SOUTH STAFFORDSHIRE COLLEGE
INFORMATION PACK

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

TRIP OVERVIEW

South Staffordshire College Booking Reference 4799

Travel Dates:

1st July 2026– 16th July 2026

Flights:

Flight No	Flight Date	Dept.	Dept. Time	Arr.	Arr. Time
VS449	01/07/2026	London Heathrow (LHR)	20:50	Johannesburg (JNB)	08:50 + 1 Day
FA373	02/07/2026	Johannesburg (JNB)	13:05	Port Elizabeth (PLZ)	14:50
FA361	16/07/2026	Port Elizabeth (PLZ)	13:35	Johannesburg (JNB)	15:20
VS450	16/07/2026	Johannesburg (JNB)	20:25	London Heathrow (LHR)	06:30 + 1 Day

*Always check the flight timings on your final documents

Baggage Allowance – 1 piece of checked baggage @ 20kgs & 1 piece of hand baggage @ 7kgs and max dimensions 56x36x23 cms

Project:

Sports Coaching Project

ABOUT THE PROJECT

Our sports coaching in more detail

ABOUT YOUR PROJECT

AFRICA

Project Location

Your Sport Coaching project is based in Port Elizabeth. The city is situated 800km from Cape Town and is known for its sunshine and safe sandy beaches .

Located on the South Eastern coast of Africa, this major sea port and tourist destination is set along the beautiful shores of Algoa Bay and is fondly referred to as the Friendly Eco-City.

Temperatures are moderate all year round with rain scattered throughout the year, the summers are warm with a very temperate humidity level, whereas the winters are mild and pleasant. There is a significant amount of water sports all year round; surfing, boardsailing and diving. Overseas tourists will be happy to hear that even at the seaside you can enjoy the awe inspiring wildlife of Africa because there are a number of wildlife reserves in the area around Port Elizabeth.

ABOUT YOUR PROJECT

Project Overview

Your role as a volunteer sports coach in South Africa will be to run and supervise all training and matches for the players in the local townships and schools in the surrounding area. Unless you are used to training young children this may sound like a daunting task however you will soon realise the local children whom you will teach are desperate to absorb your skills and knowledge of the game. This project is highly rewarding as the talent and enthusiasm is often present in the players that you will train however the experience of structured training and team formation is lacking.

You will not be alone on your project and will receive support from our in-country team and other volunteers as well as our local sports coaches who will point you in the right direction, offer training ideas and tournament concepts. You will soon develop your own training techniques, unique to you and your players and leave your project knowing you have made a genuine difference.

The coaching we offer is for the children in local townships and is as inclusive as possible, offering the opportunity to as many kids as we can. We aim to provide all year coverage so that there is maximum exposure for the township kids and although the majority of your placement will coincide with the school term, there may be times when there is a week or two of school holidays.

There is no less need for coaching at the holiday camps than in the term time, this is something that the kids have actually come to depend on and enjoy. This also allows coaching to be based in different areas and provides other kids with the opportunity to learn a new skill who cannot attend during term time. Needless to say, the kids love these coaching sessions both in the school term and in the holidays.

The actual amount of coaching varies very little for you and will take the same format as the coaching on the school grounds. The beauty about the holiday camps is that you can still continue to coach your particular sport for around 3 – 4 hours a day, but you will also have the opportunity to take part in many other activities and sports, should you wish.

ABOUT YOUR PROJECT

Project Overview

Activities You Will Experience

- Sports coaching, including club training and match play
- Team tournaments
- Inclusive social activities:
  - Visit to Kragga Kamma (a local wildlife park)
  - Sundays River boat trip and beach braai (BBQ)
  - Visit to Jeffrey's Bay (home of surfing South Africa)
  - Visit to the Penguin Sanctuary

Although no prior coaching experience or qualifications are required a basic understanding of the game and/or playing experience is necessary.

Equipment Donation for South Africa

We are dedicated to sustainable development. This is why part of the fee you pay goes towards buying decent equipment for beneficiary organisations in South Africa. You will often use this equipment during your project and it is always left with the community when you leave. In some cases, an equipment donation may not be appropriate, so a financial contribution is made instead.

