SPARSHOLT COLLEGE
Q&A PRESENTATION

KwaZulu-Natal
Conservation Field Trip

AFRICA

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

ABOUT THE PROJECT

KwaZulu-Natal Conservation Research - Location

ABOUT KWAZULU-NATAL

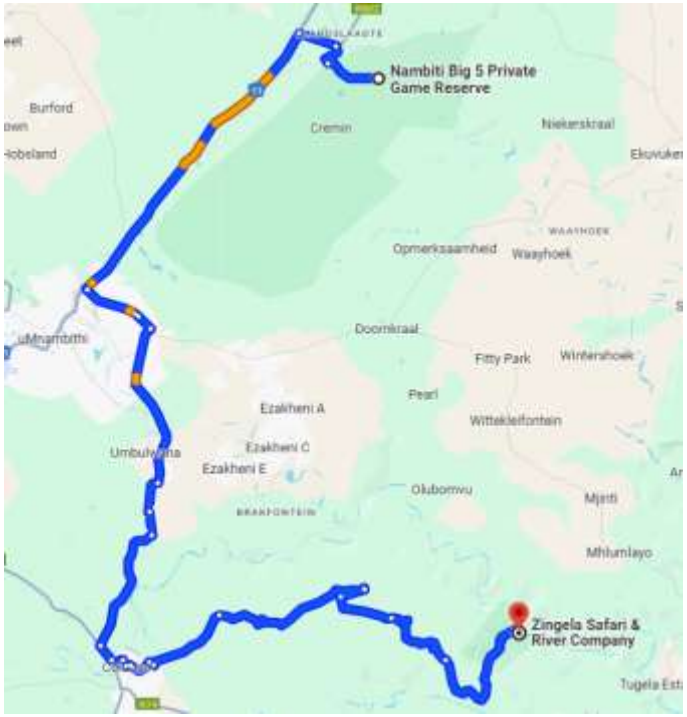
Overview and location of the project

ABOUT KWAZULU-NATAL

AFRICA

KwaZulu-Natal Conservation Research - Location

- South Africa a world leader in conservation
- Malaria free KwaZulu Natal



ABOUT KWAZULU-NATAL

KwaZulu-Natal Conservation Research

Nambiti Game Reserve

The reserve is a magnificent 23,000 acres of unspoiled wilderness boasting the Big 5 and incredible biodiversity (grasslands, riverine bush, savannah and thornveld) offering unprecedented diversity of wildlife.

Zingela Wildlife Reserve

The reserve covers 12,500 acres of predator free, pristine African bushveld. You will have the opportunity to be involved with the research that takes place at the property;. You will also have the chance to participate in a host of activities during your stay.

YOUR PROJECT

Your Conservation Programme - Nambiti

Students will be taught and work alongside the field guides and conservation team. The following examples depict the day-to-day activities that may be undertaken as part of the project at Nambiti.

- Alien Vegetation Control / Reserve Maintenance
- Use of Telemetry Tracking
- Elephant Monitoring / Population Study
- Rhino Monitoring – Awareness
- Anti-poaching talk and fence walk
- Camera Trapping
- Night Drives
- Bush Walk
- Habitat and Prey Selection of Predators
- Tracks, Signs and Spoor
- Community Development

YOUR PROJECT

Nambiti Game Reserve

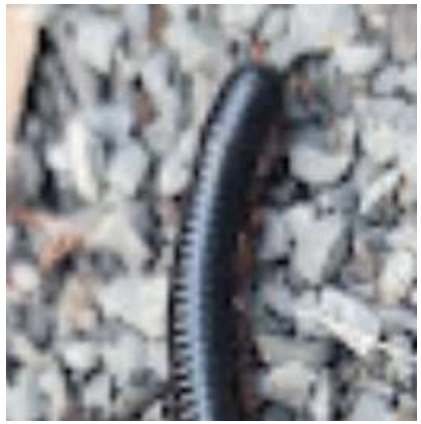
Home to the Big 5

ABOUT THE PROJECT

Home to over 40 Species of Mammal

ABOUT THE PROJECT

Many Reptile, Insect and Bird Species



YOUR PROJECT

Your Conservation Programme – Zingela

Students will be taught and work alongside the field guides and scientific team. The following examples depict the day-to-day activities that may be undertaken as part of the project at Zingela Reserve.

