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<tr>
<td>Group arrives in Cape Town</td>
<td>Group Orientation</td>
<td>RCCH – Introductions to the Pain Management Team</td>
<td>Volunteer at RCCH</td>
<td>Volunteer at RCCH</td>
<td>Introductions and Orientation at Sarah Fox/Maitland Cottage</td>
<td>Cape Point Trip</td>
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<td>Welcome Dinner and Drinks at Traditional African Restaurant</td>
<td>Hospital Orientation</td>
<td>Robben Island Trip</td>
<td>Early dinner at the Waterfront</td>
<td>Free Time at Sarah Fox/Maitland Cottage</td>
<td>Table Mountain Trip</td>
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<td>Township Tour and lunch at Mzolis</td>
<td>Volunteer at RCCH</td>
<td>Sarah Fox/Maitland Cottage</td>
<td>Volunteer at RCCH</td>
<td>Sarah Fox/Maitland Cottage</td>
<td>Volunteer at RCCH</td>
<td>Garden Route Game Safari</td>
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<td>Free Time</td>
<td>Work on identified project</td>
<td>Workshop – “Communicating the Value of your Cape Town Experience”</td>
<td>Work on identified project</td>
<td>Free Time</td>
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<td>Garden Route Game Safari</td>
<td>Sarah Fox/Maitland Cottage</td>
<td>Present legacy projects to Pain Management Team</td>
<td>Sarah Fox/Maitland Cottage</td>
<td>Volunteer at RCCH</td>
<td>Farewell drinks at Connect-123 Drinks Evening</td>
<td>Departure</td>
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<td>Work on identified project</td>
<td>Complete identified project</td>
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<td>Farewell at RCCH</td>
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Sunday 9 June

Pick up and Airport transfer to accommodation

Monday 10 June

10h00 – 12:00 Group Orientation in apartment 410 Perspectives Building

You will meet Claudelle to do a thorough orientation including discussion around the itinerary. We will then walk down to the bus station for a transport orientation and to purchase your bus ticket.

Welcome Dinner and Drinks - We will be celebrating your arrival in Cape Town with an African style welcome dinner at The Africa Cafe. We’ll be sampling a variety of local dishes from across the African continent, so come with the spirit of adventure!

Tuesday 11 June

Hospital Orientation and Introduction to the Pain Management Team

The group will use the bus to get to Red Cross Children’s Hospital (RCCH) and arrive at 08h30. You will be introduced to the Pain Management Team at their weekly Pain Management meeting. A hospital orientation will be conducted after the meeting and we will meet in the boardroom to discuss which wards the students will be assigned to.

Maitland Cottage Home

Maitland Cottage is a paediatric orthopaedic hospital (http://www.mch.org.za), the only one of its kind in the Western Cape, treating indigent patients from all over South Africa. As these children are mostly bedbound as a result of their varying conditions, and few receiving regular visitation from family/friends.

Sarah Fox Convalescent Hospital

This children’s hospital is a 60-bed facility based in Silvertown, Cape Town. It is the only convalescent hospital available to children in the Western Cape. The hospital provides nursing and medical care in a homely environment for infants and children recovering from acute medical and surgical conditions who are unable to return home. The hospital also provides temporary care and education for infants and children who need tender loving care in a place of safety.

More recently, children have been referred to Sarah Fox Hospital not only for medical reasons, but simply because they have no other place to go. The number of abandoned children and children coming from socially unfit backgrounds are on the increase.

Intern Involvement:
Non medical play
- Assisting older children with educational activities
- Assisting nursing staff with patient care
- Potential to come up with fun and innovative projects
- Assist with fundraising
- Provide care and support for patients

Cape Point Outing

We’ll drive to Simon’s Town to Boulders Beach to visit the penguin colony, followed by a delicious brunch at Bertha’s Restaurant on the harbor. We’ll then continue onto Cape Point where the panoramic views of both the Atlantic and the Indian Ocean are absolutely spectacular – definitely bring your cameras. There is also a short walk we can take along the beach where past interns have seen baboons, baby ostriches and other wildlife in this protected area.

Langa Township Tour

This unique walking tour of a South African township or location, with MC, resident of the oldest African township, Langa, will guide you through this different way of life.

The tour starts with a visit to the Langa Methodist Church, where you can be part of a unique and moving experience. The tour then proceeds to the Gugulethu 7 memorial, which is dedicated to the murder of seven young men by SA Police in 1986.

We will finish our day with lunch at the legendary Mzoli’s Butchery. A restaurant that serves braaied (barbeque) lamb, chicken, chakalaka (a traditional spicy salad), pap or steam bread. This is included in the price of the tour. For more information, go to www.proteamsa.co.za or http://www.savenues.com/attractionswc/mzolis-place.htm

Connect-123 Workshop - “Capturing and communicating the value of your Cape Town Experience”

The workshop is themed Capturing and Communicating the Value of your Cape Town Experience, and helps participants reflect on what they are learning through their experience in Cape Town - both during and outside work hours. We also demonstrate how communicating these new learnings effectively can help you achieve your next career goal - whether it's a new job, place in graduate school or your next internship.

Garden Route Safari Trip – Garden Route Game Lodge

Set against the backdrop of the majestic Langeberg mountain Range, the Garden Route Game Lodge guards the entrance to South Africa’s world famous Garden Route Coast. Only 3½ scenic hour’s drive from Cape Town, this malaria free, family owned and operated private game reserve is home to an abundance of animal and birdlife including the Big 5. Visitors to the Garden Route Game Lodge can enjoy game viewing in open Landrovers, luxury accommodation and a memorable dining experience in one of our African style restaurants. Our friendly staff and management are there to anticipate your every need to complete your unforgettable stay.