



SOUTH EASTERN REGIONAL COLLEGE PROJECT INFORMATION PACK



Caribbean Multi-Sports & Community Project



**SOUTH
AMERICA**

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

TRIP OVERVIEW



South Eastern Regional College– Booking Reference 4773

Travel Dates:

6th June 2026 – 21st June 2026

Flights:

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
BA1401	06/06/2026	Belfast (BHD)	16:15	London Heathrow (LHR)	17.35
BA2159	07/06/2026	London Gatwick (LGW)	11.15	St Lucia (UVF)	15.05
BA2158	21/06/2026	St Lucia (UVF)	20:30	London Gatwick (LGW)	09:50 + 1 Day
BA1402	22/06/2026	London Heathrow (LHR)	16.20	Belfast (BHD)	17.45

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece of checked baggage @23kgs, 1 piece of hand baggage @ 7kgs max dimensions 56x45x25 cms

6th June 2026

- National Express transfer from London Heathrow to London Gatwick
- Overnight at Travelodge Gatwick

Project:

Caribbean Multi-Sports & Community Project



ABOUT THE PROJECT

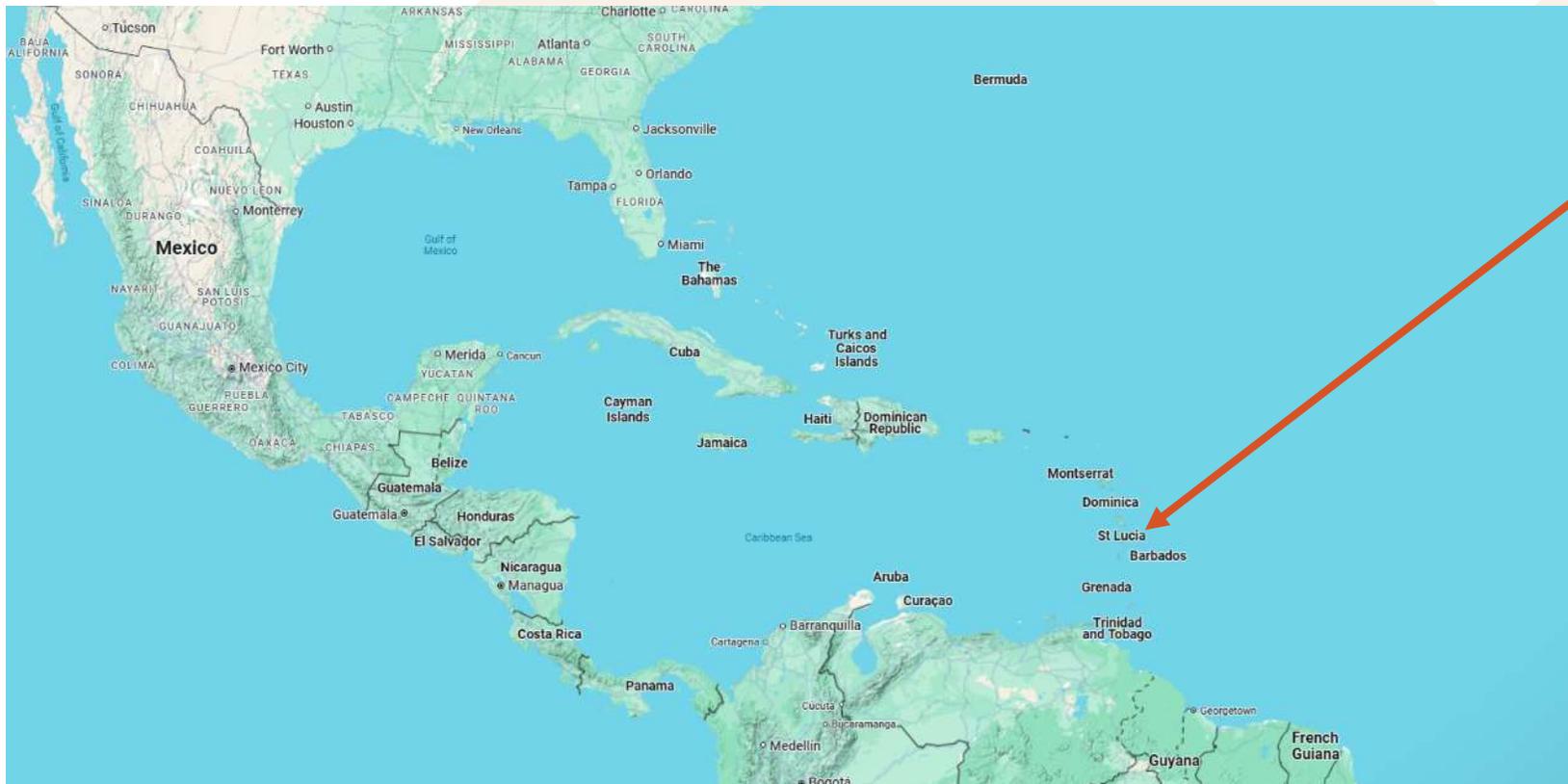
Overview and location of project

ABOUT YOUR PROJECT



Location

Staying on the beautiful island of St Lucia in the Caribbean



ABOUT YOUR PROJECT

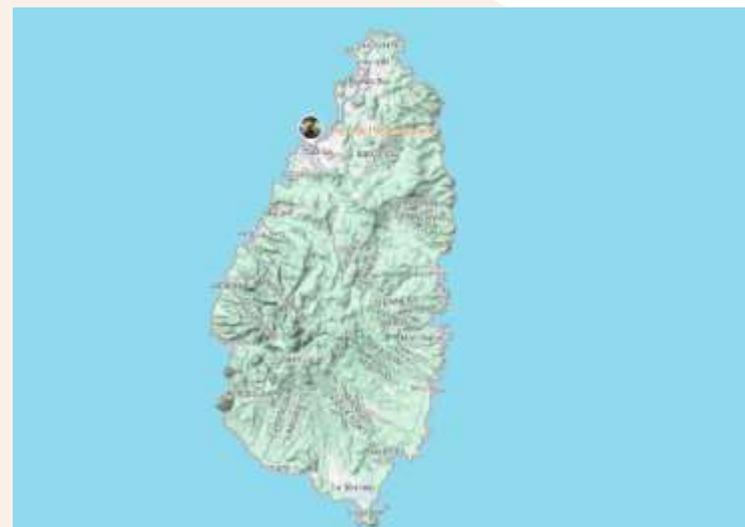


Location

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 lush 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 communities are tightly knit, with traditions celebrated through events like the Saint Lucia Carnival and Jounen Kwéyòl, which honour Creole heritage. Fishing and farming remain central to local life, particularly in towns like Soufrière and Vieux Fort.

Globally, St. Lucia maintains strong ties through tourism and its vibrant movement in the UK, US, and Canada. Cultural festivals like the St. Lucia Jazz Festival showcase its global connections. Blending local traditions with international influences, St. Lucia thrives as a vibrant Caribbean cultural hub.



ABOUT YOUR PROJECT



United Though Sport

United Through Sport is a charity dedicated to transforming lives through sport by raising health awareness, building life skills in young people and improving education. Working throughout South America, The Caribbean, Africa and Asia and impacting thousands of lives each year.

United Through Sport is committed to using sport as a tool to develop disadvantaged and vulnerable youth. They do this by:

Using direct sports coaching – for its health benefits, improved emotional well-being and increased life skills.

Using sport to discuss critical issues – by delivering curriculum on topics such as HIV/AIDS awareness in a fun and interactive manner on the sports field.

Using sport for improved education – by providing pathways to success for talented and dedicated individuals through scholarships to top local schools and tertiary education.



ABOUT YOUR PROJECT



Project Overview

Your role as a volunteer on this placement will work to improve and renovate facilities across the island communities that need it most; while supporting our partner charity's housing project, you will also be able to work with children in local community to run and supervise training and matches for the players in the local communities and schools in the surrounding area.

Unless you are used to training young children this may sound like a daunting task however you will soon realise the local children whom you will teach are desperate to absorb your skills and knowledge of the game. This project is highly rewarding as the talent and enthusiasm is often present in the players that you will train however the experience of structured training and team formation is lacking.

