

## **YMCA STUDY TOUR to South Africa**

*November 27<sup>th</sup> to December 12<sup>th</sup>, 2010*

### **Greetings YMCA Friends and Colleagues,**

In the spirit of promoting international awareness, peace and tolerance on a global scale, the International Branch of the YMCA of Greater New York is pleased to sponsor the **2010 YMCA Study Tour to South Africa**.

This amazing and inspirational opportunity is open to YMCA volunteers, staff and friends of the movement, who would like to experience first hand the amazing, challenging and *inspirational work of YMCAs in Cape Town, Durban and Pietermaritzburg, South Africa*.

This is the second year this study tour has offered an opportunity for YMCA staff and volunteers to see the truly wonderful and enlightening work of the YMCA movement on a global scale, and learn about the rich history and background of South Africa. and our second annual study tour to Cape Town! This year, we have added in visits to Durban and Pietermaritzberg to give participants as holistic a view of the complexities and beauty of South Africa as is possible.

In this packet, you will find answers to most of your questions, but if you would like to know more or want to speak with us in person, please do not hesitate to contact us. We would be glad to hear from you!

### **Program Dates:**

*November 27<sup>th</sup> to December 12<sup>th</sup>, 2010*

### **Leadership:**

The trip will be led by one YMCA of Greater New York staff member and/or seasoned volunteer with experience leading overseas travel programs for adults.

### **Host:**

Our “home” YMCAs will be the Cape Town and Pietermaritzburg YMCAs, which are very comfortable and are located in very safe parts of each respective city. Please see the sample itinerary in this packet for more details and information on our hosts.

### **Program Overview:**

The trip program will include:

- Tours of YMCA activities and program sites;
- Visits to historical and socially significant sites (Lion Park, Robben Island, District Six Museum, etc.);
- Meetings with YMCA members, volunteers, and staff;
- Opportunities for informal dialogue with YMCA South Africa leaders and board/volunteers;
- Loads of inspiration, life-changing experiences, and memories to last a lifetime.

### **Who:**

1. YMCA members, staff, volunteers, board members, family and friends from across the United States & Canada
2. Group Size: *Minimum of 15 participants*, Maximum of 20 participants

## Our Goals:

To enable YMCA trip participants to:

- Gain first-hand knowledge of the amazing work of the YMCA in South Africa;
- Develop an understanding of the challenges facing this region and explore a model for peace, tolerance and understanding;
- Enjoy all the wonders of Cape Town, Durban & Pitermaritzburg as sought after tourist destinations.

## Program Fees: US\$3,250 (single rooms also available)

Program fees include:

- Round trip airfare from NYC to Cape Town, Cape Town to Durban & all Ground Transfers
- Professional guide, most meals and entrance fees for the duration of the program

Fees DO NOT include: passport, personal expenses, beverages, trip cancellation insurance, etc.

## Payment Schedule:

- Non-refundable deposit - \$400 with full application is due on **Friday, August 13<sup>th</sup>, 2010.**
- **FINANCIAL ASSISTANCE APPLICATIONS are also due FRIDAY, August 13<sup>th</sup>, 2010.**
- Full balance of payment is due September 17<sup>th</sup>, 2010. No exceptions will be possible.

## Security:

- Security is always a primary concern on YMCA trips.
- All participants will be urged to take trip cancellation insurance.

## Photo/Graphics Release:

In consideration of the good will, public service and community aids provided by the YMCA of Greater New York, I hereby grant permission to take and publish photographs, video tapes, motion pictures and recording of me for any legitimate purpose including use in the media or in YMCA promotional materials.

I release all rights to such photographs, video tapes, motion pictures and recordings, and I acknowledge that the YMCA will be the sole owner of all rights arising out of their use for all purposes.

I hereby relinquish my option to pursue legal action against the YMCA for the use of any material containing or using, intentionally or unintentionally, the likeness of me. I understand that I shall receive no compensation for their use from any source whatsoever.

## Financial Assistance:

Several donors have generously donated funds to be used for scholarships for this amazing opportunity. These funds were donated in memory of William Sword, Sr. The International YMCA will award scholarships to qualified YMCA professionals (Age 30 and younger) with strong international interests and motivations. Financial assistance application material is provided in this packet. Preference will be give to those who have not yet traveled outside the United States. Please contact Emily with any questions. Please note that applications for financial assistance are due on Friday, August 13<sup>th</sup>, 2010 to Emily Johnson.

