

IFTA in South Africa



DESTINATION GUIDE

South Africa
STUDY TOUR  2024



ONWARD TRAVEL ✈️
EST 2014

This guide has been prepared to provide context for your trip to **South Africa** and to give you some ideas for your free time there.



Welcome to a diverse and fascinating geological destination:

South Africa is a country in the southernmost part of Africa, with a variety of landscapes, wildlife, and other features. South Africa is a large country with a long coastline, a central plateau, and a range of landscapes. The country's coastline stretches over 3,000 km, from the Atlantic coast to the Indian Ocean. A large plateau dominates the center of the country, with rolling hills and plains.

South Africa is home to almost 300 mammal species, 860 bird species, and 8,000 plant species. There are over 290 conservation parks within its borders, including the Kruger and Kgalagadi Trans-frontier Parks, which are two of the world's most famous wildlife reserves. South Africa is divided into eight biomes: Grassland, Savanna, Nama Karoo, Succulent Karoo, Forest, Fynbos, Thicket and Albany Thicket. It is considered a water scarce country based on climatic conditions and the high demand for water.

In terms of size, South Africa is 1,221 million km² (or 471,011 mi²) which is twice the size of France, but only about 80% larger than Texas.

While the country of South Africa takes up only about one percent of Earth's land surface, it is home to almost ten percent of the world's known bird, fish, and plant species and about six percent of its mammal and reptile species.

South Africa's geological history is very long, with some of its oldest rocks dating back 3.6 billion years. The country also has some of the deepest mines in the world, including the Imprint Gold Mine, which is four kilometers deep.



^{very} A SHORT LESSON in local history & politics

First inhabited by humans up to 125,000 years ago, South Africa was home to diverse African tribes and kingdoms for millennia before the Portuguese began exploring the coast-line in the 13th century and the Dutch founded Cape Town in 1652. About 150 years later, the British seized the region, prompting the Dutch farmers known as Boers to move inland. When diamonds and gold were discovered in South Africa in the 19th century, full out fighting for control over the land broke out between British and Dutch settlers.

Following the defeat of the Boers in the Anglo-Boer or South African War (1899–1902), the Union of South Africa existed as a part of the British Empire until the end of the empire in 1961 when the Republic of South Africa was established.

From 1948–1994, South African politics was dominated by Afrikaner nationalism. Racial segregation and white minority rule known officially as *apartheid* were the law of the land.

Nelson Mandela

Born into the Xhosa royal family, Mandela studied law and worked as a lawyer in Johannesburg, providing free or affordable representation to Black people. He joined the African National Congress (ANC) in 1944 and helped establish the influential ANC Youth League.



An important figure in the fight for freedom and equality, in 1961 Mandela was arrested and tried for treason. During his trial, with the death penalty on the table, he gave one of the most famous speeches of the century, and it changed South Africa forever. Looking the judge in the eye, he concluded with the quote you see on the right. He was sentenced to life in prison.

After serving 27 years, Mandela was released in 1991 and helped negotiate an end to apartheid. He was awarded the Nobel Peace Prize in 1993 for his role in the transition to a multi-racial democracy.

Mandela was democratically elected and became the first Black president of South Africa, serving from 1994 to 1999. His government focused on racial reconciliation. Nelson Mandela never wavered in his devotion to democracy, equality and learning. Despite terrible provocation, he never answered racism with racism. His life is an inspiration to all who are oppressed and deprived; and to all who are opposed to oppression and deprivation.

Apartheid... what exactly does this word mean and why is it important?

Apartheid means ‘separateness’ and refers to the government and policies in place in South Africa between 1948 – 1994 which codified and imposed racial segregation and political, social, and economic discrimination on anyone who was not considered to be ‘white’. In many ways, Apartheid was similar to the Jim Crow laws of the southern USA, although in the case of South Africa it discriminated against and violently oppressed the majority of the population, rather than a minority.

*“During my lifetime,
I have dedicated my life
to this struggle
of the African people.
I have fought
against white domination,
and I have fought
against Black domination.
I have cherished
the ideal of a democratic
and free society in which all
persons will live together
in harmony and with
equal opportunities.
It is an ideal for which
I hope to live for
and to see realised.
But, my Lord, if it needs be,
it is an ideal for which
I am prepared to die.”*

CAPE TOWN

destination guide

Cape Town is a city in South Africa located at the southernmost tip of the African continent. Cape Town is known for its natural beauty, history, and culture.

