



Wellness – ‘Professionals’ Project Information Pack



KwaZulu-Natal Wild Wellness Camp

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



"I bless the rains down in Africa.... Going to take some time to do the things we never had!" (Toto, 1982)

Main reserve (Nambiti)



Research Camp (Nambiti)



TRIP OVERVIEW

AFRICA

Wellness 'Professionals' Group – Booking Reference 4716

Trip Dates:

20th October – 1st November 2025

International Flights:

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
TBC	19/10/2025	London Heathrow (LHR)	TBC	Johannesburg (JNB)	TBC + 1 Day
TBC	01/11/2025	Johannesburg (JNB)	TBC	London Heathrow (LHR)	TBC + 1 Day

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

Project:

KwaZulu-Natal Conservation Research – Nambiti Game Reserve & Zingela Wilderness Reserve

Trip Cost:

£2,489 per person (*to be confirmed once flights are available*)

- £300.00 – deposit due 23/05/2025
- £1,094.50 – instalment due 30/06/2025
- £1,094.50 – balance due 25/08/2025



AFRICA

ABOUT THE PROJECT

Overview and location
of the project

ABOUT THE PROJECT

AFRICA

KwaZulu-Natal Wild Wellness Camp

Our academic team and qualified rangers at the KwaZulu-Natal Wild Wellness Camp offer a bespoke course to each group dependent on their own personal objectives and learning needs.

We set out the basis of the trip, comprising of a 12-day wellness module split between the two conservation reserves



A full day will be planned but will vary from day to day depending on the day's task and research goals.

The project split and duration are as follows:

12 Day Itinerary

Days 1 – 6

Nambiti Big 5 Game Reserve – Wild Connection Research Camp

Days 6 – 12

Zingela Safari & River Company

ABOUT THE PROJECT

AFRICA

Nambiti Game Reserve (Days 1 – 6)

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 an unprecedented diversity of wildlife.



ABOUT THE PROJECT

AFRICA

Zingela River Safari (Days 6 – 12)

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. There is also the opportunity to participate in a host of adventurous activities during your stay such as, rafting and abseiling.



ANY QUESTIONS?

