

UBUNTU

ProjectsAbroad™

- "Ubuntu" is an ancient African word, meaning "humanity to others".
Ubuntu also means "I am who I am because of/through other people".

Projects Abroad South African Newsletter

August 2010



Above, from left: Human Rights Volunteers Carolina Cattaneo (ITA), Giada Bussu (ITA), Aimee Hutchinson (UK), Nicola Baba (UK) and Carlotta Ioriatti (ITA) take part in the Women's Day Protest in Lavendar Hill (the suburb where many of the Projects Abroad Cape Town placements are). Women from the community came together to unite against abuse and poor service delivery. For more information and photographs see pg.14

Contents

Staff Update	Deen Singh	2
Building Project Feature	Sandbag Project by Deen Singh	3-6
Volunteer Corner	"My Ayoba experience" by Tosin Omilaju	7
	By Pierre-Alain Petit	8
	By Joe Crann	9
	By Sonia Niami (Business Project)	10-11
Updates from Projects	Journalism Office Update by Shelley Smith	12
	Human Rights Office Update by Nicole Cousins	13-15
Place of Interest	Table Mountain by Carlos Ochoa	16-17
South African Cuisine	Traditional South African Melk Tert	18
Volunteer Contact List	Get in touch with other volunteers in Cape Town	19-25

Staff Update

Deen Singh

Hi! My name is Deen Singh and I am the Manager for Building Projects for Projects Abroad, South Africa, although I am also a qualified graphic and website designer who held a position of Manager Image and Design for the FNB Properties Marketing Division and then Creative Director at DS Graphic Designs cc. Training and the know-how in all the facets of building construction was a way of life for me at a very young age. My Dad was a qualified building constructor and taught me all aspects of the building trade from reading a plan, brick laying, painting, carpentry, plumbing to general maintenance and renovating of properties. About 7 years ago he motivated me to take a break from the design profession to open up my own company 'Cybernet Properties' specializing in 2 key areas: Property Development and Estate Agency. A referral from one of my clients to do some general building maintenance work for Projects Abroad's office at Rondebosch gave me the fortunate opportunity to meet, and later accept the position as a Manager for building projects from the Director, Dana Myers, Projects Abroad South Africa.



I am an extrovert, friendly and easy going person. I believe strongly in fairness and have a very strong ability to teach, negotiate and bring people together. The opportunity now to work with teenage volunteers from all over the world is such a wonderful challenge. I understand these teenagers because I have 3 of my own, 12, 14 and 19. I look at the volunteers' strengths rather than their weaknesses; that gives me the 'winning formula' to work well with them. The volunteers I work with each time is exciting, different and inspiring because I realize now that no matter where we all come from we are all just human.



The volunteers have openly thanked me on numerous occasions expressing their sincere gratitude for the amount of building skills and leadership qualities they have learnt. This kind of response from the volunteers has motivated me to also 'go the extra mile'.

Sometimes I also give them the opportunity to experience a little bit of austerity to see what it feels like to work in difficult conditions but this is just my way to show them that they should not take their opulent lifestyle back at home, including their love and guidance from their parents, for granted. Trust me! By

the time they leave, besides benefitting from an African Experience, they are forever grateful for that little bit of inner awakening which makes them appreciative teenagers. Thanks to my Director, Dana Meyers, for his trust and empowerment in me. His support, motivation and strong leadership qualities are a true example of an excellent leader.

Building Project Feature

by Deen Singh

When the project started:

Our very first Building Projects started in March this year at 'Where Rainbow Meets'. The first volunteer, Tom (Netherlands), with no formal building experience was given the task to put up a 3m x 6m wooden pole structure with wooden cladding and later assisted by Luke (UK), they built 70% of the structure. Combined assistance from volunteers Dimitri (Netherlands), Sebastian (Germany), John (USA), Michael (Italy), Danlo (USA) and Vincent (France) meant they put in their final touches to complete the roof and floor area in mid June 2010. Due to extreme pressure from council we were restricted from installing a window or a door. Furthermore, our Director, Dana Meyers, was very keen for me to do the 'Sandbag building structure' but due to extreme council restrictions due to internal community politics and disputes, any further building projects are on hold until Mymoena Scholtz gives us council approval to go ahead.



