



WILD AT HEART

Bio-Treks: STEM Ecology Series

A global series of immersive STEM programs exploring biology, ecology, geology, ocean science, and environmental sustainability through hands-on fieldwork and meaningful environmental context.

WILD AT HEART IN SOUTH AFRICA

Bio-Treks: STEM Ecology Series

Johannesburg & Kruger National Park

Day	Meals	Morning	Afternoon	Evening
1		Evening overnight flight to Johannesburg, South Africa		
2	L, D	Arrival in Johannesburg, meet local team and depart for Magaliesberg Region	The Ann van Dyk Cheetah Centre & Tour	Welcome Dinner & Orientation Overview: History, Geography & Culture of South Africa
3	B, L, D	Travel to Kruger Park Area; check-in at Field Camp, Blyde River Canyon		
4	B, L, D	Foundation	Cultural Tribal Immersion Drumming, Dance & Lunch	Dinner & Torchlight Bush Walk
5	B, L, D	Kruger National Park Game Drive / Orpen Gate / Coach Self-Drive		
6	B, L, D	Kruger Park Area: Morning Game Drive Wildlife Conservation Focus	Kruger Park Area: Game Drive with Plant & Animal Identification, Behavior, Navigation & Bush Orientation	Camp Dinner & Southern Hemisphere Astronomy
7	B, L, D	Kruger Park Area: Morning Game Drive Wildlife Tracking Focus	Kruger Park Area: Game Drive, Ranger Field Research Project & Data Collection	Potjie Cook-Off / Competition & Kruger Review
8	B, L, D	Return travel to Johannesburg; hotel check-in & refresh		
9	B, L	Apartheid Museum - Guided Tour	Gold Reef City Theme Park & Guided Gold Mine Tour	Camp Dinner & Free Time
10		Arrive Home		



As with all sample itineraries, please be advised that this is an 'example' of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



A Message From Our Team

At STEM Study Tours, we believe students learn best when they're immersed, engaged, and inspired. Every program is built with intention - blending hands-on discovery, academic depth, and meaningful experiences that help students see the world (and themselves) in new ways. Our goal is for each itinerary to spark curiosity, build confidence, and create moments students carry long after the trip ends. We're honored to partner with schools who share that vision and to help bring learning to life beyond the classroom.

— Michele & The Hammock Expeditions Team

Why Travel With Hammock Expeditions & STEM Study Tours

Schools choose us because we design programs that are organized, intentional, and built around real learning. Our itineraries combine strong academics with smooth logistics, giving teachers confidence and giving students opportunities to explore, ask questions, and grow. We partner with trusted local experts, communicate clearly, and support groups every step of the way so educators can focus on their students - not the logistics.

What Sets Us Apart

- **Purpose-Driven Itineraries** - Students actively participate in meaningful, real-world learning.
- **Safety, Structure & Professionalism** - From 24-hour support to vetted partners and clear communication, we ensure teachers can focus on their students while we handle the logistics.
- **Hands-On, High-Impact Learning** - Our programs emphasize field science, conservation, and experiential learning - the kind that sticks with students long after the trip ends.
- **Student-Centered Design** - We balance learning with fun, reflection with adventure, and structure with flexibility. Every day is crafted to keep students engaged, energized, and supported.
- **A Team That Travels With Purpose** - We're educators, planners, naturalists, and travel professionals who care deeply about student growth. Your goals become our goals.

Our Commitment to You

When you travel with us, you gain a partner who understands your vision, anticipates your needs, and delivers an experience your students will remember for years to come. We're here to support your school, empower your students, and make every moment meaningful.

We want to be your educational partner. Let us know how we may serve you.

Michele, Christina, Izzy, Dana, Taylor, and the Team



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



Wild at Heart in South Africa

Where Wildlife Conservation Takes Center Stage: In South Africa's iconic ecosystems, students step directly into the work of protecting endangered species and the habitats they depend on. This program immerses them in the science of conservation - tracking wildlife alongside field researchers, studying how predators and prey shape the landscape, and examining the real challenges facing biodiversity today. Through guided bush walks, species identification, and ranger-led workshops, students learn how data, community partnerships, and long-term stewardship safeguard fragile environments. Cultural experiences enrich the journey, offering perspective on how local traditions, history, and human choices influence conservation efforts across the region.

