



**Cities in Transition - Sustainability and the Global South**  
**ISAE / FGV 2016 programme Cape Town**  
Friday 16 to Tuesday 27 October 2016



**Overview**

An 11 night programme, 12 day programme, with 7 nights in Cape Town and surrounds, 2 nights on Safari, and one night in Johannesburg.

Accommodation in 3 star iKhaya Lodge hotel in Cape Town (4 nights), 4 star Spier Hotel in the Stellenbosch Winelands (1 night), 4 star de Oude Werf hotel also in Stellenbosch (3 nights), Naledi Game Lodge in Kruger National Park (2 nights). Hotel lodging all on single basis bed and breakfast; safari lodging on a shared basis.

All meals included except lunch on Day3, lunch and dinner on Day11 and breakfast on day 12. All drinks excluded.

## THE TEAM

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Your host is Eduardo Shimahara.  
Your translator is Eloah Ramalho  
Your tour guide is Michael Letlala.

Shima, Eloah and Michael will be with you every day in Cape Town.

Behind the scenes is Natasha Moses, she's handling backend logistics, and Iain Harris. Iain and Shima put the programme together. You will meet Iain on your first night, and he will host you for dinner on the 6th night, Wednesday the 21st.

Important contact numbers:

Shima +2771 647 3712

Michael +2771 679 7328

Coffeebeans Routes office +2721 461 3572

iKhaya Lodge Hotel +2721 461 8880, located on Dunkley Square, Wandel Street, Gardens

Spier Hotel +2721 809 1100, located on the R310, Stellenbosch

de Oudewerf Hotel +2721 887 4608, located on Church Street, Stellenbosch

Naledi Game Lodge, Kruger National Park +2715 001 7092

## PUBLIC TRANSPORT

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Here are the modes of public transport available to you:

- The [MyCiti bus](#) system, our Integrated Rapid Transit System. You need a bus card, which you load with credit and ride. The most comfortable public ride, but not always the most convenient. A service of the City of Cape Town.
- [Minibus taxis](#), the most ubiquitous form of public transit, and a totally private enterprise with no subsidies. Simplest to use on the Atlantic Sea Board line for access from the inner city through to Camps Bay. There is no single website for the system, but the link the title goes to is a piece on its role in South Africa.
- [Golden Arrow](#) is the oldest bus system, and the most difficult to work out, you need to have grown up with their system to understand how to use it. They have some new buses but mostly they are dinosaurs. You won't need to use them, they don't do much around the main city.
- Uber: we have regular cab operators too, but Uber is by far the best.

## PROGRAMME SUMMARY

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### **Day1. Friday 16 October**

Arrivals and welcome dinner. Overnight iKhaya Lodge Cape Town

### **Day2. Saturday 17 October**

Peninsula Route. Overnight iKhaya Lodge Cape Town

### **Day3. Sunday 18 October**

Free day until 1400. Spier sustainability tour. Overnight Spier Hotel Stellenbosch

### **Day4. Monday 19 October**

Morning lectures. Table Mountain Sustainability Study. Overnight de Oudewerf Stellenbosch

### **Day5. Tuesday 20 October**

Morning lectures. Afternoon District Six & Forced Removals excursion. Overnight de Oudewerf Stellenbosch

### **Day6. Wednesday 21 October**

Morning lectures. Food Security and Urban Farming excursion. Overnight de Oudewerf Stellenbosch

### **Day7. Thursday 22 October**

Morning lectures. Afternoon Biodynamic wine excursion. Overnight iKhaya Lodge Cape Town

### **Day8. Friday 23 October**

Creative Cape Town programme. Overnight iKhaya Lodge Cape Town

### **Day9. Saturday 24 October**

Depart for Safari. Overnight Naledi Game Lodge

### **Day10. Sunday 25 October**

Safari. Overnight Naledi Game Lodge

### **Day11. Monday 26 October**

Transfer to 12 Decades Hotel in Maboneng, Johannesburg. Overnight 12 Decades Johannesburg

### **Day12. Tuesday 27 October**

Transfer to OR Tambo International airport Johannesburg, fly home

## PROGRAMME IN DETAIL

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### Day1. Friday 16 October

Arrivals and welcome dinner. Overnight iKhaya Lodge



Welcome to Cape Town, South Africa's oldest city, the place we call the 'Mother City'.