Left: John deStefano (USA) working on the structure the children can now use as a classroom area (pictured right)



We have recently started a new and exciting project - The Sandbag Building

Why build with sandbags?

To say it in one sentence: Because with sandbags you can build better quality houses for less money by using completely ecological and healthy materials - good for the environment.

Ecological Reasons

Sand can be found locally nearly everywhere. The sand makes up 98% of the weight of the wall materials.



Economical Impact

In South Africa the absolute low cost housing can save more than 40% by applying all Ecobag features. The Ecobag System exhibits tremendous thermal stability. The occupants will be kept cool in summer and warm in winter, due to a high thermal mass. And millions of small air spaces between the grains of sand are responsible for a comparatively good thermal insulation.

The system is much heavier than a brick construction and therefore it is wind resistant and much more fire resistant than informal wooden shacks and conventional brick and concrete houses. The present sandbag structure we are building will be a much safer and better option in future in these informal settlements where fire, rain and natural disasters have a devastating effect on the existing wooden ones.



Above: a wooden shack that burnt down within 15 minutes

Simplicity of Construction

The construction technique can be learnt easily within a few days by people without experience in the building trade. All members of the community can be involved (*see photo on right*), thereby creating a sense of ownership, belonging and contribution in the participants.



Above: 1500 bags fit into the boot of a small car and weigh only a few kilograms.

For construction sites in rural areas it is good to know that construction of Ecobag houses can take place even at locations without road access. This reduces the damage and congestion caused by heavy trucks which carry bricks and cement. 1500 bags fit into the boot of a small car and weigh only a few kilograms. This is the equivalent of 3000 bricks over the same area in a cavity wall. No bricks are scattered about the site before, during or after completion, thus eliminating site-clearing, which is a major cost factor on any building site. Also no electricity is required at the construction site and only minimal amounts of water and cement are necessary.



Foundation and Floor

No need for deep foundations, sandbags can be laid directly on the gravel. To leave out the concrete and steel makes a big impact on reducing CO2 emission and will also be cheaper.



Sandy Future?

The sandbag technology is still in its early stages, but its future is very bright. In many countries it has the potential to revolutionize the construction market. Two major trends are preparing the ground. One is the worldwide rising ambition to build in a more environmentally friendly way, and the second is the fact that the energy required to build sandbag houses is very low. In the future the sandbag system will become cheaper and cheaper as prices for energy and transport are rising all over the place.

Legal Situation and Carbon Credits

At the moment South Africa and a few surrounding countries are the only ones with a kind of sandbag tradition and a secure legal structure. Building is easy as everyone can refer to a general approval for Ecobag houses. In addition – the good news is that we can apply to get FREE CARBON CREDITS!

Past and present volunteers...

Dan Lesko: Wants to present and start the sandbag project as a full time job in natural disaster areas in USA. *Pictured right – Dan with a group of people from the community who will benefit from the building he helped construct.*



Tom Schiller:

Presently Tom's dad works on the construction of day care centres in the Netherlands. Tom (*pictured left*) is very excited to introduce the Sandbag Building concept to his dad to replace the conventional wooden structures.



Michele Morello: His dad owns an estate agency and development company. Together with his dad, Michele wants to introduce the Sandbag building to the government to replace the huge poorly built informal building structures for refugees.

My volunteers have had exceptional manners, respect and a lovely attitude. Pictured below are some of them in action - they are very hardworking...committed to finish a 2 month project in 2 weeks, irrespective of the weather. They are full of energy, fun and have an attitude of 'work hard, play hard' which is great.



These volunteers arrived on Tuesday and stacked the sandbags almost half way by the end of the day. An exceptional achievement! Well done.



