



# Plumpton College Group Presentation

A collage of three African savanna scenes. The left panel shows a zebra running through dry grass. The middle panel shows a donkey standing in a shallow pond. The right panel shows a person wearing a helmet and a striped shirt standing next to a donkey in a grassy field with giraffes in the background.

## South African Vet Physio Equine Project

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



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# ABOUT THE PROJECT

Our Vet Physio – Equine and wildlife in more detail

# ABOUT VET PHYSIO



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## Your Equine Project Explained

- A unique vet physio project, with a focus on equine based in South Africa
- Based in three locations; stay and work on estates, and game reserves
- Tailor-made projects to suit your needs and interests
- Project activities include
  - Vet physiotherapy in a South African context
  - Equine Welfare
  - Equine Management
  - Wildlife rehabilitation
  - Conservation activities
  - Community Development
- Dedicated horses, staff, professionals and vehicles
- 10-day all-inclusive experience

# ABOUT VET PHYSIO

AFRICA

## Location



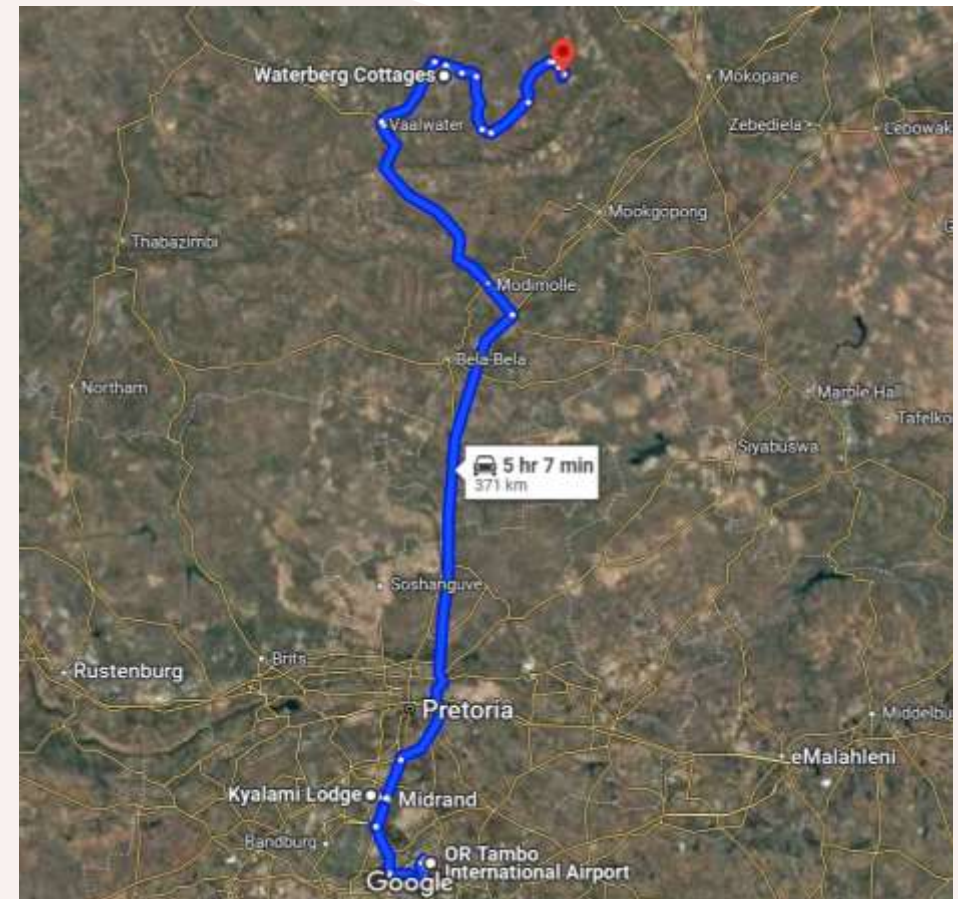
# ABOUT VET PHYSIO

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## Your Vet Physio Equine Project Explained

Your programme will take place in three locations in two provinces of South Africa.

- 3 nights **Kyalami Agricultural Holdings**, Johannesburg, Gauteng
- 4 nights **Waterberg Cottages**, Vaalwater, Waterberg, Limpopo
- 3 nights **Entabeni Big 5 Game Reserve**, Waterberg, Limpopo
- **Airport to Kyalami = 30km**
- **Kyalami to Waterberg Cottages = 260km**
- **Waterberg Cottages to Entabeni = 70km**
- **Entabeni back to airport = 260km**



# ABOUT KYALAMI

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## Kyalami Agricultural Holdings

- Kyalami: Johannesburg suburb renowned for equestrian activities.
- Equestrian Hub: Features world-class riding schools, stables, and competition venues
- Offers tranquil countryside settings with open spaces and natural vegetation, ideal for equestrian pursuits.
- Equestrian Community: Home to a vibrant community and top-tier facilities, making it a haven for horse enthusiasts.



