



SOUTH EASTERN REGIONAL COLLEGE Q&A PRESENTATION



Caribbean Multi-Sports & Community Project



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

ABOUT YOUR CARIBBEAN PROJECT



St Lucia Sports Multi-Sports Community Project- Location





ABOUT THE CARIBBEAN MULTI- SPORTS AND COMMUNITY PROJECT

Project Overview and
Location

ABOUT YOUR PROJECT



Multi Sports Coaching



ABOUT YOUR PROJECT



Multi Sports Coaching – Swimming





ACCOMMODATION & LIFESTYLE

Life in the Caribbean

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

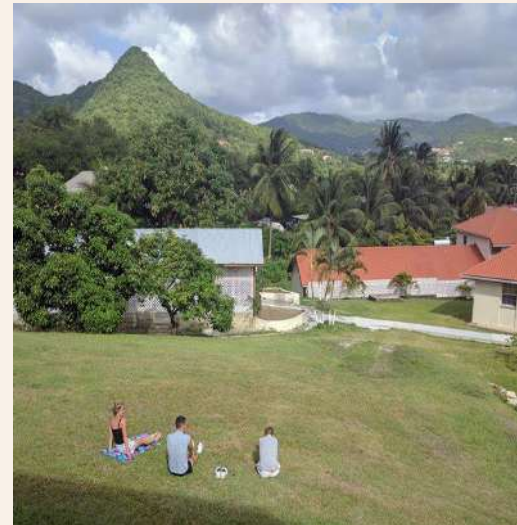
Breakfast, lunch and dinner are included on a help-yourself basis.

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.



ACCOMMODATION & LIFESTYLE



Sample Menu

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Cereals, fresh local fruit, bread, spreads and eggs (self service spread set out daily)						
'Grab & Go' style packed lunches: wraps and sandwiches (choice of fillings across the week), crisps, fruit and a drink						
Beef burgers / veggie burgers (on request), chips, mixed green salad	BBQ chicken, fried/baked fish, fresh leaf salad, sweet friend plantain, macaroni and cheese pie, rice and peas.	Beef lasagne, spinach & ricotta lasagne, garlic bread, green salad	BBQ or baked chicken, grilled fish, breadfruit or green fig salad, steamed vegetables, rice	Spaghetti bolognese, vegetarian tomato pasta, garlic bread, fresh salad	Eat out and buy your own dinner	

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

ADDITIONAL ACTIVITIES & EXCURSIONS



Splash Island

Splash Island is an open-water, inflatable water park located off Reduit Beach in the northwest of St. Lucia. It is the Caribbean's first open-water sports park, where kids, families and weekend warriors will have endless fun.

Splash Island is packed with obstacle-course style features that are fun and challenging: a trampoline, climbing wall, monkey bars, a swing, a slide, hurdles, double rocker, flip, and water volleyball and wiggle bridge.

Availability is subject to weather conditions.



ADDITIONAL ACTIVITIES & EXCURSIONS



Pigeon Point Excursion

Pigeon Island is one of St. Lucia's most important historical and natural sites. Once a military fort used by the British during battles with the French, it's now a protected national park with beaches, hiking trails, ruins, and panoramic viewpoints. It's located in the far north of St. Lucia, just beside Rodney Bay, and connected to the mainland by a causeway.

Activities you can do on Pigeon Point Island:

- Nature Trails & Hiking – there are 2x main peaks with 360° views of Rodney Bay, the Caribbean Sea, and Martinique on clear days
- Historical Ruins – explore Fort Rodney, British barracks, tunnels, and old cannons
- Beach Time – 2x calm beaches ideal for swimming, Snorkeling, and relaxing
- There are also options to hire Kayak's, paddleboards, and snorkel equipment on the island.

The excursion is subject to weather conditions.



ADDITIONAL ACTIVITIES & EXCURSIONS



Round the Island Trip

A trip around the island visiting the Pitons, sulphur spring mud baths and waterfalls, stopping at towns and sites along the way by either bus or boat. There is the option to get involved in a challenging but achievable hike up one of the islands most iconic landmarks with views well worth the walk!