A Journey That Builds Tomorrow's Conservation Leaders: Created for students who learn best by doing, this experience places them shoulder-to-shoulder with the people protecting South Africa's wildlife every day. Participants contribute to fieldwork, observe real conservation strategies in action, and see how research, community engagement, and policy work together to safeguard threatened species. Along the way, they connect with local educators, rangers, and cultural leaders who broaden their understanding of how conservation is shaped by history, tradition, and shared responsibility. By the end of the journey, students return home with sharpened curiosity, deeper global awareness, and a sense of purpose rooted in protecting the natural world.



Did you know?

- › South Africa is home to nearly 10% of the world's bird species, making it one of the most biodiverse birding destinations on the planet.
- › Cheetahs rely on community-supported conservation areas more than national parks - over half of the remaining population lives outside traditional protected zones.
- › Kruger National Park is roughly the size of New Jersey, creating one of the largest continuous wildlife habitats in Africa.
- › The Cradle of Humankind has produced over one-third of all known early hominid fossils, offering a rare window into human origins.
- › Elephants communicate using low-frequency rumbles that travel through the ground and can be detected miles away by other herds.
- › Rhino conservation teams often work at night, using thermal imaging to track animals and deter poaching activity.



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



- › South Africa's ecosystems range from savanna to desert to coastline, allowing students to study dramatically different habitats within a single region.
- › Local communities play a critical role in conservation, with many programs blending traditional knowledge and modern science to protect wildlife.

Day 1 - Journey to the Wild Heart

Overnight flight; meals in flight

Day 2 - Welcome to South Africa

Breakfast in flight, lunch & dinner in SA



Arrive at O.R. Tambo International Airport in Johannesburg, where your Tour Director and local South Africa team will meet the group and assist with the transfer to your hotel. Once rooms are ready, students settle in and regroup for a **Welcome, Safety & Orientation Meeting** to review expectations, wildlife guidelines, cultural considerations, and daily logistics for the days ahead. This first gathering ensures everyone is prepared, informed, and ready for a smooth start to the program. Groups arriving early will have supervised downtime to rest and recharge until check-in is available.

Today's activities include:



The Ann van Dyk Cheetah Centre Tour - Explore one of South Africa's leading cheetah conservation facilities, where experts protect endangered cats through responsible breeding, research, and relocation programs. Students learn how genetics, behavior monitoring, and community partnerships support long-term survival, gaining a close look at the science behind safeguarding these remarkable predators. This visit highlights the teamwork and innovation required to protect one of Africa's most vulnerable species.



The Cradle of Humankind - Explore one of the world's most important paleoanthropological regions, recognized as a **UNESCO World Heritage Site** for its extraordinary contribution to understanding human origins. The area includes 15 major fossil sites, with Sterkfontein Caves famous for discoveries like **Mrs. Ples**, **Little Foot**, and thousands of other hominid, plant, and animal fossils. Your visit includes a guided tour at the Maropeng Exhibition Center, where students trace humanity's early story through interactive displays and scientific interpretation.



Sterkfontein Caves Guided Tour - Descend into the underground world of Sterkfontein Caves, where students explore the geology, excavation sites, and scientific techniques that have shaped our understanding of early humans. As they move through limestone chambers and ancient formations, they learn how researchers map cave systems, uncover fossils, and interpret evidence found deep below the surface. This hands-on experience highlights the



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



investigative side of paleoanthropology, turning the cave itself into a living classroom of discovery.

Day 3 - Into the Wild

Breakfast, lunch & camp dinner



Today we begin our scenic drive toward the Kruger area, traveling through rolling landscapes and wide-open South African countryside. Midway, we stop at the Alzu Petroport N4, a favorite rest area known for its local shops and wildlife viewing area where students can spot animals right from the terrace while enjoying their sandwich lunches. After a full day on the road, we arrive at **Swadini Resort**, nestled in the breathtaking Blyde River Canyon. Once checked into our chalets, students settle in and take in the stunning surroundings that will serve as home for the next part of our adventure.

TEAM ASSISTS: All groups will be split into three teams to assist with ongoing travel. Everyone will participate with guests being rotated throughout the week. If anyone has a special need/desire, please let us know.

- **CULINARY TEAM:** Helps the chef prepare meals, gathers product needed and generally assists in kitchen for production and clean-up.
- **COACH TEAM:** Assists in keeping the motorcoach tidy, gathering all trash at the end of the day, loading and unloading baggage as needed and other transport needs.
- **CAMP TEAM:** Assists in gathering firewood and prepping campfires, prepping and bringing needed supplies for camp bush walks (ensuring everyone has a torch or headlamp, bringing mosquito repellent, etc.).



