



Lancaster & Morecambe College Pre-Departure Presentation



KwaZulu-Natal Community Volunteering Project



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



AFRICA

ABOUT THE PROJECT

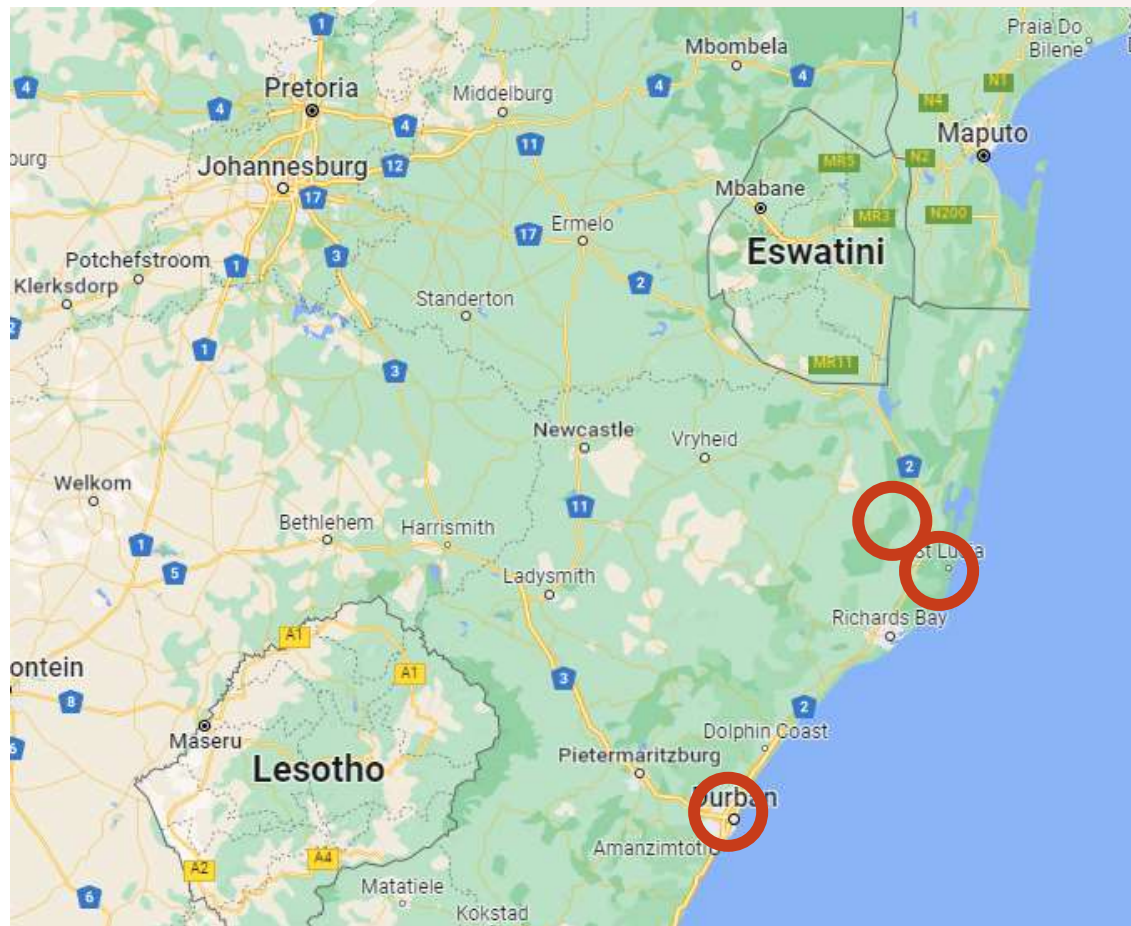
Overview and location
of the project

ABOUT THE PROJECT

AFRICA

Project- Location

- Staying in two locations on the Northeastern Coast
- Bonamanzi Game Reserve and St Lucia



ABOUT THE PROJECT

AFRICA

Bonamanzi Game Reserve

Bundi Camp & Nayla Lodge – 10 nights

- Community Project
- Zulu Culture Talk and Presentation
- Project Rhino community project
- Mural Paintings
- Childrens Playground Painting
- Game Drives
- Basket weaving workshop
- Bead workshop
- Full Day at Imfolozi Game Reserve
- K9 Anti-Poaching talk and demonstration
- Potjie Cooking competition
- Zulu Arts and Craft Workshop in the local community
- Tour and talk of a local Snake Pharm which produces anti-venom

ABOUT THE PROJECT

AFRICA

St Lucia

Shonalanga Lodge- 4 nights.

