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. **Insurance**: I agree to obtain appropriate travel and medical insurance that covers all activities during the trip.

2. **Timeliness and curfew**: I commit to respecting designated timings, including early mornings and curfew times.

3. **Behavioural expectations**: I agree to uphold the behavioural standards set by my institution, maintaining respect for others and the local culture.

4. **Language and conduct**: I recognise that the use of foul language is inappropriate and will respectfully challenge any instances of it among fellow participants.

5. **Smoking and vaping**: I agree not to smoke or vape inside any buildings or vehicles, using only designated smoking areas for such activities.

6. **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.

7. **Substance use**: I understand and agree that the use of narcotic substances is strictly prohibited.

8. **Water safety**: I will follow all safety guidelines set by my institution and the project regarding swimming in pools, rivers, lakes, or the sea.

9. **Sun protection and hydration**: I commit to taking necessary precautions against the harsh sun, staying hydrated at all times, and only consuming designated safe drinking water.

10. **Valuables security**: I agree to keep my valuables locked away or hidden to prevent theft or loss.

11. **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.

12. **Personal supplies**: I commit to bringing any preferred snacks or food if I know I am a picky/fussy eater.

13. **Accommodation hygiene**: I will maintain cleanliness and tidiness in my accommodation throughout the duration of the trip.

14. **Community interaction**: I will refrain from giving money or food directly to individuals in the community, as it may perpetuate a culture of dependency.

15. **Appropriate dress**: I will dress modestly and respectfully, particularly during interactions with local communities and on game drives, avoiding revealing clothing. Whilst on the project in the field and the community you are representing Gap Africa and your Institution and as such your dress should be appropriate, details can be found on the pre-departure packs and kit list.

16. **Wildlife interaction**: I understand that approaching, touching, or attempting to capture wildlife without prior consent from a project coordinator is prohibited.

17. **Resource conservation**: I will conserve water by taking short showers and turning off air conditioning when not in use.

18. **Reporting and communication**: I will promptly report any incidents, injuries, or concerns to my tutor and the project coordinator.

19. **Phone etiquette**: I understand the importance of respecting wildlife and nature by keeping my mobile phone on silent during game drives. Phones should only be used for photos and taking notes whilst out in the field.

20. **Internet accessibility**: I acknowledge that Wi-Fi availability may be intermittent and speeds may vary from those in the UK, I commit to being respectful of Wi-Fi usage and will not attempt stream or download anything.

I acknowledge that failure to comply with the guidelines set forth by Gap Africa Projects, the project, or my institution may result in my expulsion from the programme at my own expense.