SOUTH STAFFORDSHIRE COLLEGE
PRE-DEPARTURE 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

ARRIVAL

Arrival at Johannesburg International Airport (OR Tambo)

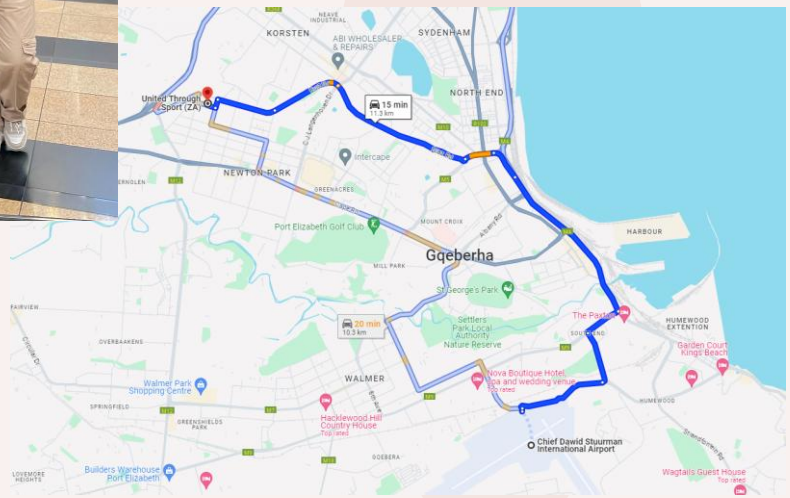
Upon arrival at Johannesburg airport, you must clear passport control and collect your baggage from baggage reclaim before heading into the arrivals hall.

Either Carmen or Lesedi, the GAP Africa Projects representative, will meet you **next to the statue** as you come into the arrivals hall.

They will assist you in checking in for your onward flight at the Domestic Terminal, Terminal B, for your SAFAir flight to Port Elizabeth.

On arrival at Port Elizabeth Airport, you will be met by a representative from United through Sports to transfer you to your accommodation., the transfer will take no more than 30min.

If for any reason you cannot locate the representative, please call United through Sports on +27 79 646 3207.



CONTACT DETAILS

AFRICA

Address
United Through Sport (ZA)

57 King Edward St, Newton Park,

Gqeberha, 6045, South Africa

United Though Sport Landline
+27 41 364 0572

(Out of hours and Weekends)

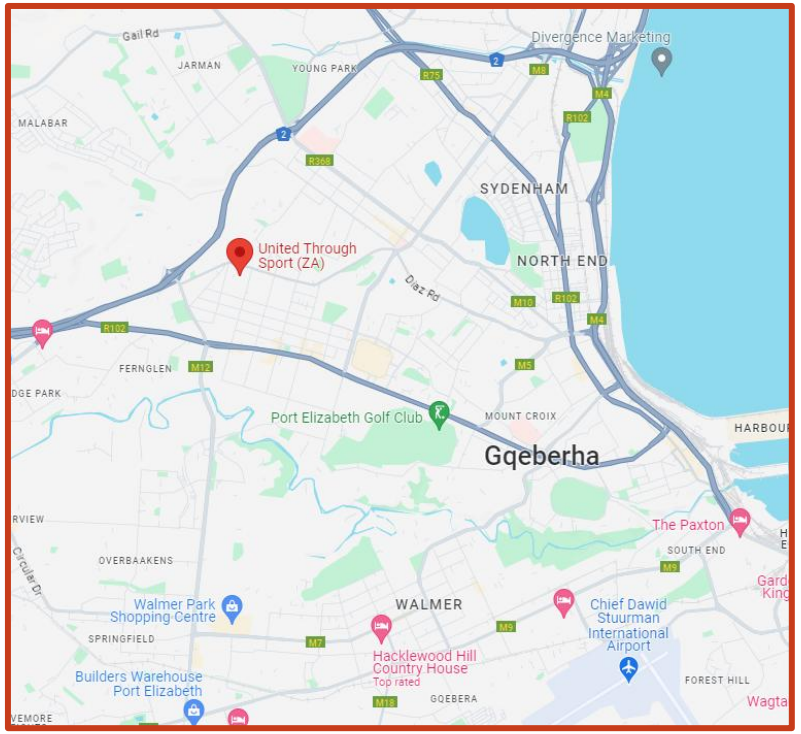
Mobile
+27 79 646 3207

Morgan (Project Manager)

Gap Africa Projects
+44 (0) 744 260 1694

24 Hour Emergency Only

Gap Africa Projects In Country contact:
+27 (0) 79 313 2276 Carmen Warmenhove



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

AFRICA

What To Expect 'Weatherwise' From May To August

Make sure you are ready for the **chilly nights** and crisp mornings during autumn and winter in South Africa. Staying warm will be key to you enjoying your experience.

