



INFORMATION BOOKLET



Kamoka
BUSH SCHOOL



ST STITHIANS COLLEGE

We are looking forward to hosting you at Kamoka Bush School this year and we hope that you are excited about this wonderful opportunity that St Stithians College offers you!

In this brochure you will find most of the information that you need to prepare for your stay at Kamoka. You will get some further 'group' specific details (such as departure and arrival dates and letter writing opportunities) from your Bush School coordinator.

After reading this information booklet, if you still have any further questions, please do one of the following:

Check us out on www.kamokabushschool.com

Follow us on Facebook – do a search for Kamoka Bush School (Education)

Email us on Kamoka@stithian.com

Call us on 083 324 5034

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EDUCATIONAL PHILOSOPHY OF KAMOKA BUSH SCHOOL

Kamoka Bush School is an Outdoor Education facility, situated in the beautiful Waterberg. It is owned and operated by St Stithians College.

We proudly call Kamoka Bush School the 6th school of St Stithians College, alongside the five schools on the College campus. The Kamoka experience for our students is a distinguishing feature of St Stithians College.

During their journey through St Stithians College our boys and girls will be exposed to camps at Kamoka Bush School. These camps will range from shorter camps during their time at one of the Preparatory schools to an extended Bush School in Grade 9.

During these camps at Kamoka Bush School our students experience the following seven Rs of Outdoor Education (OE), as outlined by our Rector, Dr Tim Nuttall:

1. **Rites of passage** – opportunities for important, structured transitions, tied in with seasons of school.
2. **Relationships** – enhancing social and emotional intelligence, and enriching relationships within the school community and beyond it.
3. **Reach** – embracing new encounters, widening horizons, and taking students out of their comfort zones. These experiences happen through physical exertion, social and emotional stretch, and new learning opportunities.
4. **Rootedness** – giving participants a sense of place, of being grounded and connected. This relates to unique and beautiful natural and physical spaces and to local contexts and communities.
5. **Responsibility** – developing high levels of personal organisation, team work and collective accountability. Outdoor Education offers a dynamic laboratory of leadership, as well as promoting environmental consciousness.
6. **Risk** – enabling learning through managing risk, making mistakes, and dealing with danger. Outdoor Education involves risk, which has many educational dimensions, as well as associated issues of safety and risk management for Kamoka, which are taken very seriously.
7. **Reflection** – time to think, time to be, and time to grow in self-awareness and spirituality, all critical opportunities in our fast-paced and often superficial world.

At Kamoka Bush School, experiential learning and engaging with nature are tools we use to expose our students to themselves and their world, beyond the four walls of the traditional classroom.

Kamoka is therefore uniquely positioned to promote respect, self-discipline, resilience, determination, stewardship, service and responsibility.

More than anything we want each student's experience at Kamoka Bush School to be a positive one.



SUSTAINABILITY – THE 4 P’S

Underpinning the 7 R’s of the educational philosophy of Kamoka Bush School, are the 4 P’s of Sustainability. The 4 P’s of Sustainability are all interwoven into the 7 R’s: Rites of passage, Relationships, Reach, Rootedness, Responsibility, Risk, and Reflection.

For humans, sustainability is the potential for long-term maintenance of well-being, which has ecological, economic, political and cultural dimensions. Sustainability requires the reconciliation of these environmental, social equity and economic demands. In addition we believe that personal sustainability is essential in developing a complete definition of ‘Sustainability’.

The 4 P’s of Sustainability are:

- Personal Sustainability
- People and Sustainability
- Profit and Sustainability
- Planet and Sustainability

PERSONAL SUSTAINABILITY – REFLECTION, RESPONSIBILITY, REACH, RISK

Personal Sustainability deals with the issues surrounding a person’s well-being in terms of physical health, mental performance, and the basic needs a person has before they are able to tackle broader issues in achieving a sustainable way of living.

At Kamoka we complete a series of physical and mental challenges, we eat healthy food and have continual mentoring to develop a learner’s personal sustainability.

PEOPLE AND SUSTAINABILITY – RELATIONSHIPS, ROOTEDNESS

Prior to developing sustainability on a macro scale and ensuring that communities are able to develop free of the ills of poverty, we believe that learners need to understand and personally experience the hardships communities face. Through challenges such as \$-a-day and community service, as well as living as a micro community at Kamoka, learners experience empathy as opposed to sympathy. It is believed that through developing this empathy, learners will leave Kamoka with a broader understanding of the sustainability issues communities face in the wider world.

PROFIT AND SUSTAINABILITY – REFLECTION, RESPONSIBILITY

In today’s world learners are bombarded with a multitude of consumptive driven messages. Unfortunately this consumptive lifestyle often leads to the belief that success

in life is only measured by the attainment of profits. Through our philosophy of simplicity we aim to show learners that it is not the attainment of profit that measures their success, but their embracement and reflection on the 7 R’s that will ultimately measure their success.

PLANET AND SUSTAINABILITY – ROOTEDNESS, REFLECTION

Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs. We believe that once the previous 3 P’s of sustainability become a natural way of live, then Environmental Sustainability will automatically follow. Through their connection to nature learners understand what Environmental Sustainability is and how important it is for a Sustainable Earth.

LOCATION

Kamoka is situated on a 500ha farm approximately 10km North-east (as the crow flies) of Modimolle in the southern parts of the Waterberg, Limpopo Province of South Africa. Our farm forms part of a 3000ha farm. It is a 210km journey from St Stithians to Kamoka and takes approximately 2 hours, 30 minutes.

Modimolle town is 35 minutes drive from Kamoka and there are hospitals, doctors, dentists, and all the major conveniences that we require to operate the Bush School.

KAMOKA STAFF

There are 9 permanent staff members at Kamoka Bush School. The Director of Kamoka is Kate Doyle, who has been employed by St Stithians College since 2004 and has had the role of Bush School Director since 2006. Kate oversees all of the camps and together with her staff ensures that the programmes are well run and achieve the goals of the school.

Kate, along with her husband, Mike (who is the Operations and Sustainability Director) and their team of three facilitators, one chef, two ground staff and one cleaner, strive to ensure that every learner is catered for and that every person leaves Kamoka having had positive experiences and fantastic personal growth opportunities.

THE INFRASTRUCTURE

Kamoka is an environmentally-friendly facility in the following aspects:

- We are totally off the grid in terms of electricity and water. Electricity is generated from solar power and wind turbines.
- Hot water uses either solar power or a donkey system which is fired with alien wood harvested off the neighbour's farm.
- We use borehole water which is regularly tested.
- Sewerage is treated via a septic tank system and will in the future be recycled to be used for irrigation purposes.
- Waste is recycled at the local dump, by the local community.
- All bio-degradable waste is converted to compost for use on the farm.
- As much South African produce is purchased locally in order to reduce impacts on the environment.
- In building the facility all old buildings were reused, materials were either sourced locally or taken off the farm and as much local labour as possible was used.
- The farm is constantly being maintained and de-alienated of non-indigenous species. The ecosystem is well maintained with as little human interference as possible.

LIVING AREAS

Kamoka accommodates up to 84 learners at a time. The learners are housed in large stone structures which are situated in the bush. The units have a solar light supply attached to them and a 'stoep' area. There are 7 units in total, each have 6 bunk beds (12 beds) and are situated in close proximity to the common areas.

The common areas are:

- Two large ablution blocks
- A large covered lapa (this also contains a projector, DVD player, speakers and screen for teaching and evening activities)
- An open plan kitchen (which has space for learners to assist with cooking the meals)
- An outside kitchen with a bread oven and a separate pizza oven
- A dining area that seats 84 people at a time
- A well sheltered fire circle
- Remote teaching areas, situated under natural tree canopies
- An office

FURTHER FACILITIES

- Two dams for water activities. These are Fourie Dam and Dennis Dam.
- There are also numerous well established hiking trails and running routes. Kamoka has traversing rights over two neighbour's farm, giving us access to over 2500ha of land for our activities.
- Rock pools and a waterfall.

KAMOKA BUSH SCHOOL LAYOUT



FAUNA AND FLORA

A wide array of game species occurs on the Kamoka Bush School, which adds to the uniqueness and excitement of this facility. These species include Giraffe, Waterbuck, Eland, Red Hartebeest, Blue Wildebeest, Zebra, Klipspringer, Warthog, Duiker, Impala, Nyala, Kudu, Bushbuck, Brown Hyena, Black backed jackal, Caracal.

There are over 200 different birds that have been identified so far.

Kamoka falls in to the Savanna Biome and thus has a wide variety of plant and grass species. Due to the topography of the farm we have large grassland savanna as well as woodland savanna in the numerous gorges on the property.

The mix of fauna and flora we have allows us to offer some tough but very varied and exciting hikes and activities. The different species make for interesting studies and explorations by the learners. They are able to apply previous theoretical knowledge to a real time environment.

PROGRAMME AND ACADEMIC WORK AT KAMOKA

On the next page there is an example of a typical day at Bush School. Before you leave for Bush School, you will receive a full programme (like this one) for the full 21 days.

