

Raleigh Expedition

PRE-DEPARTURE PACK: South Africa





This is the beginning of your Expedition to South Africa! It will be a journey of self-discovery and adventure that will take you to extraordinary places, introduce you to unforgettable people, and change you in ways you can't even begin to imagine.

This Pre-Departure Pack serves as your go-to guide when preparing for your trip and during your time on the project.

It includes everything from pre-travel requirements such as insurance, vaccinations, and background checks to information on airport transfers, what to pack and how to stay safe and healthy on project.

Connect with your fellow venturers!

We will create a Facebook or Whatsapp Group one month before your departure for you to connect with others on your Expedition. Keep an eye out for the email with the joining link.

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Pre-Departure Form

To take part in Expedition and ensure the project teams are ready for your arrival we require you to submit a series of personal/travel information.

Please complete this pre-departure form.

Information required:

- ✔ Passport information
- ✔ Insurance details
- ✔ Flight details
- ✔ Dietary requirements

If you do not have all the information right now, you can leave sections blank and return to complete it at a later date.



Raleigh International

Please complete the details below to ensure the project teams are ready for your arrival.
If you do not have all of the information right now, you can leave sections blank for now and return to complete it at a later date.

First name * Last name *

Email *
Please ensure the email address matches the one used for the company booking.

Gender Assigned At Birth What are your preferred pronouns?

Insurance details

Insurance Provider

Travel Insurance Policy Number

Travel Insurance Phone Number

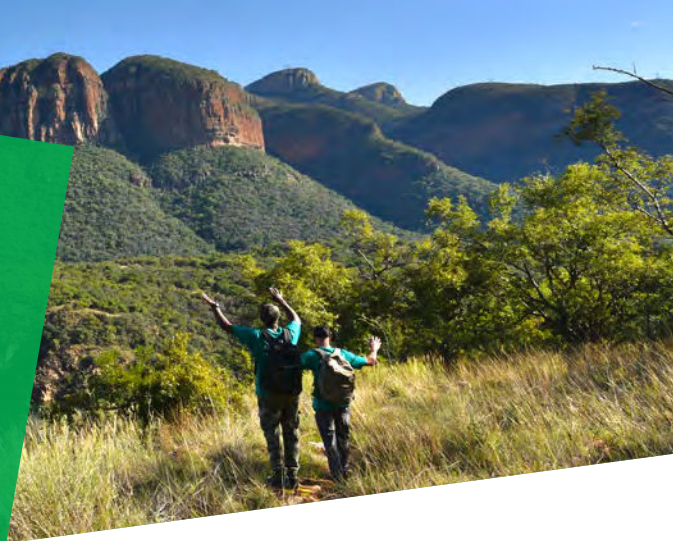
Next of Kin details

Your closest relative who you would want us to contact in an emergency:

Full name (next of kin) Relationship (next of kin)

Email (next of kin) Contact number (next of kin)

Arrival and Flights Guidance



Airport:	Hoedspruit Eastgate Airport (Limpopo Province)
Airport Code:	HDS
Land by:	14:00 on the start date of your Expedition
Take off after:	12:00 on the end date of your Expedition

The 'land by' time refers to the actual arrival time of the flights – we take into account the time it will take to get through customs/baggage reclaim. At the end of the Expedition, you will be dropped back off at **Hoedspruit** airport at least 3 hours before your 'take off after' time.

Flight Details

In your welcome email, you will have received a link to a **Pre-Departure form**. Here you can input your full flight details once booked. It is essential that we receive your flight details, so if your flight gets delayed, the team know what time you will be arriving. If there are any changes to your flights, you must inform us as soon as possible.

Top tips

- ✔ Book flexible flights – we recommend having flexible flights in case you need to amend your booking.
- ✔ You are more likely to get a cheaper flight the sooner you book.
- ✔ Watch flight prices over a week period – they may change significantly.
- ✔ Clear your cookies and cache on your web browser – some websites have algorithms that increase the price of flights that they know you're interested in. You can also use a private browsing window which doesn't log your data (such as incognito mode on Google Chrome).
- ✔ Check your travel route – ensure you are allowed to transit through the stop over country, and ensure you are able to meet the entry / visa requirements.

