



PROJECT PRESENTATION

South Eastern Regional College



South Africa

Group Sports

Coaching Tour

AFRICA

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

ABOUT US:

AFRICA

GAP Africa Projects

- We are a specialised travel company that offers academic trips and volunteering opportunities for groups and individual travellers, in a number of locations worldwide
- We pride ourselves on curating experiences which are personalised to your needs and requirements
- Our first project travelled in 2010
- Full ATOL Bonding
- Working with 50 Colleges and Universities around the UK
- A small dedicated team in the UK and South Africa





AFRICA

ABOUT THE PROJECT

Our sports coaching in more detail

ABOUT YOUR PROJECT

AFRICA

Your Sports Coaching Trip Explained

- A unique sports coaching & community project based in the Eastern Cape of South Africa
- Working in schools and community centres to help coach local children in sports
- Tailor made activities to suit your needs and interests
- Project activities include
 - Sports development
 - Sports coaching
 - Community development
 - Adventure and excitement
- Dedicated vehicles and staff



ABOUT YOUR PROJECT

AFRICA

United Through Sport

- Worked in Port Elizabeth since 2005 with aged 5+ from disadvantaged communities
- Using the power of sport to help children and youth to escape poverty
- Worked with over 56,000 children
- 93% of children performed better in fitness tests
- 96% improvement in HIV and AIDS awareness
- 87% improvement in school attendance



ABOUT YOUR PROJECT

AFRICA

Activities

- Sports coaching in township communities & local Schools (Primary and Secondary)
- Basic schooling – English & Maths
- Local tours/excursions to choose from:
 - Local township
 - Wildlife reserve tour
 - Kings Beach
 - Baywest shopping mall
 - River boat trip
 - Beach BBQ
 - McArthur's baths swimming pool
 - Sand dune boarding
 - Jeffery's Bay visit



ABOUT YOUR PROJECT

AFRICA

Project Overview

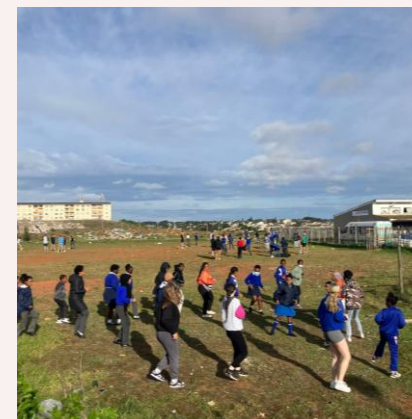
Your role as a volunteer sports coach in South Africa will be to run and supervise all training and matches for the players in the local townships and schools in the surrounding area.



ABOUT YOUR PROJECT

AFRICA

Project Overview



ANY QUESTIONS?

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PROMO PRESENTATION 9

ABOUT YOUR PROJECT

AFRICA

Project Overview



ANY QUESTIONS?

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PROMO PRESENTATION 10

ABOUT YOUR PROJECT

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Project Overview

- Other sessions will include one-to-one reading, basic maths sessions
- Socialising and playing with the young children
- Basic sport coaching
- Football talk



ANY QUESTIONS?

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PROMO PRESENTATION 11

ABOUT YOUR PROJECT

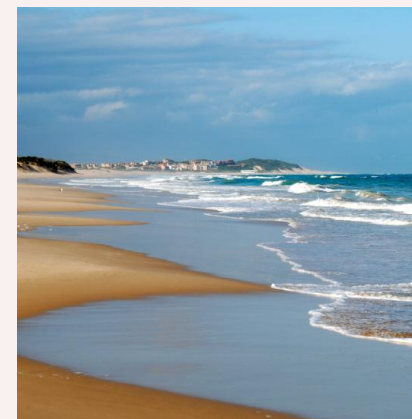
AFRICA

Project Overview

Weekend/weekday excursions: Jefferies Bay

Home of Surfing South Africa

World Surf League annual competition



ANY QUESTIONS?

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PROMO PRESENTATION 12

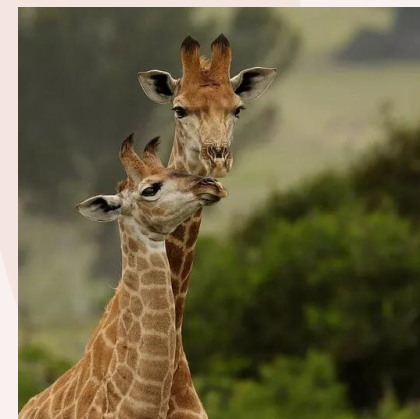
ABOUT YOUR PROJECT

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Project Overview

Weekend/weekday excursions:

- Kragga Kama Game Park



ANY QUESTIONS?