Once you are checked in, you might want to just relax a little after a long flight. So we'll have a free afternoon.

At 1900, one of the team will collect you to walk you across the road from the hotel to the Creative Emporium for dinner, a private traditional Cape Town dinner spread, with a hot original concert featuring Cape Town singer Ernestine Deane. It's a great way to arrive in Cape Town.

Over starters, we will talk through the programme, and then it's the main course, concert and dessert. Back to the hotel around 2230.

## Day2. Saturday 17 October

Peninsula Route. Overnight iKhaya Lodge



Cape Point

We'll start early, at 8am, and head to Cape Point for a relaxing day of sightseeing, following the spine of the Table Mountain range, all the way to where the Indian and Atlantic Oceans meet. We pass through stunning coastal villages, including Kalk Bay, and Simonstown. You'll have a chance to take the funicular, walk to the lighthouse and take a short hike in the reserve.

We will have a Cape Town favourite for lunch in Kalk Bay - fish and chips, at an iconic Cape Town eatery, Kalkies, which has been around for more than 50 years.

We will aim to be back in town by around 3pm so that you have a chance to experience the city centre at its most laid back time of the week.

Dinner is at the hotel around 7pm.

### Day3. Sunday 18 October

Day at Leisure in Cape Town, Spier Sustainability Tour Stellenbosch. Overnight Spier Hotel



Farmer Angus chickens, on the Spier estate

To allow you enough time to recover from the jetlag, and to just relax into the energy of this new city experience, you have the morning off. After breakfast, you will check out of your room, leave your bags at the hotel, and have a chance to do some exploring on your own.

Aim to be back at the hotel around 1345. Michael your guide will transfer you to the Spier Hotel and Wine Estate in Stellenbosch, just across the road from the Sustainability Institute, where you will spend the night.



After checking in, you will be hosted on a tour of the estate, exploring their Sustainability practices.

Around 7pm, dinner time at the hotel.

Lunch today is for your own account.

## Day4. Monday 19 October

Morning lectures. Table Mountain Sustainability Study. Overnight de Oudewerf Stellenbosch

	
Professor Mark Swilling	The Oranjezicht City Farm, on the original van Breda farm, the biggest farm in Cape Town in the 1700s, sitting atop several fresh water wells

You will check out after breakfast, around 0815. Your bags will stay at the hotel, and Michael will transfer them to the Oudewerf Hotel in Stellenbosch, where you will stay for 3 nights.

At 0825, you will be transferred to the Sustainability Institute for an 0830 start. Each morning at the SI will start with group work and community work.

Lectures start today at 1000 with Professor Mark Swilling. Mark is the academic head of the Sustainability Institute.

We need to get to Table Mountain at 1330 to meet Marie Abraham, the Table Mountain Cableway's Environmental Control Officer, for an exploration of the famous mountain through the lense of sustainable practice, from bottom to top.

We will have a picnic lunch on the mountain with Marie. We will also have time to explore at your leisure on the mountain top.

We take the cable car back down the mountain around 1600, for our appointment at the Oranjezicht City Farm (OZCF) at about 1645. The OZCF is "a community of adults and younger folk working together to engage in small-scale food production in the City Bowl of Cape Town." Their vision is to "improve under-utilised public green spaces by creating demonstration gardens for hands-on community-wide food gardening education, thereby increasing access to fresh vegetables." It is just a beautiful space in the city, with a story that starts in slavery in the Cape and takes us some distance into a future that sees us have a much closer relationship to the food we eat.

We will head to your new hotel, de Oudewerf in Stellenbosch, at about 1800, with dinner scheduled for about 2000.

## Day5. Tuesday 20 October

Morning lectures. Afternoon District Six & Forced Removals excursion. Overnight de Oudewerf Stellenbosch



Edgar Pieterse



The District Six Museum

You will be transferred at 0815 from the hotel to the SI for your morning programme. The lecture will start at 1030 with Edgar Pieterse and Mark Swilling. Edgar is an urbanist, and the director of the African Centre for Cities at the University of Cape Town.

Lunch is at the SI at 1300.

At 1345, Michael collects you to visit the District Six Museum in Cape Town. This afternoon we want to explore some history, to help provide some rich context to your visit. The history of South Africa is a history of forced removals. The indigenous people were removed from their land by colonial empires. Citizens of countries like Mozambique and Java and Indonesia, were captured and brought to the Cape to be slaves. Under apartheid, Capetonians were forced out of their homes in the city and moved to the periphery. So there are layers upon layers of forced removals that have shaped our collective identity, and the inequalities that ensue have a direct impact on our capacity to live sustainably.

