



PLUMPTON COLLEGE GROUP PRESENTATION



Waterberg Vet Physio Equine Project

AFRICA

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



AFRICA

ABOUT THE VET PHYSIO EQUINE PROJECT

Project overview and
location

ABOUT THE PROJECT

AFRICA

Your Vet Physio Equine Project Explained

Your programme will take place in three locations in two provinces of South Africa.

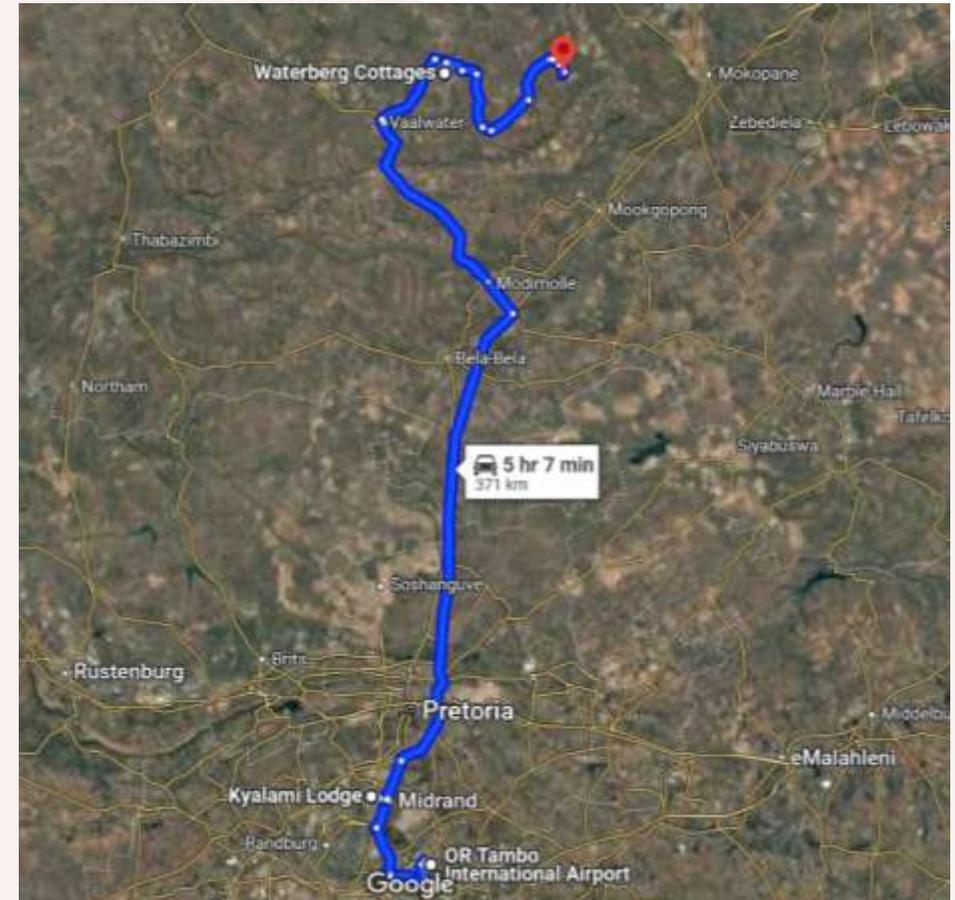
- Kyalami Agricultural Holdings, Johannesburg, Gauteng
- Waterberg Cottages, Vaalwater, Waterberg, Limpopo
- Entabeni Big 5 Game Reserve, Waterberg, Limpopo

Airport to Kyalami = 30km

Kyalami to Waterberg Cottages = 260km

Waterberg Cottages to Entabeni = 70km

Entabeni back to airport = 260km



ABOUT THE PROJECT

AFRICA

Your Vet Equine Project

- A unique vet physio project, with a focus on equine based in South Africa
- Based in three locations; stay and work on estates, and game reserves
- Tailor-made projects to suit your needs and interests
- Project activities include
 - Vet physiotherapy in a South African context
 - Equine Welfare
 - Equine Management
 - Wildlife rehabilitation
 - Conservation activities
 - Community Development
- Dedicated horses, staff, professionals and vehicles

ABOUT KYALAMI

AFRICA

Kyalami Agricultural Holdings (3 nights)

- Kyalami: Johannesburg suburb renowned for equestrian activities.
- Equestrian Hub: Features world-class riding schools, stables, and competition venues
- Offers tranquil countryside settings with open spaces and natural vegetation, ideal for equestrian pursuits.
- Equestrian Community: Home to a vibrant community and top-tier facilities, making it a haven for horse enthusiasts.