Important Information about your Flight Route

When booking your flights use the below as guidance:

- You will need to arrive into **Hoedspruit Airport (HDS)**.
- The team will be waiting for you wearing navy blue Raleigh t-shirts in arrivals – it's a tiny airport so it won't be hard to spot!
- It is 1h15mins from our Fieldbase at Olifants River Camp and is where our team will be waiting to meet you!
- **HDS only has internal flights within South Africa so you will need to fly into Cape Town or Johannesburg internationally.**
- There are only 3 flights from Johannesburg, one arriving at 11:25, one at 12:35 and the other approximately 13:45.



Airlines

Recommended transit airports / good flight routes coming from the UK

DEPARTING AIRPORT	AIRPORT ARRIVING	AIRLINE	STOPOVER AIRPORT	TRAVELING TIME
DIRECT ROUTE				
London Heathrow	OR Tambo	Emirates		App 11 hours
1 STOP-OVER				
Heathrow / Gatwick	OR Tambo	Emirates	Dubai (DBX)	App. 13 hrs
London	OR Tambo	Lufthansa	Frankfurt (FRA)	App. 13 hrs
London	OR Tambo	Swiss Air	Zurich (ZUR)	App. 13 hrs
2 STOP-OVERS (GENERALLY CHEAPER BUT LONGER TRAVELLING TIME)				
Various	OR Tambo	Ryanair	Prague (PRG) & Frankfurt (FRA)	App. 16 hrs
Various	OR Tambo	Wizz Air	Warsaw (WSW) & Frankfurt (FRA)	App. 16 hrs
Various	OR Tambo	Easy Jet	Paris Orly (ORY) self transfer to Charles de Guelle (CDG), Frankfurt (FRA)	App. 20 hrs
Various	OR Tambo		Copenhagen (CPH), Frankfurt	App 13 hrs

Important!

When OR Tambo International Airport in Johannesburg is your first point of entry into South Africa, please follow the following steps carefully to ensure you do not lose your luggage.

- Clear passport control
- Collect your baggage and clear customs
- Check your baggage at the fast-track bag drop
- Go to Terminal B – follow the signs for domestic flights

PLEASE NOTE: Even if your flight provider says it's a through flight – always collect your luggage at OR Tambo as you will have to clear customs.

[*Click to watch: Navigating Johannesburg Airport*](#)

Top tips for flying:

- If you need help, go to the information desks for advice. These are located all over the airport.
- Ensure you have plenty of time between flights. Most airlines recommend a minimum of 90 minutes.
- Luggage can sometimes be delayed, so pack a spare change of clothes and basic necessities in your hand luggage.

- Don't pack valuables in your checked luggage and ensure it is securely locked.
- Checking in before the time helps with the process when you arrive at the airport – and you can choose your seat before you board the plane.
- Ensure that your luggage is the appropriate weight – otherwise it will cause delays at check in, as well as extra costs if you are over the allocated weight.

Meeting the Team

Hoedspruit Airport is very small so you cannot get lost when walking around.

When you arrive, look out for the Raleigh International South Africa Team wearing Raleigh t-shirts in the arrival hall to welcome you.

You will then be transferred together to the Raleigh South Africa Fieldbase on Glencoe Estate, about a 30min drive.

If you arrive in South Africa before your scheduled start date, please ensure that you are at Hoedspruit airport (HDS) by 1 o'clock (13:45) on the day the Expedition starts.

If you are travelling before your Expedition, there are also direct flights from Cape Town to HDS.



Visa Information and Travel Insurance

Visa Information

All participants are required to obtain a Tourist Visa upon entry into South Africa. Most nationalities can get this on arrival at the airport for up to 90 days.

Obtaining the correct visa is your responsibility and the extended information provided on our Visa guidance is to serve as a guideline only. You should confirm this information with the South Africa Embassy / Consulate in your home country before departure.

If you are a volunteer manager and are going to joining Expedition for more than 90 days. Please get in touch with your volunteer coordinator to discuss options.

If you're unsure about your visa requirements – Click here for a full list and further information.

Travel Insurance

You will need to arrange travel insurance before arriving in South Africa. We recommend purchasing this within 15 days of booking your trip.

You can read further details of what needs to be covered on your insurance policy [here](#).

Our preferred travel insurance provider is **World Nomads** but you are welcome to use whichever provider you find suitable.

