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South Africa Football Coaching

Adventure



Relaxation



Culture



Trip Name: South Africa Football Coaching **Trip Code:** SAFB **Duration:** From 5 weeks

Trip Highlights

- Work with children from disadvantaged backgrounds to coach and develop their skills.
- Inspire the next generation of African footballers
- Live in one of the most awe inspiring parts of the world
- Make lifelong friendships with coaches and volunteers from around the world



Overview

Having successfully hosted the 2010 World Cup (the first African nation to do so), the love for football in South Africa could not be greater, and nowhere more so than in the coastal city of Port Elizabeth (PE), where 8 games were played in the fantastic, newly built Nelson Mandela stadium.

The townships surrounding PE are full of keen and often talented young players and although the passion never fades, the opportunities to play and develop in a well-structured environment are very limited. However, by working as a football coach in South Africa during your gap year, career break or sports holiday, you can allow kids to enjoy the fun and serious sides of football through structured training and matches.

Destination Info

Diverse, exhilarating, spectacular, varied – South Africa is most definitely a destination to write home about. Passionate about sport, Football is part of daily life for many, so jump in and get involved.

There's the country itself – offering everything from lush subtropics to deserts, savannah to scrubland, bushveld to stunning coastlines. If your taste is for Africa's big five, this is the one of the very best places on the continent to see them.

South Africa Football Coaching

Then there are the people and what they've achieved. If your interest lies in modern politics, South Africa should definitely be on your travel shortlist. You'll have the chance to live and volunteer in a country that has accomplished so much in the years since apartheid was dismantled – it's unique in the world.

Itinerary



The players you work with are largely centred in the townships and schools that skirt the city. The first stage as a coach is to help organise and run training clinics and matches for the children, as well as providing them with decent football equipment. This is great for forming relationships with the players and developing your own confidence. The second stage will be planning football tournaments that incorporate both matches and team-building activities. Although the focus is on personal skills and sports development, there will be ample opportunity to scout for talented individuals who, with the right support and training, could go on to play professional football. The sports academies with which we work are keen to identify the individuals who will form South Africa's next generation of pro footballers.

We welcome volunteers who enjoy playing or coaching football, be it socially with friends, representing your school, club or university team or even as far as holding coaching qualifications. The emphasis is not on developing Africa's next international football star but about getting alongside children from less-advantaged backgrounds and building friendships over a common ground. It is from here that you will start to give enthusiastic players the chance to play the sport they love in an organised and fun environment. Whatever your background, be assured that you will be able to offer something positive to the children and football projects you work on.



Being a football coach in South Africa will mean you are responsible for running and supervising all training and matches for the players. This may sound daunting but you will soon realise that you have an understanding of football that the players are so desperate to gain. The rewards are great because the raw talent is often there, but

South Africa Football Coaching

the experience of a team structure is not. By introducing the basics of team play, movement and position holding, your players will develop rapidly. You will also have solid support from the other volunteers, our in-country staff and local coaches who will give you all the training methods and ideas that you might need. From complicated technical play to friendly 'kick abouts', you will soon develop your own coaching programme, unique to you and your players.

Don't worry if you haven't got any official coaching qualifications, the placement is open to anyone who has a love of football and wants to share that enthusiasm to improve the lives of disadvantaged children. Whether you play football socially with friends or you play for a team- as long as you have a passion for the sport this project is perfect for you- and who knows, one day some of the children you coach might be the next Messi or Ronaldo!



The coaching we offer is for the children in local townships and tries to be 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 in the holidays, than in the term time and 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 enables other kids who have not had this opportunity during term time to attend and maybe even learn a new skill. 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 want).



South Africa Football Coaching

As weekends will be off, things can be focused on enjoyment and visiting the beautiful places in and around PE. We can organize trips to Addo Elephant Park, Kragga Kamma Safari Park, Seaview Lion Park, Baviaanskloof and many more options. Just keep in mind that extra costs apply for any weekend outings.

You can take a surf lesson, do a diving course, go on a Whale and Dolphin cruise or just sleep late after a bit of dancing in the local clubs; it's all up to you. The Coordinator also needs some time off so weekends (outside organized trips) will be focused on relaxing and doing your own thing, maybe even some washing...

