



Bishop Burton Pre-Departure Information

Zulu Land Health & Social Care Field Trip

AFRICA

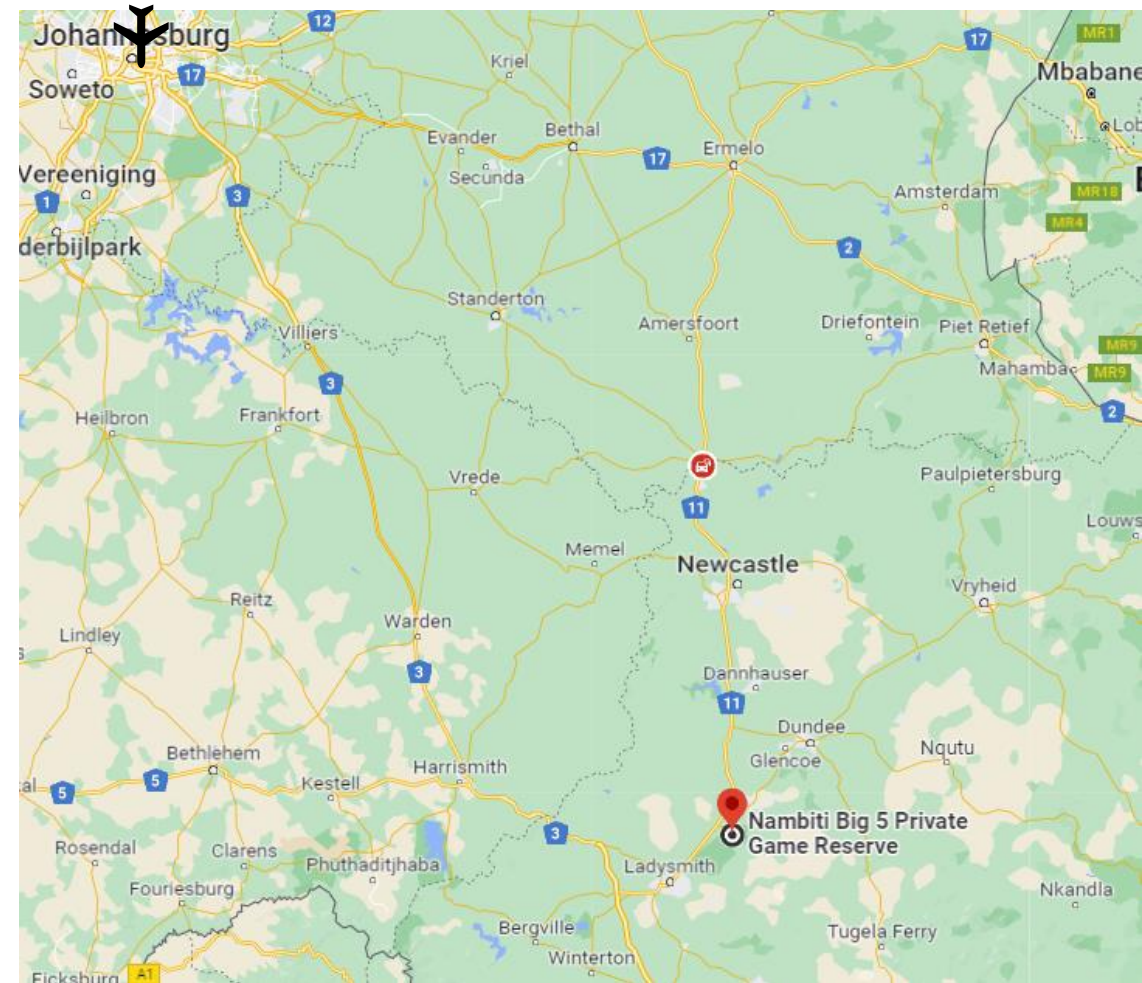
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Arriving in South Africa

Upon arrival at Johannesburg Airport (OR Tambo) you must collect your bags and clear immigration and customs.

A representative from Waterberg Countrywide Transfers will meet you in the arrivals hall for your coach transfer to Nambiti Game Reserve, approximately 4 – 4.5 hours by road.

If for any reason you cannot locate the representative, please call Lundy Bredberg on 27(0) 81 816 2541



