



ST MARY'S UNIVERSITY PROJECT PRESENTATION

The background of the slide is a composite image. On the left, a woman in a white shirt is performing a massage on a man lying on a red mat on a sandy beach at sunset. On the right, there is a large, cascading waterfall in a lush, green, mountainous landscape. A large, semi-transparent blue circle is overlaid in the center, containing the text.

Caribbean Sports Physiotherapy Placement



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

ABOUT US:



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 2012
- Full ATOL Bonding
- Working with over 55 Colleges and Universities around the UK
- A small dedicated team in the UK and South Africa





**SOUTH
AMERICA**

Saint Lucia Physiotherapy Placement

Overview and location
of the project

ABOUT YOUR PROJECT



Your Placement

- A unique academic placement focusing on Physiotherapy in Saint Lucia, Carribean
- The opportunity to put your learning into practice with hands-on physiotherapy
- Bespoke, tailor-made projects to suit your requirements
- Experience how sports medicine supports athletes in a developing, yet dynamic, sporting culture.
- Your placement includes
 - Physiotherapy hours in local clinics (2x students) + free MSK clinic (group of students)
 - Working in association with Saint Lucia's National team's : St Lucia national cricket team, national athletics programmes, semi-pro football, national rugby teams and the sports academy on the island
 - Pitch-side sports Physiotherapy – domestic and international sports events, matches and tournaments
- A 6-week project which includes accommodation, breakfast, and travel

ABOUT THE PROJECT



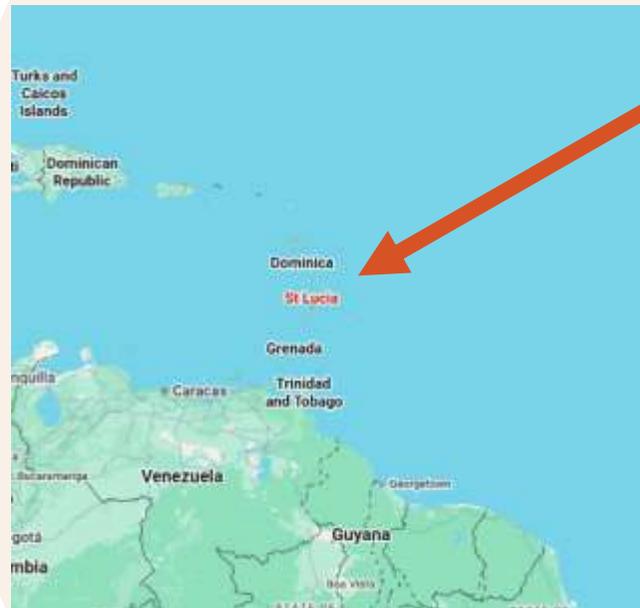
United Through Sports

- Based in Castries – operating since 2004
- Working with over 5,000 children from the local community
- **Mission:** Using sport as a tool to improve education, health awareness, and life skills in disadvantaged youth
- **Holistic Approach:** Combines sports training with academic support, mentorship, and pathways to employment and higher education
- Key Programs:
 - **Mass Participation Programme:** for community access to sports, after-school education projects, and elite coaching through the School of Excellence
 - **Volunteer Opportunities:** Sports physiotherapy, coaching (football, basketball, volleyball, netball, tennis, athletics, martial arts), sports psychology, and sports
- 97% of participants show improved mental health
- 89% employment placement rates for programme completers

ABOUT THE PROJECT



Ghana Physiotherapy Placement- Location





**SOUTH
AMERICA**

ABOUT THE PROJECT

Our sports coaching in more
detail

ABOUT YOUR PROJECT



Project Overview

Sports Physiotherapy in St Lucia

The Opportunity

Contribute to the development of local and national teams by promoting a deeper understanding of physiotherapy principles. Your hands-on support will play a crucial role in advancing the appreciation and application of physiotherapy within the sporting community.

Your Role

Based in Castries, you'll support the work of one of the island's top sports physiotherapists at their clinic, whilst also supporting local athletes in competition and pitch-side.

