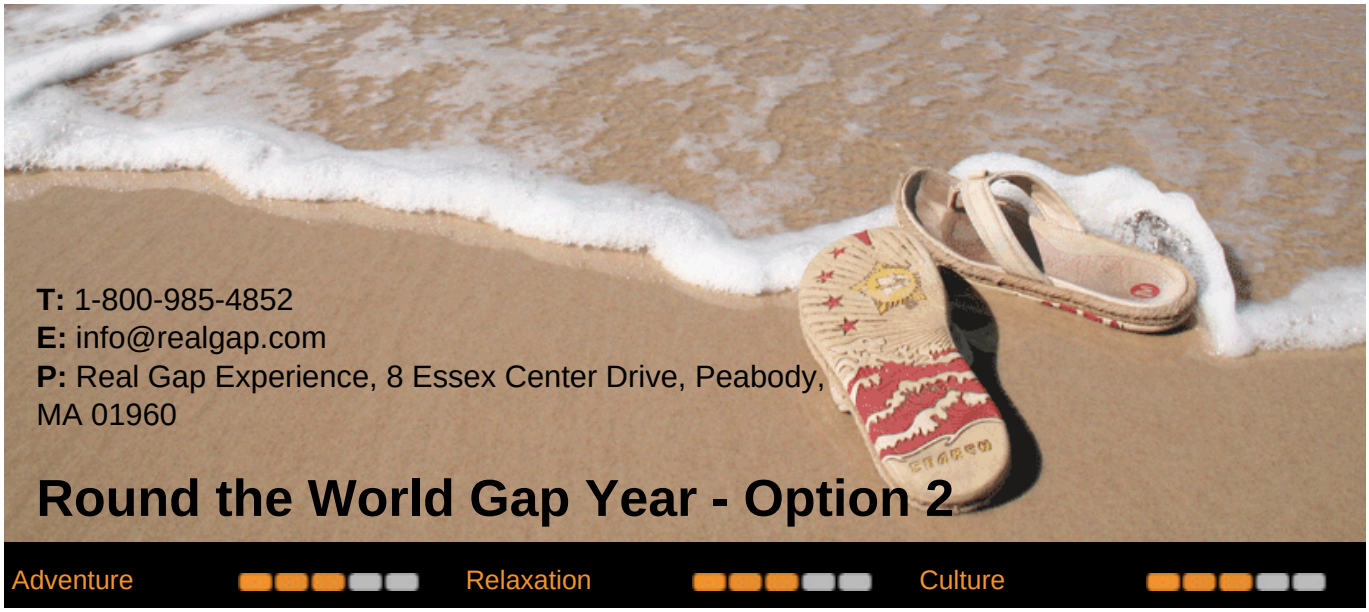

T: 1-800-985-4852
E: info@realgap.com
P: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

Round the World Gap Year - Option 2

Adventure Relaxation Culture

Trip Name: Round the World Gap Year - Option 2 **Trip Code:** QRW2 **Duration:**

Trip Highlights

- Witness the wide expanses of Africa and its furry inhabitants
- Find the Bruce or Sheila in you as you work and travel around Australia
- Admire New Zealand's stunning landscapes aboard the cracking Kiwi Experience
- Experience the tropical paradise of Fiji – sheer serenity awaits you!
- Travel the deep south of the USA as you journey from the West to the East coast

Overview

Travel from the wide expanses of Africa to the tropical paradise of Fiji on a diverse and life changing gap year experience! You can mix exploration with volunteering, paid work abroad, water sports and also do a little bit of independent travel in between.

This travel extravaganza takes you across Africa, Australasia and the USA. In just 12 months, you'll take in the best of South Africa, Australia, New Zealand, Fiji, and the American South! So what are you are waiting for? Grab your passport, polish those binoculars, pack your cozzie and let's go!

Destination Info

Africa

Whether you're looking for culture, wildlife or stunning scenery, you'll find it all in Africa! Safari through vast open plains, trek through rugged mountain ranges, spot endangered wildlife species and immerse yourself in the local communities - whatever you do, its certain you'll have an unforgettable experience in this fascinating continent.

