

## Connecting Wilderness and People

**Our vision is to preserve the world's last remaining wild places and highlight their impact on the health of the individual, society and the planet.**

Dedicated to preserving the last of the world's wild places, the Wilderness Foundation UK nurtures understanding of the value of wilderness. For over 30 years we have been connecting people with wild places through our pioneering programme of initiatives.

Through our programmes, participants are able to embrace the spirit of wilderness. Importance is placed on personal development, respect of diversity, togetherness, simplicity of experience, and learning about the richness of an undisturbed natural environment.

Our programmes are designed to meet the needs of:

- Schools, Cadets and Youth Groups
- Individuals and groups of Adults
- Political Leaders and Corporations wishing to explore management development in a more-challenging environment, which offers authentic engagement between people.



## Support

The Wilderness Foundation UK provides:

- Fundraising support and advice
- Insurance Advice
- Equipment List and guidance
- Information on immunisations, medical care and health and safety
- Preparation workshops and build up to the expedition
- Leadership and Advocacy Workshops
- 24/7 Emergency Contact Support Line

## Next steps

If you think this trip is for you please speak to your lead teacher in school about how to apply.

In the mean time if you have any questions about the programme please don't hesitate to give us a call on **01245 443073** or send us an email at:

[info@wildernessfoundation.org.uk](mailto:info@wildernessfoundation.org.uk)

For further information on the work of the Wilderness Foundation UK including wilderness expeditions to Botswana, Tanzania and beyond, please visit our website:

[www.wildernesfoundation.org.uk](http://www.wildernesfoundation.org.uk)

**WILDERNESS**  
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Front cover image courtesy of Clouddog

# South Africa Wilderness Expeditions

## 2012

[www.wildernessfoundation.org.uk](http://www.wildernessfoundation.org.uk)



***“Why wilderness? Because it is the best classroom in the world.”***

***Sir Laurens van der Post CBE***

***Founder - Wilderness Foundation UK***

# Introduction to the South Africa Expedition

South Africa is one of the world's top destinations for intrepid travellers to discover everything they're looking for. Our expeditions for young people have been designed to develop informed leadership in a climate of challenge and adventure, bringing travellers closer to the beauty and spectacle of wild nature than they have ever been before.

- The wilderness trail lies at the heart of the journey to Africa. You will be walking on foot and sleeping under the stars, enjoying a primitive wilderness experience following in the footsteps of lion, rhino, elephant and more.
- The Zululand Community Stay is an integrated, authentic cultural and community volunteer work experience. There is no better way of really getting to know a community than living and working alongside them. By night, visitors are welcomed in to the homes of host families, which ensures an authentic cultural experience and by day, work alongside the community .



## Destinations

We currently offer programmes visiting:

- Hluhluwe Imfolozi Game Reserve
- iSimangaliso Wetland Park (formerly Greater St. Lucia Wetlands Park)
- uKhahlamba (Drakensburg) Mountains
- Pilanesburg National Park
- Okavango Delta
- Mabandla Community Experience
- Ekutheleni Village Experience

## What's included in the cost of the trail?

Included: In country travel, food, accommodation, guides, group camping and cooking equipment, park entrance fees and project fees, all listed activities, build up preparation, 24/7 emergency line.  
 Excluded: Flights, personal equipment and medicines, immunisations, travel insurance.



## Benefits of the South Africa wilderness expedition

### Life Lessons

Each trail offers a range of life training skills such as leadership, planning and organising, decision-making, communication and teamwork.

### Personal Development

Our participants benefit from improvements in self-esteem and group and social skills. Time for personal reflection and solitude provides the opportunity to embark on a journey of self-discovery .

### Gaining Perspective

Walking on foot and sleeping under the stars gives young people perhaps the closest link to the natural world that they have ever experienced, building a connection with the earth, so that participants return replenished and with fresh insights.

### Fundraising Experience

Fundraising for this opportunity provides money management, project planning and initiative development skills.

### Duke of Edinburgh's Award

Our programmes include opportunities to achieve your DofE Gold Expedition and Gold Residential Award.

The Wilderness Foundation UK is a registered DofE Approved Activity Provider. (AAP)

