



YORK COLLEGE Q&A PRESENTATION



South Africa Group Sports Coaching Tour



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

ABOUT YOUR PROJECT

AFRICA

Your Sports Coaching Trip Explained

- A unique sports coaching & community project based in the Eastern Cape of South Africa
- Working in schools and community centres to help coach local children in sports
- Tailor-made activities to suit your needs and interests
- Project activities include
 - Sports development
 - Sports coaching in township communities & local schools (Primary and Secondary)
 - Community development – English and maths
 - Trip to a Local Game reserve
 - Trip to Jefferys Bay
 - Sandboarding
 - 5-a Side Football
 - Riverboat Cruise



A young boy in a blue shirt and orange life vest is seen from behind, looking out at a beach. A woman in a black and orange life vest is smiling next to him. The background shows a beach with people, buildings, and a cloudy sky.

AFRICA

ACCOMMODATION & LIFESTYLE

Life in the Eastern Cape

ACCOMMODATION & LIFESTYLE

AFRICA

Accommodation

Your accommodation is basic but comfortable, you will stay in a dormitory style room, with shared toilet and shower facilities.

The accommodation has a very sociable atmosphere, you will find it a great place to relax and unwind in the evenings.

The accommodation is also centrally located near to your volunteer project with shops and other useful amenities a short walk away.



Sample Menu

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Farmhouse breakfast fruit, cereals, yoghurt	Scones, fruit, cereals, yoghurt	Scramble eggs and toast, cereals, yoghurt	Flapjacks fruit, cereals, yoghurt	French toast, fruit, cereals, yoghurt	Boiled eggs and toast, cereals, yoghurt	Farmhouse breakfast fruit, cereals, yoghurt
Packed lunch (choice of fillings across the week) with cakes and fruit						
Beef lasagne carrot & pineapple salad, beetroot salad, garlic bread	Roast chicken & roast potatoes, savoury rice, cauliflower & broccoli with cheese sauce, sweet pumpkin	Beef stew with potatoes, sweet carrots, green beans	Chicken chow mein, broccoli salad, beetroot salad, coney rolls	Braai: chicken kebabs & wors (beef sausage), pap & chakalaka, Greek salad, roosterkoek with butter and jam	Potatoes with cheese & mushroom sauce topped with mince, garlic roasted carrots and Greek salad	Lamb stew, mashed potatoes, butternut wheels with creamy spinach

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

ACTIVITIES & EXCURSIONS

AFRICA

Activities/Excursions

During your project there will be some free time, where you'll be able to do some additional activities/excursions. These are included in the price of your trip.

Examples include:

- Visit to Kragga Kamma (a local wildlife park)
- Visit to Jeffrey's Bay (home of surfing South Africa)
- Visit to the Penguin and Seabird Rescue Centre
- River Cruise, Dancing, Dinner & Shopping

Your travel insurance **must** cover you for all the activities/excursions.

Any activities booked and paid for locally are not covered under GAPAfrica Project's public liability insurance.



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AFRICA

PRE DEPARTURE INFORMATION

Travel details, kit lists and Q&A

FLIGHT INFORMATION

AFRICA

Departure from the United Kingdom | Arrival to South Africa

Flights

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
KQ0101	14/06/2026	London Heathrow (LHR)	18:25	Nairobi (NBO)	05:15 + 1 Day
KQ0760	15/06/2026	Nairobi (NBO)	07:45	Johannesburg (JNB)	10:55
FA232	15/06/2026	Johannesburg (JNB)	17:15	Port Elizabeth (PLZ)	19:00

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece checked baggage @ 20kgs, 1 piece hand baggage max dimensions 56x33x23cm

Johannesburg OR Tambo Airport

Clear immigration & collect baggage to clear customs.

Meet GAP representative by the statue in the arrivals hall who will assist with your transfer.

Port Elizabeth Airport

Meet and Greet at PLZ Arrivals Hall

Transfer to United though Sport



Cabin Baggage



Rucksack (not trolley suitcase)
No larger than 56x36x23cm

Hold Baggage



One piece maximum 20kg

Departure from South Africa | Arrival to the United Kingdom

Flights

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
FA374	25/06/2026	Port Elizabeth (PLZ)	15:25	Johannesburg (JNB)	17:05
KQ0765	26/06/2026	Johannesburg (JNB)	01:15	Nairobi (NBO)	06:20
KQ0100	26/06/2026	Nairobi (NBO)	09:05	London Heathrow (LHR)	16:15

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece checked baggage @ 20kgs, 1 piece hand baggage max dimensions 56x36x23cm

Return Journey

Transfer from United though Sport.
Check in at the FlySafair check-in desk.



TRAVEL DOCUMENTS

AFRICA

Travel Documents

- Final Documents Issued 01/06/2026
- Emailed to your personal and/or college email address
- Print and take copies
- Boarding passes issued at the airport
- Passports!



A young man in a blue shirt and orange life vest is seen from the back, looking out at a beach. A woman in a black and orange life vest is standing next to him, smiling. The background shows a sandy beach, waves, and buildings under a cloudy sky.

AFRICA

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
- 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 (Winter months pack plenty)
- 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)
- Daypack rucksack
- Water bottle (2 litre capacity)
- Swimwear
- Beach Towel
- Sunscreen (30+ factor) and Sunglasses
- Personal medical items
- First aid kit
- Toiletries
- Tick / Insect repellent

Other useful items:

- Camera
- Power bank
- Whistle

* No skimpy or revealing 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.