You will be working hard at Bush School and as well as partaking in lots of fun and physical activities, you will also be partaking in academic work. Through a partnership that we have developed with FGASA (Field Guides Association of Southern Africa) and some dedicated staff at Kamoka and the Girls' and Boys' Colleges, we will cover the work for your junior level one (Wild Dog) qualification. You will complete an assessment for this qualification and if you are successful you will be rewarded with this very worthwhile qualification.

Please ensure that you bring your FGASA text book and work book on Bush School.

“You are braver than you believe, stronger than you seem and smarter than you think” Christopher Robin

Example of a typical day at Bush School - you will be given a full programme before you leave.

DAY 12 THEME: RESPECT

TIME	ACTIVITY	RESPONSIBILITY	MENU
5:30am	Early Morning Nature Guided Walk - Unit 7 Zebra (Kamoka Challenge)	M Doyle	
6:30am	Optional Ostrich Run 5 (Kamoka Challenge)	M Doyle	
7:15am	Breakfast	J Sibiya	Mince, scrambled eggs, toast and cereals
8am	Unit inspection	Kamoka and Saints	
8:30am	Geography (FGASA work)	Saints	
10:30am	Tea	J Sibiya	Fruit & sandwiches
11am	Geography (FGASA work)	Saints	
1pm	Lunch with unit time 11	Kamoka and Saints	Tuna & egg salad with brown rolls
2pm	Potjiekos Adventure Race (Kamoka Challenge)	M Masote	
4pm	Tea	J Sibiya	Fruit & sandwiches
4:30pm	Cook potjies (Kamoka Challenge)	J Sibiya	
6:30pm	Dinner	J Sibiya	Potjies with mixed vegetables, pap & rice Milk tart
7:30pm	Debrief of Theme 3 - Respect	K Doyle	
8pm	Lesson on and prep for Dollar a Day (Kamoka Challenge)	K Doyle	
9pm	In units	M Masote	
9:30pm	Lights out	M Masote	



PARENT GUIDELINES

YOUR SUPPORT!

We really hope that Bush School will be a positive experience for every student and his or her family! Please contact us, if you have any concerns or questions. Below are some guidelines to help you through the Kamoka Bush School experience.

CONFIDENTIAL STUDENT DETAILS FORM

1. Please ensure that you complete the **Confidential Student Details Form** in as much detail as possible and return this to the Kamoka Bush School coordinator at your school.
2. If there is an issue that we need to speak to you about, we will call you.
3. If you would like to discuss an issue in more detail, please feel free to contact us either via email Kamoka@stithian.com or 083 324 5034.
4. We are happy to arrange a meeting in Johannesburg, if the need arises.

DIETARY NEEDS OF YOUR CHILD

1. If your child has specific dietary needs, such as Halaal, vegetarian or kosher, please provide us with this information on the **Confidential Student Details Form** and we will make arrangements to cater for him or her.
2. Your child will be supplied with a well balanced and healthy diet at Kamoka Bush School – please do not send extra food.
3. All food, including hiking food will be provided at Kamoka.
4. If your child has any serious allergies, such as nuts, please inform us of this on the **Confidential Student Details Form**.

FINANCES

1. If your child returns home early for any reason and you believe that you are due a refund, please address your query, within 14 days of their early return, to the Kamoka Director – Kamoka@stithian.com.
2. Please note that refunds will only be given in exceptional cases and that the Bursar of the College, the Head of your school and the Kamoka Director will all be involved in the decision making process.

FOLLOW US ON FACEBOOK

1. We use Facebook as a fantastic way of posting information and photos about activities – please feel free to 'like' our Facebook page and you will then receive updates.
2. If you have an issue, please call or email us and do not raise it on Facebook, as this leads to unnecessary problems.

LETTER WRITING OPPORTUNITIES

1. You will have the opportunity to send letters twice during Bush School and there will be two opportunities to receive letters.
 2. The letter writing experience is one of the most emotional activities for the students whilst they are at Bush School and we urge you to make the most of this wonderful opportunity to express your love and dreams for your son or daughter.
 3. Only letters or cards may be sent to Bush School and they must be posted in the post boxes that are located at the GC and BC reception areas.
 4. Please do not send any food in your letters.
 5. The size of the slot in the Bush School post box is 22cm by 1.5cm
 6. Letters may also be emailed to Kamoka@stithian.com with the students name in the heading. These emails will be printed out and given to the student.
 7. There are no facilities for students to reply by email.
 8. There is no limit to the number of letters that may be sent to a child. Please encourage other family members, such as siblings and grandparents to also send letters.
 9. Please pay attention to the deadlines for letter writing and ensure that you post and collect your letters at the BC or GC reception by the due date and time
 10. Please do not ask the receptionists or the staff who are visiting Bush School to bend the rules and take extra goods to your child for you, as this leads to stress for all involved! We have to be consistent with this rule!
 11. If your child has asked for an urgent item, such as medicine, please speak to the Bush School co-ordinator and arrange with them for this to be transported. Please do not try to fit anything extra into the envelope.
 12. It does help the receptionists at BC and GC, if they have some parents who are willing to assist with ensuring that every child receives a letter and following up with parents if letters are not posted. If you are able to help with this very important task, please will you contact your Bush School co-ordinator? It involves approximately six hours of work.
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MEDICAL NEEDS OF YOUR CHILD

1. Please ensure that you provide us with all the medical information that we need for your child on the **Confidential Student Details Form**.
2. Please ensure that your child arrives at Kamoka with his or her medication and that it is clearly marked.
3. If your child is ill or injured, we will call you and ask your permission to take him or her to the doctor's rooms in Modimolle.
4. If we cannot contact you, we will make the best decision in the interests of your child.
5. We have a medical system in place that allows us to give out medication for minor complaints, such as headaches, stomach complaints or sore muscles. Please read the information about this system on the **Confidential Student Details Form** and complete it, as you wish.
6. If your child does require medication whilst he or she is away, we will assess the situation, check if you have given permission for medication, give and record the medication and follow up later.
7. The cost of this medication will be added to your school account after Bush School.
8. If you would prefer to send your own medication, we do not have a problem with this at all.

KAMOKA ESSENTIALS SHOP

1. Many students forget or misplace essential items at Kamoka and as a result, we have started the Kamoka Essentials Shop.
 2. Your child may not use this shop without your permission and they will not be allowed to spend more than your stated limit.
 3. If you are happy for your child to use the Kamoka Essentials Shop, please give permission on the **Confidential Student Details Form**.
 4. The items that will be on sale at the Kamoka Essentials Shop are:
 - a. Toiletries, such as toothbrushes, toothpaste, sun cream and lip ice
 - b. Hats, caps and buffs
 - c. Stationery, such as pens, writing paper and envelopes
 - d. Kamoka postcards
 - e. Washing powder and pegs
 - f. Batteries
 5. Your child will be required to sign for any purchases and this will be added to your school account after returning from Bush School.
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PREPARING FOR KAMOKA

1. Please read the detailed kit list for Bush School and ensure that your child follows this list when packing.
 2. We realise that we want the best for your child, but please do not allow them to over-pack or pack items (particularly food and cell phones) that are not allowed, as this can lead to problems at Bush School.
 3. It does help if your child has some basic life skills, such as cleaning, basic cooking and washing clothes by hand before they leave for Kamoka.
 4. A certain level of fitness does help students at Kamoka Bush School, please encourage them to work towards a base fitness level before they get on the bus to Kamoka.
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SPECIAL DATES

1. Please ensure that you provide us with details of 'special occasions' that are happening whilst your child is away from home, on the **Confidential Student Details Form**.
 2. We will arrange for your child to call on the given date and time.
 3. If it is your child's birthday whilst he or she is at Bush School, you are welcome to send a small gift and card, which will be given to him or her on the morning of the birthday.
 4. We will arrange cakes for the day of your child's birthday for everyone at camp.
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"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us." Marianne Williamson



STUDENT RULES AND PROCEDURES

These rules are there to protect and guide all students who attend Kamoka Bush School. Parents – please ensure that your child knows, understands and adheres to these rules. These rules and procedures are based on the Saints Charter, the Saints Code of Conduct and experience of running Bush Schools over the past 10 years.

Students, please read these rules and procedures thoroughly.

If you disagree with any of these rules or have anything that you would like to add, please feel free to contact us.

ABLUTION BLOCKS

1. There are two ablution blocks – waterbuck and dung beetle.
2. Please keep these ablution blocks neat and tidy and do not store your own toiletries in the showers or the changing area.
3. Please be aware that these are shared areas and leave the toilets and showers as you would like to find them.
4. These ablution blocks will be cleaned twice a day by the Kamoka staff. If there is a problem outside of these times, please inform a member of the Kamoka staff immediately.
5. Please do not throw any foreign items or large amounts of toilet paper down the toilets, as this does cause blockages.

BREAKAGES AND MAINTENANCE

1. If you break something, please tell a member of the Kamoka staff as soon as possible, so that it can be repaired.
2. If you notice that something is not working or if there is water running (in the toilets or from an outside tap), please write it up on the maintenance board, so that we can deal with it immediately.