You will not be alone on your project and will receive support from our in-country team and other volunteers as well as our local sports coaches who will point you in the right direction, offer training ideas and tournament concepts. You will soon develop your own training techniques, unique to you and your players and leave your project knowing you have made a genuine difference.

It is ideal for those who have a desire to make a difference in communities and are willing to get their hands dirty,

In this project, you will be working to add to national sporting infrastructure on the island: providing seating and shelters to local community playing fields. We will also focus on improving existing local sports facilities by renovating unsafe or worn-down structures. Throughout the year, we also support our partner charity in building basic homes for those in need on the island.

This work will be more manual labour-focused, but will still have a lot of involvement at the local schools and organisations with children.

ABOUT YOUR PROJECT



Project Activities

The **Youth Rugby Crime Prevention Project** uses rugby to promote discipline and life skills like teamwork, leadership, and communication among St. Lucian youth in high-crime areas and youth offender institutions. By channeling aggression positively, the program has successfully diverted participants from gangs and crime. Many have achieved milestones, such as representing St. Lucia internationally. Notably, some joined the U19 team in Trinidad, highlighting rugby's power to transform lives and inspire personal growth.

The **Young Leadership Project** empowers youth in impoverished communities to sustain initiatives from within. It trains young players as leaders and coaches, encouraging older children to guide and mentor younger peers. Graduates return to their schools to inspire the next generation. This approach fosters leadership and community ownership, with teams in La Guerre, Baboneau, and Laborie now managed by former participants, showcasing the program's lasting impact on both individuals and their communities.



ABOUT YOUR PROJECT



Project Activities

The **Female Empowerment Project** uses netball, St. Lucia's top women's sport, to tackle health and social challenges faced by young females. Through school coaching, it combats obesity, promotes healthy lifestyles, and boosts self-esteem. Notably, it supports at-risk females at the Uptown Girls Centre. Additionally, the program encourages female participation in male-dominated sports like football, rugby, and cricket, breaking stereotypes and fostering inclusion through grassroots initiatives in schools, clubs, and summer camps across the island.

The **Competition Project** provides clear pathways from mass participation to elite sport, addressing limited opportunities for St. Lucian youth. With high unemployment and scarce higher education options, it supports players' transition to adulthood through career guidance and life skills development. National development squads in Castries and Laborie focus on elite performance while linking sports skills to career prospects. Youth representative teams mirror senior national environments, offering tailored training, media preparation, nutrition guidance, and inspiration for reaching top-level competition.



ABOUT YOUR PROJECT



Sample Itinerary

- You will be greeted by one of our friendly staff members before the coach transfer back to accommodation for a short tour of the grounds including an approximately 5-minute walk down to local Eastwinds beach
- Following induction and orientation to help your group settle into your surroundings, you will visit the island's most popular beach and tourist area, Rodney Bay – home of the Baywalk Shopping Mall, numerous bars and restaurants, water sports and Splash Island; an inflatable water park/obstacle course
- This will be your first chance to show off your skills as you compete against local teams in a play fixtures or mini tournament depending on sport, numbers and preference. As with any visiting team fixture, expect a traditional 'Lucian Lime' after the match which will include music, food and social activities with the competing team
- A day trip to Pigeon Point: a beautiful, relaxing national park with rare wildlife, private beaches, hiking trails, historic forts, ruins and perfect viewpoints. Great for exploring
- Spend a day within our mass participation programme assisting our staff team in coaching fun inclusive sports sessions for children in an underprivileged community (after school or Summer Camp depending on the time of year, aged 6-12)



ABOUT YOUR PROJECT



Sample Itinerary

- Spend another day within the mass participation programme assisting the staff team in coaching fun inclusive sports sessions for children in an underprivileged community.
- Marigot Bay Excursion This picturesque historic landmark was the site of a number of battles between the French and British navies, was famously the setting of the 1967 film; Doctor Dolittle, and is often described as “The most beautiful bay in the Caribbean”.
- Put your coaching skills to the test by delivering sports coaching to children in a local primary school.
- A hike up one of the island’s most iconic landmarks with incredible views.
- Work in the community to improve existing local sports facilities by renovating unsafe or worn-down structures
- A trip around the island visiting waterfalls, stopping at important towns & sites along the way by either bus or boat.
- Visit local sports community groups and engage in a community development activities, a chance to share any community donations with local children.
- Fishery and Gros Islet Street Party day Enjoy the day’s catch, grilled fresh in local herbs and spices in the fishing village of Gros Islet before sampling the live music and atmosphere of the Gros Islet Friday Night ‘Jump Up’ street party
- Compete against local teams in a play fixtures or mini tournament depending on sport, numbers and preference.

