

BOTSWANA RETREAT

22 - 30 AUGUST, 2026

THE OKAVANGO DELTA and KHWAI RIVER



Exploring the Okavango Delta in mokoros

Photo: Jeffrey Rink

The **Okavango Delta**, a UNESCO World Heritage Site, encompasses 15,000 square kilometres of the Kalahari Desert in northern Botswana. Formed by the Okavango River, it remains largely undeveloped due to its vast size and limited access, with the emphasis here on low-volume, low-impact tourism. Visiting during the high season (March to September) allows us to observe diverse wildlife such as elephants, buffalo, lions, leopards, cheetahs, and numerous bird species. Our Okavango camp is accessed by mokoro (dugout canoe), and the Khwai camp by 4 x 4. Both camps adhere to strict environmental standards- nothing is left behind.



Hippos abound in the channels

Photo: Jeffrey Rink



Aerial view of the Okavango Delta

All Photos: Jeffrey Rink

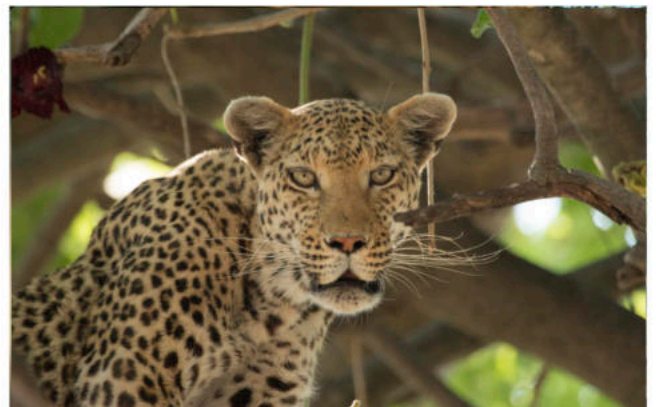
OUR OKAVANGO IMMERSION & KHWAI JOURNEY

With personal, professional guides, we will explore the delta's channels by mokoro and on foot. We will camp on an island in the delta. Our guides- born in this area, are experienced and knowledgeable, respect the wilderness and do not carry firearms. This immersive experience allows participants to synchronize with nature, offering opportunities for internal recalibration. The whole Okavango experience is community based, and community run.

The Khwai River region, located northeast of the Okavango Delta and south of the Chobe National Park, lies within **tribal/community** territory. Here, we use a 4x4 for day and night drives, accessing exclusive private concessions with abundant wildlife, particularly predators. Our private camp includes basic amenities with **minimal environmental impact**, providing an **authentic**, off-the-beaten-track wilderness experience.



Poling through the waterways of the Okavango



Leopard in a Sausage tree

MINIMAL ENVIRONMENTAL IMPACT

COMMUNITY PROJECTS

Our tented accommodation in both the Okavango and Khwai supports community projects, contributing to sustainable initiatives that directly benefit local communities. This participatory journey offers a rustic yet immersive experience at a significantly lower cost than commercial lodges.

ROUTINE

Okavango Delta : Early morning mokoro trips or guided walks, lunch, siesta, afternoon exploration. Supper around the fire, and reflection on the day's activities.

Khwai River: Early morning game drive, meditation, lunch, siesta, afternoon / night drive, supper around the fire and reflection on the day's activities.

WHAT TO EXPECT ON ECOPSYCHOLOGY AFRICA RETREATS

The focus is always on **quality** experiences, emphasizing both outer and inner explorations. Participants will gain comprehensive environmental understanding and engage in meditation, enhancing an internal healing process. An "inner journey" is facilitated with wilderness serving as a metaphor for this journey. All combined with incomparable adventures and a zest for life!