Some key features of this tour are:

- Scenic Views: great views of St. Lucia's western coastline, including the Pitons
- Natural Highlights: The Sulphur Springs / Mud Baths are so much fun. They are volcanic and visiting them will give you a flavour of St. Lucia's geological side.
- Cultural Elements: The trip stops at some iconic towns & sites, showing off St Lucia's natural beauty, history, and culture

The excursion is subject to weather conditions.



PRE DEPARTURE INFORMATION

Travel details



FLIGHT INFORMATION



Departure from the United Kingdom | Arrival to St Lucia

Flights

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
BA1401	06/06/2026	Belfast (BHD)	16:15	London Heathrow (LHR)	17.35

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece checked baggage @ 23kgs, 1 piece hand baggage max dimensions 56x45x25 cm

Overnight Accommodation

National Express Coach to Gatwick Airport

Accommodation in twin room at Travelodge with evening meal and breakfast included.



FLIGHT INFORMATION



Departure from the United Kingdom | Arrival to St Lucia

Flights

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
BA2159	07/06/2026	London Gatwick (LGW)	11.15	St Lucia (UVF)	15.05

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece checked baggage @ 23kgs, 1 piece hand baggage max dimensions 56x45x25 cm

St Lucia Airport

Clear immigration & collect baggage to clear customs
Meet and greet in the Arrivals Hall
Transfer to Rodney Bay (1.5 hours)



FLIGHT INFORMATION



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



Departure from St Lucia | Arrival to the United Kingdom

Flights

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
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 checked baggage @ 23kgs, 1 piece hand baggage max dimensions 56x45x25 cm

Return Journey

Transfer from United Through Sport.
Check in at the BA check-in desk.



TRIP DOCUMENTS



Group Web Page & Travel Documents

FAQs and House Rules

⬇ Student Frequently Asked Questions - Click to Download

⬇ Student Guidelines & House Rules - Click to Download



<https://gapafricaprojects.com/26-4773/>

Student - Frequently Asked Questions

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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.

USEFUL INFORMATION

Recommended Kit List and
other Useful Information



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 (50+ 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 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)



USEFUL INFORMATION



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

7	8	9	10	11	12	13
32° 23°	31° 24°	32° 23°	32° 24°	31° 23°	32° 24°	31° 24°
14	15	16	17	18	19	20
32° 24°	32° 24°	32° 23°	32° 24°	32° 23°	32° 24°	32° 24°
21	22	23	24	25	26	27
32° 24°	32° 24°	32° 23°	32° 23°	31° 24°	32° 23°	32° 24°

USEFUL INFORMATION



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/l/XZJx9gq>

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.

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



<https://shorturl.at/sxE29>

 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.

USEFUL APPS

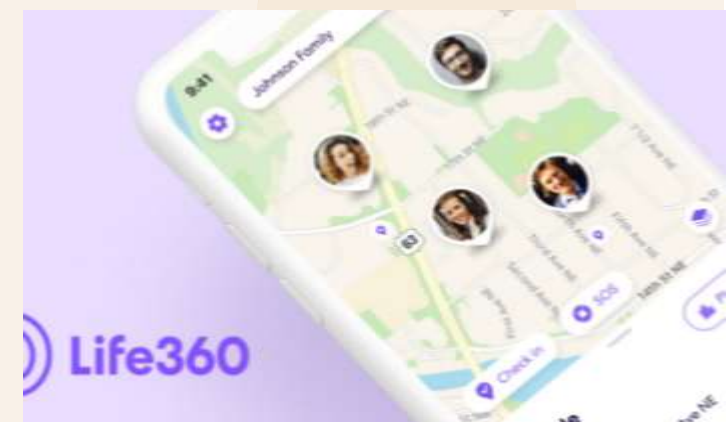


Useful Apps for Next of Kin

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!

Flightradar24 – very useful for tracking flights, showing departure times, any delays and flight location in travel.

Life360 – is great for following them on their journey.





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

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