Tosin Omilaju

(Human Rights)

"My Ayoba Experience"



Before I came to Cape Town I did not anticipate the beauty of the scenery that I encountered. My initial attraction to South Africa stemmed from the history of the country and to encounter elements of the World Cup and even though I definitely made sure this was done, in the midst of it all I would look up and see mountains or the ocean. Coming from London, this made a brilliant change to looking up and seeing grey!

My Journalism placement was amazing! I loved being part of the first volunteers to work with Cape Chameleon; Rebecca the director



and Kelly, her assistant were so helpful in guiding me and advising when I needed help that I was never left baffled or confused about what I should be doing. I had space to bring ideas and implement them. When writing I was able to visit townships and art exhibitions which enabled me to see the different places that make up Cape Town.

In my free time I visited some of the many breath taking sights such as Table Mountain and Cape Point. I also got to visit many beaches and museums and most weekends I would spend some time in Waterfront after visiting Hillsong Church in the CITCC.



The World Cup made my experience unforgettable. From the loud blasts of the Vuvuzelas, and the vibrant colours of the flags seen all round the city, Cape Town buzzed with excitement. Being in the Fan Park and watching the games with other volunteers drew me into the excitement of the World Cup taking place in South Africa.

What ultimately topped off this trip were the people I met on the way. I made fantastic friends from all over the world at work and at my host house. They were so wonderful and I would never have had such a great experience had they not shared it with me.

I am really going to miss Cape Town and will most certainly be coming back!





Pierre-Alain Petit

(Care & Teaching)



Je m'appelle Pierre-Alain, j'ai 21 ans. L'Afrique du Sud est pour moi l'occasion de découvrir une autre culture dans un cadre rassurant car le pays est anglophone. J'ai choisi la mission humanitaire pour être au plus près de la population locale et pouvoir me rendre utile dans les townships. Je travaille au Vrygrond Community Centre (« free ground »). Ce centre a été financé et inauguré le 24 mars 2010 par Elton John.

Initialement ma mission a consisté à donner des cours d'anglais à de jeunes enfants mais après discussion avec ABE TAYLOR, mon superviseur, ma mission a pris une autre tournure. Je m'occupe de la création de la communication du centre à l'intention des bailleurs de fonds et des habitants du township. Vu que le centre est neuf, l'image du centre (logo, brochures,...) reste à créer.

Au sein du programme Fit for life, Fit for Works, je vais donner des cours d'informatique à des jeunes chômeurs. J'enseigne également à Winston et à des travailleurs volontaires au centre comment créer un site web. J'aime photographier et filmer et je vais créer un reportage sur la vie de ce centre avec Zoi et Winston, Pour le moment, je travaille sur le logo en étroite collaboration avec toutes les personnes impliquées dans la vie du centre.

Ici les projets ne manquent pas pour peu que l'on s'intéresse à la vie du centre, par exemple avec Rachel, une volontaire de Projects Abroad nous prévoyons de construire grâce aux « dirty weekends » un poulailler pour Francesca, la responsable du potager du centre (encore en construction).



Left: Some of Pierre-Alain Petit's photographs documenting the township of Vrygrond (the location of many Projects Abroad placements). Pierre was involved in both Care and Teaching projects during his three month stay in Cape Town.

Joe Crann (Sports Journalism)



My time in Cape Town had two things wrong with it. It wasn't long enough and the fact that I had to leave. I genuinely have nothing bad to say about this city, the citizens that I met or the people who helped me during my time here.

I arrived in the Mother City at the beginning of June, 11 days before the start of the World Cup and the city was in the final throws of getting everything up to scratch before the eyes of the world focused on the Rainbow Nation.



The Projects Abroad driver met me at the airport and was awesome, I was then taken to meet the rest of team who couldn't do enough for me and catered to any need and answered any questions that I had. I was worried that, as I travelled alone for the first time, I would be worried about everything, but the guys here wiped any doubts I had from my mind.