Early morning mokoro trip

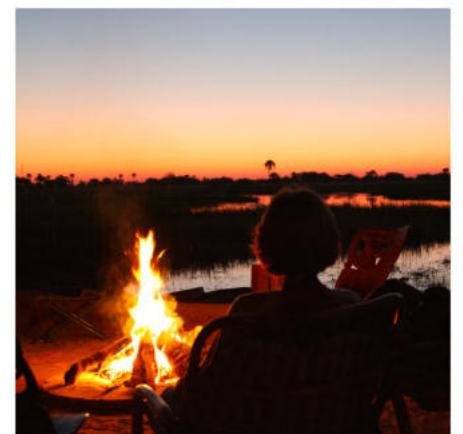
All photos: Jeffrey Rink



Guided walk



Breeding pair of Fish Eagles



"Checking in" around the fire

OUR JOURNEY TIMELINE

SATURDAY 22 AUGUST, 2026:

Meet at Maun airport, Botswana at 14h00. Transfer to community camp.

SUNDAY 23 AUGUST, 2026:

Okavango Island for 3 nights.

WEDNESDAY 26 AUGUST, 2026:

Transfer by 4x4 to community camp in Khwai for 4 nights.

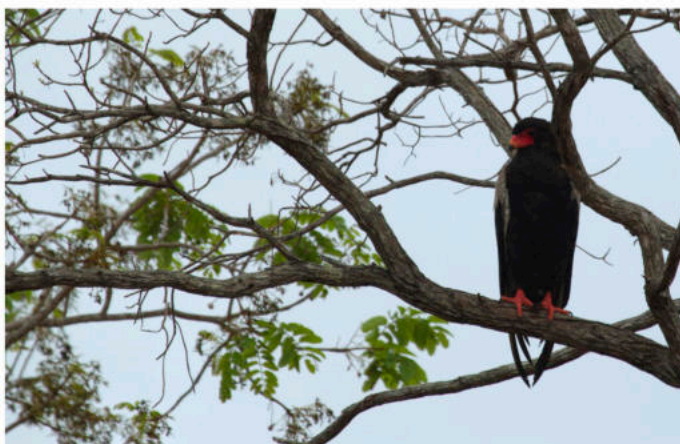
SUNDAY 30 AUGUST, 2026:

Return to Maun. Flight home.

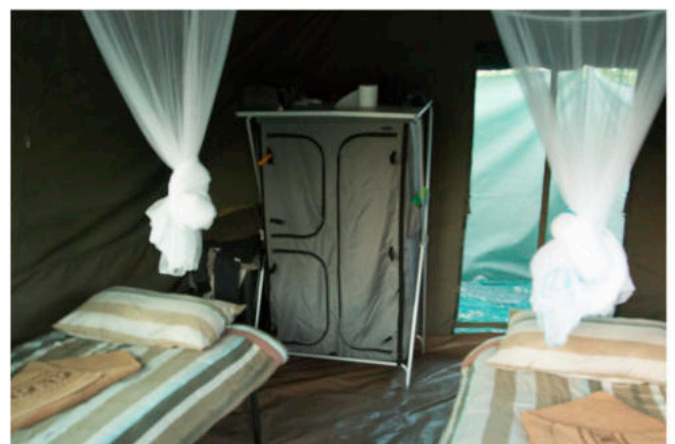


Experiencing the Okavango Delta by mokoro

All Photos: Jeffrey Rink



Strikingly beautiful Bateleur Eagle



Inside tent at our camp

PRACTICALITIES:

Weather and road conditions may affect arrangements. Itinerary adjustments will be made if necessary.

Transport includes 4x4 vehicles and mokoros.

Meditation sessions will be conducted at opportune spots when circumstances permit.

Book return flights from 14h00 or later Sunday 30th August.

TESTIMONIALS FROM PAST PARTICIPANTS

"This trip, the Okavango and Khwai Retreat with **Ecopsychology Africa** was nothing short of transformative. Our small group was exposed to the wonders of the Botswana's wilderness, allowing us the opportunity to blend deep ecopsychology practices with the rhythm of nature.

After landing in Maun we were picked up, and the adventure began. We arrived at the Mokoro Park, were transferred to the mokoros and set off to the Island that was going to be our home for the next three days. The beginning of an adventure allows me to slow down, reflect, and reconnect – not just with myself, but with the land, the wildlife, and the group.