ABOUT YOUR PROJECT

Project Overview

Sports Camps

The majority of your volunteer project will coincide with the school term but during school holidays you will be able to coach at sports camps in or around the Port Elizabeth area. There is a big need for volunteer coaches at these camps and they are a fantastic way of coaching sports to children who do not usually have access to sports during term time. The camps expose sport to a large number of African children and are something the young athletes have come to depend on and really enjoy. The camps also allow you to see other parts of South Africa that you would not otherwise experience.

Other Volunteer Projects

In addition to your main sports coaching project, you can get involved with some non-sports volunteer projects if you wish. Projects range from care work with orphans to teaching in local schools. And with a western education, you will be able to make a significant contribution to the standard of teaching that the young students receive. Subject areas include english, maths, science, business, IT plus a whole variety of extra-curricular activities. Many volunteers find this element of their volunteer trip one of the most rewarding.

ABOUT YOUR PROJECT

Example itinerary - 14 Nights

Meals	Morning	Afternoon
D	-	Arrival - Port Elizabeth International Airport (PLZ) and Introduction
B/L/D	Township Tour	Trip to Kragga Kamma Wildlife Reserve
B/L/D	Coaching induction – coaching techniques, sample sessions and facilitation guide	Afternoon at Kings Beach or Baywest Shopping Mall
B/L/D	Coaching in the township communities	Coaching in the township communities
B/L/D	Coaching in the township communities	African 'bushcamp' with dancers and dinner
B/L/D	Isaac Booi Day Experience; Reception sports session, classroom sessions	Relaxing afternoon or match preparation
B/L/D	Visit Jeffreys Bay – home of Surfing South Africa and World Surf League Annual Competition	Sand dune boarding, lunch at the beach and visit to Billabong factory outlet
B/L/D	Enjoy local African market	Relax at the beach
B/L/D	Coaching in the township communities	Traditional gumboot dance lesson
B/L/D	Rest day	Rest day
B/L/D	Coaching in the township communities	Relaxing afternoon (beach) or match preparation
B/L/D	Coaching in the township communities	Coaching in the township communities
B/L/D	Coaching in the township communities	Visit to the Penguin and Seabird Rescue Centre
B/L/D	Sundays River boat trip and BBQ on the sand dunes	Sundays River boat trip and BBQ on the sand dunes
B/L	Departure - Port Elizabeth International Airport (PLZ)	-

ACCOMMODATION & LIFESTYLE

Life in the Eastern Cape

ACCOMMODATION & LIFESTYLE

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.

ACCOMMODATION & LIFESTYLE

Food at the project

Three meals are provided a day prepared by the kitchen staff. The food is basic but nutritious.

Breakfast 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.

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

Social Life in South Africa

We believe it is important to give our volunteers the chance to unwind and have fun while they are away. Our in-country team therefore organises a variety of social activities to bring volunteers together, to share their experiences and, above all, have a good time. The social life in South Africa really is second to none and you will return home with some truly unforgettable memories and friends for life. With so many sporty people living together, social sports teams are pretty much unavoidable and there are plenty of local teams to play for.

For the less competitive, why not head to the beach for some casual volleyball and football matches in the African sunshine? You'll also get to experience plenty of Braais during your stay (authentic South African barbeques under the stars). Sport, friendship and lots of laughs - what more could you want from a social life abroad?

ACTIVITIES AND EXCURSIONS

Your free time on the project

ACTIVITIES & EXCURSIONS

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 activites/excursions.

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

ACTIVITIES & EXCURSIONS

AFRICA

Kragga Kamma Game Park

Experience the natural beauty of the luscious South African landscape and diverse wildlife up close and personal at Kragga Kamma Game Park.

The park's lush coastal forest and grassland plays home to vast herds of African game including White Rhino, Buffalo, Cheetah, Giraffe, Zebra, Nyala, Bontebok, Lechwe and many more species. The animals roam freely, unrestricted in their natural surroundings giving you the opportunity to view the animals in the most peaceful, natural state.

Your visit will include a 2-hour guided game drive in an open Game Viewer accompanied by a professional guide. Learn fun facts and detailed information about the animals found in the park as well as the historical background of the area.

You can also engage in birdwatching from the Treetop Boardwalk or take a tranquil stroll along The Monkey Walk with the opportunity to see vervet monkeys, cheetahs and even the shy and elusive blue duiker.