Torchlight Bush Walk - After dinner, we head out for a guided Torchlight Bush Walk on the resort grounds, exploring how the canyon comes alive after dark. With headlamps in hand, students may spot antelope moving quietly through the brush, bush babies darting between branches, and other nocturnal wildlife beginning their evening routines. This calm, immersive walk offers a safe and exciting introduction to the nighttime ecosystem, revealing a completely different side of the bush than what's seen during the day.

Day 4 - Culture & Connection

Camp breakfast, lunch & camp dinner

Today's activities include:



Community Service Mission with the Timbavati Foundation - After breakfast at camp, we set out for a meaningful Community Service mission in partnership with the Timbavati Foundation. Students spend the morning engaging with local residents and supporting projects that reflect real community needs. Activities may include healthcare outreach, educational support, environmental initiatives, or social care projects, with final assignments determined closer to travel. This hands-on experience gives students a chance to connect, contribute, and learn how small acts of service strengthen the communities surrounding Kruger.



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com





Tribal Lunch & Cultural Performance - Out in the field, students enjoy a traditional tribal lunch while local performers bring the region's heritage to life through vibrant songs, drumming, and dance. Each performance showcases the unique rhythms and stories of South Africa's diverse tribes, creating an atmosphere that's both joyful and deeply cultural. As the music builds, students and teachers are invited to join the dancers on stage — a lively, unforgettable celebration of connection, movement, and shared tradition that everyone remembers long afterward.



Night Sky in the Southern Hemisphere Master Class - Once darkness settles over camp and the sky fills with millions of brilliant stars, students gather with an astronomy expert for a hands-on exploration of the Southern Hemisphere night sky. Together, they learn to identify major constellations, trace the arc of the Milky Way, and locate the Southern Cross to determine true south. The session blends navigation, storytelling, and celestial science, giving students a rare opportunity to study Orion, Scorpius, and other southern constellations in one of the clearest night skies on Earth.

Day 5 - Safari Science

Camp breakfast, lunch & camp dinner

Today's activities include:



Kruger National Park Game Drive - Today we take our motorcoach into Kruger National Park for a relaxed, full-day game drive with our National Guide. Entering through the Orpen Gate, we move at an easy pace across diverse landscapes, stopping often to observe wildlife and learn about the park's ecology. Students may spot members of the Big 5, the Small 5, and many other species as the day unfolds.

Midday, we visit the Ranger Center and gift shop for lunch, rest, and time to explore the educational displays. It's a beautiful, unhurried introduction to Kruger - a chance to take in the scenery, enjoy the wonder of the bush, and ease into the wildlife experience before the more intensive conservation-training days ahead.

WILDLIFE SAFARI CHECKLIST:

The Big 5: Lion, Leopard, Elephant, Rhino, and Buffalo

The Small 5: Ant Lion, Elephant Shrew, Rhino Beetle, Leopard Tortoise, and Buffalo Weaver

