



# THE AFRICAN STAR

A SELF-TRANSFORMATION ADVENTURE RETREAT



## WELCOME TO THE AFRICAN STAR!



Hello!

I'm beyond excited that you'll be coming with me to Londolozi for the African STAR. It might be a long way to travel, but there is no way to transport the magic of the South African wilderness. As National Geographic put it, this place "reconnects us to something old and fundamental inside of ourselves: a wordless brotherhood with the non-human; a lost intuitive understanding."

You'll receive more communication from my team as we move closer to the trip, but I hope this guide will answer many of your questions so that you can begin your planning. In addition, we will also be sending you some pre-work questions about four weeks before the trip that will help us give you the best possible experience.

If there is anything else we can do to help you prepare for the STAR after perusing this guide, please let us know. Again, I'm THRILLED that you'll be with us. I can hardly wait!

Best wishes,







## YOUR STAR CONCIERGE

If you're anything like me, you'll have a lot of questions about the logistics and content of the STAR. While we've tried to anticipate as many logistical questions as we can in this guide, you should also feel free to send questions to our STAR concierge at [africanstar@marthabeck.com](mailto:africanstar@marthabeck.com).

## RECOMMENDED READING AND PREWORK

If you have not joined us for a STAR in the past, we will send you a copy of my book, *Finding Your Way in a Wild New World*, and Boyd Varty's book, *The Lion Tracker's Guide to Life* — both of which will whet your appetite for Africa.

If you're up for it, the following books will give you hours of fascinating entertainment as well as great information. They are not required reading! Simply pick one or more of them up to enjoy if you feel so inclined.

- *Diana, Herself*, by Martha Beck
- *The Tracker*, by Tom Brown, Jr.
- *Elephantoms*, by Lyall Watson
- *Tropic of Night*, by Michael Gruber
- *The Full Circle*, by David Varty
- *Cathedral of the Wild*, by Boyd Varty

## YOUR STAR GROUP COMMUNITY SPACE

As a fun way to meet your fellow STAR participants (whom we lovingly call STARlings), we will be setting up a private space inside the Martha Beck Community just for your group. This is a place where you can discuss travel plans, share inspiration, and ask questions. You will receive a separate email with more instructions about how to join the group by early November.







## **STAR ITINERARY**

Here's the thing about the STAR — we have an entire team at Londolozi who are completely dedicated to creating a magical, mystical experience for you. So while we publish this schedule to give you a sense of how the days flow, please know we might be changing things up along the way — all of it geared toward giving you the best possible experience.

### **DAY 1: WELCOME**

**Midday: Arrive at Londolozi, Check in**  
[Actual arrival time TBA.]

#### **3:00 PM: Tea and Introductions**

“Tea” does not accurately describe the afternoon meals at Londolozi. You'll be treated to a delicious and filling meal of a blend of traditional teatime treats, South African dishes and light noshes. The iced coffee is not to be missed!

#### **3:30 PM: Silent Game Drive**

We'll waste no time getting you out into the bush. You'll observe the gorgeous landscape and enchanting animals from an open Land Rover, accompanied by skilled guides and trackers. Assisted by the coaching process, you'll find that the close encounters with nature at its wildest draw you further away from life stress and deeper into peace.

#### **7:00 PM: Dinner/Fire Circle**

We'll return from the game drive and go directly to dinner and the evening coaching session. You'll be served a gourmet meal in the cozy outdoor setting of the “boma.” We'll process what you saw and experienced during the silent game drive and begin diving into tracking your purpose. Be forewarned: one local hyena, affectionately nicknamed “Gorgy,” has developed a habit of dashing through the boma and stealing from the cheese platter.

## DAY 2: ENTERING INNER PEACE

### 6:00 AM: Game Drive

On the game drive that begins this day, you'll implement strategies for quieting your thoughts and enhancing your sense perceptions. In the past, we've found that animals respond to us very differently — with no fear or tension — as the group becomes more deeply calm. This experience will help you “hold” the energy of peace back in your ordinary life.

### 10:00 AM: Breakfast and Morning Coaching Session

Martha will join the group and coach each person to release specific anxiety-producing patterns, habits, and thoughts. As these dissolve, you'll sense the core of peace that can continue to direct your life long after your STAR experience is complete.

### 12–3 PM: Midday Integration/Rest Break

We've found that between jet lag, early mornings, and profound insights, time for rest, reflection, and integration is an essential part of the STAR experience. You can nap, journal, take a yoga class, get a massage, or relax on your private deck and take in the view.

