



SOUTH EASTERN REGIONAL COLLEGE PRE-DEPARTURE 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

ARRIVAL



Arriving at Hewanorra International Airport, St Lucia

Upon arrival at St Lucia airport, you must clear passport control and collect your baggage from baggage reclaim before heading into the arrivals hall.

You will be met by a United Through Sport representative. They will be holding a board with the Gap Africa Projects Logo.

If you are unable to locate the representative, please call Joël Martin on +17 (0) 58 712 6731.

You will be transferred to Bonne Terre, Gros Islet to check in to your accommodation, a journey of around 1.5 hours.



CONTACT DETAILS



Accommodation Address:

Panorama Heights
Panorama Road
Bonne Terre
Gros Islet
Saint Lucia

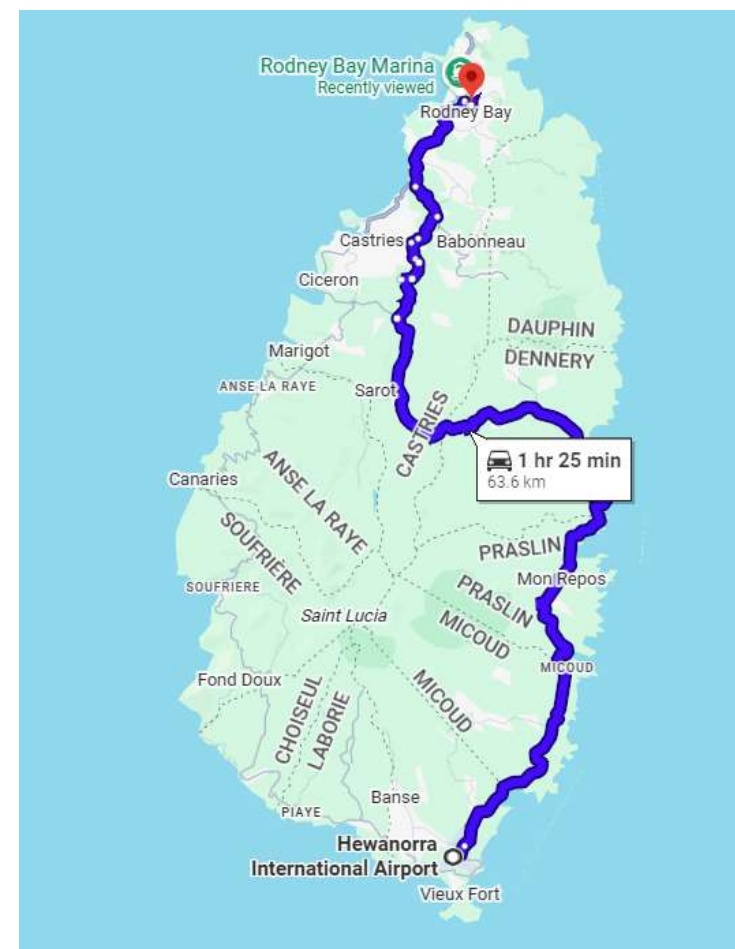
United Through Sport:

Joël Martin: Programme Manager
Telephone: +44 (0) 7500 618078
Holly Martin: Programme Coordinator
Mobile: +1 (0) 758 519 3853

Gap Africa Projects

Telephone: +44 (0) 797 657 5949

24 Hour Emergency Only



USEFUL INFORMATION

SOUTH AMERICA

Practical Advice

Power / Electricity

You don't need a plug adapter for St. Lucia from the UK, as both use the Type G plug (three rectangular pins) and operate on similar voltages.



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.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.

Visa Requirements

A visa is not required for British passport holders for stays of up to 90 days; all other nationalities must check visa requirements with the St Lucian High Commission.

You can check the following website for visa information:

<https://externalaffairs.gov.lc/wp-content/uploads/2022/02/Saint-Lucia-Visa-Requirements.pdf>

Electronic Entry Form

All travellers must complete an online immigration form three days before arrival. The form can be accessed at <https://travelslu.govt.lc/>.

- Complete and submit the form
- Receive a QR code by email
- Present the QR code (on a phone or printed copy with passport on arrival)

USEFUL INFORMATION



Health Risks

Immunisation:

When entering St. Lucia, no international immunisation is required. Travellers should be up to date with routine vaccination courses and boosters as recommended in the UK. These vaccinations include for example measles-mumps-rubella (MMR) vaccine and diphtheria-tetanus-polio vaccine.