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THINGS TO DO

Robben Island 7

UNESCO World Heritage Site, Nelson Mandela was imprisoned here. Tours depart by ferry from V&A Waterfront and last in total about 3.5 hours. Learn more and book a tour at www.robben-island.org.za/

V&A Waterfront 8

Lively waterfront district with shopping, dining and attractions such as a ferris wheel and the Two Oceans Aquarium

The Old Biscuit Mill 9

Urban market complex with trendy shopping, dining and entertainment, most vibrant on the weekends

District Six Museum 10

Commemorates the vibrant, multi-cultural community of District Six, which was forcibly removed during apartheid in the 1960s and 1970s
25A Buitenkant St., 9am-4pm (closed Sun.)

Zeitz Museum of Contemporary Art 11

The world's largest museum dedicated to contemporary art from Africa and its diaspora, housed in a 1920's grain silo
V&A Waterfront, 10am-6pm

Iziko Bo-Kaap Museum 12

A small, interactive museum showcasing the Islamic culture and heritage of the famous Bo-Kaap neighborhood
71 Wale St., 9am-4pm (closed Sun.)

DINING SUGGESTIONS

Time Out Market 1

Bustling food hall with something for everyone from morning to evening
V&A Waterfront, 8am-9:30pm

Hemelhuys 2

Chic, daytime cafe for healthy breakfast, lunch, coffee and drinks
71 Waterkant St., 9am-4pm (closed Sun.)

Eastern Food Bazaar 3

A row of stalls selling Chinese, Indian and Turkish specialities, with a seating area
96 Longmarket St., 10am-9pm

Ethiopian Madam Taitou 4

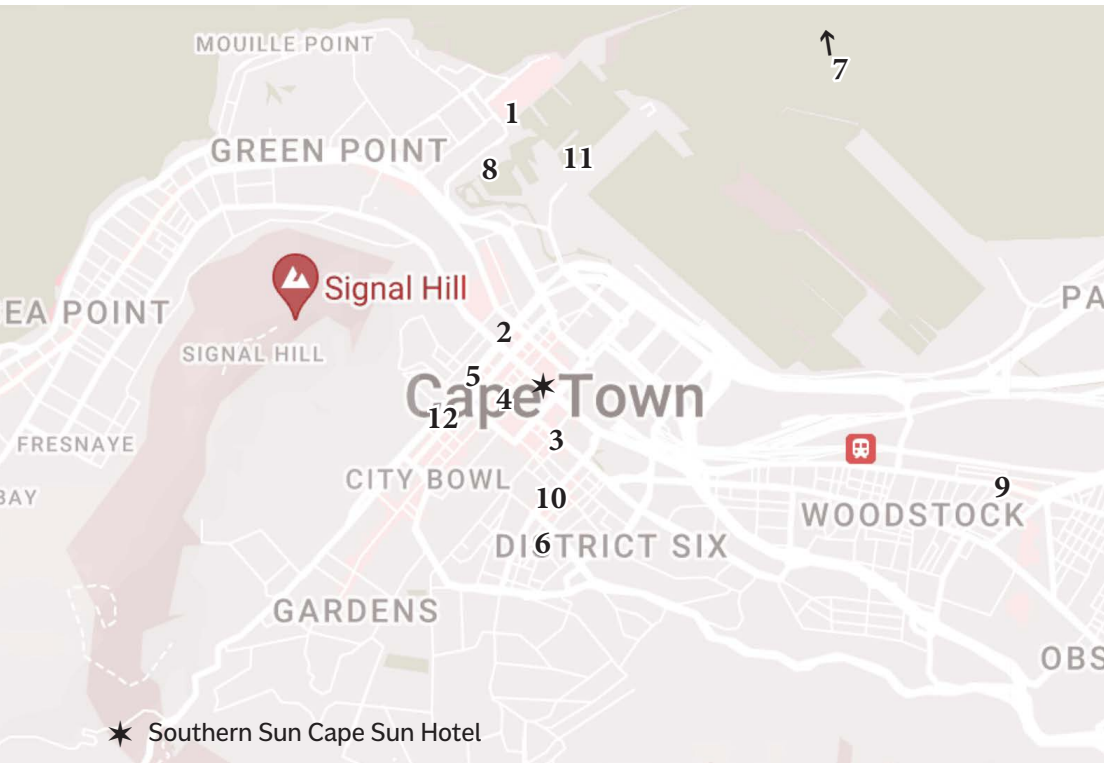
Classic Ethiopian cuisine in a very atmospheric environment
77 Long St., 11am-11pm

Bouchon Bistro 5

Tapas, wine, white tablecloths & a smile
95 Hout St., 4pm-11pm (closed Sun.)

