



THREE2SIX REFUGEE CHILDREN'S EDUCATION PROJECT

# HEALING AND GROWTH IN THE BUSH: **SEDIBA KWÊLE**





## Acknowledgments

Thank you to Sediba Kwêle Adventure Camp for giving us a special discount at camp.

Thank you to Justine Kimbala and the teachers for collecting the artwork for the booklet, and to Jane Trathen for editing the text. Please note that poems have been edited minimally to keep them as authentic as possible.

Design and layout by m+m Studios.

Published by the Three2Six Refugee Children's Education Project. Sacred Heart College, 15 Eckstein Street, Observatory, Johannesburg, 2198, South Africa

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## HEALING AND GROWTH IN THE BUSH: **SEDIBA KWÊLE**

Compiled by Mark Potterton and Justine Kimbala

These pages capture something simple but powerful: children who arrived at Sediba Kwêle unsure of themselves and left knowing they could do hard things. Resilience isn't taught in a classroom; it's discovered on a zipline, around a campfire, or holding a friend's hand across a wooden beam. We share these stories, in the children's own words, as proof of what becomes possible when children are given space, safety, and the chance to be brave.

**“I DISCOVERED I CAN DO THINGS I FIRST  
THOUGHT I WAS NOT ABLE TO DO.”**



# A HORIZON WITHOUT HIGH-RISE BUILDINGS.



**FOR** a child whose parents have fled war, lost a home, and now navigate the dense, often dangerous suburbs of Johannesburg the classroom is only a partial answer. Three2Six has long understood that the classroom alone cannot heal trauma. That is why, in May 2026, nearly 40 children from Grades 5 to 6 boarded a bus and left the city for three days at Sediba Kwêle Adventure Camp, a wildlife reserve two hours outside Johannesburg. For many, it was their first time seeing a horizon without high-rise buildings.

**What happened there was not just a holiday, but a powerful form of therapy.** The benefits of taking traumatised urban children into nature are well documented. Studies from South Africa and around the world show that outdoor adventure education reduces symptoms of PTSD, depression, and anxiety. At Sediba Kwêle, the children climbed walls, flew down ziplines, navigated an obstacle course, swam, hiked at night, and sat around

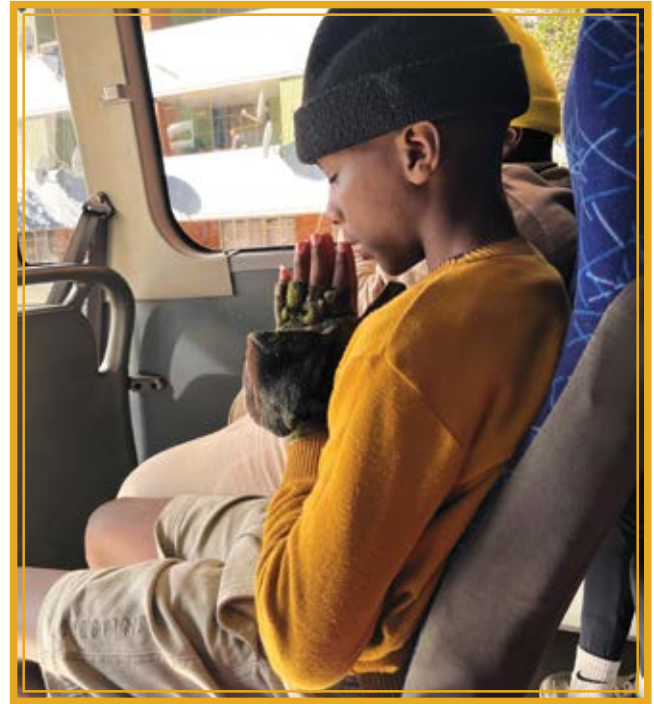
campfires — each activity a small, manageable challenge. When a child completes a four-storied zipline, something shifts inside as they discover that their body can do hard things. They learn that fear is not permanent, and that emotional regulation is learned through muscle and breath.

The camp helped build self-esteem from the ground up. Three2Six learners often arrive believing they are invisible or worthless, ingrained messages absorbed from years of displacement and poverty. But at Sediba Kwêle, a child who could not swim learned to float; another who was always quiet in class led a team through an obstacle course. The facilitators told us that children who were withdrawn or disruptive at school become different people in the bush. The children found a voice and took risks. They laughed in ways that teachers had seldom seen. One child said: “I discovered I can do things I first thought I was not able to do.”