Accommodation

Your accommodation will be situated in Umzi (Xhosa for home) in Newton Park, Port Elizabeth. While the accommodation is basic shared rooms with bunk beds, it also has a range of amazing facilities including:

- Several communal areas for socialising including the TV room, computer/reading room, large garden and games room that has table tennis and a pool table.
- Large Swimming Pool
- Four coin-operated washing machines and two tumble dryers are available for laundry.
- Free Internet access
- DSTV (the South African equivalent of Sky) with nine 24hr sport channels.
- Shops within 5minute walk selling everyday items such as snacks and drinks, toiletries, SIM cards, phone top-up vouchers and international call cards.

The accommodation is located close to the centre of Port Elizabeth and main shopping mall. The beachfront is only a short taxi ride away that costs approx 60 ZAR per journey. The accommodation is approximately 10 – 15 minutes car journey from the Township areas that you will volunteer in.

Programme Services and Facilities

Internet

There is free internet at the accommodation, you will need your own laptop or phone to access it. There is also an internet café within a 5-10 minute walk from where you will be staying.

Telephone

The international dialling code for South Africa is +27

To place an outgoing call, direct dialled international call, dial +44 for the UK, +49 for Germany, followed by the telephone number. For example to call Real Gap Experience dial +44 1892 516164 / +49 69 222226 475.

There is a payphone at Umzi for incoming and outgoing calls: +27 (0)41 364 0904. Friends and parents are welcome to use this. In addition to this, you will be given contact numbers for the staff in South Africa approximately two weeks prior to your placement. Please keep these numbers somewhere safe.

Travellers can either buy a SIM card (phone dependent) or buy a new mobile and SIM card in South Africa if you would like to have mobile coverage.

South Africa Football Coaching

Laundry

There are four coin-operated washing machines and two tumble dryers available for laundry at your accommodation.

Electricity

South Africa uses 220/230V and a frequency of 50Hz.

There is electricity at your accommodation, the plug sockets in South Africa take plugs with two large circular pins and a large circular grounding pin; therefore you will need to buy an adaptor if you want to use/charge electrical items.

Transport

Pick up from and drop off to Port Elizabeth Airport (PLZ) is included. Transport to/from activity placements also included (where necessary) and will usually be a minibus.

Meals

All meals are included and volunteers are expected to share in the preparing of meals and washing up. There is a set menu for the week which you can manipulate by talking to our Project Coordinator which also takes vegetarians in consideration. Coffee, tea and cordial are available at any time.

Breakfasts are self service, so toast and cereals. Lunches can be made before going to work and consist of sandwiches with cheese, cold meats or other spreads.

Dinners will be a grand mix of the cooking skills of the students; so if you like cooking; show it! Think about oven casseroles, pastas, stews, stir-fry and other healthy and hearty options.

Breakfast: Cereal and toast (self service) from 7:30-9:00 Monday to Friday and 8:00-9:30 at weekends

Lunch: travellers make their own packed lunch (sandwiches, crisps, fruit) during the breakfast period to take with them to their placement. Lunchboxes are provided at the beginning of the placement. At the weekend, lunch is served between 12:30-13:00.

Dinner: The evening meal is served between 18:00-19:00. Supper is saved for people who have placement commitments in the evening. Travellers wash up their own dishes when they have finished eating. Typical meals include - rice dishes, burgers, lasagne, bolognese, curry, pie etc.

Water is considered safe to drink in South Africa, although you may prefer bottled water.

What's Included

- A warm welcome at the overseas airport
- Transfers to/from the airport from/to the activity site
- Food (breakfast, lunch, dinner) as stated in the meals section
- All accommodation as stated in the accommodation section
- Full co-ordination of your programme activities
- All required equipment for the volunteer programmes
- 24-hour support from the in-country staff and 24-hour emergency support from our UK team



What's Not Included

- Flights
- Travel insurance
- Visas
- Vaccinations
- Additional Transportation
- Personal spending money
- Soft drinks and alcohol



Additional Information

Transport

Your transport is provided and you will be taken to and picked up from the project on a daily basis in a mini van (8 seater). The vehicle is also there for weekly shopping and visiting the supermarket. If you want to go out for a drink or dinner by yourself you can use local cab services for minimum costs. We will have weekly possibilities to visit the cinema or other group activities.

