



# RISEHOLME COLLEGE Q&A PRESENTATION



## Waterberg Equine and Wildlife Experience

AFRICA

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

# ABOUT YOUR PROJECT

AFRICA

## Your Project Location





**AFRICA**

# **ABOUT WATERBERG EQUINE**

Project overview and  
location

# ABOUT WATERBERG EQUINE

AFRICA

## Your Equine & Wildlife Project

- Grooming
- Feeding
- Outrides (game monitoring on horseback)
- Herding (bringing horses in and moving camps)
- Basic farriery and trimming of hooves
- Lunging
- Horse desensitising
- Poisonous plant removal
- Collecting wire and dangerous objects in bush
- Filling dangerous holes
- Aardvark telemetry tracking and observing
- Interpretive bush walks and tracking
- Big 5 Day





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# ACCOMMODATION & LIFESTYLE

Living in Africa

# ACCOMMODATION & LIFESTYLE

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## Accommodation – Waterberg Cottages

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



## Food at the Project

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

There will be opportunities to taste local dishes including the traditional 'braai' (BBQ) and to enjoy meals outdoors.

## 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.



## Sample Menu

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Toast, butter, jam & spreads, cereals (muesli, all bran flakes), yoghurt, fresh muffins	Toast, butter, jam & spreads, cereals (muesli, all bran flakes, corn flakes), yoghurt, fruit, hot oat porridge with syrup	Toast, butter, jam & spreads, cereals (muesli, all bran flakes), yoghurt, muffins	Toast, butter, jam & spreads, cereals (muesli, all bran flakes), yoghurt, hot oats porridge with syrup	Toast, butter, jam & spreads, cereals (muesli, all bran flakes), yoghurt, fresh muffins	Toast, butter, jam & spreads, cereals (muesli, all bran flakes), yoghurt, fruit, hot oat porridge with syrup
Assorted quiches (spinach & feta, biltong & pepperdew) with a green salad	Chicken or beef wraps, potato salad Vegetarian: falafel	Beef or chicken burgers and french fries Vegetarian: vegetarian patties	Packed lunch: ham, lettuce, tomato, mayo sandwiches, crisps, fruit	Traditional mince babotie and yellow rice with a green salad Vegetarian: veggie bake	Chicken schnitzels, potato salad and ciabatta bread Vegetarian: roast vegetables
Mild thai chicken curry and basmati rice Vegetarian: vegetable curry and basmati rice	Braai (barbeque) boerewors sausage & mielie pap, tomato relish, beetroot salad, garlic bread Vegetarian: vegetarian sausage or skewers	Spaghetti bolognese & ciabatta bread Vegetarian: same pasta but with lentils instead of beef	Venison lasagne with salad Vegetarian: vegetable lasagne	Pizza	Carbonara pasta with roast veggie platter Vegetarian: carbonara pasta without bacon

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



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# PRE DEPARTURE INFORMATION

Travel details

# FLIGHT INFORMATION

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## Departure from | Arrival to South Africa

### 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

\*Always check the flight timings on your final documents

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

### Johannesburg OR Tambo Airport

Clear immigration & collect baggage to clear customs.  
Meet GAP representative by the statue in the arrivals hall.  
Transfer to Waterberg Cottages (3.5 hours).  
Supermarket stop off.



# FLIGHT INFORMATION

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## 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

AFRICA

## Departure from South Africa | Arrival to the United Kingdom

### Flights

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
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

### Return Journey

Transfer from Waterberg Cottages.  
Check in at the British Airways check-in desk.



# TRAVEL DOCUMENTS



## Travel Documents

- Final Documents Issued 18/05/2026
- Emailed to your personal and/or college email address
- Print and take copies
- Boarding passes issued at the airport
- Passports!



