



# WYKE 6<sup>TH</sup> FORM COLLEGE Q&A PRESENTATION

The background of the slide is a collage of three circular images. The left circle shows a young boy with a wide smile, his face splattered with mud, wearing a blue t-shirt. The middle circle shows a tropical landscape with a large mountain peak under a cloudy sky. The right circle shows a group of people, including a young man in a black and yellow patterned shirt and a woman in a green shirt, engaged in an activity outdoors.

## Caribbean Multi-Sports & Community Project



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

A young boy with a joyful expression is the central focus, lying on a concrete ledge or wall. He is wearing a blue t-shirt and denim shorts. The background is a vibrant, scenic view of a tropical coastline with a blue sea, white clouds, and lush greenery. The image is overlaid with a semi-transparent circular graphic that frames the text on the left.

# ABOUT THE CARIBBEAN MULTI- SPORTS AND COMMUNITY PROJECT

Project Overview and  
Location

# ABOUT YOUR PROJECT



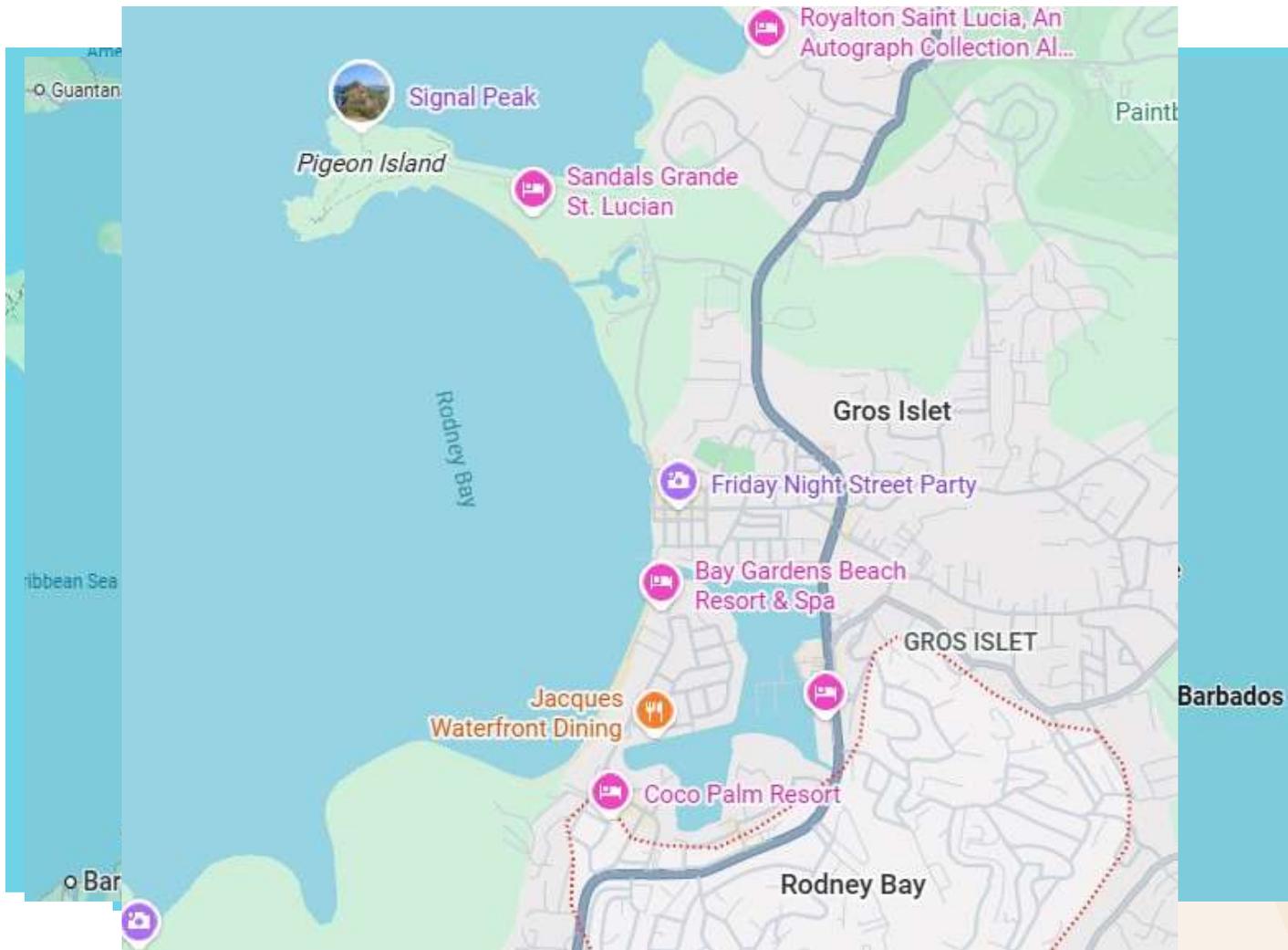
## Project Overview



# ABOUT ST LUCIA



## Location



# ABOUT YOUR PROJECT



## Multi Sports Coaching



# ABOUT YOUR PROJECT



## Multi Sports Coaching – Swimming



A young boy with a joyful expression is leaning over a concrete balcony railing. He is wearing a blue t-shirt and denim shorts. His right arm is raised, resting on the railing. The background is a scenic view of a tropical coastline with a blue sea, white sandy beaches, and green hills under a bright blue sky with scattered white clouds. The image is framed by a semi-circular cutout effect.

# ACCOMMODATION & LIFESTYLE

Life in the Caribbean

# ACCOMMODATION & LIFESTYLE

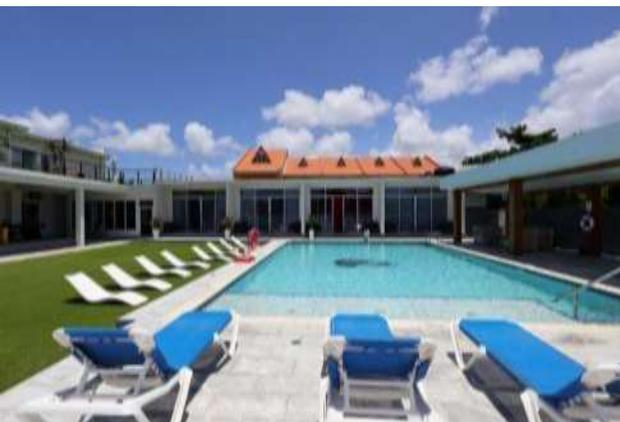


## Island Accommodation – Paris Villas (Waterfront) – Male accommodation

The accommodation is a large open-plan aparthotel, only a few minutes walk from the beach, making it the perfect base for a Caribbean adventure!