CLOTHES WASHING

1. You will be required to wash your clothes by hand.
2. You may not pay anyone to do your clothes washing.
3. There is time in the programme for clothes washing, but you can also choose to wash daily during your free time.
4. We will provide you with tubs for clothes washing.
5. You can bring your own washing powder or purchase it in small bags at the Kamoka Essentials Shop.
6. Clothes must be washed in cold water.
7. Please use water sparingly.
8. Please use your dirty water to water one of our trees at Kamoka.
9. There are washing lines to hang your wet clothes. Please ensure that you use pegs and that you remove your clothes once they are dry.

CUTLERY AND CROCKERY

1. Please ensure that you bring your own cutlery and crockery to Bush School in a labelled draw string bag or something similar.
 2. You are responsible for looking after your own cutlery and crockery.
 3. Please keep your mess kit in your room and do not leave it lying around the dining area.
 4. After you have eaten, please scrape your plate in the correct bin and wash and dry your own cutlery and crockery.
 5. Please label (either engrave or use nail polish or a permanent marker) all of your cutlery and crockery.
 6. Please do not bring paper or throw away cutlery & crockery to Bush School, as this is wasteful and adds to our refuse problems.
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ENERGY

1. At Kamoka, we use solar and wind power.
 2. Please ensure that you do not waste power and that you only use lights in the evenings.
 3. There are no plug points in the student accommodation.
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FIRE

1. Our greatest risk at Kamoka is fire, which can have a devastating impact on people and the environment.
 2. No matches or lighters are allowed to be brought to Kamoka.
 3. If anyone is found with a lighter; matches; cigarettes; hubbly bubbly or coals, this will be viewed as a very serious offence.
 4. During activities, such as Dollar a Day and the Sleep Out, all students must follow the instructions of the facilitators with regards to making and cooking over fires.
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GENERAL

1. Kamoka is regarded as the 6th school of St Stithians and the normal St Stithians school rules and expectations apply.
2. We want you to have a positive experience at Kamoka Bush School and we hope that you will embrace all of the fantastic opportunities that are offered to you!
3. Whilst you are on camp, you remain under the care and authority of St Stithians College. Please refer to the St Stithians Code of Conduct and the College Charter, if you are unsure as to how we expect you to behave as a Saints learner. The Code of Conduct will be enforced, if necessary.

ILLNESS AND INJURY

1. If you are feeling sick, please speak to one of the staff members who will assist you.
 2. Do not go to your friends for medical assistance – they are not medically trained!
 3. It is very important that we receive your completed **Confidential Student Detail Form** before leaving for Bush School as without these we are not allowed to assist you.
 4. Please ensure that you bring any of your own personal medication with you to Bush School and that you remember to take this medication with you on hikes and other activities, which happen away from main camp.
 5. Times for medicine will be restricted to meal times, unless in the case of an emergency.
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KAMOKA CHALLENGE

1. Whilst you are at Bush School, you have the opportunity to participate in the Kamoka Challenge, which is a number of challenges that are designed to test each individual in a variety of settings.
 2. We ask that you commit yourself to the Kamoka Challenge and that you are honest in all aspects of the challenge.
 3. You will be given a lanyard with a pouch at the start of Bush School, which has a place to record each part of the Kamoka Challenge that is completed.
 4. Please keep this lanyard with you at all times and ensure that each challenge you complete is recorded by a staff member correctly at that time.
 5. Certificates will be awarded at the end of Bush School, detailing which of the challenges you have completed.
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KAMOKA ESSENTIALS SHOP

1. In case you forget or lose an essential item we have a Kamoka Essentials Shop at Bush School that you may use, provided that your parents have given you permission and you do not go over their agreed monetary limit.
2. The items that will be on sale at the Kamoka Essentials Shop are:
 - a. Toiletries, such as toothbrushes, toothpaste, sun cream and lip ice
 - b. Hats, caps and buffs
 - c. Stationery, such as pens, writing paper and envelopes
 - d. Kamoka postcards
 - e. Washing powder and pegs
 - f. Batteries
3. The Kamoka Essentials Shop will be open once a day and you must come to purchase your items during this time.
4. You will be required to sign for your purchases and this will be added to your school account after returning from Bush School.

KITCHEN, CLEANING AND GROUNDS DUTIES

1. Whilst you are on Bush School, you are required to sign up for one full day of kitchen duty, one full day of cleaning duty and one full day of grounds duty.
 2. Your duties are also part of the Kamoka Challenge and they must be done correctly to achieve your stamps.
 3. You must follow all instructions from the Kamoka Staff, whilst you are working.
 4. You will be issued with a list of duties to be completed and these will need to be checked by a member of the Kamoka staff before you receive your Kamoka Stamp and may leave your work area.
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LANGUAGE

1. Swearing will not be tolerated.
 2. The use of derogatory and inflammatory language will not be tolerated.
 3. No 'dissing' is allowed.
 4. There are many opportunities to learn and use any of the official languages of South Africa and we encourage this at Kamoka.
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LETTER WRITING OPPORTUNITIES

1. You will have the opportunity to send letters twice during Bush School and there will be two opportunities to receive letters.
 2. Only items which fit through the slot in the Bush School post boxes will be sent back to school. This post box is located in the Kamoka dining area.
 3. The size of the slot in the Bush School post box is 22cm by 1.5cm.
 4. Please do not ask your parents and friends to send you food or anything extra as these will not be transported to Kamoka.
 5. The giving out of letters is handled in a dignified and private way.
 6. Immediately after receiving your letters, you will go on a solitary time to give you time to enjoy your letters on your own.
 7. If you are upset when you receive your letters, please come and speak to a member of staff, who will be able to assist you.
 8. It is important that you send a reply to every letter that you receive.
 9. Use the letter writing as a good opportunity to tell your loved ones how you feel about them. Sometimes, it is easier to express these words in a letter and when you have time to really think about what you want to say.
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LIGHTS OUT

1. Lights out is at 9:30pm every night. This means quiet.
2. No one is allowed out of their units after this time, apart from going to the toilet 'or in the case of an emergency'.

LITTER AND RECYCLING

1. An area that we are very strict about at Kamoka is litter and recycling.
 2. There are plenty of bins at Kamoka, please ensure that you place your litter in the correct bin.
 3. If a bin is full, please ask a member of the Kamoka staff for a black bag and empty the bin and place a new liner in the bin.
 4. If you are away from camp and have litter with you (including fruit peels), please do not throw them in the bush, but place them in your pocket or hiking bag and throw them away when you return to camp.
 5. During every hike, we will appoint two 'dung beetles' who will walk at the back of the hiking group and pick up any litter which is dropped by mistake.
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LOST PROPERTY

1. You are responsible for looking after your own belongings.
 2. Please ensure that all of your items are clearly marked and are not left lying around.
 3. Unclaimed items will be put into the lost property box, which is situated in the dining area.
 4. It is your responsibility to check the lost property box and any unclaimed items at the end of Bush School, will be given to the local community.
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MEAL TIMES

1. Meal times are compulsory.
 2. Food may not be taken to the units or any of the play or common areas.
 3. Meals will always be eaten as a unit.
 4. Any dietary restrictions must be included on the **Confidential Student Detail Form**.
 5. The bell will be rung for meal times and every person is expected to assemble around the fire area, as quickly as possible.
 6. After announcements and grace, you will move to your tables and your food will be served at your tables for your entire unit.
 7. Please do not eat or drink (apart from water) outside of these meal times.
 8. No food or drink may be taken into the lapa or the dining area, when there is a class in session.
 9. Do not bring extra food to Kamoka – you will be given a well balanced and healthy diet!
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MISCONDUCT

1. If there is an act of misconduct (this includes smoking – cigarettes and hubbly; drinking; drugs; theft; insubordination; truancy; bullying; racism; possessing dangerous items and dishonesty - the full list is in the Code of Conduct), then we will investigate the issue at Kamoka.
2. We will follow the normal investigatory and disciplinary procedures as outlined in the Code of Conduct and a disciplinary hearing may be held at Kamoka Bush School. All details of this disciplinary hearing will be sent to the Head of your school.

