



Viaggio Didattico Sudafrica South Africa Study Trip

Data / Dates:

05/10/2024 - 16/10/2024

A.A / A.Y:

2023/2024

Tutor:

Graglia Martina

Saturday, October 5, 2024

18:15

Meeting at Bra Movicentro, the glass structure near the train station

18:30

Departure towards Milan Malpensa

23:40 - 07:15 (local time)

Ethiopian flight ET 737U from Milan Malpensa (MXP) airport to Addis Ababa Bole International Airport (ADD)

Sunday, October 6, 2024

09:00 - 14:30 (local time)

Ethiopian flight ET 847U from ADD to Cape Town International Airport (CPT)

Passport control, luggage pick-up, and private transfer to Piketberg, a two-hour drive from Cape Town.

We'll check in to our accommodations and have dinner at Maria Van Zyl's place, a UNISG former student.

We'll have time to get to know Maria better the next day, as it's time for some well-deserved rest!

End of didactic activities

Accommodations: the group will be divided among three different accommodations in the Piket-Bo-Berg mountains

Monday, October 7, 2024

08:40

Bus pick-up from accommodations

09:00

Meeting with Maria Van Zyl at her farm, Cream of the Crop. She studied at UNISG back in 2015 and now runs a cow-calf micro-dairy in Piket-Bo-Berg. We'll spend the day with her making butter and exploring the area, plus we'll visit a butchery in the afternoon. We'll just go with the flow of the day!

<https://www.instagram.com/creamofthecropbutter/>

End of didactic activities

Night stay in the Piket-Bo-Berg mountains

Tuesday, October 8, 2024

7:30

Check out with luggage and pickup from the accommodations

Today, we will be traveling towards Paarl and Stellenbosch, two of South Africa's main wine towns located in the Cape Winelands region

8:15

Stop along the way for breakfast at Moorrees Bakery

<https://moorrees.co.za/>

10:30

Appointment at Vinpro with South Africa Wine. South Africa Wine NPC is the national body representing wine grape producers, cellars, wine-related businesses, and wholesalers. It provides essential support services to the wine and brandy value chain with the vision of making it more robust, transformed, agile,

and competitive. Their focus includes Transformation & People Development, Stakeholder & Policy Engagement, Market Access & Tourism, Communication & Information Transfer, and RDI. Vinpro offers technical services to primary producers

<https://vinpro.co.za/>, <https://sawine.co.za/>

After the meeting, quick lunch at Stoep restaurant at the Laborie Estate, followed by some hands-on activities at Living Soils Community Learning Farm

<https://laborieestate.co.za/restaurants-picnics/>

16:30

Check in at The Stellenbosch Hotel

<https://stellenboschhotel.co.za/>

19:00

Meeting with Luke from Good to Gather, a cozy farm-to-table restaurant at Rozendal Farm, to enjoy dinner

<https://goodtogather.co.za>

End of the didactic activity

Night stay at The Stellenbosch Hotel

Wednesday, October 9, 2024

Breakfast at the hotel

Departure time TBC

In the morning, we have an appointment at ARC Infruitec, which focuses on research and development, technology transfer, and post-harvest technology for various crops, including deciduous fruit, grapevines, and indigenous herbal teas. The ARC also works on the domestication of wild fruits from the African bush through its specialized institutes.

<https://www.arc.agric.za/arc-infruitec-nietvoorbij/Pages/ARC-InfrNietv-Homepage.aspx>

Lunch at the Delheim restaurant

<https://delheim.com>

14:30

Wine tasting at Kanonkop Winery, pioneers of the Pinotage grape, South Africa's signature variety

<https://kanonkop.co.za/>

Departure back to our hotel

End of the didactic activities

Free time and free dinner

Night stay at The Stellenbosch Hotel

Thursday, October 10, 2024

Breakfast at the hotel and check out with luggages

8:30

Departure to visit Creation Wines, a member of the Biodiversity & Wine Initiative (BWI), committed to conserving natural heritage through long-term biodiversity and sustainability programs. The winery is ranked 4th best in the world and 1st in Africa by the renowned World's Best Vineyards, which recognizes not only the quality of the wine but also the overall visitor experience, including hospitality, scenery, and unique offerings. After learning about their work and taking a walk in the vineyards, we'll enjoy lunch at their restaurant, experiencing their hospitality, cuisine, and wine