You will stay in single sex rooms. Each bedroom can accommodate four guests and has a shower and toilet. All bed linen is provided.

There's a large kitchen, sitting room and WIFI is available.



# ACCOMMODATION & LIFESTYLE



## Island Accommodation – Paris Villas (Cap Estate) – Female accommodation

Nestled amidst the picturesque hills, the resort-style amenities include a swimming pool, a fully-sized beach volleyball court, and a natural outdoor campfire.

You will stay in single sex rooms. Each bedroom can accommodate four guests and has a shower and toilet. All bed linen is provided.

There's a large kitchen, sitting room and WIFI is available.



# ACCOMMODATION & LIFESTYLE



## Food at the project

Breakfast, lunch and dinner are included on a help-yourself basis. Lunch can be prepared in groups or individually.

A simple breakfast with a choice of items and a 'grab & go' packed lunch with a protein/carbohydrate rich dinner.

There is a supermarket close by, and you are not far from cafes and restaurants.

## 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 & LIFESTYLE



## Sample Menu

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Cereals, fresh local fruit, bread, spreads and eggs (self service spread set out daily)						
'Grab & Go' style packed lunches: wraps and sandwiches (choice of fillings across the week), crisps, fruit and a drink						
Beef burgers / veggie burgers (on request), chips, mixed green salad	BBQ chicken, fried/baked fish, fresh leaf salad, sweet friend plantain, macaroni and cheese pie, rice and peas.	Beef lasagne, spinach & ricotta lasagne, garlic bread, green salad	BBQ or baked chicken, grilled fish, breadfruit or green fig salad, steamed vegetables, rice	Spaghetti bolognese, vegetarian tomato pasta, garlic bread, fresh salad	Eat out and buy your own dinner	

We must know of any dietary requirements, allergies and intolerants at least 6 weeks before departure.

