



Pre-Departure Information Pack

Plumpton College



Vet Physio Equine
Project

AFRICA

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

TRIP OVERVIEW

AFRICA

Plumpton College – Booking Reference 4682

Trip Dates:

23rd October – 3rd November 2025

Flights:

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
VS449	23/10/2025	London Heathrow (LHR)	22:15	Johannesburg (JNB)	10:15 + 1 Day
VS450	03/11/2025	Johannesburg (JNB)	22:00	London Heathrow (LHR)	07:20 + 1 Day

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece checked baggage @ 23kgs & 1 piece hand baggage @ 10kgs with max dimensions 56x36x23 cms

Project:

Vet Physio Equine Project

Arriving in South Africa

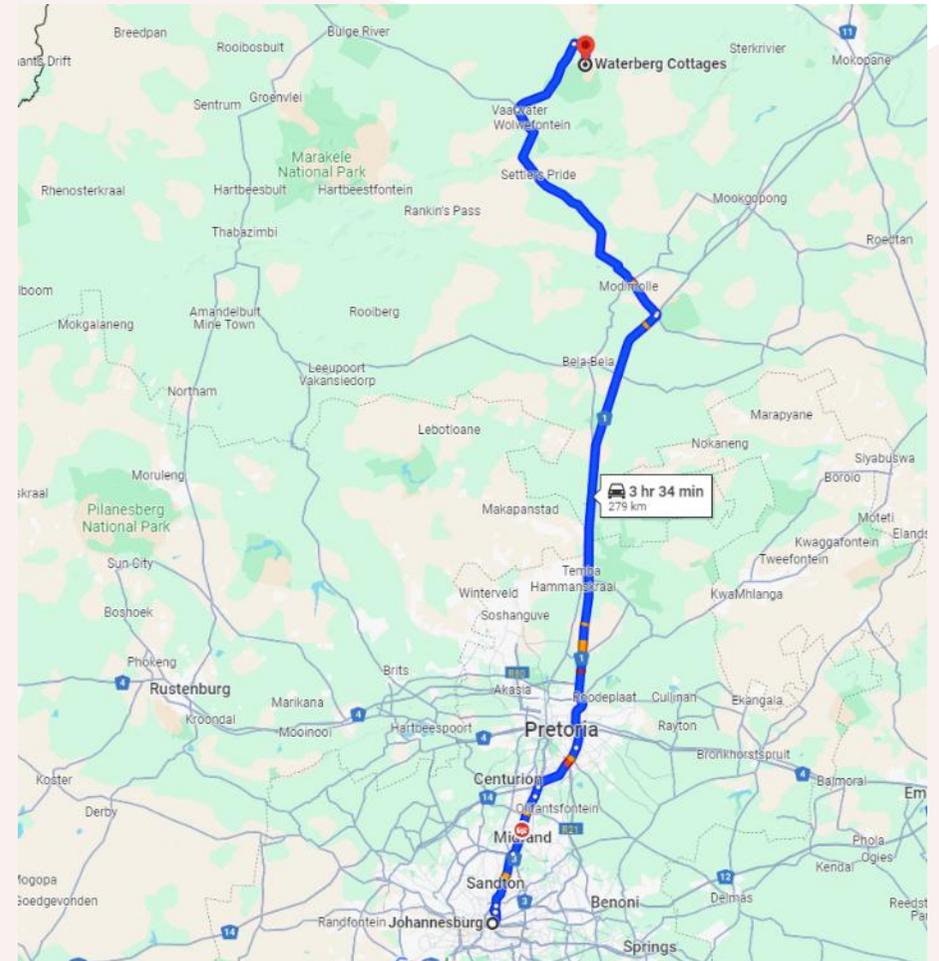
On arrival at Johannesburg International Airport after clearing immigration, collect your bags, clear customs and make your way to the arrivals hall.

The GAP Africa representative will be there to meet you and assist you to your transport with Shuttle King who are transferring you to Kyalami a journey of approximately 45 minutes.

If for any reason you are unable to locate the representative, please call Shuttle King:

Operations: +27 (0) 71 242 8838

Or call Carmen Warmenhove on +27 (0) 79 313 2276



CONTACT DETAILS

Address

Roosters Nest
134 MacGillivray Road
Glenferness
Midrand
South Africa

Roosters Nest Landline

Telephone: +27 (0) 83 302 7242

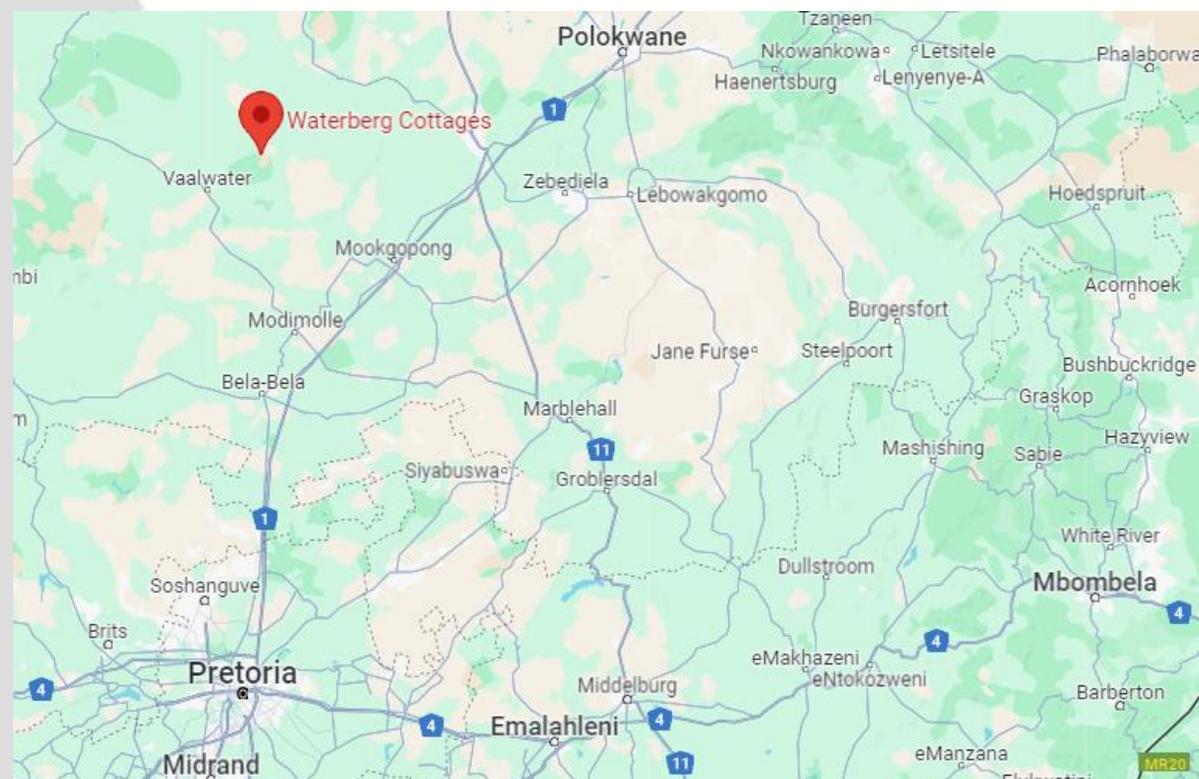
Gap Africa Projects

+44 (0) 744 260 1694

24 Hour Emergency Only

Gap Africa Projects In Country Contact:

+27 (0) 79 313 2276 Carmen Warmenhove



CONTACT DETAILS

Address

Waterberg Cottages
Boschdraai Farm
Vaalwater, 0530
South Africa

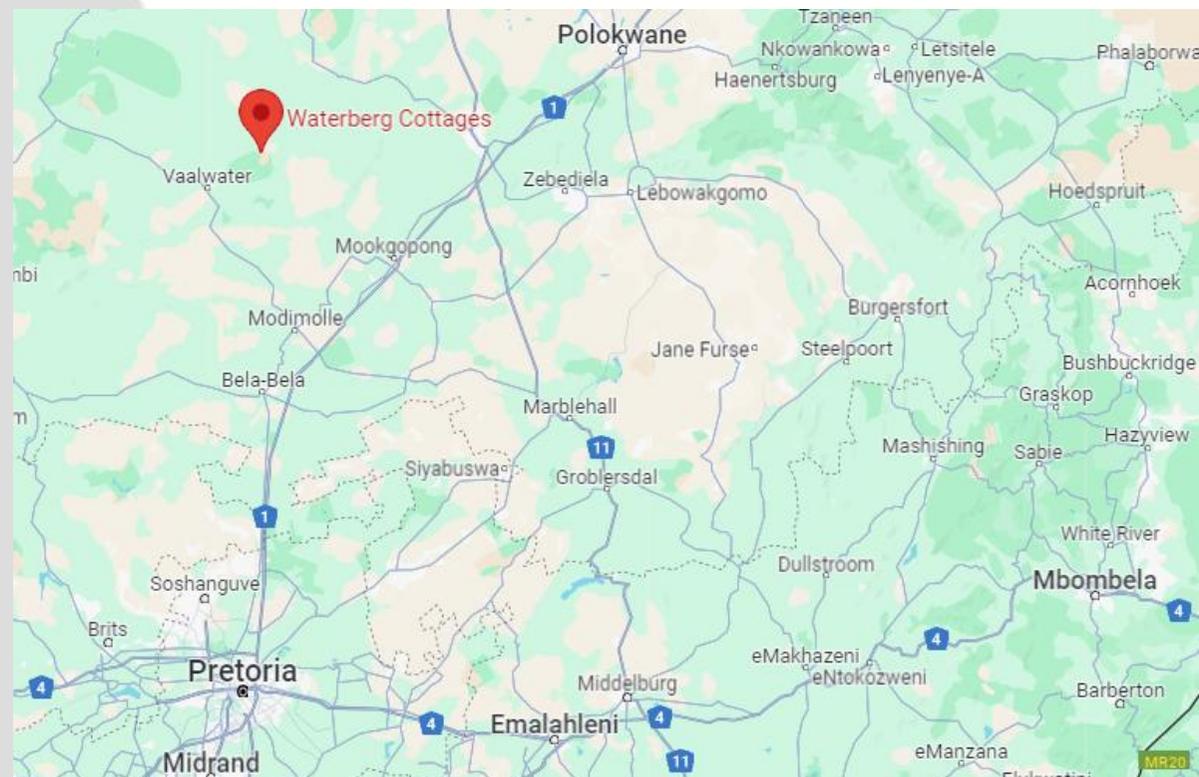
Waterberg Cottages Landline

+27 (0) 78 207 8570

Mobile

+27(0) 73 370 8120

Taryn Lockhart (Project Manager)



CONTACT DETAILS

Address

Entabeni Safari Conservancy
Haakdoring Road
Mokopane
Limpopo 0600
South Africa

Telephone

+27 (0) 81 530 0144
+27 (0) 76 557 2564

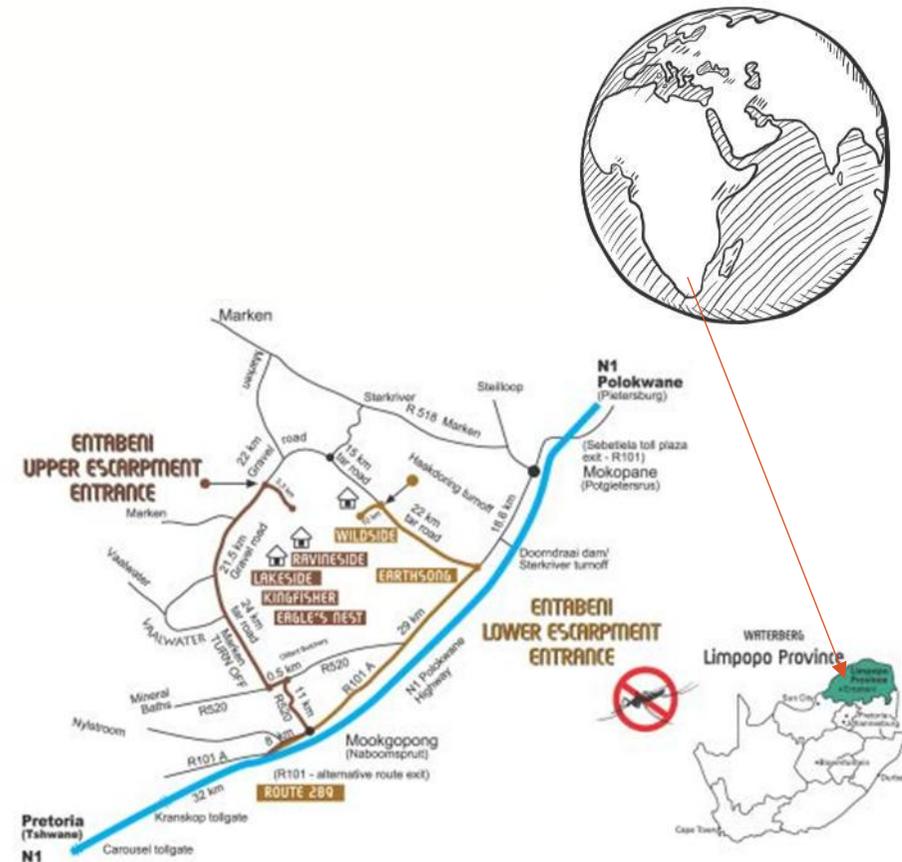
Gap Africa Projects

+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 project is located in a malaria free area

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

Climate

Limpopo Province

January is the hottest month in Limpopo with an average temperature of 23°C (73°F) and the coldest month is June at 13°C (55°F). The wettest month is November with an average of 100mm of rainfall.

Have a look at the accuweather website for more information, link below:

<https://www.accuweather.com/en/za/polokwane>

Tipping

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

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:

The logo for Wise, featuring the word "WISE" in a bold, black, sans-serif font on a bright green rectangular background.

