



PRE-DEPARTURE INFORMATION PACK

South Eastern Regional College



South Africa

Group Sports

Coaching Tour

AFRICA

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

TRIP OVERVIEW

AFRICA

South Eastern Regional College Booking Reference 4641

Trip Dates:

1st June – 17th June 2025

Flights:

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
BA1413	01/06/2025	Belfast (BHD)	13:00	London Heathrow (LHR)	14:30
BA55	01/06/2025	London Heathrow (LHR)	19:05	Johannesburg (JNB)	07:00 + 1 Day
FA534	02/06/2025	Johannesburg (JNB)	13:05	Port Elizabeth (PLZ)	14:50
FA535	16/06/2025	Port Elizabeth (PLZ)	15:25	Johannesburg (JNB)	17:05
BA54	16/06/2025	Johannesburg (JNB)	21:15	London Heathrow (LHR)	07:30 + 1 Day
BA1416	17/06/2025	London Heathrow (LHR)	14:15	Belfast (BHD)	15:40

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece of checked baggage @ 20kgs & 1 piece of hand baggage @ 7kgs and max dimensions 56x36x23 cms

Project: Sports Coaching

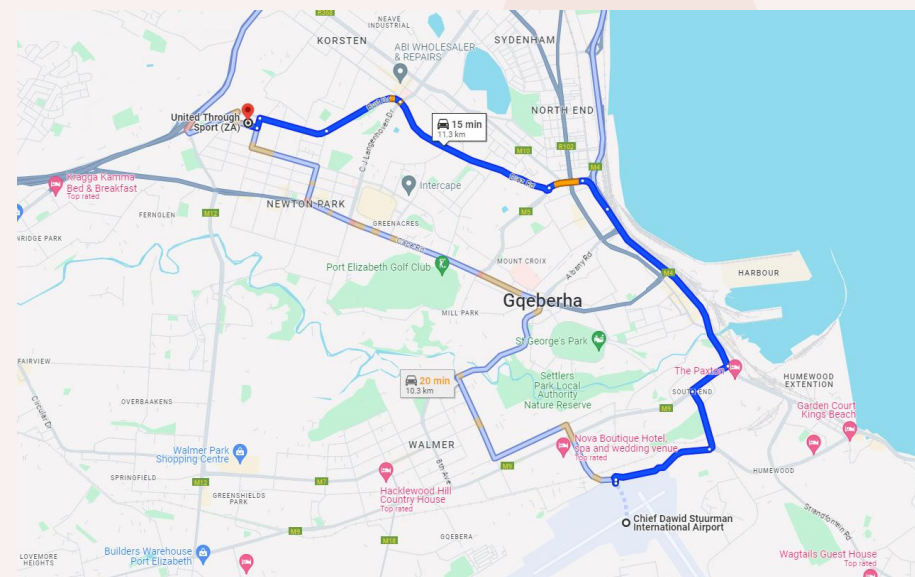
Arriving in South Africa

Upon arrival at Johannesburg International Airport (OR Tambo), you must collect your bags and clear immigration and customs.

You will be met by the GAP Africa representative who will assist you in checking in for your onward flight at the Domestic Terminal, Terminal B, for your onward flight to East London.

On arrival at Port Elizabeth (King Phalo), you will be met by a representative from United through Sports to transfer you to your accommodation., the transfer will take no more than 30min.

If for any reason you cannot locate the representative, please call United through Sports on +27 79 646 3207



CONTACT DETAILS

AFRICA

Address

United Through Sport (ZA)
57 King Edward St, Newton Park,
Gqeberha, 6045, South Africa

United Though Sport Landline

+27413640572

(Out of hours and Weekends)

Mobile

+27 79 646 3207

Morgan (Project Manager)