OUT OF BOUNDS

1. No student may go to any dam or river on the farm without adult supervision.
 2. If you would like to walk around the farm, you may do so, but you must ask for permission from a staff member and you must be in a group of at least three people.
 3. Kamoka and St Stithians staff are there to guide, protect and care for you. We are very happy to help, but we ask you to respect our space. This means that you may not enter the staff area (in the lapa) without being invited to do so. In addition the staff rooms (permanent and visiting) are out of bounds, unless there is an emergency.
 4. In order to respect privacy and personal space, no students are allowed in another unit, even if they are invited into that unit. There are plenty of common areas, which must be used for meeting students from different units.
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PARTICIPATION

1. You are at Kamoka Bush School to work and your participation is required in almost every activity (there are a few optional activities, such as Polar Bear and the Morning Ostrich Runs).
 2. The only time that you will be allowed to sit and observe, is if you speak to a member of staff and they excuse you from participating in that activity.
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PERSONAL HYGIENE AND NEATNESS

1. Please ensure that you take time to pay attention to your personal hygiene and the neatness of your own personal living area.
 2. It is important that you shower each day and take due care with areas such as body odour.
 3. The same rules with regards to neatness and dress that normally apply at school, apply at Kamoka. In other words cosmetics, tongue rings, exposed tattoos and inappropriate clothing are not allowed.
 4. You may not wear your pyjamas or slippers to class or any of the activities.
 5. Please ensure that you do wash your clothes.
 6. Normal school rules apply with regards to boys shaving of facial hair and hair length.
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PREPARING FOR BUSH SCHOOL

1. Please ensure that you pack your own bag and that you follow the recommended kit list closely. Do not over-pack!
2. Please do not ask your parents to purchase you new and unnecessary clothes and equipment for Bush School. Bring old clothes and borrow equipment from friends and older students.
3. Learn some basic skills such as clothes washing, cooking and cleaning before you leave.
4. Prepare your body by getting fit! You should be able to run around the ring road without stopping – make this your goal!
5. Please ensure that your completed **Confidential Student Details Form** is returned to your Bush School Co-ordinator by the due date.

PROHIBITED ITEMS

1. Please do not bring any of the following items to Kamoka:
 - a. Dangerous goods – a small pen knife is allowed, but you are not allowed large knives or pellet guns, for example.
 - b. No electronic equipment (apart from cameras) is allowed on Bush School and this includes radios, CD players, iPods, phones, iPads, laptops and kindles.
 - c. Extra food – you will get a well balanced and healthy diet at Kamoka and there is plenty of food.
 - d. Any items that you are not allowed at school, such as cigarettes, matches or alcohol
 - e. Inappropriate clothing. Clothing that is either too revealing or has insulting words on it.
 - f. Cash – there is nothing to spend money on at Kamoka.
 - g. No portable solar chargers.
-

SAFETY

1. Due care must be taken in the Kamoka environment, particularly as we are situated on a game farm and do have wild animals and a rough terrain.
 2. Students must wear closed shoes around the camp, preferably at all times and particularly in the evenings and around any fire.
 3. Sun cream and sun hats should be worn at all times.
 4. In the event of an emergency, the bell will be rung loudly and repeatedly and everyone must assemble in the fire circle, as quickly as possible.
-

SEPTIC TANKS

1. Kamoka operates on a septic tank. Please do not throw any foreign objects down the toilets or drains.
 2. Toilet paper may be put in the toilets.
 3. There are bins in each toilet for sanitary towels and other objects. These bins will be emptied regularly.
 4. Please ensure that you scrape your plates fully in the bins before plate washing.
-

SPIRITUALITY

1. Grace will be said at every meal. We ask that this is respected by all.
2. Each unit will have the opportunity to say grace for a number of days. Your unit will be responsible for saying grace at breakfast, lunch and dinner. You can be as creative as you like, but it must be respectful.
3. Chapel services will be held each Sunday and possibly on other days. Attendance is compulsory.
4. Chapel services at Kamoka are pupil led. If you would like to be involved in running a chapel service, please feel free to bring some resources, such as inspirational readings or Christian DVD's or music from home.

TELEPHONE CONTACT WITH HOME

1. The use of private cell phones is strictly prohibited.
 2. If you need to call home, please speak to a member of staff and they will assess if you should call home.
 3. If permission is given for you to contact home, you will be allowed to send a SMS or a 'Please Call Me' and that person will need to call you on the Kamoka phone.
-

TRANSPORT

1. If you need to go to the doctor, your parents will be informed and you will be transported to the doctor in Modimolle town in one of the Kamoka vehicles, with a licensed driver.
 2. No student is allowed to travel on the back of an open bakkie or trailer at any time.
-

UNITS

1. As you will be living in close quarters, it is very important that you respect each others space.
 2. Your unit will be inspected daily and you will be given a list of criteria for these inspections.
 3. You will be placed in a living unit by means of random selection and you may not move to another group.
 4. The units are named after animals which live on the farm – Duiker, Eland, Impala, Kudu, Nyala, Wildebeest and Zebra.
 5. You must sleep in your own unit every night - this is important for safety reasons and for the relationships in your unit.
 6. No food or drink is allowed in the units.
-

UNIT POINTS

1. Points will be given out at unit inspection time and will be written on the notice board.
2. The winning unit will be announced at the end of each week and a prize will be given to the winning unit.
3. At the end of Bush School, the overall unit winner will be announced.
4. Stamps are also given on the Kamoka Challenge certificate for the Unit Winners.

VANDALISM

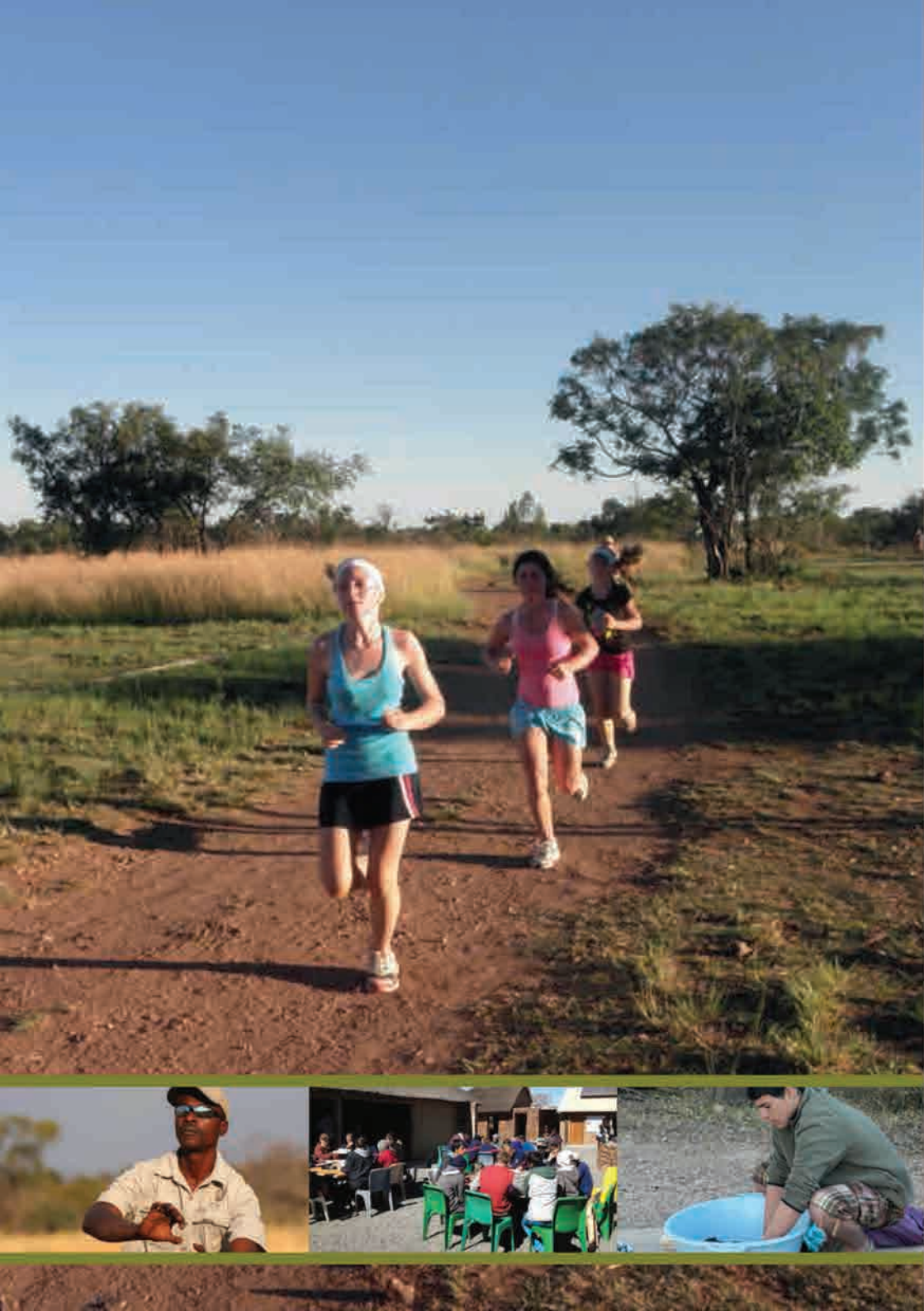
1. Vandalism includes any deliberate act of defacing any equipment, furniture or the natural environment at Kamoka Bush School.
 2. Vandalism includes writing on or engraving into any of the above mentioned items.
 3. Vandalism has unfortunately become an issue at Kamoka Bush School and it will not be tolerated in any form whatsoever.
 4. If there is an act of vandalism, the matter will be investigated and the Code of Conduct will be enforced.
-

WATER

1. The water at Kamoka is safe to drink and is tested regularly.
 2. We get our water from boreholes and use a 'donkey fire system' to heat water.
 3. Please use water sparingly and conserve where you can.
 4. Clothes must be washed in cold water.
 5. Only one shower per day is permitted.
-

"It takes courage to grow up and become who you really are."

