



# BCA PRE-DEPARTURE PRESENTATION



## Shamwari Group Conservation Expedition



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





AFRICA

# ABOUT SHAMWARI GAME RESERVE

Project overview and  
location

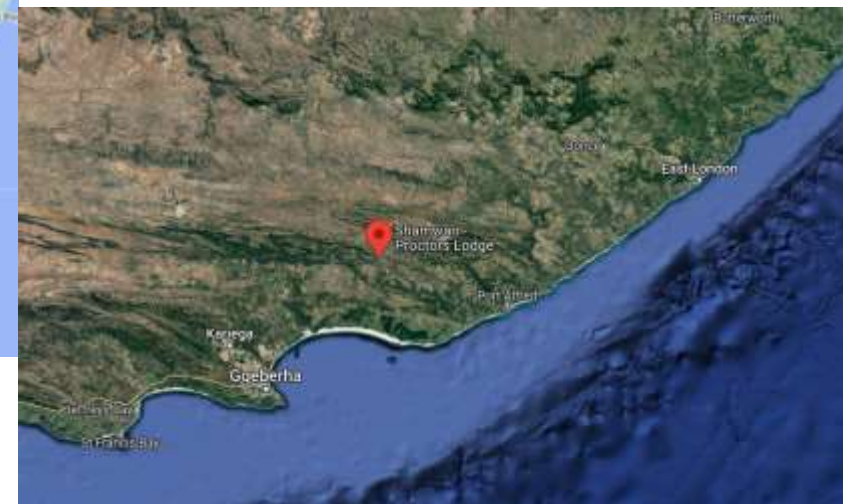
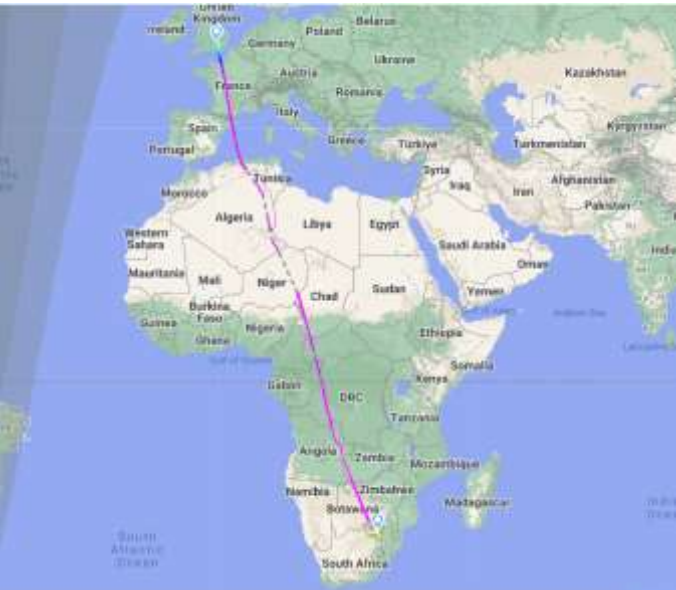


# ABOUT SHAMWARI

AFRICA

## Shamwari Game Reserve - Location

- South Africa a world leader in conservation
- Privately owned Shamwari Game Reserve
- Malaria free Eastern Cape



# ABOUT SHAMWARI

AFRICA

## Shamwari Game Reserve

- **25,000 Hectare Privately Owned Game Reserve**
- **A pioneer in conservation in Southern Africa**
- **Award winning conservation team including:**
  - Wildlife Vets
  - Ecologists
  - Anti Poaching
- **Home to Born Free Foundation**
- **Lodge dedicated for our groups**





# ABOUT SHAMWARI

AFRICA

## Home to the BIG 5



ANY QUESTIONS?

[INFO@GAPAFRICAPROJECTS.COM](mailto:INFO@GAPAFRICAPROJECTS.COM) | +44 (0)207 1937819

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# ABOUT SHAMWARI

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Home to over 60 Species of Mammal



ANY QUESTIONS?

