



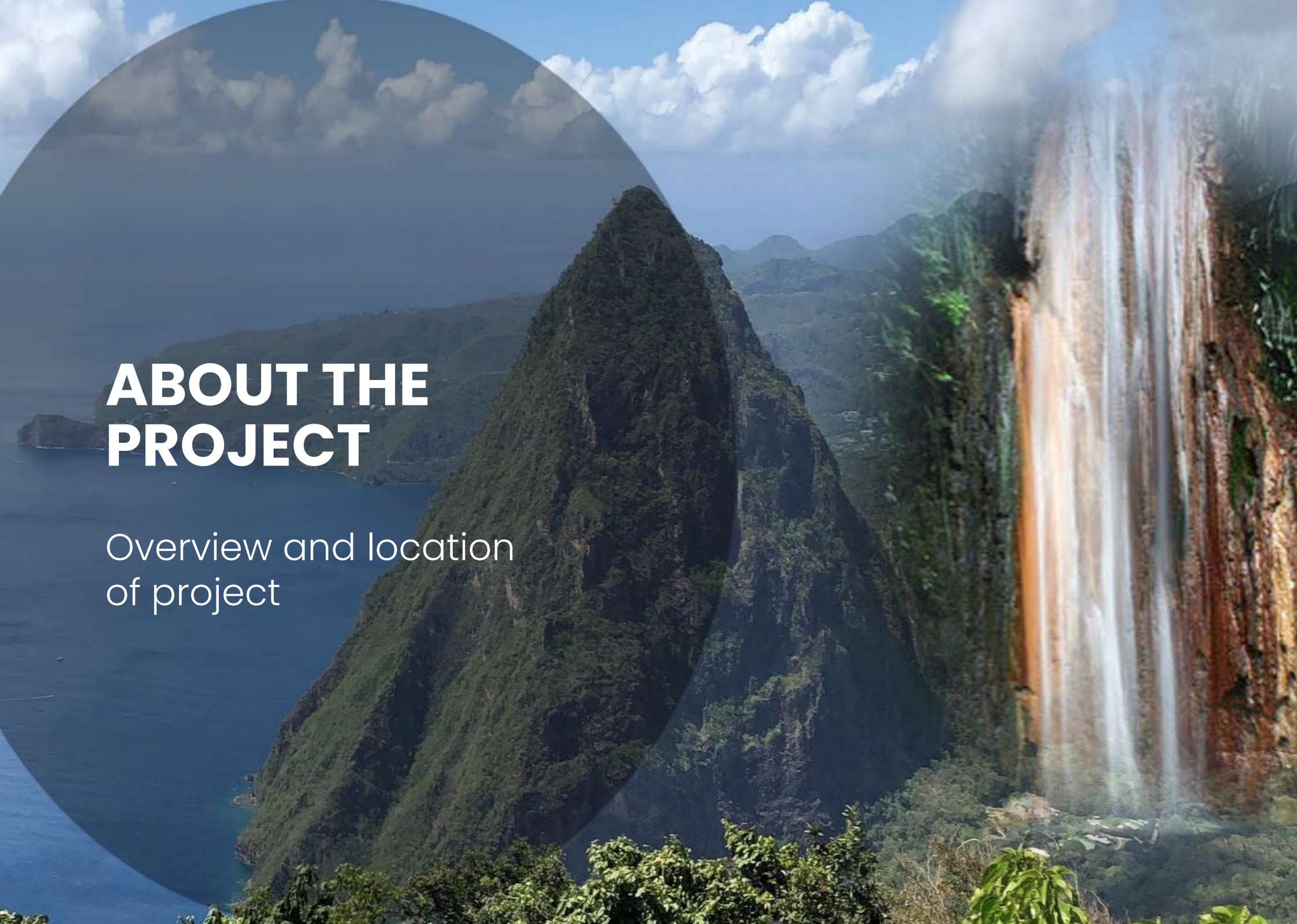
PROJECT INFORMATION PACK

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, powerful waterfall cascading down a rocky cliff. In the center, a large, semi-transparent blue circle contains the text 'Caribbean Sports Physiotherapy Placement'.

