RISEHOLME COLLEGE
Q&A PRESENTATION

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

ABOUT SHAMWARI GAME RESERVE

Project overview and location

ABOUT SHAMWARI

Shamwari Game Reserve - Location

- South Africa a world leader in conservation
- Malaria-free Eastern Cape

ABOUT SHAMWARI

Shamwari Game Reserve

- 25,000 Hectare Privately Owned Game Reserve
- A pioneer in conservation in Southern Africa
- Award winning conservation team including:
  - Wildlife Vets
  - Ecologists
  - Anti Poaching
- Home to Born Free Foundation
- Lodge dedicated for our groups

ABOUT SHAMWARI

Home to the BIG 5

ABOUT SHAMWARI

Home to over 60 Species of Mammal

ABOUT THE PROJECT

Your Conservation Projects

- General Reserve Maintenance
- Alien Plant Eradication / Land Management
- Spatial Distribution/habitat use of species
- Data Collection and Research
- Habitat and Prey Selection of Lions
- Elephant Monitoring & Study
- Work at the Born Free Foundation
- General Game Drives and Walks
- Night Drives
- Field Skills and Survival Training
- Community Development

COMMUNITY DONATION BAGS

Community GAP Donation Bags

- **A project favourite –** games for the elderly
- Reading books and activity books (not sticker books)
- Stationery - pencil cases, pens, crayons, colouring pencils, chalk, plain and coloured paper
- Skipping ropes, tennis balls
- Jigsaws, puzzles, playing cards and games
- Football rugby and netball socks, boots, bibs and balls – **no** sportswear
- Pull ups (age 6 years and up)
- Incontinence pads (for the elderly)
- Plastic bowls and spoons (for pre-school)
- Sanitary towels/pads (**no** tampons or period pants)
- First aid kits (bandages and plasters)

NO clothes or sports wear (new or second-hand)

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.

ACCOMMODATION & LIFESTYLE

Life in the African Bush

ACCOMMODATION & LIFESTYLE

Shamwari

You will be accommodated in a purpose-built lodge located on the reserve. Rooms are shared with ensuite bathrooms.

There is a communal area with lounge, bar and dining area as well as a small lecture room. There is a laundry service once a week.

The lodge grounds offer a swimming pool, large garden area and boma; enjoy sitting around the fire in the evening.

Internet access is available although speeds are not as good as in the UK.

ACCOMMODATION & LIFESTYLE

Food at the Project

Three meals are provided daily. Meals will either be taken at the accommodation or as a pre-packed serving, depending on planned or unscheduled activities.

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

Day 1	Day 2	Day 3	Day 4	Day 5
Cereal, toast, muffins, fruit	Cereal, toast, oats, fruit	Cereal, toast, flapjacks, fruit	Bacon, fried eggs, french toast	Scones, fruit, cereals, toast
Hot dogs with salsa and simba chips	Sandwich, crisps, fruit	Sausage rolls, Greek salad, jungle bars	Wraps, pasta salad, jungle bars	Chicken burgers, chilli mayo, chips, fruit
Lamb potjie, beetroot and green salad	grilled chicken, pap cakes, relish, Greek salad, carrot salad	Veggie bake, potato mash, mixed leaves and bean salad	Spaghetti bolognaise, cheese, green salad	Beef kebab, sweet potato, creamy spinach, green salad

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

ADDITIONAL ACTIVITIES & EXCURSIONS

Your free time on project

1 DAY – SUNSHINE COAST

AFRICA

Visit some of the most pristine coastline that South Africa has to offer and experience the thrill of sandboarding through the dunes. After the kayak is over, we will settle down to a beach braai (BBQ) in front of the crashing waves and beautiful views before the excitement of sandboarding.

Itinerary

08:00 – Pick up at project

10:00 – Kayak paddle

12:00 – Beach BBQ Lunch

13:00 – Sandboarding

17:00 – Arrive at project

Included

Professional guide

Comfortable 14 – 22 seater vehicle with trailer

Sandboard and Kayak rentals

Lunch

Transfers to/from accommodation

Excluded

Curios, tips and extra activities

£89.00 pp 2026 rate

STAY AT BASE – SHAMWARI ACTIVITIES

There are a number of indoor and outdoor activities available right at the lodge. So, if you like, stay at 'home' and participate in some or all these activities!

No charge – on site lodge activities

- **Potjie competition – challenge in teams cooking on open fire**
- Swimming pool
- 20min hiking trail in the garden
- Birding in the garden
- Library, pool table, finger board, dart board
- Volleyball
- Croquet

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

Charged activities

Spa treatments – community project

- Facials
- Nails
- Hair braiding

(rates available on request – paid directly)

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	24/05/2026	London Heathrow (LHR)	22:25	Johannesburg (JNB)	10:25 + 1 Day
FA534	25/05/2026	Johannesburg (JNB)	13:05	Port Elizabeth (PLZ)	14:50

*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 Shamwari Game Reserve

FLIGHT INFORMATION

Cabin Baggage

Rucksack (not trolley suitcase)
No larger than 56x33x23cm

Hold Baggage

One piece maximum 20kg

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 United Kingdom

Flights

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
FA363	06/06/2026	Port Elizabeth (PLZ)	13:50	Johannesburg (JNB)	15:35
VS450	06/06/2026	Johannesburg (JNB)	20:25	London Heathrow (LHR)	06:30 + 1 Day

*Always check the flight timings on your final document

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

Return Journey

Transfer from Shamwari Game Reserve.
Check in at the FlySafair check-in desk.