EE Cummings



KIT LIST

Please find to follow a full list of requirements for your trip to Kamoka Bush School.

OLD clothes are best to send, as everything gets VERY dirty.

Please also ensure that everything is labelled very clearly. Please take special care when labelling school goods, as everyone will have the same tracksuit, school shirt, etc and these tend to easily get mixed up.

If there are clothes that you are willing to donate at the end of Bush School, we will pass these onto one of our partnered community service projects.

Please stick to this list and do not over-pack, as this becomes more of a hassle in the long run, with the limited space in the units.

CLOTHES AND SHOES

- ☐ 1 pair Decent running shoes (not tommy takkies!). Please note that you will be doing a lot of physical activities & the ground is rocky, so decent shoes are needed.
Hiking boots may also be brought to Bush School, but you will still need a pair of running shoes for the Time Trials and Ostrich Runs.
You can also hike in your running shoes – please do not go out and buy an expensive pair of hiking boots, rather spend the money on more versatile running shoes.
- ☐ 1 pair Shoes which can be used for swimming in the dams. You can buy swimming shoes (these are available at Sportsman’s Warehouse) or crocs are also good.
- ☐ 1 pair Closed, but casual shoes for around camp.
- ☐ 1 School tracksuit (this must be worn, with a St Stithians sport t-shirt on the day of departure)
- ☐ 7 pairs Underwear (do not bring underwear for every day on camp, as you will be washing your own clothes)
- ☐ 5 pairs Everyday socks
- ☐ 2 pairs Thick, hiking type socks

<input type="checkbox"/>	3 pairs	Long trousers, such as jeans or tracksuit pants
<input type="checkbox"/>	3 pairs	Shorts or three quarter trousers (please bring your school sports shorts)
<input type="checkbox"/>	5	T-shirts (please bring your house shirt and your school sports shirt). Please do not pack vests or string tops, as it gets very hot during the day.
<input type="checkbox"/>	2	Fleeces or jerseys
<input type="checkbox"/>	1	Rain jacket or drimac
<input type="checkbox"/>	3 pairs	Pyjamas or tracksuits for sleeping
<input type="checkbox"/>	1	Sun hat (wide brimmed preferably)
<input type="checkbox"/>	1	Swimming costume (full swimming costume for girls – no bikinis)

LINEN AND TOILETRIES

<input type="checkbox"/>	1	Medium sized towel (quick drying towels are a bonus!)
<input type="checkbox"/>	1	Pillow in a pillow case
<input type="checkbox"/>	1	Single fitted sheet
<input type="checkbox"/>	1	Warm sleeping bag (1 degree bag is perfect.) Please try & borrow a sleeping bag if you do not own your own, as they can be expensive.
<input type="checkbox"/>	1	Tube or spray of anti tick lotion
<input type="checkbox"/>		Personal toiletries (biodegradable goods please, as we recycle our water). No cosmetics, please! If you can purchase a toiletry bag that hangs from a hook & folds open, this does help tremendously.
<input type="checkbox"/>		Personal medication with instructions and your name on it (this can be handed in for safe keeping)
<input type="checkbox"/>		Sun cream
<input type="checkbox"/>	1	Heavy duty plasters (packet)

STATIONERY AND SCHOOL WORK

<input type="checkbox"/>		Complete stationery set from school, including scientific calculator
<input type="checkbox"/>		Paper and envelopes for letter writing
<input type="checkbox"/>		FGASA text book

CLEANING GOODS

<input type="checkbox"/>	1 bar	Sunlight soap for clothes washing or a small ziplock bag of hand washing powder for clothes
<input type="checkbox"/>	1	Dish washing cloth
<input type="checkbox"/>	1	Dish washing towel
<input type="checkbox"/>	1	Laundry bag (a plastic bag is also fine!)
<input type="checkbox"/>	1 pair	Plastic gloves for cleaning
<input type="checkbox"/>	20	Clothes pegs
<input type="checkbox"/>	1	5m polypropylene or braid rope (a thick rope which will be used for carrying wood and building shelters)
<input type="checkbox"/>	1 pair	Heavy duty work gloves

HIKING GOODS

<input type="checkbox"/>	1	Backpack (maximum 65 litres). Please try & borrow or buy second hand. If your backpack does not have straps attached to it for a sleeping bag & mat, please bring some spare straps or string.
<input type="checkbox"/>	1	Sleeping mat (thin roll up type)
<input type="checkbox"/>	1	Basic first aid kit: The following items should be packed into a small bag: plasters, gauze, 1 triangular bandage, 1 crepe bandage, disposable gloves, antiseptic ointment, muscle ache ointment, safety pins and small scissors. Alternatively you may purchase a small first aid pouch containing the above contents from your local pharmacy or Trappers Trading.
<input type="checkbox"/>	1	Waterproof covering for your hiking bag, if it does not have an external one attached to it.
<input type="checkbox"/>	1	Presidents Award notebook (if you are registered for Presidents Award)

EXTRA ESSENTIAL GOODS

- | | | |
|--------------------------|---|--|
| <input type="checkbox"/> | 1 | Torch or head lamp with extra batteries (head lamps are highly recommended) |
| <input type="checkbox"/> | 2 | Water bottles (one is for juice & the other is for water). We recommend that one bottle is 2 litres and that the other is one litre. A camel pack is also very useful. |
| <input type="checkbox"/> | 1 | Reading book (not just magazines, please) |
| <input type="checkbox"/> | | A cutlery and crockery set (plate, bowl, mug, knife, fork, spoon and teaspoon) in a labelled, draw string bag with a washing and drying cloth. Please bring plastic or tin; do not bring breakable or disposable items |
| <input type="checkbox"/> | 1 | Battery operated alarm clock or a watch with an alarm |

WINTER ONLY

- | | | |
|--------------------------|---|--|
| <input type="checkbox"/> | 1 | Inner for sleeping bag (fleece type) or an extra blanket (winter only) |
| <input type="checkbox"/> | 1 | Warm hat or beanie (winter only) |
| <input type="checkbox"/> | 1 | Pair of gloves and a scarf (winter only) |

GIRLS ONLY

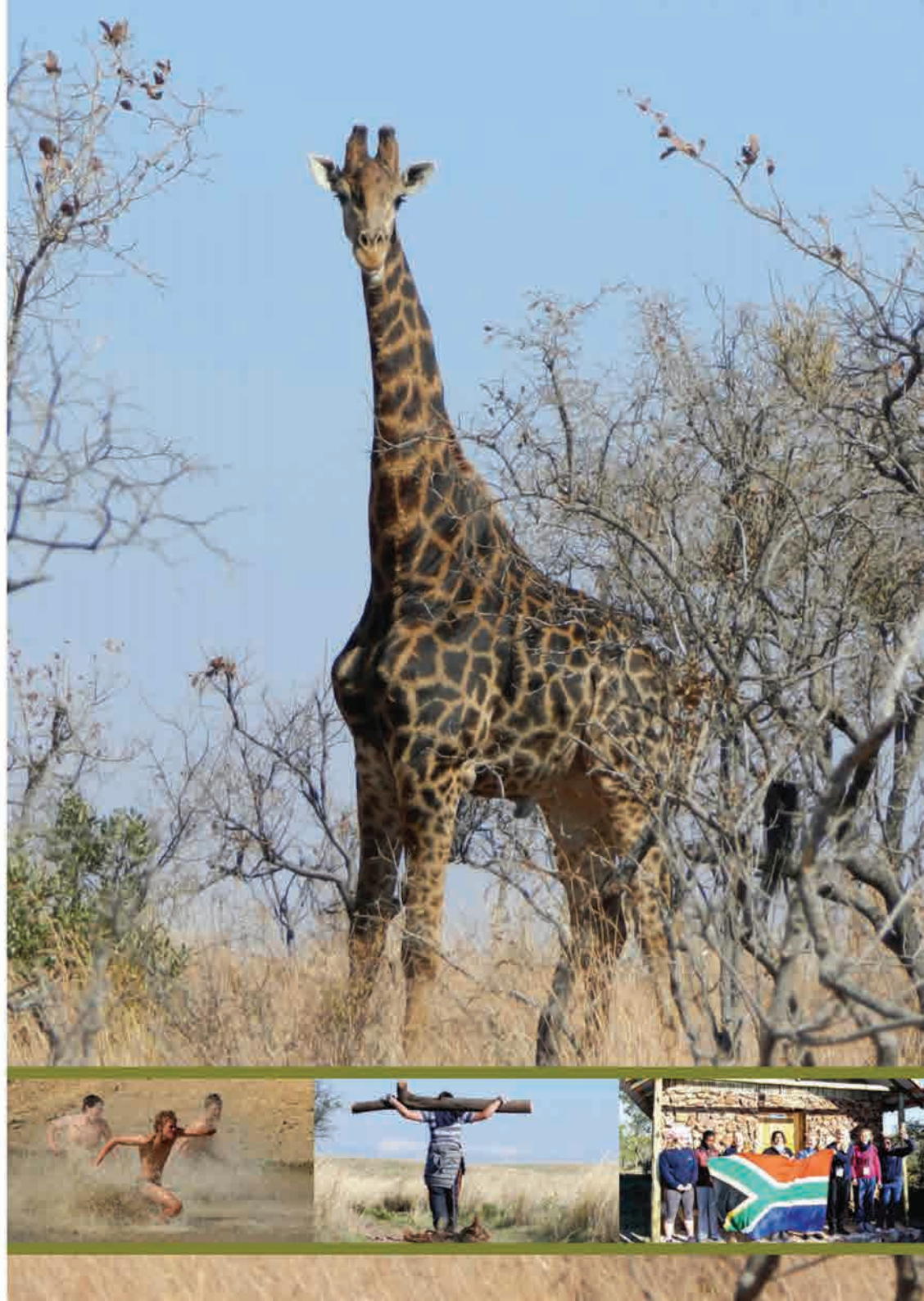
- | | | |
|--------------------------|---|--|
| <input type="checkbox"/> | 1 | Pair of knitting needles (size 4 or 5) |
| <input type="checkbox"/> | 2 | Rolls of double knit wool |