For South Africa specifically - please be sure to include safaris – specifically being in close proximity to the Big 5.



Vaccine Requirements

Raleigh's safety guidelines are governed by global health standards, and for volunteers to participate on an Expedition we require them to have a minimum level of vaccinations. Due to the nature, duration, and predominantly rural location of our projects on Expedition, Raleigh volunteers are considered to be at higher risk of certain infections and diseases than regular tourists. We strongly advise that you consult a travel clinic.

Malaria – South Africa is low risk to Malaria, so antimalarials are not required, however they are available via your travel health provider or GP if you would like to take them, but side-effects can be challenging. We will take all necessary precautions to reduce contact with insects throughout Expedition such as recommending all volunteers use DEET spray, as well as implementing 'longs o'clock' at dusk.

Yellow Fever

South Africa requires all travellers journeying from yellow fever risk countries to show proof of yellow fever vaccination by means of a valid yellow fever certificate.

This also applies to those who have transited through a yellow fever risk country.

If you have exemption certificate due to medical reasons, you will be allowed entry, but you will be required to report any fever or other symptoms to the health authorities, and you will be placed under surveillance.

For a list of countries for which a yellow fever vaccination certificate is required for entry into South Africa, please [Click here](#).

Tetanus & Rabies are strongly advised. In the communities we work, there have been cases of feral dogs – so it's more of a safeguard than a requirement. Also, **IMPORTANT TO NOTE, do NOT pet any dogs on any location.**

VACCINE	REQUIRED	ADVISED
Diphtheria, Tetanus and Polio	✓	
Measles, Mumps and Rubella	✓	
Typhoid	✓	
Hepatitis A	✓	
Hepatitis B	✓	
Rabies	✓	
Dental check-up		✓
COVID-19		✓



Packing Tips

We have created a list designed to help you select and prepare your personal belongings and clothing for your Expedition. All specialist equipment (e.g., tools, safety equipment etc) and project equipment will be supplied by Raleigh International.

For the full Kit list, [click here.](#)

- Firstly, do not panic! We know that the list looks extensive, but we have divided it into essential, recommended, and optional items to help you.

- Read the guidance sections carefully. These sections will tell you about the items, as well as other key information.
- We don't want you to spend lots of money on brand new items that you may not need, so please do look at what you already have or could borrow. For example, you do not need to buy expensive technical clothing when a regular t-shirt will do. Some items (e.g. boots and rucksack) however, are worth spending a little extra on if possible as you'll be using them every day. Other items (e.g. roll matt, sleeping bag liner) do not need to be top brands.
- Try to save paper where you can, but if you find it easier, print off key pages of the checklist.
- Try and pack one or two days before you fly. This way you will know that your kit fits and that your bag is under your airline weight limit.
- Do you have to carry it all? Unless you are on trek, there will be very limited space to leave anything behind at Field Base. For this reason, please ensure that you can fit all your kit into your large rucksack and day bag.
- We have a 'phone phones on project' policy. All volunteers will be expected to leave your phone at fieldbase in our allocated safe spaces prior to joining project sites. We recommend bringing a camera/portable audio devices on projects. Read the code of conduct for further details.

Important to remember:

During Cycle 2, it will be mid – winter in the Drakensberg mountains (the adventure trek portion of the program) and will definitely have some snowfall. Most daytime temperatures will be around 20°C, but will then drop to below zero at night. Please see below for ideas to pack for winter in South Africa.

- ✓ **A winter jacket** – perfect for those cold winter mornings and equally chilly evenings. (A down jacket works the best)
- ✓ **Gloves, beanie and scarf** to keep the chill under wrap.
- ✓ **Jersey, sweater and fleece tops** – layer a fleece top or jersey over your warm shirts.
- ✓ **Jeans and long pants** – we don't think you want to brave the cold in shorts.
- ✓ **Warm shirts** – long and short sleeve will do, depending on your activity choice. Try to get warmer / thicker shirts (like flannel) instead of the normal cotton.
- ✓ **Thermal wear** – they definitely come in handy.
- ✓ **Socks**, socks and more socks.
- ✓ If you are exploring the outdoors, some decent **hiking boots** are a must.
- ✓ **Closed shoes** or boots and warm slippers.

Important: No camouflage, we do not allow camouflage to be worn on Expedition because of its military association.



