



GREENPOP

EDEN FESTIVAL OF ACTION

— INFORMATION GUIDE —





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1. ACCOMMODATION AND FACILITIES ON SITE

Accommodation

- You will be staying in a tented camp at [Peace of Eden](#), located in Rheenendal (near Knysna). The camp is specifically set up for Greenpop and you will share a tent with one other person (of the same gender), unless you book a room upgrade.
- Please keep in mind it can get very cold during the night. We'll provide a mattress, but you will have to bring your own sleeping gear (Sleeping bag, pillow and extra blanket). Please bring a nice warm blanket.
- If you have a specific request with regards to who you want to share your tent with, please inform us before 10 June 2018.
- An upgrade to your own tent, or a room in the lodge is available at request. Please email eden@greenpop.org for more info *Only during all ages week.

Laundry Service

You can either do your laundry yourself or ask the the Greenpop team to do so at an additional cost. The local Greenpop team will be able to give you more information on this once you're at the lodge. As we will be trying to save water, we encourage you to bring enough clothing and ideally not need to do laundry.

Toilets and Showers

Toilets and showers are available to you. It's rustic but really comfortable and a lot more homely that what you would expect from a campsite - we pride ourselves in making beautiful spaces.

Waste Management

Recycle, reuse, reduce and RETHINK - Things to remember are:

- We have separate bins for glass, tin, paper/cardboard, plastic, organic and non-recyclable waste. Please don't hesitate to ask any of us where you need to drop something.
- You can drink the tap water in the Eden area, so try to avoid buying bottled water and bring reusable glass/metal bottles to drink tap water. We will have a tank of good drinking water at camp.
- Take a reusable bag with you if you go shopping so you don't need to accept a plastic bag - we try to make our camp a plastic bag free zone.
- Everyone is responsible for washing his or her own dishes at the wash-up station after each meal - it's easy!



2. PROGRAMME, ENTERTAINMENT & EXCURSIONS

Programme and Entertainment

The exact programme for **Greenpop Eden Festival of Action 2018** will be announced closer to the time, but see below for an example of a day on the programme. Please note that this is just a guideline, and that schedules are subject to change.

06:45	Breakfast
08:00 - 13:00	Activities in groups (you will select your choices on your 1st day) <ul style="list-style-type: none">- Tree planting- Eco building: eco brick bench at local school- Mural painting- Alien clearing
13:00	Lunch back at camp or at project site
14:00	Free time (read, walk, chill, swim, journal, help out at camp etc.)
15:30	Optional: Craft with upcycled materials / Workshops / Talks etc.
17:00	Optional: Yoga / Sunset walks / Other relaxing activities
18:00	Free time
19:30	Delicious dinner
20:30	Outdoor film screening / speaker evening / pop quiz / campfire music...

Excursions

The Eden area offers plenty of fun activities to fill your weekends! If you are interested in an excursion, our local staff can assist you with booking it and arranging transport.

NB: Excursions are not included in your programme price, so budget for them. Please note that the prices mentioned are an estimate and may vary depending on size of the group and availability as well as other transport costs.

- **Knysna Village Cycle (ZAR 300)** - A circular cycle around the town viewing the sights and experiencing the spectacular views of Knysna where the lagoon meets the ocean. Along the route we will enjoy light local refreshments.
- **Bungee Jumping* (ZAR 950)** - The ultimate thrill! The Bloukrans Bungy is the world's highest commercial bungy bridge. It is also the highest commercial natural bungy jump in the world.
- **Bridge Walk* (ZAR 150)** - Walk out onto the arch of the bridge with someone who is going to jump. You get to give them moral support and share the experience with them. Be warned, however, that this may cause you to want to jump too (we can help with this urge)!