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# ABOUT THE PROJECT

AFRICA

## Your Conservation Projects

- **General Reserve Maintenance**
- **Alien Plant Eradication / Land Management**
- **Spatial Distribution/habitat use of species**
- **Data Collection and Research**
- **Habitat and Prey Selection of Lions**
- **Elephant Monitoring & Study**
- **Work at the Born Free Foundation**
- **General Game Drives and Walks**
- **Night Drives**
- **Field Skills and Survival Training**
- **Community Development**



ANY QUESTIONS?

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AFRICA

# LIFESTYLE & ACCOMMODATION

Life in the African Bush

BYS



# ACCOMMODATION & LIFESTYLE

AFRICA



ANY QUESTIONS?

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# ACCOMMODATION & LIFESTYLE

AFRICA



ANY QUESTIONS?

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## Breakfast Menu - Example

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Poppy seed Muffins	Vanilla Oats	Buttermilk Flap Jacks	Berry Smoothie	Crispy Bacon French T Tomato Fried Eggs	Cream Cheese Bread	Scones With Whipped Cream
WEEK 2	Vanilla Muffins	Cinnamon Oats	Banana Flap Jacks	Banana Macadamia Smoothie	Pork Sausage Baked Beans Creamy scrambled egg French Toast	Poppy Seed Bread	Scones With Cheese n Jam
WEEK 3	Carrots And Zucchini Muffins	Tasty Wheat with Berry Caulis	Wheatgerm Flap Jacks	Tropical Fruit Smoothie	Crispy Bacon French T Tomato Fried Eggs	Banana Bread	Soft Oatmeal Bread
WEEK 4	Blueberry Muffins	Tasty Wheat with Cream	Fluffy Flap Jacks	Spinach Green Smoothie	Pork Sausage Baked Beans Creamy scrambled egg French Toast	Orange Sweet Loaf	Scones



# ACCOMMODATION & LIFESTYLE

AFRICA

## Lunch Menu - Example

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>Early Arrivals Veg Quich</b> Greek Salad Orange Juice Fruit Bowl	<b>Chicken Burgers</b> Chilli Mayo Apples Green Simba Chips Orange Squash Purified Water	<b>Wraps</b> Pasta Salad Sweet chilli Sauce Jungle Bars Seasonal Fruit Orange Juice	<b>Sausage Ralls</b> Tomato Ketchup Greek Salad Jungle Bars Pear	<b>Sandwich</b> Simba Chips Orange Juice Purified Water Apples Red	<b>Cold Lunch</b> Bread Ralls Lettuce Tomato Potato Salad	<b>Fat Cakes</b> Beef Mince Apricot Jam Cheese Fruits
WEEK 2	<b>Hot Doggs</b> Mustard Tomato Ketchup Salsa Simba Chips Seasonal Fruit	<b>Chicken Pie</b> Green Salad Jungle Bar Fruit Kebabs Orange Squash	<b>Build Yr Burger</b> Leaves Cucumber Cheese Hummus Chips Simba	<b>Fried Chicken</b> Potato Salad Bread Ralls Tomato Ketchup Jungle Bars Naartjies	<b>Sandwich</b> Chips Simba Orange Juice Pure Water Peach	<b>Fish Cakes</b> Cous-Cous Mixed Veg Tartar S Fruit Bowl	<b>Pizzas</b> Hot Chips Tropical Salad Tomato Ketchup Fruit Bowl



## Dinner Menu – Example

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>Braai Night</b>  Lamb Chops Beef Sausage Roster Cook Sweet Corn Potato Salad Salad Leaves Condiments 6	<b>Beef Bobotie</b>  Yellow Rice Green Beans Sweet Carrots Green Salad	<b>Mac and Cheese</b>  Mixed Veg Salad	<b>Fried Fish</b>  Risotto Rice Diced Butternut Cowls' Salad Tomato Salsa	<b>Beef Stroganoff</b>  Spaghetti Germ Squash Salad	Veg Curry  Rice Salad	<b>Pork Chops</b>  Cous-cous Baby Marrow Capri Salad
WEEK 2	<b>Lamb Potjie</b>  Samp Beetroot Green Salad	<b>Grilled Chicken</b>  Pap Cakes Relish Greek Salad Carrots Salad	<b>Veggie Baked</b>  Potato Mash Mixed Leaves Bean Salad	<b>Final Braai</b>  Chicken Kebabs Beef Sausage Jacket Potato Chakalaka Green Salad Sweet Corn	<b>Spaghetti Bolognese</b>  Cheese Green Salad	<b>Beef Kebab</b>  Sweet Potato Creamy Spinach Green Salad	<b>Roasted Chicken</b>  Savory Rice Broccoli Cauliflower Carrots Tropical salad