ABOUT WATERBERG COTTAGES

AFRICA

Waterberg horse trails at Waterberg Cottages – Equine Project (4 nights)

- Located at Waterberg Cottages on a 3,000ha game reserve with abundant wildlife
- 16 horses of various ages, grazing freely in the open veld
- Majority are South African Boerperds (14–16 hands), known for their robustness and trustworthiness
- Remote location requires all care, maintenance, and most veterinary work to be done on-site by the team
- Wildlife is often monitored from horseback, as animals are accustomed to the horses' presence
- A mix of thicker bush, sandy roads, and open areas provides excellent trails for riding



ABOUT ENTABENI

AFRICA

Entabeni – Big 5 Game Reserve (3 nights)

- Majestic 12000ha private reserve and search for more wildlife in their natural habitats
- This reserve is known, particularly for its dramatic landscape and special rare ancient plant called a cycad.
- Arabian horses that are used for both horseback safaris and antipoaching patrols.
- Students will have the opportunity to assist with the needs of these working horses.





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ACCOMMODATION & LIFESTYLE

Life at the project

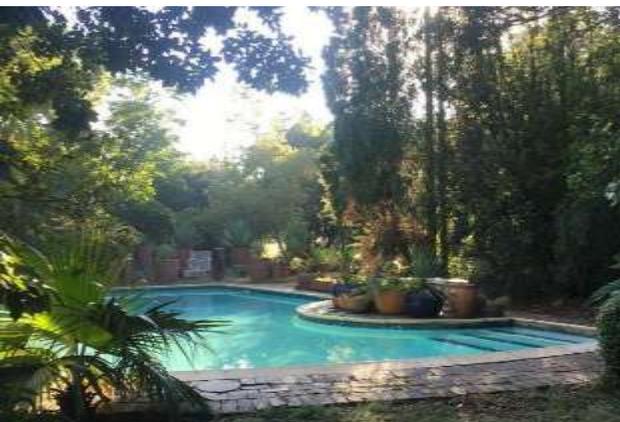
ACCOMMODATION & LIFESTYLE

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.



ANY QUESTIONS?

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

INFORMATION PACK 10

ACCOMMODATION & LIFESTYLE

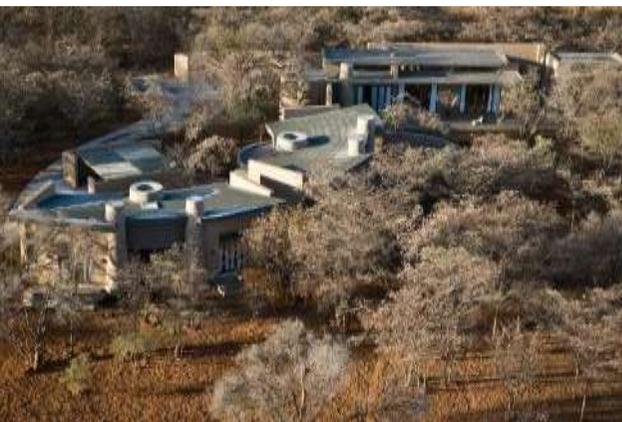
AFRICA

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.



ACCOMMODATION & LIFESTYLE

AFRICA

Meals

All meals are provided with local ingredients and cater for all dietary requirements.

There will be a mixture of catered and self-catering (in teams) depending on location and schedule.

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





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PRE-DEPARTURE INFORMATION

Travel details

FLIGHT INFORMATION

AFRICA

Departure from the United Kingdom | Arrival to South Africa

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)	19:30	London Heathrow (LHR)	04:50 + 1 Day

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece checked baggage @ 23kgs, 1 piece hand baggage max dimensions 56x36x23cm

Johannesburg OR Tambo Airport

Clear immigration & collect baggage to clear customs.
Meet GAP representative by the statue in the arrivals hall.
Transfer to Kyalami (45 minutes).

Return Journey

Transfer from Entabeni.
Check in at the Virgin check-in desk.



FLIGHT INFORMATION

AFRICA

Cabin Baggage



Rucksack (not trolley suitcase)
No larger than 56x36x23cm

Hold Baggage



One piece maximum 23kg

TRAVEL DOCUMENTS

AFRICA

Travel Documents

- Final Documents Issued 10/10/2025
- Emailed to your personal and/or college email address
- Print and take copies
- Boarding passes issued at the airport
- Passports!