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ABOUT YOUR PROJECT

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Project Overview

Weekend/weekday excursions:

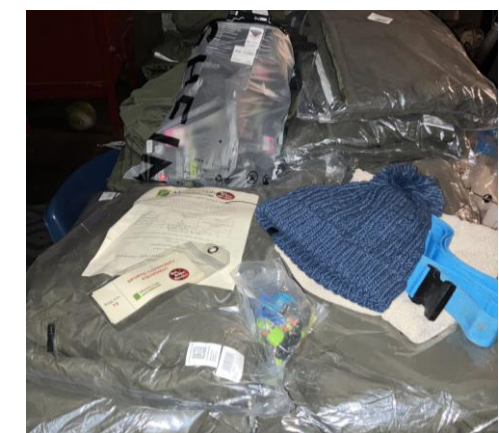
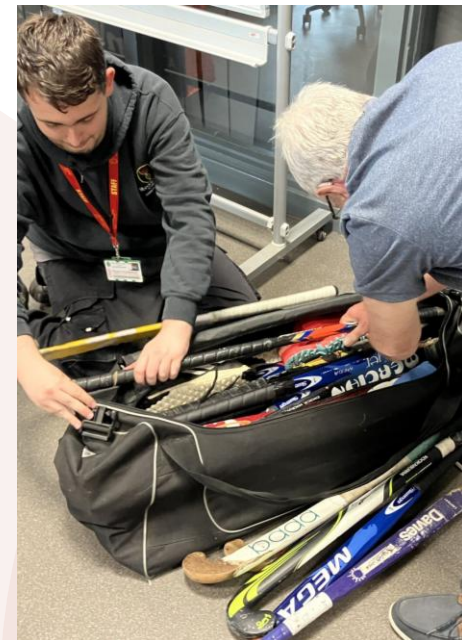
- McArthur Baths swimming pool complex
- Baywest Shopping Centre



ABOUT THE PROJECT

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Community – GAP Donation Bags



ANY QUESTIONS?

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ABOUT YOUR PROJECT

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United
Through
Sport

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ABOUT YOUR PROJECT

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Day	Activity	Location
1	Depart the UK for your night flight to South Africa	Belfast – Johannesburg
2	Transfer via internal flight to PE. Upon arrival met by 'United through Sports' & transferred to accommodation	Johannesburg – Port Elizabeth
3	Orientation and coaching induction & tour of the local area and township	Port Elizabeth
4-5	Full-day coaching in the local schools & communities	
6	Coaching AM & local beach PM	
7	Visit to Jeffery's Bay, sandboarding, beach BBQ and a visit to the Billabong factory outlet	Jefferies Bay
8	Trip to a local game reserve & beach	Addo Elephant NP or Kragga Kamma Game Park
9-11	Full-day coaching in the local school's communities	Port Elizabeth
12	Visit the local shopping mall & coaching in the local communities	
13	Trip to a local African market & McArthur Baths swimming pool	
14	Fly home	



AFRICA

ACCOMMODATION & LIFESTYLE

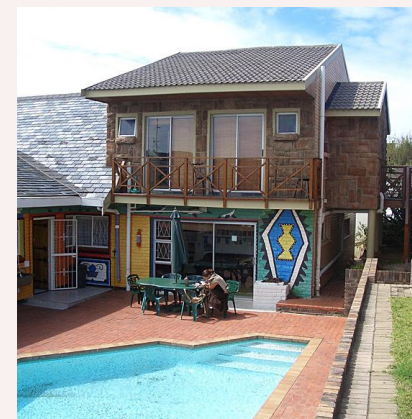
Life in the Eastern Cape

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?

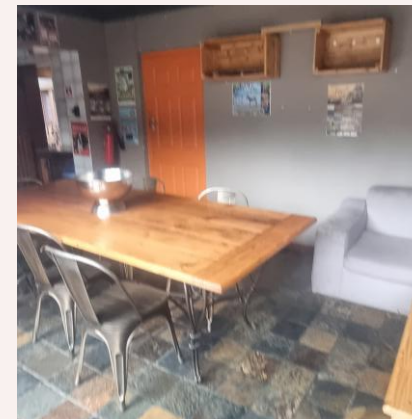
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PROMO PRESENTATION 19

ACCOMMODATION & LIFESTYLE

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Accommodation & Food



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PROMO PRESENTATION 20



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BOOKING YOUR ADVENTURE

The next steps to the trip of a
lifetime!

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

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

TRIP OVERVIEW

AFRICA

South Eastern Regional College– Booking Reference 4641

Trip Dates:

1st June to 17th June 2025

International Flights:

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
BA1413	01/06/2025	Belfast (BHD)	13:10	London Heathrow (LHR)	14:30
BA55	01/06/2025	London Heathrow (LHR)	19:05	Johannesburg (JNB)	07:15 + 1 Day
TBC	02/06/2025	Johannesburg (JNB)	TBC	Port Elizabeth (PLZ)	TBC
TBC	16/06/2025	Port Elizabeth (PLZ)	TBC	Johannesburg (JNB)	TBC
BA54	16/06/2025	Johannesburg (JNB)	21:05	London Heathrow (LHR)	07:25 + 1 Day
BA1412	17/06/2025	London Heathrow (LHR)	11:30	Belfast (BHD)	12:50

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece of checked baggage @20kgs, 1 piece of hand baggage @ 7kgs max dimensions 56x36x25 cms

Project:

South Africa Sports Coaching

BOOKING YOUR ADVENTURE

AFRICA

Group Web Page



<https://gapafricaprojects.com/25-4641-sec-spc/>

Booking Form



<https://gapafricaprojects.com/booking-form-25-4641-spc-sec/>



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