Perhaps most vital for these children is the camp's ability to teach trust and teamwork. Trauma can reinforce the idea that adults are unreliable and that other children are competitors for scarce food or safety. But outdoor activities require collaboration. To cross a wooden beam, you must hold someone's hand, or to complete a night hike you must conquer your fear of the dark.

Crucially, outdoor adventure cannot erase the past, but it offers a new reference point. For a child whose memory is filled with night fears, the memory of a night sky full of stars, a delicious meal eaten with friends, or a facilitator who cheered as they climbed a wall becomes a new anchor.

The camp proved that they could be kind and brave. For Grades 4 and 5 especially, this timing matters. At nine, ten, eleven years old, the brain is still highly plastic. A single positive, challenging, nature-rich experience can rewire stress responses and build resilience that lasts into adolescence. Sediba Kwêle provided these children with a new story: **"I am someone who can balance on a wooden beam, hike in the dark, swim in a pool, and make a friend in one day."**



We are grateful to Mr Lubner for his generous support in making the camp possible.

Mark Potterton | Director

# A LASTING IMPACT ON THEIR LIVES.

AS a Project Coordinator, I have had the privilege of participating in many camps with our children over the years. Each camp has its own feel, challenges, and unforgettable moments. Camp Sediba Kwêle is a unique experience that touched my heart in a special way.

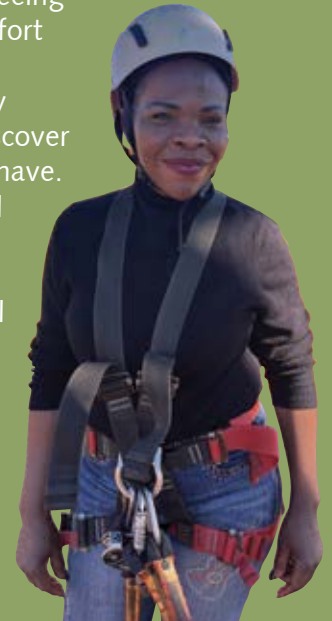
From the moment we arrived, I could see the excitement and curiosity in the children's eyes. For some of them, this was their first time experiencing activities such as the zip line, obstacle course, and swimming. I watched them overcome their fears, encourage one another, and celebrate each other's achievements.

More than just fun; the camp was a space for learning important life skills. Through activities like soccer, dancing, and team challenges, children developed confidence, teamwork, discipline, and respect for one another.

The morning routines helped them develop responsibility, while the quiet moments before bedtime created opportunities for reflection, sharing stories, and building stronger friendships.

What makes camp special is seeing children step out of their comfort zones. Children who become more confident, the fearful try new challenges, and many discover talents they don't know they have. Camp Sediba Kwêle reminded me once again that providing children with safe spaces, opportunities, and meaningful experiences can have a lasting impact on their lives.

Justine Kimbala





## MY SECOND YEAR AT SEDIBA KWÊLE

My second year at Sediba Kwêle was amazing. We arrived at school with our bags, ready for camp. We lined up and got onto the bus. I think the drive to North West took about one or two hours. When we arrived, the camp staff were waiting for us at the gate.

First, they showed us our rooms. The rooms were clean and very nice. After that, we ate lunch. Then we changed into our swimming costumes and went swimming. Later, we were divided into different teams and took part in many fun activities.

We ate dinner at 6 o'clock. We had beef and rice, which was delicious. At 7 o'clock, we did another activity. After that, we bought snacks from the tuck shop. At 8:30 p.m. we went back to our rooms to get ready for bed. At 9 o'clock we ate our snacks and talked for a while before going to sleep.

The next morning, we woke up at 7 o'clock. We got dressed and completed two or three activities

before having breakfast. We ate oats and drank tea. I really enjoyed the food because it was very tasty.

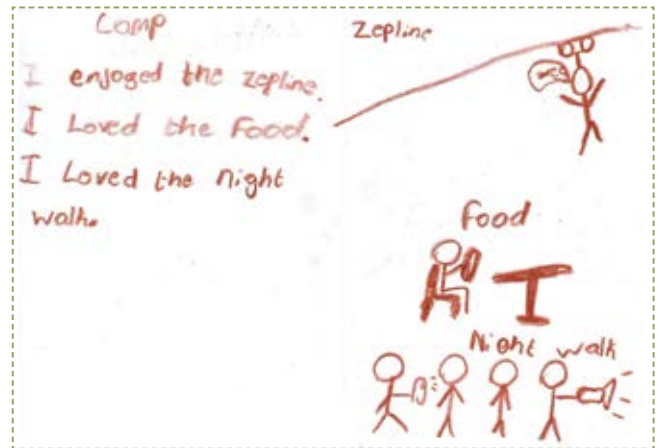
After breakfast, we had lots of fun. We also played games. Even though my team was losing, I still had a great time.