The Ugly 5: Spotted Hyena, Marabou Stork, Vulture, Warthog, and Wildebeest

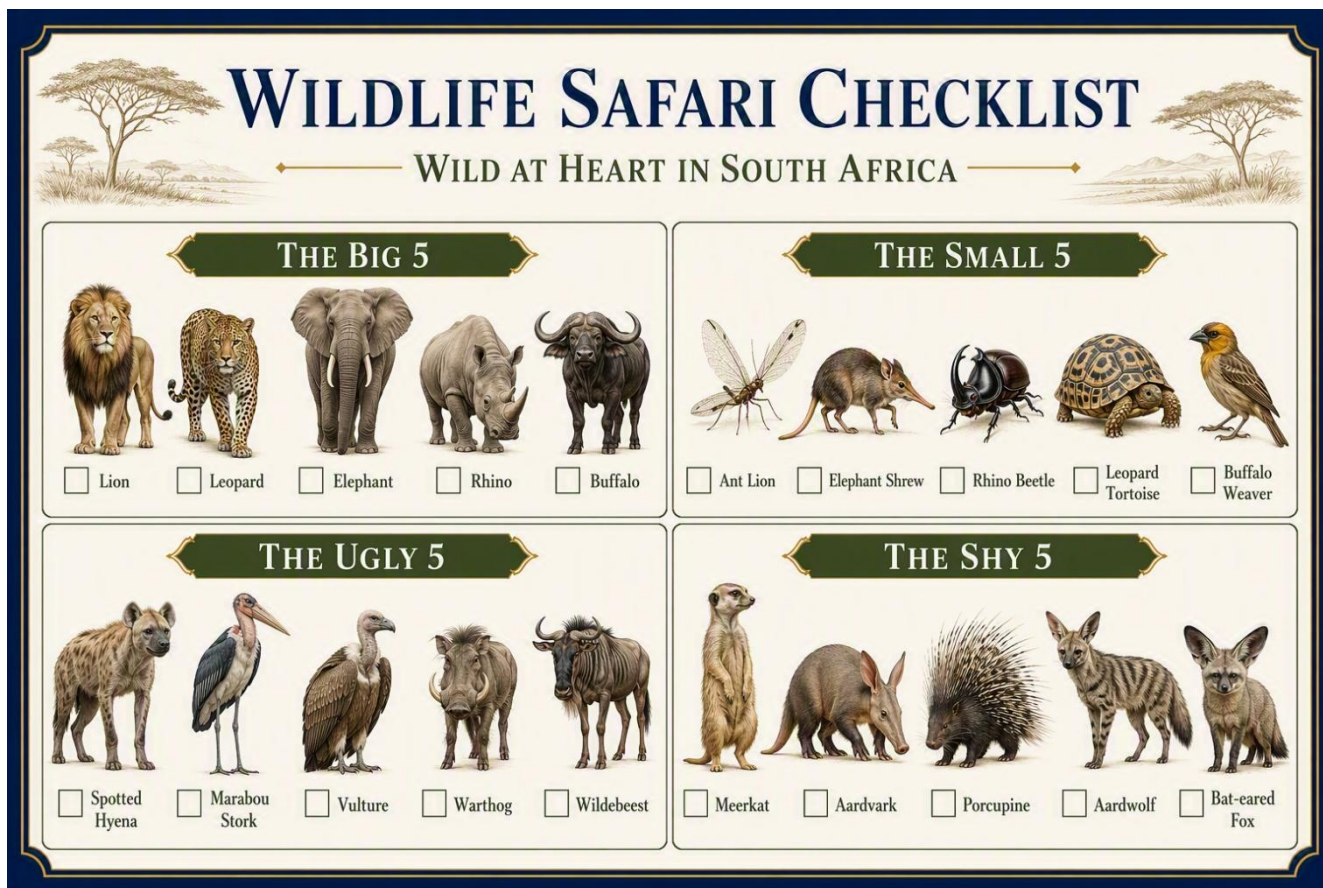
The Shy 5: Meerkat, Aardvark, Porcupine, Aardwolf, and Bat-eared Fox

Other animals you may see: Zebra, Giraffe, Kudu, Impala, Waterbuck, Nyala, Vervet Monkey, Baboon, Hippopotamus, Cheetah, Eagle, Wild Dog, Caracal, Ostrich and more.



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com





Potjie Cook-Off Competition – We'll break into teams and start the fun! Students will have to correctly answer questions relating to Kruger Wildlife and their experiences so far to earn the supplies and spices for their dinner. Each team's focus will be a variable – one based on chicken, one on beef, one on vegetarian, etc. In the end, our ground team will pick the winners and everyone will get a chance to enjoy every food type made. It's a night of fun and competition, capped off with S'mores around the firepit!

Day 6 - Ecology in Action

Breakfast, lunch & camp dinner

Pridelands Conservancy & EcoTraining

Your Field Guides to Kruger

Over the next two days, students will learn alongside the expert team from EcoTraining, one of South Africa's leading ranger-training organizations. EcoTraining has spent decades preparing field guides, conservationists, and wildlife rangers who work across the Greater Kruger ecosystem. Their instructors bring deep knowledge of animal behavior, tracking, ecology, and bushcraft - the same skills used daily by professionals protecting South Africa's wildlife.



Hammock Expeditions, LLC
 1200 SE 14th Street, Suite 8-150
 Bentonville, Arkansas 72712
 P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



Our training takes place in Pridelands Conservancy, a 2,000-hectare reserve now fully open to the Greater Kruger National Park after the removal of boundary fences in 2017. This expanded habitat allows animals to roam freely, creating a living classroom where students can observe natural movement, predator-prey dynamics, and the delicate balance of a thriving ecosystem. With EcoTraining as our partners, students gain an authentic look at conservation work and the techniques rangers rely on to understand and protect the wild.

