

Ethical Sports Tours, Cape Town, South Africa.

We have been operating in Africa for 17 years and are the experts in delivering trips to Africa. Our team have extensive experience of delivering sports tours in Cape Town.

We can offer your school an ethical Sports tours with a purpose.

We can offer your teams quality fixtures against Cape Town schools and connect you with local communities for sports coaching and cultural immersion.

Unlike most providers, we don't use third party operators. If you book with African Impact, you travel with African Impact. Our full-time staff in the UK and Cape Town will deliver the tour and support you every step of the way. This structure allows us to offer tours of real quality and value.

With the Netball World Cup in Cape Town in July/August 2023, touring Cape Town as a netball team would be a fantastic experience!

Cape Town is the ideal sports tour destination

- Wide variety of fixtures available against local schools
- Excellent training facilities
- Fantastic climate
- Superb off field excursions
- Community projects to support
- Overnight flight with very little time difference
- It is also one of the most beautiful cities in the world!
- Framed between oceans and mountains, it's surrounded by incredible natural beauty, with Table Mountain, one of the Seven Natural Wonders of the World, an absolute highlight.

Sports on offer in Cape Town:

Rugby, Hockey

Cricket, Netball

Football, Water Polo

Off the sports field and court, our community sports programmes in the Cape Town townships are focused on the development of leadership, teamwork, and communication in young people. In order to contribute to this, your teams can plan, design, and implement classes, drills, and tests.

You can also join VUSA Academy, a Sports Coaching Clinic, twice a week to teach rugby to a group of students. This will improve their fitness levels and foster an appreciation for rugby, the national sport in South Africa. These children will also receive academic tutoring and a meal before heading on home after a full day. This project has two aims. The first aim is to keep children safe and productively occupied in the hours after school when many of their caretakers are still at work. The second aim is to grow the individual confidence of each child, while adding to the bank of resources the Academy requires in order to function optimally.

Sample itineraries below:

Sports Tours – Cape Town 10 Day

Days	Activity	Morning	Afternoon	Evening
1 – Sat	Depart UK	Depart UK	Travel	Overnight in flight
2 – Sun	Arrive into Cape Town	You will be met on arrival and transferred to your accommodation	Settle in, orientation and welcome	Welcome Braai (the traditional South African BBQ!)
3 – Mon	Settle In	Khayelitsha community tour followed by African Drumming welcome!	Training session 1	Games Night
4 – Tue	1 st Match Day	Deliver sports coaching clinic at local school	Match 1 and 2	South Africa Information Evening
5 – Wed	Peninsula Tour	Full day excursion. Peninsula Tour - Penguins at Boudler Beach, Simon's Town, Chapmans Peak		Movie Night
6 – Thu	2 nd Match Day	Deliver sports coaching clinic at local school	Match 3 and 4	Dinner at local restaurant
7 – Fri	City Tour	Museum Visit & District 6	Visit Robben Island and visit V & A Waterfront	Cultural night
8 – Sat	Safari	Transfer to Game Reserve	Game Drives	Overnight at Game Reserve
9 – Sun	Safari	Morning Game Drive	Return to Cape Town & Relax	Choice to Fly Overnight Home
10 - Mon	Fly Home	Relax and Pack	Transfer to Airport	Overnight Flight Home

Sports Tours – Cape Town 14 Day

Days	Activity	Morning	Afternoon	Evening
1 – Sat	Depart UK	Depart UK	Travel	Overnight in flight
2 – Sun	Arrive into Cape Town	You will be met on arrival and transferred to your accommodation	Settle in, orientation and welcome	Welcome Braai (the traditional South African BBQ!)
3 – Mon	Settle In	Khayelitsha community tour, followed by African drumming and craft session	Training Session 1	Games Night
4 – Tue	1 st Match Day	Deliver coaching clinic	Match 1 and 2	South Africa Information Evening
5 – Wed	Peninsula Tour	Full day excursion. Peninsula Tour - Penguins at Boudler Beach, Simon's Town, Chapmans Peak	Newlands Stadium tour	
6 – Thu	2 nd Match Day	Deliver coaching clinic	Match 3 and 4	Dinner at local restaurant
7 – Fri	City Tour	Museum Visit & District 6	Visit Robben Island and visit V & A Waterfront	Cultural night
8 – Sat	Safari	Transfer to Game Reserve	Game Drives	Overnight at Game Reserve
9 – Sun	Safari	Morning Game Drive	Return to Cape Town	Training Session 2
10 – Mon	3 rd Match Day	Visit Seal Island	Match 5 and 6	Dinner
11 – Tue	On Project	Surfing lesson in Muizenberg	Community development work	Dinner
12 – Wed	4 th Match	Cape Point Tour	Match 7 and 8	Farewell Dinner, Reflection and Awards
13 – Thu	Depart	Time at leisure before transferring to airport	Depart for UK	Overnight in flight
14 – Fri	Arrive Home	Arrive back in UK		

Inclusions:

Return airport transfers

Luxury private transport throughout

All Meals

Private group accommodation throughout

Experienced dedicated group leader

Management of project

Project materials

All activities and excursions as outlined in the itinerary

Security at accommodation

Pre departure information

24/7 emergency support throughout