



Viaggio Didattico Sudafrica

Data / Dates:

18/11/2025 - 29/11/2025

A.A / A.Y:

2025/2026

Tutor:

Pozzi Federica

Tuesday, November 18, 2025

16:45

Meeting at Bra Movicentro

17:00

Departure from Bra Movicentro to Malpensa

20:00

Arrival at Milan Malpensa airport

22:55

Flight ET 737Q to Addis Abeba

Wednesday, November 19, 2025

07:20

Arrival at Addis Abeba

08:45

Flight ET 809Q to Johannesburg

13:05

Arrival at the airport

Pick up by bus at the International airport Johannesburg

We'll have some time to change the money from euro to rand

15:00

Transfer to The Bannister Hotel

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

9 De Beer St, Braamfontein, Johannesburg, 2017, Sudafrica

Check in

17:00

Meeting with Anna Trapido

Dr Anna Trapido is a chef, anthropologist, epidemiologist and uses all three disciplines in her work. She will give us an introductory talk about food in South Africa: If we are what we eat, who are we? South African cuisine(s) past, present, future

19:30

Dinner at the Hotel with Mzanzi Platters, a 'culinary walk around Southern Africa'

Thursday, November 20, 2025

8:00

Departure from the hotel to Gauteng province

Melissa De Billot will be with us for the whole day. Melissa is the Slow Food International Councilor for Biodiversity in the Gauteng Province

09:00-12:00

Visit Didactic and social farming projects with Tim Abaa, agroecological farmer in Orange Farm (Johannesburg South, Gauteng) and also community leader, setting up school and community gardens

in the region, for food sovereignty and healthy eating, he is training farmers in agroecology, seed saving for traditional foods

GVQ6+886 Orange Farm, Sudafrica

26°27'42.2"S 27°51'38.7"E

12:00

Back to Johannesburg

Lunch at Niki's Oasis Restaurant & Jazz Bar

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

Cultural Precinct, 138 Lilian Ngoyi St, Newtown, Johannesburg, 2001, Sudafrica

13:45

Departure to School of Tourism and Hospitality

FERL XR Facility (next to the SA Chefs' offices)

57 Bunting Road, Cottesloe, Johannesburg, 2092

University of Johannesburg

<https://www.uj.ac.za/faculties/college-of-business-and-economics/schools/school-of-tourism-and-hospitality-sth/>

14:30-15:00

Meeting with Dr. Hema Kesa, the director of the school programs

Overview of Food Evolution Research Laboratory and Extended Reality projects

15:00-16:00 pm

Student group Virtual Reality experience

16:00-16:30 pm

Discussion on the way forward and Q&A

16:30

Back to The Bannister Hotel, end of activity. Free time and free dinner

Friday, November 21, 2025

08:00

Departure to Wicked school farm

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

First recognized Slow Food farm in South Africa

(for more about Slow Food farms: <https://www.slowfood.com/insights/meet-the-slow-food-farms/>)

R560, Hekpoort, 1790, Sudafrica

9:00

Arrival and welcoming

9:30-10:30

Farm tour

10:30-11:00

Q & A and toilet break

11:00-13:30

Cooking Workshop

The planned menu for the day's cooking workshop followed by lunch enjoying the food cooked, is as follows:

Vegetable soup - dependent on vegetables from the food garden availability on the day (vegan);

Oven roasted whole pig - to showcase the quality of our very special free-range pork;

Morogo stew with tomato and shallots - African spinach, that is a staple in Southern Africa (vegan);

Pap - South African version of polenta using our own open pollinated non GMO corn (vegan);

Roast Pumpkin salad - using Ark of Taste White Boer Pumpkin, with a sesame butter dressing (vegan);

Battered deep-fried zucchini flowers - from a selection of our heirloom marrow plants, with a tempura batter (vegan);

Roast seasonal fruit pie - fruit from our own orchard, whatever is in season on the day (vegan).

13:30-14:30

Lunch with the food prepared

15:00/15:30

Departure to visit Black Horse Distillery

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

32 Zeekoeihoek Road, Magaliesburg, 1791, Sudafrica

16:00

Visit and tasting

18:00

Departure to Modern Tailors Restaurant

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

189 Oxford Rd, Rosebank, Johannesburg, 2196, Sudafrica

19:30

Indian dinner as we'll discover during the trip how big the Indian food is in the food South African culture

21:00

Back to The Bannister Hotel

End of activity

Saturday, November 22, 2025

08:00

Check out and departure with the luggages

Travelling to Limpopo, Giyani

6 hours (470km from Johannesburg)

Stop to eat on the way

16:00

Arrival at the Guest House Xisaka Guest House

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

257 Nyala Drive, Giyani-B, Giyani, 0826, Sudafrica

Check in

Meeting with Themba, ex UNISC student and Limpopo Slow Food leader. He will be with us for the days we'll spend in Limpopo

