“I Am Because We Are”
Ubuntu and the Heart of Nursing Practice

A South African Study Tour

22nd January to 2nd February 2027

South Africa

EDUCATION *at* SEA

NURSES FOR NURSES NETWORK

02 7908 7774
enquiries@educationatsea.com.au
www.educationatsea.com.au

SYNOPSIS:

This study tour explores the African philosophy of Ubuntu, commonly expressed as “I am because we are”, and its relevance to contemporary nursing practice, teamwork and community health. Ubuntu emphasises interconnectedness, shared responsibility and the belief that individual wellbeing is inseparable from the wellbeing of others. These values align closely with the foundations of nursing, yet are often challenged by modern healthcare systems shaped by workload pressures, task-driven models of care and professional silos.

Through guided cultural experiences, community engagement and discussions with South African health professionals, participants will examine how Ubuntu is reflected in everyday healthcare delivery, family involvement, community-based services and interprofessional relationships. The tour will explore how historical, social and economic factors have shaped health systems in South Africa, and how collective approaches to care continue to influence health practices across hospital, primary care and community settings.

Participants will be encouraged to reflect on how Ubuntu contrasts with, complements or challenges Australian healthcare models, particularly in relation to professional boundaries, teamwork, cultural safety, patient-centred care and workforce wellbeing.

The study tour will also consider how nurses can incorporate principles of relational practice, shared decision-making and community connection into their own workplaces without compromising professional standards or safety.

This program is designed to support nurses to think differently about care delivery, leadership and professional identity, using Ubuntu as a lens to re-examine what it means to work in a profession built on connection, compassion and collective responsibility — even within complex, high-pressure health systems.

Learning outcomes:

On completion of this study tour, participants will be able to:

- Explain the core principles of Ubuntu and analyse how this philosophy influences healthcare relationships, teamwork and community-based models of care in South Africa.
- Critically compare Ubuntu-informed approaches to care with Australian nursing practice, identifying similarities, differences and implications for patient-centred and culturally responsive care.
- Evaluate how social, historical and economic factors shape health service delivery and health outcomes in South African communities, and reflect on parallels within Australian healthcare contexts.
- Identify practical strategies for integrating relational, community-focused principles into everyday nursing practice while maintaining professional standards, safety and ethical responsibilities.

This educational content has been developed specifically for this study tour by the program provider. While informed by established cultural concepts and contemporary nursing practice frameworks, the material represents original work and has not been reproduced from existing publications or training programs.

LEAD ACADEMIC FACILITATOR:

Professor Mavis Mulaudzi

BCur(Unisa),B Cur Hons(Unisa), M Cur(Unisa)D Littet Phil(Unisa), Post Graduate Diploma in Health Research Ethics(UCT), R/M, R/M

Professor Fhumulani Mavis Mulaudzi is the South African Research Chair (SARChI) in the Ubuntu Community Model in Nursing and a Professor of Nursing at the University of Pretoria. With more than 37 years of professional experience, she is widely recognised for her leadership, scholarship, and commitment to advancing nursing practice in South Africa and beyond.

Professor Mulaudzi served for a decade as Head of the Department of Nursing Science and later spent five years as Chair of the School of Health Care Sciences. Her career has been marked by significant leadership roles across national, and international nursing and health organisations, reflecting her strong influence on policy, education, and professional development.

She has held prominent positions including Chairperson of the Forum for University Nursing Deans in South Africa (FUNDISA), a QUAD member of the African Regulatory Committee, African Regional Coordinator of Sigma Theta Tau, President of the Chi Xi at-Large Chapter, and Treasurer of the Committee of South African Health Science Deans. She is also a founding member of the Academy of Science Nursing in South Africa (ANSA) and has served three terms on the CSIR Research Committee. In addition, she has been Deputy Chair of Bamboo Bridge International, an organisation that promotes traditional healing and complementary approaches to care.

Professor Mulaudzi's contribution to research has been widely recognised. She was a runner-up for the Distinguished Women in Science Award in 2011 for her work in Indigenous Knowledge Systems, and she is currently a C3-rated researcher with the National Research Foundation (NRF). Her research focuses on human rights and ethics, HIV and AIDS, reproductive health, and Indigenous Knowledge Systems, with a strong emphasis on the philosophy of Ubuntu in nursing ethics and practice.

