



Mobility

NOVEMBER 2019



24-Hour N3TC Helpline
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Index

Route Map.....	03
Trucking Wellness	04
Touching Lives Tour	08
Our Roads Network	11
Take a Break.....	13
Lesotho Ultra.....	16
Drak Challenge	17
Midmar Mile.....	19
Music Showcase	21
Matric Vacation.....	23
Road Tripping with N3 Radio.....	25
Stay in Touch with N3TC	28

Route Map





[

TRUCKING WELLNESS

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**TRUCKING
WELLNESS
CELEBRATES
20
YEARS**

The organisation that was initially founded to combat HIV/Aids among long-distance truck drivers has come a long way in the past two decades.

The first official diagnosis of Aids in South Africa was in 1983, when the syndrome was identified in two people. That same year, the first Aids-related death was recorded. By 1999, the country was firmly in the grip of the HIV/Aids epidemic, and with better data available, it was recognised that long-distance truck drivers were among the most affected.

And so Trucking Wellness, originally known as Trucking Against Aids, was launched. The original aim was to increase awareness and education about the virus, and sexually transmitted infections (STIs), among those employed in the road freight and logistics industry, their spouses and commercial sex workers.

Roadside Wellness Centres now offer extensive healthcare services

But that scope soon widened to include general primary healthcare, and these days Trucking Wellness incorporates an extensive range of services through its 21 Roadside Wellness Centres, five of which are situated along the N3 Toll Route.

These centres are supported by a fleet of nine mobile clinics, which can stay in a specific area for up to 10 days, providing services to all the local freight and logistics companies in that region. Says Themba Mthombeni, operations manager of Trucking Wellness: "As a result, we've been able to serve more members than ever before and work towards a healthier and more vibrant trucking community."

The services provided include screening tests for blood pressure, blood cholesterol, blood sugar, STIs, malaria and tuberculosis. Once diagnosed, the patients either receive treatment through the organisation or get referrals for further care.

Although Trucking Wellness has expanded its services, it has not lost any of its focus on HIV/Aids: it provides education and awareness programmes as well as counselling and testing; and it also refers patients to appropriate service providers for antiretrovirals and specialist care.

Mthombeni says both members of the industry and local communities visit the organisation's clinics for HIV/Aids counselling and testing.





“Excluding the mobile clinics, we've had more than 13 000 people through our doors for this purpose in the first nine months of this year, the majority of whom was non-industry members. And with special plans for awareness and testing programmes around International Aids Day on 1 December, the numbers for 2019 will definitely be higher.”

Trucking Wellness is a public-private partnership, and N3TC has been one of its funding partners for almost a decade.

“We are extremely supportive of this initiative to bring about a healthier trucking industry. On a basic level, it's safe to say we are all better off on the roads when a truck driver knows his health risks, because he can manage them and ensure they have the least impact on his driving. Thousands of truckers use the N3 every day, and their health and safety are of great concern to us,” explains Praveen Sunderlall, manager of N3TC's Road Incident Management Systems (RIMS).

“But Trucking Wellness goes much further – it benefits the entire road freight and logistics industry, their families, sex workers and the communities surrounding the clinics. The clinics at Marianhill and Villiers are among the four most visited Wellness Centres in the network as

far as HIV/Aids counselling and testing are concerned, which shows you the need for these services.”

In conjunction with International Aids Day on 1 December, Trucking Wellness will once again host special activities at all its clinics to bring its holistic message home.

“We encourage those who are HIV-negative to remain so; we support those who are HIV-positive to keep healthy and productive; and we positively influence attitudes to break down the stigma around HIV/Aids,” ends Mthombeni.



May you continue to 'Touch Lives'

We live fast-paced lives – always on the go – with little time or consideration to our own well-being and health. This is even more true for truck drivers who earn their bread and butter in high-stress environments, always on the move and facing unique challenges whilst doing their jobs.

The work our truckers do and the occupational demands placed on them are often under-appreciated. For drivers, their long hours of work can be exhausting and detrimental to their health and work/life balance.

Enters Trucking Wellness.

Almost a decade ago, N3 Toll Concession entered into a partnership with Trucking Wellness to support truck drivers to take care of their general health and well-being. From humble beginnings, our partnership developed into a full-blown joint venture to provide truck drivers and various aligned communities better access to healthcare along the N3 corridor.

Trucking Wellness has made a tangible difference to the expansion of the N3TC Wellness Clinics, allowing us to reach thousands of people, including truckers, with basic primary healthcare services.