At lunchtime, we ate nice food. I really miss it. I wish I could eat that kind of food every day. After that it was time for the activities. One of my favourite activities was zip-lining. I loved it because it was exciting. We also saw different animals and visited the tuck shop to buy more snacks.

On the last evening, we had dinner, got ready, and went on a game drive. Afterwards, we sang songs, spent time together, and enjoyed our last night at camp. We were sad when it was time to leave. Some of us even cried because we did not want to go home.

When we returned to school, I felt happy because I had made wonderful memories. My second year at Sediba Kwêle was an unforgettable experience, and I hope I can go again one day.

**Asanda | Grade 5**



## MY FIRST DAY AT CAMP

My first day at Sediba Kwêle was exciting. My friends and I came to school early because we were going to camp. We were so excited that we danced, laughed, and talked while we waited for the bus. When the bus arrived, the Grade 4 and Grade 5 learners climbed on, ready for the adventure.

On the bus, we sang gwijo songs and had lots of fun. After a while, we became tired, so we stopped for a short break. Some learners bought snacks and drinks. Soon we arrived at Sediba Kwêle. I saw a sign that said, "Welcome to Paradise," and it made me even more excited.

The teachers took the girls and boys to their rooms to leave their bags. Then we went to the dining hall for lunch. We ate rolls, pork viennas, cheese, and drank juice.

After lunch, we went swimming, which was lots of fun. Later, we took part in different activities.

When we finished, we had a bath and got ready for a night walk. We walked a long distance, but it was exciting. Afterwards, we ate a delicious dinner of steak, rice, and vegetables.

At the end of the day, we were very tired, so we went to bed. I could not wait to see what the next year would bring.