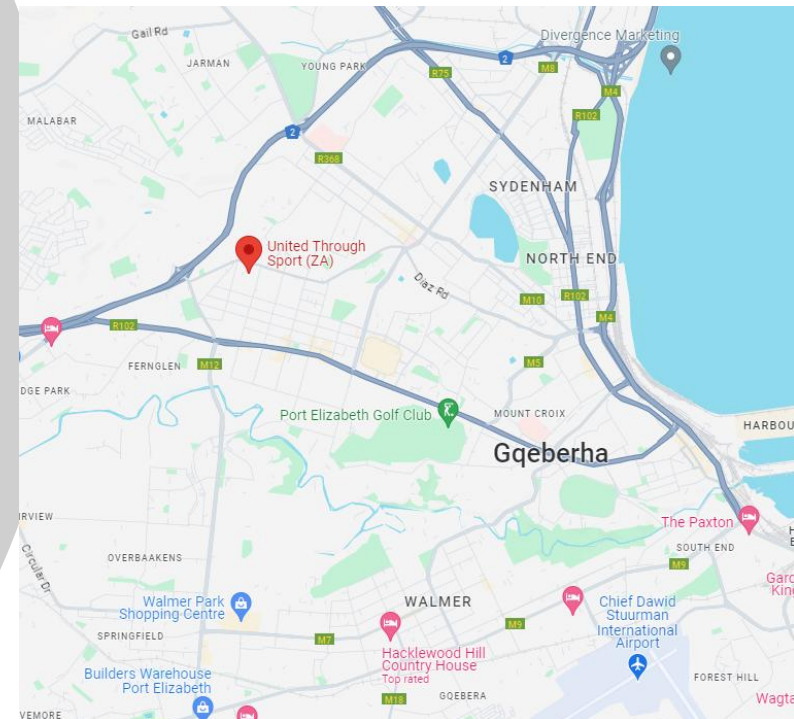
Gap Africa Projects

+44 (0) 744 260 1694

24 Hour Emergency Only

Gap Africa Projects In Country contact:

+27 (0) 79 313 2276 Carmen Warmenhove



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:

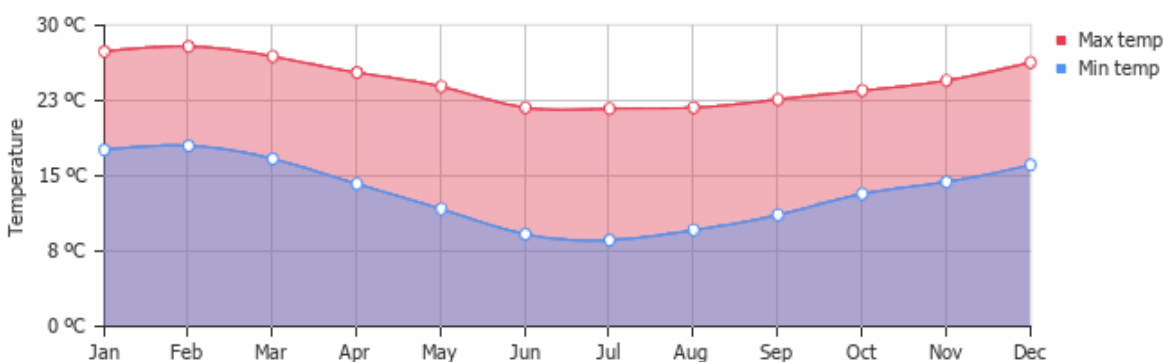
The Eastern Cape Province is malaria and bilharzia free.

<http://www.sa-venues.com/malaria-risk-areas.htm>

USEFUL INFORMATION

AFRICA

Climate



Average temperatures in the Eastern Cape are shown on the graph.

During the months of April – November you should experience good weather. February is the warmest month and July the coldest. May is the driest month.

Tipping

Whilst there is no obligation, it is a nice gesture to show your appreciation for the housekeeping staff by leaving a small tip/donation when you leave; any amount is always appreciated.

On day trips/excursions it is also a nice gesture to show your appreciation for the guide and a 10% tip in restaurants/cafes is normal.

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/XZJx9qq>

USEFUL INFORMATION

AFRICA

Phones & Internet

Mobile phone coverage is generally good . eSIM or purchasing a SIM card at the airport is an option.

WiFi is available in the communal area of the accommodation..