At the museum you will be hosted by a former resident of District Six.

After the museum, we will have some time to relax a little in the city before heading back to your hotel in Stellenbosch around 1800.

Dinner at 2000 at the hotel.

## Day6. Wednesday 21 October

Morning lectures. Food Security and Urban Farming excursion. Overnight de Oudewerf Stellenbosch

	
Eric Swarts	Abalimi Bezekhaya's Harvest of Hope Vegetable Box

You will be transferred at 0815 from the hotel to Eric Swart's farm on the Spier Estate for community work. Eric is an organic farmer, working a 10 hectare farm.

Your lecture programme starts at 1030 at the SI, with Luke Metelerkamp. Luke heads up the Food Systems Centre at the SI.

Lunch at the SI.

Michael will collect you 1345 to transfer you to Green Road at the Spier Estate, where you will meet the operations manager Gary Knoetze. Green Road connects vegetable buyers directly to small scale organic farmers, "serving healthy food, grown locally, to 160 families per week, and this number is growing monthly. Five local emerging farmers bring their produce to the Stellenbosch Waldorf School every Thursday, where it is packed and distributed to homes."

And then we visit a township or favela farm, a project of Abalimi Bezekaya in Khayelitsha. Abalimi is an urban agriculture and environmental action association operating in the socio-economically neglected townships of the Cape Flats. Abalimi means: "the Planters" in Xhosa, the predominant language among our target community. We assist individuals, groups and community based organisations to initiate and maintain permanent organic food growing and nature conservation projects as the basis for sustainable lifestyles, self-help job creation, poverty alleviation and environmental renewal."

We will be back at the hotel around 1730 / 1800. At 2000, Iain Harris will collect you for dinner at a Stellenbosch restaurant.

## Day7. Thursday 22 October

Morning lectures. Afternoon Biodynamic wine excursion. Overnight iKhaya Lodge Cape Town



You will check out of the Oudewerf after breakfast, and transfer at 0815 to the SI for your morning sessions starting at 0830.

Your lecture today is hosted by Jess Schulschenk, exploring biodiversity and ecosystems.

Lunch at the SI.

At 1400, Michael will take you to Avondale Wine Estate in Paarl, about an hour's drive from the SI. Avondale is probably the flagship biodynamic wine estate in South Africa. You will be hosted on a two hour eco tour of the estate, with tastings at different locations, and insights into their approach to farming and to wine making.

From Avondale you will transfer to Cape Town for two more nights at iKhaya Lodge.

Dinner at the hotel.

## Day8. Friday 23 October

Creative Cape Town programme. Overnight iKhaya Lodge Cape Town



You are spending the day with Iain today, exploring creative eco-systems and creativity in Cape Town. The day will include design, art, and music, and everything in between, and will be structured around meeting a selection of creatives in Cape Town who can open up the creative fabric of the city.

You will be collected at 0900, and return around 1700.

Closing dinner.

### **Day9. Saturday 24 October**

Depart for Safari. Overnight Naledi Game Lodge



Michael will get you to the airport for your flight to Johannesburg. You'll leave the hotel around 0900, and fly at about 1030.

The flight is two hours long, and in Johannesburg, a shuttle will take you to the Naledi Game Lodge in Kruger National Park. It's about a five hour drive. You will arrive in time for an evening game drive and dinner.

All meals are included at the game lodge. Drinks are excluded.

### **Day10. Sunday 25 October**

Safari. Overnight Naledi Game Lodge

Game drives and relaxation!

### **Day11. Monday 26 October**

Transfer to Johannesburg, overnight 12 Decades hotel



Morning game drive, and then a late morning transfer to Johannesburg. You will be staying overnight in the 12 Decades Hotel in Maboneng, a hip young integrated precinct in downtown Johannesburg. You will be able to walk out of your hotel and explore the nightlife.

Lunch and dinner today are for your own account.

### **Day12. Tuesday 27 October**

Check out of the hotel and transfer to OR Tambo International for your flight back home!

Please note that breakfast is not included at the 12 Decades, you will be able to eat at Pata Pata restaurant below the hotel.