

South Africa July 5 - 16, 2024
Extension Tour July 16 - 20, 2024

This map illustrates the geographical layout of Southern Africa. The countries are color-coded: Angola (light blue), Zambia (light green), Malawi (light orange), Mozambique (light yellow), Zimbabwe (light blue), Botswana (light pink), Namibia (light grey), South Africa (light green), Lesotho (white), and Swaziland (light orange). Major cities are indicated by red dots, and the capital of each country is marked with a red square. The map also shows the Atlantic Ocean to the west, the Indian Ocean to the east, and several major rivers including the Orange, Zambezi, Limpopo, and Cuito. The southernmost tip of South Africa shows the Cape of Good Hope area, including Cape Town and the Garden of Eden.

To help you get ready, here are tips to ensure that your tour is as worry-free as possible. Please review the contents carefully and contact us with any questions.

Rick: (603)867-7770 & Wanda: (603)867-3630

GROUP FLIGHTS AND AIRPORT CHECK-IN

CHECK-IN: For those flying on the NHFC group flights to South Africa, United check-in facilities at Boston's Logan International Airport are in Terminal B. The recommended check-in time for international flights is 3 hours prior to departure. Rick and Wanda will be at the check-in area and available to assist you, if needed.

Reminder. Have your passport readily available. It will be required for check-in at Boston, Newark, and upon arrival in South Africa.

FLIGHTS & TICKETS: If you are flying on NHFC's group flights, your tickets have been issued electronically. Below are details of your airline itinerary. Seats have been pre-assigned by the United Airlines. Please occupy the seat assigned or change with someone within the group.

NHFC INTERNATIONAL GROUP AIR SCHEDULE as of 5/24/24

- United reserves the right to change equipment or schedules without notice.
- United will not be liable for delays or cancellations due to weather or any other cause beyond their control.

NHFC MAIN GROUP

UNITED FLT 1977 July 4 Boston/Newark:	3:12PM– 4:38PM
UNITED FLT 188 July 4 Newark/Johannesburg:	8:45PM-5:45PM (July 5).
UNITED FLT 2223 July 16 Cape Town/Dulles:	8:00PM-5:45AM (July 17)
UNITED FLT 641 July 17 Dulles/Boston:	8:37AM-10:17AM

NHFC EXTENSION GROUP

UNITED FLT 1977 July 4 Boston/Newark:	3:12PM– 4:38PM
UNITED FLT 188 July 4 Newark/Johannesburg:	8:45PM-5:45PM (July 5)
UNITED FLT 187 July 20 Johannesburg/Newark:	8:00PM-5:40AM (July 21)
UNITED FLT 2274 July 21 Newark/Boston:	8:25AM-9:44AM

Details: Between North America and South Africa, United offers in-flight meals, beverage, and onboard entertainment services. You are also welcome to bring your own food and non-alcoholic refreshments on board. For details on United's services, please visit their website:

<https://www.united.com/ual/en/us/fly/travel/inflight.html>

***Suggestion:** You will typically find a 3.5mm headphone jack in the seat armrest. We suggest you bring your own headphones to fully enjoy the onboard entertainment. Bluetooth headsets are not compatible with onboard entertainment.*

TSA RULES AND SECURITY SCREENING

There are strict rules regarding security. For up-to-date regulations and a list of permitted and prohibitive items along with procedures for locking your checked luggage, please refer to <https://www.tsa.gov/travel/security-screening>

ENTRY REQUIREMENTS

PASSPORT REGULATIONS: United States Citizens entering South Africa must have a passport valid for a minimum of 30 days beyond the intended travel dates along with 2 blank pages for the entry stamps. Visas are not required for US citizens to South Africa.

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/SouthAfrica.html>

ZIMBABWE VISA FOR EXTENSION: A visa is required for those on the extension tour to enter Zimbabwe and passports must be valid for 6 months beyond your expected return date. Visas can only be purchased upon arrival. The current cost is USD 30. You should bring some US dollars in small denominations to cover the cost of the visa; credit card processing can cause delays, especially if the processing machines are down.

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Zimbabwe.html>

Non-U.S. citizens are responsible for their own compliance with all entry requirements.