Personal transport in the form of a scooter or bicycle can also easily be rented.

Free Time

During your time on the programme there will be a number of social activities included – together with other volunteers:

- Kragga Kama – Game Reserve
- Jeffreys Bay – World Surfing Mecca, waterfall trip, Billabong factory outlet, optional dune boarding (extra cost for Dune boarding)
- Storms River - Bloukrans Bungy Jump - world's highest bungee (extra cost for the jump)
- Night at Bouma / Pool Party dependent on time of travel

Apart from the free excursions mentioned above, other activities and trips are also organised as our in-country partner has links with places offering skydiving, elephant back rides, ostrich riding, surfing, scuba diving, hunting and conservation/safari trips. These are all available for an extra fee.

What to Pack

The following list is designed to help you select and prepare your personal equipment for your trip overseas. Essentially, the weather will be warm(ish) dependent on when you go (see the weather guide below), so you need to bring enough clothes that will allow you to have enough 'during placement kit' and 'after placement kit' (whether that's informal beach gear, or clothes to go out in!).

The 'layering' phenomenon (i.e. clothes that are easy to layer on, strip off) is key! Things are pretty laid back over in SA so don't worry about bringing your tux, or cocktail dresses for going out, it's a very casual affair.

We may also be providing you with some kit that is specific to your project, such as sports equipment and teaching materials. These will be given to you in country and are yours to use throughout your stay and will be left with the community at the end of your placement. You may also want to bring some additional equipment for your project but please note that you will have to take this out under your own luggage allowance.

Recommended Clothing

- Fleece: For insulation - again it may get chilly especially at night.
- Hat: An essential piece of kit for keeping the sun off your head to prevent sunstroke. We would advise that a wide brimmed hat be worn rather than a baseball cap, which will not protect the back of your neck.
- Jumper: Although it will be warm for the majority of the time overseas, it will sometimes get cold, particularly at night, so make sure you bring a couple of warm jumpers (wool / fleece).
- Shirts: Always useful to bring a couple of shirts that can be used for smart wear. It is highly recommended that you bring a bunch of your own sports shirts and training tops to wear during the programme.
- Shorts: A selection is recommended, as it is likely that you will be wearing these the most.
- Socks: Again, enough to see you through the week is recommended. You may also want to bring socks for any sport activities you may be involved with, e.g. football socks.
- Swimwear: There are plenty of places to go swimming, either in pools or the sea, so a swimming costume is very important. You may also want to try your hand at surfing.
- Trousers: We suggest bringing lightweight cotton trousers, as it may get quite hot and they are also good for wearing after dark to keep those bugs away! Also bring one reasonably smart pair for wearing at night.
- T-Shirts: Bring a selection that you can use while on your placement.
- Underwear: Cotton underwear is more hygienic than synthetic. Enough to see you through the week is advised.
- Specialist Clothing / Kit: Sports kit, whistle

Shoes

- Casual Shoes: Bring a comfortable pair of shoes that you can wear for going out and, ideally, for any indoor sports activities that may require 'clean' shoes. Closed toed shoes are required if working in the schools or orphanages.
- Sandals: A pair of good-quality sandals, with ankle straps, very common amongst travellers in to warm climates because of the good ventilation they provide.
- Shoes/Boots: Bring a pair of shoes that you don't mind getting dirty because you will often be working and playing sports outside. Furthermore, it is likely that you will experience the odd downpour of rain, which can often turn parks and pitches into temporary mud baths! Footwear such as Astroturf boots, blades or soft studs is recommended if planning to do sports. If you plan on doing any walking/hiking during your placement or while travelling independently, we suggest that you take a good quality pair of walking boots. Whether you choose leather or fabric walking boots they should have a rigid sole with a good tread and good ankle support. Boots should be purchased in advance of your placement to make sure they are comfortable and worn in.
- Trainers / Running Shoes: For everyday running around