What You'll Do

- Deliver treatment and rehabilitation programs
- Share modern physiotherapy techniques
- Build lasting impact in sports medicine in St. Lucia



ABOUT YOUR PROJECT

SOUTH AMERICA

Project Overview

Additional Benefits & Why St. Lucia

Broaden Your Experience

Gain exposure in local clinics for wider physiotherapy perspective

Learn from St. Lucia's top sports physiotherapists and gain experience working with some of St. Lucia's Professional athletes

The Placement Details

Working in both a clinic, and international sports events, matches and tournaments.

Typical Hours

Clinical Hours: Weekdays in clinic from 9:00 to 17:00.

Squad Support: Hours may vary when working with a squad. Training sessions typically take place on weekday afternoons and evenings.

Weekend Commitments: Pitch-side physiotherapy support during weekend competitions.

Why St Lucia? We have strong links to the St Lucia's National Teams and professional athletes, so you will have the opportunity to gain experience working as a physiotherapist for high-level athletes, all within a warm and friendly environment.



ABOUT YOUR PROJECT



Experience St Lucia Beyond Your Placement

In St. Lucia

Discover an island of breathtaking natural beauty and some of the friendliest people in the Caribbean, filled with bars, restaurants, and transport links.

Beyond the City

Hike Gros and Petit Piton – Iconic twin peaks with unforgettable panoramic views

Pigeon Point National Park – Beaches, history, and calm waters perfect for unwinding

Sulphur Springs – Drive-in volcano, hot springs, and mud baths

Rainforest Ziplining – Glide through lush canopies with stunning forest scenery

St. Lucia Carnival (J’ouvert, etc.) – High-energy parades, music, dance, and island culture

Caribbean T20 Premier League – Watch top-tier cricket in a lively stadium atmosphere

Rhythm of Rum Distilleries – Rum tasting paired with local distillery tours

Marigot Bay – A picturesque harbor ideal for swimming, dining, and relaxing



ABOUT YOUR PROJECT



Volunteer Community & Fun

Balance work with experience - we believe in giving volunteers time to unwind and enjoy their time away. Our in-country team organizes regular activities where you'll connect with other volunteers and share experiences.

Activities Include

- Nights out at top spots and group meals
- Weekend trips beyond Accra
- Group sports team for local competition

We have great contacts with the local clubs and teams in St. Lucia, so you will have opportunities to play and train in your chosen sport if you want.



ABOUT YOUR PROJECT



Your Impact: Equipment & Donations

Your Fee Goes Further

We are dedicated to sustainable development. This is why part of the fee you pay goes towards buying decent equipment for beneficiary organisations in St Lucia. You will often use this equipment during your project, and it is always left with the community when you leave. In some cases, an equipment donation may not be appropriate, so a financial contribution is made instead.



ABOUT YOUR PROJECT



Project Requirements

- Sports Physiotherapy Students need to be self-motivated to take part in this placement and have a 'hands on' approach.
- Students must have recognised experience and qualifications to at least 2nd year undergraduate level.
- Students will need to send their CV to check their suitability for the placement
- Suitable for ages 20+
- Minimum of 4-weeks
- We **advise** students to obtain membership with the Chartered Society of Physiotherapy (CSP), as this also provides professional insurance coverage against medical malpractice.
- DBS Check will be required



**SOUTH
AMERICA**

ACCOMODATION & LIFESTYLE

Life in the Caribbean

ACCOMMODATION & LIFESTYLE



Island Accommodation

The Basics Comfortable dormitory-style room with shared toilets, showers, and air conditioning. Bed linen and pillows provided.

Kitchen - equipped with all required utensils and is suitable for multiple people cooking at once.

In-house 'Kabawe' bar - opens in evenings, with a wide selection of local cocktails and beers.