Please note the location and training partners are subject to change, dependent upon dates and availability.



Conservation Game Drive - We begin the day with a conservation-driven game drive led by EcoTraining's field instructors. Riding in open safari vehicles, students learn how rangers monitor wildlife populations, manage habitats, and protect threatened species across the Greater Kruger ecosystem. The morning focuses on real conservation practices - how decisions are made, how data is collected, and how rangers respond to challenges in the field. It's an eye-opening introduction to the work that keeps Kruger's wildlife thriving.



Plant & Animal Identification + Bush Orientation Game Drive - After lunch, we head back out for a second game drive centered on plant and animal identification, wildlife behavior, and bush orientation. Students practice spotting and naming species, reading tracks, interpreting movement patterns, and recognizing signs of animal presence through prints and dung. EcoTraining's guides also introduce basic navigation skills used in the bush, helping students understand how rangers read the landscape and stay



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



oriented in the field. This session deepens their connection to the ecosystem and builds the foundational skills of a true field guide.

Day 7 - Tracking & Research

Camp breakfast, camp lunch & camp dinner



Today's activities include:



Wildlife Tracking & Field Research Skills Game Drive - We continue our training this morning, focusing on the practical skills rangers use to interpret the bush. Students learn how to identify tracks, read movement patterns, and recognize signs of animal presence through prints, dung, and environmental clues. Our instructors introduce basic field-research techniques, showing students how data is collected and used to understand wildlife behavior and ecosystem health. It's a hands-on session that builds confidence and deepens their connection to the landscape.



Ranger Research Project & Bush Skills Integration Game Drive - In the afternoon, students put their new skills to work through a guided ranger research activity. Working in small groups, they collect observations, practice navigation, and apply the plant and animal identification techniques learned over the past two days. Instructors help students connect the dots between conservation, tracking, and ecological awareness, giving them a fuller picture of how rangers operate in the field. This session ties together everything they've learned in the Kruger National Park area.



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com





Sunset Game Drive - We close our Kruger experience with a spectacular Sunset Game Drive. As the heat drops and wildlife becomes more active, students have the chance to spot animals they may not have seen earlier in the day and observe evening behaviors across the bush. It's a thrilling, golden-hour finale to our time in the Greater Kruger area. After the drive, we return to camp for dinner and begin packing up for our journey back to Johannesburg.

Day 8 - Farewell to the Field

Breakfast, lunch & dinner

Today's activities include:



Return to Johannesburg - This morning we begin our journey back to Johannesburg. Along the way, we stop at the well-loved rest area filled with local shops, great food options, and plenty of animals wandering nearby - a fun chance for students to stretch their legs, pick up souvenirs, and enjoy the lively atmosphere. After the drive, we arrive in Johannesburg and check into our hotel, giving everyone time to refresh and settle in before dinner. It's a smooth, relaxed travel day that transitions us from the bush back into the city.



Chief Boma's Restaurant - Tonight we walk to a vibrant African buffet known for its warm hospitality, live music, and incredible variety of regional dishes. Students can sample everything from traditional stews and grilled meats to fresh breads, vegetables, and flavorful sauces inspired by cultures across South Africa. The atmosphere is lively and welcoming, making it the perfect place to celebrate the end of our safari adventure. It's a fun, delicious evening that gives everyone a taste of authentic African cuisine before our journey home.

Day 9 - History & Humanity

Breakfast & lunch included; dinner on own at airport

Today's activities include:



Apartheid Museum – Visitors step into a powerful and immersive journey through South Africa's struggle for freedom and equality. Thought-provoking exhibits featuring artifacts, film footage, photographs, and interactive displays trace the rise and fall of apartheid and the experiences of those who lived through it. The visit begins with racially designated entry doors, immediately confronting the realities of segregation, and continues through galleries highlighting resistance movements and the country's path to reconciliation.



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com





Gold Reef City Mine Tour - We begin with a descent 75 meters underground into an original 19th-century gold mine, where students learn how early miners worked and the challenges they faced deep below Johannesburg. Guided through narrow tunnels and historic shafts, they see how gold was extracted and processed, gaining a firsthand look at the industry that shaped the city's growth. It's an engaging and educational experience that connects South Africa's past to the world students know today.