Caribbean Sports Physiotherapy Placement



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



ABOUT THE PROJECT

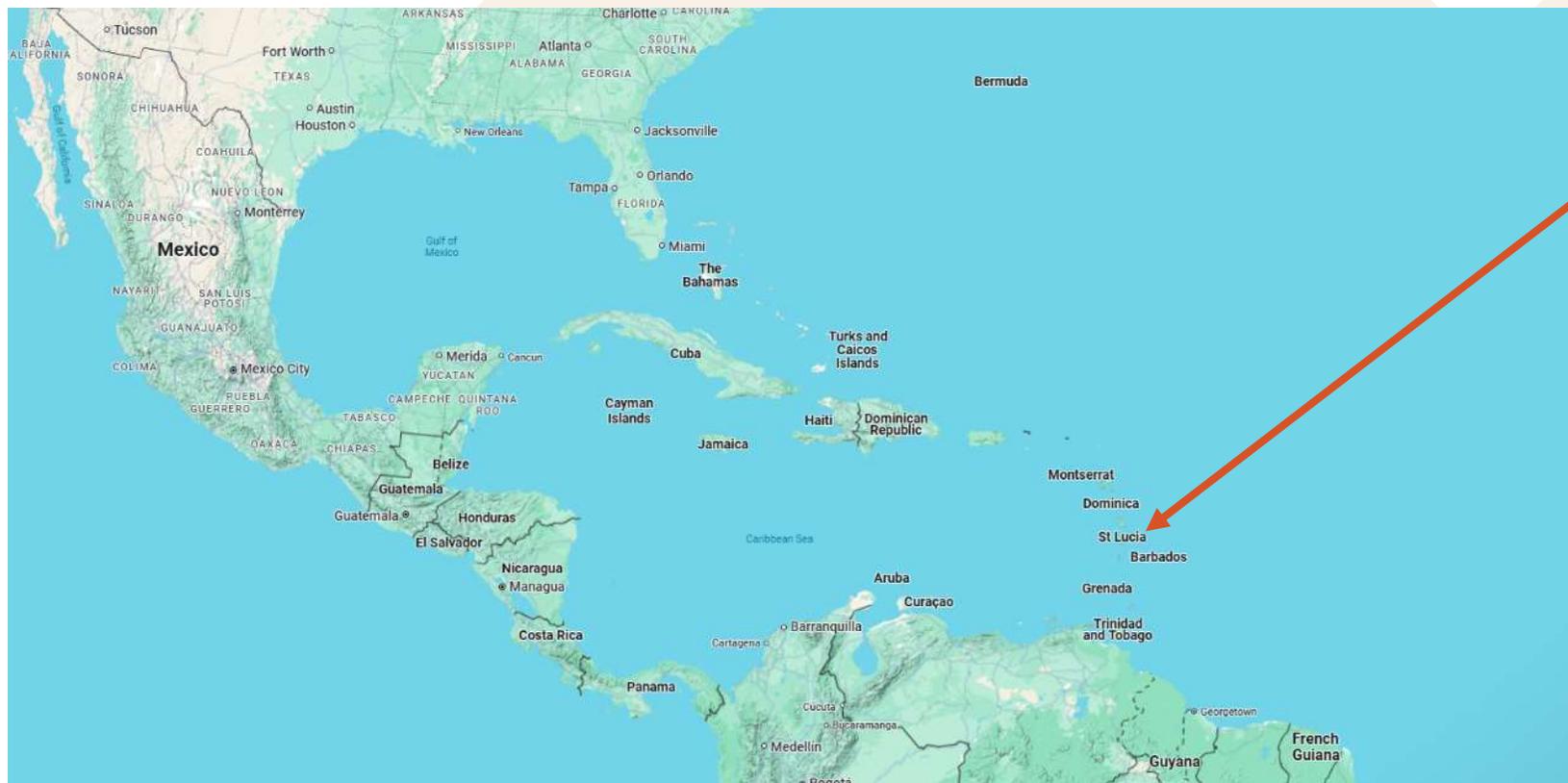
Overview and location
of project

ABOUT YOUR PROJECT



Location

Staying on the beautiful island of St Lucia in the Caribbean



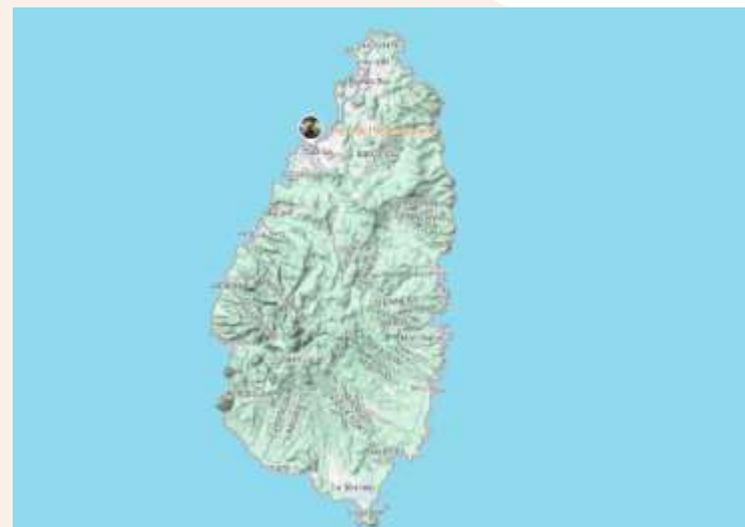
ABOUT YOUR PROJECT



Location

St. Lucia, a breathtaking Caribbean island in the Lesser Antilles, lies between St. Vincent and the Grenadines to the south and Martinique to the north. Known for its stunning natural beauty, the island features rainforests, volcanic beaches, and the iconic Pitons, a UNESCO World Heritage Site. Castries, the capital, is the cultural and economic heart of the nation.

The island's strong community spirit and love for sport creates an energetic environment where placement students will support athletes, learn from real musculoskeletal cases, and grow their skills in a hands-on, dynamic setting. It's a place where sport, wellness, and cultural connection come together, making Saint Lucia an inspiring destination for any physiotherapy student.



PROJECT REQUIREMENTS



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

ABOUT YOUR PROJECT



United Though Sport

During your time in St Lucia you will be supporting the work of our partner charity United Through Sport. Founded in 2004 with the aim of using sport as a tool to improve the prospects of children in disadvantaged communities by developing their full potential in sport, education and health. They do this by focusing on three key areas:

- **Improve Health:** combining life skills with sport and physical activity to help improve children's mental and physical health in a fun and safe environment.
- **Educate:** providing education on critical issues and assisting children to make healthy choices within the harsh environment they have grown up in, while also providing literacy and academic support.
- **Create employment pathways:** providing access to higher education, vocational training, practical job skills training and work experience to assist youth to strengthen their employability and promote clearer pathways into the workplace.

By combining these elements, they provide a pathway of support for participants from early childhood through to adulthood.

United Through Sport has developed strong relationships with exceptional local clinicians, including Rebecca Wilkinson, who runs a clinic supporting athletes across the island. They also work closely with some of Saint Lucia's top physiotherapist professionals who have supported elite national teams, including the St. Lucian Olympic squad. Through these trusted partnerships, students may have the opportunity to work with high-performance athletes during their placement, offering truly inspiring real-world experience.



ABOUT YOUR PROJECT



Project Overview

Sports Physiotherapy in St Lucia

Physiotherapy within the St. Lucian sporting community is still an underdeveloped and often misunderstood field, with only a few practicing physiotherapists on the island.