## Group Web Page & Travel Documents

### FAQs and House Rules

📄 Student Frequently Asked Questions - Click to Download

📄 Student Guidelines and House Rules - Click to Download



<https://gapafricaprojects.com/26-4721-rsa-wew-riseholme-college/>

#### Student - Frequently Asked Questions

##### Contents

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2. What travel documents are required?.....	2

#### Gap Africa Projects - General Guidelines and House Rules:

As a participant in Gap Africa Projects, I understand and agree to adhere to the following guidelines:

1. Timeliness and Curfew: I commit to respecting designated timings, including early mornings and curfew times.
2. Behavioural Expectations: I agree to uphold the behavioural standards set by my institution, maintaining respect for others and the local culture.
3. Language and Conduct: I recognise that the use of foul language is inappropriate and will respectfully challenge any instances of it among fellow participants.
4. Smoking and Vaping: I agree not to smoke or vape inside any buildings or vehicles, utilising only designated smoking areas for such activities.
5. Alcohol Policy: I agree to comply with my institution's alcohol policy and ensure that if I choose to drink, I do so responsibly and without becoming intoxicated during any activities.
6. Substance Use: I understand and agree that the use of narcotic substances is strictly prohibited.
7. Community Interaction: I will refrain from giving money or food directly to individuals in the community, as it may perpetuate a culture of dependency.
8. Health and Dietary Needs: I will inform Gap Africa Projects of any medical conditions, mental health concerns, or dietary restrictions at least six weeks before travel.
9. Personal Supplies: I commit to bringing any preferred snacks or foods if I know I am a picky/fussy eater.
10. Insurance: I agree to obtain appropriate travel and medical insurance that covers all activities during the trip.

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# USEFUL INFORMATION

Recommended Kit List and  
other 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. No skimpy/revealing or brightly-coloured clothing.

# USEFUL INFORMATION

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## 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



### 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.



## 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>

## 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>

## 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

AFRICA

## Climate

S	M	T	W	T	F	S
31	1	2	3	4	5	6
						
20° 8°	20° 7°	21° 7°	21° 6°	21° 7°	21° 7°	21° 7°
7	8	9	10	11	12	13
						
21° 8°	23° 3°	23° 6°	23° 3°	20° 3°	22° 6°	21° 7°

# USEFUL INFORMATION

AFRICA

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

Be prepared for the chilly nights and crisp mornings during autumn and winter in South Africa.

Staying warm will be key to you enjoying your experience.

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.

If you feel the cold, pack appropriately!



## 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:



## 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.

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

# USEFUL INFORMATION

AFRICA

## 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

- 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

 <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

AFRICA

## 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



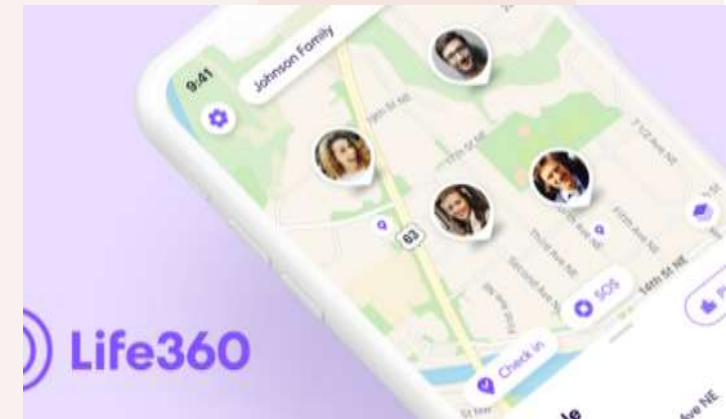
### Useful Apps for Next of Kin

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!

Flightrader24 – very useful for tracking flights, showing departure times, any delays and flight location in travel.

Life360 – is great for following them on their journey.

Merlin Bird App



# RIDER INFORMATION

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## Rider Survey

<https://forms.office.com/e/LnPEYbbk7T>



# COMMUNITY DONATION BAGS

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## Community GAP Donation Bags

- Reading books and activity books
- Stationery - pencil cases, pens, crayons, colouring pencils, chalk, Skipping ropes
- Jigsaws, puzzles, playing cards and games
- Sports kit (football kit, boots, shirts, deflated balls, bibs, socks etc)
- Toothpaste, toothbrushes, facecloths and towels

### Donkeys:

- Donkey Harnesses (your group's total project cost includes the purchase of a set of harnesses for fitting in South Africa)
- Any old pony mouth bits (snaffle type)
- Small halters
- Halter leads
- Grooming brushes
- Any form of sheepskin for donkey cart extra padding

### Dogs:

- Any old dog blankets, dog bowls, towels, jerseys

**Follow instructions from your college about bringing in items from the list, ensuring all items are in a clean and good condition.**

**Your tutor can request a donation bag from GAP Africa Projects if space is limited.**





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[WWW.GLOBALADVENTUREPROJECTS.COM](http://WWW.GLOBALADVENTUREPROJECTS.COM)