- Spatial Distribution and Habitat use of species
- Use of Telemetry Tracking
- Giraffe migration and Conservation Project
- Reptile pit fall traps
- Freshwater Ecology
- Mini SASS
- Fish Tagging
- Educational Bush Walks – Ecology & Botany
- Tracks, Signs and Spoor
- Camera Trapping and data processing

AFRICA
ACCOMMODATION
& LIFESTYLE
Life in the African Bush

ACCOMMODATION

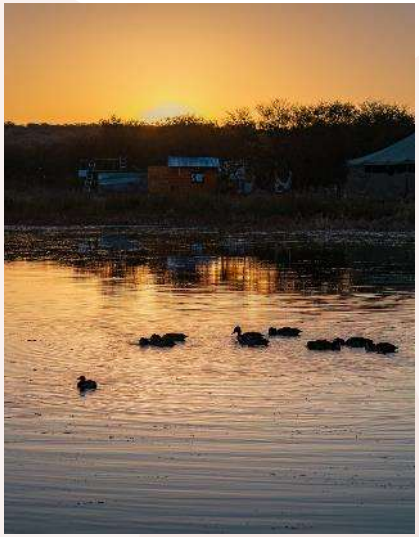
Game Reserve Camps - Nambiti

In keeping with the Safari Adventure theme, groups are accommodated on the reserve in shared comfortable safari tents, with communal hot and cold showers and regular flushing toilets.

All meals are provided in a communal dining area. Students are expected to help clear up after meals.

ACCOMMODATION

Game Reserve Camps - Nambiti



ACCOMMODATION

Game Reserve Camp - Zingela

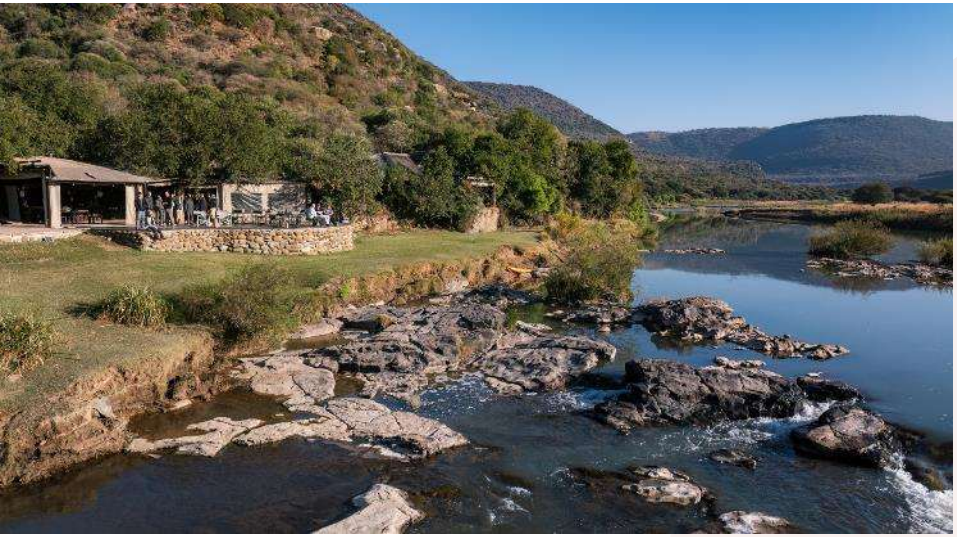
Zingela is a warm, family-run riverside camp with friendly faces and even friendlier dogs.

Students will stay in one of the tented camps, in shared but comfortable safari tents, with access to communal hot and cold showers and regular flushing toilets.

There are welcoming communal spaces for students to spend time together, along with plenty of quiet breakaway spots to relax.
At night, you can fall asleep to the sounds of the Tugela River and the chorus of frogs.

ACCOMMODATION

Game Reserve Camps - Zingela



ACCOMMODATION

Food at the project

Three meals a day are provided and prepared by the kitchen staff. Students are expected to help clear up after meals.

Breakfasts will consist of toast and cereals; lunch may include pasta, wraps, burgers, stir fry; dinners include meat, fish and vegetables with rice, potatoes or pasta.

On weekends a braai (BBQ) is often organised.

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.

MEALS

Sample Menu - Nambiti

Day 1	Day 2	Day 3	Day 4	Day 5
Scrambled eggs, savoury beans or mince or bacon toast (jam, peanut butter)	Yoghurts, muesli, cereal, fruit	Pancakes, banana, fruit	Oatmeal porridge, fruit, toast & jam	French toast (Eggy bread)
Quiche & salad	Macaroni cheese	Soup & homemade bread	Hotdogs	Braai broodjies (tomato, cheese, onion toasties on open fire)
Nachos (vegan or mince)	Beef stew & rice	Braai (barbeque) with salad	Chicken ala King & rice	Chickpea curry mild