Last year, in just three months, our joint wellness clinics tested more than 1000 clients and more than 2200 patients were treated.

From starting out with a visionary approach 20-years ago, Trucking Wellness has proven its success rate, noticeably touching the daily lives and well-being of its many beneficiaries.

Trucking Wellness deserves our recognition and respect. They go beyond the call of duty to support our country and its people.

N3TC congratulates Trucking Wellness on this milestone celebration. May you continue with perseverance and strength through the next decades.





[TOUCHING LIVES] TOUR

**N3TC's
BOARD &
SHAREHOLDERS
REACH OUT
AND TOUCH
LIVES**



As the year starts to wind down, N3 Toll Concession had the opportunity to take members of the company's board of directors and shareholders on a tour of some of N3TC's numerous Touching Lives projects.

"This tour is an opportunity for us to bring the stories we share on paper to life and to support, encourage and motivate the champions of the various initiatives who are building communities, protecting our environment and creating economic opportunities and social cohesion along the N3 Toll Route," explains Thandiwe Rakale, N3TC's corporate social investment manager.

"The N3TC Touching Lives Board Tour is an annual highlight for our team as we showcase some of the wonderful work that is being done in our communities. This year we visited a handful of the enterprise development, conservation and education projects in KwaZulu-Natal."

Says Rabia Parker of African Infrastructure Investment Managers who joined the annual tour: "In a country where we hear and see so much bad news daily, these projects really act as a beacon of light at the end of the tunnel. The people and projects you empower are all inspiring and exceptional in their own right. This is the REAL work being done on the ground. These initiatives do not only touch the lives of individuals, but also of families, communities and a country."

Keaoleboga Ralefala of the Public Investment Corporation concurs: "I was so delighted to experience the commitment by all project leaders. For me, what differentiates N3TC's



TOUCHING LIVES TOUR



development initiatives is that they also provide on-going support and mentoring to project leaders. N3TC is actively involved and does not just provide funding for the sake of scoring more points on their BEE certificate.”

“As analysts, we mostly 'see' the business in numbers on a spreadsheet, and as such it is easy to lose touch with the heart of the operation. The Touching Lives tour gives a real appreciation for the ground work and the long-term impact these projects have on people's lives. It is inspiring to see people as passionate about making a difference,” says Kearon Gordon of Futuregrowth Asset Management.

During the two-day tour, the group visited the PROTEC Pietermaritzburg Academy; BirdLife SA and Conservation Outcomes' Blue Swallows conservation initiatives; the threatened grasslands, cranes and sungazer conservation projects championed by Endangered Wildlife Trust; the Babanentse and Senzakahle enterprise development initiatives in Bruntville; Singakwenza's education and enterprise development projects; and Music Voyage, a unique and inspiring youth development programme.

“I had no idea what to expect of this tour. What stood out for me is the impact N3TC is having in communities. The experience speaks for itself. We witnessed various testimonies by project leaders and beneficiaries which underscore N3TC's involvement as going far beyond handouts and simply ticking boxes. Each project is run by a group of skilled and passionate professionals who really have a heart for the communities they serve. I also got the opportunity to learn quite a bit about nature conservation and in that moment, I felt compelled to take the learnings and make a difference in my own small community. This further proves that CSI initiatives have no boundaries in terms of the lives it can influence. The programmes N3TC invests in seek to equip members of the community with skills that they can implement to better their own lives in the long run. This is indeed an admirable feat that N3TC has accomplished,” says Thandiswa Mbusi of African Infrastructure Investment Managers.

Moyahabo Mpanza of Stanlib sums it up: “N3TC's partnerships with these individuals have developed and empowered resilient go-getters who keep on reaching for their dreams against all economic odds. Thank you for ensuring that these initiatives touch the lives of the very young, the youth, the elderly and even the environment that they live in. It goes a long way in addressing the socio-economic ills in our country.”

“N3TC thanks our board members and shareholder representatives for their support and for taking a glimpse into our world,” ends Rakale.



[OUR ROADS NETWORK]



**THE
ENGINE ROOM
THAT DRIVES
ECONOMIC
GROWTH**

We tend to think of a road as just a way of getting from point A to B, but the role of our road networks in economic growth and prosperity cannot be overestimated.