Gold Reef City Amusement Park - After the mine tour, the day shifts into pure fun at the Gold Reef City amusement park. Students can enjoy thrilling rides, colorful attractions, and the lively atmosphere of the park's recreated mining town. With roller coasters, themed areas, and plenty of energy, it's a great chance for the group to unwind and celebrate after a full week of learning and adventure.

After a few hours of fun at Gold Reef City, we wrap up our final adventure and make our way to the airport for our international flight home. As we check in and prepare to depart, students have a chance to reflect on everything they've experienced - from wildlife conservation in Kruger and hands-on ranger training to the cultural history of Johannesburg and the excitement of exploring a new country together. It's a meaningful moment of closure, filled with pride, laughter, and the shared memories that make this journey unforgettable. With hearts full and cameras packed, we say goodbye to South Africa and begin our journey home.

Day 10 - Homeward Bound

Meals in flight

WELCOME HOME!

“Hamba Kahle Umgane” - Go well friends!



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



Weather in South Africa

Spring (March–May): Warm, Bright, and Blossoming

- › Temperature: Kruger: 60–85°F (16–29°C); Johannesburg: 55–75°F (13–24°C)
- › Conditions: Longer sunny days, early blooms, and the occasional afternoon shower as the region shifts toward summer.
- › Highlights: Great wildlife viewing in Kruger as animals become more active; Johannesburg's parks and neighborhoods start showing fresh spring color.
- › Packing Tips: Light layers, a waterproof jacket, sunscreen, and comfortable walking shoes.

Summer (June–August): Hot, Lush, and Full of Life

- › Temperature: Kruger: 70–95°F (21–35°C); Johannesburg: 65–85°F (18–29°C)
- › Conditions: Warm, humid days with vibrant green landscapes and predictable afternoon thunderstorms that cool things down.
- › Highlights: Excellent birdwatching and dramatic skies in Kruger; Johannesburg offers lively outdoor markets.
- › Packing Tips: Breathable clothing, sun protection, a refillable water bottle, and a light layer for strong indoor A/C.

Fall (September–November): Clear, Pleasant, and Golden

- › Temperature: Kruger: 55–85°F (13–29°C); Johannesburg: 50–75°F (10–24°C)
- › Conditions: Crisp mornings, warm afternoons, and mostly dry weather as the summer rains fade.
- › Highlights: Ideal safari days with thinning vegetation and great visibility.
- › Packing Tips: Layers for shifting temperatures, a light jacket, and sturdy closed-toe shoes.

Winter (December–February): Cool, Sunny, and Refreshingly Dry

- › Temperature: Kruger: 45–75°F (7–24°C); Johannesburg: 40–60°F (4–15°C)
- › Conditions: Bright, dry days with chilly mornings and evenings. Johannesburg can feel brisk, but snow is extremely rare.
- › Highlights: Prime wildlife viewing in Kruger; Johannesburg offers quiet city days and excellent museum time.
- › Packing Tips: Warm layers for early mornings, a medium jacket, closed-toe shoes, and sunscreen for strong winter sun.

Civics, Courtesy & Conservation Awareness

Respect for Wildlife & Ranger Guidance - In Kruger, the bush is a shared space with animals, guides, and conservation teams. Students should follow ranger instructions closely, keep voices low on game drives, and avoid sudden movements that could disturb wildlife. Staying seated in vehicles, keeping hands inside, and never feeding animals are essential parts of responsible safari behavior.

Environmental Stewardship in the Park - Kruger is a protected ecosystem. Stick to designated paths, avoid picking plants or removing natural items, and keep all litter secured until proper disposal. Water sources, animal tracks, and research areas should be observed respectfully without interference. Every action contributes to preserving the park's delicate balance.

Cultural Courtesy in Johannesburg - Johannesburg is a vibrant, fast-moving city with important historical and cultural sites. Use polite language, walk rather than run, and stay aware of your surroundings in busy areas. Many locations - like museums, memorials, and educational centers - are active workplaces or reflective spaces, so quiet voices and attentive listening go a long way.

Photography & Site Etiquette - Photos are welcome in most outdoor and wildlife settings, but flash should be avoided around animals. In museums, memorials, and cultural institutions, some rooms may restrict photography. Always follow posted signs and maintain a respectful presence, especially in spaces tied to South Africa's history.

Group Awareness & Safe Navigation - Whether in the bush or the city, staying with your group is essential. In Johannesburg, pay attention to traffic signals, pedestrian flow, and personal belongings. In Kruger, remain close to guides during walks or lodge transitions, and keep backpacks zipped to avoid attracting curious wildlife.