Itinerary

South Africa Monkey Rehabilitation Centre - 4 weeks

Give the sanctuary's monkey inhabitants a safe and secure refuge, assist in these furry creatures day-to-day care and help prepare them for life back in the wild!

Ultimate Aussie package

Fund your travel exploits with work down under, whether you want to live and breathe the Australian lifestyle or spend a year chilling on the beach!

Learn to Surf 5 day School

Learn how to surf the highest waves on the coast of Sydney, gear up for a game or two of volleyball and take a break while you gather around the beachside Barbie!

Oz Experience bus pass from Byron Bay to Cairns

Mix and match independent and guided travel, make your way up the jaw-droppingly beautiful Australian coast and stop off at beaches, outback and cultural sites along the way!

Kiwi Experience bus pass: Funky Chicken

Choose your own travel path through New Zealand's stunning landscapes - you can spend a little time with nature, learn about the Maori culture or head to the cities for a cosmopolitan experience!

Fiji Experience bus pass: Lei Low

Hop and off on your own ideal travel adventure - explore tropical rainforests, gain an insight into traditional village life, take a dive in pristine waters and raft through rapids!

USA Experience - LA to New York

Absorb the buzz of the Eastern cities, marvel at the epic mountains, deserts and canyons of the Deep South and catch some rays as you explore the beaches of the West Coast!

Accommodation

As you have several different programmes included in your trip, you will stay in a variety of accommodation possibly including hostels, hotels, volunteer houses, beach huts and even tents!

Please look at the specific programmes included in your multi-stop trip for more specific information.

Meals

Depending on your choice of countries and experiences, some meals may be included but it will vary from place to place and project to project. Please refer to specific programme information to find out what's included.

What's Included

- Flights from: London – Africa – Australia – New Zealand – Fiji – USA - London

What's Not Included

- Travel insurance
- Extra activities not on itinerary
- Any necessary visas

Minimum Age

18 years

FAQs

1. **Can I go for less time?**

Yes, you can go for as long or short amount of time as you like – it's your trip, you choose!

2. **Can I change the itinerary?**
   Yes, you can can the itinerary as much or as little as you like. You can take trips out and/or add trips in to suit your budget and duration.

3. **What happens after the first 5 nights on the Ultimate Aussie programme?**
   The guys in the Sydney office will give you loads of advice as to whether you wish to rent a flat/house, extend your stay in the hostel or go off travelling!

4. **Do I have to work for a set amount of time?**
   No! Our work programmes are really flexible which means you choose when you want to work and when you want to travel.

5. **Can I go anytime?**
   You can chose when you would like to leave the UK. We will then need to take a look at the start dates for each programme and put an itinerary together for you based on your starting month.

Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

Australia

The unit of currency is the Australian Dollar. Changing foreign currency or travellers cheques is usually no problem at banks throughout Australia or at licensed moneychangers.

Australia is affordable by Western European and American standards, but if you are travelling on from Southeast Asia you'll notice a big increase in costs!

Meal, Inexpensive Restaurant 13.37 $

Domestic Beer (0.5 litre draught) 5.04 $
Coke/Pepsi (0.33 litre bottle) 2.40 $
Water (0.33 litre bottle) 2.14 $

(Prices quoted in US Dollar)

Fiji

In FIJI the currency is the Fijian Dollar (FJD; symbol FJ$), which is divided into 100 Cents. The coins come in denominations of 1, 2, 5, 10, 20 and 50 Cents and 1 Fijian Dollar. Notes come in denominations of 2, 5, 10, 20, 50 and 100 Fijian Dollars.

The best currencies to carry are Australian, New Zealand or US dollars, which can be exchanged at all banks. Most restaurants, shops and hotels will accept credit cards, especially Visa, Amex and MasterCard, though there will be a small fee. ATMs can be found in larger urban areas and accept most international credit cards but if you're heading further a field then bring traveller's cheques.