We have partnered with Holafly, an eSim provider who have offered a 5% discount when you use the 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://holafly.sjv.io/APK5yR>

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

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.

Please follow this link to our preferred insurer:



<https://www.truetraveller.com/backpackers-insurance?tag=4480>

You should select 'Adventure Pack' as this will cover you for the type of activities you will undertake during your trip. For other providers you need to ensure you are covered for 'Light Manual Work'.

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>

Passport Requirements

It can take many 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 exit date and have at least two blank pages. You can check requirements by using the IATA Travel Centre site.

www.iatatravelcentre.com

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>



AFRICA

ACCOMMODATION & LIFESTYLE

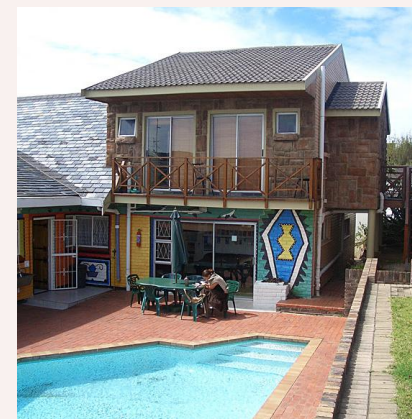
Life in the Eastern Cape

ACCOMMODATION & LIFESTYLE

AFRICA

Accommodation & Food

Your accommodation is basic but comfortable and you will stay in a dormitory style room. The accommodation has a very sociable atmosphere, you will find it a great place to relax and unwind in the evenings. The accommodation is also centrally located near to your volunteer project with shops and other useful amenities either a short walk or taxi ride away. With so many volunteers living together, you will soon find our communal house your new home, away from home.



ANY QUESTIONS?

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

PRE DEPARTURE INFORMATION 10

Social Life in South Africa

We believe it is important to give our volunteers the chance to unwind and have fun while they are away. Our in-country team therefore organises a variety of social activities to bring volunteers together, to share their experiences and, above all, have a good time. The social life in South Africa really is second to none and you will return home with some truly unforgettable memories and friends for life. With so many sporty people living together, social sports teams are pretty much unavoidable and there are plenty of local teams to play for.

For the less competitive, why not head to the beach for some casual volleyball and football matches in the African sunshine? You'll also get to experience plenty of Braais during your stay (authentic South African barbeques under the stars). Sport, friendship and lots of laughs – what more could you want from a social life abroad?





AFRICA

USEFUL INFORMATION

Inclusions/Exclusions &
Recommended Kit List

Suggested kit list

- Short and long sleeve T-shirts
- Sports shirts/training tops
- Long sports trousers and shorts
- Sports boots/cleats
- Trainers / running shoes for everyday
- Trainers/shoes you do not mind getting dirty
- Rain jacket, lightweight, waterproof & breathable
- Sweatshirt/Fleece – it may get chilly at night
- Padded parka jacket/windbreaker
- Daypack rucksack
- Socks
- Hat for sun protection (all year round)/Warm Hat (winter only)
- Gloves for warmth (winter only)
- Water bottle (2 litre capacity)

- Changes of casual clothes for evenings
- Underwear
- Sandals / comfy shoes to wear after work hours
- Beach towel
- Swimming costume
- Toiletries
- Tick / insect repellent
- Sunscreen (30+ factor) and Sunglasses
- Personal medical items/First Aid Kit

Other useful items:

- Whistle
- Spare batteries
- Good torch
- Notebook/diary and pen
- Camera

* No skimpy clothing to be worn.

WHAT'S INCLUDED

AFRICA

What is included?

- Flights
- Transfers to/from project
- Accommodation
- Meals as specified
- All activities as part of the project
- ATOL protection
- Airport meet/greet
- 24/7 In country support



NOT Included

- Personal Travel Insurance *
- Meals on travel days – before arriving & after departing from project
- Any activities not specified as part of the project
- Visas/travel documents
- Tips

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



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

Explore our network of Global Adventure Projects:



GLOBALADVENTUREPROJECTS.COM