I was based on a football magazine called Soccer Laduma. SL is the biggest football publication in the whole of Africa and for me to get involved with such a well respected magazine was amazing. The guys at the magazine (*pictured right*) were amazing, they were so chilled out and let me work at my own pace, doing my own thing whilst also pointing me in the right direction, just what you need as a trainee journalist.



Anyway, enough of that. The nightlife here is out of this world. One thing I will mention to anyone who is reading this who hasn't been to Cape Town yet, double your budget if you can! Things aren't expensive here, but there is SO much more to do than you'd ever think, plus these guys like to socialise so don't be surprised if you end up going down the legendary Long Street a few times a week.



During my time here I went diving with sharks; well, I went diving but the sharks didn't bother, although everyone else managed to get a good view. My stomach had other plans for me. However, the most invigorating thing I achieved was when I participated in a sports project in Manenberg, a local township. We helped look after the kids whilst supervising a football tournament; naturally I had to get involved although my team flopped... BIG TIME. A 3-0 defeat wasn't the way I wanted to prove that the English can play football.

Overall I've enjoyed my time here in Cape Town immensely. I write this in my last week knowing that on Wednesday I have to leave this amazing place. I leave with nothing but fond memories and I'll put money on the fact that I'll be back here, I don't know when and I don't know why, but it will happen.





Sonia Nouneneu Niemi (Business Project)



Business, Afrique du Sud par Sonia Nouneneu Niemi

Sonia, 22 ans, préparant un master 1 en International Business and Company Management en école de commerce à Paris (ESCG Paris), dans le cadre de mes études je devais réaliser un stage professionnel à l'étranger et plus particulièrement dans un pays anglophone. Etant africaine à la base, mais souhaitant m'enrichir d'autres cultures, vivre des expériences originales et découvrir l'histoire d'un grand pays africain tout en améliorant mon niveau d'anglais, je décide donc de me rendre en Afrique du Sud pour 4 mois magiques. De plus, avec la coupe du monde, quel bonheur de pouvoir y assister et de vivre ces instants en live ! Les jours précédents le départ, j'étais très angoissée, stressée, allais-je réussir à m'intégrer ? Où allais-je atterrir ? ...



Le 27 Avril, après plusieurs heures fastidieuses d'avion et une escale à Dubaï, j'arrive enfin à Cape Town, où j'étais attendue par de charmantes personnes de Projects Abroad qui m'ont tout de suite prise en charge afin de m'accompagner au sein de ma famille d'accueil à Fairways (beau quartier résidentiel, propre, calme, assez sécurisé, avec de belles habitations, à 10 mn en bus de la gare de train : Wynberg). La famille Isaac chez qui je vis est très gentille, accueillante, avec une maman (Elaine) très maternelle et très douce, qui sait prendre soin de tous ses enfants sans exception, je n'en finirais pas s'il fallait parler d'eux.



Le 28 avril au matin, me voilà partie à la découverte de la ville accompagnée par Aaron le « Project Manager » : présentation des lieux, des points importants (le bureau de change, la poste, le supermarché, quelques restaurants, des magasins...). Mais aussi prévention et consignes sur les règles de sécurité à respecter... Et enfin, présentation de l'entreprise dans laquelle j'allais travailler : Signet Licensing and Marketing, située à Newlands en plein centre, à proximité de toutes les commodités et à 20 mn seulement de mon logement.

Il s'agit d'une entreprise qui octroie des licences à des grands distributeurs et fait du marketing pour les plus importantes équipes nationales de rugby et de football de l'Afrique du Sud : SA Rugby, Bulls, Stormers, Cheetahs, Lions, Sharks, Orlando Pirates and Kaizer Chiefs. Ils travaillent également sur des programmes de contrefaçon de tous leurs produits et de gestion de partenariats pour Kaizer chiefs. Alors là, je peux vous dire que stress et angoisses ne faisaient plus partie de mon vocabulaire car j'étais



très agréablement surprise d'intégrer cette entreprise dans laquelle j'ai l'opportunité d'avoir une vue d'ensemble de la société : traitement des demandes clients, management et administration des ventes, montage et délivrance des dossiers de licences, négociation des partenariats et les conditions de vente de produits, gestion de la logistique, administration et gestion du site web, développement des stratégies marketing, études marketing, gestion des factures et de l'aspect compta/finance, organisation de la présence physique de Signet lors des matchs... Tout a été fait de telle sorte que je puisse acquérir le maximum d'expériences et ce, dans tous les domaines d'activités.