She currently serves as Editor-in-Chief of Curationis, a leading nursing journal, is a member of the SciELO Advisory Board, and holds the position of Deputy President of the Democratic Nursing Organisation of South Africa (DENOSA). Her expertise and influence are further reflected in her frequent invitations to deliver keynote addresses at national and international conferences.

FACILITATOR:

Sue Walker

RN, BN, BN (ADMIN), MPHC (PALCARE), MACN Specialist Nurse Educator

Sue is the director and co-founder of the Nurses for Nurses Network. Sue is a key contributor to the online education platform Nursing CPD – a Continuing Professional Development platform to assist Nurses in meeting their annual CPD requirements.

As a Registered Nurse, Sue holds Degrees in both Nursing and Health Administration, a Master's Degree in Public Health, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, and Training and Assessment. She is also an Accredited Mental Health First Aid Trainer, Mindfulness Practitioner, and Clinical Supervisor.

Sue has extensive experience as a clinician, educator, and senior manager. She has presented at local and international conferences on many topics including, key issues in healthcare, such as the psychological impact of the work that Nurses do and how the work requirements to deliver healthcare impact the health of the clinician. Other topics presented comprise of Nursing Leadership, Emergency Management, Mental health, Aged Care, Advanced Life Support, Assertiveness, Grief and Loss, and Workplace Bullying.

Sue is passionate about making a difference in how the community and Nurses experience the healthcare system.

"Nurses are the backbone of the healthcare system and work in difficult environments that can take advantage of their commitment to ensuring the best possible care is delivered. To continue to meet professional and community expectations Nurses and Midwives need to acknowledge their unique contribution to health care delivery and assert their collective strength to safeguard the community and ensure their ongoing professional needs are recognised and met.

Healthcare should be delivered by competent, knowledgeable individuals to ensure the best possible experience for the recipient of that care. Nursing is a fabulous profession. The knowledge and skill of the individual Nurse will have the greatest influence on the happiness and health outcomes of each and every client".

OUR CONVENOR:

Jason Dawson

BNSc

Jason Dawson is from the Gold Coast, Queensland. Whilst studying his Bachelor of Nursing at Southern Cross University he developed an interest in mental health and has worked in this field of nursing for many years since completing his studies in 2008.

In this time, Jason has undertaken varied roles including Acute Inpatient Nursing, Community Nursing, clinical facilitating and Nurse Unit Manager positions.

In 2012, Jason combined his passion for nursing with his love of travel and founded CPD Cruise Pty Ltd with the view to providing Nurses the opportunity to update and improve their skills in diverse and unique locations.

INCLUSIONS:

TOUR INCLUSIONS:

- 4 night(s) Accommodation at Radisson RED Cape Town V&A Waterfront in a Standard Room with Mountain View on a Bed and Breakfast basis.
- Half Day Conference at Radisson Red V&A Waterfront Hotel including tea and coffee breaks with snacks.
- Dinner at GOLD Restaurant: Dinner & Live Entertainment
- Full Day Private Cape Peninsula Tour including, Chapmans Peak Drive, Cape of Goodhope (Cape Point), Cape Point - Funicular, Boulders Beach and Groote Schuur Heart Museum
- Meal at Seaforth Restaurant: Set Menu E - Half Crayfish
- Full Day Private Winelands Tour including lunch
- 4 night(s) Accommodation at Shiduli Private Game Reserve in a Luxury Suite on a Full Board basis.
- 3 night(s) Accommodation at Protea Hotel Johannesburg Balalaika Sandton in a Guest Room on a Bed and Breakfast basis.
- Hector Pieterson Museum
- Mandela's House
- Lunch at Sakhumzi Restaurant
- Transportation as per itinerary above
- Gratuities for tourist guides, drivers, game rangers and trackers
- Donations to every health care facility we visit

PROGRAM INCLUSIONS:

- An extensive program based on current best practice
- Dedicated Space for expert presentations and reflection
- Coffee breaks and lunches on presentation days
- Education content that meets the same exacting standards as anything offered in an Australian program
- Presenters that are excited to be able to share their skill, knowledge, and passion
- An online library filled to the brim with educational content that allows you to create your own learning experience
- A Registration Reception including complimentary drinks where you can meet other Attendees and network with Convenors and Presenter/s
- A Transcript reflecting all education sessions, presentations and hospital/health centre site visits
- A Certificate of Completion identifying the CPD hours attached to the Program for you to include in your CPD Evidence Portfolio

FULL ITINERARY:

DAY 1:
22nd January 2027

Radisson RED Cape Town V&A Waterfront, Cape Town, South Africa

Inclusions:
Drinks reception

Arrive in Cape Town – Welcome to South Africa!