<https://wise.prf.hn/l/XZJx9gq>

USEFUL INFORMATION

AFRICA

Phones & Internet

Mobile phone coverage is good 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

Wi-Fi is available at the accommodation however internet speeds are not up to international urban standards but are effective for communication.

We have partnered with Holafly, an eSim provider who have offered a 5% discount when you use the 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

Holafly



<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%

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 occur or on your return home.

Please follow this link to our preferred insurer:

<https://www.true traveller.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



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>

ACCOMMODATION & LIFESTYLE

AFRICA

Roosters Nest

The group will be accommodated in a homely guesthouse set in beautiful, tranquil equestrian country surroundings, and boasting a beautiful lush garden with a pool and trampoline, as well as separate rooms in a secure courtyard

You will be offered traditional South African meals and hospitality.



ACCOMMODATION & LIFESTYLE

AFRICA

Waterberg Cottages

The group will be accommodated in the beautiful historic thatch cottages surrounded by gardens, horses, animals and views of the bushveld.

One of the evenings, students will have the opportunity to experience the glamping tents, including the signature woodfired hot tubs.



ANY QUESTIONS?

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

INFORMATION PACK 12

ACCOMMODATION & LIFESTYLE

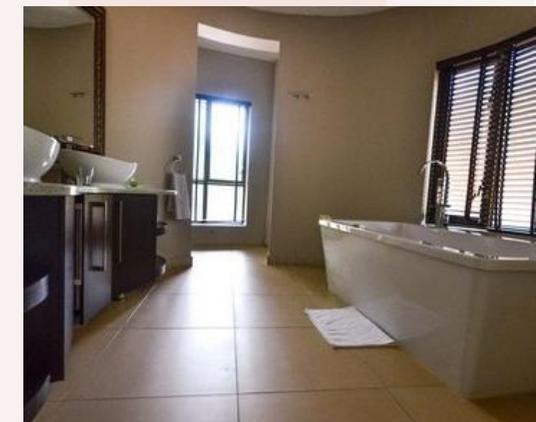
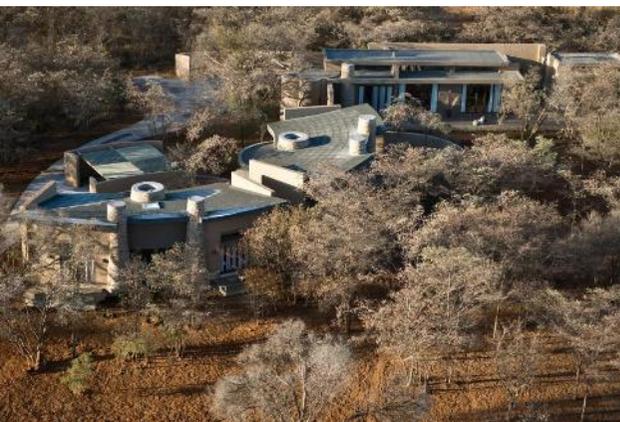
AFRICA

Entabeni Villas

Each Villa offers a spacious and open plan layout, with a lounge and dining area as well as a fully equipped kitchen.

The African-inspired interior with its natural palette contributes to the relaxing atmosphere.

The accommodation has a variety of 3, 4, 5 and 6 bedroom self-catering units.



ANY QUESTIONS?

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

INFORMATION PACK 13

ACCOMMODATION & LIFESTYLE

AFRICA

Food and Meals

All meals are provided. Hosts create wholesome home-cooked style meals made with local ingredients and cater for all dietary requirements.

Dinners are catered and served to the students in the evenings, lunches will be made by the group in teams and breakfast will be self-service.

There will be opportunities to taste local dishes including the traditional 'braai' (BBQ) and to enjoy meals in unique outdoor locations.



Suggested Kit List

- Short and long sleeve T-shirts *
- Long work trousers and shorts *
(Or work trousers with zip-off longs)
- Hiking Boots/comfortable walking shoes to work in every day
- Rain jacket
- Sweatshirt/Fleece (Winter months pack plenty)
- Riding hat
- Jodhpurs
- Riding boots
- Gloves
- Daypack rucksack
- Socks
- Hat for sun protection (all year round)
- Gloves for warmth (winter only)
- Water bottle (filtered rainwater provided)

* All work clothes should be neutral or earth tones for working in the bush. No skimpy or bright-colored clothing to be worn

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

Other useful items:

- Binoculars
- Good torch
- Camera
- Spare batteries
- Mammal/bird book
- Notebook/diary and pen

WHAT'S INCLUDED

AFRICA

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
- Riding hat, boots, gloves, body protector – see kit list

* 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:



WWW.GLOBALADVENTUREPROJECTS.COM