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

MEALS

AFRICA

Sample Menu - Zingela

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
-	Bacon, eggs, toast, hashbrowns	Ham, cheese, spring onion & mushroom omelette, toast	Bacon, eggs, toast, baked tomato & brinjal aubergine), yogurt, cereal, fruit	Thin venison wors, eggs, baked beans & chakalaka (relish), phutu (maize meal), toast, cereal	Jungle oats, pancakes, scrambled egg, cheese, toast, yogurt, cereal, fruit
Beef & vegetarian lasagne, homemade bread, green salad	Ham & cheese / margarita pizza, pesto pasta salad, salsa salad	Hamburgers, chips, caramelised onion, cabbage salad	Curry mince and curry bean magwinyas (doughnuts), roast veg salad	Pulled pork pie, veg pie, potato salad, tomato, basil & mozzarella salad	Packed lunch: chicken mayo rolls, fruit & crunchies, crisps
Chicken/ vegetable potjie (stew), rice, gemsquash with meilies (corn on cob) Smores	Spaghetti bolognese / ratatouille, homemade bread, green salad Malva pudding & custard	Braaied (BBQ) chicken, venison wors, roasted butternut with feta cheese, jeqe (bread), mashed potato, stir fry veg with honey soy sauce, salad Banoffee pie	Chicken strips with chilli & pink sauce, chips, homemade bread, green vegetable pot Vanilla ice cream & salted caramel sauce	Chicken / vegetable & lentil curry, rice, flat bread, pumpkin fritters, green beans with ginger Chocolate mousse	Beef & vegetarian lasagne, roast veg salad Fresh fruit salad

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

PRE DEPARTURE INFORMATION

Travel details

FLIGHT INFORMATION

Departure from the United Kingdom | Arrival to South Africa

Flights

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
VS449	31/05/2026	London Heathrow (LHR)	22:25	Johannesburg (JNB)	10:25 + 1 Day

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece checked baggage @ 23kgs, 1 piece hand baggage max dimensions 56x36x23cm

Johannesburg OR Tambo Airport

Clear immigration & collect baggage to clear customs.
Meet GAP representative by the statue in the arrivals hall.
Transfer to Nambiti Game Reserve (5 hours). Supermarket stop off.

FLIGHT INFORMATION

Cabin Baggage

Rucksack (not trolley suitcase)
No larger than 56x36x23cm

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
VS450	13/06/2026	Johannesburg (JNB)	20:25	London Heathrow (LHR)	06:30 + 1 Day

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece checked baggage @ 23kgs, 1 piece hand baggage max dimensions 56x36x23cm

Return Journey

Transfer from Zingela Wildlife Reserve.
Check in at the Virgin Atlantic 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!