Tous les mercredis soir après le boulot et une fois par mois, l'équipe de Projects Abroad organise un événement afin que l'on puisse rencontrer les autres volontaires et passer du temps ensemble. C'est une très belle occasion de pouvoir faire connaissance avec des personnes venues des quatre coins du monde car toutes les nationalités s'y retrouvent, mais aussi une réelle opportunité de se créer un réseau et surtout,



on ne se sent pas seul ! Ce sont des instants magiques et inoubliables que nous vivons, l'on apprend à vivre en communauté, on découvre tous ensemble les richesses du pays/de Cape Town : la Table Mountain (très belle et grande montagne dans la ville, Greenpoint Stadium (stade de football où vont se jouer 8 matchs de la coupe du monde), Robben Island (prison où Nelson Mandela fût emprisonné), Aquila Safari où on a pu voir des lions, crocodiles, éléphants, girafes, rhinocéros, panthères, springboks, et j'en passe... On participe également à des activités telles que des récoltes de fonds pour des associations locales, des croisières en plein coucher de soleil, des sorties à Muisenberg au bord de la mer pour boire un verre, des plongées en cage pour voir des requins...C'est fantastique, il y a tellement de choses à faire, à découvrir et à apprendre qu'on n'en finit pas.

Pour conclure, je peux dire que mon expérience ici est très enrichissante, autant professionnellement que personnellement. Sur un point de vue professionnel, l'occasion que j'ai d'appréhender tous les domaines au sein de mon entreprise est vraiment un atout majeur pour mes acquis. Au niveau personnel, je fais des rencontres exceptionnelles, famille d'accueil, volontaires, collègues de travail, commerçants et autres. Les personnes ici sont très accueillantes, gentilles et serviables. Je ne suis pas encore partie que je projette déjà d'y retourner bientôt.



Journalism Office Update

by Shelley Smith

The Cape Chameleon is continuing our legacy as a colourful crew, currently featuring seven reporters representing Canada, England, Italy, France, Germany, and the U.S. The office is always bustling with members coming and going, getting our hands dirty chasing stories from across the spectrum that involve *human rights, environment, medicine, sports, arts and culture, local and international politics*, and the list continues to grow!



Above: The July Issue (No.1) of Cape Chameleon

Currently, the team is hard at work comprising pieces both local and international including: a look at South African media and the Red Cross in the Apartheid era compared to today, news from the rugby Tri Nations cup, sport and the positive impact of township youth, a family of 'guardian angels' caring for abandoned babies, the environmental ups and downs of shark cage diving, a feature of an emerging gospel-singing group from the townships of Lavender Hill (accompanying video), the story of a man involved in one of Italy's most famous terrorist attacks, and cases of TB in children in Khayelitsha.

Early in the month, several of our journalists, along with members of Projects Abroad Human Rights group, elected to attend a walking tour of Parliament, National Council of Provinces, the Chamber of Commerce and the National Assembly.

As the Cape Chameleon community stretches to include more and more reporters from around the world, we strive to always provide our readers with culturally rich and diverse stories paired with unique voices that bring action to life!

We look forward to sharing more experiences from our hometowns and our beloved Mother City! We hope you enjoy.