## Your Kyalami Host: Alex

- South African – Integrated Equine Performance Bodyworker Masterson Method Certified Practitioner, Coach, and Instructor
- Registered with the South African Veterinary Council as a Competency-Specific Veterinary Physiotherapist
- Competitive rider since childhood
- Multidisciplinary riding background with expertise in horse and rider dynamics
- Focuses on the interaction between horse and rider for optimal performance
- Key member of her community and involved in various horse, dog training, security and outreach groups



## Society for Animals in Distress

- Equine Support Unit – bring positive change to the lives of horses in the coal yards of Tembisa.
- Focus: enhance the welfare of these horses by providing essential care and support.
- Post surgery Care – with veterinarian
- Cleaning/feeding/walking and general assistance



the society for animals in distress®

## Kyalami competitive horses

- Kyalami – competitive horse capital of South Africa.
- Students will see how riders train and work with their horses in various disciplines.
- Dressage/show jumping yards will be included and riders and practitioners will discuss different tension patterns and how they monitor their horses.
- Other physios will be involved with their various methods
- South African conditions, terrain and breeds will be demonstrated and discussed



## Pit-Track K9 Conservation and Anti-Poaching Unit

- In preparation for going to wildlife reserves, students will meet a leading K9 antipoaching team.
- A talk about the poaching crisis will be given as well as a K9 demo.
- Students then have the opportunity to assist these working dogs with physio needs.



# ABOUT WATERBERG COTTAGES

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## Waterberg horse trails at Waterberg Cottages – Equine Project

- Located at Waterberg Cottages on a 3,000ha game reserve with abundant wildlife
- 16 horses of various ages, grazing freely in the open veld
- Majority are South African Boerperds (14–16 hands), known for their robustness and trustworthiness
- Remote location requires all care, maintenance, and most veterinary work to be done on-site by the team
- Wildlife is often monitored from horseback, as animals are accustomed to the horses' presence
- A mix of thicker bush, sandy roads, and open areas provides excellent trails for riding



# WATERBERG COTTAGES

AFRICA

## Limpopo Animal Physiotherapist

Mobile Veterinary Physiotherapy practice, based in the Waterberg, will explain their methods and challenges in Africa, as they treat the horses and donkeys on-site with the students.



# WATERBERG HORSE TRAILS

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## Activities at Waterberg Cottages

- Limpopo Animal Physiotherapist
- Outrides (game monitoring on horseback)
- Guided walking trail: bush signs, tracking
- Removing poisonous plants, bush and wire
- Herding (bringing horses in and moving camps)
- Rural village tour; meet the people, children, animals and donkeys. Help animals in need.



# WATERBERG COTTAGES

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**Horseback Safari, Bush Walks, bush clearing, sundowners**



ANY QUESTIONS?

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

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# WATERBERG COTTAGES

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## Community Development – Boschdraai Village



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# ABOUT ENTABENI

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## Entabeni – Big 5 Game Reserve

- Majestic 12000ha private reserve and search for more wildlife in their natural habitats
- This reserve is known, particularly for its dramatic landscape and special rare ancient plant called a cycad.
- Arabian horses that are used for both horseback safaris and antipoaching patrols.
- Students will have the opportunity to assist with the needs of these working horses.



# ABOUT ENTABENI

AFRICA

## The Rhino Orphanage

The Rhino Orphanage was the first-ever specialised, non-commercial centre dedicated to the rescue, rehabilitation, raising and release of orphaned rhinos back into the wild.

Although new-born rhinos can weigh up to 50kgs, they are essentially “helpless” and require protection so that they may survive and ultimately thrive.



# ABOUT ENTABENI

AFRICA

## Rhino Orphanage Patients

- Injuries due to predator mauling
- Prosthesis to be improvised
- Weight of an adult white rhino: between 1,800 and 4,500 kilograms (3,968 and 9,900 pounds)



# ABOUT ENTABENI

AFRICA

## Big 5 Game Reserve – Entabeni Safari Conservancy

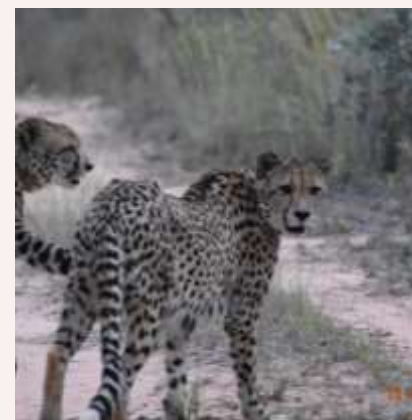
- White and Black Rhino
- Elephant
- Leopard (tracks and camera trap?)
- Lion
- Cape buffalo
- Also: Cheetah, giraffe, zebra,
- Rock formations and ancient plants



# ABOUT ENTABENI

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## Entabeni Big 5 Safari Experience



ANY QUESTIONS?

