

LIONSROCK
Big Cat Sanctuary



Animal welfare & our nutrition

LIONSROCK Big Cat Sanctuary was established by FOUR PAWS, the global animal welfare organisation for animals under direct human influence, which reveals suffering, rescues animals in need, and protects them. Our vision is a world where humans treat animals with respect, empathy, and understanding.

Our Sanctuary creates a safe forever home for over 100 Big Cats and raises awareness about the ethical and holistic treatment of wild animals in captivity. This pristine paradise, nestled in the valley below our iconic LIONSROCK, provides a beautiful, species-appropriate home for our animals. As a guest, you will gain in-depth knowledge about our Big Cats and their stories as well as overall education on the plight of Africa's Big Cats that are under duress globally.

LIONSROCK
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The experience



A unique experience in Animal Welfare

LIONSROCK Big Cat Sanctuary is less than a 4-hour drive from Johannesburg, just outside of the picturesque town of Bethlehem in the Free State.

Home to over 100 Big Cats and the playground of a variety of free-roaming wildlife and a birding enthusiast's dream, the Sanctuary is a refuge and haven for all.

LIONSROCK, with so much to explore and so much to offer, falls under the umbrella of the global FOUR PAWS Organisation.

Through constant research and experience, you will be the happy benefactor of a wealth of information in this lesser-known field of protecting animals at risk.

Why learn at LIONSROCK:

An international and innovative platform focused on special care tailored to each of our unique Big Cats and their needs.

We strive to create the best learning experience based on behaviour change education framework and real-life learning approach that is supported by enriching experiences. As a high impact centre, we put emphasis on learning by doing, and doing in the service of one welfare: a complimentary nexus of animal welfare, human welfare, and environmental sustainability.

Our FOUR PAWS Founder, Heli Dungler, with his courage and passion, has shaped animal welfare worldwide. From a small group of animal welfare activists in Austria, he built the global animal welfare organization for animals under human influence, which reveals suffering worldwide, rescues animals in need, and protects them.

Every visitor to the Sanctuary, whether a volunteer or guest, contributes to this mission.

“It’s pretty amazing to wake up every morning, knowing that every decision I make is to cause as little harm as possible.

It’s a pretty fantastic way to live.”

- Colleen Patrick-Goudreau

Course outline

LIONSROCK is one of only five true sanctuaries in the country but is unique in so many ways. You will meet our dynamic team who have dedicated their lives to this field.

You will assist and learn first-hand from our resident experts about pressing animal welfare issues and what can be done about them. Learn, lend a hand and just enjoy what will undoubtedly be a life-altering course and break from your everyday routine. Arrive as a participant and leave a little more adept and as an ambassador for all that is good about life and the world of animal welfare. Factory farming is the leading cause of animal cruelty worldwide and is a major contributor to

numerous global problems. How can human welfare be improved without compromising animal welfare and environmental sustainability? Is eating animal-based products necessary for human welfare, even at the expense of animal welfare? Where can the line be drawn?

One of the important and easiest ways to tackle the negative implications of factory farming is through diet change.

We can all make an impactful and positive contribution towards animal welfare by drastically reducing our consumption of animal-based products and increasing the intake of plant-based foods. We encourage people to follow and support an animal-friendly lifestyle by reducing their consumption of animal-based products and replacing them in their diet with plant-based alternatives.



Good Beginning

Did you know: About 80 billion land animals and at least one trillion sea animals are killed each year? Almost all the animals killed each year are sentient? A cow, lioness or tigress feels the pain of being separated from her baby like any human mother would? Livestock agriculture is one of the biggest contributors to animal suffering?

Animal welfare-human nutrition connection

Is eating animal-based foods an unavoidable necessity for our welfare?
How can we produce enough food to meet the increasing human population without compromising animal welfare and environmental sustainability?
The idea of One Welfare is giving way to a new unity; that animal welfare, human welfare and environmental sustainability can be compatible. Actions at individual level through our food consumption behaviours and food choices can make an impactful contribution towards One Welfare.

Win-Win-Win is possible in Health, Animal Welfare and Environment:

The negative impact our food consumption habits have on both animal welfare and the environment, in addition to our personal health is being increasingly exposed, with strong calls to reduce our consumption of animal products. Despite these escalating concerns, the consumption of animal

products continues to rise. Here, we assess the trade-offs between animal welfare, nutritional quality, and environmental sustainability, and where win-win-wins are possible.

Sustainable Solutions: How can you help?