TRAVEL DOCUMENTS

AFRICA

Travel Documents

- Final Documents Issued 11/05/2026
- Emailed to your personal and/or college email address
- Print and take copies
- Boarding passes issued at the airport
- Passports!

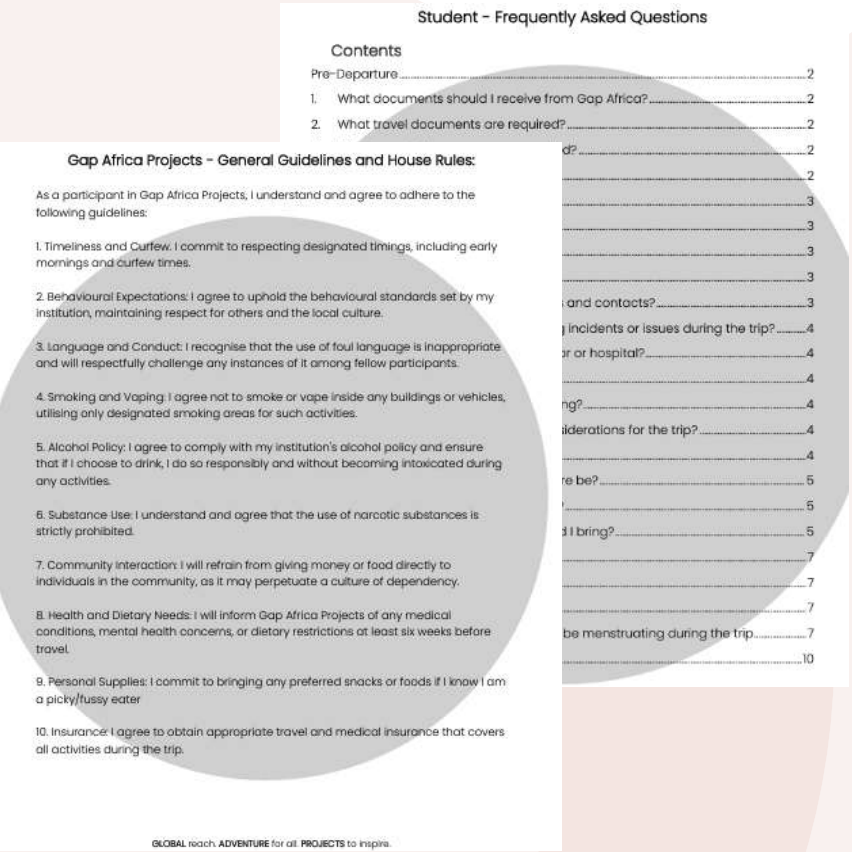
TRIP DOCUMENTS

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.

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https://gapafricaprojects.com/26-4683/

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
- Long work trousers and shorts (or work/zip-off trousers)
- Hiking boots/comfortable walking shoes to work in every day
- Waterproof jacket
- Sweatshirt/Fleece (Winter months pack plenty)
- Padded jacket/windbreaker (Winter months) although it can get very cold on an open vehicle even in summer
- 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)
- Working gloves
- Daypack rucksack
- Swimwear
- Sunscreen and Sunglasses
- Personal medical items
- First aid kit
- Toiletries
- Tick / Insect repellent
- Water bottle

Other useful items:

- Binoculars
- Camera
- Power bank
- Good torch

* 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.

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

24	25	26	27	28	29	30
22° 8°	23° 5°	22° 5°	22° 5°	22° 6°	22° 6°	22° 6°
31	**1**	**2**	**3**	**4**	**5**	**6**
22° 6°	22° 7°	22° 8°	23° 10°	25° 10°	25° 8°	24° 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 good at Shamwari, although there may be some areas on the reserve where there isn't any coverage.

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

Holafly

- 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

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

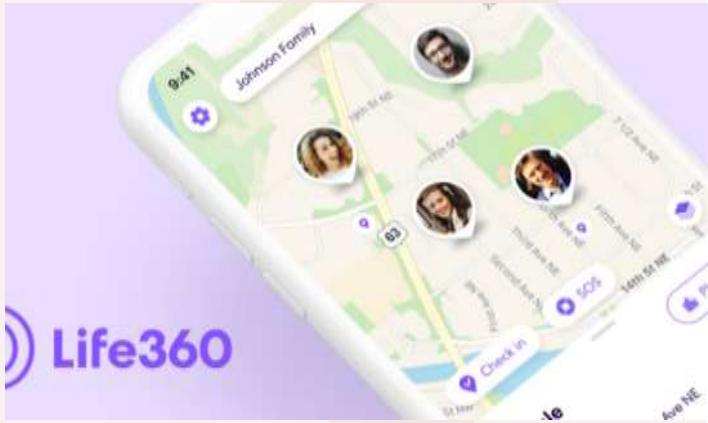
Useful Apps for Next of Kin

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



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