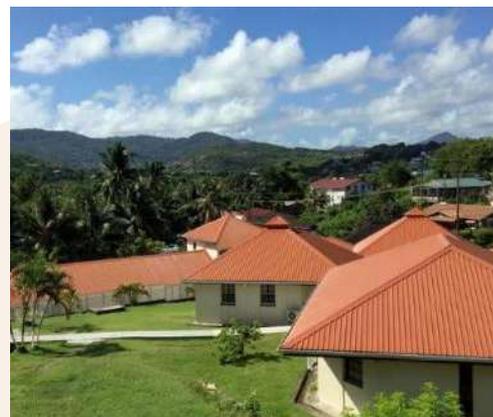
Wi-Fi included

Laundry service

Twice a week cleaning

Security:

- Accommodation is in a gated compound within a safe and friendly neighbourhood.
- Staff are on-site 24 hours with a security guard on the gate at night.
- Bedrooms are lockable.



ACCOMMODATION & LIFESTYLE



Food at the project

We will be providing your breakfast during your stay with us.

We don't provide lunch and dinner as students will be working on very different time schedules. However, food is reasonably priced and can be prepared in the accommodation's kitchen.

Dietary Requirements

Provision can be made for Vegetarian & Vegan diets and for those who have a medical condition such as Coeliac disease that requires a Gluten Free Diet and for those with severe allergies to dairy, eggs or nuts





**SOUTH
AMERICA**

THE NEXT STEPS TO PLACEMENT

The next steps to the trip of a
lifetime!

WHAT'S INCLUDED



What is Included?

- Transfers to/from project
- Accommodation
- Breakfast
- Coordination of physiotherapy placements in clinics and sports teams
- Training and orientation guidance on Day 1
- Airport meet/greet
- 24/7 support

Not Included

- Flights
- Personal travel insurance *
- Any activities not specified as part of the project
- Lunch and dinner
- Visas/travel documents

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



THE NEXT STEPS



Project dates & key deadlines

Confirmed travel dates:

Dates are flexible between February and September

Trip cost:

£1645 for a 42-day placement

Key deadlines are:

- Return online booking form
- Deposit payment, £300.00 to secure your placement
- 50% instalment payment to be paid 16 weeks before travel
- Balance payment to be paid 8 weeks before travel
- e-Tickets & final documents will be issued 2 weeks before travel

BOOKING YOUR ADVENTURE



Booking Form

- Please complete our booking form
- No deposit required at this stage of booking
- Passport fields not mandatory

Key deadlines are:

- Deposit of £300 to confirm placement
- Instalment payment of 50% due 16 weeks before departure
- Balance payment due 8 weeks before departure

GAP Africa Projects

AFRICA PROJECTS | SOUTH AMERICA PROJECTS | AFRICA EUROPE PROJECTS | WHO WE ARE | BLOG | GET IN TOUCH

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

BOOKING FORM

(NB) Your name should be given as displayed on your passport

Title *

Name *

Date of birth *

Address *

Telephone *

Mobile *

Email 1 *

Email 2 *

(NB) Please note that all booking correspondence will be sent via Email**

Passport no.

Passport Issue Date

THE NEXT STEPS



Confirmation Documents

Confirmation documents will be issued and sent directly to you via email.

Please communicate with us with any questions relating to the placement.



10 Oct 2023
Ref: 23-KCA-LAL-01-L2

Dear Chloe,

Thank you for choosing to Book with Gap Africa Projects as part of the Krutal College trip to Zulu Land Conservation Research. Please take the time to look through this document and check that everything is correct.

We have received your deposit payment and your placement is now confirmed as per the details below, the final balance and due date is detailed on your invoice.

Please remember that you can contact me to discuss anything in this document as well as any other aspect of your expedition and I am on hand as your personal travel advisor for the entirety of your placement.

Warm regards,
The GAP Africa Team

Passengers Travelling
Miss Chloe Capstick

Placement(s)
Zulu Land Conservation Research (06/03/23 - 18/03/23)

Inclusions
Flights, Shared road transfers to and from project, accommodation for duration of all meals and all project activities.

Exclusions
Insurance, any activities undertaken that are not included as part of the project.