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



Taste of South Africa – Local Favorites to Try

South Africa's food scene blends indigenous traditions, regional specialties, and bold flavors that students love discovering. Throughout Johannesburg and the Kruger region, groups can sample dishes and treats that reflect the country's diverse cultures and culinary heritage - the kinds of foods that turn a trip into a true adventure.

1. **Biltong & Droëwors** – South Africa's iconic cured meats, seasoned with coriander and spices. A staple snack for rangers, hikers, and safari guides.
2. **Boerewors Rolls** – A flavorful, coiled sausage grilled over open flame and served in a roll with chutney or tomato relish - a favorite at markets and outdoor events.
3. **Bunny Chow** – A Durban-born classic: hollowed-out bread filled with fragrant curry. Fun, hearty, and unlike anything students get at home.
4. **Vetkoek** – Warm, golden fried dough often filled with savory mince or enjoyed with honey. Comforting, simple, and beloved across the country.
5. **Pap & Chakalaka** – A traditional maize porridge paired with a spicy vegetable relish. Served at cultural meals and lodge dinners, it's a flavorful introduction to local home-style cooking.
6. **Cape Malay Curry** – Sweet, aromatic curries influenced by centuries of Malay heritage. Mild enough for students, but rich with cinnamon, cardamom, and apricot.
7. **Koeksisters** – A braided, syrup-soaked pastry that's crunchy on the outside and sweet inside - a fun treat after long days of exploring.
8. **Amarula Treats** – Desserts or sauces made with Amarula fruit, found only in Southern Africa. Lodges often use it in custards, cakes, or drizzles (non-alcoholic versions for students).
9. **Rooibos Tea & Rooibos Iced Drinks** – Naturally caffeine-free and uniquely South African. Students often love trying it chilled with citrus or berry flavors.
10. **Local Braai Specialties** – At safari lodges, braai nights feature grilled meats, smoky flavors, and traditional sides - a cultural experience as much as a meal.



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



Entry Requirements for Travel to South Africa

Entry requirements for entering South Africa vary by nationality, and all travelers are responsible for checking the most current information during planning and before departure. The guidelines below are accurate at the time of writing and are subject to change without notice. Always verify requirements through your government's travel authority and the official South African Department of Home Affairs website prior to travel.

General Requirements *(All International Travelers)*

- ✓ A valid passport with **at least 30 days** remaining after departure
- ✓ **Two blank passport pages** for entry and exit stamps
- ✓ Proof of onward or return travel
- ✓ Compliance with South African immigration and customs screening
- ✓ No active travel restrictions or inadmissibility flags

Mandatory Traveler Declaration *(All International Travelers)*

- ✓ All travelers entering or leaving South Africa must complete the **South African Traveller Declaration** before arrival or departure
- ✓ The form is submitted online through the **South African Traveller Management System (SATMS)**
- ✓ Travelers must declare goods, currency, and personal items as required by customs regulations
- ✓ A confirmation receipt is generated after submission and may be requested by officials at the airport
- ✓ This requirement applies to tourists from the USA, Canada, UK, Australia, and all other nationalities

Visa Requirements – Travelers from the USA, Canada, UK & Australia

- ✓ **No visa required** for short tourist stays (typically up to 90 days)
- ✓ Passport must be machine-readable and meet standard validity rules
- ✓ Travelers may be asked to show proof of accommodation or program details

Visa Requirements – Other Nationalities

- ✓ Some travelers may need a visitor visa prior to arrival
- ✓ Additional documentation may include financial proof, itinerary details, or invitation letters
- ✓ Visa processing times vary; travelers should apply well in advance

Important Notes

- Entry requirements can change; travelers must check for updates before departure.
- Some nationalities may require additional documentation or interviews.
- Schools traveling as a group should ensure all passports meet validity and blank-page requirements.
- Travelers under 18 may be asked for additional documentation depending on nationality and family travel arrangements.