# ACTIVITIES & EXCURSIONS



## Activities/Excursions

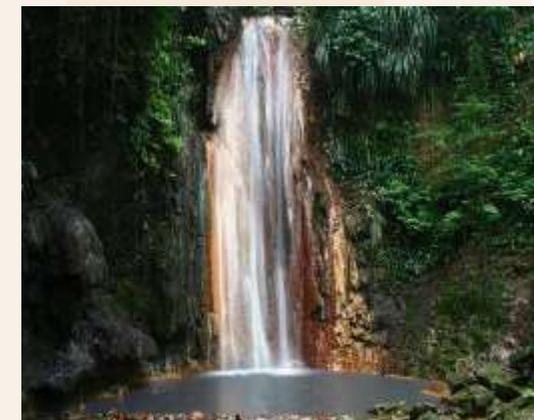
There will be free time/days off, where you'll be able to do some additional activities for free. These are included in your trip.

These are:

- Pigeon Point Excursion
- Splash Island
- Round the Island Trip

More information will be given closer to the time.

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



# ACTIVITIES & EXCURSIONS



## Pigeon Point Excursion

Pigeon Island is one of St. Lucia's most important historical and natural sites. Once a military fort used by the British during battles with the French, it's now a protected national park with beaches, hiking trails, ruins, and panoramic viewpoints. It's located in the far north of St. Lucia, just beside Rodney Bay, and connected to the mainland by a causeway.

Activities you can do on Pigeon Point Island:

- Nature Trails & Hiking – there are 2x main peaks with 360° views of Rodney Bay, the Caribbean Sea, and Martinique on clear days
- Historical Ruins – explore Fort Rodney, British barracks, tunnels, and old cannons
- Beach Time – 2x calm beaches ideal for swimming, Snorkeling, and relaxing
- There are also options to hire Kayak's, paddleboards, and snorkel equipment on the island.

The excursion is subject to weather conditions.



# ACTIVITIES & EXCURSIONS



## Splash Island

Splash Island is an open-water, inflatable water park located off Reduit Beach in the northwest of St. Lucia. It is the Caribbean's first open-water sports park, where kids, families and weekend warriors will have endless fun.

Splash Island is packed with obstacle-course style features that are fun and challenging: a trampoline, climbing wall, monkey bars, a swing, a slide, hurdles, double rocker, flip, and water volleyball and wiggle bridge.

It offers different ticket options:

- Hourly pass
- Half-day pass (about 4.5 hours)
- Full-day pass

Its availability is subject to weather conditions.



# ACTIVITIES & EXCURSIONS



## Round the Island Trip

A trip around the island visiting the Pitons, sulphur spring mud baths and waterfalls, stopping at towns and sites along the way by either bus or boat. There is the option to get involved in a challenging but achievable hike up one of the islands most iconic landmarks with views well worth the walk!

Some key features of this tour are:

- Scenic Views: great views of St. Lucia's western coastline, including the Pitons
- Natural Highlights: The Sulphur Springs / Mud Baths are so much fun. They are volcanic and visiting them will give you a flavour of St. Lucia's geological side.
- Cultural Elements: The trip stops at some iconic towns & sites," showing off St Lucia's natural beauty, history, and culture

The excursion is subject to weather conditions.



A young boy with a joyful expression is leaning against a stone wall. He is wearing a blue t-shirt and denim shorts. The background features a scenic view of a bay with a blue sky and white clouds. The image is overlaid with a semi-transparent circular graphic.

# PRE DEPARTURE INFORMATION

Travel details

# FLIGHT INFORMATION



## Departure from the United Kingdom | Arrival to St Lucia

### Flights

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
BA2159	22/03/2026	London Gatwick (LGW)	10:05	St Lucia (UVF)	15:10

\*Always check the flight timings on your final documents

**Baggage Allowance** – 1 piece checked baggage @ 23kgs, 1 piece hand baggage max dimensions 56x45x25 cm

### St Lucia Airport

Clear immigration & collect baggage to clear customs  
Meet and greet in the Arrivals Hall  
Transfer to Rodney Bay (1.5 hours)



# FLIGHT INFORMATION



## Cabin Baggage



Rucksack (not trolley suitcase)  
No larger than 56x45x25cm

## Hold Baggage



One piece maximum 23kg

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

# FLIGHT INFORMATION



## Departure from St Lucia | Arrival to the United Kingdom

### Flights

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
BA2158	05/04/2026	St Lucia (UVF)	20:30	London Gatwick (LGW)	09:50 + 1 Day

\*Always check the flight timings on your final documents

**Baggage Allowance** – 1 piece checked baggage @ 23kgs, 1 piece hand baggage max dimensions 56x45x25 cm

### Return Journey

Transfer from United Through Sport.  
Check in at the BA check-in desk.