Your Flight(s)

Flight No	Date	Depart Time	Arrival Time	Departure Airport	Arrival Airport
BA1209	05/03/2023	15:00	18:05	Manchester (MAN)	London Heathrow (LHR)
BA05	05/03/2023	18:20	07:25 + 1 D	London Heathrow (LHR)	Johannesburg (JNB)
BA1390	18/03/2023	09:35	10:40	Johannesburg (JNB)	London Heathrow (LHR)
BA1390	19/03/2023	09:35	10:40	London Heathrow (LHR)	Manchester (MAN)

Booking

Travel Advice

Names and spellings
It is essential that your details are correct on your passport. If there is a mistake, this will mean it is changed, otherwise you may be refused leave and charged for an overstayer.

Passport expiry date
Your passport must be valid for 6 months after the intended return date to your country of origin. If you hold a passport other than a British Citizen passport, you should check more specific travel advice from your embassy.

Passport Copies
It is recommended that you have photocopies of your passport, visa/entry and any other relevant documents.

Travel insurance
It is essential that you take the appropriate travel insurance for your trip. Please remember to take the certificate and keep it safe as a memento.

Travel insurance
It is essential that you take the appropriate travel insurance for your trip. Please remember to take the certificate and keep it safe as a memento.

<https://www.gap.africa/insurance/>

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mark.beth@gapafricaprojects.com




Registered in England No. 11342648
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Registered Office: 28, Cannon Street, London, EC4A 3DF
Registration Date: 2012

CONFIRMATION INVOICE

Miss Chloe Capstick
Flycode Form

Gap Africa Projects
PO Box 236
Chesham
Surrey
KT9 8BT
United Kingdom
Tel: +44 (0) 20 7207 7819
Email: info@gapafricaprojects.com



Date: 10/10/2023
Invoice No.: 23-KCA-CAC7-02-IN
Booking Ref.: 4413

From	Description	Start	End
• Zulu Land Conservation Research		06/03/2023	18/03/2023

Flight No	Date	Depart Time	Arrival Time	Departure Airport	Arrival Airport
BA1209	05/03/2023	15:00	18:05	Manchester (MAN)	London Heathrow (LHR)
BA05	05/03/2023	18:20	07:25 + 1 Day	London Heathrow (LHR)	Johannesburg (JNB)
BA05	18/03/2023	09:35	10:40	Johannesburg (JNB)	London Heathrow (LHR)
BA1390	19/03/2023	09:35	10:40	London Heathrow (LHR)	Manchester (MAN)

Miss Chloe Capstick ATOL Details
Miss Chloe Capstick, Gap Africa Projects is licensed under the Air Travel Organizer* Licensing scheme with ATOL license 10090. This trip is financially protected by this ATOL license and we will also supply an ATOL Certificate. Please visit www.atol.org.uk for more information about financial protection and the ATOL Certificate.

Description	Date	Amount
• Total cost of the arrangements as specified above	28/09/2023	£ 2,195.00
• Deposit Payment	09/01/2023	£ 300.00
Total balance due by	18/03/2023	£ 1,895.00
Of which is due by	18/11/2022	£ 947.50

Payment Methods
Cheques: Payable to GAP AFRICA PROJECTS LTD.
Bank Transfer: Account No: 63409750
Sort Code: 20-40-71
SWIFT: BARCGB33
BIC: BARCGB33
IBAN: GB44 0830 0830 0000 0000 0000 0000

For all bank transfers, please use your surname and booking number 4413 as reference. For transfers outside of the UK, please ensure that international transfer charges are covered when making the transaction.