Draft beer in local bar $2

Small bottle of coca cola $1
Dinner for two public market stall $F6 – 10

(Prices quoted in Fijian Dollars)

USA

The currency in the US is the US Dollar (USD, symbol; $), which is divided into 100 Cents. Coins come in denominations of 1, 5, 10, 25 and 50 Cents (¢) and the 1 Dollar coin. Notes come in denominations of 1, 2, 5, 10, 20, 50 and 100 Dollars, though the $2 note is rarely used.

No other currency is accepted but most major credit cards are universally accepted, especially Visa or MasterCard, and may even be required for larger purchases. ATMs are available almost everywhere and will charge a small fee for withdrawing cash using a credit card or international card, unless your card belongs to a worldwide network such as Cirrus or Exchange.

Meal, Inexpensive Restaurant 11.16 $

Domestic Beer (0.5 litre draught) 3.21 $
Coke/Pepsi (0.33 litre bottle) 1.48 $
Water (0.33 litre bottle) 1.27 $

(Prices quoted in US Dollar)

New Zealand

The unit of currency is the New Zealand Dollar. Changing foreign currency or travellers cheques is usually no problem at banks throughout New Zealand or at licensed moneychangers.

New Zealand is affordable by Western European and American standards, but if you are travelling on from Southeast Asia you'll notice a big increase in costs!

Meal, Inexpensive Restaurant 13.21 $
Domestic Beer (0.5 litre draught) 4.19 $
Coke/Pepsi (0.33 litre bottle) 1.76 $
Water (0.33 litre bottle) 1.68 $

(Prices quoted in US Dollar)

South Africa

The currency in South Africa is the Rand (R), which is divided into 100 cents. Coins come in denominations of 1, 2, 5, 10 and 50 cents, and 1, 2 and 5 Rand. Notes come in denominations of 10, 20, 50, 100 and 200 Rand.

US Dollars, Pound Sterling or Euros are the best currencies to bring to change locally. Major credit cards such as Visa or MasterCard are accepted in most towns, cities and petrol stations and ATMs can be found across the country. ATMs in cities are the most likely to give cash advances to cards on the on the Cirrus network.

Meal, Inexpensive Restaurant $7.70
Domestic Beer (0.5 litre draught) $1.85
Coke/Pepsi (0.33 litre bottle) $1.04
Water (0.33 litre bottle) $1.13

(Prices quoted in US Dollar)

Round the world

Passports and Visas

Australia

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

All visitors to Australia need a visa – only New Zealand nationals are exempt, however you will receive a 'special category' visa on arrival.

For entry into Australia you will require an eVisitor visa. UK passport holders can apply for a 90-day tourist visa online at www.immi.gov.au All other nationalities should consult the relevant embassy.

If you intend to work after your week in Sydney you will be required to apply for a working holiday visa.

Working Holiday Visa
To take part in this programme you will require a working holiday visa. The working holiday visa is available to anyone age 18-30. The emphasis is on casual employment: you are meant to work for no more than six months at any one job. If you want to stay in Australia for up to 24 months, this is now possible for some nationalities. Speak to one of our sales advisors for more information.

To be eligible for a Working Holiday Visa, you must:

- Be aged between 18 and 30 years at the time of application
- Have a valid passport for one of the countries listed at Australian Immigration, www.immi.gov.au
- Have no dependant children
- Have not previously entered Australia on a working holiday visa
- Meet health and character requirements
- Be outside Australia at the time of visa grant

To be granted a working holiday visa you must also agree that:

- Your main reason for coming to Australia is to holiday
- You must not undertake studies or training for more than 4 months
- You will leave Australia at the end of your authorized stay
- You must have sufficient funds to support yourself for the initial part of your stay. AUD$5000 minimum is regarded as sufficient. You may have to provide evidence of this in the form of a bank statement.

For the most up to date information on visa requirements, please visit http://www.immi.gov.au/

Fiji

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in

accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

For stays of up to 4 months, citizens of most European countries, the USA, Australia and New Zealand are not required to hold a visa and can be issues with a Tourist Visa on arrival. For longer stays or for the most up to date information on passports, visa requirements and the Reciprocity Fee, please contact your nearest embassy.