Suggestion: *We suggest that you take a photo of your passport, store it on your phone and also forward a copy to a family member or friend for safe keeping.*

Suggestion: *For US Citizens visiting Africa, we suggest you register for **STEP**, The Smart Traveler Enrollment Program (STEP). It is a free service provided by the U.S. Government to U.S. citizens who are traveling to a foreign country. STEP allows you to enter information about your upcoming trip so that the Department of State can better assist you in an emergency. <https://step.state.gov>*

BAGGAGE

BAG TAGS: NHFC participants will be provided bag tags for your checked and carry-on luggage. Please attach them prior to meeting the group.

Checked Baggage is limited to one piece per person and is free of charge on all group flights. **Carry-on items** are limited to one bag + 1 accessory.

Suggestion: *If you are making your own air arrangements, check with your carrier for baggage limitations and fees.*

CARRY-ON BAG: For suggestions on what to pack in your carry-on bag, please see [Carry On Packing Suggestions](#)

Group members may be responsible for handling their own bags on portions of the tour. If you need assistance with your bags, please ask Rick or Wanda and they may be able to arrange it.

*We highly advise that you **pack light**, leave all valuables at home and that all your bags have wheels.*

ARRIVAL IN JOHANNESBURG

GROUP FLIGHT PASSENGERS: If you are on our group flights, follow your fellow passengers to Passport Control. After Passport formalities, proceed to the Baggage Claim area to assemble with the group. On your way to baggage claim, please use restrooms. Please be mindful that your fellow travelers are waiting for you at baggage claim. Once everyone is assembled and has their baggage, follow Rick and Wanda through Customs to the Arrival Hall where we will be met by our guide and given directions to meet our chartered coach for the short ride to our hotel. Dinner will be provided upon arrival to the hotel.

If you are not on our group flight, it is your responsibility to get to the hotel to meet the group. If you made your own arrangements but are on the same flight as the group or arriving at about the same time as the group, you may try to connect with the group for travel to the hotel.

NHFC GROUP TRAVEL ETIQUETTE

BE FLEXIBLE, CONSIDERATE, AND SOCIABLE! We are the FRIENDSHIP chorus. Please remember that joining a group implies a certain degree of flexibility whereby individual desires should, at times, be deferred for the overall well-being of the group. Please make it your responsibility to be on time for all events.

Any special requests should be directed to your Plymouth Travel tour directors (*Rick and Wanda Bogin*) who are responsible for the interests of the group. Your cooperation is appreciated and will increase both yours and the group's enjoyment of the tour.

MOTOR COACHES: NHFC will tour in two motorcoaches. Your motorcoach will be assigned by the NHFC board. Rather than a mandatory seat rotation. We kindly ask members to occupy a seat in a different area of the coach each touring day. Please leave the first two rows vacant for our tour directors and guides. While we cannot guarantee special seating for individuals with medical concerns, we will do our best to accommodate you.

TIME AND MONEY

SOUTH AFRICA TIME ZONE: Johannesburg time zone is GMT+2 hours. It is 6 hours ahead of Boston (EDT).

CURRENCY: US Dollars are not accepted widely. The local currency is the South African Rand. You can change Dollars into Rands at forex bureaus at the airports. You can also obtain SA Rand from most ATM machines. For most services, payment with a card (Debit or Credit) is the easiest and assures a reasonable exchange rate.

At the current exchange rate every US Dollar buys you just over 18 Rand (18.37 as of 5/27/2024). Each Rand is the equivalent of 5.4 U.S. cents.

<https://www.google.com/search?client=safari&rls=en&q=zar+to+usd+conversion&ie=UTF-8&oe=UTF-8>

CREDIT CARDS: All major credit cards are accepted in places visited on tour for virtually any transaction (no matter how small!). Therefore, it is unnecessary and inadvisable to carry large sums of cash.

Please contact your bank and credit card companies to make sure your account is activated for international travel and with questions about compatibility. Traveler's checks are discouraged as they're often difficult to exchange and incur high exchange fees.