Road infrastructure is regarded as a country's most important public asset because of its crucial contribution to economic development and growth. Roads facilitate trade, exchange and travel, and they are of vital importance to make a nation grow and develop. A region without roads will remain isolated and leave citizens unable to access employment as well as social, health and education services.

South Africa is fortunate to have an extensive road network that links to ports, rail and airports. It is considered the best network on the continent and facilitates the movement of people and goods across borders to the benefit of the entire southern African region and beyond.

The transport of goods and services in South Africa is heavily reliant on road transport. In fact, it is estimated that about 89% of freight relies on this mode of transport. "That is why the constant maintenance, renewal and upgrading of the N3 Toll Route is so essential," says Con Roux, commercial manager of N3TC. "The N3 is a major financial asset for society and the economy, and any deterioration of this infrastructure will have a negative impact on our country and all its citizens."

The importance of the N3 Toll Route lies in the fact that it links Africa's busiest port, Durban, to South Africa's economic heartland, Gauteng. More than three out of every five containers entering or leaving South Africa goes through the Durban port, making the N3 a vital conduit for freight in both directions.

But along its entire length the N3 is unlocking economic opportunities for South Africans, as can be seen in the booming tourism sector in KwaZulu-Natal's Midlands, for example. The area has become a popular playground for those seeking adventure and relaxation and offers everything from hunting and shopping routes to some of the best birding and fishing in the country. History buffs love to explore the many battlefields in the province, and the Nelson Mandela Capture Site in Howick has been a welcome addition to their list of places to visit.

Tourism is contributing almost 10% to KwaZulu-Natal's gross domestic product and is regarded as an important sector for growth and jobs. King Shaka Airport has, since its opening in 2010, become an important economic catalyst for the region, attracting long-haul international flights that have brought an increase in both cargo and passenger numbers.



Much of this cargo ends up on the N3 on trucks destined for Gauteng, and from there to other parts of South Africa. So next time you see that massive freightliner chugging along Van Reenen's Pass, spare a thought for its role in keeping the country's economy on the move. It is bringing food, drink and other consumer goods to a supermarket near you, and behind it is a whole freight and logistics sector that enables us to participate in the global economy through imports and exports. And without a world-class road like the N3, none of this would be possible.



[TAKE A BREAK]

TAKE
A BREAK

TAKE
A BREAK
FROM
DRIVING

The N3 Toll Route has three distinct groups of users, and each has its own needs and wants that have to be met.

Truckers

As one of the busiest logistics and transport corridors in South Africa, the N3 Toll Route carries thousands of trucks to their destinations every day. Most of our country's consumer goods and products are being transported by commercial trucks on our road networks daily.

Truck drivers face many long, tiring and often lonely hours on the road, and this necessitates some special relief.

Most trucks are fitted with devices which limits their travelling speeds, dash cameras with one lens pointing out to the road and another lens monitoring the driver, as well as technology which stifles the use of mobile devices while their vehicles are moving. Although large freight vehicles are more like self-sufficient mobile homes, fitted with beds, basic cooking facilities and fridges, truckers do need to take regular breaks and get out of their confined spaces.

Several truck stops and service stations have thus been built along the N3 corridor where drivers can safely park, rest, shower, stock up on groceries and food, and even do banking and vehicle maintenance if required.

"These rest stops actually make a significant contribution to road safety," says N3TC's traffic manager, Miles le Roux. "They offer a place to have a good sleep in secure circumstances, which helps to reduce driver fatigue – a major cause of road crashes. And apart from their convenience and meeting a driver's physical needs, they also offer truckers an opportunity to connect with their families, employers and fellow drivers to swap news and socialise a bit."



Long-distance buses and taxis

Minibus taxis and buses are another common sight on the N3 Toll Route, offering some of the most affordable options to travel between Gauteng and KwaZulu-Natal. And although thousands of passengers reach their destinations safely every day, there have also been some harrowing crashes resulting in loss of lives.

Le Roux stresses that driver fatigue plays an important part in crashes in which taxi and bus drivers are involved and urges them to follow the advice of taking a break at least every two hours.

“By then, one's passengers probably need a bathroom break anyway, and it makes for a happier trip if everyone's needs have been adequately met. There are many safe rest stops with good facilities along the way that operate 24 hours a day and can handle a large number of people at any time.”

He also advises people transporters to carefully consider their vehicles' roadworthiness, especially the condition of tyres, brakes, lights, indicators and wipers, before undertaking any trip.