**AFRICA**

# WEEKEND EXCURSIONS

Your free time on project



# 1 Day – Penguin & Pier

AFRICA

Visit the popular Port Elizabeth (PE), officially renamed Gqeberha (Xhosa). Take a stroll along the beachfront and browse the vibrant market stalls. Tour at the Seabird Rescue Centre specialising in the critically endangered African penguin. Lunch will be arranged at beachfront restaurant.

## Itinerary

- 08:00 – Pick up at project
- 09:30 – Boardwalk Mall, Beachfront Markets and Hobie Pier
- 11:00 – SANCCOB Seabird Rescue Centre Tour
- 12:00 – Lunch at restaurant (Own Account)
- 13:00 – Hobie Beach
- 17:00 – Arrive at project

**£55.00 pp**      **2025 rates**

## Included

- Professional guide
- Comfortable 14 – 22 seater vehicle with trailer
- SANCCOB (Southern African Foundation for the Conservation of Coastal Birds)
- Transfers to/from accommodation

## Excluded

- Curios, tips and extra activities
- Lunch





# 1 – Day Sunshine Coast

AFRICA

Visit some of the most pristine coastline that South Africa has to offer and experience the thrill of sandboarding through the dunes. After the kayak is over, we will settle down to a beach braai (BBQ) in front of the crashing waves and beautiful views before the excitement of sandboarding.

## Itinerary

08:00 – Pick up at project

10:00 – Kayak paddle

12:00 – Beach BBQ Lunch

13:00 – Sandboarding

17:00 – Arrive at project

## Included

Professional guide

Comfortable 14 – 22 seater vehicle with trailer

Sandboard and Kayak rentals

Lunch

Transfers to/from accommodation

## Excluded

Curios, tips and extra activities

**£89.00 pp**    **2025 rates**



# Lodge Activities

AFRICA

## Days off at Proctors

2 x pools

20min hiking trail in the garden

Birding in the garden

Library

Pool table & dart board

DSTV – plus the Shamwari series and other conservation documentaries on Hard drive

Spa treatments (face, nails and hair braiding ) – community project

Soccer and volleyball nets and balls

Croquet

**You are welcome to relax at the lodge over the weekend.**

**No pressure to leave the reserve.**







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

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
BA57	02/02/2025	London Heathrow (LHR)	21:25	Johannesburg (JNB)	10:20 + 1 Day

### Johannesburg OR Tambo

Pass through immigration | Collect baggage | Clear customs  
Connection Terminal A – Terminal B | GAP Team member to assist

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
FA373	03/02/2024	Johannesburg (JNB)	13:05	Port Elizabeth (PLZ)	14:50

### Port Elizabeth Airport

Meet and Greet at PLZ Arrivals Hall  
Transfer to Shamwari Game Reserve  
Supermarket stop off

### Baggage Allowance

Checked luggage – 1 x 23KG  
Hand Luggage – 1 x 23KG



# FLIGHT INFORMATION

AFRICA

## Departure from South Africa | Arrival to the United Kingdom

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
FA363	15/02/2025	Port Elizabeth (PLZ)	13:50	Johannesburg (JNB)	15:35

### Johannesburg OR Tambo

Collect baggage and re-check in at international departures

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
BA56	15/02/2025	Johannesburg (JNB)	20:15	London Heathrow (LHR)	05:30 + 1 Day



# TRAVEL DOCUMENTS

AFRICA

## Travel Documents

Issued 20/01/2025

Emailed to your personal and/or college email address

Print and take copies

Boarding passes issued at airport

Passports!

