



USP College Pre-Departure Presentation



Kwa-Zulu Natal Conservation Field Trip

AFRICA

GLOBAL reach. **ADVENTURE** for all. **PROJECTS** to inspire.



AFRICA

ZULU LAND PROJECT OVERVIEW

Overview and location
of the project

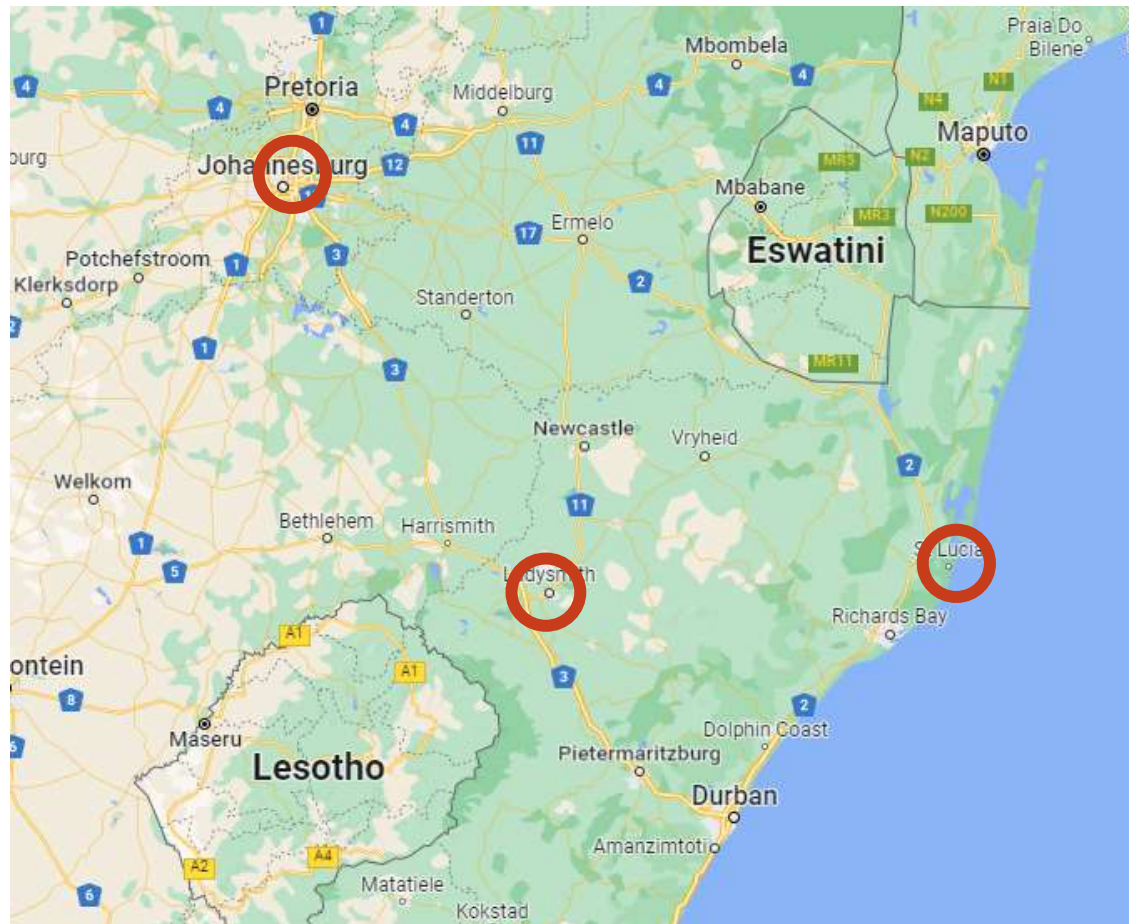


ABOUT THE PROJECT

AFRICA

Zulu Land Conservation Project- Location

- South Africa a world leader in conservation
- Malaria free KwaZulu Natal



ABOUT THE PROJECT

AFRICA

Nambiti Game Reserve (Days 1 – 6)

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.



ABOUT THE PROJECT

AFRICA

Zingela River Safari (Days 6 – 10)

Zingela Wildlife Reserve covers 12,500 acres of predator free, pristine African bushveld. You will have the opportunity to be involved with the research that takes place at the property;. You will also have the chance to participate in a host of activities during your stay.