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# ABOUT ENTABENI

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## Night Game Drives



ANY QUESTIONS?

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# ACCOMMODATION & LIFESTYLE

Life at the project

# ACCOMMODATION & LIFESTYLE

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## Accommodation

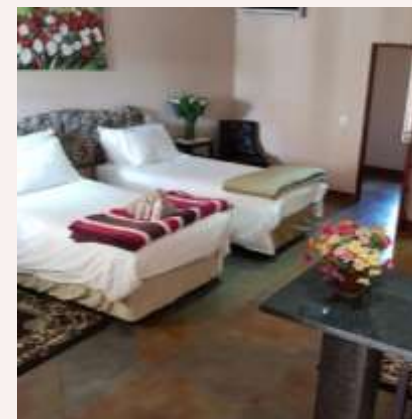
**Kyalami:** A lodge on an estate in the upmarket equestrian-themed suburb.

**Waterberg Cottages:** beautiful historic thatch cottages surrounded by gardens, horses, animals and views of the surrounding bushveld.

**Entabeni Lodges:** Safari style accommodation at one of the bush camps in the reserve.

All students will share same-sex rooms.

All accommodation have swimming pools.



# ACCOMMODATION & LIFESTYLE

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## Food and Meals

All meals are provided with local ingredients and cater for all dietary requirements.

There will be a mixture of catered and self-catering (in teams) depending on location and schedule.

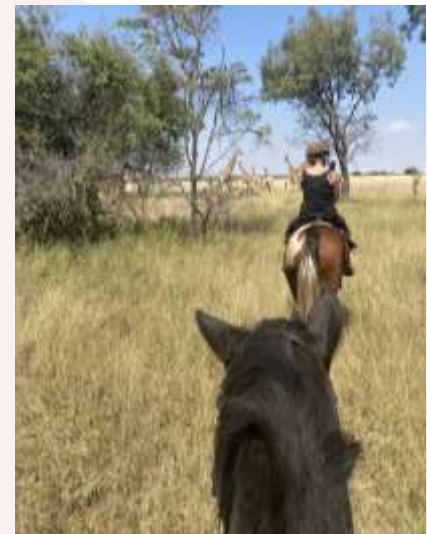
There will be opportunities to taste local dishes including the traditional 'braai' (BBQ) and to enjoy meals in unique outdoor locations.



# VET PHYSIO EQUINE

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## Photo gallery



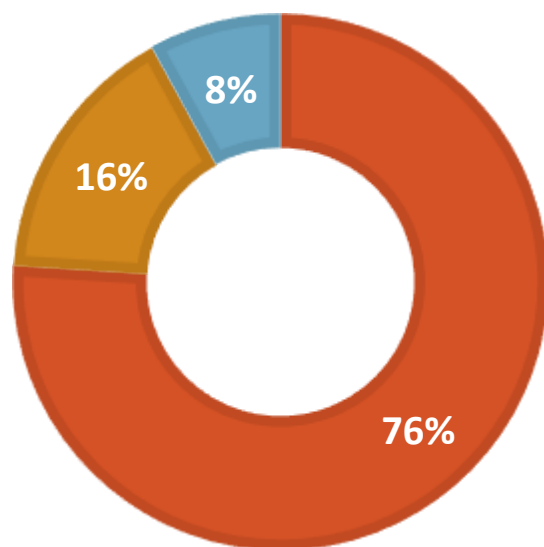
# WHY SHOULD I TRAVEL?