<https://www.creationwines.com/>

14:00

Departure to check in at The Hangklip Hotel. Once we arrive, we'll enjoy an afternoon of on-site activities with the owners in collaboration with Shane from Shanaki Adventures, where we'll also prepare the famous South African braai, a common (and very frequent) practice in any South African household, celebrating the gathering of friends and family around a wood-fire grill

<https://thehangkliphotel.com/>

End of the didactic activities

Night stay at The Hangklip Hotel

Friday, October 11, 2024

Check out with luggages

10:00

Visit to Vergelegen. During our time there, we'll learn about their twenty years of commitment to sustainability and rehabilitation, including initiatives like the water plant, solar projects, and breeding programs. Later, we'll have lunch at their Stables Restaurant

<https://vergelegen.co.za/>

14:00

Departure towards Cape Town. We'll check in at Never@Home Hostel in Green Point, and then meet at Makers Landing with Chef Zola Nene, TV personality, cookbook author, and food writer, to discuss media and publicity, recipe development, and food writing (depending on our arrival time in Cape Town, we'll determine the order of activities)

<https://neverathomeworld.com/>

19:30

Dinner at Kloof Street House

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

End of the didactic activities

Night stay at Never@Home

Saturday, October 12, 2024

Breakfast at the hostel

Free day (free lunch and free dinner included)

Night stay at Never@Home

Sunday, October 13, 2024

Breakfast at the hostel

11:00

Meeting in front of the hostel to walk to The Oranjezicht City Farm & Market (about a 15-minute walk). We'll meet with Sheryl Ozinsky, co-founder of the market, to discuss the origins of the project, the behind-the-scenes aspects, and enjoy a walk around followed by a free lunch on-site

13:30

A Sunday is not a Sunday without ice cream! Departure by bus to Tapi Tapi for a delicious post-lunch treat. We'll meet with Tapiwa Guzha, the owner, who will share his passion for ice cream and how the project has evolved into a unique storytelling vehicle. Beyond making ice cream, Tapi Tapi focuses on rehabilitating the self-esteem of people from the continent by celebrating and sharing African food practices, culture, and beliefs. He will tell us more about it during our stop

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

Later in the afternoon, we'll visit Meuse Farm for a guided tour that will cover the farm's history, crop choices, and the farming practices employed, along with insights into sales and marketing. Iming, the owner, who previously worked at Stone Barns with Dan Barber, will share her experiences and studies there too. To cap off our visit, we'll enjoy a delicious dinner prepared by their in-house chef, Caitlin Kennedy, before returning to the hostel by bus

<https://meusefarm.com>

End of the didactic activities

Night stay at Never@Home

Monday, October 14, 2024

Breakfast at the hostel

9:00

Departure by bus towards Kalk Bay. Here we will meet with Traci Kwaai, a 6th-generation fisher child from Kalk Bay and an activist. Traci leads the impactful "Walk of Remembrance," which highlights the rich history of her community and the marginalization of local fishers through storytelling. Despite living across the road from the ocean, Traci was denied access to ocean spaces under apartheid laws until she began free diving at the age of 45. She has recently started The Fisher Child Project to give children in her community access to the ocean and ocean education through snorkeling and diving. Her work emphasizes that storytelling is a form of justice

<https://thefisherchildprojekt.org.za>

13:00

Departure by bus back to the Lynedoch Valley for lunch and meeting with Loubie Rusch at the Sustainability Institute. The institute runs transformative programs for children and youth and focuses on local indigenous and wild foods through their Local WILD Food Hub program. They incorporate these foods into their Green Cafe, children's feeding programs, and campus gardens. The institute also collaborates with local universities and small-scale growers to reintroduce these foods into local foodways and support their cultivation

<https://www.sustainabilityinstitute.net>

Return to Cape Town

19:30

Last dinner of the study trip at Seven Colours Eatery, founded by Chef Nolu Dube-Cele to share her passion for South African food and culture. The eatery blends creativity, nostalgia, and diversity, inspiring a positive South African identity through quality home-cooked comfort food

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

End of the didactic activities

Night stay at Never@Home

Tuesday, October 15, 2024

Breakfast at the hostel and check out with luggages

12:00

Departure towards Cape Town International Airport

Free lunch at the airport

15:20 - 22:45 (local time)

Ethiopian flight ET 846U from CPT to ADD

Wednesday, October 16, 2024

00:15 - 05:50 (local time)

Ethiopian flight ET 736U from ADD to Milan Malpensa MXP

A private transfer will take us back to Bra

9:00

ETA in Bra Movicentro

End of the didactic study trip