HEALTH & MEDICINE

ADVICE: Your primary care physician, travel medical centers and the CDC can provide you with the most up-to-date health information and recommendations. Currently, there are no mandatory vaccinations for travel to South Africa and the countries visited on the extension tour. It is advisable to make sure that you are up-to-date with your routine vaccinations, tetanus and diphtheria. Hepatitis A immunization is also recommended. You should also be up-to-date on Covid vaccinations.

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/south-africa>

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/zimbabwe>

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/zambia>

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/botswana>

MEDICAL RECORDS: We encourage you to make a copy of your medical records with all medicines you are taking, the medical treatments you have received or are receiving, your chronic ailments, allergies, immunization history, eyeglass prescription, and the names and phone numbers for your health providers.

***Suggestion:** If you have access to your medical records through an app (e.g. My Chart), you may want to make sure it is working and up-to-date. It may preclude the need to carry medical paperwork with you.*

PRESCRIPTION MEDICATIONS: Pack in your carry-on bag an adequate supply of prescription medicines in original containers to identify them as legally obtained drugs. Do not assume that you can replace your prescription medications on the tour.

PERSONAL MEDICAL KIT: *Items that you might want to bring along include*

- Prescription drugs taken on a regular basis and a copy of your prescription.
- Aspirin, Tylenol or Ibuprofen
- Anti-diarrheal agent
- Antacids for an upset stomach.
- Antihistamine, i.e., Contac or other cold tablets
- Band-Aids & antiseptic/first-aid cream
- Insect repellent
- Lip balm, skin moisturizing & sunscreen
- Pocket-size individual towelettes

INSURANCE: Because emergencies and unforeseen events can occur, and your travel arrangements represent a considerable investment, we highly recommend that you purchase Travel Insurance. There are substantial cancellation fees that may be covered by a travel policy if you must cancel your tour due to a covered event or return home early due to a covered medical or family emergency. Trip protection may help these added expenses. Please also review your plan carefully. We urge you to check with your personal insurance carrier to see what protection, if any, you have for international travel. We strongly recommend purchase of a travel insurance plan from Allianz or another reputable agency. See [Allianz Travel Protection](#) or for a comprehensive guide to travel insurance, see [this recent guide from Afar magazine](#).

Suggestion: *If you do have travel insurance, be sure to bring a summary of your policy and contact numbers. Many policies (Allianz, for example) also include a 24 hour “concierge number” that can be helpful if you encounter difficulties.*

ITINERARY

DAY-TO-DAY: A detailed, day-to-day itinerary will be given to you upon departure. Please keep in mind that while the information in your program will be as up-to-date as possible, it may require flexibility. Flexibility, a sense of humor, and patience are essential components to the enjoyment of a group tour.

NHFC travelers who have had the best experiences on their trips are those who have been open to new sites, people and experiences. Even a seemingly negative experience such as an unexpected delay or a flat tire can turn out to be spontaneous tour highlights when you look back on your trip. NHFC tours are adventurous by nature and bringing an adventurous spirit with you will help you get the most out of your tour.

U.S CUSTOMS REGULATIONS

PURCHASES: U.S. visitors can take home \$800 worth of goods per person, duty free, including 1 liter of alcohol/person. A flat rate of 3% is imposed on the next \$1,000 of purchases. The goods must accompany you to qualify for the exemption. <https://www.cbp.gov/travel/international-visitors/know-before-you-visit/customs-duty-information>

MISCELLANEOUS

COMMUNICATION: In almost every city and town, and even in smaller villages, WiFi and cellular service is widely available. Please check with your carrier regarding their plans and policy for international use. To save roaming fees, we suggest you turn your phone on to “Airplane Mode” and use Wi-Fi at the hotels and attractions.

SAFETY: Crime in SA is fairly localized. There are dangerous areas which one should avoid, and then other areas that are as safe as it is back home. Our local tour operator, Xplore Africa will endeavor to only take us to areas they deem safe. Apply the same precautions you would when traveling anywhere else.

<https://www.osac.gov/Content/Report/bd2dab15-0f21-496f-9aae-2313e8b5ea43>

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories/south-africa-travel-advisory.html>

WATER: Tap water is safe to drink. We will supply water on the bus and during concerts.

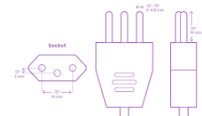
BEVERAGES: Please note that alcoholic drinks are not included in your tour. You will find the price of drinks in SA much cheaper than at home, so we encourage you to please make use of this opportunity to broaden your horizons....