Voted one of the best places in the world to visit by the prestigious The New York Times, Cape Town is among South Africa's most popular destinations, offering a vibrant blend of multicultural city life, outdoor adventure, and coastal relaxation.

Set on the city's iconic waterfront, Radisson RED Cape Town V&A Waterfront delivers a true love-at-first-sight experience. A haven for art lovers, the hotel features bold artworks throughout every room and suite. Guests can enjoy Cape Town's craft food and drink scene at OUIBar + KTCHN, or unwind at the rooftop pool and terrace, soaking in sweeping views across the waterfront and beyond.

5pm to 6pm: Welcome registration function

DAY 2:
23rd January 2027

Radisson RED Cape Town V&A Waterfront, Cape Town, South Africa

Inclusions:
Breakfast
Morning Tea
Lunch

Half Conference Day:

Coming soon...

Visit to local hospital:

We will visit a local hospital and review the similarities and differences – this is an opportunity to learn from each other.

Evening: GOLD Restaurant for Dinner & Live Entertainment

At 6:00 pm, we will be picked up and transferred to GOLD Restaurant for an immersive dining experience often described as a “taste safari.” This vibrant evening celebrates African culture through food, music, and storytelling in a lively yet welcoming setting.

Guests will enjoy a 14-course set menu showcasing authentic Cape Malay and African cuisine, paired with live performances unfolding throughout the restaurant. From praise singing and Malian puppetry to marimba rhythms and traditional dance, the entertainment brings African stories to life right at your table.

Before dinner, feel the heartbeat of Africa during an interactive djembe drumming session, where guests are invited to join in and connect through rhythm. It’s an inspiring and sensory-rich introduction to the spirit of Africa, blending culture, cuisine, and celebration into a memorable evening.

DAY 3:
24th January 2027

Radisson RED Cape Town V&A Waterfront, Cape Town, South Africa

Inclusions:
Breakfast,
Lunch

Full Day Cape Peninsula Tour with visit to the Heart Museum.

We depart at 8:30am for a scenic journey along the Cape Peninsula, starting with one of South Africa’s most iconic coastal roads.

Chapman’s Peak Drive

Travel along the world-famous Chapman’s Peak Drive, a spectacular 9 km coastal road linking Hout Bay and Noordhoek. Built during the First World War, the route winds along dramatic cliffs with sweeping ocean views, making it one of the most scenic marine drives in the world.

Cape Point

Visit Cape Point, located at the south-western tip of the Cape Peninsula, where rugged coastline and expansive ocean views define the landscape. Time is allocated to enjoy the viewpoints and lighthouse area.
Guests will have the option to take the Flying Dutchman Funicular, offering an easy and scenic ride from the car park to the historic lighthouse and panoramic viewing points.

Boulders Beach

Continue to Boulders Beach, home to a protected colony of African penguins. Boardwalks allow for close viewing of the penguins in their natural habitat, with the surrounding granite boulders and sheltered bay providing a unique coastal setting.

Lunch – Seaforth Restaurant (Set Menu)

Enjoy lunch at Seaforth Restaurant, perfectly positioned on the white sands of Seaforth Beach with uninterrupted ocean and mountain views. Penguins are often seen swimming nearby.

Menu includes:

Starter: Summer Salad or Tomato-based Soup
Main: False Bay Seafood Platter
Dessert: Malva Pudding with Crème Anglaise or Chocolate Mousse

Tea / Coffee

*A vegetarian option is available with prior notice.
*Additional drinks at own expense

Groote Schuur Hospital: Tour of the Heart Museum

The Heart of Cape Town Museum is situated in the original operating rooms where the world's first heart transplant was performed by Professor Christiaan Barnard and his team, on 3rd December 1967. The operating rooms have been set up to look exactly as they did at the time and the whole team of doctors and nurses are represented in the form of very lifelike models, much like Madame Tussaud's in London. The tours take approximately 1.5 to 2 hours and are conducted by experienced on-site tour guides who recreate all the drama of that night in each exhibition room.

