# RISEHOLME COLLEGE
# PRE-DEPARTURE PACK

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

# TRIP OVERVIEW

## Riseholme College – Booking Reference 4721

## Travel Dates:

31st May – 11th June 2026

## Flights:

| Flight No | Flight Date | Dept. | Dept. Time | Arr. | Arr. Time |
|---|---|---|---|---|---|
| BA55 | 31/05/2026 | London Heathrow (LHR) | 19:00 | Johannesburg (JNB) | 07:00 + 1 Day |
| BA54 | 11/06/2026 | Johannesburg (JNB) | 21:15 | London Heathrow (LHR) | 07:30 + 1 Day |

*Always check the flight timings on your final documents

**Baggage Allowance** - 1 piece checked baggage @ 23kgs, 1 piece hand baggage max dimensions 56x45x25cm

**Project:** Waterberg Equine & Wildlife Experience

# ARRIVAL

## Arrival at Johannesburg International Airport (OR Tambo)

Upon arrival at Johannesburg International Airport you must clear passport control and collect your baggage from baggage reclaim before heading into the arrivals hall.

Either Carmen or Lesedi, the GAP Africa Projects representative, will meet you **next to the statue** as you come into the arrivals hall.

They will be there to assist you to your transport with Shuttle King who are transferring you to Waterberg Cottages, a drive of approximately 3.5 hours.

The driver will stop at a shop on the way for you to get snacks, drinks etc.

If for any reason you are unable to locate the representative, please call Shuttle King:

Terri on : + 27 71 242 8838

# CONTACT DETAILS

## Address
Waterberg Cottages

Boschdraai Farm

Vaalwater, 0530

South Africa

## Waterberg Cottages Landline
Telephone: +27 (0) 78 207 8570

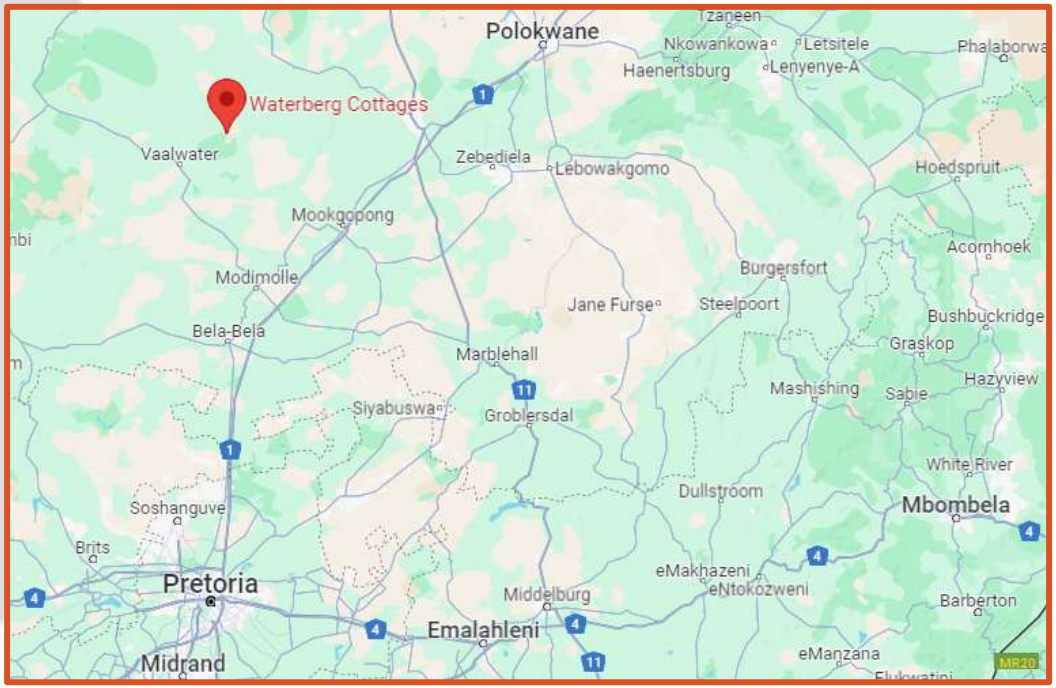
## Mobile
+27(0) 72 713 5043

Megan Antrobus (Emergency Only)

## Gap Africa Projects
+44 (0) 744 260 1694

**24 Hour Emergency Only**

## Gap Africa Projects In Country Contact:
+27 (0) 79 313 2276 Carmen Warmenhove



# USEFUL INFORMATION

## Practical Advice

### Power / Electricity

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

### Drinking Water:

Drinking water is available at the project; always make sure you keep hydrated and have packed an insulated water bottle. We recommend taking concentrated squash as the water will taste different from home.