ACTIVITIES & EXCURSIONS

AFRICA

Day Trip to Jeffrey's Bay (J Bay)

Jeffrey's Bay is a surfer's haven on the Sunshine Coast in the Eastern Cape. It is also home to the best right hand surf break in the world and annually hosts the Surf Pro, a World Championship Tour event.

The bustling town is bordered by nature reserves and rivers to create a paradise of sunshine, shopping and surfing with a thriving local craft industry.

J Bay is more than just a surf town. It was once a port for coasters (vessels used to transport cargo and passengers along the coast) and received its name from the nineteenth century trader J.A. Jeffrey.

You will have time to:

- Try your hand at Sandboarding
- Enjoy lunch at the beach
- Visit the Billabong factory shop in the J Bay Surf Village

ACTIVITIES & EXCURSIONS

AFRICA

Penguin and Seabird Rescue Centre

The Southern African Foundation for the Conservation of Coastal Birds (SANCCOB) Eastern Cape, located in Port Elizabeth (officially renamed Gqeberha), is a rescue facility for seabirds. Here, birds that have been oiled, stranded, injured or abandoned are nursed back to health. Their work is critical, as the African penguin population has recently declined.

You will have the opportunity to visit and have a tour of the Seabird Rescue Centre and learn more about survival of the critically endangered African Penguin and other seabirds in distress. There is a shop to buy souvenirs.

Lunch will be arranged at a beachfront restaurant and there may also be time to enjoy a stroll along the beachfront and take a walk down the length of Shark Rock pier.

https://sanccob.co.za/

ACTIVITIES & EXCURSIONS

River Cruise, Dancing, Dinner & Shopping

During your stay in Port Elizabeth, you will have free time to visit its beautiful beaches, explore the diverse wildlife and nature reserves, rich cultural heritage, friendly locals, and vibrant arts and food scene. It is an outdoor-lover's paradise.

- Sundays River boat cruise - observe native bird species and gaze in wonder at the towering Alexandria Dune Sea
- Traditional braai - South African social tradition centered around an outdoor barbecue, usually over a wood or charcoal fire
- Traditional gumboot dance lesson – a high-energy South African art form involving stomping, slapping, clapping, and sometimes singing or chanting, all performed while wearing wellington boots
- Traditional African 'bushcamp' - often referred to as a boma dinner, a cultural experience where guests dine around a central fire, enjoying local dishes and entertainment like storytelling, drumming, and traditional dancing under the stars
- Visit to Bay West Mall - the Eastern Cape's largest shopping centre, packed with retail, entertainment and food outlets

ACTIVITIES & EXCURSIONS

Parkrun (Hobie Beach)

Kick off your Saturday with the Hobie Park Run, a free and friendly 5km right on the beachfront. Whether you're here to compete, stay sharp, or just enjoy the vibes and socialise, this run is the perfect way to start your weekend.

The route takes you along the boardwalk to MacArthur Pools, onto the beach, and all the way to the harbour wall—touch it, turn around, and race back the same way. The finish is clearly marked near the grass embankment steps.

Why join?

- Great atmosphere with locals and visitors
- Scenic coastal route (yes, the beach stretch will test your legs!)
- Competitive edge: Your result includes Age Grading, letting you compare your performance against other athletes
- Completely FREE

Bring your energy, bring your barcode, and see how fast you can go!

ACTIVITIES & EXCURSIONS

5-a-Side Football

Fancy sharpening your competitive edge with the locals whilst in the sun? Five-a-side football is the perfect way to do it!

If you're new to the sport, here's what to expect:

- Each team plays with five players – four outfield and one goalkeeper.
- The action takes place on a smaller, fast-paced pitch with smaller goals and shorter match durations, meaning plenty of touches and constant involvement.
- You'll go head-to-head with local teams, giving you the chance to enjoy friendly competition, test your skills, and socialise with the Port Elizabeth community.

Matches take place every Wednesday – the perfect mid-week boost of energy, teamwork, and fun and all organised by the GAP Africa team.

USEFUL INFORMATION

Inclusions/Exclusions & Recommended Kit List

WHAT'S INCLUDED

What is Included?

- UK Transfers
- Flights
- Transfers to/from project
- Accommodation
- Three meals per day
- All activities as part of the project
- Airport meet/greet
- 24/7 In country 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

* Provided by the college - please confirm with your college the details of the insurance provided.

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

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