Your e-ticket

Flight Information

Origin	Destination	Flight Number	Class	Carrier	Status
London Heathrow	Johannesburg	AZ321	Economy	AZ	OK

Passenger Information

Name	Passport Number	Class	Carrier	Status
MADLEY, MARGARET	954527	Economy	AZ	OK

ATOL Certificate

This confirms that your holiday is protected by the ATOL scheme and that you can get home if your travel company collapses.

What is protected?

• Packages that include a flight and a holiday.

What is not protected?

• Standalone flights.

What to do if you have a problem:

• If you are a member of the ATOL scheme, you can get help from the ATOL helpline.

Important Travel Advice

Under 18 Visa Requirements: If you are aged under 18, whether travelling alone or within a group you must adhere to the regulations set for minors entering the republic of South Africa.

Check in for your flight at the South African Airways Check in Desk, London Heathrow, Terminal 2

Flight Number	Class	Carrier	Status
AZ321	Economy	AZ	OK

Depart London Heathrow

Arrive Johannesburg International Airport, Terminal A

Flight Number	Class	Carrier	Status
AZ321	Economy	AZ	OK

Drop off Baggage at SAA bag drop - Domestic, Terminal B

Flight Number	Class	Carrier	Status
AZ321	Economy	AZ	OK

Depart Johannesburg

Flight Number	Class	Carrier	Status
AZ321	Economy	AZ	OK

Arrive Fort Elizabeth Airport

Flight Number	Class	Carrier	Status
AZ321	Economy	AZ	OK

Upon arrival you will be met by a representative from Sharnwell Tours and transferred to Sharnwell Game Reserve

Sharnwell Group Conservation Experience x 14 DAYS

Flight Number	Class	Carrier	Status
AZ321	Economy	AZ	OK

Today is the last day of your placement and you will be transferred to Port Elizabeth Airport

Check in for your flight at the SAA Check in Desk

Flight Number	Class	Carrier	Status
AZ321	Economy	AZ	OK

Depart Port Elizabeth

Flight Number	Class	Carrier	Status
AZ321	Economy	AZ	OK

Arrive Johannesburg Terminal B

Flight Number	Class	Carrier	Status
AZ321	Economy	AZ	OK

Upon arrival please make your way to Terminal A International Departures

Flight Number	Class	Carrier	Status
AZ321	Economy	AZ	OK

Depart Johannesburg

Flight Number	Class	Carrier	Status
AZ321	Economy	AZ	OK

Arrive London Heathrow, Terminal 2

Flight Number	Class	Carrier	Status
AZ321	Economy	AZ	OK



AFRICA

USEFUL INFORMATION

Recommended Kit List and
other Useful Information

Suggested kit list

To allow for ease of transfer to the project a soft holdall/ soft suitcase is preferred.

- Short and long sleeve t-shirts
- Long work trousers and shorts (or work/zip-off trousers)
- Hiking boots/comfortable walking shoes to work in every day
- Waterproof jacket
- Sweatshirt/Fleece (Winter months pack plenty)
- Padded jacket/windbreaker (Winter months) although it can get very cold on an open vehicle even in summer
- Socks
- Underwear
- Change of casual clothes for evenings
- Sandals / comfy shoes to wear after work hours
- Warm hat (Winter only) / Hat for sun protection (all year)
- Gloves for warmth (Winter only)
- Working gloves
- Daypack rucksack
- Riding hat
- Jodhpurs
- Riding boots
- Swimwear
- Sunscreen and Sunglasses
- Personal medical items
- First aid kit
- Toiletries
- Tick / Insect repellent
- Water bottle
- Good torch

Other useful items:

- Binoculars
- Camera
- Power bank

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

USEFUL INFORMATION

AFRICA

Climate – Midrand, Gauteng

19	20	21	22	23	24	25
28° 10°	24° 11°	24° 13°	26° 13°	27° 11°	24° 14°	28° 15°

26	27	28	29	30	31	1
28° 16°	26° 14°	26° 14°	24° 13°	24° 15°	24° 14°	25° 14°

Climate – Vaalwater, Limpopo

S	M	T	W	T	F	S
26	27	28	29	30	31	1
30° 18°	31° 17°	30° 16°	27° 15°	27° 18°	31° 16°	27° 16°

2	3	4	5	6	7	8
27° 16°	27° 18°	29° 18°	28° 18°	28° 16°	26° 16°	26° 17°

USEFUL INFORMATION

AFRICA

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:



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

USEFUL INFORMATION

AFRICA

Phones & Internet

Mobile phone coverage is good at Kyalami and Waterberg Cottages, whilst average at Entabeni, although there may be some areas on the reserve where there isn't any coverage. Using an eSIM or purchasing a SIM card at the airport is another option.