NAMBITI TO ZINGELA

AFRICA



ANY QUESTIONS?

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Channel 5 Documentary

- Killer Crocs on Channel 5 included two of the team from Zingela
- <https://www.channel5.com/show/killer-crocs-with-steve-backshall>



ABOUT THE PROJECT

AFRICA

St Lucia Wetlands (Days 10 – 12)

St. Lucia is situated on the northern side of the estuary, the largest in Southern Africa and is totally surrounded by the Greater St. Lucia Wetlands Park and World Heritage Site. The area is famous for its wetlands and is a fantastic opportunity to witness Crocodiles and Hippos in their natural environment.



ST LUCIA – COASTAL ADVENTURE

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Cape Vidal Nature Reserve and Snorkeling



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ST LUCIA – COASTAL ADVENTURE

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Estuary Hippo and Crocodile Tour – (Additional Cost)



ANY QUESTIONS?

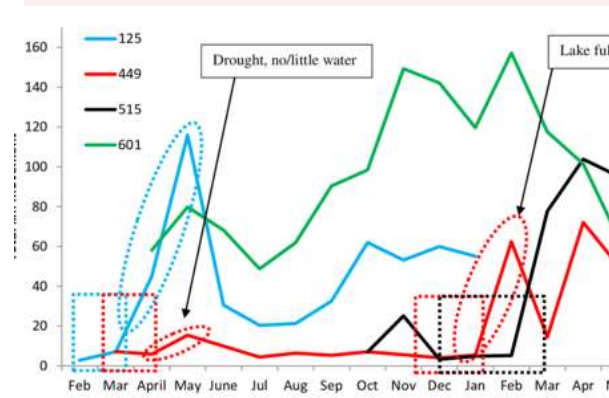
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ST LUCIA – COASTAL ADVENTURE

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Crocodile Research Centre – (Additional Cost)



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ST LUCIA – COASTAL ADVENTURE

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Whale Watching – (Additional Cost)



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ACCOMMODATION & LIFESTYLE

Life in the African Bush

ACCOMMODATION

AFRICA

Game Reserve Camps - Nambiti



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ACCOMMODATION

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Game Reserve Camps - Zingela



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ACCOMMODATION

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St Lucia Coastal Accommodation

Comfortable accommodation is provided during your time in St Lucia. Rooms are shared and have communal or en-suite ablutions.

The guest house is located in the heart of St Lucia's Main Street and is the ideal location to explore the surrounding areas.



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.

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



Sample Menu

Day 1	Day 2	Day 3	Day 4	Day 5
Scrambled eggs, savoury beans or mince or bacon toast (Jam, PButter)	Yoghurts, muesli, cereal, fruit	Pancakes, banana, fruit	Oatmeal porridge, fruit, toast & jam	French toast (Eggy bread)
Quiche & salad	Macaroni Cheese	Soup & homemade bread	Hotdogs	Braai broodjies (tomato, cheese, onion toasties on open fire)
Nachos (vegan or mince)	Beef stew & rice	Braai (Barbeque) with salads	Chicken ala King & rice	Chickpea curry mild

We must know of any dietary requirements, allergies and intolerants at least 6 weeks before departure.



