



BISHOP BURTON – TURING GROUP PROJECT INFORMATION PACK

Zulu Land Health & Social Care Project

AFRICA

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AFRICA

ABOUT THE PROJECT

Overview and location
of the project

ABOUT THE PROJECT

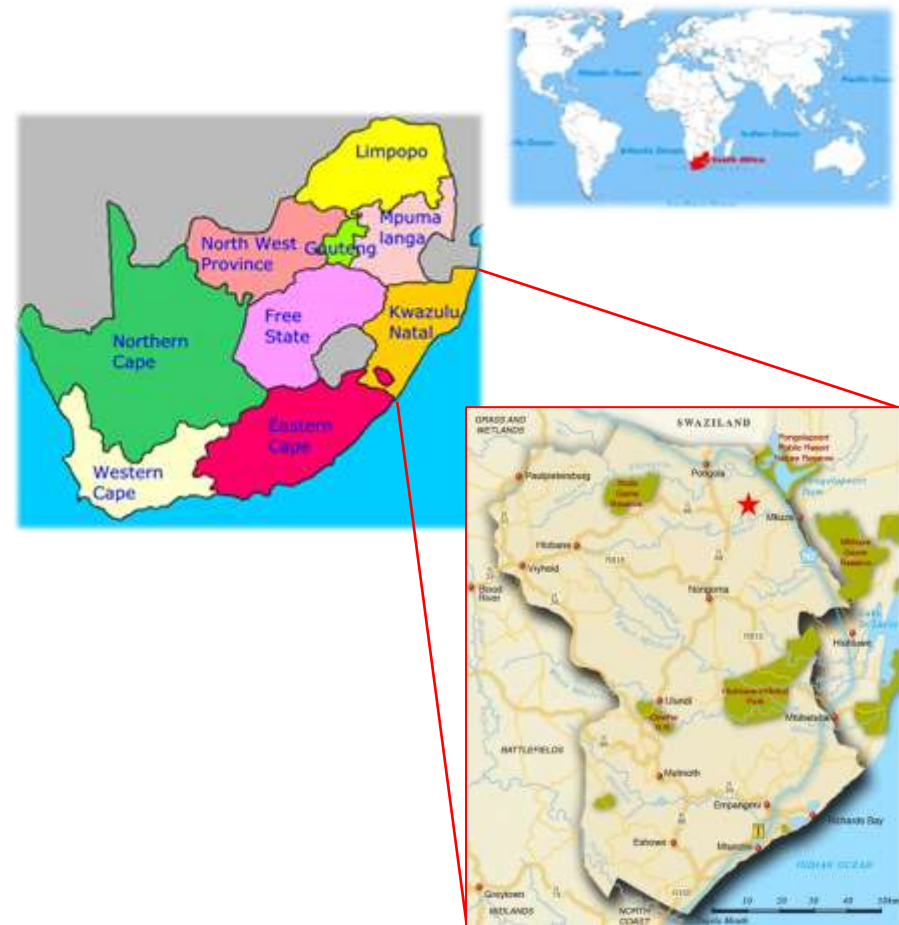
AFRICA

Zulu Land Health & Social Care Project

The Zulu Land health & social care project is located conveniently close to Johannesburg (3.5 – 4 hours) and is close to the renowned KwaZulu-Natal battlefields, an area steeped in history. Your time on the project will be split between two key project focuses: 1) Health & Social care in the community and 2) Big 5 conservation and wildlife work.

During your project you will be accommodated at our Nambiti Bush Camp which is located close to Ladysmith. Using this as our base, we can access many local community projects and NGO initiatives focused on health & social care. It also allows us to access the Big 5 Game Reserve to introduce the group to our conservation and wildlife work.

Nambiti Game Reserve is a magnificent 23,000 acres of unspoiled wilderness boasting the Big 5 and incredible biodiversity (grasslands, riverine bush, savannah and thornveld) offering unprecedented diversity of wildlife, with over 40 other game species, besides the big 5, and is a birders paradise.



Zulu Land Health & Social Care Project

Students will be taught and work alongside a number of inspiring professionals;

Not-for-profit organisations embedded within the local community, helping to support a number of important health & social issues through education and local funding.

