

Program overview



Introduction

Title: South Africa: Integrative Trauma Treatment Coaching
A program co-hosted by the Integrative Trauma Treatment Center (ITTC), mHub, and GEI

Program dates: Main program: October 2-9, 2022
Optional extension: October 9-11, 2022

Itinerary: Main program

Day	Place	Highlights	Hotels & meals
Oct 2 (Sun)	Cape Town	Personal welcome at the airport, transfer to the hotel, check-in Day at leisure and own disposal Welcome dinner at Vigour & Verve, Sun Square Hotel	Stay Easy City Bowl (D)
Oct 3 (Mon)	Cape Town	Program briefing and in-country orientation (culture, health & safety) at Observatory Community Centre Guided Street Art & Graffiti walking tour of the colorful Cape Town suburbs of Woodstock and Salt River, including local lunch in Woodstock Visit to District 6 Museum - a remembrance of the once lively multi-racial area that was forcefully removed during apartheid in the 1960s and 1970s Interactive discussion with a guest speaker from Cape Mental Health Group dinner at Observatory Community Centre with an introductory presentation about South Africa's mental healthcare system and culture	Stay Easy City Bowl (B/L/D)
Oct 4 (Tue)	Cape Town	Visit to a local NGO (e.g., The Trauma Centre) for an introduction to their mental health work Group lunch at Bo-Kaap Kombuis and interactive discussion on intercultural healthcare training and associated barriers and challenges Visit to Table Mountain with aerial cable car Evening at own disposal	Stay Easy City Bowl (B/L)
Oct 5 (Wed)	Cape Town	ITTCoaching workshop - day 1 (lunch included) Evening at own disposal	Stay Easy City Bowl (B/L)
Oct 6 (Thu)	Cape Town	ITTCoaching workshop - day 2 (lunch included) Evening at own disposal	Stay Easy City Bowl (B/L)
Oct 7 (Fri)	Cape Town	ITTCoaching workshop - day 3 (lunch included) Evening at own disposal	Stay Easy City Bowl (B/L)
Oct 8 (Sat)	Cape Town	Guided Cape Peninsula Tour, including Boulders Beach penguins Certificate function and group farewell dinner with local guests	Stay Easy City Bowl (B/L/D)
Oct 9 (Sun)	Cape Town	Check-out, transfer to the airport and personal farewell Or start of the optional extension	(B)

Itinerary: Optional extension

Day	Place	Highlights	Hotels & meals
Oct 9 (Sun)	Johannesburg & Pilanesberg Nature Reserve	Check-out and transfer to the airport for flight to Johannesburg (ca. 2h) Excursion to Soweto for a guided visit to the Apartheid Museum and lunch at Lebo's Transfer to Pilanesberg Nature Reserve (ca. 2h30) Check-in at the lodge and safari dinner	Bakubung Lodge (L/D)
Oct 10 (Mon)	Pilanesberg Nature Reserve	Early morning safari game drive to spot the 'Big 5' Afternoon safari game drive to spot the 'Big 5' Meals at the lodge	Bakubung Lodge (B/L/D)
Oct 11 (Tue)	Pilanesberg Nature Reserve & Johannesburg	Early morning safari game drive to spot the 'Big 5' Breakfast, check-out, and transfer back to Oliver Tambo International Airport (ca. 2h20) Personal farewell and flights back home	(B)

Program prices per person in USD

Price per person in USD (main program): - min 8 participants -	Main program fee (sharing basis): US \$2,890
	Optional single occupancy supplement: US \$196
	ITTC workshop fee: US \$1,800
Included:	Workshop registration, accommodation (7 nights with breakfast and free WIFI), meals as stated (6 lunches + 3 dinners, each with 1 non-alcoholic drink), in-country transportation (including airport transfers), admission to all activities, mineral water on the vehicle, coordination/guiding, 24/7 emergency support
Not included:	International transport (flights, airport taxes etc), visas, travel and medical insurance, meals not stated, extra beverages and alcoholic drinks at the restaurants, potential COVID-19 requirements (such as RT PCR tests, self-isolation, etc), personal expenses and other extras
Optional extras:	Early arrival / late departure accommodation at Stay Easy City Bowl: US \$71 (single), US \$118 (double) Early arrival / late departure airport transfer: Free-of-charge by Stay Easy City Bowl
Price per person in USD (optional extension): - min 4 participants -	Optional extension program fee (sharing basis): US \$990
	Optional single occupancy supplement: US \$160
Included:	Accommodation (2 nights with breakfast and free WIFI), meals as stated (2 lunches + 2 dinners, each with 1 non-alcoholic drink), in-country ground transportation (including airport transfers), admission to all activities, mineral water on the vehicle, coordination/guiding, 24/7 emergency support
Not included:	International transport (flights, airport taxes etc), domestic flight(s) from Cape Town to Johannesburg, visas, travel and medical insurance, meals not stated, extra beverages and alcoholic drinks at the restaurants, potential COVID-19 requirements (such as RT PCR tests, self-isolation, etc), personal expenses and other extras
Optional extras:	Domestic flight Cape Town-Johannesburg (one-way): US \$150
Payment details:	- US \$510 nonrefundable deposit payment at time of booking - Payment of the remainder not later than 60 days before the start of the program
Refund policy:	- 61 or more days prior to the start of the program: Price is fully refundable, less the US \$500 deposit. - 60-15 days prior to the start of the program: 50 percent of price is refundable. - 14 or less days prior to the start of the program: None.
General terms & conditions:	GEI's general Terms & Conditions apply to this program: www.global-engagement.org/TCs