## Staff Contact Info:

Chad Nico Hiu  
Program Director  
International YMCA  
212.875.4328  
[chiu@ymcanyc.org](mailto:chiu@ymcanyc.org)

John Cruz  
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International YMCA  
212.875.4334  
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Emily Johnson  
Manager of Fund Development  
International YMCA  
917.441.2601  
[ejohnson@ymcanyc.org](mailto:ejohnson@ymcanyc.org)



A Branch of the YMCA of Greater New York

### REGISTRATION FORM

### 2010 YMCA STUDY TOUR to SOUTH AFRICA

Please PRINT or TYPE your name exactly as it appears in your passport.

Mail with deposit to Chad Nico Hiu, International YMCA, 5 West 63<sup>rd</sup> St. – 2<sup>nd</sup> Floor, New York, NY 10023 Phone: 212.875.4328 Email: [chiu@ymcanyc.org](mailto:chiu@ymcanyc.org)

Family name: \_\_\_\_\_ First name: \_\_\_\_\_  
 Middle name: \_\_\_\_\_ SSN: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_  
 Home Street address: \_\_\_\_\_ Apt: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Passport #: \_\_\_\_\_  
 Phone – Day: \_\_\_\_\_ Evening: \_\_\_\_\_ Cell: \_\_\_\_\_  
 Email: \_\_\_\_\_ Fax: \_\_\_\_\_ Citizenship: \_\_\_\_\_

Home YMCA: \_\_\_\_\_  
 YMCA address: \_\_\_\_\_  
 Position at YMCA: \_\_\_\_\_ # of years in position: \_\_\_\_\_

#### Emergency Contact Information:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone – Day: \_\_\_\_\_ Evening: \_\_\_\_\_ Cell: \_\_\_\_\_

#### Accommodation Options: (Please check one option)

**Double room** – Sharing with (name of person): \_\_\_\_\_ (\$3,250 per person)  
 **Double room** – Willing to share with any other participant of the same gender (\$3,250 per person)  
 **Single room** – Potentially available at nominal extra cost

#### Trip Conditions:

I understand that this trip includes roundtrip coach airfare from NYC (and CPT-DUR), hotels and most meals, in-country transportation, tour guide and entrance fees. It *does not* cover personal items, alcoholic beverages, tips or other incidentals. It also does not cover food purchased by choice. I certify that I am in good health and able to handle the stress associated with this trip. I understand that my fee includes health insurance through the YMCA/Chartis and that I have the option of purchasing trip cancellation insurance on my own. Accommodations will be at YMCA hostel facilities. Most food provided will be prepared by YMCA staff/volunteers. Trip itineraries are subject to change at anytime.

#### Cancellation Policy:

Notice of cancellations must be done in writing (via email or fax) and submitted to [chiu@ymcanyc.org](mailto:chiu@ymcanyc.org) or faxed attn: Chad to 212.724.2344. You will receive a confirmation via email or phone once your cancellation has been received. Refund amounts schedule is as follows:

- Prior to August 13 - full refund less the \$400 deposit
- August 13 to September 17 – all recoverable fees at the time of cancellation will be refunded (less the \$400 deposit)
- After September 17 – no refunds will be issued. *Participants will not be allowed to travel unless full payment has been received.*

#### Indemnity Agreement/Release Waiver:

I hereby indemnify, defend and hold harmless the YMCA of Greater New York and its branches, officers, directors, partners, agents and employees from and against any and all demands, claims causes of action, damages to persons or property, losses and liabilities, including reasonable attorney's fees, arising out of or resulting from any act taken or committed by any party hereto pursuant to my election to become a member of the YMCA Study Tour to Cape Town, including any and all representations, or eligibility requirements made to or imposed by any governmental department or agency of any country. I HAVE CAREFULLY READ, I UNDERSTAND, AND AS AN INDUCEMENT TO THE YMCA OF GREATER NEW YORK TO ALLOW MYSELF TO BECOME A MEMBER OF THIS DELEGATION, I AGREE TO THE FOREGOING.

#### Payment Options: (check one option)

By **personal check**. My check for \$400 made out to the YMCA International Branch is attached. I will send the balance (\$2850) by September 17, 2010  
 By **credit card**. Please charge my card \$400 now and the balance on September 17, 2010.