AFRICA

PRE DEPARTURE INFORMATION

Travel details, kit lists and Q&A



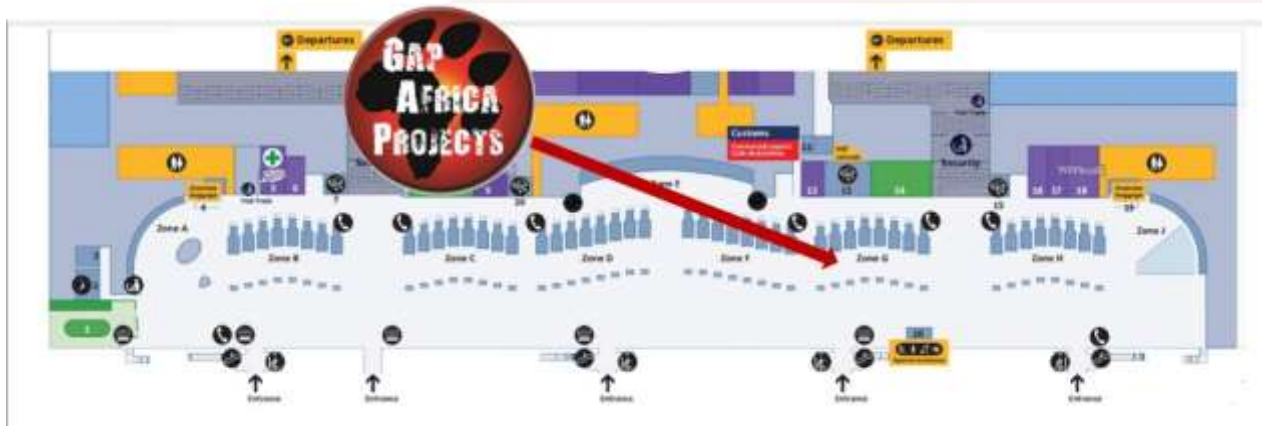
FLIGHT INFORMATION

AFRICA

Departure from the United Kingdom | Arrival to South Africa

London Heathrow Airport – Terminal 5

Meet at Zone G at 18:25



Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
BA57	07/07/24	London Heathrow (LHR)	21:25	Johannesburg (JNB)	09:15 + 1 Day

Johannesburg OR Tambo – Terminal A

Clear immigration & collect baggage to clear customs

Meet and Greet at JNB Arrivals Hall @ Information Desk

Transfer to Nambiti

FLIGHT INFORMATION

AFRICA

Departure from South Africa | Arrival to the United Kingdom King Shaka International Airport

Check in at the FlySafair check in desk

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
FA415	20/07/24	Durban, (DUR)	13:15	Johannesburg (JNB)	14:25

OR Tambo International Airport

Check in at the British Airways check in desk – Terminal A

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
BA56	20/07/24	Johannesburg (JNB)	19:20	London Heathrow (LHR)	05:30 + 1 Day



BAGGAGE ALLOWANCE

You are entitled to:

1 piece of checked luggage max weight 20kgs

1 piece of hand luggage max weight 7kgs with max dimensions of 56 x 36 x 23 cm plus a small bag with max dimensions of 40 x 15 x 20, this must go under the seat in front of you

TRAVEL DOCUMENTS

AFRICA

Travel Documents

Issued 24/06/2024

Emailed to your personal and/or college email address

Print and take copies

Boarding passes issued at airport

Passports!



<https://gapafricaprojects.com/24-usp-kzn-4494-usp-college/>

Group Web Page & Travel Documents

📄 [Student Frequently Asked Questions - Click to View](#)

📄 [Student Guidelines and House Rules - Click to View](#)

The image shows two overlapping document pages. The top page is titled "Student - Frequently Asked Questions" and contains a table of contents with the following items and page numbers:

Student - Frequently Asked Questions	
Contents	
Pre-Departure	2
1. What documents should I receive from Gap Africa?	2
2. What travel documents are required?	2
3. ...	2
4. ...	2
5. ...	3
6. ...	3
7. ...	3
8. ...	3
9. ...	3
10. ...	3
11. ...	3
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100. ...	3

The bottom page is titled "Gap Africa Projects - General Guidelines and House Rules" and contains the following text:

As a participant in Gap Africa Projects, I understand and agree to adhere to the following guidelines:

1. Timeliness and Curfew: I commit to respecting designated timings, including early mornings and curfew times.
2. Behavioural Expectations: I agree to uphold the behavioural standards set by my institution, maintaining respect for others and the local culture.
3. Language and Conduct: I recognise that the use of foul language is inappropriate and will respectfully challenge any instances of it among fellow participants.
4. Smoking and Vaping: I agree not to smoke or vape inside any buildings or vehicles, utilising only designated smoking areas for such activities.
5. Alcohol Policy: I agree to comply with my institution's alcohol policy and ensure that if I choose to drink, I do so responsibly and without becoming intoxicated during any activities.
6. Substance Use: I understand and agree that the use of narcotic substances is strictly prohibited.
7. Community Interaction: I will refrain from giving money or food directly to individuals in the community, as it may perpetuate a culture of dependency.
8. Health and Dietary Needs: I will inform Gap Africa Projects of any medical conditions, mental health concerns, or dietary restrictions at least six weeks before travel.
9. Personal Supplies: I commit to bringing any preferred snacks or foods if I know I am a picky/fussy eater.
10. Insurance: I agree to obtain appropriate travel and medical insurance that covers all activities during the trip.