CONTACT DETAILS

AFRICA

Address

Nambiti Game Reserve

Nambiti North Gate

Kwazulu Natal, Ladysmith 3370

South Africa

Nambiti Landline

Telephone: +27 (0) 36 631 9026

Mobile

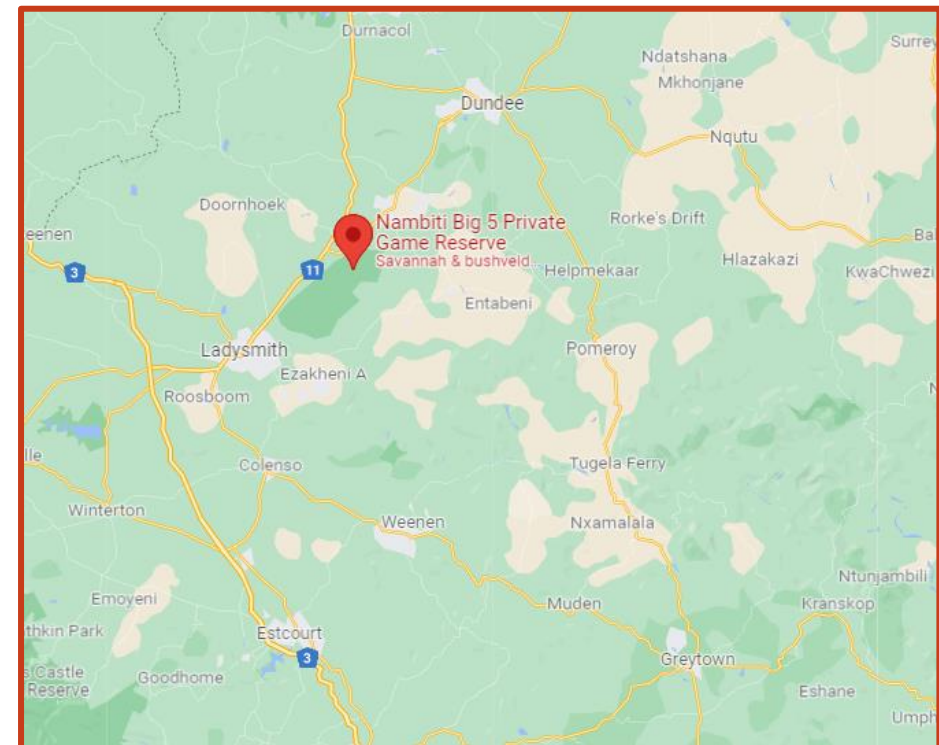
+27(0) 81 816 2541

Lundy Bredberg (Project Manager)

Gap Africa Projects

+44 (0) 797 657 5949

24 Hour Emergency Only



Climate

Summer (November – April)

Expect intense heat in the daytime with occasional thunderstorms in the afternoon. Vegetation is dense and lush due to the summer rains and the bush teems with new born animals. A very good time for bird watching.

Autumn

At the end of the summer rains the water holes are full, temperatures begin to drop at night and the vegetations starts to change colour

Winter (May – October)

During winter the temperatures are pleasant during the day but very cold at night. Visibility in the bush is very good making winter an excellent time for game viewing.

Spring

The bush changes to lively green vegetation and temperatures are pleasant

Currency, Credit Cards, Phones & Internet

The currency for South Africa is the South African Rand (ZAR). Foreign exchange may be arranged at the airport or in major centres. It is not recommended that travellers carry large sums of cash, keep a reasonable amount on hand and primarily use credit cards.

All major credit cards are widely accepted.

There may be some areas on the reserve where there isn't any mobile phone coverage.

Tipping

Whilst there is no obligation, it is a nice gesture to show your appreciation for the rangers and housekeeping staff by leaving a small tip/donation for the staff at the reserve when you leave; any amount is always appreciated.

Health Risks

Immunisation:

When entering South Africa, no international immunisation is required, however, a yellow fever vaccination certificate is required from travellers if they enter South Africa within 6 days of leaving an infected country.

Our advice: Visit your local (travel) doctor to get up-to-date information about requirements when travelling.

DTP inoculation (diphtheria, tetanus and polio) is essential.

Please visit the following web page for advice from the UK Foreign Office:

<https://travelhealthpro.org.uk/country/201/south-africa>

Drinking Water:

Drinking water is available at the project (filtered rainwater); always make sure you keep hydrated.

HIV/Aids in South Africa:

As in other countries, HIV/Aids is a serious concern in South Africa and one you must be aware of. You should always be careful when dealing with an injured person to avoid the risk of infection. Always take necessary precautions and avoid sexual contact.

Sun:

South Africa has a warm sunny climate, you should wear sunscreen and a hat whenever you are out of doors during the day, particularly between 10am and 4 pm – regardless of whether there is cloud cover or not. Whatever your complexion you can still get sunburned if you are from a cooler climate. Sunglasses are also recommended as the glare of the African sun can be very strong.

Malaria:

The project is located in a malaria free area

<http://www.sa-venues.com/malaria-risk-areas.htm>

USEFUL INFORMATION

AFRICA

Insurance

Personal travel insurance is compulsory. Travel insurance does not need to be expensive and there are many good deals available for backpackers etc. Always be sure to check the insurance details to make sure you are covered for Covid 19, theft, loss, illness and injury. Check to see if your medical benefits are paid out as they occur or on your return home.

We have an affiliation with True Traveller Insurance, please see link below for further information:

<https://www.true traveller.com/backpackers-insurance?tag=4480>

You should select 'Adventure Pack' as this will cover you for the type of activities you will undertake during your trip



Covid 19 Requirements

South Africa does not currently have any Covid 19 requirements in place for entering the country, if you would like to check on up to date information please see the link below:

[South Africa Covid Regulations](#)

For up to date information on returning to the UK after travelling abroad please click on the following link:

<https://www.gov.uk/uk-border-control>

Passport Requirements

It can take many weeks to obtain a passport – remember to start this process in plenty of time.

Your passport needs to be valid for at least 30 days beyond your intended exit date and have at least two blank pages. You can check requirements by using the IATA Travel Centre site

www.iatatravelcentre.com

Visa Requirements

A visa is not required for British Passport holders, all other nationalities should check the requirements via the website below, if required a visa can be obtained from the South African High Commission.

<http://www.dha.gov.za/index.php/immigration-services/exempt-countries>

Stay safe overseas – KBYG

The better prepared you are when you travel abroad the safer you will be. The Foreign, Commonwealth and Development Office offers 'Know Before You Go' travel advice, including simple precautions you can take before and during your trip.

To find out more, check out their website:

<https://www.gov.uk/browse/abroad/travel-abroad>

ACCOMMODATION

AFRICA

Game Reserve Camp at Nambiti & Zamimpilo Training Centre



ANY QUESTIONS?

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

Pre-Departure Presentation 7

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.



Suggested kit list

- Short sleeve shirts
- Long work trousers and shorts
(Or work trousers with zip-off long)
- 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
- 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



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