



ANIR EXPERIENCE MARCH 20-31, 2010



SOUTH AFRICA

See what Anir does – visit our video at:

http://www.anirfoundation.org/Anir_Experience_Video_2009.ht



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Welcome to the Anir Experience

Promoting cultural understanding one *EXPERIENCE* at a time through socially conscious volunteer opportunities, educational programs & internships in Southern Africa.

Anir Experience is one of two program of the Anir Foundation. The Anir Foundation is a USA based 501c3 non-profit, non-sectarian NGO with its goal being to provide individuals, with positive volunteer and/or educational opportunities in Southern Africa. Conceptualized in 1997, the Anir Foundation strives to raise the awareness of circumstances affecting the continent of Africa, such as HIV/AIDS, poverty, homelessness, women & youth related issues, exotic animal & flora ecology, preservation of culture, and global social issues.

We are not endowed we are project-to-project drive. On the USA side The Anir Foundation is a 98% volunteer organization with one, as needed, part-time contract worker. Anir Experience has a volunteer program team of seven and over 75 field volunteers. On the Southern Africa side we have 5 paid part-time staff and we pay our service vendors and make donations to our partner programs through program fees and donations.

Anir Experience offers internships and educational experiences, volunteer work programs and working holidays for individuals, small groups (of 8-16 persons) and family unites, traveling to Botswana, Lesotho, Madagascar, South Africa, Swaziland and Zambia.

This Program

South Africa - Baphumelele

Participants will be involved in both conducting and participating in community workshops focused on health and township culture. Participants will learn how local communities are dealing with not only HIV/AIDS but also other health issues such as nutrition, water safety and personal hygiene as it relates to illness.

Before departure Participants will be trained to provide community education on any one of the following of their choice: HIV/AIDS education, nutrition, diabetes information, hand washing and personal hygiene and its relationship to the spread of disease; or participants may volunteer to serve 3 days working with young children during the day and school age children after school tutoring and enrichment such as art, dance, drama and sports activities like soccer or baseball; or work in the kitchen serving meals to community members and instructing nutrition.



Baphumelele - In 1989, Rosalia Mashale, “Rosie” to those around her, a trained primary school teacher, moved from the Eastern Cape to the township Khayelitsha in the Western Cape Province of South Africa near Cape Town.

Rosie was disturbed to see young children going through the rubbish dump in search for food while their parents were away during the day, either at work or in search of work, or without parents at all. She responded by taking children into her home, and together with

a group of women from the community, began looking after these unsupervised children. After the first week, 36

children had joined their charge; there are now over 130 children who live with Rosie and look to her and her staff and volunteers for care and love.

Rosie's project is entitled Baphumelele (pronounced: bah-poo-meh-LAY-lay), a Xhosa word meaning "progress"; and progress she has made. From the beginning of one house for 36-50 children, Baphumelele has grown, there is now the Baphumelele Educare Center established as a community crèche (preschool) caring for roughly 230 children aged three months to six years, the Baphumelele Children's Home which is a place of safety for abandoned, abused, neglected or orphaned children, most of whom are either infected with or affected by HIV/AIDS. In the community Baphumelele is very active in HIV/AIDS education and caring for adults as well, there is the Baphumelele HIV Respite Care Center, Rosie's Kitchen (for feeding those in need no matter what age), and the creation of entrepreneurship programs offering job training.



Through the hard work, determination and help of the community and overseas friends, Baphumelele has developed into a thriving community project. In addition to the Children's Home, Educare Centre, and Respite Care Center, today Baphumelele encompasses other community outreach initiatives such as: Baphumelele Woodwork Shop and Baphumelele Second-Hand Shop. Anir Experience is working with Simphiwe Mabuya, Baphumelele's Administrator, on a number of projects:

- A. Supplying North American volunteers to work in: 1. the Educare Center spending time and giving love and much needed attention to young children who have been abused, neglected or orphaned, 2. Rosie's Kitchen helping supply at least one good hot meal a day to those in need, 3. teacher's and tutors, 4. HIV/AIDS educators to help educate the community, 5. Skilled crafts persons and business savvy persons to help with job training.
6. WOZA Soccer Camps for international youth to join in the spirit of the World Cup by playing and interacting with the children of Baphumelele through soccer.
7. Refurbishing homes of respite care clients, bringing the homes up to livable standards.
8. The development of a crafts program using recycled materials.
9. Health Fairs and basic hygiene information to community members.

South Africa - Research –

University of Cape Town/Cape Technikon Dept Community Health

Anir Experience is working with Ashraf Mohammed Director of UCTT HIV/AIDS student support center (who has been lauded by the world's largest community service organization, the Lions Club, and by the World Health Organization and the Center for Disease Control for his study on TB and HIV); Anir will be supplying UCTT with research volunteers, peer counselors and interns to do community outreach on their HIV mobile unit which focuses on both the Muslim community and all communities no matter their cultural heritage. Participants will meet with the Universities HIV/AIDS peer counseling team – students who are a mix of HIV positive and non infected, who do information disseminating and counseling with fellow students. Participants will also meet members of, and learn about how different cultural groups deal with the issue of HIV/AIDS. Anir participants will be able to establish a continual working relationship between themselves and students of UCTT.

