



KENDAL COLLEGE PRE-DEPARTURE PACK



WHITE SHARK

Marine
Conservation &
Community
Field Trip

AFRICA

GLOBAL reach. ADVENTURE for all. PROJECTS to inspire.

TRIP OVERVIEW

AFRICA

Kendal College – Booking Reference 4644

Travel Dates:

23rd August 2026 – 5th September 2026

Flights:

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
QR028	23/08/2026	Manchester (MAN)	14:55	Doha (DOH)	23:45
QR1369	24/08/2026	Doha (DOH)	01:30	Cape Town (CPT)	10:20
QR1372	05/09/2026	Cape Town (CPT)	19:30	Doha (DOH)	06:05 + 1 Day
QR027	06/09/2026	Doha (DOH)	07:50	Manchester (MAN)	13:10

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece of checked baggage @ 23kgs & 1 piece of hand baggage @ 7kgs and max dimensions 50x37x25cm

Project: Marine Conservation & Community Field Trip

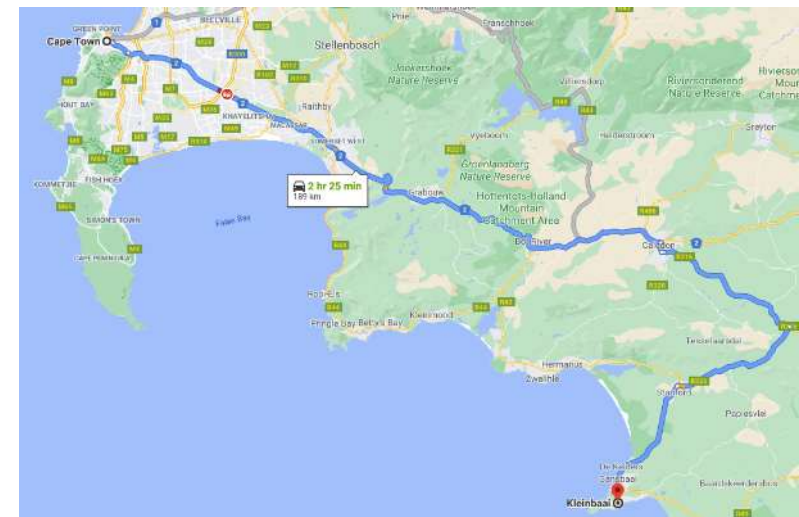
Arrival into Cape Town

Upon arrival at Cape Town airport, you must clear passport control and collect your baggage from baggage reclaim before heading into the arrivals hall.

On arrival at Cape Town Airport, you will be met by a representative from White Shark Projects to transfer you to White Shark Projects in Kleinbaai, a journey of around 2.5 hours. If for any reason you cannot locate the representative, please call:

White Shark Projects:
+27 (0) 28 312 3347

If your flight is delayed or your accommodation changes then please advise the White Shark Project team on +27 (0) 76 2455880 so they can inform the transfer company.



CONTACT DETAILS

AFRICA

Address

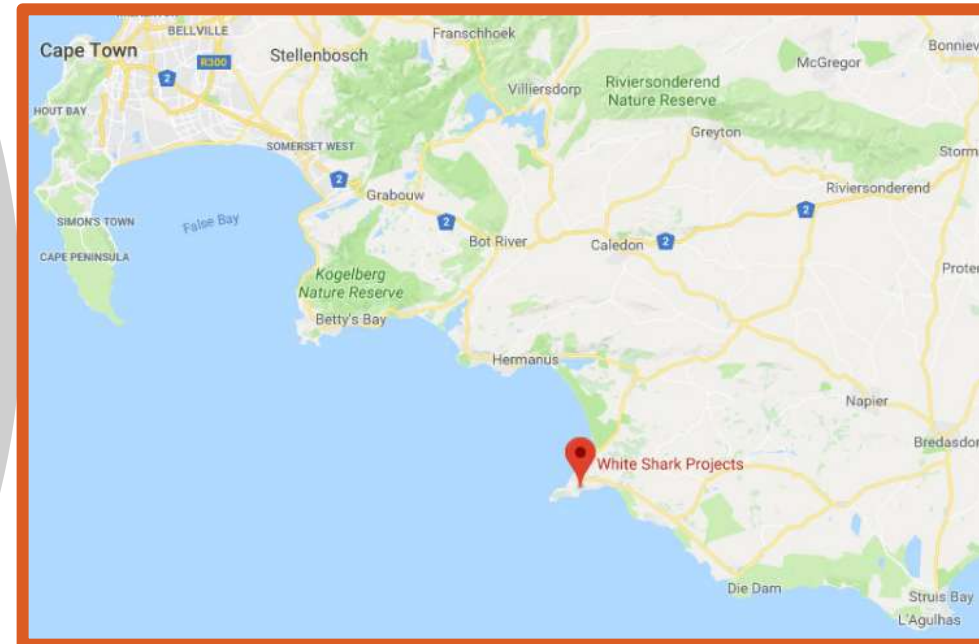
White Shark Projects
16 Geelbek Street
Kleinbaai 7200
South Africa