- **Canopy Tour* (ZAR 650)** - A first in Africa!! Enjoy the unequalled beauty of the indigenous forest high up on ten treetop platforms. Gently glide along in a harness, on steel cables 30 meters above the forest floor.
- **Segway Tour (ZAR 300)** - Enjoy a quirky 1 hour guided tour of Knysna's beautiful scenery while you exercise and use your body to move on a Segway Personal Transporter.
- **Tandem Paragliding* (ZAR 750)** - Experience the exhilaration, joy, and sharing of nature that paragliding allows you. On any good weather day, enjoy the thrill of paragliding flight as a passenger.
- **Sunset Cruise (ZAR 500)** - There is no better way to end off the day - a relaxing boat cruise on the Knysna Lagoon, taking in the magnificence of Knysna as our African sun starts to set over the lagoon.
- **Lagoon Cruise (ZAR 310)** - A trip to Knysna is not complete without a cruise on the pristine Knysna Lagoon, home to the world famous Knysna Heads and many species of bird and marine life.
- **Kayak Hire (ZAR 100pp per hour)** - Hire a kayak and explore the Knysna Lagoon from a unique perspective. 'Take your time, stop at the beach, and catch some sunshine along the way!' Hire a kayak in Knysna and head off to explore our pristine lagoon on your own schedule.
- **Paddle Cruiser Experience (ZAR 220 - 500)** - The Paddle Cruiser is South Africa's only paddle-driven vessel, offering a unique and unforgettable experience on the Knysna Lagoon. Includes lunch (ZAR 220) or dinner (ZAR 500).
- **John Benn Experience (ZAR 190)** - The John Benn is a double-decker floating restaurant offering daily Lagoon cruises to the Knysna Heads. One of the best floating restaurants in Knysna. Price excludes meals.
- **Fynbos Walk (ZAR TBC)** - A short tour through Knysna's local Nature Reserve in the centre of town – where the paths are lined with fynbos and indigenous vegetation. From the top of this reserve you will enjoy different views of Knysna and The Heads.
- **Forest Walk (ZAR TBC)** - Take a walk through Knysna's indigenous forest – world famous for its beauty and giant Outeniqua Yellowwoods. Enjoy sounds or sightings of the Knysna Loerie, whilst discovering the variety of different ferns and fungi, and if you lucky evidence of the Knysna Elephant!
- **Stand Up Paddle Boarding (ZAR 170 pp per hour)** - Explore the waterways of Thesen Island with the world's fastest growing watersport, Stand-Up Paddling. Stand-Up Paddling, is easy, fun and guaranteed to keep you fit whilst enjoying the spectacular scenery.
- **Marine Eco Tour (ZAR 680)** - This spectacular cruise takes you across the Knysna Lagoon and out to sea through the Knysna Heads to explore the coves, caves and bays of our rugged and beautiful coastline.
- **Horse Riding (ZAR 350 - 500)** - Explore the magical indigenous forest of the Garden Route National Park during a 1 ½ - 3 hour guided horse ride.

** Participants under 18 need to have the operator's indemnity form signed by their parents. Otherwise they are NOT allowed to take part in this activity. Greenpop will send you all relevant indemnity forms a few weeks before the start of the project.*



The Drought & Water Crisis

At Greenpop we believe in getting active (not anxious) about the environment. The Western Cape is currently experiencing a drought, and it is up to us to use this valuable resource wisely. In order to reduce our water use and use water sparingly the following rules apply:

- **If it's yellow, let it mellow** - flushing the toilet can use up to 9L of drinking water, flush only when necessary
- **Keep showers under 2 min** - At the festival we will have a shower roster. When it's your turn, keep your shower as short as possible.
- **Laundry** - Although laundry facilities will be available, try your best to reduce the amount of laundry you need to wash.
- **Take a dip in the dam** - Take a dip in the dam to cool off instead of a shower. Only use biodegradable eco-friendly soap in the dam.

3. FOOD, DRINKS & SHOPPING

Meals

You will be served three well-balanced vegetarian meals every day and we'll make sure to provide you with all the proteins and vitamins your require. We strive to live as sustainably as possible by buying from local farmers, eating seasonal food as much as possible and using alternative cooking methods like Wonderbags and solar cookers.