The August Issue (No.2) of Cape Chameleon



Human Rights Office Update

by Nicola Tierney

This month the Human Rights office saw an influx of 'two weekers'. Their enthusiastic presence brought life into the office on their last Friday as they presented their experiences of their time in Cape Town. Despite their short time in Cape Town one group headed by Tracy Lee and her students from Vancouver managed to set up a very successful project. The purpose of Tracy's mock trial was to persuade the boys in Manenburg to question their ideas of consent in a rape trial. The feedback from the boys was encouraging as they stated 'it was just like a real court.'



Above: The 'two-weekers' on a Social Justice Tour of various township centers and memorial sites



Above: Peace by Peace Thursday - Tom Dickinson on his last day

Other projects in the Human Rights office have also been developing. The Peace by Peace conflict resolution workshops are a 20 week syllabus teaching the same groups of girls in Lavender Hill. Despite the high turnover of volunteers the girls are still very responsive and enjoying the workshops. Kevin Lands the project leader has also secured a group of 20 boys and girls in Manenburg to start the lessons which Ali Rose and Nicola Tierney will be heading up once Kevin has left.

The other programme in Manenburg is a new after-school project run by Nicole Cousins. Nicole has been doing community and personal projects decided by the youth of Manenburg. The most recent project they have undertaken has been to fix a community soccer pitch (see photo on right). The objective of these community driven projects are to teach the young adults leadership, goal setting and the sense of achievement.



Bonnytown recently incorporated a drug workshop into the programme. Despite careful planning the youngest children found the information given to be of little use to them at present. Whereas, the older children felt they were being told about drugs from volunteers with no experience of drug abuse. Despite this hiccup the Bonnytown volunteers have rethought their approach with this group of boys and have no doubt their next workshop will be more successful.

The Refugee workshops have been going well; a change in programme leader to Nicola Tierney has run smoothly and the children have been very receptive. Despite the thinning out of the office the project has been able to continue well. The programme teaches the forty school children in Khayelitsha about what refugees and asylum seekers are. The programme hopes to raise awareness of xenophobia and surrounding issues.

After the major advances with the women in St. Anne's shelter last month the programme continues to thrive. The programme helps women who have suffered domestic abuse to find jobs. This month five women have been successful in finding employment. A workshop has also been presented that teaches the women about their rights, as well as teaching them computer skills and CV writing.



Capricorn is an after school projects headed by Violet Denis- Heller with children from between three and ten years old who have experienced abuse. The volunteers have organised creative activities for these children and hope to introduce an awareness of children rights into the programme as well.



Sisters Incorporated have been holding workshops for approximately six women every week. The women attending have been victims of abuse. Every Wednesday the women learn about nutrition and have been very receptive.

The Friday before National Women's Day the women of Lavender Hill joined forces with the women of PAHRO to picket against women and child abuse. The main road was filled with banners and women chanting aloud as the cars and trucks drove by hooting with support. It was a fantastic morning seeing women come together to protest for better services for women, a cause which all the girls felt passionate about.



PAHRO has also been involved in some interesting cases over the past month. Aurianne and Adina had a meeting with representatives at the Judicial Inspectorate of Prisons to provide insight into their research, focusing on corruption within prisons. They also gained access to the Parliamentary library to further conduct research which is a promising development.



Our research for the advocate representing a 14-year girl who was forcibly married and consequently abused and raped, continues. The accused has been granted bail and so the case is pending.



Iliana (pictured left, with children in South Africa) is assisting a woman who is trying to locate her sister who was arrested at the Zambian border.

Tom has assisted a client in appealing against the rejection of his indefinite refugee status. The client was previously assisted by an immigration lawyer and despite this, was refused indefinite status.

Carlotta (pictured opposite – front row, second from the right) is assisting a client who concluded a contract of sale (motor vehicle) without having the necessary documentation. He was in a car accident and this has detrimental effects for the insurance claim and legal implications for the client. She is also investigating a family reunification matter.



Further, volunteers are granted the opportunity to attend Parliamentary Portfolio Committee meetings on a daily basis - this is important, since most important legislative and policy decisions are made within these committee meetings. Volunteers with a specific focus on research have found these meetings useful for the sake of obtaining contacts in their area of research.