Police/Background Checks and First Aid

Volunteers and Volunteer Managers

Irrespective of your program choice, anyone taking part in Expedition will need a Police Clearance Certificate / Advanced Background Check Certificate, as you will likely come into contact with vulnerable communities/ children/minors during your trip. This ensures the safety of the people and communities we work with and is in line with our safeguarding and child protection policy.

*You will not be allowed to join Expedition without this.

Your police clearance / background check certificate cannot be more than 6 months old when you start your placement. If you are booking in advance you will need to obtain this closer to the time.

Depending on your nationality and the regulations in your home country, there may be a small charge which is payable to your local authority.

For further details on exactly what is required for your DBS check – **please follow this link** and read carefully.

First Aid

It is compulsory for All volunteer manager to be first aid certified. There are no exceptions. [Read further details here.](#)

Safeguarding

All participants are also required to read and adhere to our Safeguarding Policy at all times.

Read it and accept here.

Code of Conduct

We require all participants to accept and live up to this Code of Conduct from the start, and we will provide training and support to you to ensure this is achieved.

The aim of this Code of Conduct is to let you know what is expected of you, so you can work together to achieve your and the programmes aims in a positive and safe environment.

You read and accepted this as part of your application form.

[Read it here.](#)

Representing Raleigh International

We always aim to provide you with all your daily needs, to keep you out of harm's way and to support you in your placement. In exchange, we ask you to be punctual and to behave consistently in ways that reflect well upon Raleigh International.

We ask that you dress according to local norms while in the public eye and to treat people on the work site with kindness and with respect.



Other Helpful Information

FOOD

South African Cuisine

Raleigh will supply ingredients and menus with very basic meals consisting of pap / rice / pasta / potatoes, tinned foods, some vegetables and the occasional meat. Volunteers will cook for the group on rotation.

You probably won't get to taste actual South African food on camp besides a braai at field camp. Braais (an African style BBQ) are one of our beloved traditions. However, although meat is the preferred braai food, just about anything can be thrown on a braai, so even vegetarians and vegans can experience this proudly South African tradition. Also, another favourite tradition is a potjie (a curry type dish cooked in a big, cast-iron pot over an open fire)

Much of the fresh produce we use is sourced locally. This allows us to offer you locally grown food while also contributing to the income of the local farmers.

Please let us know in advance of any specific dietary requirements.



PLEASE NOTE:
No alcohol under any circumstances

THE GREATER KRUGER AREA

The surrounding wilderness is known as the Greater Kruger area. It is a wildlife hotspot that lies in UNESCO Kruger to Canyons Biosphere Region in the Mpumalanga and Limpopo provinces of eastern South Africa. This part of South Africa is home to the most spectacular natural attractions in Africa.

Stretching across more than 49 000 000 acres of wild, unfenced wilderness, the Greater Kruger Area is a dreamscape for wildlife and nature lovers. Africa's most iconic (and endangered) animals can be found here, such as lions, leopards, elephants and rhinos.

Venture further out and you will find the spectacular Blyde River Canyon, one of the largest canyons on earth and the largest "Green Canyon" in the world. It lies on the Panorama Route, a stretch of area that hides magnificent waterfalls and views that will take your breath away. The area offers a multitude of unique activities and experiences. Some of these include hiking trails, birding safaris, river cruises, mountain biking, walking safaris, abseiling, tubing and canopy tours.

The closest town is Hoedspruit, a small town with a big heart that is just 20 minutes from the camp. Here you'll find a few shops and a handful of local restaurants, and can probably buy most last minute bits and pieces here!

CURRENCY

The official currency of South Africa is the Rand (ZAR). You can withdraw cash at the airport or an ATM in Hoedspruit, or the bureau de exchange which can exchange most currencies – the closest town to fieldbase.

Please do not carry lots of cash of you, as cards are widely accepted. Or if need be, cash can be withdrawn in the local town (which will be visited during your stay at Field Base).

It is however better to have cash in more rural parts of South Africa, especially for the markets and souvenirs bought at stalls, but virtually everywhere else accepts debit and credit card payments (charges may apply depending on your bank). American Express generally does not work in South Africa.

Please do not forget to advise your bank that you will be traveling, otherwise they might block your card.