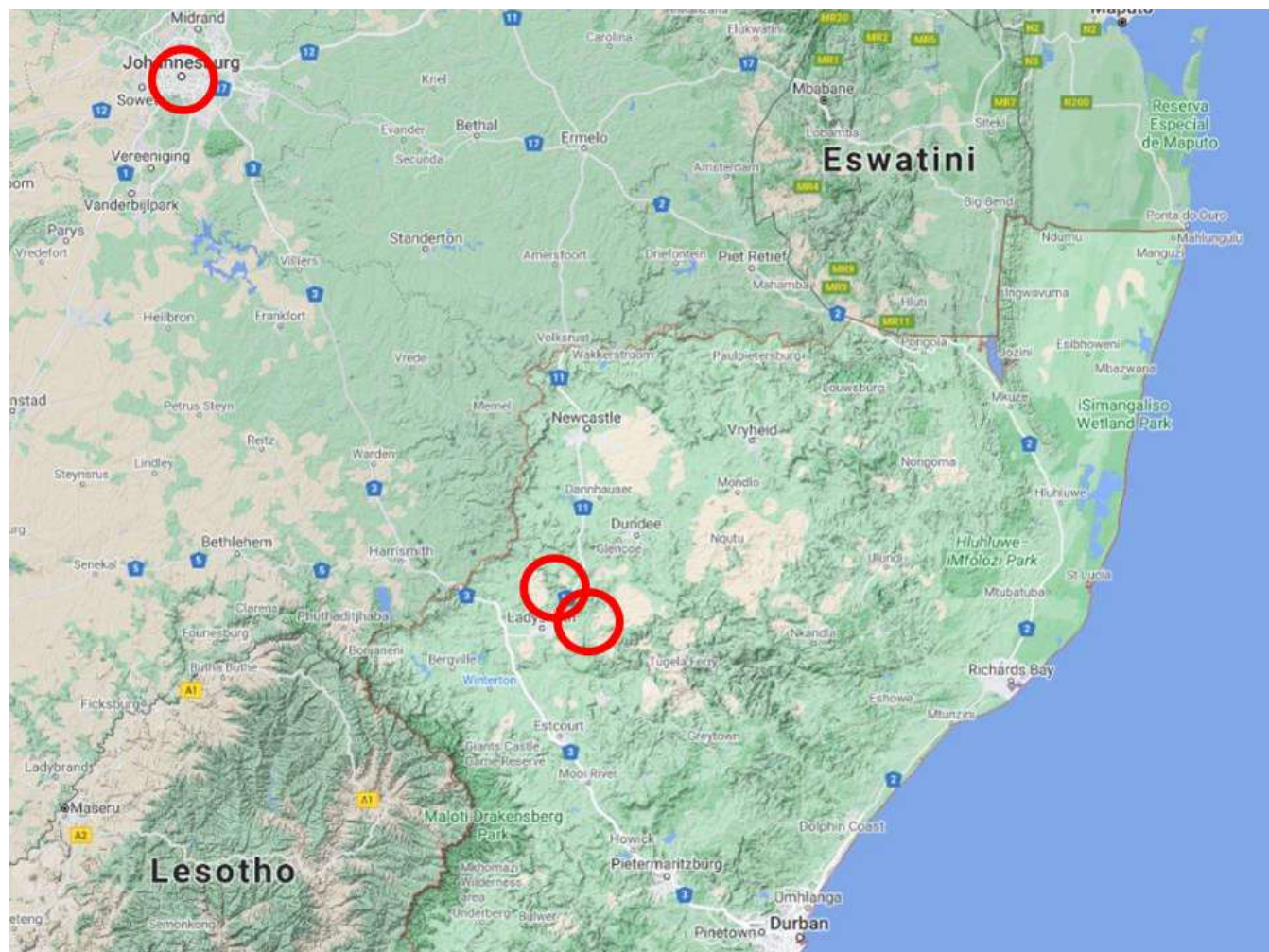
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ABOUT THE PROJECT

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KwaZulu-Natal Wild Wellness Project – Locations





AFRICA

6 Days at Nambiti Game Reserve

A 'Big Five' Game Reserve

YOUR PROJECT

AFRICA

Your Wellness Programme – Nambiti Conservation

Participants will be taught and work alongside the field guides and conservation team. The following examples depict the day-to-day activities that may be undertaken as part of the project at Nambiti.

- Tracks, signs & spoor
- Priority species monitoring:
 - Carnivores – use of telemetry tracking
 - Elephants – general monitoring & population study
 - Rhino – awareness & ID
 - Camera trapping
- Birding
- Nature & 'Big Five' bush walks
- Anti-poaching Unit (APU) activities
- Bush 'braai' (South African BBQ)
- Sunrise, sunset & night drives



Your Wellness Programme – Nambiti Wellness

- Bush-spa – massage, meditation & mindfulness
- Bush-runs – 5 km bush run
- Camp fire 'happy hour' and sing-a-longs
- General camp activities – games, puzzles & chit-chat
- Silent safaris
- Stargazing
- Reflection activities
- Community dancing & singing



YOUR PROJECT

AFRICA

Community Projects & Zulu Culture (optional)

A chance to meet the locals living around the game reserve

The opportunity to meet chiefs and experience traditional Zulu culture first hand

Projects: Move Africa, Jabong Hats, Project Rhino and Rhino Art, Colenso Childrens' Home

- all projects are ran and funded by Wild Connection





AFRICA

6 Days at Zingela Safari & River

Ecology and adventure

Your Wellness Programme – Zingela Conservation

- Ecology & species monitoring
 - Species spatial distribution and habitat use
 - Arachnids ☺ (UV scorpion hunting)
 - Birding & iNaturalist
 - Reptile & invertebrates
 - River survey – freshwater ecology
- Giraffe ID & monitoring – '*Giraffe migration & conservation project*'
- Tracks, signs & spoor & telemetry tracking
- Educational Bush Walks – Ecology & Botany
- Community livestock vaccination programme



'Giraffe migration & conservation project' – more information

Zingela monitor the migratory free-roaming giraffe that pass through and currently can ID over 150 individual giraffe.