Leisure travellers

The leisure traveller usually has more leeway when it comes to taking breaks on the road as he or she can choose how long a journey must take. And for this group the N3 Toll Route has some spectacular offerings in the form of eateries and accommodation on the way.

Along the N3 Toll Route, between Heidelberg and Cedara near Pietermaritzburg, there are many places to eat, stay and play, giving travellers the chance to take in the spectacular countryside at a leisurely pace.

One of the best ways to add enjoyment to your trip is to get to know as much as you can about the road you'll be taking. Plenty of information is available to the N3 traveller.

The N3 Gateway (www.n3gateway.com) website lists many authentic experiences, and it also has useful news on different itineraries and routes.

Road users are also encouraged to download the free N3 Radio app, which picks up your location on the route and has wonderful stories about points of interest you may not know about. The app can also tell you about promotions along the route and you can book accommodation in the region, so it's really a helpful tool to make your journey that much more enjoyable.

All road users can get the latest road and traffic information by contacting the N3TC Helpline on 0800 63 4357 or via Twitter: @N3Route.

LESOTHO ULTRA

Where the mountains meet the sky

The Maluti Mountains in the heart of the Lesotho highlands are considered some of the best terrain for high-altitude running in the world. Serving as the “veins” of this region, an intricate network of trails exists along the valleys and mountain flanks, connecting many of the remote villages.

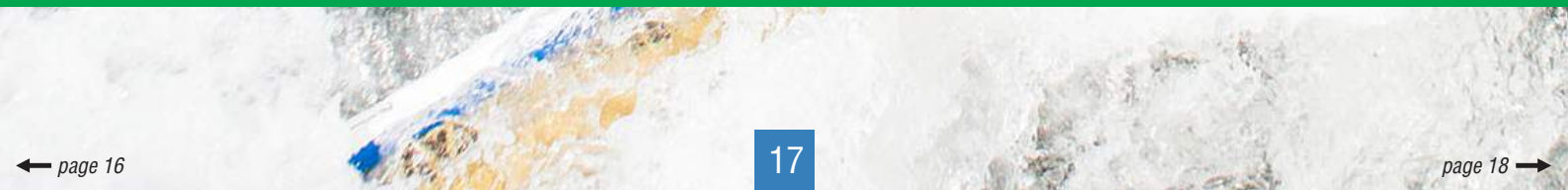
On 23 November, about 150 athletes will tackle these trails in the Lesotho Ultra, taking on either the 38km Mountain Challenge or the 50km Ultra Marathon. Both events take place at Maliba Lodge in the Tsehlanyane National Park, and there are several special accommodation packages for athletes and spectators to choose from.

For more information visit
www.lesothoultratrail.com





[DRAK CHALLENGE]



**PADDLERS,
BIKERS and
RUNNERS -
your
adrenaline
fix awaits
you in
Underberg**



Now in its 27th year, the annual N3TC Drak Challenge has fast become one of the biggest canoe marathons on the national calendar. It attracts paddlers from every corner of the country, and indeed the world, to the Southern Drakensberg town of Underberg.

Run by the small Canyon Kayak Club based in Underberg, the event is always looking to evolve and improve the experience for all its participants, and this year sees another bold move.

The reality of climate change associated with global warming has meant that the summer rains in the region that the event relies on are coming later and later in the season, and the last two editions of the canoeing classic have had to deal with low river conditions.

The race committee took the decision to move the event a few weeks later into the year, a move that has been welcomed by the athletes and their families.

“There is no point in burying our head in the sand,” said race committee head Lloyd Riggien.

“Most of the Underberg paddlers and organising committee members are farmers and we monitor the weather patterns closely. The last two years the race has missed the first big rains by a matter of days, so we are hoping that shifting the date later into the summer will have a positive effect on the race,” he added.

The race relies entirely on summer thunderstorms in the Southern Drakensberg for the water that makes the 75 kilometre paddle from Castleburn bridge to Early Mist Farm so exciting.

Drak Adventure offers a trio of events

The race now forms part of a trio of events in Underberg, sharing the weekend with trail runners and mountain bikers, to make up the FNB Drak Adventure Weekend.

On the Saturday night all the athletes and their families gather at the Underberg Country Club for the FNB Music Experience concert that was headlined by Matthew Mole in 2018 and The Parlotones last year.

Diarise 1 and 2 February 2020 now. See you in Underberg for some thrilling action and fun.

