



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. What vaccinations are recommended?	2
4. Do we require travel insurance?	2
5. Where can I find the kit list?	3
6. What luggage allowance do I have?	3
7. When is my next payment due?	3
Health and Safety	3
8. Should I bring a first aid kit with me?	3
9. What are the emergency procedures and contacts?	3
10. What is the procedure for reporting incidents or issues during the trip?	3
11. What happens if I require a doctor or hospital?	4
12. Are there opportunities for swimming?	4
13. Are there any specific cultural considerations for the trip?	4
14. Mobile Phone and Wi-Fi	4
15. I'm a fussy eater what food will there be?	5
16. How is accommodation arranged?	5
17. How much spending money should I bring?	5
18. Am I expected to tip?	6
19. What will the weather be like?	6
20. Can we drink the water?	7
21. Are there laundry facilities	7
22. Is drinking alcohol allowed?	7
23. What is load-shedding?	7
24. How to support students who may be menstruating during the trip	7
25. Community Donations	8
26. Appendix 1	9
27. Gap Africa Team Contacts	10

Pre-Departure

1. What documents should I receive from Gap Africa?

You should receive a confirmation email, which contains an invoice (bank details can be found on your invoice) and confirmation letter and includes a link to the group webpage.

Documents included on your trip webpage will be:

- Information Pack – contains a kit list
- ATOL Certificate
- Pre-Departure Pack – contains a kit list
- Travel Plan (if flights are being booked with us)

After you have made a payment you will receive an updated invoice. Two weeks before travelling final documents and your e ticket (if booking flights with us) will be emailed to you.

2. What travel documents are required?

Participants must have valid passports with at least 30 days beyond their intended date of exit from South Africa. Any participant travelling on a non-UK passport should confirm any VISA requirements with the South African consulate before travel.

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

3. What vaccinations are recommended?

We recommend consulting your GP or travel clinic or this website:

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

4. Do we require travel insurance?

All travellers must have travel insurance which includes all activities – [True traveller](#) is our preferred supplier, you should select 'Adventure Pack' which covers all activities.



5. Where can I find the kit list?

The kit list can be found on the information pack and pre-departure pack on your trip webpage.

6. What luggage allowance do I have?

Your luggage allowance depends on which airline you are travelling with and whether you have a domestic flight in South Africa. If you are over your baggage allowance, you will be responsible for any charges. Details can be found on the pre-departure and information pack found on your trip webpage.

7. When is my next payment due?

For details relating to payments please see your most recent invoice. Please let us know if you require a new copy.

Health and Safety

8. Should I bring a first aid kit with me?

We recommend you carry a basic first-aid kit with you. Basic items such as plasters, and paracetamol, ibuprofen, rehydration tablets and Imodium can be very useful whilst on the project.

Basic first aid will be available and emergency procedures will be communicated to you. Please note that staff at the projects are unable to give out any medication.

Any prescription medication should be in its original packaging and consider having a doctor's letter as well. Ensure that all prescription medication is carried in your hand luggage.

9. What are the emergency procedures and contacts?

Emergency contacts are provided on the pre-departure packs, please note these contacts. Details of emergency procedures will be received during your project orientations.

10. What is the procedure for reporting incidents or issues during the trip?

Any incidents or concerns should be reported to the lead project staff/camp manager to resolve any issues.

11. What happens if I require a doctor or hospital?

Firstly, ensure you have spoken to the lead project staff/camp manager at your project who will be able to assist in ensuring that you gain access to medical care as required. All private hospitals and doctors in South Africa adopt a pay-as-you-go system, so you will need to have access to funds to pay. This includes transport to the hospital or to see the doctor. For example, transport from Nambiti, KZN to the doctor is around £75.00. All payments would need to be paid locally.

You must ensure you follow the guidance as set out on your insurance policy to ensure you can claim back any costs.

12. Are there opportunities for swimming?

At some projects there are swimming pools, lakes/dams/rivers/seas that can be used, however, you need to be aware that there are no lifeguards and limited/if any life-saving equipment. Guidance will be given on using these facilities. The recommended kit list will advise if swimwear is applicable.

13. Are there any specific cultural considerations for the trip?

Respectful behaviour and cultural sensitivity are important throughout the trip; In particular, you should dress respectfully and short or revealing items should not be worn. Neutral colours are recommended whilst working on the reserve.

We recommend that participants keep cash/mobile phones and valuables out of sight, particularly in the communities and around towns.

14. Mobile Phone and Wi-Fi

Mobile phone signal is patchy – Vodafone and O2 seem to provide the best coverage in South Africa however please keep in mind any additional charges. Participants can purchase an eSIM before travelling or a Vodacom/MTN SIM card at Johannesburg airport.

Depending on the project some Wi-Fi may be available (please see appendix 1) Any available Wi-Fi will be patchy and of low speed. Streaming Netflix will not be possible, uploading photos to social media should be possible.

15. I'm a fussy eater what food will there be?

Food at the projects are homecooked and excellent quality, projects will cater for genuine dietary requirements, allergies and intolerances however the project cannot cater for "fussy eater". We recommend you look at the sample menu in the pre-departure packs and if you believe that you will struggle you should take items such as noodles/ breakfast bars etc. with you; there may be an opportunity to stop at a local Spar shop however this is not guaranteed.

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

16. How is accommodation arranged?

Participants will stay in shared accommodation; rooms and numbers are normally allocated by the project staff before travelling.

17. How much spending money should I bring?

It is hard to answer, some participants will bring R200 (ZAR) and others will bring R3000. Opportunities to spend money are quite limited, normally at small Spar shops on the way to and from the project and maybe during the weekends. Participants often spend the most amount of money at the airport on the way home. Card and Apple/Android pay are widely accepted in towns, although please be aware of additional bank charges. Smaller communities and villages only take cash. We recommend that participants do not bring large amounts of cash, rather use Card and Apple/android pay. See appendix 1 for more details.