The months of May to August are characterised by cool, dry, and sunny days with **very cold** nights. As soon 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.

Whilst blankets are provided, we also recommend a **sleeping bag liner** as well as the following kit list:

Clothing & Layers

- Thermal base layers: Lightweight long-sleeve tops and leggings.
- Mid-layers: Fleece jackets/jumpers or wool sweaters
- Insulated outer layer: A down or synthetic-filled jacket
- Waterproof shell: Wind and water-proof jacket and trousers

Accessories and Footwear:

- Beanie or woollen hat
- Thermal gloves or mittens
- Thermal socks (wool or synthetic; bring at least three pairs)
- Insulated hiking/walking boots: Waterproof, broken in, with good grip/sole
- Lip balm and moisturiser (such as Vaseline)
- Disposable or USB rechargeable heat packs

If you feel the cold, pack appropriately!

USEFUL INFORMATION

Climate

Average temperatures in the Eastern Cape are shown on the graph.

During the months of April – November you should experience good weather. February is the warmest month and July the coldest. May is the driest month.

Have a look at the AccuWeather website, link below, for more information:

https://www.accuweather.com/en/za/gqeberha/304827/weather-forecast/304827

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.

USEFUL INFORMATION

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.

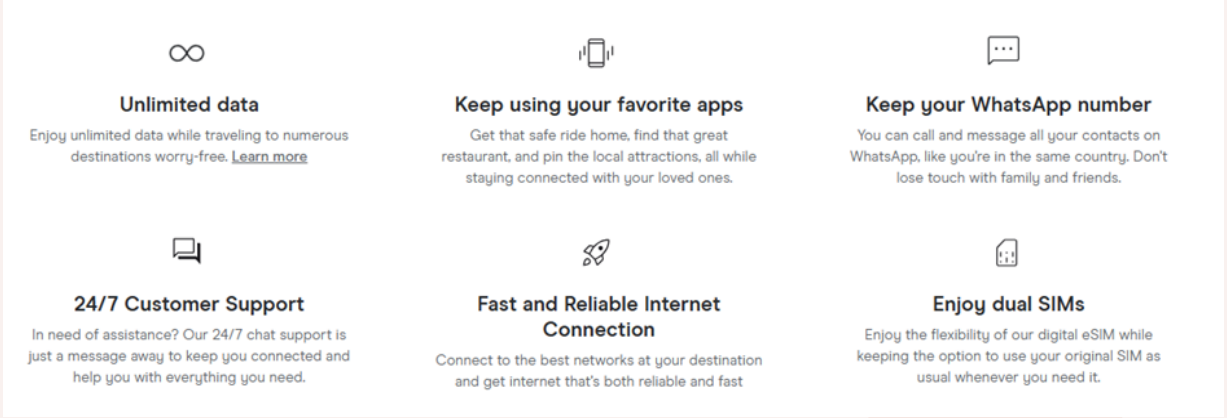
We have partnered with Holafly eSim provider 5% discount use code GAPAFRICAPROJECTS

Benefits of an eSIM

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



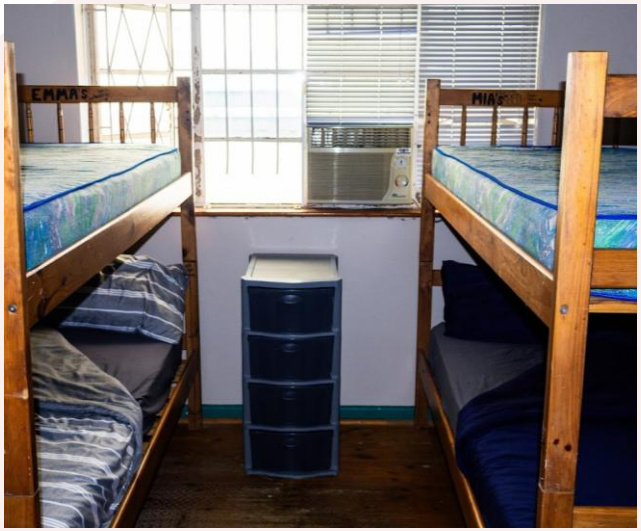
ACCOMMODATION & LIFESTYLE

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.

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

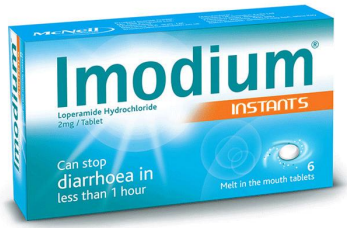
USEFUL INFORMATION

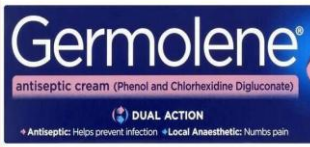
AFRICA

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





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

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