

Firstly, a warm welcome to your internship from Awesome Travel and Travel and Learn. We hope this will be an amazing time in your life, filled with unforgettable memories, lifelong friendships, and a deep cultural exchange experience in South Africa, known for its rich cultural diversity. Your internship is what you make of it, so we wish you all the best, with lots of hard work and, of course, lots of fun!

Airport Collection: Your journey begins at Cape Town International Airport, where an airport collection by the certified company "Cheers Shuttles" awaits you. Look for the board with the 91 Loop logo. You'll be taken to the heart of Cape Town, to 91 Loop Hostel in the city center.



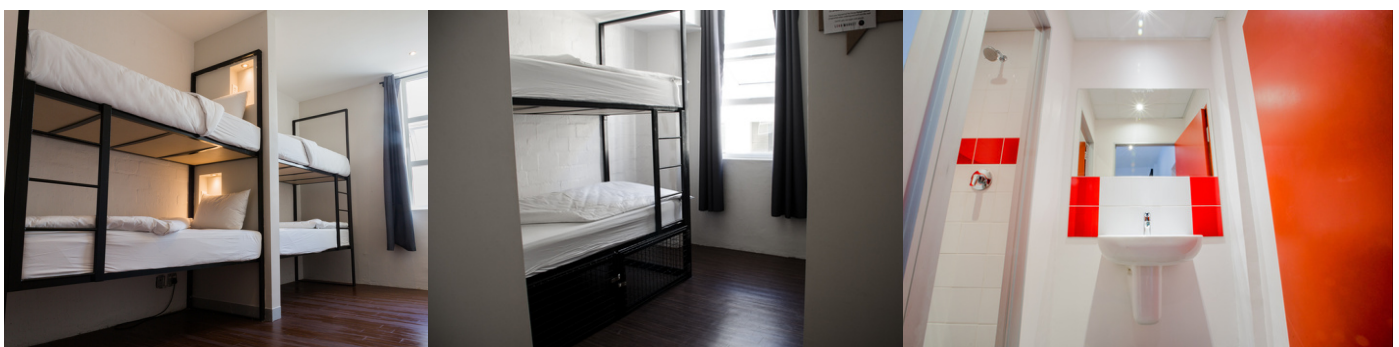
91 LOOP



Cape Town: Welcome to Paradise! Cape Town, recently named the Best City in the World by The Telegraph Travel Awards 2023, is a treasure trove of world-renowned tourist attractions.



Your Accommodation at 91 Loop Boutique Hostel: Your home in Cape Town is the 91 Loop Boutique Hostel, nestled in the city center. It's conveniently close to most of Cape Town's attractions and just a short Uber ride away from places like the V&A Waterfront, Table Mountain, Green Point Promenade, Signal Hill, Kirstenbosch Botanical Gardens, Clifton Beach, Camps Bay, Sunday Oranjezicht Market, and more.



91 Loop offers a variety of room options, all with ensuite facilities, personal lockers, plug points, and reading lights. Upon arrival, our 24-hour front desk team will check you in, provide you with a key card, and hand over a fresh towel whenever needed. High-speed, uncapped Wi-Fi is available throughout the building. Our friendly front desk staff is available to assist you 24/7. You can also use our boardroom, just inquire at the front desk about its availability.



Meals at The Honey Badger Restaurant: The Honey Badger Restaurant, is conveniently located at the hostel. Here, you'll enjoy delicious breakfasts, dinners, and even packed lunches for work. The Honey Badger is famous for its chicken wings, burgers.



Transport: A private transport company will be collecting you for your internship program Monday to Friday at Woodside Village and bring you back to 91 Loop boutique hostel.

Sim Card and Data: Upon arrival, you'll receive a Vodacom Sim card, and you can easily purchase data and calling minutes at shops in and around Cape Town, including online. Adequate data is essential for using the Uber app.

