



NEWSLETTER # 2 (11 Pages)
June 23, 2019

“The meaning of life is to find your gift. The purpose of life is to give it away”
--- William Shakespeare

“Education is the most powerful weapon which you can use to change the world”
--- Nelson Mandela

Welcome Volunteers!

I am very excited to meet all of you soon. We have an excellent program this year and I am thrilled to have the opportunity to lead this year’s program!

Please read this Newsletter thoroughly. It has important information for the trip. I would encourage you to review Newsletter #1 as well as it has additional relevant information you will need.

Your YASC Team, Spirit of Africa, and Amandla are working hard behind the scenes preparing the program for you. Project development and logistic arrangements are under way and we are approaching trip departure quickly.

Included in this Newsletter is most of what you will need until we meet you in Cape Town. Once you arrive, we will give you more information and details throughout the course of the week.

YOUR TEAM:

Joao Aleixo: YASC Director

Liz Jordan: Trip Leader

Amandla Development: Partnering NGO. Scott Clarke Founder and Director and staff

Spirit of Africa: Cailin Human, Keira Powers, Gavin Reynolds- Logistics Partner

AMANDLA DEVELOPMENT: We are so thrilled to be working with Amandla again this year. Amandla staff are working hard in preparation for YASC and coordinating schedules and projects with the local Philippi schools. If you missed Scott Clarke's presentation, you will get caught up as Scott will be presenting more historical information while on the ground as part of our Itinerary. Below is a YouTube link about Amandla:

https://www.youtube.com/watch?v=oy_opDFMsk0

ITINERARY: Included in this Newsletter is a detailed itinerary of the entire program with links to much of the information you will need. Updated daily information you need to know will also be provided during our morning group meetings.

Click here for the link to the **YASC Cape Town Itinerary 2019**

<https://wetu.com/Itinerary/Landing/03759BF0-6D8C-45DA-87DA-1C812EDE87D6>

DIRECTORY: This is included but please review it and let us know if you spot any errors. The directory is provided electronically only but you are welcome to print it out. It's nice to have a paper copy with you.

Click Here for the link to the **YASC Cape Town Directory 2019**.

<https://www.dropbox.com/s/ilsm69rz8sn2mbf/Cape%20Town%202019%20Directory%2006.24.19.pdf?dl=0>

PROJECTS: Our Projects this year are the following:

BUSINESS DEVELOPMENT:

Project Leader: Samantha Razook

samantha@curiousjane.fun

CHILDREN'S HEALTH:

Project Leader: Zach Porterfield and Alfred Renaud

alfred@aya.yale.edu, zach.porterfield@yale.edu

PUBLIC HEALTH

Project Leader: Didi Robins

drobins@med.umich.edu

PERFORMING ARTS

Project Leader: Terry McKinnon

Terry@TotalBodyMovement.com

PHOTOGRAPHY & MEDIA: Our official YASC photographers and media specialist will be Melanie Gross and Nattie Lopez. They will be documenting the program and creating slide shows of the projects.

If for some reason you have not heard from your Project Leader please contact them. This would be because an erroneous email was used as all Project Leaders have by now sent out emails to their Teams. Project Leaders will be providing updates to our group on their projects during the beginning of the program.

FLIGHT INFO: Please remember if you have not already to send your flight information to our logistics partner, Spirit of Africa:

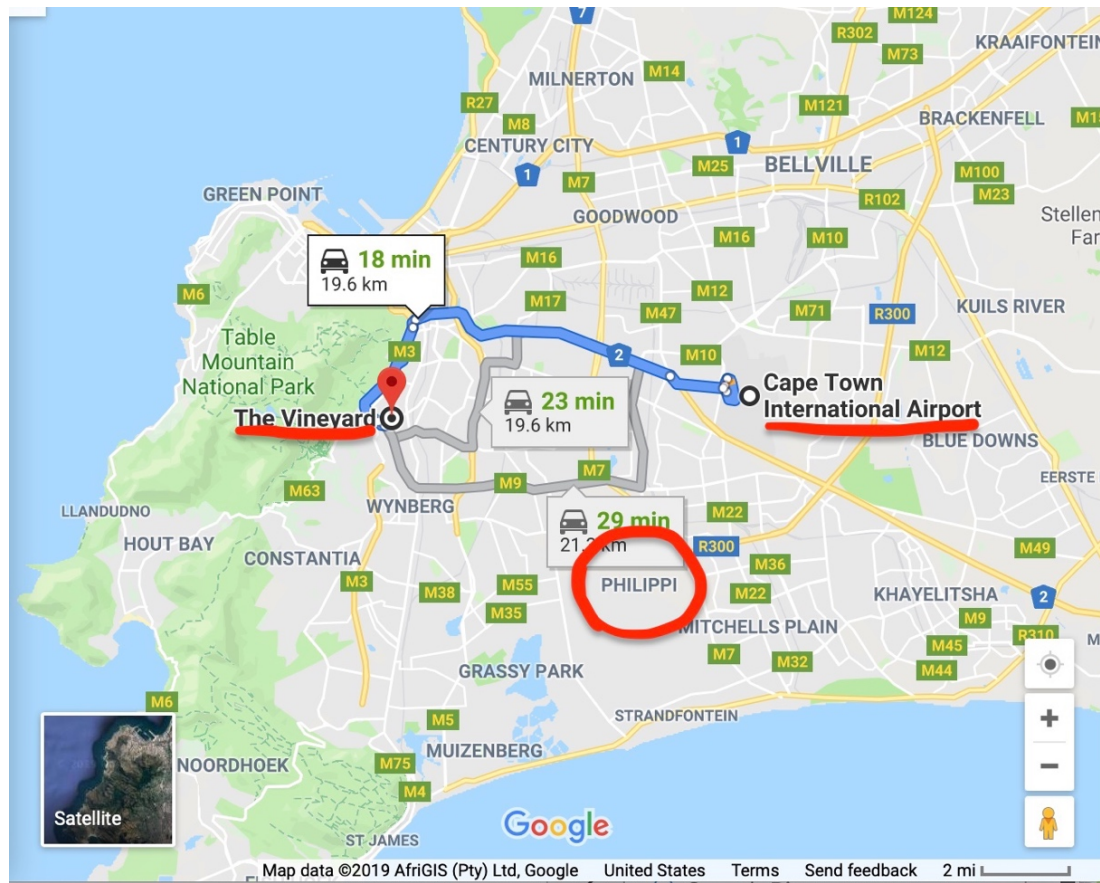
yasccapetown2019@spiritofafrica.co.za

Email subject line: Flights - Name & Surname

Email content:

1. Number of people in group
2. ARRIVAL : Date, Time, Flight Number
3. DEPARTURE : Date, Time, Flight Number

TRANSPORTATION: As a reminder, transportation from the airport to the Vineyard Hotel in Cape Town needs to be arranged on your own. YASC will not be providing transportation to the hotel. Uber is available in Cape Town and is a great, inexpensive and fast way to travel. If you wish to have Spirit of Africa assist you in your travel arrangements to the hotel you may contact them directly-any costs incurred will be your responsibility. All other transportation during the YASC program will be provided by Spirit of Africa.



SWAG: Your YASC goodies will be handed out to you when you arrive at the Hotel.

TALENT SHOW: Be prepared to show us your talent in the infamous amazing YASC Talent Show! ANY talent is welcome. So, bring your talent and any props you need to Cape Town! If you are more of an MC type, a job position is available for you too! There will be a sign-up sheet during the program.

MEALS: All meals are provided. Meals will be held together breakfast and dinner at the hotel or during our scheduled excursions. Lunches during our service week will be provided by master chef Abigail Mbalo's, an incredible local chef who will provide her delicious dishes via her food truck. Below is a link to an article and video about Abigail. Volunteer food allergies and restrictions will be taken into account.