During your placement, you'll 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 Sports Physiotherapy Placement

Your sports physiotherapy placement in St Lucia will focus on supporting the work of one of the island's top sports physiotherapist at a local practice and our mobile clinic for athletes.

Your experienced mentor will work with you to develop your MSK assessment skills and important elements of the practice. Whilst benefiting from valuable hands-on experience with injured athletes, you will develop greatly as a sports physiotherapist by picking up knowledge on rehabilitation and treatment techniques.



ABOUT YOUR PROJECT



Project Overview

Day to Day

Mornings: students will tend to work within their mentor's clinic

Afternoons & evenings: working within senior sports teams around the island.

We have strong links to the St Lucia national rugby union team and the St Lucia national women's cricket team, as well as other national sports teams, so you will have the opportunity to gain experience working as a physiotherapist for high-level athletes.

Depending on the timing of your visit, and the relevant fixtures and schedules, students will get the opportunity to assist as a pitch-side sports physiotherapist during domestic and international sports events, matches and tournaments.

Typical Hours

Working hours will be weekday mornings from approx. 9am in the sports physiotherapy clinic, and work with national sports teams on weekday evenings from 5pm. Some weekend work may apply depending on events, fixtures and schedules.



ABOUT YOUR PROJECT



Project Activities

The island boasts breathtaking sights and some of the friendliest people in the Caribbean, so we recommend students explore this incredible island during their free time. Some excursions students can experience are below:

- Hike Gros and Petit Piton
- Pigeon Point National Park
- Sulphur Springs
- Rainforest Ziplining
- St. Lucia Carnival (j'ouvert etc.)
- Caribbean T20 premier league
- Scuba certification and diving
- Rhythm of rum distilleries – Rum tasting and Distillery tour
- Marigot Bay

GAP Africa can help with organising these trips for students at an additional fee.

Any activities booked and paid for locally are not covered under GAPAfrica Project's public liability insurance.



ABOUT YOUR PROJECT



Social Life

St Lucia boasts some of the most beautiful beaches in the world, white sands and blue seas!

We will often spend the days on the beach before training and will organise events such as BBQs or beach games. There are bars and clubs off the main beach. Then there is the weekly street party in Gros Islet where the roads are closed, speakers are rolled out and people party under the stars.

The accommodation is a 5 min walk from the beach and main road which has a bus stop. Busses go the Capital, Castries (10-minute bus ride), and Rodney Bay (7 minute bus ride)

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





ACCOMMODATION & LIFESTYLE

Life in the Caribbean

ACCOMMODATION & LIFESTYLE



Island Accommodation

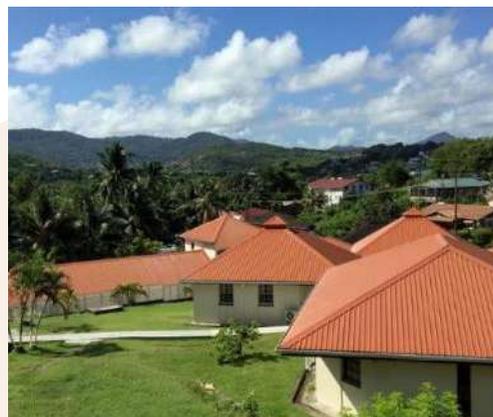
Students will stay in a large dorm-style guest house with plenty of space. The house contains air-conditioned bedrooms, shared en-suite bathrooms between every two rooms, the large communal area has a flat screen TV with American cable, movie and sport channels for use in downtime.

The kitchen area is equipped with all required utensils and is suitable for multiple people cooking at once.

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

Included with the accommodation is Wi-Fi, laundry service and twice a week cleaning.

The 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 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





USEFUL INFORMATION

Inclusions/Exclusions &
Recommended Kit List

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.

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



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