Who should apply to Anir Experience

Our approach, be it a Habitat build or working with orphans or doing research with universities, is to do it the way the local affiliate request. We are NOT there to show them how to do it “our way” unless they request that information. If your desire is to “Save the locals” then we are not the program for you. But if your desire is to learn from other cultures and experience something wonderful and exciting, help build a home or two, play with an abandoned, neglected child, have an ear to listen to someone in need, or teach someone a new skill or how to count or read and spend quality time in a much underserved community and a willingness to partner with the locals and your team members, then we are the program for you.

This posting is recommended for all persons interested in international community health, but particularly social scientist, counselors, psychologist, first & second year medical and nursing students and anyone concerned about the plight of orphans, street children, pregnant women & nursing mothers in regards to HIV & AIDS and other community related health issues. This is both a volunteer and fact finding experience. For persons interested in HIV/AIDS research, if selected for this project, arrangements will be made for you to meet with local university educators and researchers.

QUALIFICATIONS

Applicants must be over the age of 18

Applicants should be:

well organized

self-motivated

reliable

Eager to learn new things and have new experiences

emotionally flexible & stable

able to work under pressure

can easily adjust to change

A great desire to learn more about yourself and eager to experience a new culture and life style with a strong interest in any of the following:

Women’s Health

Community Health

HIV/AIDS

Children and Youth



ITINERARY

[itinerary can also be found at: http://www.anirfoundation.org/2010_HelpingHands.html]

Training conference calls: Jan 23, Feb 13, 27, Mar 6, 2010

Day 1 you depart from home Mar 19 or 20 (participants are responsible for making their own travel arrangements but the Anir leader will assist you).

Day 2 you arrive in Cape Town in the early afternoon where you are met and transferred to our European style accommodations in Greenpoint. We will be staying at one of the most hospitable bed and breakfast in Cape Town at the base of majestic Table Mountain.



Cape Town is one of the most beautiful cities in the world. An eclectic mix of architectural styles, Cape Dutch, English Tutor, brightly Coloured Muslim homes, but also the paradox of the 3rd largest township in the country with shanties, poor health and children living on the street.



***Day 3 First full day** your first full day in the city will start with meeting fellow team members and an early morning lecture on South African culture and a visit to the Iziko Cultural Museum of Cape Town, one of the finest cultural museums in the country. Here you will learn about and acclimate yourself to not only the major indigenous cultures of the area but also the topography and ocean around it. In the afternoon we will take the team to some major historic points of the city; then in the evening dine at the famed Africa Café where you will sample the food treasures of the continent.



***Day 4:** Will start with the team learning about the major communities and townships in



the area. First we experience the raw energy of this 'rainbow nation' in one remarkable day. We start with a visit to vibrant Bo-Kaap (Malay Quarter) where bright colored boxy houses contrast with the Cape Dutch & English style architecture of downtown. Then on to the District Six Museum, which dramatically documents the tragic disintegration of this once-vibrant community by the apartheid government (If you saw the recent SI-FY movie District 9 it was inspired by the history of District 6). From here, we tour Langa,

the oldest apartheid housing scheme in the Western Cape and visit the Tsoga Environmental Gardens, which are an example of the entrepreneurship of the township people of the new South Africa. Continue to Guguletu, gaining invaluable insights into the cultures and history of each township. Then sample a slice of township life with a visit to an informal spaza shop, a shebeen (pub) and family hostels. Contemplate this land of contrasts over lunch at a township restaurant for aspiring young chefs and students of the tourist industry. This tour is lead by members of the township community.



***Day 5** starts with a forum discussion on HIV/AIDS in South Africa. The leaders of this forum are local educators and specialist on the subject. this training takes place both in a classroom setting and out in the community in orphan care homes, clinics and a township maternity hospital, where participants meet with and exchange questions and information on the treatment and education of HIV/AIDS. Participants are taught about HIV/AIDS in the same fashion as community residences. Lunch in the township, afternoon is spent at Heaven's Nest, a foster care home for vulnerable children run by Fikelela.

***Day 6-8** are full days spent at work at Baphumelele either doing health screening & health education or working with the children, soup kitchen, or community outreach program. Selected participants will have an opportunity to request which area they would like work at.