Everyone can make an impactful positive contribution towards animal welfare by drastically reducing one's consumption of animal-based products and increasing the intake of plant-based foods. FOUR PAWS encourage people to follow and support an animal-friendly lifestyle by reducing their consumption of animal-based products and replacing them in their diet with plant-based alternatives.

Practical activity:

Make your own meal with guest chef.

With the variety of healthy animal friendly food choices available, it is easier than ever to find great tips and advice on how to embark on plant-based eating.

Practical activity: Environmental-friendly vegetable garden with Vegetation Dept.

You can make a meaningful contribution towards animal welfare and environmental sustainability by starting or supporting ecologically friendly small-scale or backyard gardens for own household consumption as a sustainable alternative to buying products produced through environmentally unfriendly practices.



The package

FULL BOARD

3 Nights | 4 days (Full Board)

R6 130 (Per person)

R5 530 (Per Person - sharing)

INCLUDES: Accommodation, all meals, conference facilities, pen, notepad and Wi-Fi.

EXCLUDES: Any additional tours, beverages after breakfast service, all alcoholic beverages, Visa fees, flights, or road transfers. An airport shuttle can be arranged for you at an additional fee. Excludes anything not clearly stated above.

MINIMUM REQUIREMENTS: A basic understanding of the english language.

Must be 18 years or older.

THEORY: Introduction & overview of the program | Good Beginning | Animal welfare-human nutrition connection | Win-Win-Win is possible in Health, Animal Welfare and Environment | Sustainable Solutions: How can you help?

PRACTICAL ACTIVITY: Make your own meal with guest chef | Environmental-friendly vegetable garden with Vegetation Dept.

EXPERIENCE THE SANCTUARY:

Standard Tour | Feeding tour | Participate in the enrichment tour | Sanctuary walking tour

BECAUSE YOU DESERVE IT: Special Boma bonfire welcome | Fun V-edgy team-building dinner - try to outdo our chefs! | Special cave dinner on your last night.

Extend your stay with us and explore the beautiful attractions in and around Bethlehem like a visit to Clarens or Golden Gate.

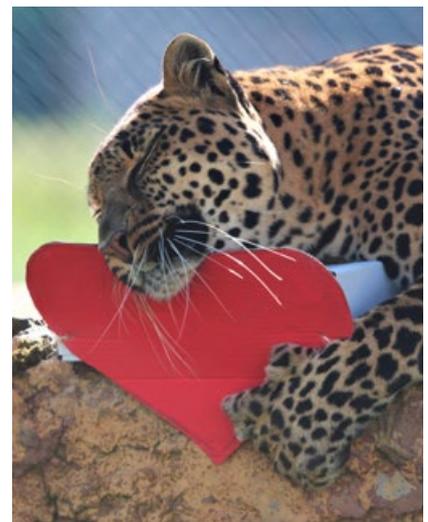
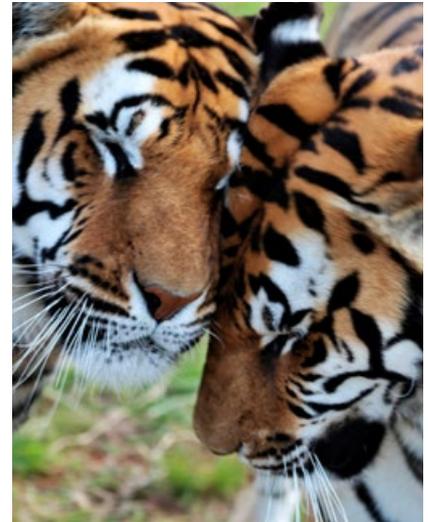
Ask our friendly staff at reception to assist with your external activity bookings and itinerary.

ADDITIONAL NIGHTS (Excluding your activities):

R1500 per person (Full Board)

Programme

#MOODMONDAY (DAY 1)	
14h00	Arrival, check-in, and orientation
15h30	Standard Tour
17h30	Welcome drinks and informal introduction at Boma
18h00	Dinner at Restaurant
#TRANSFORMATIONTUESDAY (DAY 2)	
07h30 - 08h30	Breakfast at Restaurant
08h30 - 09h00	Introduction & overview of the program
10h00 - 12h00	Good Beginning
12h00 - 13h00	Lunch at the restaurant
13h00 - 15h00	Animal welfare-human nutrition connection
15h00 - 15h30	Tea break
15h30 - 17h00	Win-Win-Win is possible in Health, Animal Welfare and Environment
17h00 - 18h00	Free Time
18H00	V-edgy self-prep team dinner at Boma. Ingredients and guidance by guest chef
#WEDNESDAYWISDOM - (DAY 3)	
07h30 - 08h30	Breakfast
08h30 - 10h00	Sustainable Solutions: How can you help?
10h00 - 10h30	Mid-morning tea break
10h30 - 13h00	Practical activity: Make your own meal with chef
13h00 - 14h00	Lunch
14h00 - 16h30	Practical activity: environmental-friendly vegetable garden with Vegetation Dept.
17h00 - 19h00	Cave picnic dinner and chat around the fire about the final topic:- What You Can Do? - Speak up! & Top Tips
#THOUGHTFULTHURSDAY (DAY 4)	
07h30 - 08h30	Breakfast
08h30 - 09h30	Recap
10h00	Settle accounts, check out and depart