Considerable progress has been made in compiling and producing a species-wide assessment of population size and distribution. The continued growth of these populations however is limited by the ability of that ecosystem to support a particular number of Giraffes due to space, water and forage availability (i.e. limited carrying capacity).

Over population of giraffe can have deleterious effects on indigenous flora which can adversely affect other species of plant and animal; it is necessary to calculate a sustainable carrying capacity for a specific area.

Through the ongoing Giraffe Conservation Project, Zingela aim to gather all relevant data for generating a conservation plan.

This will help in planning for the future expansion of conservation areas or for reducing the population size through game capture.



YOUR PROJECT

AFRICA

Your Wellness Programme – Zingela Wellness & Adventure

- Bush walks & birding
- Bush yoga (*Wart-oga*), meditation & mindfulness
- Camp fire 'happy hour' and sing-a-longs
- Gardening – camp vegetables
- General camp activities – games, puzzles & chit-chat
- 'Giraffe high-tea' – picnic with the giraffe
- Potjeko
- Reflection activities
- Sundowners
- Abseiling
- Biking
- Fishing
- Rock climbing
- White water rafting/kayaking





AFRICA

ACCOMMODATION & LIFESTYLE

Life in the African bush

ACCOMMODATION

AFRICA

Game Reserve Camps – Nambiti

In keeping with the Safari Adventure theme, participants are accommodated on the reserve in shared comfortable safari tents, with communal hot and cold showers and regular flushing toilets.

All meals are provided in a communal dining area with participants expected to help clear up after meals.



ACCOMMODATION

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Game Reserve Camps – Zingela



ANY QUESTIONS?

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ACCOMMODATION

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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.

Braai's (BBQ) is often organised.

Please advise us of any dietary requirements in advance so we can ensure that you are adequately catered for.





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USEFUL INFORMATION

Inclusions/Exclusions &
recommended kit list

WHAT'S INCLUDED

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What is included?

- Flights
- Transfers to/from project
- Accommodation
- Three meals per day
- 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 the projects
- Drinks served at the bar
- Any optional activities not specified as part of the project**
- Visa's/travel documents
- Tips

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

***Biking & fishing at Zingela*

Suggested kit list

- Short sleeve shirts
 - Long work trousers and shorts (or work trousers with zip-off longs)
 - T shirts
 - Changes of casual clothes for evenings
 - Underwear & socks
 - Hiking boots/comfortable walking shoes to work in every day
 - Rain jacket
 - Sweatshirt/fleece (Winter months pack plenty)
 - Padded parka jacket/windbreaker – (it can get very cold on an open vehicle – even on a summer evening)
 - Sandals / comfy shoes to wear after work hours
 - Hat for sun protection / Warm hat (winter only)
 - Gloves for warmth (winter only)
 - Beach towel
 - Swimming costume & water shoes
 - Daypack rucksack
 - Microfibre sleeping bag liner – useful for extra warmth in winter
 - Working gloves
 - Toiletries
 - Tick / insect repellent
 - Personal medical items and First Aid Kit
 - Binoculars
 - Sunscreen & sunglasses
- Other useful items:**
- Good torch
 - Water bottle
 - Camera
 - Spare batteries
 - Mammal/bird book
 - Notebook/diary and pen
 - Lip balm
- All work clothes should be neutral or earth tones for working in the bush
 - No skimpy or bright coloured clothing to be worn



Can you see clearly now the rain has gone?

Hippo Hill sundowners (Zingela)





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