More details at www.drakadventure.co.za





[MIDMAR MILE]

**GET YOUR
SWIMMING
CAPS ON!**

Early in February 2020, thousands of enthusiastic swimmers will once again converge on Howick in KwaZulu-Natal to tackle the popular aQuellé Midmar Mile competition. It will be the 47th time that this epic swim takes place and, as always, the eight categories cater for athletes young and old as well as seasoned and novice.

The two swim days – 8 and 9 February – feature four different kick-off times to ensure an event that runs smoothly. On the Saturday, first to go will be those participating in the Ironman, Ironwoman, disabled, biathlon and older-than-71-years items. They will be followed by family teams, company relays and non-company teams. On the Sunday, it's all individual swims broken down between girls and women and boys and men in different age categories. There will be about 120 qualified lifeguards adding to the safety of the swim.

About 13 000 elite and social swimmers participated in the 2019 Midmar Mile, so get your entries in as soon as possible to avoid disappointment. All the information you need to know is available at www.midmarmile.co.za.

In the meantime, there are three so-called seeding events to practise for the Mile: the first on 1 December at Midmar Dam, then another on 8 December at Cradle Moon Lakeside Lodge in Muldersdrift, Gauteng, and the final event on 18 and 19 January at the same venue. Details for these events are also available on the website.



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[MUSIC SHOWCASE]

**DRAKENSBERG
BOYS CHOIR
SET TO WOW
AUDIENCES
WITH THEIR
TALENT
SHOWCASE
THIS
DECEMBER**



Fans of the Drakensberg Boys Choir School can look forward to an early celebration of the festive season in a concert series titled *Christmas in the Berg* that will take place from 6 – 8 December this year. Three distinctly different concerts will ensure a musical extravaganza that is bound to satisfy every taste.

In **A Talent Showcase** on 6 December at 19h00, the boys present their talents in a battle for musical dominance, whether it be instrumental or vocal ensembles, solo or duet performances. This battle occurs across a range of musical genres that allows the boys to explore the outer limits of their own creativity.

Cost: R150

In **Once More** on 7 December at 14h00, the choir's versatility will be on display. The concert features light classical choral pieces, a crossover repertoire and a few pop numbers before the interval, which is followed by the choir's celebration of 25 years of freedom in South Africa in the second half. Expect dancing and drumming.

Cost: R205

Also on 7 December, but at 19h00, **A Drakensberg Noelle** will be staged. This is a classic Christmas concert that has been held for more than 50 years. The choir is joined by a local string quartet and together they deliver all the music that celebrates the essence of this most magical time of the year, whether it be choral classics or festival carols.

Cost: R210

This concert will be repeated at 10h00 on 8 December and costs R230. All four concerts will be held at the school in Cathkin Park and tickets are available at webtickets.co.za. For more information, visit

www.dbchoir.com





[MATRIC VACATION]

**A SPECIAL
WORD TO
THE MATRIC
CLASS OF
2019**

Having a well-deserved break after 12 years of school is an annual tradition among South African teens. And from the end of November when exams are finished, the N3 Toll Route will definitely see its share of vacationing school leavers heading for organised events such as the Matric Rage being held in Ballito, Umhlanga and Durban, or for their own special holiday parties at the many gorgeous destinations on the north and south coasts.

Along the way

N3TC wishes all of you a fantastic holiday of sun, sea, surf – and safety. To ensure the latter, plan your road trip and that route you'll be taking carefully and allow for ample rest stops along the way. Only drive when you are well rested and avoid driving at night, if at all possible. And of course, don't drive when you've been drinking, and keep your hands off your phone while you are behind the wheel – no texting or taking selfies. Enter emergency details such as allergies and the contact numbers of your family or doctor under ICE in your phone – it stands for In Case of Emergency.

For any emergencies or help along the N3 Toll Route between Heidelberg and Durban, contact the N3TC Helpline on 0800 63 4357 or via Twitter: @N3Route.

Download the free N3 Radio app for some great playlists, stories about points of interest as well as all the latest traffic news.

At your destination

Stay in touch with your family regularly to let them know how you are doing, where you are staying and with whom you are hanging out. There is never a bad time to call your parents.

Don't drive – or walk, for that matter – when you are drunk. Choose a designated driver who will stay sober to look after everyone in the group. Take turns to be the designated driver.

Don't accept drinks or drugs from strangers. Drinks may be spiked, and a criminal record for drugs will ruin not just your night or vacation, but also your future.