COMMUNITY SERVICE ITEMS

Any donations, such as old clothes, toys, shoes, blankets and any non-perishable food. A bag of sweets or crisps.

OPTIONAL ITEMS

Please note that these are nice to have, but not necessary:
Camera (we have limited electricity at Kamoka, so a battery operated camera is preferable)
Musical instrument, such as a guitar, harmonica or a small drum.



THE PRESIDENT'S AWARD AT KAMOKA BUSH SCHOOL

WHAT IS THE PRESIDENT'S AWARD?

The President's Award for Youth Empowerment is a registered non-profit organisation, which has been operating in South Africa since 1983. Their mission is to empower young people between the ages of 14 and 25, by providing a balanced, non-competitive framework for self-development that will increase their self-esteem and enhance their capacity to achieve in whatever context they find themselves: enabling them to become responsible active citizens within their communities. The President's Award can be justifiably proud of the part the organisation has played in bringing about these changed lives since 1983.

A DEVELOPMENT TOOL FOR YOUNG PEOPLE

The four pillars of the Programme are:

- skill development
- physical recreation
- community service
- adventurous journey

We can help you reach some of these pillars at Kamoka Bush School through the following activities:

SKILL DEVELOPMENT

Through the skills and knowledge that you gain through your FGASA Wild Dog qualification, you may use this as a platform to continue developing a skill in this area, such as bird watching or taking guided nature walks.

PHYSICAL RECREATION

You will be partaking in a lot of physical recreation during your time at Kamoka and all of this can be recorded and used towards your physical recreation component.

COMMUNITY SERVICE HOURS

The hours that you partake in Community Service at Kamoka Bush School, will also be awarded towards your Presidents Award.

THE ADVENTUROUS JOURNEY

At Kamoka, we will assist you with meeting the requirements of the adventurous component through a hike that will be completed in the last 3 days of Bush School. At Kamoka, all grade 9 students will be completing a silver level hike (48 km). Even though a student may have been registered for the bronze level, or not registered for President's Award at all, all students will still hike for three days with a two night sleep out at Fourie Dam. This is based on the silver level of the President's Award and also meets the requirements for the bronze level.

As well as meeting the requirements of the President's Award, this also meets the requirements of the Kamoka Challenge. In order to achieve this part of the Kamoka Challenge, students must complete the full hike, with a back pack and the 2 night sleep out and they must undertake the hike in a spirit of adventure and discovery.

PREPARATION AT KAMOKA BUSH SCHOOL

We are sure that you may be feeling nervous about this hike, particularly if you have never hiked before, but don't worry! At Kamoka we have designed a programme leading up to the hike that will equip you and get you physically and mentally ready for your hike. This is a daily schedule of activities aimed at preparing you for the hike. All we ask is that you commit yourself fully to these sessions and we guarantee that you will then be prepared for this exciting adventurous journey! Many of these tasks also make up other elements of the coveted Kamoka Challenge!

Below are details of the necessary skills for this hike and exploration, which will be covered at Kamoka during Bush School (before, during and after the hike):

AREA OF SKILL	MANNER OF TEACHING
Understanding of the Adventurous Journey	Students must be aware that the adventurous journey is intended to be a challenge and not 'a walk in the park!' They must be mentally & physically prepared for the hike and a lot of time will be spent working on this at Kamoka.
First Aid and emergency procedures	One of our staff at Kamoka will spend a session with the students explaining what is in their first aid packs and what to do in the event of an emergency.
Necessary equipment and how to use it	We will spend time ensuring that the backpacks are fitted correctly and that the correct gear (particularly shoes) are used. We will also check packs to ensure that the correct equipment is packed and that the students do not over or under pack.
Route planning	Through aerial photographs and maps of the area; as well as the preparation hikes, the students will have to determine what the best routes are to travel. These routes will be checked prior to departure.
Navigation	Using the maps, photos & prior knowledge of the environment, the students will have to navigate certain parts of the hike in their groups, without assistance from the hike leaders.

AREA OF SKILL	MANNER OF TEACHING
Camp craft, including food and cooking	The students are required to carry most of their meals and they will also be required to cook their own dinner meals at the sleep out. All food will be supplied by Kamoka. You do not need to bring your own hike food.
Team building and leadership training	There will be a number of activities that the hiking group will work on together before the actual hike and discussions will be facilitated around the group dynamic of each group.
Technical skills in a mode of travel	As the students will be hiking, this is not a main area of concern.
Observation and recording skills	This will be covered through the exploration that the students are required to do, whilst they are hiking.

“Education is the most powerful weapon which you can use to change the world” Nelson Mandela



KAMOKA CHALLENGE

During your time at Kamoka all students are encouraged to participate fully in the Kamoka Challenge. This is a series of activities that are designed to challenge individuals and groups physically, emotionally, socially and mentally.

The aim of the Kamoka Challenge is to help you stay healthy and active whilst using fun and knowledge based outdoor activities. It will challenge you to use your skills, believe in your abilities and push yourselves that little bit further.

At the start of Bush School you will receive a Kamoka Challenge booklet on a lanyard, which shows all of the challenges that are offered. Once you have completed a challenge it is up to you to go and receive a Kamoka stamp from a staff member. Remember to keep your Kamoka Challenge booklet with you at all times, so that you remember to get your stamps!

On the last evening of Bush School, a special prize giving is held and a beautiful certificate is presented to you showing how many Kamoka Challenges, you have completed. This is a fantastic evening which enables every person to reflect on their own individual achievements.

Below is a brief description of most of the activities which form part of the Kamoka Challenge.

POLAR BEAR

Polar Bear is an early morning dip in Dennis Dam (or another dam, if we are sleeping away from camp) & you need to get wet from head to toe. Sounds simple? It is, but as there are 8 opportunities to do Polar Bear, you must complete 7 Polar Bears to achieve this challenge. Polar Bear takes place no matter the season and weather on that day, so it is a tough mental exercise that teaches you the discipline of waking up early and plucking up the courage to wade into the water! It's also a good refreshing way of starting the day!

OSTRICH RUNS

An Ostrich Run is a 4km run that takes place at the start of the day. There are 6 opportunities to complete the Ostrich Run and you need to complete 5 runs to achieve this part of the challenge! These runs are fantastic preparation for the challenging 3 day hike at the end of Bush School and are an excellent challenge for those wishing to improve their fitness levels.

EARLY MORNING NATURE GUIDED WALKS

At Kamoka, we believe that it is important to know about your surroundings. On one

morning at Bush School, you will wake up early with your unit and go on a guided walk, where you will explore the beauty of the farm. The guided nature walks are 45minutes long and the groups are kept small so that everybody gets a chance to interact with the guide and participate proactively in any task during the walks or just to enjoy the sunrise while listening to the different wake up calls of the wild.

To achieve this part of the Kamoka Challenge, you must be on time for your walk, you must participate in the correct manner and you must show respect to nature and all the others in the group.

DUTIES – CLEANING, KITCHEN & GROUNDS

All students are required to sign up for a day of each of these duties during your time at Kamoka Bush School. The night before your duty, find the staff member in charge of that area and ask them what time they will need you to report for duty the following morning. Apart from academic lessons, your duties must take precedent over all other activities and you must follow the high expectations of the Kamoka staff to obtain your stamps! Make sure that you do your duties well the first time or you may need to repeat your duties to obtain your stamp!

COMMUNITY SERVICE / FARM SERVICE

Kamoka is not just about having fun through learning and staying fit, but it's also about giving back. During your time at Kamoka you will be asked to spend 6 hours of your time giving back to this beautiful environment or to our local community. We need to see that you have worked hard for 6 hours and that you have learnt a sense of why it is important to serve others and the environment.