White Shark Projects

Telephone: +27 (0) 28 312 3347

Mobile

+27 (0) 76 245 5880
Natasha Julies



CONTACT DETAILS

AFRICA

Address

Never at Home Green Point
107 Main Road
Green Point
Cape Town 8051
South Africa

Never at Home

Telephone: +27 (0) 21 434 9282



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>

Travel Adapter

It is important you take the right travel adapter so you can charge your phone, and other devices, whilst away.



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>

Climate

The average yearly temperature for Gainsbaai is 22°C. Highest temperatures are during December & January averaging 25 °C and the lowest during July & August averaging 18 °C.

<https://www.accuweather.com/en/za/gansbaai/301239/daily-weather-forecast/301239>

Tipping

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

A 10% tip is normal for any café/restaurant when eating out.

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>

Phones & Internet

Mobile phone coverage is good in and around the Gansbaai area. It is excellent in Cape Town. Using an eSIM or purchasing a SIM card at the airport is another option.

Wireless internet access is available at the accommodation. 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

The infographic features six icons: an infinity symbol, a smartphone, a speech bubble, a speech bubble with a checkmark, a rocket, and a SIM card. Each icon is centered above a text block describing a benefit.

- 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.

White Shark Project – Ocean View Volunteer House

The accommodation, located two minutes from the harbour, is in dorm rooms with shared bathroom facilities. There is a comfortable lounge with TV, kitchen, dining area, rooftop terrace and a garden.

There are lockers available to store your valuables and WiFi access.

It is located in a very safe area where you can walk freely around anytime of the day or night.



Food at White Shark Project

Basic breakfast items are provided (choice of cereals, teas, coffee, juice, bread, milk, yogurts) but you can visit the Gansbaai supermarket or the local shop nearby.

A light lunch of soup and toasted sandwiches is provided each day.

The accommodation includes a large kitchen to cook all your own evening meals.

Volunteers normally buy provisions and prepare meals together.

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.



ACCOMMODATION

AFRICA

Cape Town – Never at Home Hostel

The accommodation is situated a hop and skip away from the V&A Waterfront, boasting modern shared rooms, a variety of social spaces, an on-site bar, and pool.

The accommodation includes a large shared kitchen to cook all your own evening meals, unless you are eating out.

There is wireless internet access at the hostel and good mobile phone reception in the area.



Food in Cape Town

Breakfast is provided in your accommodation.

The V & A Waterfront is within walking distance from the accommodation and is a perfect place to find somewhere to eat for lunch and dinner.

There are eateries for all tastes nestled in a beautiful picturesque area with a view of Table Mountain.

All are easily accessible and safe and provide a lovely place to eat or to grab a quick coffee to sit and watch the world go by.

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.



Suggested kit list

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

- Short sleeve shirts – for uniform
- 3 x long work trousers and shorts – for uniform (or work trousers with zip-off trousers)
- Short and long sleeve t-shirts
- Waterproof non-slip shoes/crocs
- Waterproofs – jacket and trousers
- Sweatshirt/fleece, thermal base layers (April–October)
- Padded parka jacket/windbreaker (*A volunteer warm jacket can be provided by WSP with a deposit*)
- Socks
- Underwear
- Changes of casual clothes for evenings
- Sandals / comfy shoes to wear after work hours
- Warm hat, scarf, gloves (May–October)
- Hat for sun protection (all year round)
- Daypack rucksack
- Beach and Bath towels
- Swimwear
- Toiletries
- Sunscreen (+30 factor) – essential
- Polarised sunglasses
- Personal medical items, including seasickness tablets
- First aid kit
- Insect repellent
- Headtorch
- Water bottle

Other useful items:

- Binoculars
- Camera and/or GoPro
- Power bank

Please note wetsuits and snorkels will be provided at the project

* All work clothes should be neutral or blue tones for working at the coast. No skimpy or bright-coloured clothing to be worn

WHAT'S INCLUDED

AFRICA

What is Included?

- Flights
- Transfers to/from project
- Accommodation
- Basic breakfast and lunch at the project
- Basic breakfast in Cape Town
- All activities as part of the project
- Airport meet/greet
- 24/7 In country support

NOT Included

- Personal Travel Insurance*
- Evening meal at the Project
- Lunch and Dinner in Cape Town
- Meals on travel days – before arriving & after departing from project
- Any activities not specified as part of the project
- Weekend/Free Time activities
- Visas/travel documents
- Tips

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





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

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