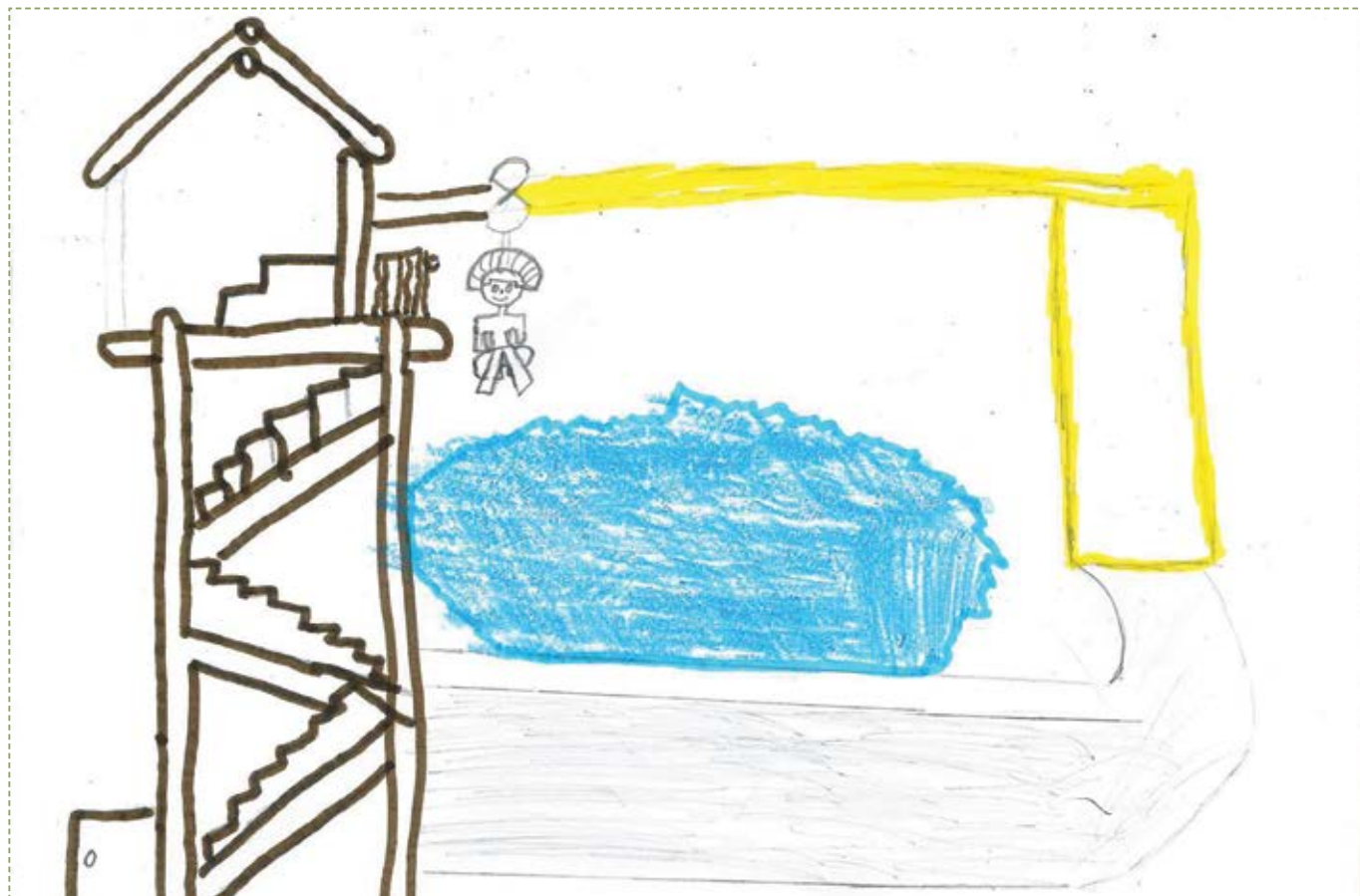
**Victoria | Grade 5**

## AN ADVENTURE

Wow! Camp Sediba Kwêle was the best adventure ever! From the very first morning, I felt so excited waking up with my friends. I also enjoyed the obstacle course even though it was tough. Swimming was super fun, and we splashed a lot. In the evenings, dancing made everyone laugh so much. Soccer was full of energy and teamwork. At night, I was tired but very happy. I wish camp could last forever! The zip line made my heart race I screamed, but I loved it!

**Luyanda | Grade 4**







## MY FIRST DAY AT SEDIBA KWÊLE

Our journey to the North West was fun. We arrived at Sediba Kwêle at about 11 a.m. The camp staff welcomed us and showed us around the camp.

After the tour, we went to the dining hall for lunch. The food was delicious. When we finished eating, we changed into our swimming costumes and went swimming. We had a wonderful time in the pool.

Later, we took part in different activities, and they were all exciting. We also visited the tuck shop to buy snacks. After that, we went back to our rooms to unpack our bags and get ready for the next activities.

In the evening, we enjoyed another delicious meal. Then we went to the hall, where we danced and had lots of fun with our friends.

One of my favourite activities was the zipline. It was exciting, and I enjoyed every moment.

**Nolikhwa | Grade 5**



## ALL EXCITED

It was an exciting day because we were going to camp. We waited for the bus, and when it arrived, we climbed on and sang happy songs all the way. During the journey, we saw beautiful mountains, dams, and rivers. After a few hours, we finally arrived at Sediba Kwêle.

We went to our rooms to unpack and change our clothes. Then we enjoyed a delicious meal. After eating, we went swimming, and later we had a bath.

The next morning, we woke up early, brushed our teeth, had a bath, and ate breakfast. We took part in many fun activities, including zip-lining, which was my favourite. It was exciting! The facilitators were kind and friendly, and they made all the activities enjoyable. We also played soccer with our friends.

At night, we went on a night walk before having dinner and going to bed.



The following day was our last day at camp. We woke up, brushed our teeth, had breakfast, and went on a game drive. It was one of the best parts of the camp because we saw different animals.

My time at Sediba Kwêle was one of the best experiences of my life. I had so much fun and wished I could stay longer.

**Kalonji | Grade 5**

## MORE FUN AGAIN

Do you know why I called it my second trip? It is because this was not my first visit to Sediba Kwêle. I also went there last year, so I was very excited to go back.

When we arrived, we went to our rooms and put our bags away. After that, we met the facilitators. They asked if we had brought our spending money, and then they collected it so they could keep it safe and count it.

Next, we changed into our swimming costumes and went to the biggest swimming pool. We swam, danced, laughed, and had lots of fun together. I really enjoyed spending time with my friends.