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## Personal Development

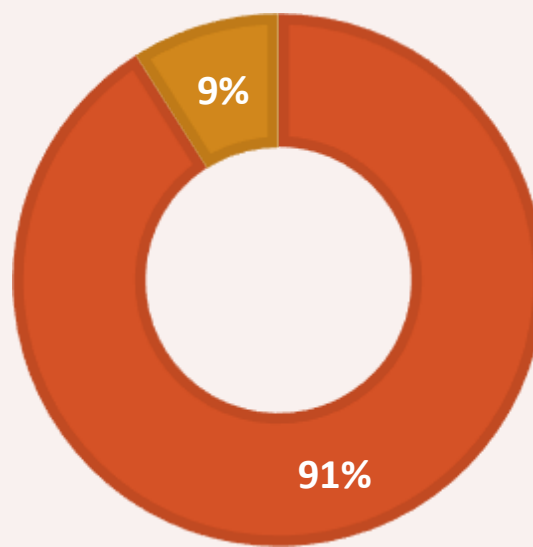
### MENTAL HEALTH IMPROVEMENT

■ Yes ■ No ■ NA



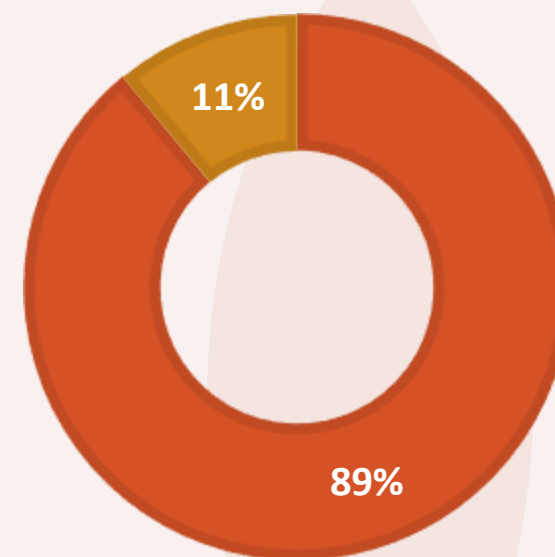
### CONFIDENCE IMPROVEMENT

■ Yes ■ No



### RESILIENCE IMPROVEMENT

■ Yes ■ No



Reference: GAP Africa Projects Post Project Trip Questionnaire 23/24



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# **USEFUL INFORMATION**

Inclusions/Exclusions &  
Recommended Kit List

# THE NEXT STEPS

AFRICA



## Project dates & key deadlines

### Confirmed trip dates:

Depart UK: 23<sup>rd</sup> October | Arrive SA: 24<sup>th</sup> October 2025

Depart SA: 3<sup>rd</sup> November | Arrive UK: 4<sup>th</sup> November 2025

### Trip cost:

Estimated £2,495.00 – £2,595.00 Based on a group of 14

(confirmed once flights have been held)

### Key deadlines are:

- Return online booking form by 31/01/2025
- Deposit payment, £300.00 12/02/2025
- 50% instalment payment by 29/08/2025
- Balance payment to be paid by 07/07/2025
- Payment plans available
- e-Tickets & final documents will be issued 2 weeks before departure

# WHAT'S INCLUDED

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## What is included?

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



## NOT Included

- Personal Travel Insurance \*
- Meals on travel days – before arriving & after departing from the project
- Any activities not specified as part of the project
- Visas/travel documents
- Tips
- Riding hat, boots, gloves, body protector – see kit list

\* We recommend you take out insurance as soon as your booking is confirmed

# BOOKING YOUR ADVENTURE

AFRICA

## Booking Form

A screenshot of the GAP Africa Projects website's booking form. The header features the GAP Africa Projects logo and a banner image of two cheetahs. Below the banner, the text "BOOKING FORM" is displayed. The form includes fields for Title, Name, Date of birth, Passport no., Passport issue Date, Passport expiry Date, Nationality of Passport, Next of Kin Details (Full name, Relationship), Contact Telephone, and a field for dietary requirements. A note at the top of the form states: "PNC Your name should be given as displayed on your passport".

[gapafricaprojects.com/booking-form-25-4682-plz-vpe-plumpton-college/](https://gapafricaprojects.com/booking-form-25-4682-plz-vpe-plumpton-college/)

# USEFUL INFORMATION

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## Suggested Kit List

- Short and long sleeve T-shirts \*
- Long work trousers and shorts \*  
(Or work trousers with zip-off longs)
- Hiking Boots/comfortable walking shoes to work in every day
- Rain jacket
- Sweatshirt/Fleece (Winter months pack plenty)
- Riding hat
- Jodhpurs
- Riding boots
- Gloves
- Daypack rucksack
- Socks
- Hat for sun protection (all year round)
- Gloves for warmth (winter only)
- Water bottle (filtered rainwater provided)

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

- Changes of casual clothes for evenings
- Underwear
- Sandals / comfy shoes to wear after work hours
- Beach towel
- Swimming costume
- Toiletries
- Tick / insect repellent
- Personal medical items/First Aid Kit
- Sunscreen and sunglasses

### Other useful items:

- Binoculars
- Good torch
- Camera
- Mammal/bird book
- Notebook/diary and pen



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