Wet Weather Gear

- Waterproof Jacket: Lightweight, waterproof and breathable – always useful

Equipment and Toiletries

- Camera: for the essential 'Kodak' moments.
- Personal Medical Kit: People tend to underestimate that carrying a good medical kit when travelling is very important. Remember your prescription medicines if you're taking any. Your medical kit should at least include assorted plasters, paracetamol, ibuprofen, antiseptic wipes and rehydration sachets. A lot of pharmacy products are readily available in-country but it is wise to arrive with some supplies. If you plan to travel independently after your project your medical kit should be more extensive.
- Sleeping Bag: You may consider taking a sleeping bag for travel pre / post activity tour (not required on the tour).
- Sleeping Bag Liner: It can get very hot at night so, in order to save on washing sheets or a sleeping bag, we suggest taking a sleeping bag liner.
- Sun Cream and After Sun: It is essential to bring a high factor (30+) sun cream, lip sun block and after sun due to the strong rays and long hours spent outside.
- Sunglasses: Good quality sunglasses are an important piece of equipment because you will spend a lot of your time outside. Check that they are polarising and provide an effective filter against UV radiation. A neck-leash is also handy to stop them from falling off
- Torch/Flashlight: A head torch, plus a small backup hand torch, gives great versatility. If for example you experience a power cut, or are out camping, you will have to undertake a lot of two-handed tasks in night time darkness, such as getting ready for bed, going to the toilet, etc. A head torch is also great for reading.
- Towel: Essential, (travel towels are often useful as they are compact and dry very quickly)
- Wash Kit: Bring the usual items: toothbrush, toothpaste, sufficient soap (you can purchase highly concentrated travel soaps that wash your hair, body, food and clothes), moisturizer, deodorant, shampoo, razor, shaving gel/foam, wet wipes, anti bacterial hand gel etc.
- Watch: There is no need to bring an expensive watch, but having both an alarm and stopwatch can prove very useful.
- Water bottles: You should be carrying at least two litres of water with you at all times; bottled water is available in-country but not all the time. Having your own supply is important while on your placement or when travelling. Whether you carry a platypus (hydration system with drinking tube) or a US Army style bottle it doesn't matter as long as you carry enough water.
- Waterproof Money Belt: Security is always an issue when you are travelling so please think about it carefully, especially if you are travelling on after your placement. You should always be looking to keep your passport/money/tickets safe. A hidden pouch (also known as a money belt) that is secure is a simple but effective solution.
- Whistle (for sport placements only): You may want to bring a whistle to use while on your placement. This is especially helpful when organising your team or refereeing matches.

Luggage

- Luggage: Due to the style of placement that you are doing it is not necessary for you to spend extra money on purchasing a particular type of main bag; you are free to use a hold-all or rucksack as you choose. If you are travelling on after your project, or plan to travel in the future, you should consider more carefully the type of bag you choose. If your plan is to go backpacking then a travel sac is probably the most suitable bag that you can take (this is like a normal rucksack but zips around the edge allowing you easier access to your belongings).
- Day Sack: A small rucksack, with a capacity of approximately 25 litres, is useful for carrying personal kit on your placement. It also makes a good piece of hand luggage for the plane and for travelling in-country. If you choose to take a travel sac as your main piece of luggage a detachable day sack will often be part of this bag.

Minimum Age

The minimum age for this programme is 17.

Minimum Numbers

There are no minimum numbers on the trip.

Please note: you may be the only volunteer at your chosen project at any one time. However, each of our Port Elizabeth coaching volunteer projects share the same accommodation. Therefore, if there are volunteers on our other programmes you will be able to spend your spare time and evenings with them. If you have any questions about this, please feel free to contact us

Flights

Your flight to South Africa should arrive at Port Elizabeth Airport (PLZ) via Cape Town or Johannesburg on your programme start date, and your return flight should be arranged for your programme end date. Please check availability with our team before booking flights.

To book your flights, please contact your sales advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.

It is important that once you have booked your flights you add these details to your online account or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

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

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)

Passports and Visas

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.

Cultural Considerations

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

South Africa Football Coaching

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!

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

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

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.

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.

Language Guide

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)*

Food & Drink

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! If 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.

Public Holidays

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/>

Weather

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.

Time

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'.

Electricity

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

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 recommended travel advice.

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



South Africa Football Coaching

Our Details

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

Phone: 1-800-985-4852

Email: info@realgap.com

Post: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

Web: www.realgap.com