Some 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 eSim provider 5% discount use code GAPAFRICAPROJECTS.

Benefits of an eSIM

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



<https://shorturl.at/sxE29>

Holafly

 Unlimited data Enjoy unlimited data while traveling to numerous destinations worry-free. Learn more	 Keep using your favorite apps Get that safe ride home, find that great restaurant, and pin the local attractions, all while staying connected with your loved ones.	 Keep your WhatsApp number You can call and message all your contacts on WhatsApp, like you're in the same country. Don't lose touch with family and friends.
 24/7 Customer Support In need of assistance? Our 24/7 chat support is just a message away to keep you connected and help you with everything you need.	 Fast and Reliable Internet Connection Connect to the best networks at your destination and get internet that's both reliable and fast.	 Enjoy dual SIMs Enjoy the flexibility of our digital eSIM while keeping the option to use your original SIM as usual whenever you need it.

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; 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.

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



<https://www.true Traveller.com/?tag=4480>

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.

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>

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>

USEFUL INFORMATION

AFRICA

Trip Clothing

Online shop available for trip clothing:

GAP Trip Hoodie

GAP Africa Polo Shirts

GAP Africa Caps

GAP Africa Beenie

GAP Africa 500ml Bottle



<https://hyvfsu-vu.myshopify.com/>



SIZES	XS	S	M	L	XL	XXL	3XL	4XL	5XL
A - Half Chest	49	51	56	61	65	69	73	78	83
B - Body Length	64	67	70	73	76	79	82	86	90
C - Sleeve Length	57.5	59	60.5	62	63.5	65	66.5	68.5	70.5

All garment measurements are shown in centimetres (cm). Garment sizes are approximate and for guidance only.

SIZES	XS	S	M	L	XL	XXL	3XL	4XL	5XL
To Fit Chest Size	34 inch	36 inch	40 inch	44 inch	48 inch	52 inch	56 inch	60 inch	64 inch



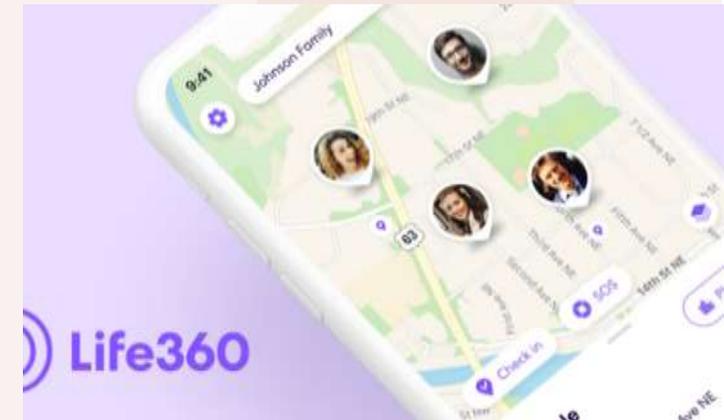
Useful Apps for Next of Kin

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.

Merlin Bird App



RIDER INFORMATION

AFRICA

RIDER SURVEY

<https://forms.office.com/e/LnPEYbbk7T>



COMMUNITY DONATION BAGS

AFRICA

Community GAP Donation Bag

- Equine fecal blood test (detection of gastric/colonic ulcers)
- Infusion bag swivel NB
- Equine coiled IV lines NB
- Thermometer (rectal temps) NB
- 1ml/1cc Syringes
- McMaster slides x 2
- 14G Catheters
- 18G needles
- I|V extension line
- IV extension with double needle free ports
- 1ml syringes
- 100ml syringes
- Eye gel/lubricant
- Veterinary blood glucose monitor and strips

Donkeys:

- Donkey Harnesses (your college will need to preorder a set of harnesses for fitting in South Africa)
- Any old pony mouth bits (snaffle type)
- Small halters
- Halter leads
- Grooming brushes
- Any form of sheepskin for donkey cart extra padding

Follow instructions from your college about bringing in items from the list.

Your tutor can request a donation bag from GAP Africa Projects if space is limited.





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

Explore our network of Global Adventure Projects:



WWW.GLOBALADVENTUREPROJECTS.COM