DAY 4:
25th January 2027

Radisson RED Cape Town V&A Waterfront, Cape Town, South Africa

Inclusions:
Breakfast,
Wine Tasting

Full Day Private Winelands Tour including Lunch

While South Africa's fertile valleys are world famous for their crisp white and classic French-style red wines, the area is also a treasury of rustic beauty and sprawling estates shaded by giant oak trees.

The day starts with a visit to Paarl where guests will be struck by the beauty of the Valley, the pristine blue sky, the rolling vineyards, and the Pearl of Paarl set high above the valley. Paarl made headlines when President Mandela was released from the Groot Drakenstein prison (formerly known as Victor Verster prison), on the outskirts of the town, to freedom and the start of the new South Africa. Guests will enjoy a wine tasting at one of the local estates.

From Paarl, guests will continue north-west to the beautiful village of Franschhoek, near the Drakenstein Mountains founded in 1688 by French immigrants fleeing the Huguenot religious persecution in Europe. A memorial in the town commemorates the arrival of these early settlers who helped develop the wines sought after by Napoleon, Bismarck, and royalty such as Edward VII, the Prince of Wales. Here we will stop for lunch and another wine tasting at a local vineyard.

Guests will then head to Stellenbosch, the second oldest town in South Africa and the historic heart of the country's wine region. In 1679, Dutch East India Company governor Simon van der Stel, recognized the fertility of this long valley on the banks of the Eerste River, as perfect for vineyards. The rest is history, which has been carefully cultivated in this town. A gracious blend of 18th-century Cape Dutch, Georgian and Victorian buildings is evident on Dorp Street, where massive oaks still shade original water furrows. Enjoy a final wine tasting before returning to Cape Town.

Enjoy the rest of the day at your own leisure.

DAY 5:
26th January 2027

Shiduli Private Game Reserve

Inclusions:
Breakfast
Lunch
Dinner

Cape Town ✈️Limpopo – Your Safari Begins!

Time TBA: Transfer to Cape Town International Airport for your flight to Hoedspruit Airport (HDS).

On arrival in Hoedspruit, transfer to Shiduli Private Game Reserve, set in the wildlife-rich Limpopo province.

Limpopo is home to some of South Africa's finest nature reserves and offers outstanding opportunities for wildlife viewing. Bordering the world-famous Kruger National Park, the region is known for its dramatic landscapes, rich biodiversity, and strong sense of place. Nearby Phalaborwa is the only town in South Africa that borders Kruger, where everyday life often unfolds alongside roaming wildlife.

This is a land of remarkable sights and sounds — from golden sunsets over the bushveld to the flavours of local cuisine — where African culture, landscape, and wildlife come together.

Self Directed Learning:
Coming soon...

4pm – First Game Drive

Head out on your first safari experience, an unforgettable introduction to the African bush as the day cools and wildlife becomes active.

Evening: Enjoy a delicious dinner back at the reserve

DAY 6:
27th January 2027

Shiduli Private Game Reserve

Inclusions:
Breakfast
Lunch
Dinner

Wake to the sounds of the African bush at Shiduli Private Game Lodge, set within the pristine Karongwe Game Reserve. This diverse reserve is home to the Big Five—lion, leopard, elephant, rhino and buffalo—along with cheetah and hippo.

Morning Game Drive: 5.30am to 8.45am
Venture out at first light when wildlife is most active. Sightings may include elephant herds moving through the bush, giraffe browsing acacia trees, zebra and antelope grazing the plains, and predators returning from the night's hunt.

Late Morning
Breakfast and leisure time at the lodge—relax by the pool or enjoy the peaceful surrounds.

Self directed Learning:
Coming soon...

Lunch: Enjoy a relaxed lunch at the reserve

Afternoon Game Drive: 4pm to 7pm
As temperatures cool, look out for lions, leopards, hyena, and plains game gathering near water sources. End the drive with sundowners at sunset in the bush.

Evening: Enjoy a delicious dinner back at the reserve

DAY 7:
28th January 2027

Shiduli Private Game Reserve

Inclusions:
Breakfast
Lunch
Dinner

A full day to immerse yourself in Africa untamed, balanced with comfort and quiet moments.

Morning Game Drive: 5.30am to 8.45am
Search for elusive species such as leopard and cheetah, alongside warthog, kudu, impala, wildebeest, and a wide variety of birdlife.