### 3:00 PM: Afternoon Tea/Game Drive

On this game drive, you will enter into an active “conversation” with the wilderness, realizing that you are not separate from nature but part of it — and as such, you are part of its communication system. We have found that our STAR participants often receive dramatic guidance from the land and animals at this stage in the coaching process.

### 6:00 PM: Dinner/Fire Circle

We'll continue the coaching process and debrief the game drive over dinner.

## DAY 3: TRACKING YOUR PURPOSE

### 6:00 AM: On Foot Tracking Exercise/Game Drive

“How did I lose track of my right life?” Almost everyone in civilized society asks this question at some point. When you experience this tracking exercise — learning ancient methods of tracking large animals such as rhinos or elephants — you'll realize that the very skills you need to live your right life are being awakened within you. Half of the group will track during the morning game drive, and the other half in the afternoon. The non-tracking group will go on a game drive as usual.

### 10:00 AM: Breakfast and Morning Coaching Session

Martha will join the group and debrief with the morning's trackers. You will begin to understand viscerally how tracking is the ideal metaphor for finding your right life.

### 12–3 PM: Midday Integration/Rest Break

### 3:00 PM: Afternoon Tea/Game Drive/Tracking

Continuation of morning tracking exercise.

### 6:00 PM: Dinner/Evening Coaching Session

Continuation of the tracking exercise debrief.





## **DAY 4: EMBRACING YOUR POWER**

### **6:00 AM: Morning Game Drive**

This morning begins with a very simple experience: watching nature wake up. From an unusual perspective, you will see the savannah's "night shift" end and the "day shift" begin. This truly is the greatest show on Earth — and you are an integral part of it.

### **10:00 AM: Breakfast and Morning Coaching Session**

Martha will help you shape the ideas and inspiration that are rising to the surface of your consciousness into form. With this guidance, you will learn the skills necessary to connect into your deeper wisdom so that you may guide your life more confidently and joyfully beyond the bushveld.

### **12–3 PM: Midday Integration/Rest Break**

### **3:00 PM: Afternoon Tea/Game Drive**

This game drive is about empowering you to follow through on the plans you've created during coaching sessions. You'll find information in nature — sometimes from the most unexpected sources — that you can help solve the problems of your everyday life and embrace a more powerful version of yourself.

### **6:00 PM: Dinner/Fire Circle**

A celebratory dinner! Expect the unexpected!

## **DAY 5: RECEIVING YOUR PRACTICE**

### **6:00 AM: Final Game Drive, Breakfast, and Closing Session**

Whatever your personal insights from the STAR experience, Martha and the group will help you design a continuing practice to sustain your connection to your true nature. This practice will be both intrinsically rewarding and profoundly life-enhancing. We'll send you off with hugs, group photos, and a lifetime of memories.

### **11:00 AM: Plane Departs Londolozi**





## **SIGHTSEEING IN SOUTH AFRICA**

Many of our STAR participants extend their trip to visit other incredible destinations that are just a relative hop-skip-and-jump from Londolozi. (Cape Town, Victoria Falls, and Botswana are just a few of our favorites.) If you are interested in linking up with your fellow STAR participants for more African adventure, please feel free to use your private community space to connect and make plans.

Many of the STARlings make lifelong friendships and have epic tales of their travels together at Londolozi and beyond.

## **TRAVEL ARRANGEMENTS**

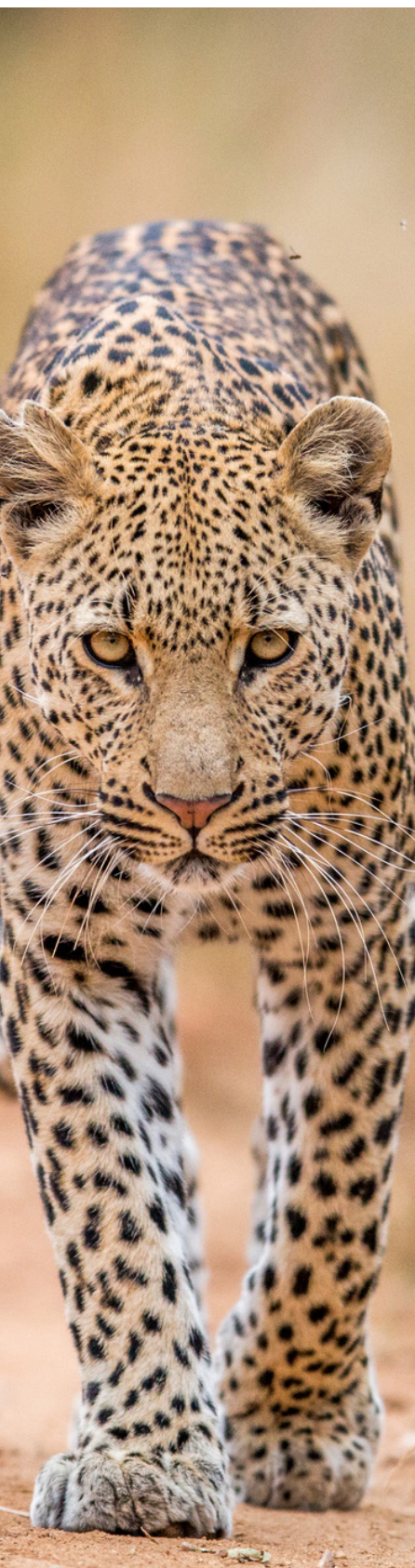
Most STARlings travel to Londolozi via Johannesburg's O.R. Tambo International Airport. We recommend that you arrive in Johannesburg one or two days ahead of time to recuperate from jet lag.