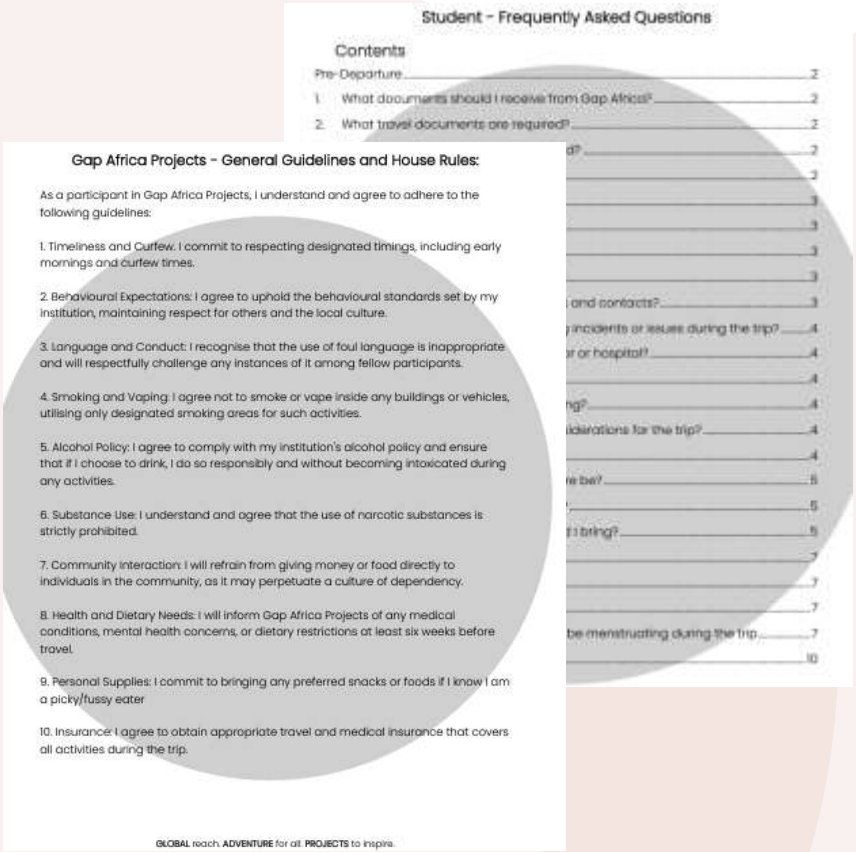
TRIP DOCUMENTS

Group Web Page & Travel Documents

FAQs and House Rules

Student Frequently Asked Questions - Click to Download

Student Guidelines and House Rules - Click to Download



Student - Frequently Asked Questions

Contents

Pre-Departure 2

1. What documents should I receive from Gap Africa? 2
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.

GLOBAL reach. ADVENTURE for all. PROJECTS to inspire.

https://gapafricaprojects.com/26-4762/

USEFUL INFORMATION

Recommended Kit List and other Useful Information

USEFUL INFORMATION

AFRICA

Suggested kit list

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

- Wellington boots (long or short for travel Jan – April)
- 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 (Jun – Aug) - pack plenty
- Padded jacket/windbreaker (Jun - Aug) although it can get very cold on an open vehicle
- Socks and Underwear
- Change of casual clothes for evenings
- Sandals / comfy shoes to wear after work hours
- Warm hat (Jun - Aug / Hat for sun protection (all year)
- Gloves for warmth (Jun –Aug)
- Working gloves
- Daypack rucksack
- Micro-fibre sleeping bag liner (extra warmth Jun –Aug)
- Swimwear
- Beach Towel (micro-fibre takes less space)
- Sunscreen and Sunglasses
- Personal medical items
- First aid kit
- Toiletries
- Tick / Insect repellent
- Water bottle
- Binoculars
- Good torch (headlamp/torch is best)

Other useful items:

- Camera
- Power bank
- Water shoes

* 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

AFRICA

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

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.

There is no power in your tents at Nambiti.

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

AFRICA

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

Climate

Nambiti/ Zingela

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

USEFUL INFORMATION

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!

USEFUL INFORMATION

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.

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

USEFUL INFORMATION

Phones & Internet

Mobile phone coverage is average at Nambiti, although there may be some areas on the reserve where there isn't any coverage. However, there is no signal at Zingela.

Limited Wi-Fi is provided free of charge 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

USEFUL INFORMATION

Nambiti Camp Shop

Nambiti has a small camp shop that sells snacks, drinks, souvenirs, local jewellery and clothing.

The shop ONLY accepts cash. It is open for 20 mins every two days.

Example prices: Hoodies R500 (£25), T-Shirts R250 (£12), Beanies R150 (£7.50), Necklaces R150 (£7.50), Key Rings R50 (£2.50), Crisps R20-R30 (£1-£1.50), Soft drinks R20 (£1), Chocolate bar R10-R40 (50p-£2)

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

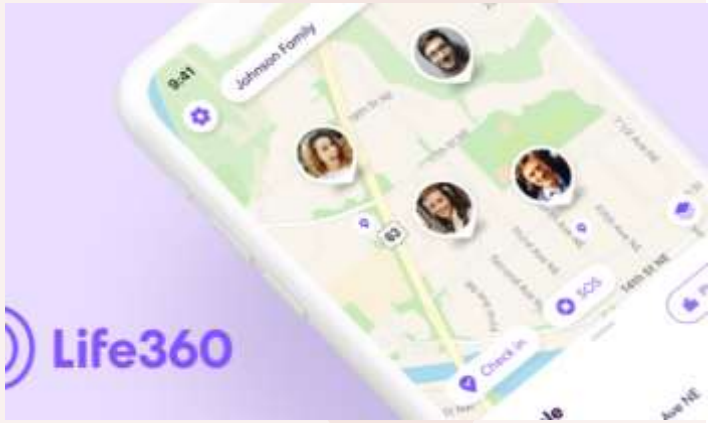
Useful Apps for Next of Kin

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!

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



COMMUNITY DONATION BAGS

Community GAP Donation Bags

- Reading books and activity books
- Stationery - pencil cases, pens, crayons, colouring pencils, chalk, plain and coloured paper
- Skipping ropes
- Jigsaws, puzzles, playing cards and games
- Sports kit (football kit, boots, shirts, deflated balls, bibs, socks etc)
- Mini fishing nets
- Toothpaste, toothbrushes and facecloths
- Towels
- Recyclable pads for Move Africa donation
- Period pants
- New reading glasses – for the 'Right to sight' campaign
- Sleeping bags

Follow instructions from your college about bringing in one good quality item from the list.

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

GAP
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