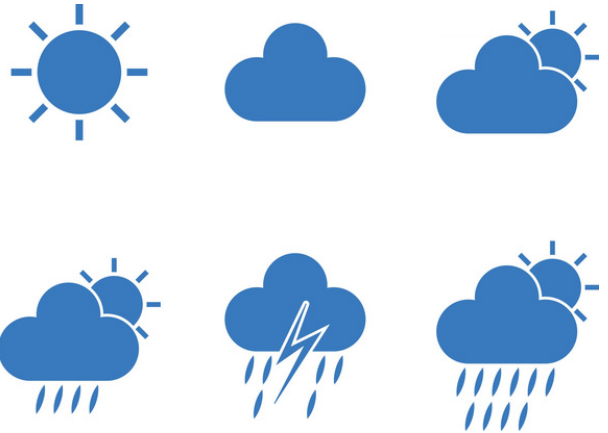


Weather Description (Mid-January to March):

Mid-summer in Cape Town brings pleasant weather with moderate to high temperatures. Temperatures in September typically range from 15°C to 35°C.

Expect sunny days with mid to high humidity, making it pleasant for outdoor activities but can be dangerously hot and precautions must be taken.

While Cape Town generally experiences little rainfall during this period, occasional showers are possible, so it's wise to be prepared.



Local Contacts: For any assistance or information, reach out to Awesome Travel representatives or the 91 Loop Hostel:

- **Awesome Travel Program Manager - Harry Mong:**
 - Phone: +27 766887342
 - Email: harry@awesometravel.co.za
- **Awesome Travel Office:**
 - Phone: +27 011 9667701
- **91 Loop Hostel:**
 - Phone: +270212861469
 - Email: stay@91loop.co.za



Orientation: You'll receive an orientation at 91 Loop upon arrival, ensuring you're well-prepared for your South African adventure. The details of the orientation may vary depending on your arrival time.

Your South African internship promises an incredible learning experience and unforgettable memories. Make the most of it, explore, and enjoy Cape Town to the fullest while staying safe and informed!



Packing List

Essential Items

- **5 Navy blue long pants:** Scrub pants are the most suitable.
- **5 Navy blue scrub tops:** Comfortable to work in.
- **1 Fleece jacket:** For colder weather.
- **1 Pair of closed comfortable leather or jogging shoes:** Non-slip shoes are required.
- **1 Cooler bag:** For bringing your food.
- **1 Cup:** Staff are required to bring their utensils.
- **1 Water bottle:** We have a water cooler, but you may prefer to bring your own.
- **1 Backpack or bag that can be secured:** Items are safe here, but it's always advisable to be cautious.
- **Cellphone:** At your own risk. Not to be used while working with residents.

Additional Items

- **Jeans and Shorts for casual wear:** For downtime.
- **Socks:** For everyday wear.
- **Undergarments:** For everyday wear.
- **Swimwear (Beach clothing):** If you plan on swimming or going to the beach.
- **Sunscreen and sunglasses for sun protection:** If applicable.
- **A wide-brimmed hat or cap:** For sun protection.
- **A reusable water bottle to stay hydrated:** Important for overall health.
- **A compact umbrella or rain jacket for occasional showers:** Unpredictable weather conditions.
- **Mobile phone:** For communication and emergencies.
- **Personal identification documents (passport):** Required for identification and travel purposes.
- **Prescribed medications and necessary medical supplies:** As needed.
- **Toiletries (toothbrush, toothpaste, shampoo, etc.):** For personal hygiene.
- **Personal hygiene products:** For personal care.
- **Travel-sized laundry detergent for washing clothes:** For hand washing.
- **Backpack or bag for daily use:** For carrying your belongings.
- **Travel insurance documents:** In case of unexpected events.
- **Adapters for electrical outlets (if your devices require them):** To ensure compatibility with local outlets.
- **Travel-sized first aid kit:** For minor injuries or emergencies.

Additional Tips

- **Pack efficiently and check the specific requirements of your airline for baggage limits.**
- **Keep in mind the local customs and regulations for the items you bring with you.**
- **Enjoy your internship in Cape Town, and make the most of your time exploring this beautiful city!**

Introduction

Welcome to Cape Town, South Africa! This vibrant city is home to a diverse range of cultures, stunning scenery, and a unique blend of African and European influences. While Cape Town is generally considered a safe city, it's important to be aware of your surroundings and take precautions to ensure your safety during your internship program.

General Safety Guidelines

Stay in groups: Always travel and explore the city with your group or a designated chaperone. Avoid going out alone, especially at night or in unfamiliar areas.

