



# MOULTON COLLEGE Q&A PRESENTATION

## KwaZulu-Natal Conservation Field Trip

**AFRICA**

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

# ABOUT THE PROJECT

AFRICA

## KwaZulu-Natal Conservation Research – Location





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# **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

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## 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

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## 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

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## Nambiti Game Reserve

Home to the Big 5



# ABOUT THE PROJECT

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Home to over 40 Species of Mammal



ANY QUESTIONS?

[INFO@GAPAFRICAPROJECTS.COM](mailto:INFO@GAPAFRICAPROJECTS.COM) | +44 (0)207 1937819

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# ABOUT THE PROJECT

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## Many Reptile, Insect and Bird Species



## 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





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# **ACCOMMODATION & LIFESTYLE**

Life in the African Bush

## 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.

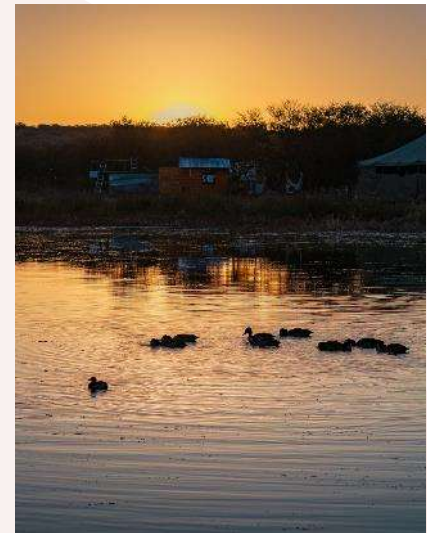
All meals are provided in a communal dining area. Students are expected to help clear up after meals.



# ACCOMMODATION

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## Game Reserve Camps - Nambiti



ANY QUESTIONS?

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## 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.

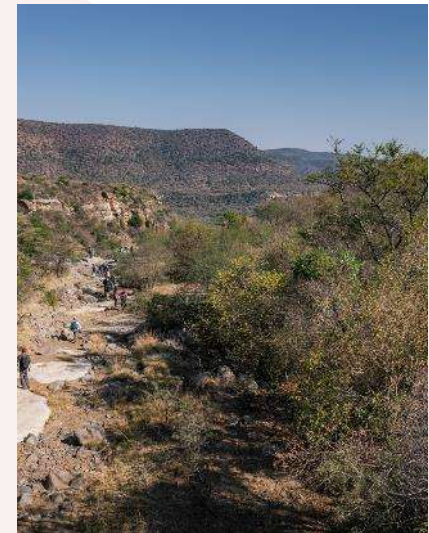
There are welcoming communal spaces for students to spend time together, along with plenty of quiet breakaway spots to relax. At night, you can fall asleep to the sounds of the Tugela River and the chorus of frogs.



# ACCOMMODATION

AFRICA

## Game Reserve Camps - Zingela



ANY QUESTIONS?

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## Hill Top Camp - Emaweni

You will spend the last night at Hill Top Camp -Emaweni, a short drive from Zingela and still within the reserve.

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

There are two communal spaces and a swimming pool with stunning views of the valley below.



# ACCOMMODATION

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## 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.



## 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.

## 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 meillies (corn on cob)<br><br>Smores | Spaghetti bolognese / ratatouille, homemade bread, green salad<br><br>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<br><br>Banoffee pie | Chicken strips with chilli & pink sauce, chips, homemade bread, green vegetable pot<br><br>Vanilla ice cream & salted caramel sauce | Chicken / vegetable & lentil curry, rice, flat bread, pumpkin fritters, green beans with ginger<br><br>Chocolate mousse | Beef & vegetarian lasagne, roast veg salad<br><br>Fresh fruit salad        |

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



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# **PRE DEPARTURE INFORMATION**

Travel details

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

### Flights

| Flight No | Flight Date | Dept.                 | Dept. Time | Arr.               | Arr. Time     |
|-----------|-------------|-----------------------|------------|--------------------|---------------|
| VS449     | 28/06/2026  | 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.



## 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.

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

### Flights

| Flight No | Flight Date | Dept.              | Dept. Time | Arr.                  | Arr. Time     |
|-----------|-------------|--------------------|------------|-----------------------|---------------|
| VS450     | 11/07/2026  | 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.







## 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/26-4764/>

| 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 |
| 3. What should I bring?                               | 2 |
| 4. What should I wear?                                | 3 |
| 5. What should I expect?                              | 3 |
| 6. What are the house rules?                          | 3 |
| 7. What are the behavioral expectations?              | 3 |
| 8. What are the language and conduct guidelines?      | 3 |
| 9. What are the smoking and vaping guidelines?        | 3 |
| 10. What are the alcohol policy guidelines?           | 3 |
| 11. What are the substance use guidelines?            | 3 |
| 12. What are the community interaction guidelines?    | 3 |
| 13. What are the health and dietary needs guidelines? | 3 |
| 14. What are the personal supplies guidelines?        | 3 |
| 15. What are the insurance guidelines?                | 3 |

**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.

- 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

### 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.



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.



## 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

### Nambiti/ Zingela

|           |           |           |           |           |           |           |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 28        | 29        | 30        | 1         | 2         | 3         | 4         |
|           |           |           |           |           |           |           |
| 20°<br>2° | 19°<br>5° | 19°<br>5° | 20°<br>5° | 19°<br>4° | 19°<br>4° | 22°<br>5° |
| 5         | 6         | 7         | 8         | 9         | 10        | 11        |
|           |           |           |           |           |           |           |
| 22°<br>5° | 22°<br>4° | 22°<br>3° | 20°<br>5° | 19°<br>2° | 22°<br>1° | 19°<br>1° |

## 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:



<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.

## 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>

# Holafly

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

## 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)



## 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 |



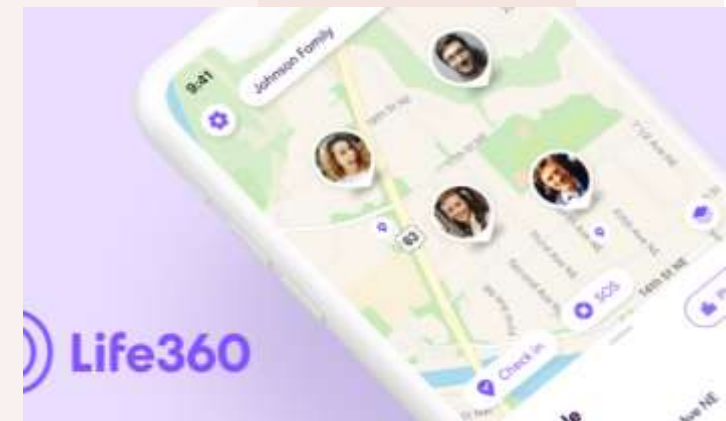
## Useful Apps for Next of Kin

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



# COMMUNITY DONATION BAGS

AFRICA

## 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.**



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

Explore our network of Global Adventure Projects:



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