BOOKING YOUR ADVENTURE



Group Web Page

<https://gapafricaprojects.com/26-cpp/>



Email Contact

Chloe.Nelson@gapafricaprojects.com

Booking Form

<https://gapafricaprojects.com/booking-form-26-cpp-caribbean-physio-project/>





**SOUTH
AMERICA**

USEFUL INFORMATION

Inclusions/Exclusions &
Recommended Kit List

USEFUL INFORMATION



Suggested kit list

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

- Collared t-shirt / sports t-shirt and sports shorts
- Sports trainers
- Some smart/casual clothes for meals out
- Comfy shoes to wear after work hours
- Waterproof jacket for tropical storms
- Sweatshirt/Fleece
- Swimwear
- Socks
- Underwear
- Hat for sun protection
- Daypack rucksack
- Beach Towel
- Shower towel
- Sunscreen (30+ Factor) and Aftersun
- Sunglasses
- Personal medical items
- First aid kit
- Toiletries
- Mosquito & Insect repellent
- Water bottle (one litre)

Other useful items:

- Camera
- Power bank
- Headtorch

USEFUL INFORMATION



Health Risks

Vaccinations:

There are no specific vaccinations required for St Lucia, but it is always worth speaking to your travel nurse or GP about your own health and medical history to see what they advise.

Sun:

Protect Yourself St Lucia has a warm, sunny climate year-round. Wear sunscreen (SPF 30+) and a hat whenever outdoors during the day, particularly between 10am–4pm—cloud cover does not prevent sunburn.

Additional Precautions Due to its location near the equator, St Lucia has very well-defined seasons. The rainy season falls between June and November. During this period, be prepared for heavy & sporadic showers but these don't last long.

USEFUL INFORMATION



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>

We advise students to obtain membership with the Chartered Society of Physiotherapy (CSP), as this also provides professional insurance coverage against medical malpractice

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>

USEFUL INFORMATION



VISA Requirements

British Passport holders do not need visas to enter Saint Lucia for visits up to 90 days.

It is an offence to stay beyond 90 days without permission from the local immigration authorities. It is also an offence to take any form of paid employment without a work permit.

British Nationals will not require a visa to enter St Lucia for up to 90 days. If you are travelling over 42 days (6 weeks) then you will have to provide travel details on arrival, to clear customs.

Key Documents Needed

Valid UK passport (6+ months validity)

Round-trip flight reservation

Proof of accommodation

Currency & Credit Cards

Money & Currency

The official currency is the East Caribbean Dollar (EC\$), however most tourist establishments will also accept US dollars and will quote prices in either, or both.

ATM machines are readily available in main towns and accept UK credit/debit cards.

Prices in St Lucia are relatively cheap. From our experience you can live comfortably on between £70 – £90 a week. We would advise having slightly more as a backup in case you wish to go on any of the tourist excursions.

Wise Travel Card offers up to £500.00 with no transfer fee for Gap Africa Project travellers:



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

USEFUL INFORMATION



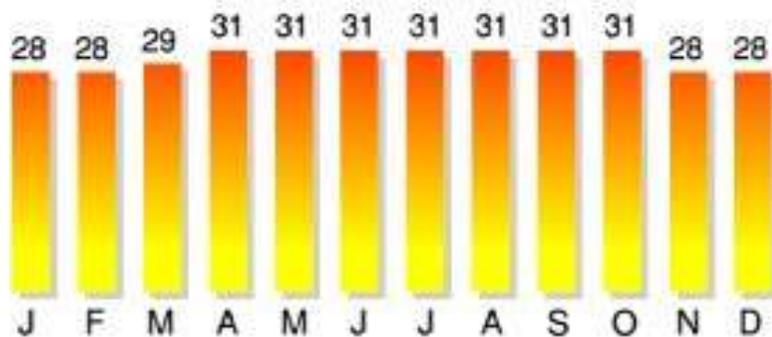
Climate

Castries, Saint Lucia's Capital, has a warm tropical climate year-round with an average daily high temperature of around 28°C.

December to January are generally the coolest months. June to August are the hottest where temperatures reaching the mid 30's are not uncommon.

Due to its location near the Equator, St Lucia does not have very well-defined seasons. However, the rainy season generally falls between June and November.

Average temperature (°C)



Average rainfall (mm)





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

Explore our network of Global Adventure Projects:



GLOBALADVENTUREPROJECTS.COM

