ARU WRITTLE
INFORMATION PACK

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

ABOUT THE PROJECT

Our sports coaching in more detail

ABOUT YOUR PROJECT

AFRICA

Project Location

Your Sport Coaching project is based in Gqeberha (Port Elizabeth). The city is situated 750km from Cape Town and is known for its sunshine and safe sandy beaches.

Located on the South-Eastern coast of Africa, this major seaport and tourist destination is set along the beautiful shores of Algoa Bay and is fondly referred to as the Friendly 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 inspiring wildlife of Africa because there are a number of wildlife reserves in the area around Gqeberha (Port Elizabeth).

ABOUT YOUR PROJECT

Project Overview

You will be helping to deliver sports sessions in township schools and community centres, working alongside United Through Sport's coaches and the school staff who lead them. In practice that means running drills, taking small groups, setting up, officiating games, and giving individual children the attention a full class makes difficult.

Unless you have coached before, that may sound daunting. It isn't. The sessions are structured by people who run them every week, you will be shown what to do, and the children are keen. What these schools don't have is enough coaches and enough continuity — which is exactly the gap a group like yours fills for a fortnight.

You will not be on your own. UTS coaches and your college staff are with you throughout, and by the end of the two weeks you will have found your own way of running a session.

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 Jeffreys Bay (home of surfing South Africa)
  - Visit to the Penguin Sanctuary

No coaching qualification is needed — sessions are led by UTS coaches and school staff. You will need a basic understanding of your sport and some playing experience.

Equipment Donation for South Africa

Part of your trip cost goes to the project you are visiting. What it buys is agreed with United Through Sport according to what they need at the time — usually sports equipment you will use during your stay and leave behind, occasionally a direct contribution where equipment isn't what's needed.

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 Gqeberha (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

Alongside the sports programme you may be asked to help with UTS classroom sessions — reading one-to-one, basic numeracy, and supporting the youngest age groups. You work alongside the teacher rather than leading the class: what you add is time and individual attention that a full class makes difficult. Students often tell us this is the part of the trip they remember most.

ACCOMMODATION & LIFESTYLE

Life in the Eastern Cape

ACCOMMODATION & LIFESTYLE

Accommodation - Umzi

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

The projects serve wholesome fresh food and do not rely on processed food, so we encourage you to explore new flavours, sample unfamiliar dishes and venture outside your food comfort zone.

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. We cannot guarantee an allergen-free environment.

We do suggest that, if you have particular snacks or foodstuffs that you prefer, you take some items with you as the choice is limited in South Africa, particularly Gluten Free items.

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. You will return home with some truly unforgettable memories and friends for life.

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 game reserve / park)
- Visit to Jeffreys 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 GAP Africa Projects' public 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

Jeffreys Bay (J Bay)

Jeffreys Bay is a surfer's haven on the Sunshine Coast and alongside its beautiful beaches (especially Dolphin Beach), has more attractions to offer than just surfing

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

Penguin and Seabird Rescue Centre

The Southern African Foundation for the Conservation of Coastal Birds (SANCCOB) Eastern Cape, located in Gqeberha (Port Elizabeth), 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

AFRICA

River Cruise, Dancing, Dinner & Shopping

During your stay in Gqeberha (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.

- 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 – one of Eastern Cape's largest shopping centres, 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

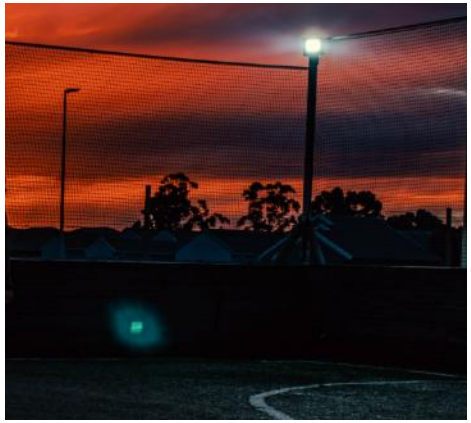
5-a-Side Football

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 community.

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



USEFUL INFORMATION

Inclusions/Exclusions & Recommended Kit List

WHAT'S INCLUDED

What is Included?

- Flights
- Transfers to/from project
- Accommodation
- Three meals per day unless specified
- All activities as part of the project

NOT Included

- UK transfers
- 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.

10890 ATOL PROTECTED

WHAT'S INCLUDED

ATOL Protection

All schools, colleges and universities are covered by ATOL when we arrange flights and land arrangements. Every group booking will receive an ATOL certificate.

What is ATOL?

- ATOL stands for Air Travel Organiser's Licence.
- It is a financial protection scheme managed by the UK Civil Aviation Authority (CAA) when you book a package trip which includes a flight.

What Does ATOL Protection Do?