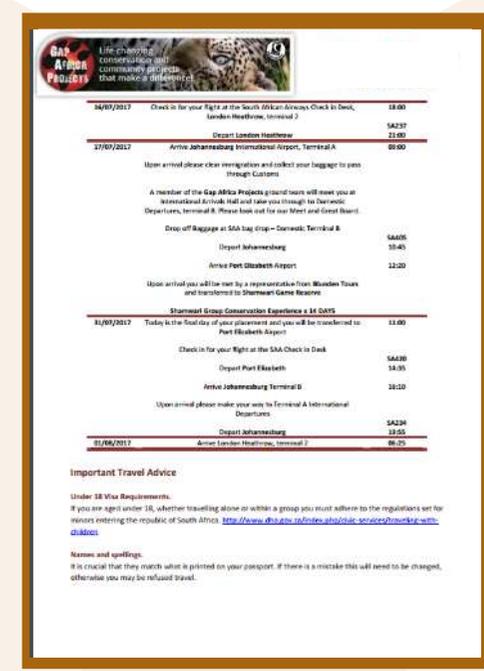
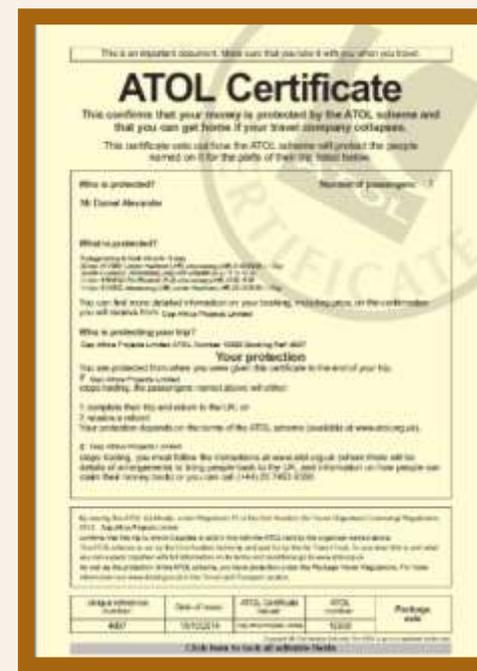