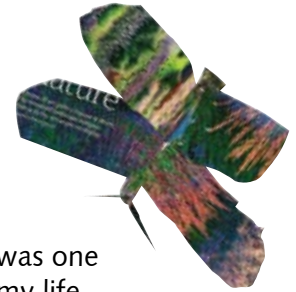
**Tanatswa | Grade 5**

## A HAPPY EXPERIENCE

My trip to Sediba Kwêle Camp was one of the happiest experiences of my life. It was my first time sleeping away from home, and I felt nervous before we left. When we arrived, the friendly staff and teachers made me feel welcome and safe. My favourite activity was the zip line because I faced my fear of heights. I also enjoyed the obstacle course because it taught me to never give up. The blindfold activity showed me how important it is to trust others and communicate well. I learned many interesting things from the game ranger about protecting nature and animals.

I returned home feeling braver, more confident and thankful for this wonderful opportunity.

**Grace | Grade 5**



## AN UNFORGETTABLE ADVENTURE

Sediba Kwêle Camp was an unforgettable adventure. I enjoyed every activity because each one taught me something new. The camp activities helped me understand the importance of teamwork and listening to others. Swimming with my friends was exciting and full of laughter. I also loved playing soccer because everyone encouraged one another and had fun together. The obstacle course was challenging, but I kept trying until I finished. This camp helped me believe in myself and showed me that I can do difficult things.

**Chris Lonji | Grade 5**

## I WAS SCARED AT FIRST

Before camp I was scared because I had never been away from my family before. After the first day, I felt comfortable because everyone was kind and supportive.



The zip line was the most exciting activity, even though I was afraid at first. My classmates cheered me on, and I was proud when I completed it.

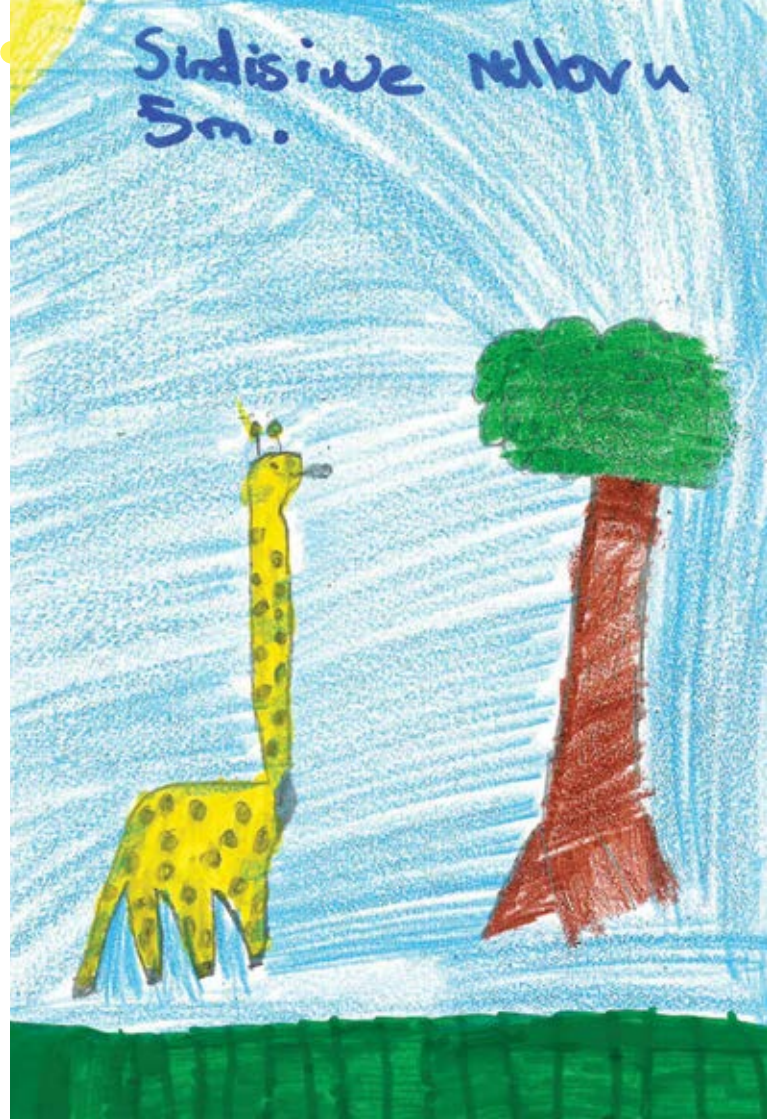
I enjoyed the blindfold activity because it taught me to trust my partner. Camp helped me make new friends and become more independent

**Bandile | Grade 5**

## AMAZING TIMES

I had an amazing time at Sediba Kwêle Camp. Every activity was fun and helped me learn important life lessons. My favourite activity was the obstacle course because it challenged me to keep going even when I felt tired. The camp activities taught me that success comes from working together. I loved swimming because we laughed and enjoyed spending time together. Thank you to our donor who made this camp so special.