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>

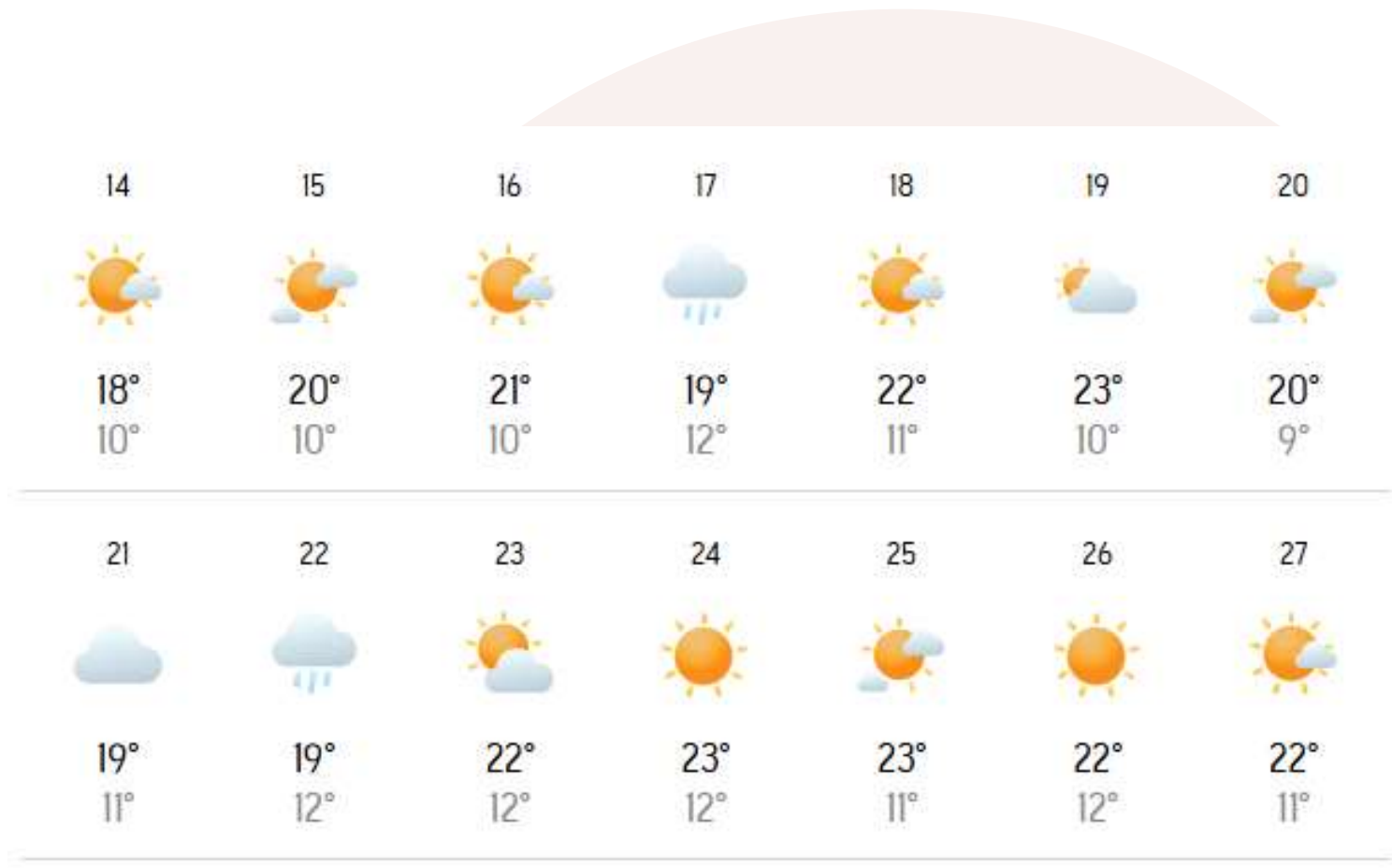
HIV/Aids in South Africa:

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.

Climate



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 generally good at the project and in Port Elizabeth.

WiFi is available in the communal areas of 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

The infographic features six icons arranged in a 2x3 grid. The top row icons are: an infinity symbol, a smartphone with a checkmark, and a speech bubble with three dots. The bottom row icons are: a speech bubble with a checkmark, a rocket, and a SIM card. Each icon is centered above a text block describing a benefit.

- 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.

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

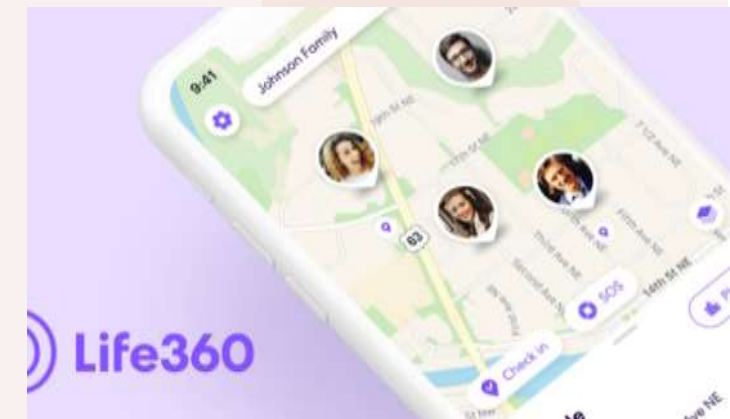


Useful Apps for Next of Kin

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.



COMMUNITY DONATION BAGS

AFRICA

Community GAP Donation Bags

- Sports kit (football kit, boots, shirts, deflated balls, bibs, socks etc)
- 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

- Toothpaste, toothbrushes and facecloths
- Towels
- New reading glasses
- Recyclable period pads and period pants

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