Our advice: Visit your local (travel) doctor to get up-to-date information about requirements when travelling.

<https://travelhealthpro.org.uk/country/208/st-lucia>

Malaria & Dengue:

There is no risk of malaria in St. Lucia. However, the island is in a region where mosquito-borne illnesses like dengue fever exist. You should take steps to avoid being bitten by mosquitos by using repellent and wearing long sleeves etc.

<https://www.gov.uk/foreign-travel-advice/st-lucia>

Sun:

St. Lucia has a tropical climate with warm temperatures a warm sunny climate. You should wear sunscreen and a hat whenever you are out of doors during the day, particularly between 10am and 4pm – regardless of whether there is cloud cover or not. Whatever your complexion you can still get sunburnt.

Stay Safe Overseas – KBYG

The better prepared you are when you travel abroad the safer you will be. The Foreign, Commonwealth & 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>

USEFUL INFORMATION



Climate

St. Lucia has a tropical climate with warm temperatures year-round and distinct wet (June to November) and dry seasons (December to May).

The island experiences high humidity, but the northeast trade winds help to moderate the heat. Temperatures generally range from 29°C to 31°C (84°F to 88°F) during the day.

Sunshine is abundant, with an average of 7-8 hours per day, especially during the dry season.

<https://www.accuweather.com/en/lc/gros-islet/1140106/weather-forecast/1140106>

Tipping

Whilst there is no obligation, it is a nice gesture to show your appreciation for the project and housekeeping staff by leaving a small tip/donation 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.

A 10% tip is normal for any café/restaurant when eating out.

Currency & Credit Cards

The Eastern Caribbean (EC) dollar is used on St Lucia. However, most places accept US dollars, but change will be given in EC dollars. US\$ are widely accepted at hotels, restaurants and most supermarkets as are all major credit cards.

For small services, including local meals or public transport, be prepared to pay in local currency, you can withdraw local currency at ATMs.

Travel Cards are very useful; preload before travelling and the best exchange rate is used. Wise Travel Card offers up to £500.00 with no transfer fee for GAP Africa Projects travellers.



<https://wise.prf.hn/1/XZJx9gq>

USEFUL INFORMATION



Phones & Internet

Mobile phone coverage is generally good in St Lucia however please keep in mind any additional charges. There may be areas at the project where there isn't any coverage.

Some WiFi is provided at the accommodation although 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
- Keep your WhatsApp number
- Immediate Delivery



Unlimited data
Enjoy unlimited data while traveling to numerous destinations worry-free. [Learn more](#)

Keep using your favorite apps
Get that safe ride home, find that great restaurant, and pin the local attractions, all while staying connected with your loved ones.

Keep your WhatsApp number
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.

24/7 Customer Support
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.

Fast and Reliable Internet Connection
Connect to the best networks at your destination and get internet that's both reliable and fast.

Enjoy dual SIMs
Enjoy the flexibility of our digital eSIM while keeping the option to use your original SIM as usual whenever you need it.

<https://shorturl.at/sxE29>

ACCOMMODATION & LIFESTYLE



Island Accommodation – Panorama Heights

The accommodation is a large open-plan residence located in the elevated residential area of Bon Terre, Gros Islet, offering panoramic ocean views, cooling breezes, and convenient access to Rodney Bay and Reduit Beach

You will stay in single sex rooms. Each bedroom can accommodate either two or three guests and has a shared or en-suite bathroom.

There is a kitchen, living area and large shared balcony space, providing communal outdoor areas throughout the property.



ACCOMMODATION & LIFESTYLE



Food at the project

Breakfast, lunch and dinner are included. Lunch can be prepared in groups or individually.

A simple breakfast with a choice of items and a 'grab & go' packed lunch with a protein/carbohydrate rich dinner.

There is a supermarket close by, and you are not far from cafes and restaurants.

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.



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
- 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 or brightly-coloured clothing to be worn.

USEFUL INFORMATION

SOUTH AMERICA

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)



WHAT'S INCLUDED



What is Included?

- Flights
- Transfers to/from project
- Accommodation
- Three meals per day
- All activities as part of the project
- 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.





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