<https://rollingout.com/2018/05/25/meet-south-africas-masterchef-abigail-mbalo/>

LOCAL LANGUAGE: South Africa has 11 official languages. The predominant languages spoken in Cape Town are English, Afrikaans, and Xhosa. isiXhosa is notable for its clicks and is the second most spoken language after Zulu. Most of the community of Philippi speaks English, but Xhosa is taught in the schools and spoken by local residents. Translators will be available when necessary. If you are interested in learning a little isiXhosa here are some references:

<https://www.youtube.com/watch?v=YlocO29uud4>

<https://www.youtube.com/watch?v=kgXPafPj8zs>

[Complete Xhosa: Teach Yourself Guide](#) available at Amazon

YASC VOLUNTEER TIPS:

1. **Be flexible**
2. **Don't try to "fix"**
3. **Avoid gift giving**
4. **Be culturally sensitive**
5. **Learn the culture and history**
6. **Be a Team Player**
7. **Expect to give not receive**
8. **Stay healthy**
9. **Enjoy yourself**



Cultural sensitivity is being aware of and understanding cultural differences that exist among different cultures without placing a value on them and that are different from your own. As we journey through our service projects it's important to keep our cultural biases in mind and be open to

understanding, exploring, and respecting cultural, beliefs, traditions, and systems which may be very different from our own. Be aware of your own biases.

A YASC volunteer means being flexible, patient, and understanding that our American fast pace and individualistic tendencies do not serve the community in which we will be working. Our best laid plans may change drastically. Many more times than not what actually occurs is the better situation.

GIFTING:

It's very natural to want to give gifts. But even when given with the best intentions, gifts can cause problems especially where resources are scarce. We don't want to create problems that the local community must solve after we leave. Be assured YASC will provide gifts where appropriate.

TRAVEL TIPS:

Weather and Attire: It will be Winter in S. Africa. The weather can be unpredictable. Lows in the 40s highs in the 70s, sometimes on the same day. It will also rain as it's rainy season. Bring rain gear and also clothes for warmer days. The best advice is dress in layers. Dress is casual. We will have a more formal dinner the last day of the program so possibly bring one nicer outfit. Also, if you plan to participate in the Talent show, don't forget to bring what you need to show off your talent! Don't bring valuable jewelry or expensive items with you on the trip. Pack as you would for any international trip.

Hotel: The Vineyard is a lovely 4-star hotel with most of the amenities you would need. There is a state-of-the-art fitness center, and an indoor and outdoor pool. The weather is quite cold for an outdoor swim and the indoor pool is very small, but if you are an avid swimmer, you may consider bringing your suit. There are several casual and more upscale restaurants in the hotel. (See Itinerary and link to hotel). There is Wi-Fi.

Local Activities: In the World Champion Rugby Championship the local S. African team "The Springboks" will be playing the New Zealand "All Blacks" in New Zealand on Friday, July 27th. We have arranged a viewing of the

game at the hotel for those interested. Don't forget to wear your Springboks gear! You can find fan gear on Amazon.

Official Springboks Website:

<https://springboks.rugby/en/news/latest>.

Springboks Fan Gear:



https://www.amazon.com/s?k=springbok+rugby+shirts&ref=nb_sb_noss_2

“Daily Maverick”: Is a local Cape Town Newspaper. To keep up with local news you can subscribe to their daily email newsletter or view it on line. Of note, news tends to be biased toward DA (opposition party of Western Cape).

<https://www.dailymaverick.co.za>

<https://www.dailymaverick.co.za/about/newsletter>

Safety: YASC and our logistics partner have ensured safety measures have been put in place and daily safety issues will be monitored regularly. Our time in Philippi during the service week will be focused within the schools, the businesses for our business clients, and Women's Shelter. In the Philippi community we ask that you keep in your groups and volunteers will not be allowed to travel alone in the streets of the inner township. Spirit of Africa will provide all transportation to and within Philippi that we need.

Health: By now you hopefully have consulted with your health care provider about preparation you need for the trip including any vaccinations you may need and have been cleared medically to participate in the program. The CDC has an excellent website. I encourage you to review the section on South Africa. <https://wwwnc.cdc.gov/travel>

Travel Documents:

Ensure your passport is valid and you have at least 2 empty pages. Very important again, you must have your child's original copy of their birth certificate, and in the event this child is traveling with only one parent, you

must bring in addition to the birth certificate, an affidavit of consent. Entry into S. Africa will be denied if these documents aren't present.

https://za.usembassy.gov/m_16042015/

<https://za.usembassy.gov>

Currency: The Rand is S. Africa's currency. Currently 1 USD= 14.80 Rands. You may want some currency on hand for souvenirs, gifts, etc. We also will have a local Vending Showcase one evening at the hotel where you can buy gifts. Cash will be needed for these purchases.



