help build the appropriate scaffolding for your Sibanye experience.

<u>Program Component</u>	<u>General Description</u>	<u>Examples</u>
Pre-Trip Collaboration	Sibanye will work with each individual group to introduce the Supportive Immersion approach and help prepare the groups practically, mentally and physically for their experience.	<ul style="list-style-type: none"> - Supportive Immersion training for staff - Curriculum development - Pre-trip learning activities - Facilitating communication with partner organizations
Personal Growth and Supportive Immersion Support	We will work directly with all participants in order to process and reflect on experiences to help foster insight and integrative growth.	<ul style="list-style-type: none"> - Group Reflection - Individualize mentoring and support - Nightly Wrap Up meetings - Group Tracking

Customized Accommodation	Depending on your groups needs Sibanye can offer a variety of accommodation options to fit your desired experience.	<ul style="list-style-type: none"> - Home Base - Simulated Shack Dwelling - Homestays - Guesthouse - Working Farm
Global Citizenship	Engaging with local communities and working side by side with them in service learning projects that address local needs and foster a sense of community that bridges cross cultural, socio-economic and racial divides.	<ul style="list-style-type: none"> - Building a vegetable garden at a local school - Working at a local crèche - Learning and working with social entrepreneurship and livelihood development - Working on a local farm - Etc.
African Rites of Passage	Marking important transitions in our individual and collective lives by using and learning unique African rituals and ceremonies.	<ul style="list-style-type: none"> - Wilderness Weekend Retreats - Vision Quests - Learning traditional rituals - Song and Dance
Academics	Depending on your group needs we have Doctoral and Master’s level facilitators in a diversity of relevant fields of study.	<ul style="list-style-type: none"> - Curriculum development and workshop opportunities. - Themed short courses - Capstone projects - Skills training
Recreation	An essential part of any trip is recreational activities and having fun both to build comradery and simply enjoy life.	<ul style="list-style-type: none"> - Hiking in the mountains - Surfing - Shark Cage diving - Safari - Rugby and Cricket Clinics - ETC

Sample Profile of a Supportive Immersion Trip

Theme: Global Citizenship: “Be the change you want to see in the World” (Gandhi)

Day 1: Arrive Cape Town

- Cape Town mellow day – Getting the lay of the land;
- Overnight Cape Town Hotel/Guest House.

Day 2: Explore Cape Town

- Introduction to the program and approach of the trip
- Visit Robben Island; Visit Table Mountain;
- Museums: Slavery Museum, District 6 Museum;
- Overnight Cape Town Hotel/Guest House.

Days 3-5: Cultivating Friendships through shared experiences and guided reflection

- Transfer to Stellenbosch and meet local South Africa Participants with whom the group will share the rest of the experience!
- Hiking in Jonkershoek Park; Rugby Clinic;

- Dine with Khayelitscha: A glance into township life through meaningful conversations;
- Visit Heart Capital, Kayamandi: Empowering communities through social entrepreneurship;
- Guided Reflection to process experiences both with and without South African Participants;
- Overnight: Stellenbosch (Self Accommodating Home Base).

Day 6-7: *Exploring African Rituals and Rites of Passage in a Wilderness Setting (overnight in Cedarberg Mountain Region)*

- Together with South African participants;
- Exploring community through ritual and rites of passage;
- Personal Growth and Team Building;
- Connecting with the land and Traditional Indigenous South African Cultures.

Day 8-9: *Big 5 African Safari Experience*

- Overnight in Aquila Private Reserve (<http://www.aquilasafari.com/>)
- Big 5 Game Drives (Lion, Leopard, Rhino, Elephant, Buffalo)
- Learn about conservation and biodiversity management at animal rescue and rehabilitation center

Days 10-13: *Service Learning/Cultural Immersion:*

- Interviewing community members to learn their stories;
- Participatory service learning in the local community;
- Deeper Exploration and relationship building in communities;
- Homestays.

Day 13 – *Celebratory Dinner and Presentations*

- Braai (bbq) with all the homestays and partner organizations
- Participants have a platform to reflect and express what they have learned.