**Sindisiwe | Grade 5**



## STRONGER THAN I THOUGHT I WAS

Sediba Kwêle Camp helped me discover that I am stronger than I thought. I enjoyed trying activities that I had never done before. The zip line made my heart race, but I felt proud after completing it. During the blindfold activity, I learned that trust and good communication are very important. The camp taught me to be responsible, respectful and courageous.

**Shekinah | Grade 5**

## MY FAVOURITE ACTIVITY

Going to camp was one of the highlights of my year. It was exciting to spend time with my friends outside the classroom. My favourite activity was swimming because we had so much fun together. I also enjoyed the obstacle course because it encouraged me to keep trying even when it was difficult

**Favor | Grade 5**

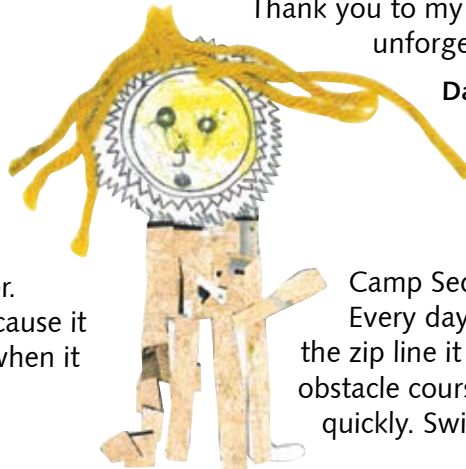
## TRUSTING MY CLASSMATES

Sediba Kwêle Camp was an experience that I will always remember. I was nervous before we left because it was my first camp, but those feelings quickly disappeared. I enjoyed every activity, especially the zip line and the obstacle course. The blindfold challenge taught me to trust my classmates and listen carefully. Swimming and playing soccer gave us time to laugh and have fun together. Camp helped me grow in confidence and taught me that I can achieve more than I think. Thank you to my teachers for giving us such an unforgettable experience.

**Daniel | Grade 4**

## ACTION PACKED

Camp Sediba Kwêle was full of action! Every day was busy and exciting. I loved the zip line it was fast and thrilling. The obstacle course kept me moving and thinking quickly. Swimming gave me energy again.



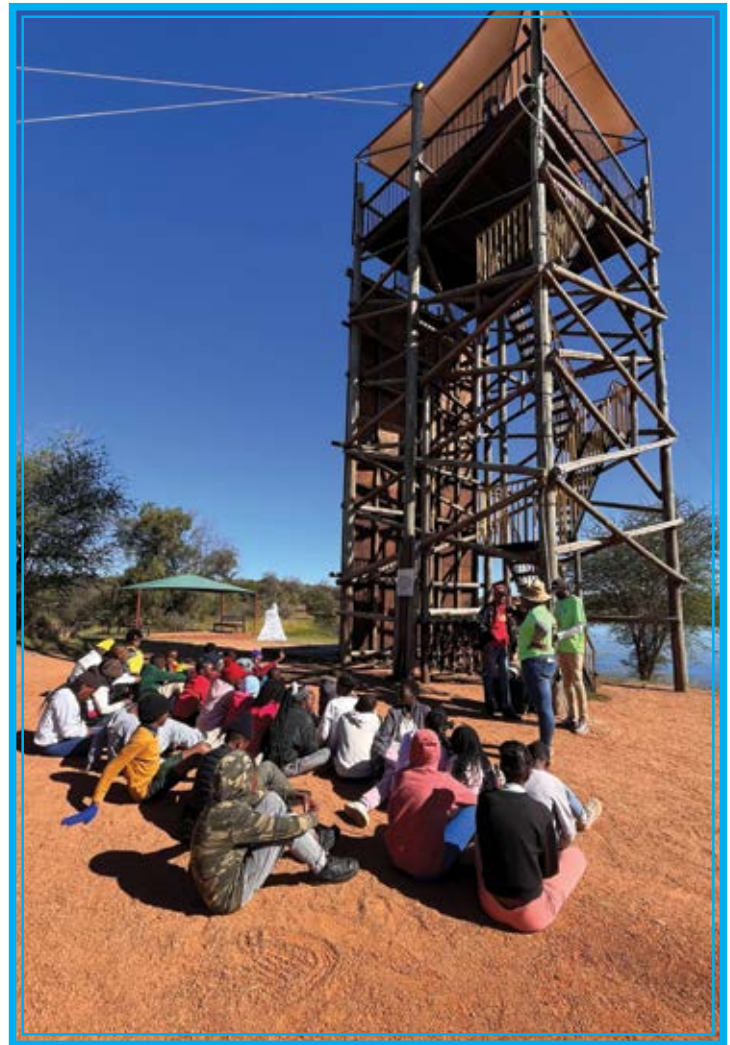
Soccer matches were intense and fun. Dancing in the evenings felt like a celebration. Mornings started quickly, and we were always ready. Bedtime was hard for because I couldn't sleep properly but camp was awesome!