From the Island we went on to visit Moremi Game Reserve before going on to our next Campsite in Khwai, where the adventure geared up to another level, under the guidance of Jeffrey and Lucky we were literally immersed, became part of Life in the Park. The collective knowledge of the group made it feel like I was on a National Geographic expedition, every sighting/experience we had was enriched by this energy.

This retreat is more than travel; it is a journey into Botswana's wild heart, together with the guidance of **Ecopsychology Africa**, has given me a "Bucket List" experience I will carry forward for the rest of my life."

All Photos: Jeffrey Rink

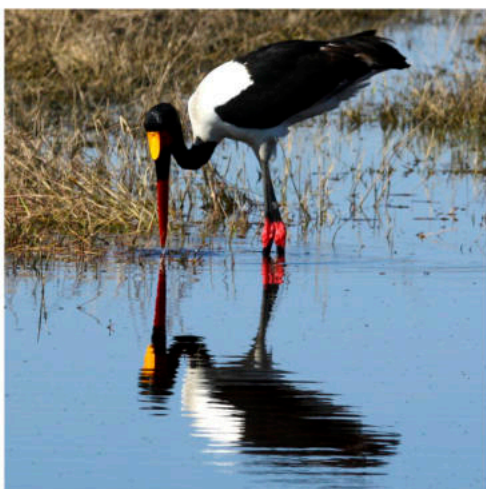


Close up with elephants



Night drive lion and cubs feeding

"My experience in the Okavango was soul soothing and healing. To witness nature at less than one meter above water level, looking through the grasses and sedges, soaking in the wildness, fresh air and nature at its absolute best, was truly a gift. The guides were caring and highly competent, making us feel completely at ease. The joy of having food prepared for us and tents put up, with everything we need, allowed us to relax and simply enjoy every moment. The hike on land with someone as experienced as Great made me feel completely safe. Lucky's professional handling of any situation, his knowledge of the vegetation (Knobbly Combretum, Cats claw, Apple leaf and so much more), his ability to read the tracks in the soil and find us predators, and his stories, make me feel like I will have to plan another trip there soon!"



Saddle billed stork



Picnic lunch in Moremi Game Reserve

Ecopsychology Africa retreats are inherently **complex** and **immersive** experiences attracting like-minded individuals who seek meaningful journeys—both internal and external. We will be traveling in Africa, often off the beaten track—anything can happen, even the unexpected! We will go with the **flow** and the immediacy of the moment. Your spirit of adventure, curiosity, and patience will reward you with a journey that promises to be a life highlight.

Cost

For details of Retreat cost, please contact Jeffrey Rink directly before 31 April, 2026.

Email: shrink@tiscali.co.za

Places are limited to a maximum of 8 participants.

OTHER INFORMATION

Included in the journey:

Transfers to and from Maun airport

Three meals a day

Mineral water

All game drives, walks, and National Park fees

Accommodation: Two persons per tent.

All toilets are of the “long drop” kind- in an enclosure with your shower behind your tent.

Excluded in the journey:

All Tips

Laundry

JEFFREY RINK the Founder of Ecopsychology Africa, has been facilitating ecopsychology retreats since 1998. He graduated as a Clinical Psychologist in 1985 and is in private practice in Hout Bay, Cape Town. He is a diplomate of the South African Society of Clinical Hypnosis and has been practicing meditation since 1974. Jeffrey combines his profession as a Clinical Psychologist with his passion for ecology, traditional cultures, conservation, and meditation in Ecopsychology Africa retreats, synthesizing psychological and ecological principles. Participants connect with African cultures and nature where ecological insights are made personally relevant through symbol, metaphor, and storytelling. Jeffrey is a senior member of the International Ecopsychology Society (IES).



To find out more about Ecopsychology Africa please visit our website: www.ecopsychologyafrica.com

Email: shrink@tiscali.co.za

“When we journey far enough from the routines of our civilized lives - in space or in cultural distance, far enough into wilderness - we see reflected back to us the essential qualities of our deepest selves.”

Bill Ploktin