DOLLAR A DAY

Dollar a Day is experiential learning at its best! More than a third of the worlds population still live on less than 1 US\$ per day and once you have lived like this for two days, you will have more empathy for the poorest people in the world. You will be placed in a family group and each person in your family will be given the equivalent of 1 US\$ per day. You will receive a shopping list of groceries (with realistic prices of items) and as a family you have to decide how you will spend your money.

You will be taken out of camp for 2 days and you will need to work as a family group and live on what you have purchased. You will need to walk and fetch your water, make your own fires, cook your own food, do your own tidying up and spend time reflecting on what you have in your life.

To conquer this part of the Kamoka Challenge, you have to have self discipline and honesty. If you break any of the rules of Dollar a Day, such as eating any other food, stealing from another group or going back to camp, then you do not get your stamp. It is a tough two days, but the lessons stay with you for a long time.

TIME TRIAL RUNS

There are four 4km Time Trial Runs during Bush School and they are all compulsory. The time trials follow the same route as the Ostrich Run. To get your stamps, the first time trial must be done in less than 30 minutes, then under 25 minutes, then under 20 minutes & finally under 18 minutes!

This is a great way of setting some personal goals and seeing how you can improve your fitness!

WATTLE, WATERFALL & CAVE HIKES

During Bush School you will go on three separate 6km hikes, which are fantastic opportunities to see the beautiful farm and are good training for the longer and more gruelling 3 day hike. These hikes will be to the cave, the wattle plantation and the waterfall.

Each hike is a separate part of the Kamoka Challenge and in order to conquer this part of the challenge, you must complete each hike, ensure that you act appropriately on each hike, and show kindness to the environment and your fellow hikers.

WOOD COLLECTION

Part of the hike to the wattle plantation, involves chopping your own wood, bundling your wood and carrying (or dragging!) a minimum of 10kg of wood back to camp! This alien wood is then used to heat the hot water in your shower system. If you bring back less than 10kg of wood, you will not receive this stamp. This is one of the most physical challenges!

WATERFALL JUMP

There is a beautiful 10 m high waterfall on the farm with a pool below which is over 3 metres deep making it a safe jump for those who dare. The waterfall jump helps build courage and confidence, especially if you have a phobia of heights. It is also an amazing experience. To complete this part of the Kamoka Challenge, you must follow the strict safety instructions from a staff member and jump from the 7 metre mark.

POTJIEKOS ADVENTURE RACE

The Potjiekos Adventure Race is great fun! As a unit, you must follow directions around the farm. There are a number of challenges along the way which will enable you to 'earn' the ingredients for your potjie pots! Once you have received your ingredients and even your pot, you will then cook your own potjie over the open fire. Once the potjie's are cooked, there is a taste test by our judges and the top three potjie's are announced! As this is a group activity, teamwork is vitally important. Participation and spirit will

determine whether you and your team members are conquerors of the Potjiekos Adventure Race. If a team leaves a member behind, the whole team will not receive this part of the Kamoka Challenge – the challenge MUST be completed as a team and it must be done with spirit and enthusiasm.

KAMOKA SPRINT

The Kamoka Sprint is a tough, baton relay race which involves 9 students forming a team & racing for a total of 9kms around the farm. Teams are given a map with a brief description of each leg of the race and they must negotiate and choose their legs. There are 8 running legs and one swimming leg. The race only finishes when all the team members are back to camp.

SOLITARY TIMES

Solitary times are an opportunity for some peace and reflection. You will be required to sit in nature, not communicate and not disturb anyone else. You may use this time to write letters, read books, sleep, reflect or just enjoy the beauty that Kamoka has to offer. There are 11 solitary times during bush school (starting with a 30 minute solitary and building up to an extended solitary of 24 hours!) Every single solitary time forms part of the Kamoka Challenge. Some of the solitary times are names after themes which we work around during a Bush School, such as Respect; Self-Discipline; Resilience; Determination and Service.

STALK THE LANTERN

Stalk the lantern is a traditional and fun night game. A lantern will be placed somewhere in the bush and will be guarded by a staff member. You must try to get as close to the lantern as possible without getting spotted! In order to achieve this part of the Kamoka Challenge, you must play the game in the manner that it is intended. You can be spotted and still received the stamp, but you must prove to us that you made every effort to go undetected.

3 DAY HIKE

The tough 3 day hike is one of the last activities that you will take part in at Kamoka Bush School and it is the challenge which will require the most of your physical and mental strength. You will need to carry a full pack and hike through some very tough terrain, which covers some of our 500 hectares of land and a further 2000 hectares of our neighbour's land. You will sleep out for 2 nights and will have to assist with making fires, doing fire duty at night, preparing food and cleaning up.

In order to obtain this part of the Kamoka Challenge, the 3 Day Hike must be completed on foot, in full and your backpack must be carried at all times.

PROUDLY SOUTH AFRICAN TEST

We are fortunate to live in a country which has such a diversity of cultures and languages. This task is designed to help you learn more about our vibrant country and some new words in a few of the official languages of South Africa. You will need to learn the information that you receive and write a test. We have high standards at Kamoka - you must achieve at least 75% in the test to get the stamp!

FAUNA AND FLORA IDENTIFICATION AND TEST

We have 200 species of birds, thousands of insects, loads of trees and plants, interesting reptiles and amazing mammals on the farm. During your time at Bush School, you will be given the opportunity to learn about this wonderful fauna and flora. You will need to learn the information that you receive and write a test. Once again you must achieve at least 75% in the test to get the stamp!

THE TOUGH ONE!

This is an optional challenge which is designed to push learners who really love a challenge! It is an endurance activity which involves self navigating on foot around the farm and ensuring that you reach the end goal within the strict time frame. If you have not completed this tough challenge within the tight time frame, you do not get your stamp!

Sound tough? That's why it is called The Tough One! If you are not up for it, you can stay at camp and relax...

CHALLENGE 100

There are some students who really like that extra challenge and if you are ones of these, then this is the extra bit for you! To get the stamp for the Challenge 100 – you need to complete every single stamp in your Kamoka Challenge booklet! That means that you must do all 8 polar bears, all 6 ostrich runs and meet the high standards for EVERY SINGLE CHALLENGE! You do not need to get the Unit Winner Stamps or the Spirit of Kamoka Award to receive the Challenge 100 stamp.

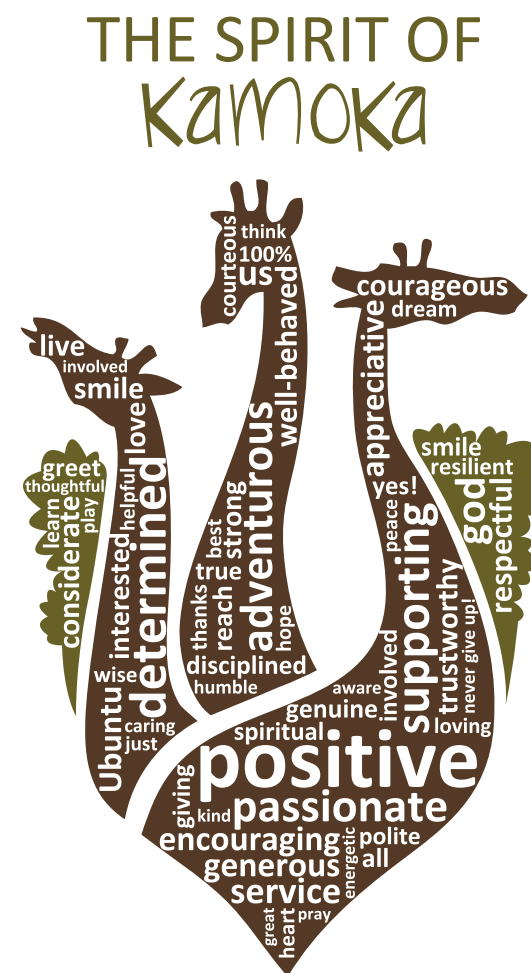
UNIT WINNERS

Every day while you are at Kamoka Bush School, you will have a Unit Inspection and these points will go toward your unit points. Certain of the other challenges (such as the Wood Collection and Potjiekos Challenge) will also count towards your unit points. At the end of each week, the unit winners will be announced and if your unit has won, you will receive a stamp. The overall unit winners are the winners of the total unit points that are given out at Bush School. The overall unit winners will be announced at the prize giving night.

SPIRIT OF KAMOKA AWARD

The Spirit of Kamoka Award is the highest individual award that is given out at Kamoka Bush School. Every student and staff member gets to vote for one person who they believe has shown most of the attributes that count towards the Spirit of Kamoka award.

The attributes that make up the Spirit of Kamoka Award are illustrated below:



The winner of this award will receive an individual certificate; a Spirit of Kamoka t-shirt and will be the only person who receives this stamp on their Kamoka Challenge certificate. The winner of this award will be announced at the prize giving night.