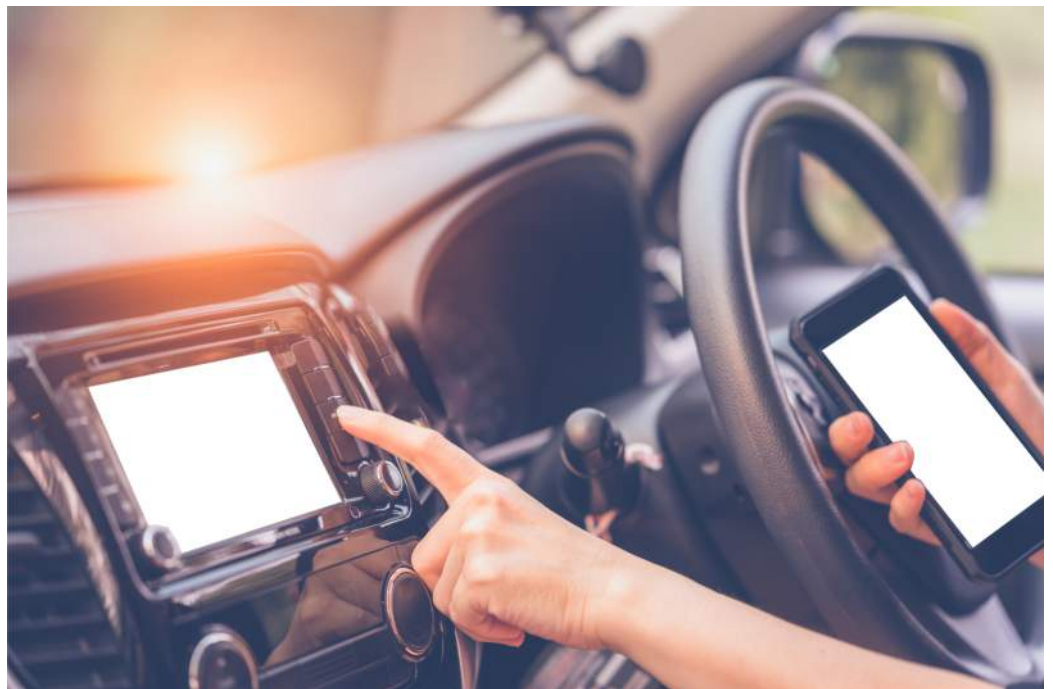
That said, N3TC hopes you have an unforgettable matric holiday and we wish you all the best with your results.





[ROAD TRIPPING]

ROAD
TRIPPING
AT ITS
BEST WITH
N3 RADIO



Play your favourite tune, turn up the volume, sing along at the top of your voice. Feel a rush of happiness and a sense of freedom as the road opens up in front of you and your worries are left behind – this is what road tripping is all about.

The people behind N3 Radio understands this only too well. They don't call themselves the "road trip experts" for no reason. They are passionate about what they do, and now they have made it their business to turn your N3 journeys into memorable moments.

First point of departure – planning

Download your free travel companion, the N3 Radio app. The app picks up your location on the N3 Toll Route and triggers as you travel to give you information about points of interest and regular route updates. The app also shares news about promotions along the route, and helps you to find places to stay, eat and play.





Now get in the mood with the right music

Tune into the brilliant road trip playlists created especially for you. These include road trip classics for the South African palette with songs by Johnny Clegg, Miriam Makeba, Karen Zoid, Mango Groove and the Parlotones; but it also plays international masterpieces by Cat Stevens, The Proclaimers, Roxette, Ed Sheeran, Meatloaf, The Killers, and so much more.

Line up your companions

Good companions make road trips even better. Nothing beats having an informed storyteller by your side as you discover new places. This is what N3 Radio does for you.

You will hear wonderful stories about ancient civilisations, butterflies, paradises beneath the highway and even about living fossils – all beautifully narrated by some of our country's best loved radio voices. They will also make sure that you know what is happening up ahead on your trip with regular traffic notifications to keep you in the loop.

N3 Radio is like Siri, but more authentic, location- and culturally specific to your route.



Download the free N3 Radio app here:
<http://highwayapps.com/n3-highway/>

Tune into our playlist via Spotify here:
<https://open.spotify.com/playlist/11a0T9cLiDrpvjtVFs9fbd?si=gFNPXhCfQo-Qn5vI7yKY2w>

You can listen to their Spotify playlist and the N3 Radio app will auto-trigger if you have the N3 Radio app page open as your main display.

Stay in touch

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