SEASONS & WEATHER

Although South Africa has the usual 4 seasons, there are 2 distinct seasons in the Greater Kruger area. The climate in Kruger is generally considered to be subtropical with hot weather throughout the year.

The dry winter season is generally considered the best time for wildlife viewing. Animals tend to congregate around the limited water sources and as the vegetation isn't so dense, the animals are easier to find and view! However, the landscape is lush and more beautiful during the rainy summer season and baby animals are aplenty!

May to September – Winter

Winter in the southern hemisphere are the cooler months and temperatures can be chilly in the evenings and early mornings.

You will be outside in the early mornings and/or evenings, so please bring plenty of warm layers. It can be very cold, especially with the winter chill.

Daytime temperatures are mild, usually between 22°C (71°F) to 25°C (77°F), and days can be clear and sunny or overcast night-time.

October to April – Summer

Summer in the southern hemisphere, means virtually every day will be hot and humid. In the middle of summer, temperatures can often reach 34°C+ (93°F+), and the sun is strong.

Most days are clear and sunny, with heavy showers or thunderstorms in the early evenings. It rarely rains continuously for days, but it is possible.

Please bring light clothes, including a light waterproof jacket. Temperatures can still drop so better to be prepared.

KEEPING IN CONTACT WITH FRIENDS & FAMILY

We have a 'phone phones on project' policy, however Wifi will be available at Fieldbase during changeover to enable you to make contact with home. Please note that you will be in the African bush, so the Wi-Fi is limited to a small section of camp and is slow and unreliable.

Alternatively, you can change your cellphone status to roaming. There is no cellphone reception at camp, so there is no need to purchase a local SIM card. If you do, please check with your service provider to ensure that your phone is "unlocked".

Please make your family and friends aware that they are unlikely to hear from you for up to 19 days at a time.

THINGS TO DO IN THE AREA AFTER EXPEDITION

From extra opportunities to see the Big 5 and adrenaline pumping activities, to exploring some of the most stunning landscapes around, there are loads of things you can get involved with around Hoedspruit that will give you an opportunity to relax and see more of what this area has to offer.

Please get in touch with your Volunteer Coordinator if you are interested in visiting some other areas in South Africa after your Expedition.



Staying Healthy and Safe during Your Trip

Volunteers and Volunteer Managers

Safety is at the heart of everything we do at Raleigh International, however we need your support to ensure you stay healthy throughout Expedition.

We take your safety very seriously and on arrival, we will give you a comprehensive talk on the do's and don'ts around camp. The camp is unfenced to the wilderness, so it is very important that these rules are followed. We pride ourselves on our safety record and give all our volunteers 24-hour support.

See below some key things to be aware of:

- Heatstroke and dehydration – due to the heat in the Greater Kruger Area you will need to take extra care to stay covered and hydrated during your Expedition. Drinking more than 3L of water a day
- Insects – we recommend DEET insect repellent
- Water – tap water is drinkable at Fieldbase, as in most urban towns and cities, however in more rural areas we recommend sticking to bottled or purified water.
- Covid-19 Protocols are in place and consistently reviewed to ensure they are up to date with current restrictions and ensure we limit transmission.
- ALWAYS wear closed shoes around camp – never walk without a torch or headlamp at night.
- ☒ Working in an unfamiliar community and environment can be daunting, but our team on the ground has the best knowledge of

the local area, as well as cultural customs. Our team also live on the same premises as volunteers. They will be around to offer advice and support at all times, to keep you safe and ensure you have the best experience possible!

- ☒ Please note that the crime levels in South Africa are significantly higher in the cities and urban areas. The remote / outskirts of the cities experience much lower crime activities. As the Greater Kruger area is very remote and not easily accessible – the chance of any criminal activities occurring are very small, however you will have 24/7 safety support at fieldbase and all project site.
- ☒ One thing to be aware of is that some communities that are being visited, drinking will be on display as well as shebeens (local taverns / pubs / places where alcohol is sold / consumed) being active. All Expedition attendees are **STRICTLY PROHIBITED** from partaking in alcohol related activities in the communities as well as on field base as per the code of conduct. Anyone caught breaking this rule, will immediately be asked to leave the program.