Please note that since the meat industry has a devastating effect on the environment, we will not be serving any meat for the duration of the project. You are welcome to bring along your own snacks.

- **Meal examples:**
 - Breakfast - oats, cereal, toast and fruit
 - Lunch - rolls/sandwiches, pasta/rice and various salads
 - Dinner - rice, pap, stews, barbecues, tasty pasta and sauce, salads combined with either soup or a dessert
- **Meal times** will be dependent upon each day's activities.
 - Breakfast - 6:45 am during the week, 8:00 am on the weekend
 - Lunch - depending on each day's activities you will get a packed lunch or a late lunch at the lodge. We'll always make sure to bring snacks for the morning break.
 - Dinner - 19:30 pm
- We're all getting our hands dirty, so please remember to **wash your hands** before every meal at the hand wash station. And don't forget to do your own dishes afterwards at the wash-up station.
- NB!! If you are vegan, have allergies or specific diet requirements please let us know in advance, so our kitchen can take that into account.



Drinks

- The water in the Eden area is safe to drink, so try to avoid buying bottled water and bring reusable glass/metal bottles to drink tap water. We will have a big tank of drinking water at camp for refilling.
- There will be a bar at the lodge offering refreshments, beer, wine (alcohol only sold to people over 18 years old and not available at all in Week 1 and 2 - Schools Weeks) and snacks (like cookies, crisps) for sale. It's preferred if you pay with cash in Rand (try to have small notes).
- Coffee, tea and drinking water will be available at the coffee station. Tip for filter coffee fans: bring your own camping plunger, you can buy filter coffee at the supermarket!

Local (super)markets

- Supermarkets: There are 3 supermarkets in town: Checkers, Pick n' Pay and a smaller Kwik-Spar. You can get almost anything there.
- Local markets: There are various markets that take place during weekends, including the Wild Oats Farmers Market and the Harkerville Market.
- NB!! If you want to take pictures whilst at a local market or store, please ask first.

4. COMMUNICATION: Electricity, Internet & Phone

Electricity

- The lodge is equipped with standard 230v sockets and are compatible with type C & D plugs. For more information click [here](#).
- Greenpop will make sure there will be a charging station for electronic appliances.
- NB!! Greenpop can not be held responsible for loss or damage of electronic appliances, so please don't leave valuables unattended while charging or at other times.

Internet

There is no wifi available at the Greenpop Village, however the Greenpop team can assist you with setting up internet access on your phone.

Alternatively the following coffee shops in Knysna offer free WiFi to their guests:

- Chaplins Coffee Shop - Woodmill Lane Shopping Centre
- Lunar Cafe - Knysna Mall
- Mugg & Bean - Woodmill Lane Shopping Centre
- Savannah Cafe - Woodmill Lane Shopping Centre



Phone

Volunteers coming from outside of South Africa, can purchase a local sim card from Vodacom, Cell C or MTN - please ask one of our team members if you require assistance with this and remember to bring along your passport to register it.

- If you plan on roaming with your non-South African SIM, first check to see if your home operator has made any roaming agreements.
- However we recommend that you put away your phone during the project to fully connect with nature. You can store your phone in the safe facilities provided.

5. WHAT TO PACK?

- Passport (Only international travellers), insurance certificates & personal documentation, including some certified copies stored separately
- Spending money in ZAR (We can assist with changing your money to ZAR).
- Camera with memory cards & batteries for the duration of your placement
- Personal medication, medical first aid & hygiene kit
- Warm sleeping bag and pillow (and a blanket if possible!)
- Sunscreen, sunglasses & sun hat
- Appropriate walking shoes (ideally hiking boots) & sandals for showering)
- Personal torch, preferably head torch & batteries - this is NB!!!
- Pocket knife is handy but not a priority (not in your hand luggage)
- Work/gardening gloves - very useful!
- Swimwear and towels
- Fleece type pullover/Warm jacket and jersey (it can get very cold at night)
- Lightweight bush wear
- Insect repellent
- Water bottle/canteen (we also have some for sale)
- Daypack/rucksack
- Little padlock for your tent
- Waterproof & secure bag for documents & money
- "Can-get-dirty" tree planting clothes
- Bath soap and towel (We recommend trying to get an eco friendly soap please)
- Happy vibes!