NGOs (non government organisations) who deal with larger health & social care issues. These organisations act independently from the South African government and play a major role in key development areas, utilising international funding to pursue their goals.

Nambiti Conservation Research Team manage the day to day conservation management and research of the Big 5 Game Reserve.



Your Health & Social Care Programme

During your time on the programme, your time will be split working with local not-for-profit organisations in the local community and larger, NGO, initiatives. You will also have the opportunity to experience exciting conservation work. Below are project examples that you will be involved with:

Health & Social Care

- **Work in rural outreach clinics**
- **Observe health care workers**
- **Volunteer with Move Africa, fighting against period poverty**
- **Talks on Zulu Culture**
- **Community visits and projects**
- **Meet Zulu healers and learn about medicinal values of plants vs western medicines**

Conservation & Wildlife

- **Habitat and Prey Selection of Predators**
- **Alien Vegetation Control / Reserve Maintenance**
- **Educational Bush Walks – Ecology & Botany**
- **Tracks, Signs and Spoor**
- **Use of Telemetry Tracking**
- **Elephant Monitoring / Population Study**
- **Rhino Monitoring – Awareness and Anti-Poaching**

Your Health & Social Care Programme

| DATE | MORNING | AFTERNOON | EVENING |
|------------|--|---|---|
| 30 Jan | | Arrive late afternoon. Orientation | Dinner |
| 31 Jan | Big Five Rotations Group 1: Rhino tracking Group 2: Reserve Work Group 3: Monitoring priority species | Lunch Visit to Rural Clinic Talk by a local Non Profit organisation on the work they do in the rural communities & challenges of providing healthcare in remote areas of Africa | Talk by Move Africa & training session with students on how to train health care workers -use of menstrual cups as a sustainable solution to period poverty |
| 01 Feb | Rural Clinic Visit with Move Africa Addressing “Period Poverty” | Lunch Continue with Move Africa clinic training | Big Five Night Drive |
| 02 Feb | Visit a community school to donate menstrual cups and do a workshop on feminine health | Lunch back at camp Swim | Talk on Zulu Culture & Traditions |
| 03 Feb | Big Five Rotations Group 1: Monitoring Priority species Group 2: Rhino tracking Group 3: Reserve work | Picnic lunch & swim at Cascades Camera trap session | Dinner |
| 04 Feb Sat | Community Project: Jabong Hats Waste collection with community kids and craft workshop with Gogo’s (grannies) learn to make a trendy hat out of plastic waste | Traditional lunch in a Zulu Homestead. Meet a traditional healer and learn about the traditional use of medicinal plants. Explore the places where western & traditional medicine intersect. | Dinner |

Your Health & Social Care Programme

| DATE | MORNING | AFTERNOON | EVENING |
|--------|--|---|-----------------------------|
| 05 Feb | Big Five Rotations Group 1: Reserve work Group 2: Monitoring priority species Group 3: Rhino tracking | Lunch Swim | Dinner |
| 06 Feb | Rural Clinic outreach | Rural Clinic outreach | Dinner |
| 07 Feb | Rural Clinic outreach | Rural Clinic outreach | Dinner |
| 08 Feb | Rural Clinic outreach | Rural Clinic outreach | Dinner Night Drive |
| 09 Feb | Rural Clinic outreach | Rural Clinic outreach | Dinner |
| 10 Feb | Follow up visit to community school to reinforce Move Africa workshop | Lunch at camp Swim | Dinner |
| 11 Feb | Group 1: Big Five Bush Walk Group 2 & 3 Reserve work | Lunch Group 2: Big Five Bush walk Group 1 & 3 Reserve work | Dinner |
| 12 Feb | Group 3: Big five bush walk Group 1 & 2 Reserve work | Lunch Collect Camera Trap SD cards | Farewell dinner De-brief |

YOUR PROJECT

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Project Photos



ANY QUESTIONS?