YOUR TYPICAL DAY AT LIONSROCK:

First thing to note is that no two days at this magical sanctuary are ever the same but this will give you a basic outline.

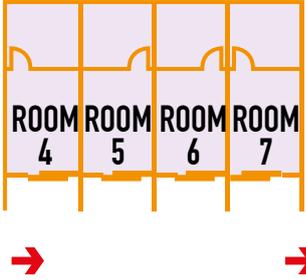
06h30	08h30	12h00	13h00	15h00	17h00	18h00
Breakfast at 07h30	1st session 08h30	Lunch at VSA*	2nd session 13h00	Tea break	Session end	Diner at VSA*

*VSA - Visitors Service Area



Accommodation

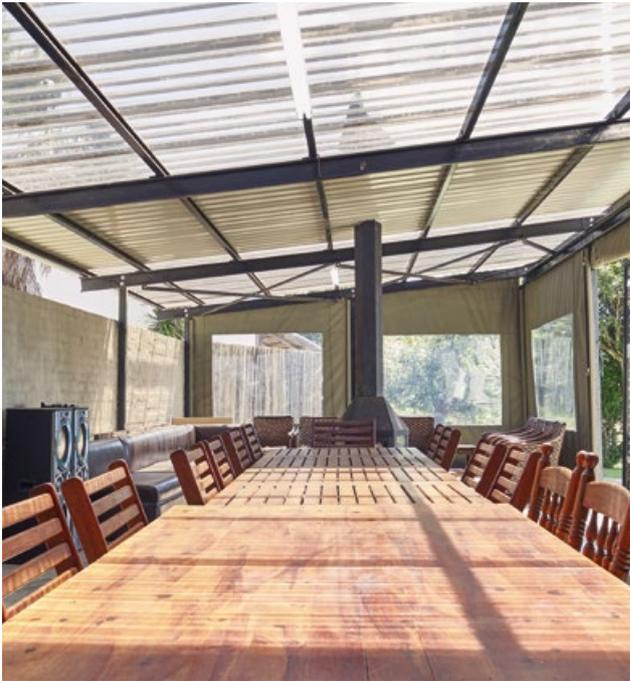
Single /Sharing room | Pool | Boma area | Lapa area |
Secure free parking | Wifi access | Full board
Rooms 4 - 7 | Sleeps 2 per room | 1 X dbl bed per room



Rooms 4 - 7



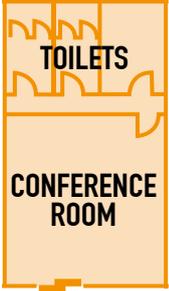
Student Lapa



Conference room

AV equipment | TV | Projectors | Workbook & Lecture notes provided | Coffee/Tea Station | Ablutions

Helen Keller said that “Alone we can do so little; together we can do so much.”
The #ThinkTank provides the ideal space for growth, learning, and sharing.



Conference room



Conference room

Internal activities- life at the rock

We strive to be a success but more importantly, of value.

What you think may change what you do, but what is also true is, that what you do will change what you think.

Balance is key, take some downtime in order to taste the joys of life in abundance.



Stay a while? External activities

Being a stone's throw away from the tourist town of Clarens, there are several activities you can arrange when you have free time to explore.

From river rafting, quad biking and zip-lining to inspirational art galleries and live entertainment. You will be spoilt for choice.



FAQ's

WHAT DO I NEED TO BRING ALONG?

We recommend bringing sunblock, sunglasses, short and long-sleeve clothing, hiking shoes, gumboots, sneakers and a good jacket. Don't forget travel/country plug adapters, binoculars or camera.

WHICH TYPE OF VISA DO I NEED?

South African passport holders do not require a visa for leisure travel. For other nationalities, please arrange SA visas prior to arrival. Contact your South African Embassy for further assistance. A visa on arrival is approximately 50 USD.