- **Refunds you**: If your travel company collapses before you travel, you get your money back.
- **Brings you home**: If your provider goes bust while you are already abroad, the scheme arranges and pays for your flight home, so you are not stranded.
- **Supports your stay**: ATOL helps you if your trip is interrupted mid-trip by a company failure.

YOU ARE NOT GOING ON HOLIDAY

AFRICA

You are travelling overseas on a working placement. You will be coaching children in township schools and community centres alongside United Through Sport's coaches and local school staff — not on a sports tour. You will need to be adaptable.

Plans change - sometimes weeks out, sometimes on the day

- Sessions run around the school timetable. An assembly, an exam or a staff meeting can move or cancel a session with no notice
- How many children turn up varies day to day, from a handful to a full class
- Facilities are whatever the school has: a hard court, a grass strip, sometimes neither. Equipment is shared and it is not new
- Rain cancels outdoor sessions, and at most sites there is no indoor alternative
- Fixtures against local teams depend on the opposition being able to field a side

What we do when plans change Timings and the order of the day flex, sometimes without notice. We rebuild the day with UTS, so you are never left with an empty one — but you may be asked to run something different from what you prepared, at short notice, for a different age group.

What to expect day to day

- Accommodation is comfortable but basic: shared rooms, shared toilets and showers
- Early starts and full days, with travel into the townships by minibus
- Power cuts and water interruptions are normal, particularly in South Africa, and are not an emergency
- Wi-Fi and phone signal are patchy to non-existent — tell people at home now
- You will be hot, dusty and tired, and you will do it again the next day

YOU ARE NOT GOING ON HOLIDAY

AFRICA

Working with children

UTS coaches and school staff lead the sessions and hold the duty of care; you are there to assist and to deliver sessions under their direction.

- Stay in sight of another adult at all times.
- No photographs of children on personal phones or social media.
- No contact details, no adding children online, no arrangements to stay in touch after you leave.
- No gifts or money to individual children, and no promises you cannot keep — including promising to come back.
- If a child tells you something that worries you, tell your group leader or UTS staff the same day and let them deal with it.

Flights sit with the airline Delays and cancellations are the airline's responsibility. We will still get you there, reshape the programme around the time you have

If something isn't right, say so there and then Tell your group leader or the UTS team the same day. We can almost always fix it while you are still there; we can't once you are home.

Remember You represent your college, GAP Africa Projects and the UK, and the coaches and teachers you work with will remember how you treated them. The children are not there to make you feel useful — the students who get the most out of these trips turn up, do what is asked, and come back the next day.

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 (May - August)
- Socks
- Underwear
- Change of casual clothes for evenings
- Sandals / comfy shoes to wear after work hours
- Warm hat (May - August) / Hat for sun protection (all year)
- Gloves for warmth (May - August)
- Daypack rucksack
- Water bottle (2 litre capacity)
- Swimwear
- Bath towel (if at UTS accommodation)
- 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

RESPONSIBLE BUSINESS

AFRICA

This is about creating measurable, positive change for people, wildlife, and the environment. Our commitment to sustainability, ethics, and community empowerment is embedded in everything we do.

Reducing Environmental Impact through Local Empowerment - We actively minimise unnecessary international staff travel by training and empowering local guides, coordinators, and support teams to deliver programmes on our behalf, reducing our carbon footprint in line with sustainability goals while directing income into local economies to ensure the communities where we operate benefit directly from tourism.

Direct Reinvestment into Conservation – We have reinvested and purchased a private nature reserve, directly supporting a global rewilding pledge. This will help safeguard critical wildlife habitats in line with global biodiversity targets, enable long-term research and conservation projects that strengthen rewilding efforts, and provide a secure, collaborative space for local conservationists and researchers to advance habitat restoration and ecosystem protection.

Funding Wildlife and Research Projects - We support urgent conservation work and scientific research through sponsoring wildlife interventions, including anti-poaching efforts and veterinary care, partnering with registered non-profits to fund biodiversity research, habitat restoration, and wildlife monitoring, and providing financial backing for academic research that advances both global conservation knowledge and local sustainability.

Community Development & Education Commitments - We are dedicated to ensuring that communities benefit from sustainable tourism and conservation by committing a portion of annual profits to local education and empowerment programmes.

Sustainable Business Model - We are not a generic travel company; we take a purpose-driven approach by carefully selecting projects that align with our values, ensuring that every trip and partnership creates jobs, supports livelihoods, and builds local capacity, drives education and training to equip people with skills to progress, and maintains direct and transparent financial impact so we know exactly where our support goes and the difference it makes.

Ethical Partnerships & Fair Labour - We only collaborate with partners and projects that actively engage in wildlife conservation and community education. We require partners to demonstrate fair labour practices by ensuring staff receive appropriate wages, benefits, and working conditions aligned with local employment standards, and share our ethos of responsibility, transparency, and long-term impact.

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

Explore our network of Global Adventure Projects:

GLOBALADVENTUREPROJECTS.COM