INFO@GAPAFRICAPROJECTS.COM | +44 (0)207 1937819

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ACCOMMODATION & LIFESTYLE

Life in the African Bush

Nambiti Bush Camp

In keeping with the Safari Adventure theme, groups are accommodated on the reserve in comfortable safari tents, with communal hot and cold showers and regular flushing toilets. All meals are provided in a communal dining room. If students opt to sleep out there are basic camps around the reserve that can be used for sleep outs; Sleep out under the stars and learn how to make a fire and cook on it!



ACCOMMODATION

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Food at the project

Three meals are provided a day prepared by the kitchen staff.

Breakfasts will consist of toast and cereals; lunch may include pasta, wraps, burgers, stir fry; dinners include meat, fish and vegetables with rice, potatoes or pasta.

On weekends a braai (BBQ) is often organised. Tea, coffee and fruit is available all day from the volunteer area.

Please advise us of any dietary requirements in advance so we can ensure that you are adequately catered for.





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USEFUL INFORMATION

Inclusions/Exclusions &
Recommended Kit List

WHAT'S INCLUDED

AFRICA

Filed trip dates are:

Depart UK: 29th January 2023 | Arrive SA: 30th January 2023

Depart SA: 13th February 2023 | Arrive UK: 14th February 2023

What is included?

- Flights
- Transfers to/from project
- Accommodation
- Three meals per day
- All activities as part of the project
- ATOL protection
- Airport meet/greet
- 24/7 In country support

NOT Included

- Personal Travel Insurance *
- Meals on travel days – before arriving & after departing from project
- Any activities not specified as part of the project
- Visa's/travel documents

* We recommend that you take out personal travel insurance as soon as your booking is confirmed.



Suggested kit list

- Short sleeve shirts
- Long work trousers and shorts
(Or work trousers with zip-off longs)
- T shirts
- Hiking Boots/comfortable walking shoes to work in every day
- Rain jacket
- Sweatshirt/Fleece (Winter months pack plenty)
- Padded parka jacket/windbreaker - warm
(it can get very cold on an open vehicle - even on a summer evening)
- Daypack rucksack
- Sleeping Bag - for sleep out / camping in summer months
(weather dependent)
- Socks
- Warm Hat (in winter only) /Hat for sun protection
(all year round)
- Working gloves
- Gloves for warmth (in winter only)

- Changes of casual clothes for evenings
- Underwear
- Sandals / comfy shoes to wear after work hours
- Bath towel
- Beach towel
- Swimming costume
- Toiletries
- Tick / insect repellent

Other useful items:

- Binoculars
- Good torch
- Water bottle
- Camera
- Spare batteries
- Sunglasses
- Personal medical items
- Cards/CD's
- Sunscreen
- Mammal/bird book
- Notebook/diary and pen

Sustainability & Social, Economic Responsibility

Local employment from rural communities – our project partners employ a high percentage of staff from local communities. They advocate training to advance careers in hospitality, wildlife and conservation.

Low environmental impact camps – our project bush camps are built with minimal impact on the environment. Resources from the surrounding area are utilised for buildings, water is (where possible) pumped from local river sources and green energy supplies, such as solar are championed.

Community donations and support – we encourage all our international study groups to be proactive in donation collections and arrange for excess baggage for said donations to be taken out to South Africa in support of the local communities.

Move Africa, supporting young females – 3 in 10 girls in South Africa miss a week of school every month because they cannot afford basic sanitary products. Our project partners work with Move Africa alongside their partner NGOs, to distribute menstrual cups to the local communities and provide education workshops.

Rhino Art – Project rhino realises the enormous responsibility the youth have to ensure our wildlife is protected for many generations to come. They ensure they can reach and educate as many kids as possible through Rhino Art, using art workshops to teach about conservation. This initiative is supported by our local project partners.

Food/crop education – our project partners encourage food and crop education to rural communities, where cost of living to low income families and distance travelled to obtain basic resources can prove problematic. Projects include community allotments and providing education on best practice for crop rotations, harvest seasons and nutrition.

Recycling workshops – Litter, and in particular plastics, is a major issue and threat to the ecosystem in Southern Africa. Rural communities have limited waste removal available and it is therefore a problem escalating at an alarming rate. Recycling workshops are provided through local schools to help educate children on the importance of correctly disposing of litter and recycling plastics.



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