Sight seeing of Giyani and dinner at the local community kitchen

846, Giyani, section E

21:00

Back to hotel

Sunday, November 23, 2025

08:30

Departure from the guest house, 1h30min transfer

10:00-12:00

Salt Presidium visit at Baleni Salt Harvesting Site for demonstration of the process of Salt Harvesting

<https://www.fondazione Slow Food.com/en/slow-food-presidia/baleni-salt/>

Shawela Village, under Greater Giyani Municipality, between 7-10km from Shawela Village, approx 100km return trip (Baleni Rest Camp)

Baleni Cultural Camp

Baleni Camp Road, Mahlathi, 0826, Sudafrica

12:00-13:30

Lunch at Baleni Cultural Camp

13:30/14:00

Back to Giyani

Themba's garden visit and cooking workshop

4043 Risinga View, Giyani

18:30/19:00

Dinner organized by the same local community kitchen and held at Themba's

21:00

Back to Xisaka Guest House

257 Nyala Drive, Giyani-B, Giyani, 0826, Sudafrica

End of activity

Monday, November 24, 2025

08:30

Departure from the guest house. 1h30min transfer

10:00-13:00

Visit at Slow Food Farm in Haarnetsburg Tzaneen

4X36+F39 Clearwaters Cove, Sudafrica

Visit at the holistic approach of the farm, using permaculture to grow crops, raise cows, pigs and producing cheese

13:30

Lunch in Tzaneen Town- Lifestyle mall Voortrekker Road &, R71, Tzaneen, Sudafrica

15:00

Drive back to Xisaka Guest House

257 Nyala Drive, Giyani-B, Giyani, 0826, Sudafrica

Free time at the guesthouse

19:00

Transfer to have dinner at the local community kitchen

846, Giyani, section E

21:00

Back to Xisaka Guest House

257 Nyala Drive, Giyani-B, Giyani, 0826, Sudafrica

End of activity

Tuesday, November 25, 2025

08:30

Departure and stop at a local store for shopping for lunch

Travel to Kruger National Park, with 1 or 2 stop for Slow Food Gardens

10:30

Entering Kruger National Park. Inside there is a bridge and we can get off the car

12:30-13:00

Barbecue at Mopani Rest Camp Kruger National Park Shongololo Loop, 1350, Sudafrica 16:00

2 hours 30 minutes drive back

19:00

Transfer to have dinner at the local community kitchen

846, Giyani, section E

21:00

Back to Xisaka Guest House

257 Nyala Drive, Giyani-B, Giyani, 0826, Sudafrica

End of activity

Wednesday, November 26, 2025

09:00

Check out with the luggages

10:00-12:00

We'll attend a movie screening. The movie was produced by African Centre for Biodiversity, a Civil Society Organization based in South Africa. The association interviewed Themba, as the coordinator of the Slow Garden Project, the women of the Slow Food Gardens Network and other organizations in the country
Giyani, Venue TBC

12:00

Light lunch after the screening

14:00

Departure to Setsong Tea Crafter

Roedtan, Loskop Noord 12, Marble Hall, 0450, Sudafrica

18:00

Arrival at Setsong Tea Crafter

<https://setsongtea.com/>

Roedtan, Loskop Noord 12, Marble Hall, 0450, Sudafrica

Welcome and tent check-in

18:00 – 19:30

Indigenous dinner buffet with Iced tea

(cash bar available for other drinks)

19:45-20:30

Bonfire + Story telling of Setšong, singing and drumming + tea and scones

21:00

Lights out

Thursday, November 27, 2025

7:00-08:00

Gathering wood and water to prepare breakfast

08:00 – 09:00

Breakfast – making it together on the fire (diphaphata)

09:00 – 11:00

Wild harvesting / foraging of tea and herbs

11:30- 13:15

Indigenous Tea processing (tea grinding)

13:25 – 14:30

Bush Lunch

14:35 – 15:30

Tea blending experience

15:30 – 17:30

Free time or shopping time – teas, crafts and souvenirs

18:00 – 19:30

Indigenous dinner buffet with Iced tea (cash bar available for other drinks)

19:45 – 20:30

Bonfire + indigenous games, singing and drumming + tea and dessert

21:00

Lights out

Friday, November 28, 2025

07:30/08:00

Departure to the airport

11:30

Arrival at the airport

Check in

14:30

Flight ET 808U to Addis Abeba

20:45

Arrival at Addis Abeba

Saturday, November 29, 2025

00:20

Flight ET 736U to Milan Malpensa

05:20

Arrival at Milan Malpensa

We'll wait the group coming from Japan (05:50) and take a bus together to Bra

06:30/07:00

Transfer to Bra

09:30/10:00

Arrival at Bra Movicentro