



Titolo Viaggio: **Viaggio Territoriale in Sudafrica**
Study Trip full name:

Viaggio ID: NFT2324EX
16/03/2024 - 27/03/2024

Tutor: R. Hallett

Sunday, 17 March 2024

02:30

Meeting at Bra Movicentro; bus transfer to Turin

03:30

Arrival at Torino Caselle airport (TRN); check-in and baggage drop

FREE BREAKFAST in transit

06:20

Flight KL1554 to Amsterdam

08:15

Arrival at Amsterdam Schiphol airport (AMS)

10:20

Flight KL 951 to Johannesburg

Lunch in flight

22:10

Arrive at OR Tambo International airport (JNB); bus transfer to hotel

23:00

Arrival at Bannister Hotel; check-in and room assignments

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

Monday 18 March 2024

Breakfast at hotel

11:00

Introduction to South African Culinary History with Anna Trapido, a food anthropologist, writer, and broadcaster, held at Bannister Hotel

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

13:00

Depart from hotel in bus

13:30

Walking tour of Johannesburg; getting a sense of the “pulse” of the city through public art, architecture, and sculpture, with a focus on the history and modern-day African diaspora, including an informal lunch at a local market

17:00

Return to Bannister Hotel; refresh and relax before dinner

19:30

Modern South African Cuisine, a culinary interpretation with Chef Napo at Bannister Hotel

<https://za.linkedin.com/in/napo-ramaili-40039428>

Tuesday 19 March 2024

Breakfast at hotel

08:30

Departure in bus

09:00

Visit to the Food Evolution Research Lab at University of Johannesburg, led by Dr. Hema Kesa



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

11:00

Departure in bus

11:30

Presentation on the “Tastes of Rex Union Orange” with Hillary Billar, a food journalist, who has traced the use of Rex Union Orange (SF Presidia) from its earliest mentions in recipes to modern day cooking, followed by lunch based on oranges and South African Raw Milk Cheese (SF Presidia) with Brian Dick, of Cheese Gourmet

<https://www.timeslive.co.za/sunday-times/lifestyle/food/2015-06-21-sa-orange-in-danger-of-disappearing/>

<https://www.fondazione-lowfood.com/en/slow-food-presidia/rex-union-orange/>

https://www.instagram.com/cheese_gourmet_linden/

<https://www.fondazione-lowfood.com/en/slow-food-presidia/south-african-raw-milk-cheeses/>

13:30

Depart in bus

14:30

Meeting with Tim Abaa of Tim Nectar Farms, an urban farm based on permaculture and agroecological principles in Orange Farm, an impoverished and food-insecure suburb of Johannesburg

<https://www.facebook.com/p/Tim-Nectar-Farms-100085738853246/>

18:00

Return to Bannister hotel; refresh and relax before dinner

20:00

Dinner at Bannister hotel

Wednesday 20 March 2024

Breakfast at hotel

09:00

Departure in bus

10:00

Visit to Anton Smit Sculpture Park at Bronkhorstspruit Dam; Anton Smit is an internationally acclaimed South African sculptor whose work focuses on themes of the South African experience

<https://www.antonsmit.co.za/about-anton-smit/>

12:30

Lunch at Forti Grill & Bar

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

15:00

Return to Johannesburg; possible stop at a local street market with crafts & souvenirs

19:00

Interactive dinner at Bannister Hotel; we will meet with Dr. Alfred du Plessis in the downstairs dining room for a hands-on activity based on the 6 Bricks concept, developed by Care For Education and supported worldwide by the Lego Foundation, reflecting on the morning's visit to the sculpture park

<https://www.carefored.co.za/six-bricks>

This activity will be followed by dinner, which will connect to the 6 Bricks activity

Thursday 21 March 2024

Breakfast at hotel; luggage ready for check-out

08:00

Departure in bus to KwaZulu-Natal (KZN); approximately 6 hours with breaks

14:00

Arrive at Mphopomeni, meeting and lunch with Spha Mabaso, an organic farmer, educator and entrepreneur from KwaZulu-Natal