# TRAVEL DOCUMENTS

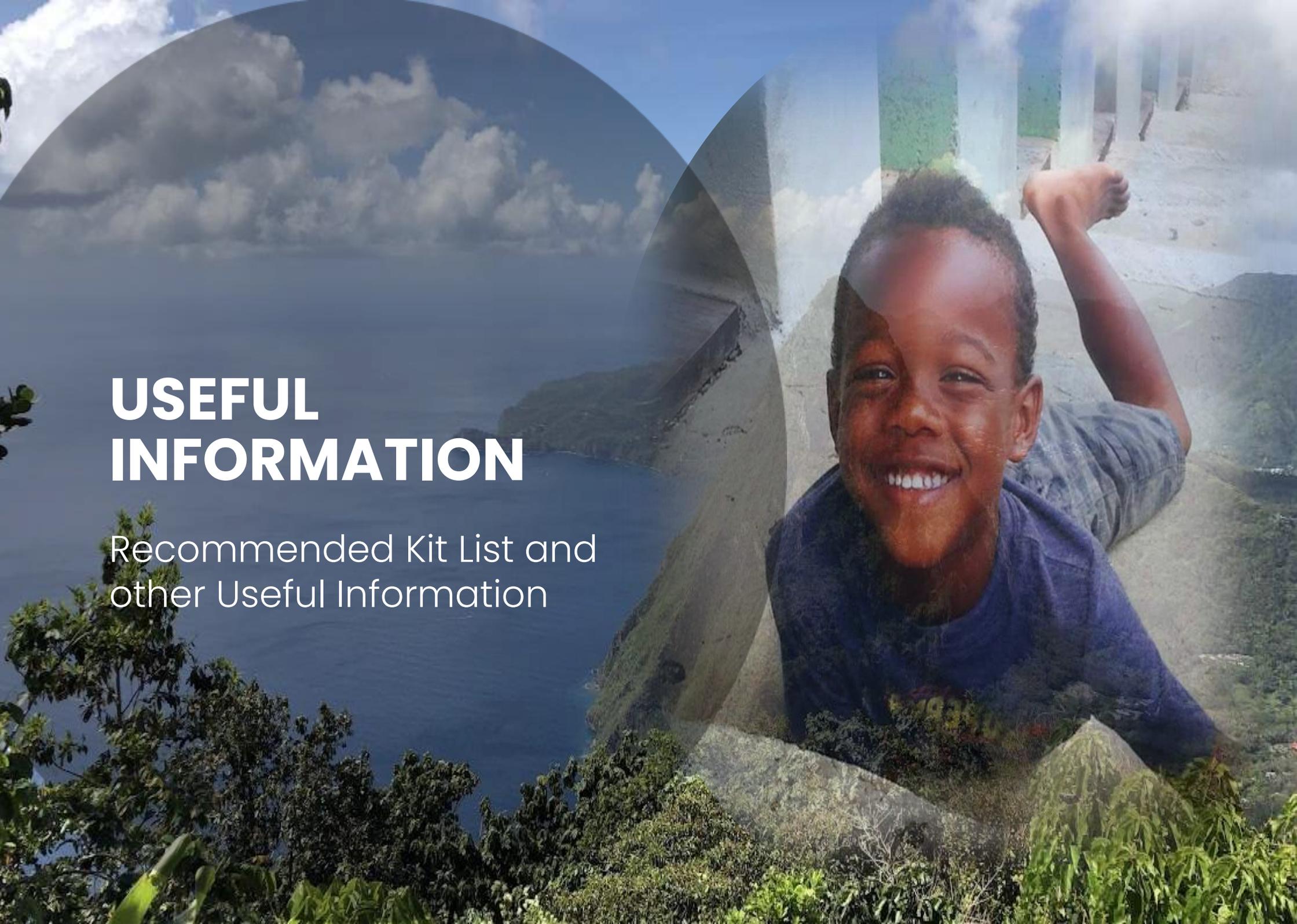


## Travel Documents

- Final Documents Issued 08/03/2026
- Emailed to your personal and/or college email address
- Print and take copies
- Boarding passes issued at the airport
- Passports!





A young boy with a joyful expression is leaning against a stone wall. He is wearing a blue t-shirt and denim shorts. The background features a scenic view of a tropical coastline with a blue bay, green hills, and a sky filled with white clouds. The image is overlaid with a semi-transparent circular graphic.

# USEFUL INFORMATION

Recommended Kit List and  
other Useful Information

# 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
- Sports shirts/training tops
- Long sports trousers and shorts
- Sports boots/cleats
- Trainers/running shoes for everyday
- Trainers/shoes you do not mind getting dirty
- Waterproof jacket, lightweight, and breathable
- Sweatshirt/Fleece
- Socks
- Underwear
- Change of casual clothes for evenings
- Sandals / comfy shoes to wear after work hours
- Hat for sun protection (all year)
- Daypack rucksack
- Beach Towel
- Swimwear

- Sunscreen (30+ Factor) and Sunglasses
- Personal medical items
- First aid kit
- Toiletries
- Insect repellent
- Water bottle (one litre)

### Other useful items:

- Camera
- Power bank
- Whistle

**No skimpy/revealing or brightly-coloured clothing to be worn.**

# USEFUL INFORMATION



## Health Risks

### Immunisation:

When entering St. Lucia, no international immunisation is required. Travellers should be up to date with routine vaccination courses and boosters as recommended in the UK. These vaccinations include for example measles-mumps-rubella (MMR) vaccine and diphtheria-tetanus-polio vaccine.

Our advice: Visit your local (travel) doctor to get up-to-date information about requirements when travelling.

<https://travelhealthpro.org.uk/country/208/st-lucia>

### Drinking Water:

Drinking water is available at the project. Whilst you can drink the water, it is chlorinated so best practice is to drink bottled water.

### Malaria & Dengue:

There is no risk of malaria in St. Lucia. However, the island is in a region where mosquito-borne illnesses like dengue fever exist. You should take steps to avoid being bitten by mosquitos by using repellent and wearing long sleeves etc.

<https://www.gov.uk/foreign-travel-advice/st-lucia>

### Sun:

St. Lucia has a tropical climate with warm temperatures 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.

### Stay Safe Overseas – KBYG

The better prepared you are when you travel abroad the safer you will be. The Foreign, Commonwealth & 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



## 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

You don't need a plug adapter for St. Lucia from the UK, as both use the Type G plug (three rectangular pins) and operate on similar voltages.