DO I NEED INSURANCE?

All visitors are responsible for their own travel insurance. The hospital is approx. 40 minutes drive from the Sanctuary and we also have trained first aid staff members.

CAN I SIGN UP WITH A FRIEND?

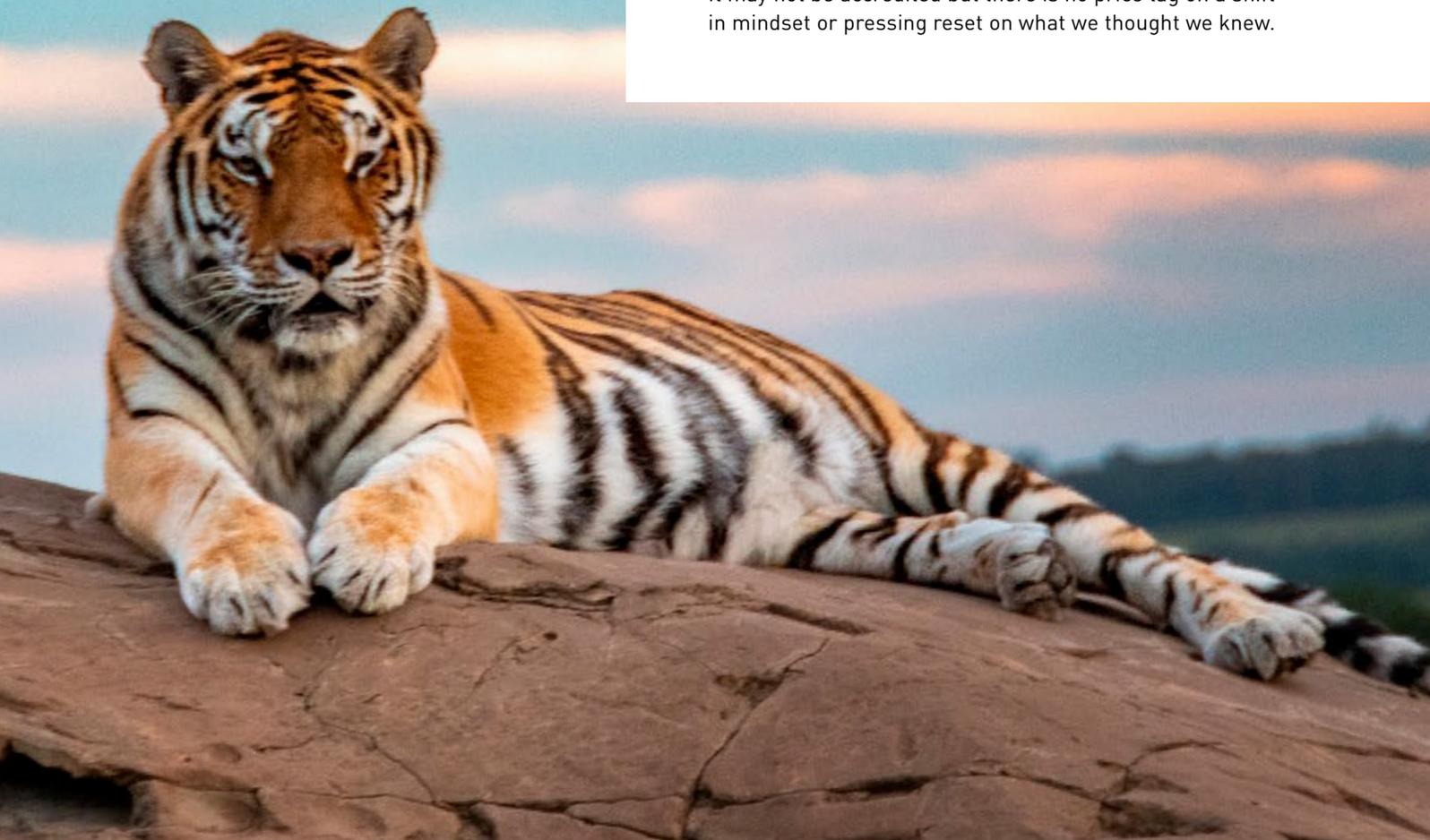
This is very possible (depending on availability). Contact our office and we will accommodate your request as far as possible.

DO I NEED TO GET ANY VACCINATIONS?

Please check with your embassy or local consulate.

IS THIS COURSE ACCREDITED?

It may not be accredited but there is no price tag on a shift in mindset or pressing reset on what we thought we knew.



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