Emma Goodman at [emma@londolozi.co.za](mailto:emma@londolozi.co.za) is your contact at Londolozi for travel arrangements. You will need to email your incoming and outgoing flight and hotel information to Emma so she can arrange your flight to and from Johannesburg to Londolozi. This flight is included in the price of your retreat.

Emma is also your contact if you want to extend your stay at Londolozi either before or after the STAR or if you wish to plan a trip to other destinations while in Africa.







## ACCOMMODATIONS IN JOHANNESBURG

Below are a few suggestions for accommodations in Johannesburg.

### Intercontinental Airport Hotel

Deluxe hotel located only 68.6 meters (225 feet) from the International Arrivals hall at Johannesburg's O.R. Tambo International Airport. <http://www.ihg.com/intercontinental/hotels/gb/en/johannesburg/jnbhc/hoteldetail/>

### City Lodge Hotel

A more budget-friendly option near the airport. More like a Holiday Inn. <https://www.citylodge.co.za/index.php>

### The Palazzo Montecasino

5 star rating. This is a Casino type hotel with entertainment and numerous restaurants, movies, shopping, etc. attached. Very up-market. (But also very Vegas.) Forty minutes from the airport. <https://www.tsogosun.com/the-palazzo-hotel>

### The Michelangelo Towers in Sandton Square

Also attached to the biggest mall in SA with loads of restaurants and shops. About 30 minutes from the airport. <http://www.michelangelotowers.co.za/>

### The Saxon Hotel

For non-budget concerned travelers who want an incredible place to stay in Johannesburg <https://www.saxon.co.za/>

## PASSPORT

Please make sure you have two blank pages in your passport book. You can be denied admission into South Africa if you don't. If you're a big-time world traveler, make sure you have those extra pages! You don't need a visa to visit South Africa, nor are any specific vaccinations required to enter South Africa from the US.

If you are arriving in South Africa from a country other than the US, please check with your country's travel advisory office. If you are traveling to other destinations before or after the STAR, please check with your travel agent for any additional visa or vaccination requirements.



## ANTI-MALARIAL MEDICATION

We get many questions about anti-malarial medication each year, and since we are not medical professionals, we can't give you definitive advice. What we can tell you is that although Londolozi is technically located in a malaria area, they have not had a case of malaria in many, many years. Furthermore, it will be winter when we are there, which further reduces the mosquito population. Please consult a travel doctor and do what feels right for you. If in doubt, err on the side of caution.

Regardless, you should talk to your doctor or travel health clinic about any medications or immunizations that might be right for you. For more information, go to the Centers for Disease Control and Prevention website at <http://wwwnc.cdc.gov/travel/destinations/south-africa.aspx#vaccines>.

Note: If you are traveling to other areas in Africa, you'll need to consult a travel doctor for the recommendations for those areas. Remember to tell your doctor exactly where you are going so the most effective treatment for you can be prescribed.

## CELL PHONES AND INTERNET

As you can imagine, cell phone reception at Londolozi is spotty. Check with your cell phone provider to see if your phone will work internationally and what kind of plan you might need.

There is Wi-Fi available in your Tree Camp suite.



## WHAT TO PACK

Since May/June is late autumn in South Africa, it will be warm when the sun is out and can be quite cold in the mornings and evenings. (Seriously! Morning game drives can come with temperatures around 40° Fahrenheit, or 5° Celsius — please layer warmly!)

Londolozi's "dress code" is very casual, and dinner is served outdoors (don't worry, it's cozy), so don't bother bringing more formal attire for dinner — you won't wear it. Instead, think comfy, warm layers: T-shirts, a thermal layer (at least on the top and full long underwear is not a bad idea for cold morning game drives — you can always peel layers later), long sleeve tees, comfortable pants, shorts for daytime breaks, yoga wear, sturdy walking shoes or hiking boots or trainers, sun hat and sunglasses, sunscreen, lip salve, windbreaker, warm fleece, down or bush jacket, gloves, and a warm hat. Dull and/or neutral colors are suitable for safari, while white is not practical. It is best to pack hardy, durable clothing.