Be mindful of your belongings: Keep your valuables secure, such as your passport, money, and electronic devices. Use a backpack with a secure closure and avoid carrying large amounts of cash.

Choose safe transportation: Use registered taxis or Uber rather than unlicensed minivans or hitchhiking. If you're using public transportation, be aware of your surroundings and avoid carrying large sums of money.

Be cautious about alcohol: As part of the internship program, alcohol consumption is strictly prohibited. Avoid situations where alcohol is present, and if you do encounter alcohol, politely decline and remove yourself from the situation.

Choose safe areas: Stick to well-lit and populated areas during the day and avoid secluded or dimly lit areas at night.

Be cautious in tourist hotspots: Be aware of pickpockets and scammers in tourist hotspots like Long Street and Victoria & Alfred Waterfront. Keep your valuables close and be mindful of your surroundings.

Respect local customs and traditions: Dress modestly when visiting religious sites or conservative areas. Be respectful of local customs and avoid behaving in a way that could be considered offensive.

Emergency number: In case of an emergency, dial 10117 from your mobile phone.

Tourist Information Centre: For assistance with lost passports, travel information, or general inquiries, contact the Cape Town Tourism Information Centre at +27 (21) 422 2250.

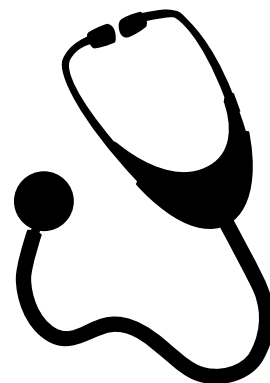
Internship Program Coordinator: Keep your internship program coordinator's contact information readily available in case of any issues or concerns.

Remember, safety is paramount during your time in Cape Town. By following these guidelines, you can minimize risks and enjoy a safe and enriching experience in this vibrant city.

Supervisor information:



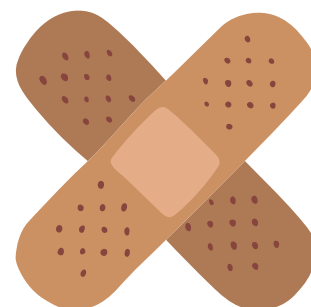
Sr Lindsay Donnachie: Health Care Centre Manager. A Registered Nurse with 30 years' experience. Qualified in General, Community, Midwifery and Psychiatry. Was a Unit Manager in Maternity units for 8 years and have been at Woodside for 3 years.



Sr Joyce Small: Registered Nurse in Charge of day shift 1: A Registered Nurse with qualification in General Nursing. Has been at Woodside for 8+ years and is well liked and respected by staff, residents and families. She has an amazing way in dealing with residents that have dementia.



Sr Jacqui Sharpley: Registered Nurse in Charge of day shift 2. A Registered Nurse with qualification in General and Midwifery. She worked in the UK for about 10 years and has been working at Woodside for 15 years. Her attention to her patients is outstanding and she is the epitome of a nurse. She loves to teach new students and ensures that all the correct procedures are done.



Typical daily schedule:

Time	Task	Person responsible
06:30 – 07:00	Hand over from night shift to day shift	Registered Nurse to Registered Nurse and information passed on to the care team
07:00 – 10:00	Bathing and dressing residents – as per schedule Supervision of medication and breakfast	Carers Sr Lindsay/Duty Registered nurse and carer assistance
10:00 – 11:00	Carer shifts for tea – 30 minutes taken in shifts Residents tea/coffee	Carers Kitchen staff
10:00 – 12:00	Activities with residents Attention to wound dressings, vital signs, doctors visits (if needed) residents wellbeing, dealing with queries	Roslyn – activity co-ordinator or guests/Carers to be present and participate
12:00 – 13:00	Toileting of residents Lunch for residents	Carers to prepare residents for lunch and assist with feeding
13:00 – 14:00	Staff on lunch in shifts Making residents comfortable for afternoon sleep time	Carers
14:00 – 15:00	General care carried out and attending to all needs of the residents & Hand over	Carers

Please refer to the virtual tour of the facility as this will provide you with a good idea of the centre without residents being included.

<https://youtu.e/gHtAKx5pacY>