- Community Project
- Hippo and Crocodile Tour
- iSiphaphali Butterfly dome
- Sign Painting
- Cape Vidal bush and beach safari
- Khula Health Care Clinic Visit
- Khula Creche Visit



AFRICA

ACCOMMODATION & LIFESTYLE

Life in Africa



ACCOMMODATION & LIFESTYLE

AFRICA

Bundu Camp 7 Nights (3rd to 9th February)



ANY QUESTIONS?

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

PROEJCT INFORMATION PACK 7

ACCOMMODATION & LIFESTYLE

AFRICA

Bundu Camp 7 Nights (3rd to 9th February)



ANY QUESTIONS?

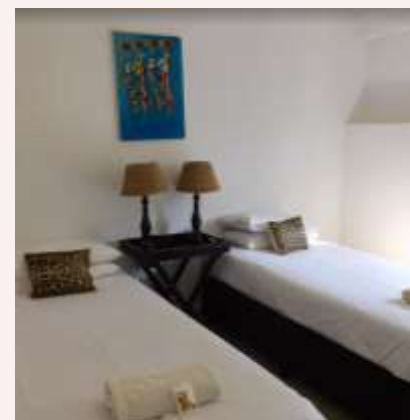
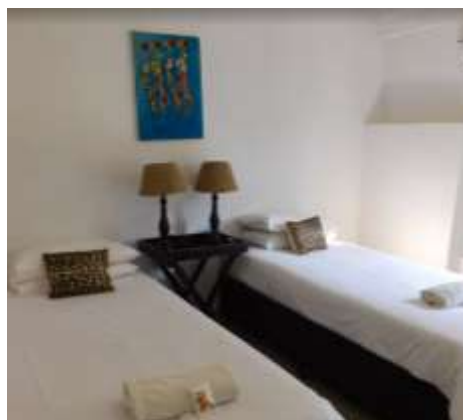
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PROEJCT INFORMATION PACK 8

ACCOMMODATION & LIFESTYLE

AFRICA

Nayla Lodge 3 nights (10th – 12th February)



ANY QUESTIONS?

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PROEJCT INFORMATION PACK 9

ACCOMMODATION & LIFESTYLE

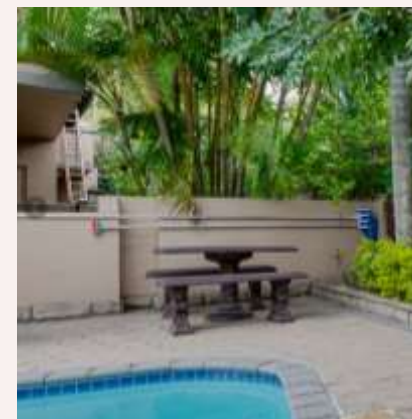
AFRICA

Shonalanga Lodge 4 nights (13th – 16th February)

You will be accommodated in twin rooms with ensuite facilities at St Lucia.

3 meals per day will be provided at the accommodation, with the exception of 1 lunch and 1 dinner. Please remember to advise us of any dietary requirements so we can ensure you are adequately catered for.

There are no facilities for washing clothes at the accommodation but there are launderettes nearby which are not expensive



ACCOMMODATION & LIFESTYLE

AFRICA

Shonalanga Lodge 4 nights (13th – 16th February)



ANY QUESTIONS?

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PROEJCT INFORMATION PACK 11

Meals

AFRICA

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

Meet at LMC College

Meet at 09.00 ready to depart at 09.30 TBC

Manchester Airport – Terminal 1

Meet to check in at 11.15

Lou Bell will be at the check-in desk to help you check in and pass through security

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
TK1992	02/02/25	Manchester (Man)	14.15	Istanbul (IST)	21.25
TK42	03/02/25	Istanbul (IST)	01.55	King Shaka Int Durban (DUR)	13.30

King Shaka Int Durban

Clear immigration & collect baggage to clear customs

Meet and Greet at Arrivals Hall @ Information Desk

Transfer to Bonamanzi



FLIGHT INFORMATION



Departure from South Africa | Arrival to the United Kingdom

King Shaka Int Durban – Terminal A

Check-in at the check-in desk terminal A

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
TK43	17/02/25	Johannesburg (JNB)	16.05	Istanbul (IST)	06.20 +1 Day
TK1991	18/02/25	Istanbul (IST)	11.45	Manchester (MAN)	13.15

Arrival back at College for around 16.00



BAGGAGE ALLOWANCE



CHECKED BAGGAGE

158 cm (width+length+height)

Economy Semi-Flexible

 **1 piece(s): maximum 23 kg per piece**

Baggage allowance for passengers other than adult passengers may vary.

+



1 CABIN BAGGAGE

55x40x23 cm (Width x Length x Height)

Maximum 8 kg

+

1 ACCESSORY

(No larger than camera, telephone etc.)