<https://www.biomimicry4ir.co.za/home/champions/spha-mabaso>

<https://www.facebook.com/Emphare>

15:00

Guided nature walk with Spha Mabaso to learn about traditional Zulu medicine and the history of the area (Ethnobiology/ethnobotany and Local Environmental Knowledge)

17:00

Transfer to accommodation in the village; room assignments and refresh before dinner

19:30

Dinner in the village, prepared and hosted by the elderly ladies of the community, followed by a talk from uKhulu about his life experience from young boy to post-apartheid

Friday 22 March 2024

07:00

Wake up and meet the village members

07:30

Preparation of our traditional breakfast with the community (collecting water and wood, preparing the ingredients and cooking the meal)

09:30

Workshop on weaving grass mats with the Ladies of Mphopomeni

12:00

Traditional lunch with the community

14:00

Workshop on bead crafts - Zulu "love letters" - the history, symbolism and significance, and modern interpretations

17:30

Return to the village, refresh and relax before dinner

19:30

Dinner in the village, prepared and hosted by the youth of Mphopomeni, followed by reflections on the day's activities and cultural festivities

Saturday 23 March 2024

07:00

Wake up; luggage ready for check-out

07:30

Preparation of our traditional breakfast with the community (collecting water and wood, preparing the ingredients and cooking the meal)

08:30

Departure in bus

10:00

Meeting with Yejna Maharaj, a chef and activist, and guided visit to Verulam Market, a historical local produce market in Durban, to pick up ingredients for cooking workshop on History, Food, and Culture of South African Indians, followed by lunch

14:00

South African Dance performance from Durban's reigning champion dance school, followed by an informal dance class

17:00

Transfer to Florida Park Hotel; check in and relax before dinner

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

19:30

Depart from hotel; dinner at Hotel Britannia, a historical landmark and home of the best Bunny Chow in



Durban

<https://hotelbrits.co.za/historical-perspective/>

21:00

Return to accommodation

Sunday 24 March 2024

Activities in and around Durban TBC

There will most likely be at least 1 FREE MEAL in Durban center

Monday 25 March 2024

Breakfast at hotel; luggage ready for check-out

09:30

Depart in bus

10:00

Arrival at King Shaka International airport (DUR)

12:25

Flight SAF 167 to Cape Town

14:30

Arrive in Cape Town; transfer to Gordon's Bay

15:00

Foraging the coastline, followed by a late lunch cooked with foraged ingredients

<https://www.facebook.com/ShanakiAdventures/>

18:00

Transfer to Hangklip Hotel; check in and relax before dinner

<https://thehangkliphotel.com/>

20:00

Braai (South African Barbecue) at accommodation

Tuesday 26 March 2024

Breakfast at hotel

09:00

Forest walk and foraging with local guides and experts on edible and medicinal wild plants of the Western Cape, including a picnic lunch in the forest

18:00

Return to accommodation, refresh and relax before dinner

19:30

Dinner inspired by the Stories of the Khoi San, the "original people" of Southern Africa; our guides will provide cultural and historical context of the dishes we will eat

Wednesday 27 March 2024

Breakfast at hotel; luggage ready for check-out

08:00

Departure in bus

FREE BREAKFAST en route

11:00

FREE TIME in Cape Town, including FREE LUNCH and FREE DINNER*

Caroline, our local contact, has some suggestions for activities you might like to organize or places to visit; she will be happy to share when we arrive in South Africa

20:30

Departure from Cape Town in bus



21:30

Arrival at Cape Town International airport (CPT); check in and baggage drop

*You may prefer to save your free meal for the airport

Thursday 28 March 2024

00:35

Flight KL598 to Amsterdam

Breakfast in flight

11:15

Arrival at Amsterdam Schiphol airport (AMS)

FREE LUNCH in transit

20:55

Flight KL 1559 to Turin

22:35

Arrival at Torino Caselle airport (TRN); luggage collection and bus transfer to Bra Movicentro

23:45

ETA at Bra Movicentro