Please note that Federal Air has a checked luggage limit of one bag weighing 20kgs (44 lbs) and one carry-on bag weighing 5kgs (11 lbs) per person. Checked bags should be soft-sided and wheeled bags are acceptable — the preferable style is a rolling duffel. The weight limit is for real, folks! Your luggage *must* come in under this weight limit. If needed, you can securely store extra baggage free of charge at the Federal Air terminal in Johannesburg for the duration of your time at Londolozi.

Londolozi also provides complimentary laundry service.

There is a workout facility on-site and yoga available each day at noon. We'll do our best to break in time for yoga each day, so please pack accordingly.

Hair dryers are available in the rooms, so no need to bring yours.

## CAMERAS

If you are at all interested in taking pictures of the animals you will see, you'll want something that can zoom decently. Remember that you all will be taking photos and you'll discover there are probably some amazing photographers in your group. It's common for everyone to share photos, which makes it nice to just sit back, enjoy, and be present.

Do not pack your camera in your checked luggage. Keep it with you in your carry-on to prevent theft.



## POWER ADAPTORS

You will need power adaptors for your electronic devices. Be sure to get ones specifically for South Africa. Londolozi usually provides one adaptor per room, but you might want at least one more. Here's more information on the types of plugs you'll encounter in South Africa.

South Africa: Electric plug C

Popularly known as the Europlug, the Type C electrical plug is a two-pin unearthed plug used throughout continental Europe, parts of the Middle East, and much of Africa, South America, Central Asia, and the former Soviet republics. The Type C plug is technically known as the CEE 7/16 (Europlug 2.5 A/250 V unearthed).

## GRATUITIES AND MONEY

The Londolozi Camp Manager can help you with gratuities as you check out at the end of your stay. Gratuities are purely at your discretion and they have a recommended way in which you can divide it up amongst the staff. They really want this to be your call, so the staff is reluctant to give a number. We would suggest anywhere from \$500–\$1500 to be divided amongst the staff is a GREAT tip. And really, it is entirely up to you!

You do not need to bring large amounts of cash overseas with you. You can use a debit card to withdraw South African Rand (ZAR) when you arrive, and also you can use your credit card for most purchases. Many vendors do not accept American Express so it would be better to travel with either Visa or Mastercard. We recommend getting a credit card that doesn't charge international exchange fees. You definitely don't need cash at Londolozi.

Destinations outside of South Africa may have different requirements, so please check with your travel agent if you're visiting other destinations.



## SAFETY IN SOUTH AFRICA

You may have questions about personal safety while visiting South Africa. Please check the link below to help answer some of your questions.  
[www.exploresouthafrica.net/safety/](http://www.exploresouthafrica.net/safety/)

### Questions?

Please email [africanstar@marthabeck.com](mailto:africanstar@marthabeck.com).





## AFRICAN STAR CHECKLISTS

Here's a quick checklist to help you prepare for your trip. Please be sure to review the guide thoroughly for additional details and information.

- ☐ Book your flight to and from Johannesburg (additional cost)
- ☐ Reserve your hotel room in Johannesburg (additional cost)
- ☐ Email your incoming and outgoing flight and hotel information to Emma Goodman at [emma@londolozi.co.za](mailto:emma@londolozi.co.za).
- ☐ Send in information about dietary requirements, food allergies, or anything else pertinent to your meal times at Londolozi, to Emma at [emma@londolozi.co.za](mailto:emma@londolozi.co.za).
- ☐ Immunizations: Contact travel doctor for required immunizations and/or medications.



Pack your bag! Include layers, such as:

- ☐ T-shirts
- ☐ Thermal underwear
- ☐ Long-sleeved tees
- ☐ Sweaters/sweatshirts
- ☐ Comfortable pants
- ☐ Shorts for daytime breaks
- ☐ Yoga or workout wear
- ☐ Sturdy walking shoes, hiking boots, or trainers
- ☐ Sun hat and/or sunglasses
- ☐ Sunscreen
- ☐ Wind breaker
- ☐ Warm fleece, down or bush jacket
- ☐ Gloves and hat
- ☐ Lip salve
- ☐ Pack passport: Make sure to have at least two blank pages available.
- ☐ Cell phone: Check with cell phone provider on international plans (optional).
- ☐ Power adaptors
- ☐ Camera
- ☐ Gratuities and money