USA

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

For stays of up to 90 days citizens of Australia, New Zealand and most European countries will need to apply for an ESTA visa before they go. The ESTA visa can be applied for online for a small fee and must be used within two years of issue.

For working holidays applicants will usually need to hold an ESTA visa and a working visa, the type of visa required will depend on the nature of your work, your nationality and the length of your stay; you will also usually need some form of sponsorship from an employer in the USA.

For the most up to date information on passports, visa requirements and working in the USA, please visit http://www.visabureau.com/america/default.aspx

New Zealand

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

For stays up to 6 months, the following nationals DO NOT need a visa before you leave, you will receive a 6-month tourist visa on arrival into New Zealand: holders of passports endorsed British Citizen & other British passport holders who produce evidence of the right to reside permanently in the United Kingdom, holders of Australian passport. For all other nationals, please visit the following website for the most up to date information on visa requirements: http://www.immigration.govt.nz

Working Holiday Visa

If you intend to get paid work in New Zealand then you must apply for a working holiday visa instead and this must be granted before you enter New Zealand. To be eligible for a work visa under this scheme you must:

- Be a British citizen resident in the United Kingdom at the time of applying, and
- Aged between 18 and 30 years, and
- Not accompanied by children on your visit.

You can apply online for the working holiday visa at: http://www.immigration.govt.nz

South Africa

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

For stays of 90 days or less nationals of the European Union, the USA, Australia and New Zealand can obtain a free entry permit on arrival. All other nationalities should consult their nearest South African Embassy or High Commission for details on entry requirements.

Round the world

Cultural Considerations

Australia

Australia is a melting pot of different cultures. It has a population of over 21 million people with most of the population living on the east coast between Adelaide and Cairns. High waves of immigration from England, Ireland, Italy, Greece, Malta and Eastern Europe have occurred during Australia's brief history, particularly after World War II, and the later waves from the Middle-East, East, and South-East Asia, as well as the Indian subcontinent, have created a truly diverse population.

Although Australia has no official language, English is spoken by 80% of the population. Chinese, Italian and Greek are respectively the next most common languages, reflecting Australia's cultural diversity and concentration of nationalities. Australians have very strong attitudes and belief systems which are reflected in their culture. Australians traditionally have a very ironic sense of humour.

Fiji

Clothing

Casual wear is fine but you should try to dress modestly, particularly in the villages. Do not leave the hotel swimming pool or the beach in bathing suits. A 'sulu' (a wrap-around unisex skirt, similar to a sarong) is useful to carry around to cover bathing suits, shorts or halter neck tops.

You should not enter a Fijian village wearing a hat or sunglasses, or with your shoulders uncovered, as these are seen as signs of disrespect.

It is considered ill-mannered to touch a Fijian's head.

USA

A global culture and tradition is virtually non-existent in the USA because of the vast mixture of backgrounds that its original immigrant education came from. This is particularly reflected in the number of China Towns, Irish Districts, Jewish districts and so on that are in virtually every city across North America, as well as the fact that several

states have Spanish and French as official state languages alongside English.

The American people are similar to Europeans in terms of what does and doesn't offend them. Although sometimes seen as loud and crass when outside their native country, you may find that Americans in America are less overpowering than you might expect. Here are a few ways to avoid offending your hosts:

- It is best to avoid talking about religion – faith is seen as being entirely personal to many Americans, although you are likely to come across people belonging to religions that have the intention of trying to convert you. Whichever of these you come across, they will not be used to having their beliefs challenged and may become offended easily.
- Smoking in public is becoming restricted more and more – keep an eye out for signs.
- Americans tend to have a relaxed social attitude and you may find that people (even shop assistants and waiters) are really interested in talking to you, especially about your country of origin. This is seen to be polite so engage them in casual conversation.
- In such conversation you may find that the person you are talking to has little knowledge of life outside the US (this is by no means the majority of people) and may refer to stereotypes – if you feel that you need to correct their views, do it politely and they will be gracious.
- US residents feel a strong connection to their 'land of origin' even if their family has lived in America for 200 odd years and once had an Irish relative!
- Terrorism is still very much a topic that must be approached with utmost respect. Talking about war should also be approached with caution - the American public are very patriotic about their troops.