Electrical Plugs: In South Africa, the new SANS 164-2 plug has 3 pins and replaces the 3-pronged round pin plug. It is compatible with the European two-point plugs. The standard voltage in S. Africa is 230V which is higher than the US (120V). The power plugs in S.Africa are Type D,M, and N. Most laptops and phone chargers will automatically step down to US 120V. But you may need voltage converter for other appliances. You will also need a power plug adapter. You can you can find these on Amazon. Philippi covers cell service of most providers in Cape Town. (Vodacom and MTN, Cell C, Telkom are examples).



PHONE OVERSEAS: Philippi itself is covered by all the major cell phone service providers in Cape Town. Vodacom and MTN are examples of two

major companies with good coverage in the area. SIM cards that you can insert into your phone are a good value. You can get a SIM card and purchase a call and data plan at the Cape town airport or less expensively (about 10 cents) in other local convenient stores. You will need your Passport to purchase a SIM card.

If you have an iPhone, here is a helpful website about using your phone overseas. <https://www.thebudgetmindedtraveler.com/iphone-abroad/>

READING/MOVIE REFERENCES:

FILM

“Amandla! A revolution in Four-point Harmony”. Available on YouTube.

“Invictus” About Nelson Mandela as S. African President enlists the national rugby team on a mission to win the 1995 Rugby World Cup. https://www.imdb.com/title/tt1057500/awards?ref =tt_awd

“MTV CRIBS-Style”. Trevor Noah, host of The Daily Show, visits the township he grew up in. <https://www.youtube.com/watch?v=1s5iz6ml-qA>

“Inxeba” (“The Wound”) by John Trengove.

“Scoonheid” (Beauty) Directed I by Oliver Hermanes.

“District 9” Directed by Neil Blomkamp.

“Serafina” Directed by Sheyna Ordosew.

“Lion’s Share” Netflix documentary.

BOOKS

Long Walk to Freedom by Nelson Mandela – His classic autobiography

Rabble-Rouser for Peace by John Allen – Authorized biography of Desmond Tutu

I Write What I Like by Steve Biko – Selected essays by one of the leaders of the Black Consciousness Movement during the apartheid era.

491 Days: Prisoner Number 1323/69 by Winnie Madikizela-Mandela - Account of her imprisonment and trials

Winnie Mandela: A Life by Anné Mariè du Preez Bedrob – Comprehensive biography

The Cry of Winne Mandela by Nijabulo Simakehle.

Rebels and Rage. Reflecting on Fees Must Fall by Adam Habib

How Can a Man Die Better by Benjamin Pogrand – Biography of Robert Sobukwe.

Country of My Skull, by Anije Krog

Pan-Africanist Congress and anti-apartheid hero Country of My Skull by Antjie Krog – Chronicle of the Truth and Reconciliation Commission by the poet & journalist

Cry, the Beloved Country by Alan Paton – Famous novel first published in 1948
Sounds of the Cowhide Drum by Mbuyiseni Oswald Mtshali - Landmark work of poetry.

Sounds of a Cowhide Drum by Oswald Mtshali (a poet anthology)

Born A Crime, by Trevor Noah. A memoir of growing up as a mixed-race boy in a S. African township.

The Madonna of Excelsior by Zakes Msa.

Native Life of South Africa, Sould Plaatje.

The Boer War Diary of Sol T. Plaatje: an African at Mafeking, By Sol Plaatje.

Postcards from Soweto, by Mokone Molete.

How Can a Man Die Better: The Life of Robert Sobukwe, by Benjamin Pogrand.

Indaba, My Children, by Credo Mutwa.

Gangster State, by Peter-Louis Myburgh.

A Bantu in my Bathroom, by Eusebius McKaiser.

Could I Vote DA, by Eusebius McKaiser.

People to Follow on Social Media:

Osiame Molefe (@TOMolefe)

Gugs Mhlungu (@GugsM)

Khaya Dlanga (@khayadlanga)

Nomboniso Gasa (@nombonisogasa)

Mmusi Maimane (@mmusimaimane)

Zama Ndlovu (@ms_zamandlovu)

Eusebius McKaiser (@eusebius)

Andile Mngxitama (@mngxitama)