6. CLIMATE

June and July is winter in the Eden area with average high temperatures of 21 degrees celsius and low temperatures of 10 degrees celsius. June/July is the low rainfall season in the Eden area with rainfall of less than 10mm.

- You'll definitely need warm clothes and blankets to keep yourself warm at night. Make sure you have a warm sleeping bag and appropriate clothes for cold nights (beanies, gloves, etc.).
- You will be working outside in the sun a lot, so make sure you bring a hat and enough sun cream and clothing to cover your legs for sun protection.
- The sun sets early in the Eden area in Winter, between around 6:30 pm – 7:00 pm every night.

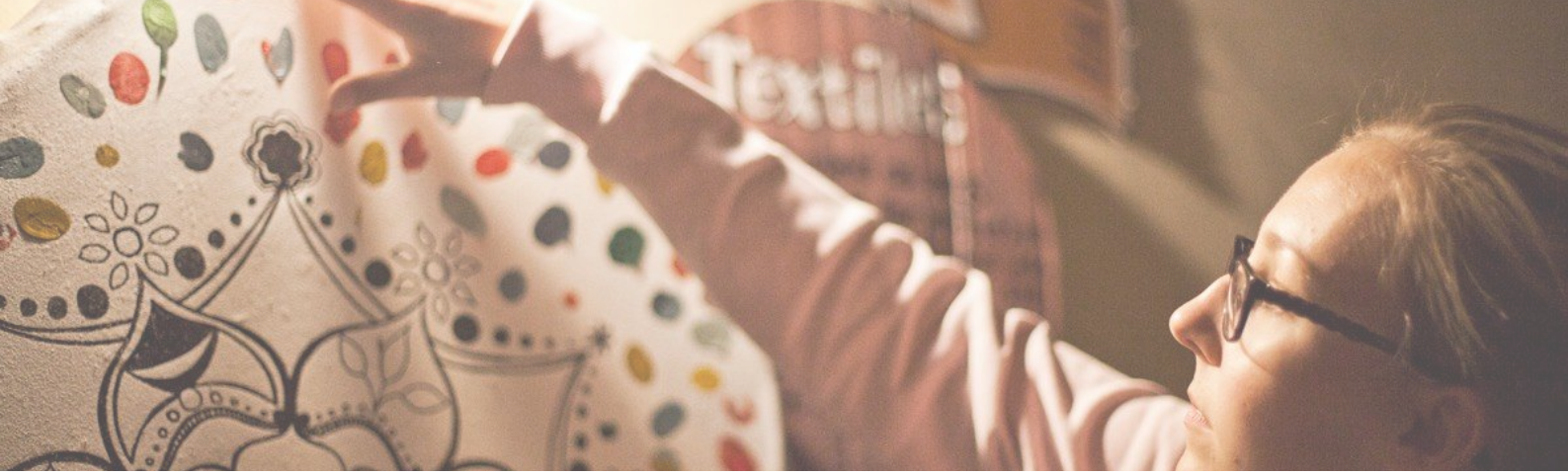
7. INSURANCE, SAFETY & HEALTH:

Insurance

Everyone is required to have emergency medical insurance for the duration of their stay. For people from outside of South Africa, travel insurance is required.