Smoking, Alcohol and Drugs

Smoking and drinking is acceptable in the USA. The legal age of alcohol consumption in the US is 21. However, please respect other participants. Drinking is only permissible in moderation and must not impact on your volunteer work during the week. While we want you to have fun in your free time, antisocial behaviour will not be tolerated.

It is absolutely forbidden to bring drugs into the USA. Always keep an eye on your luggage while travelling. Never bring anyone else's luggage through customs. If you get caught there is little chance that you will walk away without punishment. As in most countries, the USA has very strict rules when it comes to the possession of drugs. All drugs, including "soft" drugs like marijuana, are ILLEGAL. Please do NOT use any illegal substances whilst travelling – it is not worth the risk and is not acceptable at the project.

Tipping

In a restaurant or taxi you should tip 15- 20% of the bill total, as no service charge will be added on. Tipping is widely practiced due to the low wages that the workers in such professions receive.

New Zealand
South Africa

Smoking and Drinking
Smoking and drinking is tolerated in South Africa, although smoking has been banned in public areas such as cinemas, bars and airports. You will find that you will be able to get imported beer cheaply in most establishments and there are many tasty local beers too. South Africa is also famous for wines, so you shouldn't miss out on the opportunity to try some local varieties.

However, please respect other volunteers. Drinking is only permissible in moderation and must not impact on your volunteer work during the week. While we want you to have fun in your free time, antisocial behaviour will not be

tolerated on the project.

Drugs
It is absolutely forbidden to bring drugs into South Africa. Always keep an eye on your luggage while travelling. Never bring anyone else's luggage through customs. If you get caught there is little chance that you will walk away without punishment. As in most countries, South Africa has very strict rules when it comes to the possession of drugs. All drugs, including 'soft' drugs like marijuana, are illegal. Please do NOT use any illegal substances whilst travelling - it is not worth the risk and is not acceptable at the project.

Greeting
Pleasantries are taken seriously and using 'hello' and 'goodbye' can go a long way to making friends and being accepted. Please take the time to learn a few local words and show that you are keen to fit in. There is also a big emphasis on shaking hands. The Western way of doing this will be fine, but you are likely to pick up a few local variations!

On The whole, South Africans are easy-going people - any social errors are unlikely to cause offence, so please do not worry!

Round the world

Vaccinations & Health
Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

Safety
Australia

As in most countries there are people who try to take advantage of tourists. The following advice is intended to help you keep safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your bag without your permission.
- Don't carry excess amounts of cash
- Wherever possible, walk around in groups, especially after dark, and avoid taking short cuts
- Do not pick up hitchhikers if you are driving and do not hitch hike yourself
- When you are out do not leave your drinks unattended, as there have been reports of drinks being spiked

We advise that you check your government's advice before travelling abroad. For UK and American customers please see the relevant links below;

UK: www.fco.gov.uk
USA: www.travel.state.gov

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Fiji

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- Do not pick up hitch hikers if you are driving and do not hitch hike yourself
- When you are out do not leave your drinks unattended, as there have been reports of drinks being spiked

There was a military coup in 2006 and the country's political situation is rocky. Though travel to Fiji is safe, you should monitor local situations and avoid all military or political rallies, which could occur in Suva or Nadi.