Some basic safety guidelines for South Africa cities are:

- ✔ Avoid travelling alone, especially at night. ALWAYS use Uber (or similar)
- ✔ Find out where the unsafe areas are and avoid them
- ✔ Keep all your important documents and valuables in a safe place
- ✔ Carry only as much cash and personal items as you will need for the day
- ✔ Don't wear expensive jewellery or watches
- ✔ Be wary of people who seem too friendly too fast
- ✔ Keep cameras out of sight and always keep bags and purses in your sight
- ✔ Before swimming, ask how safe the area is

You should not share your personal contact details or banking details with anyone under any circumstances. Do not accept help from strangers at ATMs.

Know the emergency numbers of the Project Team – these will be shared 1 week before you depart.



Your Expectations and Our Requirements

You will need to remain flexible, understandable and good – humoured. “Africa time” can be difficult and frustrating for those who are used to a very structured life, so it is something to keep in mind! Once you arrive in Africa, your care is the responsibility of Raleigh International and our trained team.

We always aim to provide you with all of your daily needs to keep you out of harm’s way and to support you in your placement. In exchange, we ask you to be punctual and to behave consistently in ways that reflect well upon Raleigh International. We ask that you dress according to local norms while you’re in the public eye and to treat people on the work site with kindness and respect.

- No short shorts
- Always sleeves on a t-shirt - no strappy tops or vests
- Everyone gets a T-shirt at the start of the Expedition.

In addition, Raleigh International insists that volunteers avoid any contact with drugs and any culturally inappropriate activities relating to alcohol.

The Raleigh International projects rely on networks of people, and those networks are held together are held together by good relationships. If a case should arise in which our staff feels that volunteers

or interns have repeatedly behaved in ways that contradict the basic spirit of this agreement, we reserve the right to remove you from the programme.

Upholding the good name of Raleigh International and its partner organisations

We ask that you do not bring yourself or Raleigh International into disrepute nor involve any other employee, volunteer or intern in any behaviour is found to be detrimental to the programme that you are involved with, you may be asked to leave immediately without compensation.

Drugs

If you use drugs, illegal or otherwise, other than for medical reasons, your Expedition will be terminated immediately. If you are taking drugs for medical reasons and have not informed us of your medical condition the same rules and conditions apply. If you come into contact with someone doing drugs, drug pushers etc, INFORM YOUR VOLUNTEER MANAGER OR A STAFF MANAGER IMMEDIATELY.

Child protection

Our policy and guidelines are there to help volunteers and staff be clear on our role in safeguarding children (anyone under the age of 18). It is important to be aware of what good practise is and who to talk to if you have any concerns. You will get more information when you arrive on Expedition. Any evidence of poor practise towards children will be acted on immediately and the relevant steps taken based on our policy and code of conduct.

Discrimination on any grounds

If you see, hear or encounter any discrimination of any kind, do not challenge that person or intervene. If you feel that you need to express your views, please tell your Volunteer Manager and they will take the necessary actions. Raleigh International is strongly against any form of discrimination and any information given to us is taken very seriously.

Relationships

Whilst on your Expedition we do NOT encourage any sexual relations. In addition, the programme neither allows nor encourages volunteers to develop intimate personal relationships with general staff and partners. This would not promote a good working environment and could result in the dismissal of the staff member, and your termination from the programme.

Expedition Phone policy

We encourage all our volunteers to embrace the unplug culture whilst on Expedition. Due to the rural nature of our project site, access to phone signal and Wi-Fi will be limited for the duration of each phase. In addition, the communities we work in, and with, are remote and generally economically disadvantaged. Although not always evident at the outset, your separation from the outside world vastly enhances your experience you can achieve and the experience of such communities and environments. You can be fully focused on the goals of the project site, building relationships with community members and fellow volunteers and develop new skills – getting the most out of Expedition.

We will ask all volunteers to place their phones in the safe at Fieldbase for the duration of each phase. All volunteers will have the opportunity to get their phones back at changeover and get in touch with loved ones at home.

The Raleigh team will share photos of the Expedition on social media, so family and friends should follow Raleigh's social media channels to catch any possible updates. However, due to the remote nature of our project sites we don't always have access to photos, so a stream of updates should not be expected. Family and friends can also keep up to date by sending messages via our contact a volunteer form.

Raleigh
International

If you still have questions, there are lots of ways you can find out more.

✉ info@raleighinternational.org
👤 Join an information event
at [raleighinternational.org/
information-events](http://raleighinternational.org/information-events)

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