Late Morning
Breakfast and leisure time at the lodge—relax by the pool or enjoy the peaceful surrounds.

Self directed Learning:
Coming soon...

Afternoon Game Drive: 4pm to 7pm
Another sunset safari, capped off with sundowners in the bush—again, purely celebratory, very non-clinical.

Evening: Enjoy a delicious dinner back at the reserve

DAY 8:
29th January 2027

Shiduli Private Game Reserve

Inclusions:
Breakfast
Lunch
Dinner

Your last full day captures the rhythm of safari living—early mornings, relaxed afternoons, and unforgettable evenings.

Morning Game Drive: 5.30am to 8.45am
A final opportunity to spot rhino, elephant, lion, and perhaps a last leopard sighting.

Late Morning
Breakfast and leisure time at the lodge—relax by the pool or enjoy the peaceful surrounds.

Self directed Learning:
Coming soon...

Lunch: Enjoy a relaxed lunch at the reserve

Afternoon Game Drive: 4pm to 7pm
Conclude with a farewell safari and final sundowners at sunset—the only side effect is smiling.

Evening: Enjoy a delicious dinner back at the reserve

DAY 9:
30th January 2027

Protea Hotel
Johannesburg Balalaika
Sandton

Inclusions:
Breakfast

Karongwe ✈️ Johannesburg (Sandton)

Time TBA: Transfer to Shiduli Private Game Reserve to Hoedspruit Airport (HDS)

Once we arrive at the hotel, you are free to relax or head out and start exploring.

Johannesburg is a vast and fascinating city where contrasts come together to create a place of energy, diversity, and character. Located in Gauteng, it is home to the world's largest urban forest, with around 10 million trees, and serves as South Africa's economic heart, offering some of the country's best shopping, dining, and cultural experiences.

From important historical sites such as the Apartheid Museum and Constitution Hill to the buzz of Nelson Mandela Square and Sandton City, there is plenty to discover. For those wanting a deeper cultural experience, township tours and a visit to the creative Maboneng Precinct — a lively hub of art, food, and urban culture — offer a rewarding glimpse into the city's vibrant spirit.

DAY 10:
31st January 2027

Protea Hotel
Johannesburg Balalaika
Sandton

Inclusions:
Breakfast

Half Conference Day:

Coming soon...

Visit to local hospital:

We will visit a local hospital and review the similarities and differences – this is an opportunity to learn from each other.

DAY 11:
1st February 2027

Protea Hotel
Johannesburg Balalaika
Sandton

Inclusions:
Breakfast
Lunch

Full Day Johannesburg City Orientation and Soweto Tour including Healthcare facility visit

Hector Pieterson Museum

Visit the Hector Pieterson Museum, which commemorates the events of 16 June 1976, when schoolchildren protested against the imposition of Afrikaans as the medium of instruction. The uprising became a pivotal moment in the anti-apartheid struggle. Twelve-year-old Hector Pieterson, who was killed during the protest, has come to symbolise the courage of the youth who stood against injustice. Today, 16 June is marked nationally as Youth Day in remembrance of those who lost their lives.

Mandela House – Orlando West

Continue to Mandela House, a national monument and former home of Nelson Mandela from 1946 through the 1990s. Managed by the Soweto Heritage Trust, the house has been carefully restored and features multimedia and audio-visual displays that offer insight into Mandela's family life and personal journey. This visit provides a deeply meaningful connection to South Africa's political and social history.

Lunch at Sakhumzi Restaurant

Enjoy lunch at Sakhumzi Restaurant, a well-known local favourite in the heart of Soweto. The restaurant serves traditional South African cuisine such as pap and vleis, chakalaka, and boerewors, all within a lively and welcoming setting that reflects the vibrant spirit of the community.

DAY 12:
2nd February 2027

Inclusions:
Breakfast

We say our final goodbyes - safe travels

EXCLUSIONS:

- Airfares to and from South Africa
- Arrival Transfer
- All other meals not mentioned in the itinerary
- Personal expenses such as alcoholic and other beverages, telephone calls and laundry
- Departure airport transfer
- Gratuities for meals
- Any other services not mentioned above

COST:

Twin Share	$9195 per person

SINGLE TRAVELLERS:

Please note that if you are travelling on your own, you will be paired with another single traveller, as accommodation at the safari lodge is limited. Single occupancy can be arranged on request, however a single supplement of $4100 will apply.