We advise that you check your government's advice before travelling abroad. For UK, American and Australian customers please see the relevant links below;

UK: www.fco.gov.uk
USA: www.travel.state.gov
Australia: www.smartraveller.gov.au

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If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

New Zealand

As in most counties there are people who try to take advantage of tourists. The following advice is intended to help you stay safe:

- Always keep your personal items such as passport, money and camera with you and in a safe place. You can buy mini padlocks to prevent people from going into your bag without your permission.
- Don't carry excess amounts of cash
- Wherever possible, walk around in groups, especially after dark, and avoid taking short cuts.
- Do not pick up hitch hikers if you are driving and do not hitch hike yourself.
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If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

South Africa

Tourists can be targeted by pickpockets and thieves. Please educate yourself about Africa and South Africa in particular, before you leave, so that you can be alert for all types of situations. General travel safety rules are below.

- Avoid travelling alone, especially at night
- Find out where the unsafe areas are and avoid them
- When travelling keep all-important documents and valuables in a safe place, like an inner hidden pocket or money belt
- Carry only as much cash as you think 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. Always keep bags and purses in your sight.
- Before swimming, ask how safe the area is

ATM Theft
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If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Swimming
If visiting a beach in South Africa it is important that you take note of any information boards that are located on the beach before entering the water. Most beaches also operate a flag system to indicate whether it is safe to swim or not, it is essential that you take note of any advice given and heed any warnings that are in place as there can be the risk of rip tides, strong currents and Shark attack. If you are unsure whether it is safe to swim in the ocean, speak to the lifeguards or your in-country coordinators.

Round the world

Language Guide

Australia

Here are some Australian terms and phrases that you might find useful:

Bottle Shop - *Off-licence/Liquor store*
Bonzer - *Good*
Bush - *Unsettled country area*
Dag - *Nerd*
Esky - *Portable insulated box to keep food/drink cold*
Fair Dinkum - *Honestly, truly*
Pokies - *Gambling machines*
Pom - *Person of English descent*
Singlet - *Sleeveless cotton vest*
Smoko - *Tea break*
Thongs - *Flip flops/Sandals*
Ute - *Utility vehicle/pick-up truck*

Fiji

Bula! This is the common Fijian greeting used when meeting friends or welcoming guests. It goes beyond the simple hello, though, to incorporate spirit and literally means “life”.

Fiji has three official languages that are recognised by their constitution:

- English
- Bau Fijian
- Hindustani

English is the main medium of communication. It is the language the government uses and is the main language of education, commerce and the courts. Fijians do, however, have a constitutional right to communicate with the government in any one of the three official languages.

In Fiji, there are many dialects, but the official standard is the speech of Bau.

The Fijian alphabet is made up of all of the English letters, except ‘x’. The letters ‘h’ and ‘z’ are rarely used and are usually found only in borrowed words.

Here are some Fijian words and phrases. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

Zero - *saiva*
One - *dua*
Two - *rua*

Three - *tolu*
Four - va
Five - *lima*
Six - *ono*
Seven - *vitu*
Eight - *walu*
Nine - *ciwa*
Ten - *tini*
Goodbye - *ni sa moce*
Yes - *io*
No - *sega*
Hello - *bula*
Good morning - *andra vinaka*
How are you? - *o lai vei?*
Please - *kere kere*

USA

Here are some choice American phrases to get you started!

Pants - *Trousers*

Restroom/washroom - *Toilets*
Sidewalk - *Pavement*
Subway - *Underground*
Laundromat - *Laundrette*
Band-aid - *Plaster*
Soccer - *Football*
Football - *American Football*
Fanny Pack - *Bum bag*
Philly Cheese Steak - *A long sandwich made with thin slices of steak and melted cheese*
Twinkie - *A little golden sponge cake with a cream filling*
Candy - *Chocolate/sweets*

Americans tend to call certain things by their brand names, for example tissues are 'Kleenex' and so on.