## 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.

## Visa Requirements

A visa is not required for British passport holders for stays of up to 90 days; all other nationalities must check visa requirements with the St Lucian High Commission.

You can check the following website for visa information:

<https://externalaffairs.gov.lc/wp-content/uploads/2022/02/Saint-Lucia-Visa-Requirements.pdf>

## Electronic Entry Form

All travellers must complete an online immigration form three days before arrival. The form can be accessed at <https://travelslu.govt.lc/>.

- Complete and submit the form
- Receive a QR code by email
- Present the QR code (on a phone or printed copy with passport on arrival)

# USEFUL INFORMATION



## Climate

St. Lucia has a tropical climate with warm temperatures year-round and distinct wet (June to November) and dry seasons (December to May).

The island experiences high humidity, but the northeast trade winds help to moderate the heat. Temperatures generally range from 29°C to 31°C (84°F to 88°F) during the day.

Sunshine is abundant, with an average of 7-8 hours per day, especially during the dry season.

<https://www.accuweather.com/en/lc/gros-islet/1140106/weather-forecast/1140106>

## 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 when you leave; any amount is always appreciated.

On day trips/excursions it is also a nice gesture to show your appreciation for the guide.

In cafes/restaurants 10% is normal.

## Currency & Credit Cards

The Eastern Caribbean (EC) dollar is used on St Lucia. However, most places accept US dollars, but change will be given in EC dollars. US\$ are widely accepted at hotels, restaurants and most supermarkets as are all major credit cards.

For small services, including local meals or public transport, be prepared to pay in local currency, you can withdraw local currency at ATMs.

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/1/XZJx9gq>

# USEFUL INFORMATION



## Climate

22	23	24	25	26	27	28
30° 21°	30° 20°	30° 20°	30° 21°	31° 20°	30° 20°	30° 21°
29	30	31	1	2	3	4
31° 21°	30° 20°	31° 21°	30° 20°	30° 20°	31° 21°	30° 20°

# USEFUL INFORMATION



## Phones & Internet

Mobile phone coverage is generally good in St Lucia however please keep in mind any additional charges. There may be areas at the project where there isn't any coverage. eSIM or purchasing a SIM card at the airport is another option

Some WiFi is provided at the accommodation although 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
- Keep your WhatsApp number
- Immediate Delivery



<https://shorturl.at/sxE29>

 <b>Unlimited data</b> Enjoy unlimited data while traveling to numerous destinations worry-free. <a href="#">Learn more</a>	 <b>Keep using your favorite apps</b> Get that safe ride home, find that great restaurant, and pin the local attractions, all while staying connected with your loved ones.	 <b>Keep your WhatsApp number</b> 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.
 <b>24/7 Customer Support</b> 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.	 <b>Fast and Reliable Internet Connection</b> Connect to the best networks at your destination and get internet that's both reliable and fast.	 <b>Enjoy dual SIMs</b> Enjoy the flexibility of our digital eSIM while keeping the option to use your original SIM as usual whenever you need it.

# USEFUL INFORMATION



## 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

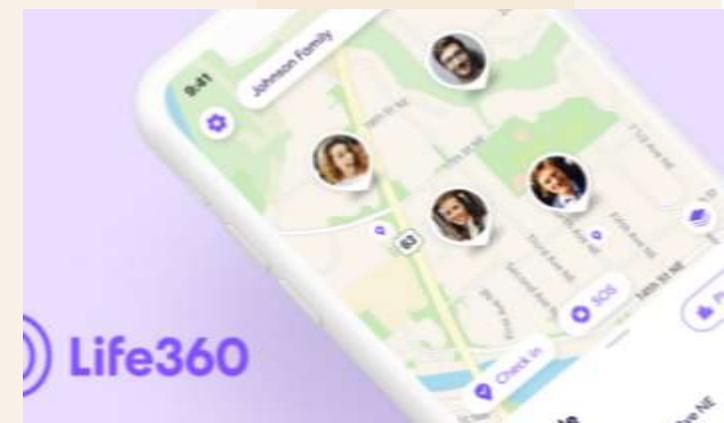


## Useful Apps for Next of Kin

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.



# COMMUNITY DONATION BAGS



## Community GAP Donation Bags

- Balls (netballs, footballs, rugby, tennis balls) in good useable condition - deflated
- Football boots
- Football trainers (no studs)
- Sports kit (full football kits: shirts, shorts and socks)
- Football bibs

**Follow instructions from your college about bringing in good quality 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.

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