Credit card company/type: \_\_\_\_\_ Name of holder: \_\_\_\_\_  
 Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_  
 Printed Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_  
 Billing address: \_\_\_\_\_

I agree to all information provided in this application packet – Participant Signature: \_\_\_\_\_

**YMCA Study Tour to South Africa TENTATIVE Itinerary**  
***Saturday, November 27<sup>th</sup> through Sunday, December 12<sup>th</sup>, 2010***

SA 204 W 26NOV 5 JFK-Johanesburg 10:30 -----08:40am (arrives 27Nov)  
 SA 327 B 27NOV 6 Johannesburg- Capetown 11:00am ----- 1:10pm  
 SA 606 B 04DEC 6 Capetown - Durban 09:00am ----- 10:55am  
 SA 566B 11DEC SA Durban- Johannesburg 3:40pm----- 4:50pm  
 SA 203 W 11DEC 6 Johannesburg- JFK 7:55pm ----- 7:40am (arrives 12Dec)

**DAY**                      **ACTIVITIE**

Saturday 27 Nov

Arrival in Cape Town (Arrival at 1:10pm SA327)

Time Off

18:00-19:00

Dinner Cape Town YMCA

Sunday 28 Nov

08:00-09:00

Breakfast Cape Town YMCA

09:00-12:00

Welcoming Orientation & Meet and greet

12:30 – 13:30

Lunch

14:00-18:00

Visit to the Waterfront & Dinner at the Waterfront

Monday 29 Nov

8:00-9:00

Breakfast

9:00 – 12:00

Western Cape YMCA & NYC Delegation – Mentor Programme

12:30- 14:00

Lunch at CT YMCA with CT YMCA Board Members

1. NYC Delegation (Executives/CEO/Board Members) meets with CT YMCA board.

14:00 – 17:00

2. Programme staff continues with Mentorship Programme.

17:00 – 18:00

Dinner at Cape Town YMCA

Tuesday 30 Nov

8:00 - 9:00

Breakfast

9:00 – 13:00

Visit to Khayalitsha YMCA + Township Visit

13:00 - 14:00

Lunch on the Road

14:00 - 17:00

Visit and Participation in Youth Club Programme of Khayalitsha YMCA

17:00 – 18:00

Dinner at YMCA

Wednesday 1 Dec

8:00 - 9:00

Breakfast

9:00 - 12:30

Cultural Visit to District Six Museum

12:00 – 13:00

Lunch at the Waterfront

13:00 - 16:30

Visit to Robben Island Museum

17:00 - 18:00

Dinner At YMCA

Thursday 2 Dec

8:00 - 9:00

Breakfast

Visit and Participate in programme at De Novo Drug Rehabilitation

9:00 - 12:00

Centre ( only state-owned drug treatment centre in the Western Cape)

13:00 - 14:00

Lunch at Spier Wine Estate

14:00 - 17:00

Visit and Participate in Cape Town YMCA Youth Club in Kraaifontein

(Disadvantaged community on the Cape Flats)

17:00 – 18:00 Dinner at YMCA

Friday 3 Dec

8:00 - 9:00 Breakfast

9:00 - 13:00 Visit Athlone YMCA

13:00 – 14:00 Lunch at YMCA

14:00 - 17:00 Visit Athlone YMCA/Possible free time/final evening in Cape Town

17:00 - 18:00 Dinner At YMCA

Saturday 4 Dec

6:00 - 7:00 Breakfast

9:00 - 10:30 Leave for Durban (SA 606 at Departs at 9:00am)

10:30 - 11:00 Arrival At Durban (SA 606 arrives at 10:55am)

12:00 - 13:00 Lunch At Durban Beach Front

13:00 - 14:00 Travel to PMB YMCA

14:00 - 14:30 Meet the Staff at PMB YMCA

14:30 - 16:30 Settling at PMB YMCA

17:00 - 18:00 Dinner At PMB YMCA

Sunday 5 Dec

8:00 - 9:00 Breakfast

9:00 – 10:00 Leave for Durban

10:00 - 11:00 Visit The Moses Mabidha Stadium

11:00 - 12:00 Durban Beach front

12:00 - 13:00 Lunch at Ushaka Marine world

13:00 - 14:30 Look at the Shops at Ushaka

14:30 - 16:30 Go to the Sea World

16:30 - 19:30 Durban Harbour - Dinner

Monday 6 Dec

8:00 - 9:00 Breakfast

9:00 - 12:00 Guide through PMB YMCA & YMCA DAY CAMP

12:00 - 13:00 Transport to Howick

13:00 - 14:00 Lunch at Howick Falls Restaurant

14:00 - 15:30 Howick Museum

15:30 - 16:30 Howick Falls

17:00 – 18:00 Dinner

Tuesday 7 Dec

8:00 - 9:00 Breakfast

9:00 - 12:00 Youth Justice Programme and a visit to their place of Shelter

12:00 – 13:00 Transport to Lion Park

13:00 – 14:00 Lunch at Lion Park

14:00 – 15:30 Drive through the Lion Park

15:30 - 17:00 Bird of Prey Sanctuary

17:30 – 18:30 Dinner

Wednesday 8 Dec

8:00 - 9:00 Breakfast  
9:00 - 11:00 YMCA DAY CAMP  
11:00 - 12:00 Natal Museum  
12:00 - 13:00 Lunch at John Dory at the Casino  
13:00 - 14:00 Tatum Art Gallery  
14:00 - 14:30 City Hall  
14:30 - 15:00 Ghandi Statue  
15:00 - 16:30 Voortrekker Museum  
16:30 - 17:30 Old Railway Station  
17:30 - 19:00 Worlds View  
19:00 - 20:00 Late Dinner

