



South Eastern Regional College PRE-DEPARTURE PRESENTATION



South Africa Group Sports Coaching Tour

AFRICA

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



AFRICA

ABOUT THE PROJECT

Our sports coaching in more detail

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

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

Project Overview

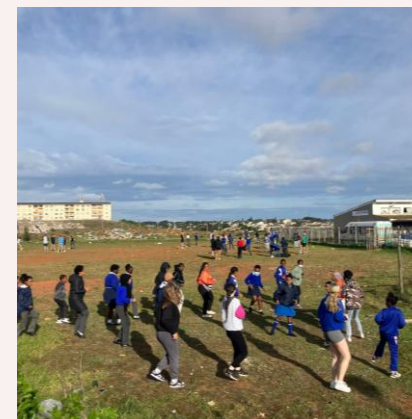
Your role as a volunteer sports coach in South Africa will be to run and supervise all training and matches for the players in the local townships and schools in the surrounding area.



ABOUT YOUR PROJECT

AFRICA

Project Overview



ANY QUESTIONS?

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AFRICA

ACCOMMODATION & LIFESTYLE

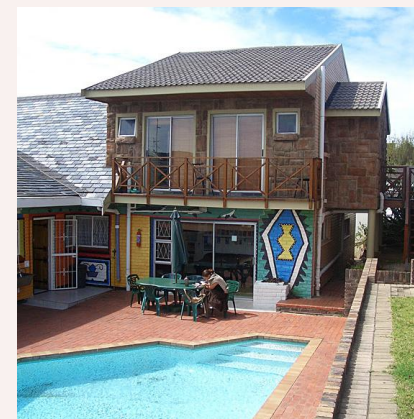
Life in the Eastern Cape

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?

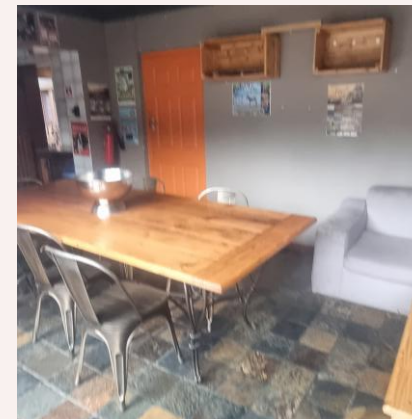
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ACCOMMODATION & LIFESTYLE

AFRICA

Accommodation & Food



ANY QUESTIONS?

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AFRICA

PRE-DEPARTURE INFORMATION

Travel details, kit lists and Q&A

ABOUT YOUR PROJECT

AFRICA

Location



ANY QUESTIONS?

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FLIGHT INFORMATION

AFRICA

Departure from the United Kingdom | Arrival to South Africa

Belfast Airport

Meet to check in at 11.00

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+1day

Johannesburg OR Tambo

Pass through immigration | Collect baggage | Clear customs
Connection Terminal A – Terminal B | GAP Team member to assist

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
FA534	02/06/2025	Johannesburg (JNB)	13.05	Port Elizabeth (PLZ)	14.50

Port Elizabeth Airport

Meet and Greet at PLZ Arrivals Hall

BAGGAGE ALLOWANCE

Hand Luggage

Max Weight: 7kg

Max Dimensions: 56 X 36 X 23 cm

Checked-In Luggage

Max Weight: 20kg

Max Dimensions: 90 x 75 x 43 cm

FLIGHT INFORMATION

AFRICA

Departure from South Africa | Arrival to the United Kingdom

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
FA535	16/06/2025	Port Elizabeth (PLZ)	15.25	Johannesburg (JNB)	17.05

Johannesburg OR Tambo






















Collect baggage and re-check in at international departures

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

USEFUL INFORMATION

AFRICA

Climate

S	M	T	W	T	F	S
1	2	3	4	5	6	7
						
23° 13°	20° 12°	23° 13°	21° 13°	20° 12°	22° 13°	23° 13°
8	9	10	11	12	13	14
						
19° 11°	18° 10°	19° 10°	21° 11°	20° 13°	20° 8°	19° 11°
15	16	17	18	19	20	21
						
20° 10°	20° 10°	19° 8°	21° 10°	20° 10°	21° 8°	21° 7°

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
- Good torch
- Camera
- Spare batteries
- Cards/music
- Notebook/diary and pen

* No skimpy clothing to be worn.

USEFUL INFORMATION

AFRICA

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.prfl.hn/l/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.

USEFUL INFORMATION

AFRICA

Phones & Internet

Mobile phone coverage is average at the accommodation, 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

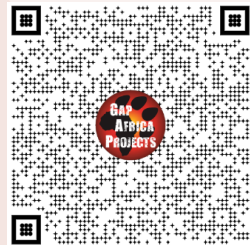
Some Wi-Fi is provided free of charge at the accommodation. Internet speeds are not up to international urban standards but are effective for communication.

We have partnered with Holafly eSim provider 5% discount use code GAPAFRICAPROJECTS

Benefits of an eSIM



- Unlimited Data Plans
- Keep your WhatsApp number
- Immediate Delivery
- Uses both Vodacom and MTN the two major networks in South Africa



-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%

<https://shorturl.at/sxE29>

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:

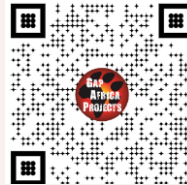
The project is located in a malaria free area

<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.true traveller.com/?tag=4480>



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

Loadshedding

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.

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>

COMMUNITY PROJECTS

AFRICA

Community GAP Donation Bags

- Magazines
- Books for school library
- Educational posters
- Stationery
- Sports kit (football kit, boots, shirts, balls, netball bibs etc)
- Skipping ropes
- Recyclable pads for Move Africa donation

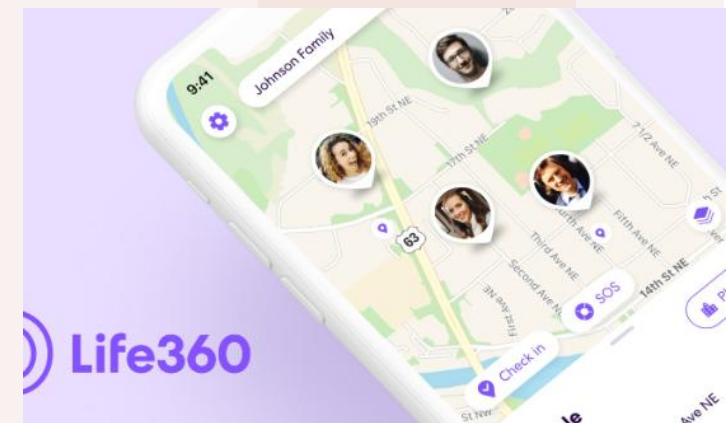


Useful Apps for Next of Kin

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!

Flightradar24 – 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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