

Moulton College Q&A Presentation

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





KwaZulu-Natal Conservation Research Project-Location



Nambiti Game Reserve (30/06/2025 - 06/07/2025)

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.











Zingela River Safari (06/07/2025 – 09/07/2025)

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.













St Lucia (09/07/2025 - 13/07/2025)

Whilst at St Lucia you will get the opportunity to take part in some amazing activities but also time to relax in the beautiful coastal resort of St Lucia.

- A Hippo and Crocodile tour in the Estuary
- A visit to Cape Vidal Nature Reserve
- Tour and Talk of the Crocodile Research Centre
- Bird Identification Tour (additional cost)
- Whale Watching Tour (Seasonal and additional cost)









Game Reserve Camps - Nambiti















Game Reserve Camps - Zingela







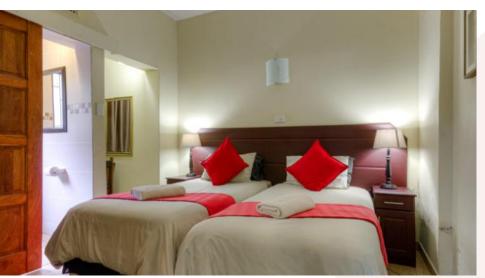








St Lucia Coastal Accommodation















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.





Departure from the United Kingdom | Arrival to South Africa

London Heathrow Airport – Terminal 5

Meet to check in at 16.15

Flight No Flight Date

Dept.

Dept. Time

Arr.

Arr. Time

BA55

29/06/2025

London Heathrow (LHR) 19.05

Johannesburg (JNB)

07.00+1day

Johannesburg OR Tambo – Terminal A

Clear immigration & collect baggage to clear customs Meet and Greet at JNB Arrivals Hall @ Information Desk Transfer to Nambiti



Baggage Allowance



1x checked Maximum weight 20kg



Hand Baggage

Maximum weight is 7Kg



Departure from South Africa | Arrival to the United Kingdom

King Shaka International (Durban)

Check in at the desk 3 hours before departure

Flight No Flight Date **Dept. Time** Arr. Time Dept. Arr.

13/07/2025 TBC King Shaka Durban (DUR) TBC Johannesburg (JNB) TBC

Connect from Terminal B arrivals to Terminal A departures – Baggage to be collected and re-checked

Flight No Flight Date Dept. Time Arr. Time Dept. Arr.

13/07/2025 London Heathrow (LHR) 07.25+1day BA54 Johannesburg (JNB) 21.05

Checked Baggage Allowance: 20KG*

Hand Baggage Allowance: 7KG 56cm x 36cm x 23cm

Travel Documents

Balance Payment due by 05/05/205

Final Documents Issued 05/05/2025

Emailed to your personal and/or college email address

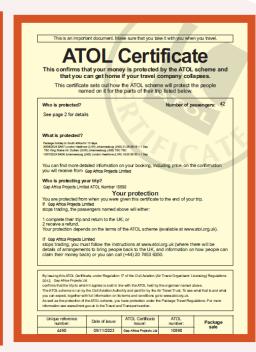
Print and take copies

Boarding passes issued at the airport

Passports!









https://gapafricaprojects.com/4598-moa/



Group Web Page & Travel Documents

FAQs and House Rules

- Student Frequently Asked Questions Click to Download
- Student Guidelines and House Rules Click to Download

Student - Frequently Asked Questions Contents Pre-Departure What documents should I receive from Gap Africa?... 2. What travel documents are required? Gap Africa Projects - General Guidelines and House Rules: As a participant in Gap Africa Projects, I understand and agree to adhere to the 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. incidents or issues during the trip? 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 6. Substance Use: I understand and agree that the use of narcotic substances is strictly prohibited. d I bring?.... 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. B. 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 be menstruating during the trip 9. Personal Supplies: I commit to bringing any preferred snacks or foods if I know I am 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/4598-moa/

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
- Walking 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

Climate

Nambiti / Zingela

| S | М | Т | W | Т | F | S |
|-----------|------------------|------------------|------------------|------------------|------------------|------------------|
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| | -\\\- | -\\\- | -\\\- | -\\\- | -\\\- | -\\ |
| 20° 4° | 22° 3° | 22° 2° | 21° 3° | 20° 4° | 20° 3° | 22° 2° |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| -\ | | | -) | | -\ | //* |
| 19° 4° | 20° 5° | 22° 3° | 22° 3° | 22° 2° | 21° 2° | 19° 2° |

St Lucia

| S | М | Т | W | Т | F | S |
|-----------|------------------|------------------|------------------|------------------|------------------|------------------|
| 29 | 30 | 1 | 2 | 3 | 4 | 5 |
| -\\\ | -\\ | -\\\- | -\\\- | -\\\- | -\\\- | -\\\\- |
| 20° 4° | 22° 3° | 22° 2° | 21° 3° | 20° 4° | 20° 3° | 22° 2° |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| -\ | -\\\ | -\\\ | -\\\ | -\\\ | -\ | <u>//*</u> |
| 19° 4° | 20° 5° | 22° 3° | 22° 3° | 22° 2° | 21° 2° | 19° 2° |

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/I/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 varies at the different accommodations, 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 if 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 Holafly

- 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



Unlimited data

Enjoy unlimited data while traveling to numerous destinations worry-free. Learn more



24/7 Customer Support

In need of assistance? Our 24/7 chat support is just a message away to keep you connected and help you with everything you need.



Keep using your favorite apps

Get that safe ride home, find that great restaurant, and pin the local attractions, all while staying connected with your loved ones.



Fast and Reliable Internet Connection

Connect to the best networks at your destination and get internet that's both reliable and fast



Keep your WhatsApp number

You can call and message all your contacts on WhatsApp, like you're in the same country. Don't lose touch with family and friends.



Enjoy dual SIMs

Enjoy the flexibility of our digital eSIM while keeping the option to use your original SIM as usual whenever you need it.





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

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.truetraveller.com/?tag=4480



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

Load Shedding

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/exemptcountries

Community GAP Donation Bags

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







Trip Clothing

An online shop is available for trip clothing:

GAP Trip Hoodie - included in your project.

GAP Africa Polo Shirts

GAP Africa Caps

GAP Africa Beenie

GAP Africa 500ml Bottle





| SIZES | xs | s | М | L | XL | XXL | 3XL | 4XL | 5XL |
|-------------------|------|----|------|----|------|-----|------|------|------|
| A - Half Chest | 49 | 51 | 56 | 61 | 65 | 69 | 73 | 78 | 83 |
| B - Body Length | 64 | 67 | 70 | 73 | 76 | 79 | 82 | 86 | 90 |
| C - Sleeve Length | 57.5 | 59 | 60.5 | 62 | 63.5 | 65 | 66.5 | 68.5 | 70.5 |

| SIZES | XS | S | М | L | XL | XXL | 3XL | 4XL | 5XL |
|-------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| To Fit Chest Size | 34 inch | 36 inch | 40 inch | 44 inch | 48 inch | 52 inch | 56 inch | 60 inch | 64 inch |



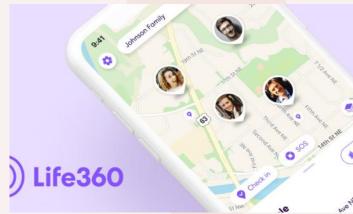
Useful Apps for Next of Kin

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!

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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