**Tinotenda | Grade 4**

## LEARNING NEW THINGS

Each morning felt like a fresh beginning. At first, I was afraid of the zip line, but I decided to try and I'm glad I did. The obstacle course showed me that I can overcome challenges. Swimming helped me relax and enjoy the moment. Playing soccer reminded me how important teamwork is. In the evenings, dancing brought us closer together. At bedtime, I reflected on the day. It was a meaningful experience. The facilitators were kind to us. Thank you

**Amina | Grade 4**



## STRONGER TOGETHER

My time at camp was peaceful and joyful. I enjoyed the simple things, like waking up early and hearing everyone getting ready. I liked the obstacle course because it made me think and try harder. Camp was truly special to me. I was forced to do the zip line. I was afraid but the facilitator made us go two learners so I went on zip line with my friend, so I hid my fear behind my friend. She said that it was exciting but not for me.

**Mitchel | Grade 4**

## BEING PROUD

Camp Sediba Kwêle was all about pushing limits and having fun. I challenged myself in every activity. The zip line was a big highlight I felt strong and fearless. The obstacle course tested my strength, and I completed it with determination. At bedtime, I felt proud of everything I achieved.

**Minenhle | Grade 4**



Camp

Zipline

I enjoyed the zipline.

I Loved the Food.

I Loved the Night  
walk.



Food



Night walk





## FILLED WITH KINDNESS

I will never forget one special moment at camp. When we stopped to buy snacks, I didn't have money, and I felt sad. But Dr Potterton kindly bought something for me, and that made me feel loved and included. That moment stayed in my heart. I also enjoyed the zip line even though I was nervous. The obstacle course was fun to try. Swimming made me laugh with my friends. We danced happily in the evenings. Every morning felt exciting, and bedtime was peaceful. Camp was full of kindness.

**Caprice – Grade 4**

## FUN AND FRIENDS

Camp was all about fun with friends! I loved waking up and talking with everyone before activities. I loved the night talk when we could not sleep. The zip line was so cool we all cheered for each other.

Swimming was the best because we laughed a lot. Soccer was exciting, especially when we played as a team.

**Aaron | Grade 4**



## MAGICAL

Camp felt like a little world of adventure... At bedtime, I dreamed about everything we did. Camp was magical.

**Gabriel | Grade 4**

## LOTS OF ENERGY

What stood out to me at camp was how everything was well organized and enjoyable. The mornings started with energy.

**Nailah | Grade 4**



## I MISSED CAMP

I could not go to Camp Sediba Kwêle because my parents did not sign the consent form. Even though I felt a little sad at first, I was very excited to hear about the camp when everyone came back. I listened carefully as my friends shared their stories. Even though I did not attend, I still felt part of the experience through my friends.

**Jeremiah | Grade 4**

## I WANTED TO GO

I missed the bus on the day we were leaving for camp, and I felt disappointed. I wished I could have gone with everyone. When my classmates returned, I was very eager to hear everything they did. I was jealous to hear them talking about all the funs they had.