A young boy with a joyful expression is lying on a stone wall, looking towards the camera. 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 on the left side.

ACTIVITIES & EXCURSIONS

Your free time on the project

ACTIVITIES & EXCURSIONS



Activities/Excursions

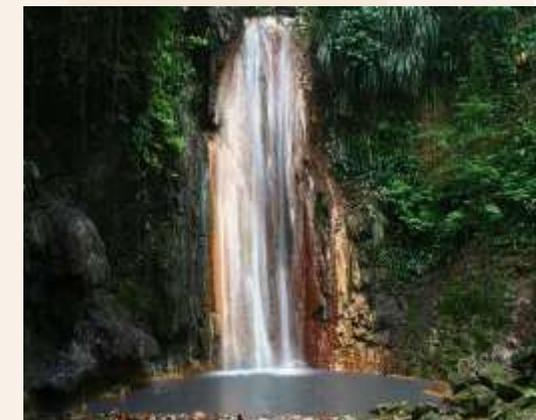
During your project there will be some free time, where you'll be able to do some additional activities for free. These are included in your trip.

These are:

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

Your travel insurance **must** cover you for any additional activities you choose to do.

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.



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



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



A young boy with a joyful expression is lying on a concrete balcony, leaning against a wall. He is wearing a blue t-shirt and denim shorts. The balcony overlooks a vast, deep blue ocean under a sky filled with white, fluffy clouds. In the foreground, there are lush green plants and trees. The overall scene conveys a sense of tropical life and relaxation.

LIFESTYLE & ACCOMMODATION

Life in the Caribbean

ACCOMMODATION & LIFESTYLE

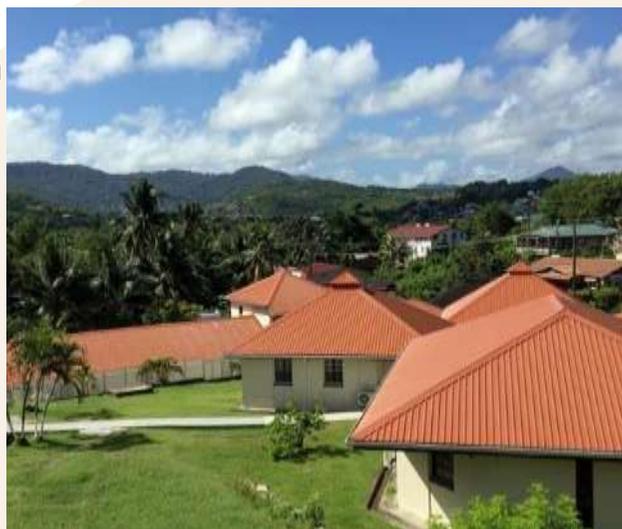


Island Accommodation

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

You will stay in single sex dorm-style rooms. Each bedroom has a shower and toilet. All bed linen is provided.

There's a large kitchen, sitting room and WIFI is available. There are also laundry facilities.



ACCOMMODATION & LIFESTYLE



Meals

Breakfast, lunch and dinner are included on a help-yourself basis.

A simple breakfast with a choice of items and a protein/carbohydrate rich dinner.

Lunch can be prepared in groups or individually.

There is a supermarket close by and you are not far from cafes and restaurants if you want to buy anything extra.



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 on the left side.

USEFUL INFORMATION

Inclusions/Exclusions &
Recommended Kit List

WHAT'S INCLUDED



What is Included?

- Flights
- Transfers to/from project
- Accommodation
- Three meals per day
- All activities as part of the project
- ATOL protection
- Airport meet/greet
- 24/7 support



Not Included

- Personal travel insurance *
- Meals on travel days – before arriving & after departing from project
- Any activities not specified as part of the project
- Visas/travel documents
- Tips

* This is provided by the college. Please confirm with your college the details of what is and isn't covered.

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 clothing to be worn.



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