The personal item should not exceed 4 kg.

TRAVEL DOCUMENTS

AFRICA

Travel Documents

Final Documents Issued
20/01/2025

Emailed to your personal
and/or college email
address

Print and take copies

Boarding passes issued at
the airport

Passports!





<https://gapafricaprojects.com/25-4591/>

TRIP DOCUMENTS



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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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/25-4591/>

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

USEFUL INFORMATION

AFRICA

Climate

Bonamanzi

St Lucia

2	3	4	5	6	7	8	9	10	11	12	13	14	15
28° 24°	28° 24°	29° 24°	29° 23°	29° 24°	26° 24°	26° 24°	29° 23°	30° 23°	31° 24°	31° 24°	31° 24°	31° 24°	31° 24°
9	10	11	12	13	14	15	16	17	18	19	20	21	22
27° 23°	26° 22°	26° 22°	26° 23°	26° 23°	27° 24°	27° 24°	30° 23°	29° 23°	28° 23°	28° 22°	27° 22°	27° 21°	28° 22°

USEFUL INFORMATION

AFRICA

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



<https://shorturl.at/sxE29>

-5% discount applied to all plans

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

USEFUL INFORMATION

AFRICA

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.

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.

USEFUL INFORMATION

AFRICA

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>

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 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.

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>

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 PROJECTS

AFRICA

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



USEFUL INFORMATION

AFRICA

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

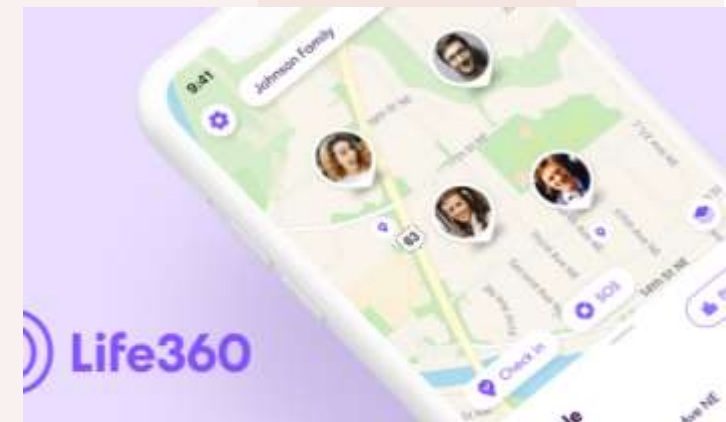
AFRICA

Useful App's for Next of 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!

Flightrader24 – very useful for tracking flights, showing departure times, any delays and flight location in travel.

Life360 – is great for following them on their journey.





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GLOBALADVENTUREPROJECTS.COM



YOUR PROJECT

AFRICA

Community Development Activities



ANY QUESTIONS?

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PROEJCT INFORMATION PACK 29

YOUR PROJECT

AFRICA

Community Development Activities



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PROEJCT INFORMATION PACK 30

YOUR PROJECT

AFRICA

Example itinerary

Day 1: Travel to London Heathrow for your overnight flight to South Africa

Day 2: Travel overnight from the UK to Durban, transfer to Bonamanzi, orientation and dinner

Day 3: Early morning game drive, after breakfast, depart for a Community project for the day. Traditional Lunch in the community. After dinner a Talk on Zulu Culture by Project Rhino

Day 4: Community outreach with Project Rhino. After lunch reserve management work at Bonamanzi, including K9 anti-poaching demonstration and talk

Day 5: Morning game drive and maintenance work, after lunch and a swim in the pool followed by a scavenger hunt and preparation for a potijie cooking competition

Day 6: Visit to a snake pharm to look at the local method of anti-venom and demonstrations, after lunch and a swim in the pool take part in a Zulu Art and Craft workshop in the local community

Day 7: Full day at Hluhluwe Mfolozi Big Five reserve with the chance to see, Elephant, Rhino, Lion, Buffalo and maybe a leopard amongst other animals. Lunch will be taken in reserve. The evening will include a farewell Braai

Day 8: Transfer to St Lucia (1 hour), and a tour of the craft markets and town in the afternoon will include a Hippo and Crocodile estuary boat tour.

Day 9: After breakfast spend the day at a local project and iSiphaphali Butterfly dome

Day 10: Explore the local Vape Vidal bush with a beach safari, breakfast is served at the reserve. The Afternoon is taken at your leisure.

Day 11: The day is spent in the local community visiting the Khula Health Care Clinic and Creche Visit, lunch at the centre followed by a visit to the craft markets and town in the afternoon

Day 11: Depart St Lucia for Durban and overnight flight back to London.

Day 12: Arrive back in London for your transfer back to college.