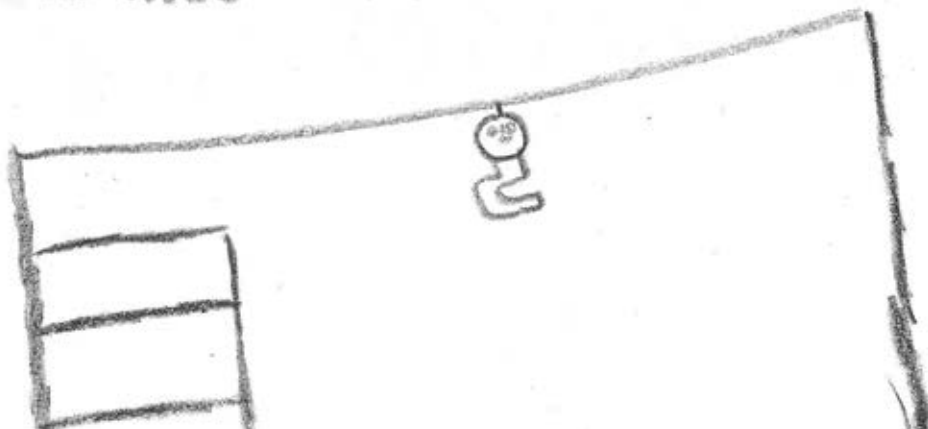
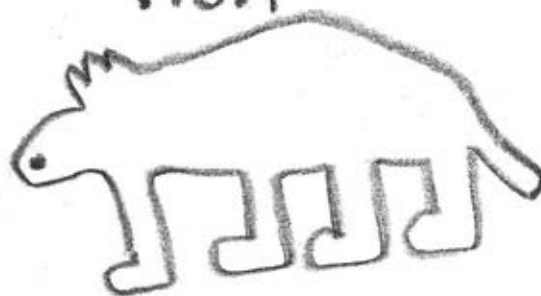
**Lusamba | Grade 4**



Camp

I enjoy the zepline  
and I saw many animals  
and there food was  
~~the~~ nice

lion



## I WANTED TO GO ON CAMP

I could not go to Camp Sediba Kwêle because my mother said no. At first, I felt left out, but when my classmates came back, I was happy to listen to their experiences. I paid attention as they talked about all the activities. I imagined myself doing those things too.

Joshua | Grade 4



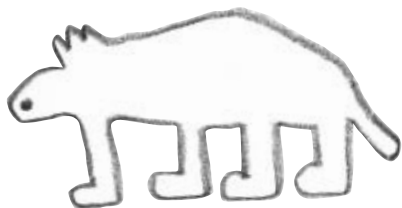


## OUR WORK

We see the classroom as a second home for students, where they spend a significant amount of time with their teachers. For this reason, we create a supportive, nurturing classroom environment that promotes children's growth and development.

The Three2Six Project addresses access to education by providing primary education to refugee children, preparing them for their transition into state schooling, and supporting them during that transition to help them further integrate into South African society.

Through advocacy with our partners (e.g. Jesuit Refugee Services, Lawyers for Human Rights), the Project also works to address discrimination and xenophobia and advocate for the rights of refugee children, especially their right to education.



## SUPPORT THREE2SIX

If refugee education is close to your heart, contact us today. We will explore ways for you to get involved in the project. Here are some examples:

- Volunteering
- Helping us fundraise
- Organising events and/or activities
- Advocating with us to amplify the voices of refugee children and their daily challenges
- Offering operational support with the various aspects of the project (e.g. communications, monitoring and evaluation).

## BE A CHANGE MAKER WITH US AND CONTRIBUTE TO A CHILD'S LIFE TOMORROW!

Our advocacy, communications and stakeholder engagement officer will be happy to talk to you about these options. Contact her at [advocacy@three2six.co.za](mailto:advocacy@three2six.co.za)

You can follow our activities on social media and sign up for our newsletter at [www.three2six.co.za](http://www.three2six.co.za)

Tell your friends and family about us!

**You can make a financial contribution to us in various ways:**

Via SnapScan by scanning this QR code

or via the Three2Six website [www.three2six.co.za](http://www.three2six.co.za)



**For people based in South Africa, via EFT, use the banking details below:**

Bank: First National Bank

Branch: Eastgate | Branch code: 257 705

Account number: 62312243405

Swift code: FIRZAJJ

**For people based in the United States, use the banking details below:**

Bank: J.P. Morgan Chase

Bank code: 021000021

Account name: Sacred Heart Marist Observatory

Account number: 298386118

Caprice

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**“I AM SOMEONE WHO CAN BALANCE ON A WOODEN  
BEAM, HIKE IN THE DARK, SWIM IN A POOL, AND  
MAKE A FRIEND IN ONE DAY.”**