Safety

- Knysna is a buzzing tourist destination in South Africa.
- Bearing this in mind, you should always be aware that tourists are always targets for pickpockets and thieves in any country.
- Although the area is relatively safe and we will usually travel in large groups, please exercise general caution (e.g. don't walk around at night on your own, don't go out at night alone to a bar, always pay attention to your surroundings, etc.). Women should avoid going to bars alone.
- In addition, you will be working outdoors, in an unfamiliar community and environment.
- Please respect the advice given to you by the project leaders. Listen to your project manager and respect the rules at all times. It is your responsibility to keep a watch of your own valuables at all times.
- You can bring a padlock to lock your tent when you are away. Please keep in mind you are sharing a tent with someone else, so a number padlock might be most convenient so you'll both have access whenever you want (or bring two keys for the lock).
- We do have a safe on site to store (smaller) valuables (like passport, money, etc.) of our volunteers. During breakfast and dinner times you can contact one of our staff members to open the safe for you.



Medical Aid

On all planting sites a first aid kit will be available, there will be a designated medic on site at the camp and 24/7 medical support is also available in the Eden area.

Vaccinations and Yellow Fever

- There are no compulsory vaccinations required for tourists visiting South Africa. However if you are travelling from a country where Yellow Fever is endemic, then you might require Yellow Fever Certificate might be required, see a list of countries where Yellow Fever is endemic [here](#).
- Please consult your medical professional about any other recommended vaccinations that you might require.



8. MONEY

Currency

The currency is South African Rand (ZAR), which is subdivided into 100 cents. The following website has the most up to date exchange rates: <http://www.xe.com/>.

ATM's

- Shops and stores in Knysna accept most major bank cards. Some stores do not accept American Express and Maestro. If coming from abroad, please make sure that your bank has authorised transactions in South Africa.
- ATM machines are available in Knysna and at the George airport. Most ATMs accept Visa and Mastercards.

Changing money

- If you are coming from outside of South Africa you can arrive with Dollars (USD) and easily exchange these currencies at several places in Knysna or at your airport of arrival. In addition there are ATMs in Knysna where you can withdraw cash in South African Rand.

How much Pocket money should I bring?

The programme fee includes three meals a day, snacks on plant days and on site we have free coffee, tea and drinking water. You only need extra pocket money to buy drinks and snacks from the bar, to buy souvenirs and maybe do some fun activities on your day off (check out some of the available activities on page 3-4).

For most of these activities you can pay by card. During the week you will mostly be on site (and thus only are able to spend money on the tuck shop and/or laundry) and on the day off most of the people will go into town for their activity or to shop (so that's where the 'big spending' on souvenirs or activities comes in).



9. TRANSPORT

You can get to the festival by car, bus or plane - see details below:

Getting to the festival by car

Gather a few friends and go on a road trip to Knysna. The distance from Cape Town is approximately 500 km and it will take you 1 day or longer if you stop for more sightseeing.

Getting to the festival by commercial bus

Below are some guidelines for bus routes and companies. Prices are based on a single journey as found in October 2017. Please check the websites of [Intercape](#) for up to date prices.

- **Route 1: Cape Town - Knysna**
 - Cape Town - Knysna: ZAR 380 - Saver option
- **Route 2: Pretoria - Knysna:**
 - Pretoria - Knysna: ZAR 560 - Saver option
- **Route 3: Johannesburg - Knysna**
 - Johannesburg - Knysna: ZAR 560 - Saver option
- **Route 4: Durban - Knysna**
 - Durban - Johannesburg: ZAR 210 - Saver option
 - Johannesburg - Knysna: ZAR 560 - Saver option

*Please note that if you are travelling with a large group, then Greenpop can assist with booking a private shuttle to and from the festival. Please mail eden@greenpop.org for more information.



Getting to the festival by Baz Bus:

Create your own journey to the Greenpop Eden Festival of Action with Baz Bus - a unique hop-on hop-off, door-to-door bus service between 180 backpacking hostels in 40 different towns in South Africa.

With return tickets from Cape Town from R1400 upwards. For more information visit www.bazbus.com

*Please note the Baz Bus is for over 18's only.

Getting to the festival by plane

Knysna does not have a commercial airport, so if you wish to fly to the Greenpop Eden Festival of Action, you will have to fly to George Airport. From George Airport you can reach the Eden Festival of Action by either; renting a car, taking a bus to Knysna with [Intercape](#) or making use of one of our airport transfers.