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



WILD AT HEART IN SOUTH AFRICA

Minimum Numbers: 16 students

What's Included:

- ✓ Round-trip international flights
- ✓ 7-nights' accommodation: 2-nights hotel in Johannesburg area; 5-nights in Kruger National Park general area
- ✓ Transportation for programmed activities & airport transfers
- ✓ Fully qualified guides, drivers and camp chef
- ✓ Ann van Dyk Cheetah Centre & Private Tour
- ✓ Cradle of Humankind – Guided Tour
- ✓ Sterkfontein Caves – Guided Cave Hike
- ✓ Tribal Cultural Experience – Food, music, dance & drumming
- ✓ Community Service Mission focused on healthcare, education, environmental or social care initiatives
- ✓ Potjie Cook-Off Competition
- ✓ Astronomy Master Class – Night Sky in the Southern Hemisphere
- ✓ 1-Day Game Drive in Kruger National Park (motorcoach)
- ✓ 2-Days specialized Conservation Training, Game Drives & Ranger Research Initiatives / Data Collection in the Greater Kruger area (Open Safari Vehicles)
- ✓ Sunset Game Drive at Kruger National Park
- ✓ Gold Reef City Guided Mine Tour
- ✓ GRC Theme Park excursion
- ✓ Apartheid Museum & Guided Tour
- ✓ Gratuities for your National Guide, Driver(s), Chef & local guides
- ✓ Personal Tour Director

What's Not Included:

- ☒ Fully comprehensive insurance (**mandatory**; available at registration or purchase on own)
- ☒ Baggage costs, pay directly to airline if required
- ☒ Baggage handling - everyone should be able to pull / load their own bag
- ☒ Transfers to/from home airport
- ☒ Meals other than ones provided for the entire group (we are generally able to cater for allergy conditions and vegetarians only)
- ☒ Snacks & beverages purchased during non-mealtimes
- ☒ Cost of visas, visa waivers, passports or other legal requirements for entry/return
- ☒ Cost of inoculations or medication required for travel
- ☒ Sightseeing / Entertainment / Transport not shown in Itinerary
- ☒ Cost of visas, visa waivers, passports or other legal requirements for entry/return
- ☒ Cost of inoculations or medication required for travel
- ☒ Sightseeing / Entertainment / Transport not shown in Itinerary
- ☒ Gratuities for your Tour Director
- ☒ Credit card fees if individuals wish to pay via credit card instead of ACH
- ☒ Additional taxes, fuel surcharges or fees levied by governments / suppliers



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com



Wild at Heart FAQs

Will we need a Physical + Vaccinations?

Contact your family physician or your local clinic for the most up-to-date health information. Malaria is a big risk in Africa, so malaria precautions are highly recommended. Additionally, check the CDC website.

How much spending money should we bring?

We recommend an average amount of \$150 USD for snacks, beverages and souvenirs.

Who provides the training?

All training is provided by qualified staff, which includes: researchers, field guides, animal care specialists and animal trackers. Our ground staff have voluntarily met or exceeded over 300 standards including leader qualifications, first aid, emergency procedures, vehicle safety, etc.

Are meals provided?

All meals at the projects are provided and are included in your program fees, starting with lunch on arrival in Johannesburg and ending with lunch on departure. We welcome vegetarians and other special dietary requirements.

What should we pack? (Items bolded below are required)

- **Backpack / Day bag** to hold all needs for any specific day
- **Light raincoat**
- T-shirts, sweater/jumper/sweatshirt, light-weight long-sleeve hiking t-shirts
- Shorts and long pants, jeans, tracksuit/sweats
- Bathing suit
- **Hiking boots** (broken in and with good socks!), athletic shoes, sandals
- Toiletries - shampoo, conditioner, soap, lotion, etc. (no supplies are provided at the Kruger-area chalets)
- Prescription medication in original container showing physician's name/contact, medication name and prescription dosage
- Mosquito repellent & sun protection cream
- Pocket-sized tissues
- Hat/cap & sunglasses
- **Flashlight/headlamp**
- **Binoculars**
- **Camera** / phone with camera features
- Portable charger plus electric converters for appliance charging
- Spending money for optional activities and purchases
- Malaria prevention
- A great attitude!

WINTER PACKING ESSENTIALS (for June & July travel): jacket/coat, scarf/muffler, gloves, beanie/hat, thermal long socks, thermal layers. **SUPER IMPORTANT!**

NOTE: There are no hair dryers in the Kruger-area chalets.

What should my group bring for our service project?

If you want to bring any toys, clothing, shoes, books, etc. to donate to the Community Service Program you are more than welcome to, but you are not required to do so. Cash donations are also accepted and appreciated.



Hammock Expeditions, LLC
1200 SE 14th Street, Suite 8-150
Bentonville, Arkansas 72712
P: 984.223.9866
www.HammockExpeditions.com
www.STEMStudyTours.com