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<https://gapafricaprojects.com/24-usp-kzn-4494-usp-college/>

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
- 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
- Beach towel
- Swimming costume
- Toiletries
- Tick / insect repellent

Other useful items:

- Binoculars
- Good torch
- Water bottle
- Camera
- Sunglasses
- Personal medical items
- Cards/Games
- Sunscreen
- Mammal/bird book
- Notebook/diary and pen















* All work clothes should be neutral or earth tones for working in the bush. No skimpy or bright-coloured clothing to be worn

USEFUL INFORMATION















AFRICA

Climate

Nambiti / Zingela

7	8	9	10	11	12	13
						
19° 4°	18° 5°	18° 5°	19° 5°	20° 4°	21° 4°	21° 4°
14	15	16	17	18	19	20
						
21° 5°	22° 5°	22° 5°	21° 2°	19° 2°	19° 3°	20° 5°

St Lucia

7	8	9	10	11	12	13
						
21° 14°	19° 14°	20° 16°	19° 15°	20° 15°	21° 16°	21° 15°
14	15	16	17	18	19	20
						
21° 15°	21° 17°	22° 16°	21° 16°	19° 14°	19° 14°	19° 16°

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 incur or on your return home.
- True Traveller is our recommended provider for travel insurance
- You should select 'Adventure Pack' as this will cover for the type of activities you will undertake during your trip
- You must ensure you are happy with the policy before purchasing.

truetraveller



<https://www.truetraveller.com/?tag=4480>

Phones & Internet

Mobile phone coverage is good at the accommodation, although there may be some areas on the reserve where there isn't any coverage. eSIM or purchasing a SIM card at the airport is another option

Some Wi-Fi is provided free of charge at the accommodation. Internet speeds are not up to international urban standards but are effective for communication.

We have partnered with Holafly eSim provider who have offered a 5% discount when you use the code GAPAFRICAPROJECTS

Benefits of an eSIM

- Unlimited Data Plans
- Keep your WhatsApp number
- Immediate Delivery
- Uses both Vodacom and MTN the two major networks in South Africa

Holafly



<https://shorturl.at/sxE29>

-5% discount applied to all plans

5 Days Unlimited data £22.80 £24.00 GBP 5%	7 Days Unlimited data £32.30 £34.00 GBP 5%	10 Days Unlimited data £35.15 £37.00 GBP 5%
15 Days Unlimited data £37.05 £39.00 GBP 5%	20 Days Unlimited data £46.55 £49.00 GBP 5%	30 Days Unlimited data £63.65 £67.00 GBP 5%

Currency and Travel Card

- 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 as are Apple and Android Pay.
 - Travel Cards are very useful, preload before travelling and the best exchange rate is used.
- **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

- Wise Travel Card offers up to £500.00 with no transfer fee for GAP Africa Projects travellers



<https://wise.prf.hn/l/XZJx9qq>

**YOUR NEXT PAYMENT IS
FREE UP TO 500.0 GBP**

Your secret code was applied. Get the real exchange rate when sending money abroad.

Open an account

Send money

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- recommended Jungle Deet Spray for St Lucia

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

Loadshedding

Scheduled blackouts/power cuts – the team will inform you when the power will be off, normally for 2-4h at a time.

Plug adaptors – Three pin round plugs



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>

Passport Requirements

It can take up to 6 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 stay and have at least two blank pages.

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>

Community GAP Donation Bags

- Magazines
- Books for school library
- Educational posters
- Stationary
- Sports kit (football kit, boots, shirts, balls, netball bibs etc)
- Skipping ropes
- Recyclable pads for Move Africa donation



Trip Clothing

Online shop available
for trip clothing:

GAP Trip Hoodie

GAP Africa Polo Shirts

GAP Africa Caps

GAP Africa Beenie

GAP Africa 500ml Bottle





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