Flying to George Airport

- **South African Airways:**
 - From Cape Town: from ZAR 2800 for a return flight.
 - From Johannesburg (With Kulula): from ZAR 2300 for a return flight.
- **Kulula:**
 - From Cape Town via JHB: from ZAR 3000 for a return flight.
 - From Johannesburg: from ZAR 1800 for a return flight
- **Mango:**
 - From Cape Town: No flights from CPT to George.
 - From Johannesburg: from ZAR 3000 for a return flight
- If you are coming from outside South Africa, you can fly into Johannesburg or Cape Town International airport and make use of the transfers above.

*Please have a look at the full list of flights that you can take here -> **Recommended flights**
If you have found a flight that is not on this list, please consult Carla, carla@greenpop.org, before making the booking. This is to ensure that all participants can be accommodated on the airport transfers and arrive at the lodge at a reasonable time.



Minors travelling alone

Participants under the age of 18 are regarded as minors and need to be aware of the following:

- Students from the ages of 12 - 16 are regarded as young travellers and do not require any special assistance when travelling on domestic flights within South Africa.
- We recommend that students travel in groups (eg. school group). If they are not travelling with a school group, don't hesitate to get in touch and we will try and arrange a travel buddy.
- Students travelling from outside South Africa, please check with your local government for regulations with regards to travelling of (unaccompanied) minors.

Transfer Service

On (Arrival days) Greenpop offers transfers from the following locations:

- George Airport
- Knysna Waterfront Bus Station

NB!! Please fill in the Personal Details form before 10 June 2018 (we will send this to you), so we are informed about your arrival and departure details. If we haven't received your details or if you are not able to make it to the pick-up points in time we assume you will make your own way to the lodge by taxi - we will send address closer to the time.

See schedule below for the pickup and drop-off locations and times during the festival. Minors will be collected from their arrival gate and escorted back to their gate on departure.

	Sat 23 June	Sat 30 June	Sun 1 July	Sun 8 July	Sun 15 July
Pick up time: George Airport	11:00 - 15:00		11:30 - 15:30	15:30	
Pick up time: Knysna Waterfront Bus Station	10:00 & 15:00		10:00 & 15:00	10:00 & 15:00	
Drop-off time: George Airport		10:30		10:30	10:30
Drop-off time: Knysna Waterfront Bus Station		10:00 & 14:00		10:00 & 14:00	10:00 & 14:00



Taxi

Taxi services are not common in the Eden area and only special shuttle services exist. The following shuttle services can assist you with getting around. Book in advance to avoid disappointment.

- [Bennie's Tours](#) - 083 728 5181/044 382 0216 or benniestours@telkomsa.net
- [Zeelie Taxi's and Tours](#) - 044 874 6707 (Mainly airport shuttles from George)
- [TRAVSA Shuttle Services](#) - 082 322 0400/044 877 0238 (Mainly airport shuttles from George)

10. VISA

- South African nationals do not require a visa to participate in the Eden Festival of Action. Participants can travel on their South African identification documents when required.
- If you are of another nationality you will need to a South African Visitor's Visa to participate in the Eden Festival of Action.
- For more information on how to apply for a visitors visa visit: www.dha.gov.za/index.php/applying-for-sa-visa
- For more information on which countries are exempt from a visa visit: www.dha.gov.za/index.php/immigration-services/exempt-countries
- NB! If you are already in South Africa on a visa other than a visitor's' visa, such as a special work visa - please check that participating in the festival does not conflict with the rules of your visa.

11. CONTACT DETAILS

For any questions or inquiries on your placement, please contact:
Carla Wessels - (SA) +27 (0)21 461 9265 - carla@greenpop.org

Emergency contact details

Misha (Greenpop Director) - (SA) +27(0)71 687 5262 - misha@greenpop.org

Lauren (Greenpop Director) - (SA) +27(0)83 412 8006 - lauren@greenpop.org

See you at the Eden Festival of Action!