18. Am I expected to tip?

Whilst there is no obligation, it is a nice gesture to show your appreciation for the guides and housekeeping staff by leaving a small tip/donation for the staff at the reserve when you leave; any amount is always appreciated. These should be given to the project lead/camp manager. In cafes/restaurants 10% is normal.

Donating any clothing, equipment and toiletries at the end of the trip is always a great way to help local communities, these should be given to the project lead/camp manager.

19. What will the weather be like?

The climate in South Africa can vary hugely. Winter in South Africa (July & August) can be very cold temperatures of 5°C are common overnight whereas Summer in South Africa (Dec and January) temperatures can reach 40°C.

Links to weather monitoring websites

- [Shamwari](#)
- [Sibuya](#)
- [Nambiti / Zingela](#) – please note that Nambiti / Zingela is very cold in the mornings during June to August and temperatures can get below freezing
- [St Lucia](#) – Community and Volunteering Project
- [Bonamanzi](#) – Community and Volunteering Project
- [Gansbaai](#) – White Shark Project Gansbaai / Kleinbaai
- [Waterberg](#) – Waterberg Equine / Entabeni / Welgevonden



20. Can we drink the water?

Drinking water is available at all projects, during your induction/orientation session this will be explained to you. It is important to ensure you are drinking plenty of water to keep hydrated. If you don't like the taste of the water, purchase small, concentrated squash bottles in the UK to take with you.

21. Are there laundry facilities

Some projects have basic laundry facilities this will be highlighted in the pre-departure presentations. Some projects offer a laundry service however the items might be washed on a high temperature and then a hot tumble dry, be prepared for items to shrink. See appendix 1 for more details.

22. Is drinking alcohol allowed?

This is subject to project and camp rules. Most projects have the option of stopping at off-licenses if required. Any form of inebriation is not acceptable, please refer to the project guidelines and indemnity procedures/documents. Please note alcohol cannot be purchased on Sundays.

23. What is load-shedding?

Load-shedding refers to strategic blackouts in South Africa, where the power is turned off a couple of times a day over a few days. The load-shedding process means turning off the electricity supply to ease pressure on the power grid. Most (not all) of our projects have generators or solar panels to combat load-shedding however it is important to note that Wi-Fi and phone signals are greatly affected by loadshedding, often the phone masts will not operate during loadshedding.

24. How to support students who may be menstruating during the trip

The accommodation has closed bins in the bathrooms that can be used to dispose of sanitary items. These must NOT be flushed down the toilet due to septic tanks and French drain systems. Out on the reserve however, access to toilets can be very limited, with most guests opting to "bush wee" when the need arises.



Female participants must bring sanitary products with them as menstrual cycles can change. You should also be bringing items that can hold used sanitary products until there is a suitable place to dispose of them.; nappy bags are a good idea, and also tissues or wipes and some hand sanitiser if you need to change your sanitary product during the day. Products must not be left in the bush as these will not biodegrade. Most of the time, the guides will do their utmost to take you to a proper bathroom if needed but this may be an hour away from where you are working so participants must be prepared for this.

Don't forget, all the guides are experienced in these matters and participants should try not to feel embarrassed about being honest about their needs if their period comes whilst they are away.

25. Community Donations

Each rural community will have a donation wish list, for more information on the current wish list please contact us – we can also supply large bags that can be filled in the UK with donations to take to the project. Please liaise with your fellow participants on the donations you are bring. The additional cost of the donation baggage will be covered by Gap Africa Projects.



26. Appendix 1

Project	Wi-Fi	Phone Signal (tested using Vodafone)	Laundry	Electricity	ATMS / Cash Machine
Shamwari	Yes, around the lodge	Good signal around accommodation	Yes	Mains power and generator – rarely affected by loadshedding	Card payments at reception
Sibuya	Yes, in certain areas	Yes, in places signal can be patchy	Yes, possible at additional cost	Solar power not affected by loadshedding	Card payments
Nambiti	No (Student interns can access the staff wifi)	Patchy	No – emergency use only	Solar power not affected by loadshedding	No card payments or ATM
Zingela	Yes, around the decking area, limited to certain hours	None	No	Hybrid – Main hub: restaurant, office etc on solar – some camps still on mains, affected by loadshedding	Card payments
St Lucia	Yes	Good signal	No	Mains – affected by loadshedding	ATM in the town
Waterberg Wildlife & Equine	Yes, in accommodation	Yes – good signal	No	Solar power not affected by loadshedding	Card machine at reception ATMs in Vaalwater
Entabeni	No	Yes, in places	Yes	Mains – affected by loadshedding	Card machine
Welgevonden	Yes, around the accommodation	Yes, in places	Yes, at additional cost	Mains – affected by loadshedding generator and UPS as backup.	No card machine – ATMs in Vaalwater
White Shark Project	Yes	Yes	Yes	Battery backup during loadshedding	Card machine
Bonamanzi (Volunteering & Community)	Yes, around bundu Camp	Yes good	No	Mains – affected by loadshedding	No Card payments or ATM



27. Gap Africa Team Contacts

General Enquires – Hello@gapafricaprojects.com

Main participant contact: Lou Bell – lou.bell@gapafricaprojects.com

Mark Bottell – Mark.Bottell@gapafricaprojects.com

Rob Chaffe – Rob.Chaffe@gapafricaprojects.com

June McCann – June.McCann@gapafricaprojects.com

Note – June is unavailable on Fridays.

Carmen Warmenhove – Carmen.Warmenhove@gapafricaprojects.com

Amanda Millson – Amanda.Millson@gapafricaprojects.com