New Zealand
South Africa

There are 11 official languages in South Africa; Afrikaans, English, Zulu, Xhosa, IsiNdebele, Northern Sotho, Sesotho, Setswana, SiSwati, Tshivenda, and Xitsonga. There are many other tribal, indigenous languages. However, English is spoken prevalently across the country. In Cape Town, the predominant language is Afrikaans. We suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

English - *Afrikaans*
Hello - *Hallo*
How are you? - *Hoe gaan dit?*
I'm fine - *Goed dankie*
Thank you (very much) - *Baie dankie*
Please - *Asseblief*
Yes / No - *Ja / Nee*
Goodbye - *Totsiens*

English - *Isi Xhosa*
Hello - *Molo*
How are you? - *Kunjani?*
I'm fine - *Ndiphilile*
Thank you (very much) - *Enkosi*
Please - *nceda*
Yes / No - *Ewe / hayi*
Goodbye - *Hamba kahle (go well)*

Round the world

Food & Drink

Australia

You will find food in Australia to suit all taste buds, with the larger cities in particular offering a great range of places to eat. Due to the large amount of British settlers, Australian food is reasonably similar to that in Western Europe, but if you are feeling particularly adventurous get involved in some bush tucker (kangaroo, emus) or the infamous vegemite. For less scary Aussie food, look out for fresh seafood and of course, a typical Aussie barbecue!

Please let Real Gap know before you depart if you are a vegetarian or have any other dietary requirements.

Fiji

You will find food in Fiji to be quite different to the food at home. Many meals consist of what is most readily available, including fresh fish, root vegetables and rice. However, in larger areas and at resorts, you will be able to purchase Western foods from the tourist menus.

The important thing is to remain open minded and adapt to the fresh fruit and vegetables that will form a large part of your diet in Fiji.

It is really important that you let Real Gap know before you depart if you are a vegetarian or have any other dietary requirements.

USA

Currently the USA is famed for its love of the quick and easy fast food- burgers, pizza, fries and so on. However, there is so much choice out there, budget and otherwise- get out and sample it! You will be able to get any ethnicity food you could possibly imagine but if you want something properly American try out some steak, ribs, seafood in the coastal areas (especially Florida and California). Try some Cajun food (spot the European influence!) or something Mexican both options are delicious.

It is really important that you let us know before you depart if you are a vegetarian or have any other dietary requirements.

New Zealand

You will find a range of cuisine in New Zealand to suit all taste buds. But quintessential New Zealand cuisine takes inspiration from Europe, Asia and Polynesia. Meat and fish feature majorly in native dishes, and keep an eye out for kumara (sweet potato). Those with a sweet tooth will be pleased to know that Pavlova is the National dessert

along with the kiwi fruit.

It is really important that you let Real Gap know before you depart if you are a vegetarian or have any other dietary requirements.

South Africa

Food in South Africa is delicious. You will be exposed to every different type of meat at every meal, ranging from impala and kudu to ostrich. All can be enjoyed in many different ways, but one of the best ways to taste these meats would be to sample it off a hot braai (barbecue). Be prepared to try something new! It you want to try some more traditional food then go for some Biltong (dried meat) and Boerewors (barbecue sausage).

If you are a vegetarian, do not worry. South Africa is abundant with delicious local vegetables, such as yams and sweet potatoes.

Drinking water from the tap is safe throughout the country, apart from in the more rural areas.

Round the world

Public Holidays

Australia

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for Australia, please see the link below:

www.timeanddate.com/holidays/australia/

Fiji

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for Fiji, please see the link below:
www.worldtravelguide.net/fiji/public-holidays

USA

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for the USA, please see the link below:
www.timeanddate.com/holidays/us/

New Zealand

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for New Zealand, please see the link below:
www.timeanddate.com/holidays/new-zealand/

South Africa

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from South African's who use long weekends to get away from the big cities.

To view a list of the public holidays for South Africa, please see the link below:
http://www.timeanddate.com/holidays/south-africa/

Round the world

Weather

Australia

Australia is located in the southern hemisphere, where seasons are the opposite of those in the northern hemisphere.

The summer months in Australia (November to March) can get very hot. Up north, in Queensland for example, the summer period brings the rainy season and the weather can be very hot and humid with lots of rainfall. The winter months (June to August) in Queensland bring much dryer weather but still heat. The further south you go the colder and wetter winter becomes and in some mountainous areas of New South Wales, Victoria and Tasmania skiing is possible.