# 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.truetraveller.com/?tag=4480

## 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

# USEFUL INFORMATION

## 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

### Malaria:

The project is located in a malaria free area.
http://www.sa-venues.com/malaria-risk-areas.htm

### 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.

# USEFUL INFORMATION

## What To Expect 'Weatherwise' From May To August

Make sure you are ready for the **chilly nights** and crisp mornings during autumn and winter in South Africa. Staying warm will be key to you enjoying your experience.

The months of May to August are characterised by cool, dry, and sunny days with **very cold** nights. As soon as the sun dips, the temperature will drop and can go down to near or below freezing, resulting in frost.

It is recommended that you layer smartly: avoid cotton next to the skin as it traps moisture and makes you colder. Keep spare socks and gloves in a sealed plastic bag to ensure dryness.

Whilst blankets are provided, we also recommend a **sleeping bag liner** as well as the following kit list:

### Clothing & Layers

- Thermal base layers: Lightweight long-sleeve tops and leggings.
- Mid-layers: Fleece jackets/jumpers or wool sweaters
- Insulated outer layer: A down or synthetic-filled jacket
- Waterproof shell: Wind and water-proof jacket and trousers

### Accessories and Footwear:

- Beanie or woollen hat
- Thermal gloves or mittens
- Thermal socks (wool or synthetic; bring at least three pairs)
- Insulated hiking/walking boots: Waterproof, broken in, with good grip/sole
- Lip balm and moisturiser (such as Vaseline)
- Disposable or USB rechargeable heat packs

If you feel the cold, pack appropriately!

# USEFUL INFORMATION

## Climate

### Limpopo Province

January is the hottest month in Limpopo with an average temperature of 23°C (73°F) and the coldest month is June at 13°C (55°F). The wettest month is November with an average of 100mm of rainfall.

Have a look at the AccuWeather website for more information, link below:

https://www.accuweather.com/en/za/vaalwater/299075/weather-forecast/299075

## 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 in main towns, although local communities only take cash.

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

https://wise.prf.hn/l/XZJx9gq

## Tipping

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

# USEFUL INFORMATION

## Phones & Internet

Mobile phone coverage is good at Waterberg Cottages, although there may be some areas on the reserve where there isn't any coverage.

Some Wi-Fi is available at the accommodation however 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

Holafly

- 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

# ACCOMMODATION & LIFESTYLE

## Accommodation – Waterberg Cottages

The group will be accommodated in the beautiful historic thatch cottages surrounded by gardens, horses, animals and views of the bushveld.

# ACCOMMODATION & LIFESTYLE

## Meals

All meals are provided. Hosts create wholesome home-cooked style meals made with local ingredients. Dinners are catered and served to the students; lunches will be made by the group in teams and breakfast will be self-service.

## Dietary Requirements

Please ensure that you advise us of any dietary requirements so we can make sure you are adequately catered for.

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

## 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
- Long work trousers and shorts (or work/zip-off trousers)
- Hiking boots/comfortable walking shoes to work in every day
- Waterproof jacket
- Sweatshirt/Fleece (Winter months pack plenty)
- Padded jacket/windbreaker (Winter months) although it can get very cold on an open vehicle even in summer
- Socks
- Underwear
- Change of casual clothes for evenings
- Sandals / comfy shoes to wear after work hours
- Warm hat (Winter only) / Hat for sun protection (all year)
- Gloves for warmth (Winter only)
- Working gloves
- Daypack rucksack
- Riding hat
- Jodhpurs
- Riding boots
- Swimwear
- Sunscreen and Sunglasses
- Personal medical items
- First aid kit
- Toiletries
- Tick / Insect repellent
- Water bottle
- Good torch

### Other useful items:

- Binoculars
- Camera
- Power bank

* All work clothes should be neutral or earth tones for working in the bush. No skimpy or bright-coloured clothing to be worn

# USEFUL INFORMATION

## First Aid Kit

It is strongly advisable that you pack your own mini first-aid kit of everyday essentials. This should include:

- Paracetamol / Ibuprofen (or equivalent)
- Antihistamines (eases a reaction to any bites or stings)
- Antiseptic cream (e.g. Savlon/Germolene/Sudocrem)
- Bite and sting cream
- Plasters
- Imodium (anti-diarrheal medication)
- Dioralyte (fast-acting oral rehydration treatment designed to replace fluids and body salts (electrolytes) lost during diarrhoea or vomiting)
- Tick remover

# WHAT'S INCLUDED

## What is Included?

- Flights
- Transfer to/from project
- Accommodation
- Three meals per day
- All activities as part of the project
- Airport meet/greet
- 24 hour in country support

## NOT Included

- UK transfers
- Personal Travel Insurance *
- Meals on travel days - before arriving & after departing from the project
- Any activities not specified as part of the project
- Visas/travel documents
- Tips
- Riding hat, boots, gloves, body protector – see kit list

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

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