French volunteers Lucie Mignaut and Anthony Bulteau at the Human Rights Office in Rondebosch, Cape Town.



Table Mountain



by Carlos Ochoa



Before arriving here in Cape Town, I did some extensive research on the place that would host me for the new few months and something that would always pop up in every tourist attraction article out there would be Table Mountain, quite a curious name right? People from all around the globe get here every weekend, all with one single goal in mind, climbing the stone colossus.



António de Saldanha was the first European to land in Table Bay. He climbed the mighty mountain in 1503 and named it 'Table Mountain'. The mountain is surrounded by a different number of trails, so you have different options where to choose from, if you like steep cliffs or dust bathed pathways ala old western style or if you prefer a bit of natural decorations like waterfalls or plants, it's all there and all deliver different challenges.



Doing the whole thing took me around 6 hrs, hiking up and down that majestic piece of nature, an overwhelming journey and one tough endurance test! Makes you feel like a tiny insect standing on the shoulders of giants, fighting your way through the rocky narrow paths, weather, time, insects, plants and everything else mother nature may strategically lay along the way for the curious travellers with a wandering heart, but like all odysseys, you know the reward is worth the battle scars.

And it is indeed one unique pay off worth of a National Geographic special, just standing on top of that mountain admiring such a striking panorama, literally cladded in clouds and embraced by a Tolkien(esque) landscape, makes you feel like a mythological hero. Why? Quite simple, all that unreachable beauty evokes the passion and roots of all mythological stories. A struggle and conquer against a fearless enemy, the ageless treasures created by the architect of time, mother nature.



Once at the summit, mainly consisting of sandstone, which is 1,086 meters (3,563 ft) above sea level, you can take a well deserved break by enjoying a meal and coffee to recharge your energy and carry on by inspecting all of the surrounding areas, which expand for kilometres! One more curiosity that you will find here is an animal called Dassie, a traditional African and middle east little creature (its like a guinea pig with short ears and tail) that feeds from plants.



The mountain became part of the new Cape Peninsula National Park in the 1990s. The park was renamed to the Table Mountain National Park in 1998.

Your legs will be sore for days, you will sweat your eyes out on the way up and on the way down your ankles will feel like straws, weak and about to collapse, but trust me, you don't want to miss out on this. Second option is to take the cable car which takes 10-15 minutes, bout 302 m above sea level, to the plateau at the top of the mountain, it's not as adventurous as hiking but also delivers the magnificent splendour of the Table Mountain.



Eventually I finally made it to Cape Town and yes, I hiked Table Mountain. Up and Down. I conquered the Leviathan!



Left: the view of Table Mountain from sea level

Below: the panoramic view of the City Bowl from the top Table Mountain



Traditional South African "Melk Tert"



Melk Tert (Afrikaans for "milk tart") is a South African dessert consisting of a sweet pastry crust and a creamy filling, topped with cinnamon.



Ingredients

3 tablespoons butter (melted); 1 cup white sugar; 3 egg yolks; 1 cup cake flour; 1 teaspoon baking powder; 1/4 teaspoon salt; 1 teaspoon vanilla extract; 4 cups milk; 3 egg white; 1 tablespoon cinnamon sugar

Directions

1. Preheat the oven to 375 degrees F (190 degrees C). Coat a 9 inch deep dish pie plate with vegetable oil cooking spray
2. In a large bowl, mix together the butter and sugar until smooth. Add the egg yolks and beat until light and fluffy. Sift in the cake flour, baking powder and salt, and stir until well blended. Mix in the vanilla and milk. In a separate bowl, whip the egg whites to stiff peaks using an electric mixer. Fold into the batter. Pour into the prepared pie plate, and sprinkle cinnamon sugar over the top.
3. Bake for 25 minutes in the preheated oven, then reduce the temperature to 325 degrees F (165 degrees C). Continue to bake for 25 to 30 minutes, or until the center is set when you gently move the pie. Serve hot or cold.