Fiji

Fiji’s climate is mainly tropical with hot, humid and sometimes showery weather. Summer falls between November and April and is only slightly warmer than the winter months (32°C by day) which fall between May and October, reaching just 27°C; a light sweater will be warm enough!

Weather does vary from island to island, Suva, Savusavu and Taveuni experience a much higher proportion of rainfall than Nadi, which can dry out over the summer. Though a little rainy and balmy the summer months are the time when Fiji is at its best with rainforests, rivers and waterfalls at their fullest and most stunning!

USA

The climate in the USA is relatively temperate though specific weather conditions can vary greatly depending on where you are; this country is pretty huge! As a general rule the further south you go, the hotter it gets, while the north and areas far from the coast experience the most extreme weather. California and the east coast are warm and balmy for most of the year while northern areas such as New York experience 4 definable seasons.

Hurricanes and tornadoes are more common in south-eastern areas and occur during excessive warm weather on a sporadic basis. The USA is the only country in the world to cover all of the six climactic zones, ranging from tropical to polar, which means that a trip here will be an adventure in more ways than one!

New Zealand

The climate differs from the North Island to the South Island. On the North Island, the far North boasts warm summers and mild winters, with the rest of the island being slightly cooler. On the South Island, you'll find much lower temperatures throughout the year. The New Zealand Alps are covered in snow throughout the year.

South Africa

Seasons in South Africa are opposite to those in the northern hemisphere. The climate is varied across the country with warm showery summers and cold winters in the Gauteng Province (Highveld), scorching summers and a slightly less chilly outlook for winter in the Durban area (Lowveld) and the Western Cape hit hardest by winter rains. Karoo's desert-like climate means it's hot and ready to explore all year round but if you want to explore the rest of the country Spring (mid-September to November) and autumn (April and May) are ideal almost everywhere.

Round the world

Time

Australia

Australia is such a big country that it has three time zones:

Eastern Standard Time (Queensland) – 10 hours ahead of GMT depending on Daylight Savings
Central Time – 9.5 hours ahead of GMT
Western Time - 8 hours ahead of GMT

Fiji

The time in Fiji is 12 hours ahead of GMT.

USA

The USA has four time zones (not including Hawaii and Alaska) all of which are behind the Greenwich Mean Time. They are:

- Eastern time; five hours behind GMT (New York)
- Central time; six hours behind GMT (Chicago, Texas)
- Mountain time; seven hours behind GMT(Rocky Mountains, Southwest)
- Pacific time; eight hours behind GMT(California, Nevada)

Don't forget to take Daylight Saving Time into account from mid-March to early November

New Zealand

New Zealand is 12 hours ahead of GMT.

South Africa

South Africa is two hours ahead of GMT.

In Africa, time is not a priority like it is in much of the western world – there is a saying that Africa works to 'Africa Time', which basically means you must exercise a lot of patience! If a boat is due to leave at 12pm, don't be surprised if it still hasn't a couple of hours later… keep an open mind, and arrive 'expecting the unexpected'.

Round the world

Electricity

Australia

Electricity in Australia is 240 Volts, alternating at 50 cycles per second.

Sockets in Australia are V-shaped flat prongs.

Fiji

In Fiji the electric system is 240 Volts and frequency 60 Hertz. If your device does not accept this voltage you will need an adapter. Outlets in Fiji generally accept 1 type of plug:

V-shaped flat prongs or

USA

In the USA the electric system is 120 Volts and frequency 60 Hertz. If your device does not accept power at this voltage you will need an adapter. Outlets in United States of America / USA generally accept 1 type of plug:

Flat blade plug

New Zealand

Electricity in New Zealand is 230 Volts, alternating at 50 cycles per second.

Sockets in New Zealand are V-shaped flat prongs.

South Africa

In South Africa the electric system is 230 Volts and frequency 50 Hertz. If you bring a device that does not accept this Voltage you will need to use an adapter.

Outlets in South Africa generally accept 1 type of plug:

Three round pins arranged in a triangle

Round the world

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as make improvements that result from travellers' comments, our own research or from time to time as a result of reommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

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