**Your e-ticket**

**Flight Information**

Class	Carrier	Flight No	Class	Carrier	Flight No	Class	Carrier	Flight No
Y	BAW	620	Y	BAW	620	Y	BAW	620

**ATOL Certificate**

ATOL Certificate Number: 4827

**ATOL Certificate**

This confirms that your money is protected by the ATOL scheme and that you can get home if your travel company collapses.

**What is protected?**

1. Your flight to and from the UK, including any stopovers.

2. Your accommodation (hotels, camps, etc.) in the countries you will be visiting.

**Your protection**

If you are protected then you will be able to get home if the travel company goes into liquidation.

**Flight Itinerary**

Class	Carrier	Flight No	Class	Carrier	Flight No	Class	Carrier	Flight No
Y	BAW	620	Y	BAW	620	Y	BAW	620

**Important Travel Advice**

Please check the ATOL website for the latest information on the ATOL scheme.



## Group Web Page & Travel Documents

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

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



**Student - Frequently Asked Questions**

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6. What should I do if I have an emergency?	3
7. What should I do if I have a medical condition?	3
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9. What should I do if I have a disability?	3
10. What should I do if I have a religious or cultural belief?	3
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98. What should I do if I have a special award?	3
99. What should I do if I have a special honor?	3
100. What should I do if I have a special recognition?	3

**Gap Africa Projects - General Guidelines and House Rules:**

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/4568-bca/>

## 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
- 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

S	M	T	W	T	F	S
2	3	4	5	6	7	8
						
33° 17°	32° 14°	32° 14°	29° 15°	29° 15°	30° 16°	30° 16°
9	10	11	12	13	14	15
						
29° 16°	30° 16°	31° 17°	32° 15°	29° 16°	30° 16°	29° 15°

## Currency & Credit Cards

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.

Travel Cards are very useful; preload before travelling and the best exchange rate is used.

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

<https://wise.prf.hn/l/xZJx9gq>



## 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.



## 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 5% discount use 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



-5% discount applied to all plans		
<b>5 Days</b> Unlimited data £22.80 <del>£24.00</del> GBP <span>5%</span>	<b>7 Days</b> Unlimited data £32.30 <del>£34.00</del> GBP <span>5%</span>	<b>10 Days</b> Unlimited data £35.15 <del>£37.00</del> GBP <span>5%</span>
<b>15 Days</b> Unlimited data £37.05 <del>£39.00</del> GBP <span>5%</span>	<b>20 Days</b> Unlimited data £46.55 <del>£49.00</del> GBP <span>5%</span>	<b>30 Days</b> Unlimited data £63.65 <del>£67.00</del> GBP <span>5%</span>

<https://shorturl.at/sxE29>

## 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>



## 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.

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



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

## Loadshedding

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

## 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

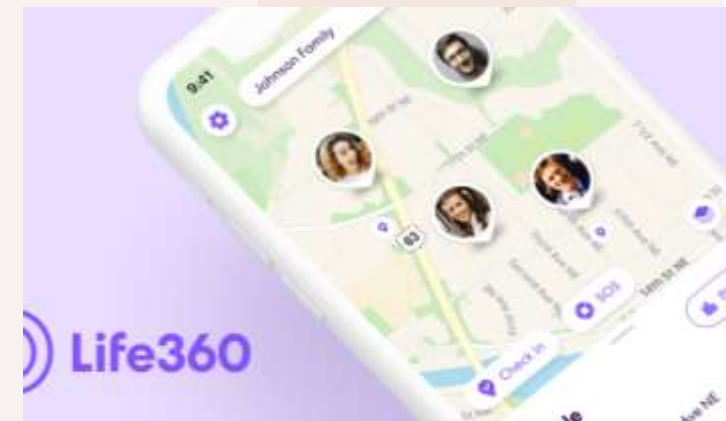


## Useful App's for Next of Kin

We recommend that Next of Kin also download and set up the following app, we have found this to be useful in knowing where are students whilst on the trip!

Flightradar24 – very useful for tracking flights, showing departure times, any delays and flight location in travel.

Life360 – is great for following them on their journey.







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

Explore our network of Global Adventure Projects:



[GLOBALADVENTUREPROJECTS.COM](http://GLOBALADVENTUREPROJECTS.COM)