Belly of the Beast 6

30 seat restaurant with set seating times and a modern, creative daily tasting menu
110 Harrington St., hours vary by day



DINING SUGGESTIONS

Vendetta's Pizzeria 1

Popular place for Neapolitan-style pizza with a big outdoor seating area
15 Hamman St., 11:30am-11:00pm

The Fat Butcher 2

Upscale steak house with a classic menu, fun vibe and good wine list
1 Van Riebeeck St., 12pm-11pm

De Eetkamer 3

Highly rated, globally inspired small plates in a creative environment
3 Drostyd Rd., hours vary

Jonny's Mozambican Restaurant 4

Family owned Mozambican restaurant for Portuguese-Afro fusion cuisine and cocktails
137 Dorp St., 12pm-10pm (closed Mon.)

Stellenbosch Kitchen 5

South African heritage cuisine with a modern twist in a historic building
Andringa & Dorp Streets, 7am-11pm

Gochu Gang 6

Fast casual Asian fusion featuring sushi, bao buns, and cocktails
43 Andringa St., 11:30am-10:30pm

Helena's Restaurant ♥

Gourmet destination boasting seasonal and thoughtfully sourced ingredients
Coopmanhuijs Hotel, 12pm-10:30pm

Hudson's - The Burger Joint 7

Local favorite spot for burgers and other casual fare, happy hour specials
77 Dorp St., 12pm-11:30pm

- ▨ The Stellenbosch Hotel
- * Oude Werf Hotel
- ♥ Coopmanhuijs Boutique Hotel
- ◇ Roosenwijn Guesthouse

Stellenbosch University



STELLENBOSCH

destination guide

A vibrant university town boasting iconic Cape Dutch architecture and set in the heart of the Cape Wine-lands agricultural region

THINGS TO DO

Downtown Stellenbosch and the university grounds are very inviting places for a stroll; along Dorp Street and Church Street you will find many shops and cafes to explore

Stellenbosch University

Botanical Garden **8**

A sweet little botanical garden with greenhouses, special bonsai exhibits, native and imported species and a cafe
Neethling & Van Riebeeck Sts, 8am-5pm

Stellenbosch University Museum **9**

Free museum with engaging exhibitions exploring local culture, history and art
52 Ryneveld St., 9am-4:30pm (closed Sun.)

Eikestad Mall **10**

Enclosed mall with more than a hundred stores and restaurants plus a grocery store
43 Andringa St., 9am-6pm

Jan Marais Park **11**

Large nature reserve full of indigenous plants with extensive trails for walking and running and picnic areas
11 Marais Rd., open dawn to dusk

11

Eerste River



South Africa by the Numbers

“12”: OFFICIAL LANGUAGES

English, Afrikaans, isiZulu, isiXhosa, isiNdebele, Sesotho, Northern Sotho, Setswana, SiSwati, Tshivenda, Xitsonga, and most recently, South African Sign. Most South Africans speak more than one national language, and English is widely spoken. IsiZulu is the most common first language and isiXhosa is the second. The word “Zulu” means heaven or sky and the amaZulu people are the people of heaven.

“2 MILLION”: YEARS OLD

Some of the earliest evidence of human evolution has been unearthed at fossil sites northwest of Johannesburg in the Sterkfontein Caves. Archaeologists have discovered human remains here, some of which are more than 2 million years old! These discoveries have earned the area the title “the Cradle of Humankind” and it is now a UNESCO World Heritage Site.

“3”: CAPITAL CITIES

South Africa is the only country in the world with three capital cities Cape Town is the legislative capital, Pretoria is the administrative capital and Bloemfontein is the judicial capital.

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directory

Emergency!?! DIAL 112

Molly (Onward Travel)

+1 267 825 5880

Kat (Onward Travel)

+1 845 636 3626

Southern Sun Cape Sun Hotel

+27 21 488 5100

The Stellenbosch Hotel

+27 21 887 3644

Roosenwijn Guesthouse

+27 21 883 3338

Coopmanhuijs Hotel

+27 21 883 8207

Oude Werf Hotel

+27 21 887 4608

Earthstompers (local travel partner)

+27 82 443 1354

GET TO KNOW SOUTH AFRICA A LITTLE BIT MORE BEFORE (AND AFTER) YOUR TRIP:

Films to Watch:

Animals are Beautiful People (1974)

Tstotsi (2005) District 9 (2009)

The Making of the Mahatma (1996)

A Dry White Season (1989) Invictus (2009)

Searching for Sugar Man (2012)

Series to Stream:

Savage Beauty Blood & Water

Reyka Shadow

Books to Read:

Cry, The Beloved Country by Alan Paton

A Long Walk to Freedom by Nelson Mandela

Red Dust by Gillian Slovo

The Heart of Redness by Zakes Mda

Agaat by Marlene van Niekerk

Born a Crime by Trevor Noah

My Traitor's Heart by Rian Malan