Thursday 9 Dec

8:00 - 9:00 Breakfast  
9:00 - 11:00 Visit to SOS Children's Village  
11:00 - 12:00 Visit to Edendale YMCA  
12:00 - 13:00 Drive up to the Midlands  
13:00 - 15:00 Lunch at Rowdens Country Hotel  
15:00 - 16:30 Visit Nelson Mandela Capture site  
16:30 - 17:30 Stables Wine Estate  
18:00 - 19:00 Dinner

Friday 10 Dec

08:00 - 09:00 Breakfast  
09:00 - 12:00 Mentorship with PMB YMCA  
12:00 - 13:00 Lunch at Midlands Mall (Various places to eat) (Own Account)  
13:00 - 17:00 Leisure time  
17:00 - 18:00 Dinner

Saturday 11 Dec

08:00- 09:00 Breakfast  
09:00- 10:00 Packing to leave PMB YMCA  
Travel to Durban Airport (RETURN TO NYC on DECEMBER 12<sup>th</sup>)  
Depart from Durban at 3:40pm (SA566) - travel via Johannesburg  
10:00 - Return to NYC at 7:40am on 12/12 (SA203)

**\*\*NOTE: ALL BREAKFASTS ARE AT THE YMCA**

**\*\*NOTE: ALL ACTIVITIES ARE SUBJECT TO CHANGE AT ANYTIME**

# FINANCIAL ASSISTANCE APPLICATION – Participant Section 2010 YMCA Study Tour to Cape Town

*Financial Assistance Applications Deadline: August 13<sup>th</sup>, 2010*

**WHAT:** Scholarship funds to help pay the cost of the 2010 YMCA Study Tour to Cape Town

**WHY:** To honor William Sword Sr.; to expand the base of international involvement in the YMCA

**WHO:** Open to all YMCA professionals age 30 and younger who have strong international interests

**INSTRUCTIONS:** Fill out the regular Study Tour Application form **AND** this form. Submit both at the same time. Send all info to:

Emily Johnson  
International YMCA  
5 West 63<sup>rd</sup> Street – 2<sup>nd</sup> Floor  
New York, NY 10023  
Fax: 212.724.2344  
Email: [ejohnson@ymcanyc.org](mailto:ejohnson@ymcanyc.org)

All scholarship **applications are due on August 13<sup>th</sup>, 2010**. Decisions will be announced via email/phone on August 20<sup>th</sup>, 2010.

Applicant name: \_\_\_\_\_ Current YMCA Position: \_\_\_\_\_  
YMCA Name: \_\_\_\_\_ Daytime phone: \_\_\_\_\_  
Number of years as YMCA professional: \_\_\_\_\_ Email address: \_\_\_\_\_ DOB \_\_\_\_\_

1) Tell us about your work history with the YMCA. What motivates you to work for the YMCA?

2) Describe your international interests and any international experiences you have had.

3) Why do you want to participate, and how will you use this experience when you return home?

# SCHOLARSHIP APPLICATION – Supervisor Reference Sheet

## 2010 YMCA Study Tour to Cape Town

***Deadline: August 13<sup>th</sup> 2010***

*Give this page to your supervisor and request they submit the form directly to:*

*Emily Johnson*

*International YMCA*

*Fax: 212.724.2344*

*Email: [ejohnson@ymcanyc.org](mailto:ejohnson@ymcanyc.org)*

I believe this applicant is worthy of receiving a scholarship to participate in the 2009 YMCA Study Tour to Cape Town. He/she has my support and, if selected, will be free and able to participate in the entire trip from November 27<sup>th</sup> to December 12<sup>th</sup>, 2010. I understand that the full amount of scholarship available per participant may vary. Our YMCA and/or the applicant will be responsible to pay the balance. I will see to it that this applicant has many opportunities to share the experience and tell the story of their adventure throughout our YMCA and the community we serve.

Name (please print): \_\_\_\_\_ Title: \_\_\_\_\_

Daytime phone: \_\_\_\_\_ Email: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please tell us why you are recommending this staff member:

Why do you feel this applicant would benefit from the experience of participating in the 2010 YMCA Study Tour to South Africa?

Is there any other information you would like to share about the applicant?