

TRANSFORM 122

NORTH CAROLINA COLLEGIATE MISSIONS ROMANS 12:2

Cape Town, South Africa May 17-28, 2012 Cost - \$2,700 per person (approx.)

Ministry Sites

Living Hope (www.livinghope.co.za)

Barcelona Orphanage

Lodging

Cape Lodge (internet accessible)
www.cape-lodge.co.za

Food

Typical meals during the week:

- Breakfast

Toast, cereal, bagels, yogurt, Tea and coffee

- Lunch

Packed lunches consisting of various sandwiches

- Dinner

Cottage Pie and rice, Beef curry and rice, Thai chicken and Noodles, Spaghetti

Weather

Mid 60's during day; Mid 50's at night

Houses and churches and schools have no AC, no central heat and no insulation. So even if it says that the lowest will be in the 40s, and you don't think that is very cold, remember that if it is 40 outside, it will be just about that inside! People go to church and have to leave their coats on and scarves and gloves.

Seasons are just the opposite of yours. So if it is summer in America, it is winter here. Layer! Remember Cape Town is on the ocean so there is almost always a breeze.

Immunizations

None needed; hepatitis; you may check with your physician

Money needed

Meals en route

Extra snacks while there

\$200 – 250 for souvenirs