MEALS: Breakfast will be included daily, as well as 2 lunches and 8 dinners. Other meals are on your own.

GRATUITIES: Gratuities for services included in your tour program are included. This includes bus drivers, guides, hotel staff, waiters and porters. You are responsible for tipping, if the service is not included in the program (drinks or own meals) The customary amount is 10 to 15 percent of your bill.

MALARIA ADVICE: This is only applicable to the extension tour as the tour in South Africa will not be in malaria-affected areas. When going to Victoria Falls and Chobe, be cautious from dusk to dawn. That is when mosquitoes are most active. From the time that the sun sets, until it rises again, wear long sleeves and trousers, put mosquito repellent on exposed skin, and specifically protect your ankles (wear shoes, not sandals. Being winter, it is doubtful you will see mosquitos.

ELECTRICITY: South Africa operates on a 230V supply voltage and 50Hz. The type N socket and plug are the official standard in South Africa. Type C plugs are also official, but not type C sockets. This does not pose a problem, however, since type C plugs are 100% compatible with type N sockets. Most electrical devices sold today can operate on dual currency. Most hair blow-dryers & curlers purchased in the United States are not compatible for use in South Africa



WEATHER: We will be visiting South Africa during their winter. Weather in Johannesburg during July usually has highs of around 63° and lows of around 37° with 0 days of rain on average. Weather in Cape Town during July usually has highs of around 63° and lows of around 46° with 10 days of rain on average. Bring layers that will allow you to stay comfortable in both warm and cool temperatures. There is a good chance of precipitation while we are in the south of the country, so plan accordingly.

SOME PACKING SUGGESTIONS

LAYERS: TRAVEL WITH LAYERS, TRAVEL SMART

VALUABLES: Leave them at home!

PASSPORT COPIES: Bring copies of your passport.

BAGGAGE LOCKS: Bring locks for your baggage.

SECURITY: ALWAYS keep passports and money secure.

ADDITIONAL ITEMS TO PACK: In addition to the usual items, we might suggest:

- Travel alarm clock/watch
- Comfortable walking shoes
- Extra socks
- Hat or cap
- Rain coat or umbrella
- Warm jacket,
- Scarf for game drives
- Binoculars
- Refillable water bottle
- Glasses and/or contact lenses (bring an extra pair)
- Medication: general and prescribed
- Universal adaptor
- Toiletries

"Let there be justice for all. Let there be peace for all. Let there be work, bread, water and salt for all. Let each know that for each the body, the mind and the soul have been freed to fulfill themselves."

— Nelson Mandela

FORMAL CONCERTS

SATURDAY, 6 JULY 2024, 5:00pm

WITS UNIVERSITY CHOIR

ST. PETER'S BY THE LAKE EVANGELICAL LUTHERAN CHURCH IN RANDBURG

SUNDAY, 7 JULY 2024 (SERVICE PARTICIPATION), 10:00am

HOLY CROSS ANGLICAN CHURCH IN SOWETO

THURSDAY, 11 JULY 2024, 6:00pm

UNITING REFORMED CHURCH CHOIR & GEORGE CHORALE AT

THEMBALETHU COMMUNITY HALL IN GEORGE

SUNDAY, 14 JULY 2024, 5:00pm

CAPE TOWN CAMARATA

HUGO LAMBRECHTS AUDITORIUM IN CAPE TOWN

HOTELS

5-8 JULY 2024

ANEW HOTEL ROODEPOORT

C/O HENDRIK PORGIETER ROAD AND 14TH AVENUE

WELTEVREDEN PARK

+27 11 246 1103

8-10 JULY 2024

BAKUBUNG BUSH LODGE

PILANESBERG GAME RESERVE

+27 14 552 6314

10-13 JULY 2024

PROTEA HOTEL MARRIOTT KING GEORGE

KING GEORGE DRIVE

GEORGE

+27 44 874 7659

13-16 JULY 2024

PENINSULA ALL SUITE HOTEL

CNR BEACH AND QUEENS ROAD

SEA POINT

CAPE TOWN

+27 21 430 7777