Example of certificate:



CONGRATULATIONS TO

Not only did you survive Bush School at Kamoka,
but you also completed the following activities, as part of the Kamoka Challenge:

KAMOKA CHALLENGE	CONQUERED	KAMOKA CHALLENGE	CONQUERED	KAMOKA CHALLENGE	CONQUERED	KAMOKA CHALLENGE	CONQUERED
Polar Bear	<input type="checkbox"/>	Time Trial Run under 18 mins	<input type="checkbox"/>	Night Time Solitary	<input type="checkbox"/>	Fauna and Flora Identification Test	<input type="checkbox"/>
Ostrich Runs	<input type="checkbox"/>	Wattle Hike	<input type="checkbox"/>	Respect Solitary	<input type="checkbox"/>	Exploration	<input type="checkbox"/>
Early Morning Guided Nature Walk	<input type="checkbox"/>	Wood Collection	<input type="checkbox"/>	Self Discipline Solitary	<input type="checkbox"/>	The Tough One!	<input type="checkbox"/>
Cleaning Duty	<input type="checkbox"/>	Waterfall Hike	<input type="checkbox"/>	Resilience Solitary	<input type="checkbox"/>	100% Attendance	<input type="checkbox"/>
Kitchen Duty	<input type="checkbox"/>	Waterfall Jump	<input type="checkbox"/>	Determination Solitary	<input type="checkbox"/>	Challenge 100	<input type="checkbox"/>
Grounds Duty	<input type="checkbox"/>	Hike to Cave	<input type="checkbox"/>	Service Solitary	<input type="checkbox"/>	Unit Winners Week One	<input type="checkbox"/>
Farm / Community Service	<input type="checkbox"/>	Awareness Exercise & Solitary	<input type="checkbox"/>	Extended Solitary	<input type="checkbox"/>	Unit Winners Week Two	<input type="checkbox"/>
Dollar a Day	<input type="checkbox"/>	Potjiekos Adventure Race	<input type="checkbox"/>	Stalk the Lantern	<input type="checkbox"/>	Unit Winners Week Three	<input type="checkbox"/>
Time Trial Run under 30 mins	<input type="checkbox"/>	Kamoka Sprint	<input type="checkbox"/>	3 Day Hike	<input type="checkbox"/>	Overall Unit Winners	<input type="checkbox"/>
Time Trial Run under 25 mins	<input type="checkbox"/>	Sunrise Solitary	<input type="checkbox"/>	Proudly South African Language Test	<input type="checkbox"/>	Spirit of Kamoka Award	<input type="checkbox"/>
Time Trial Run under 20 mins	<input type="checkbox"/>	Sunset Solitary	<input type="checkbox"/>				

DATE


TEAM KAMOKA





FEEDBACK

Some feedback that we have received on Kamoka Bush School

Thank you for the most incredible time Tayla had at Bush School. Tayla has amazing memories which will last a lifetime. Her “best” activities were the 12 hour solitude, time trial runs and knitting! The dollar a day was tough! She came back with a new perspective on life and has been even more helpful around the house.

You run a well organised programme and we are so grateful that Tayla had a chance to experience Kamoka.

God bless
Kind regards
Erik and Les van Eck
2013

At the outset I would like to thank you for the experience afforded to my son. We are still talking about Bush School stories.

Bush School was an experience for both, Neresh, Sirini and myself back at home as well as for Kimren whom you shared 20 days with. We have a new appreciation for our young man and missed him immensely. I will treasure his bush school letters forever. Kimren enjoyed and made the most of bush school and has come back home a more grounded individual not to mention the loads of dirty laundry. Being the first child, Kimren has always been responsible, caring and loving but since his return we have seen a different level of maturity. He talks about his dollar a day, camp out, and other daily activities with such pride. At this stage he seems to have the self-confidence to take on the world and this makes us very proud as parents.

Mrs Doyle, a special thank you to you and your team for making Kamoka such a special adventure. I want to compliment you on the facility and your accommodating nature to make every boy feel special and wanted. Kimren only has great things to say about you and your family.

Kimren has already informed us that he will be going to Kamoka in the next few years as part of his community service and to help out with the upkeep of the facilities. Us city slickers, sometimes forget the simple comforts of hot water etc. but Kimren has a new appreciation of all his comforts. The camaraderie amongst the boys will ensure networks for life.

Mr Knowles, thanks for taking out 3 days away from your home (as well as all the other teachers) to get to know and teach our boys. Your commitment and passion is indeed noted.

Please pass on our thanks to the rest of the team. We yet again walk away with another great Saints Experience!

Regards
Kavenna Pather
2011

Dear Kate and the entire Kamoka Team,

As I write this I am quietly having a little ‘drizz’!! So touched and so humbled by the ‘man’ that Tom has become in the past three weeks!! We have listened to hours of the most amazing experiences that Tom has had at Kamoka and cannot believe what an incredible change we see in him!!

Thomas’ words when he stepped out of the bus this morning were....”Mom I have just experienced a life changing three weeks that I will never ever forget!!! I loved every single minute of it and I need to go back!!” These words spoken from a boy that was anxious for four months prior to this adventure!! This from a boy who battled so with nights away from home and this from a boy who wished it wasn’t compulsory to come at all!!!

It is almost as though there has been a deeply spiritual awakening in him, so profound that we can hardly contain our pride!! He has shared deep stories about feelings that he experienced, insights that he reflected upon and the tolerance that he discovered he had.

Kate, Kamoka could so easily be a negative experience, a mini “bos beraad” to toughen them up and to make them suffer under harsh rules and punishment. It could so easily be an ‘express’ army experience - to give the boys a taste of deprivation and rough treatment. Instead you have given them an experience that has made them emotionally aware, inspired and motivated and an experience that in their entire lifetime, they will never forget.

We are so completely touched, humbled and bowled over by Tom receiving the “Spirit of Kamoka” award. He put his head in his hands and said “Mom what an honour and what a moment it was when my name was called....so unexpected.....it has changed me as a human being”

Thank you to your team. Staff that embrace these boys as if they are their own. For showing the boys respect and humility and for being so darn pleasant! You can be so proud Kate of what you are doing for these boys. You can be so proud of creating a place that is making happy memories and creating fulfilling chapters in our boys’ lives!

When a parent sends their children to school, all they ask is for their child to be safe, happy, content and cared for. Boy oh boy, did they ever realize that when they send them to bush school they are getting all of that and a thousand percent more!!!! Through your leadership, gentleness, kindness, patience and commitment you are providing a microcosm of challenging yet privileged life experiences in a beautiful, serene and peaceful place!!

Thank you for everything that Kamoka has meant to Tom, thank you to the entire team, staff, teachers and visiting speakers for making a difference and thank you for the time and effort in ensuring that Kamoka is so completely unforgettable.

We look forward to the many more snippets from Tom that simply proves that Kamoka is so valuable! Tom will be back, come Solitary or Polar Bear!! Thank you!!

Take care and kind regards
Louise and Ingo Eichner
2013

Michael absolutely loved Bush School. He talked and talked when he arrived home: about the Solitudes (I think that's what you call them) and about watching the stars in the quiet hours of the night; about the hike and all the physical challenges of running and collecting firewood and swimming in the dam; about the Bush Guides course and all he noticed, appreciated and learned about the wild; about being with friends and learning good and not-so-good things about his peers; about being responsible for his own daily cleaning; about the dollar-a-day and the way it has opened his eyes to the needs of others; and about many, many other new and interesting perspectives he has gained.

What an extraordinary opportunity this was for our young man. We are so grateful for the tremendous privilege. We know that many, many people are part of the team that makes it all 'happen' (as if by magic for us and for our children) and we wish to thank all of you.

Please will you forward this mail to the Doyle's – their service to our son is beyond measure.

Yours sincerely
Ruth and Alistair Stewart
2013

I just wanted to say a very BIG THANK YOU to you and your team. Devon had an amazing experience at Kamoka bush school. He realized that he could do anything if he put his mind to it. The challenges he said were amazing. I certainly have seen a change in him, a very positive one.

He still wears shorts and t shirts even in the chilly Highveld winter here :)
Keep doing the excellent work you are doing! You are changing young boy's lives in a very positive way!

Thanks again for keeping an eye on my boy. It's greatly appreciated!

Kind regards
Sylvia Pugin
2013

COMMENTS FROM PAST STUDENTS

"I was surprised by the food – it was amazing and was not expected!" Kate Hill

"I was surprised that I didn't miss my phone" Megan Sly

"I loved the hike, the food, the accommodation and the activities" Leanne Wilson

"I was surprised by how much I pushed myself and how adventurous I became" Orea Vidja

"My highlight at Bush School was learning to be independent" Nicky Damico

"My highlight at Bush School was the nature and the beauty of 500 hectares of game farm" Robynne Cleasby



Kamoka Bush School practices the Leave No Trace Seven Principles in all its outdoor activities. If you would like to find out more about using Leave No Trace in your organization please contact Mike Doyle on 0832989944 or mdoyle@stithian.com. Join and spread the good work of Outdoor Education.

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KAMOKA BUSH SCHOOL

Buffelshoek Farm 384KR, Modimolle, Limpopo

PO Box 2942, Modimolle 0510

www.kamokabushschool.com



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