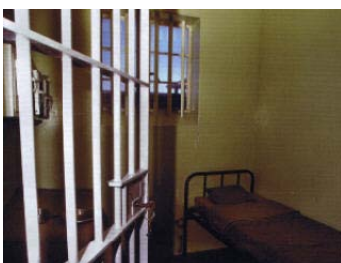


Day 9 we tour the spectacular Cape Peninsula and you will learn why Cape Town is



considered one of the most beautiful cities in the world; in addition we visit the coastal towns of Fish Hoek, Muizenberg and the penguin colony at Simon's Town as well Cape Point. The Cape Peninsula is the thin finger of land in the south-western most corner of Africa with the city of Cape Town at its head. As we travel south towards Cape Point and the Cape of Good Hope, the land gets narrower until the continent ends with nothing beyond except Antarctica. In 1578 Sir Francis Drake described it as "The fairest cape in the whole circumference of the globe". The rugged Table Mountain range meanders down the centre of the peninsula, and long white soft sandy beaches and little rocky coves, line the edges. The flora and fauna is unique to the area and brightly coloured bird life is prolific.

***Day 10** you are free to rest, explore the city on your own and to shop at the oldest market location in South Africa. Greenmarket Square has been a market site since the late 1700's and now is home to a variety of African vendors from all over the continent. And then contrast it with a visit to the very glamorous Victoria & Alfred (V&A) Waterfront Mall; or spend the day on a hike or half the day on a tram ride up to the top of Table Mountain. The hike will allow you a chance to inspect mountain wildflowers. The tram ride gives you a birds-eye-view of Table Bay. Or spend the day or an afternoon visiting Kirstenbosch Botanical Gardens home to 10% of the world's flora, or indulge on a full day tour visiting the Cape Winelands consisting of several towns including Stellenbosch, Paarl, and Franschhoek. Gracious Cape Dutch homesteads set against a backdrop of mountains, forests, and rolling vineyards provide an unforgettable landscape. You will have the opportunity to sample and purchase noble vintages, to



explore the realm of the wine maker and experience a rich historical and architectural tradition while you learn first-hand how this picturesque part of South Africa produces some of the world's finest wines. Or if you are more into history visit Robben Island which is situated 11km from Cape Town, in the middle of Table Bay. Here Nelson Mandela was held for 18 of his 27 years in prison, much of it under hard labor. The island is now a museum and conservation area and was declared a World Heritage site in 1999. Former



inmates lead the tours and there is also wildlife viewing, with antelopes such as springbok and bontebok, and a diverse selection of birds, including ostriches and an African penguin colony, Cape Fur Seals play in the cold Atlantic waters and are food for great white sharks; who along with the cold water and strong currents deterred prisoners from attempting to swim to the mainland. Or you may depart for home so as to arrive back on day 11.

Day 11 you may either depart for home or other destinations or leave with us for a two day BIG FIVE photo safari.

COST

March 20-28 Program \$2975

March 28-31 add safari add \$1300

Program cost includes:

*Lodging in a B&B or guest house.

*All meals

*Bottled drinking water

*Travel medical insurance

*All scheduled in country transportation to and from worksite and scheduled events

*All scheduled events and entrance fees

*All training

*All printed educational & training materials

*All programs are lead by an Anir Education Specialist (AES), usually a US American and in-country local instructor and guides. AES are there as educators and to deal with all logistics and to assist if there are any concerns.

*We also provide scheduled airport pick-up and drop-off (if your flight does not match meeting times then there may be an additional charge)

Not Included:

- Airfare
- Home base transportation or lodging
- Airport tax
- Visas fees (if necessary)
- Nonscheduled activities
- Anything of a personal nature

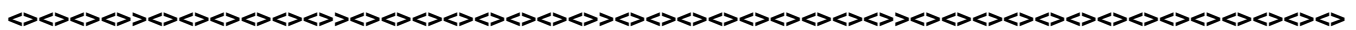




How to Apply:

For application e-mail: programs@anirexperience.org

or visit: http://www.anirfoundation.org/files/Anir_Experience_Application_202008.071206.pdf



About our Founders

Adrienne Biesemeyer & Rachel Blue Biesemeyer the creators of Anir Experience

Adrienne is founder of the Anir Foundation and Executive Director of Anir Experience. Adrienne leads 1-3 volunteer work projects a year to Southern Africa (we have other volunteer leaders too). Adrienne has traveled extensively throughout Africa, Europe and the Americas and has made over 18 trips to South Africa since 1997; in addition she lead a Habitat for Humanity Global Village teams, the first being to the Jimmy Carter blitz build in Durban South Africa 2002, co-lead a HfHGV Botswana build in June 2006 and lead a GV team to Madagascar in 2007, Western Cape South Africa & Lesotho 2008. Adrienne's main role in Anir is HIV/AIDS & Malaria education, and program development. Adrienne is a Licensed Professional Counselor and Education Specialist working at the West Virginia School of Osteopathic Medicine.



Rachel is co-founder of the Anir Foundation and an Animal Education Specialist with Anir Experience and with WildThings Inc. in Northern California. Rachel is a world traveler; Australia, Europe, Mexico, New Zealand, and Southern Africa. Rachel also participated in the Jimmy Carter blitz build in Durban 2002; co-lead the Madagascar 2007 build and leads the post project and educational safaris in Madagascar & South Africa. Rachel Blue is a pre-school teacher in Denver Colorado.

For more information about Anir Experience go to <http://www.anirfoundation.org>