

Kaapsehoop Horse Trails Volunteer Project

Equine Horse project making a difference to all with a Horse

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www.horsebacktrails.co.za

<https://www.facebook.com/KaapsehoopHorseTrailsVolunteerProject>

(please join us on Facebook)

Our project is set in the beautiful surroundings of the Kaapsehoop on the Drakensberg Escarpment, offering a scenic adventure. The project runs for a minimum of one week and maximum of 12 weeks.

Volunteers must have some horse riding experience....other basic skills and project responsibilities are taught to volunteers during their stay.

It is essential that volunteers are between 18-55 years of age, physically fit and of a weight below 90kg. Due to animal welfare, we must apply a horseback riding weight limit to assure the animals do not suffer back injuries.

During the project, volunteers work full days from 07h00 to 16h00 taking days off when required and to do optional excursions eg: Kruger National Park Safari/ Blyde river canyon etc.

Three meals are provided per day. A laundry service is available

. Volunteers can expect the following activities during their stay at the project:

- General equine husbandry
- Lessons in saddles and bridles
- Horseback riding
- Traction work with Horses
- Clearing of Trails
- Counteracting alien vegetation
- Daily duties (as per list) i.e.: feeding, caring for in house horses and chicken project, cleaning and maintenance of stable facilities
- Vegetable project for community Kids
- Horse preparation for rides
- Volunteers must be enthusiastic and be prepared to work hard and be part of the Team
- Home stay assistance in cooking, cleaning, laundry etc.

Our horses live out, free range; there are no stables for the animals at night as they live free in the Mountains. The horses are brought in when required, prepared for our trail rides. On days where we have no bookings, the horses are free to stay in their natural environment and are not ridden.

Accommodation and Meals

- Maximum 4 Volunteers
- 2 bedroom flat, sharing
- Shower, basin and toilet
- Basic kitchenette
- Meals and cooking take place in the main house
- Laundry facility available

The project costs are ZAR3500/week + ZAR1200 return transfer to APT or Shuttle

The funds are used to fund the project directly. Included in this price is: accommodation, meals, transportation of the volunteers on the project, town trip once a week, horseback riding and other project related activities.

Not included are:

Airfare, visas, travel insurance and medical costs, bar accounts, Transfers from Nelspruit, Items of a personal Nature, Optional excursions – see www.vulatours.com

Volunteer Information Package

Packing List:

1) Documentation: Passport, Proof of travel insurance and **medical insurance**, Proof of vaccinations, any other personal documentation required.

Please note that it is advisable to leave photocopies of important documents at home with your next of kin.

2) Spending money: - currency: South African Rand, - NO ATM facility on site, bring cash.

3) Large travel backpack or suitcase as well as a small day backpack

4) Personal hygiene kit: Shower gel or soap, Shampoo and conditioner (if necessary), Body lotion (if necessary), Deodorant, Shavers, Toothbrush and toothpaste, Hairbrush or comb, sanitary products for ladies (if necessary), Towel.

5) Personal first aid kit including: Malaria prophylactics, Antihistamine cream, Anti-diarrhoea pills, Indigestion pills, Aspirin/Ibuprofen/Paracetamol, Plasters/band-aids, Bandages, Thermometer, Latex gloves, Tweezers, Scissors, Lip balm with SPF, Sun block with high SPF, Insect/tick repellent (containing DEET or equivalent), If you wear prescription spectacles and/or contact lenses, pack a pair of spare spectacles and/or contact lenses solution. If you take prescription drugs, ensure you

pack enough for the duration of your stay. The same applies if you are asthmatic; suffer from epilepsy or severe allergies.

Vaccinations: Please consult your local GP or Travel Clinic on advised vaccinations for the Kaapsehoop/Nelspruit area. Recommended vaccinations include: Hepatitis A&B, Typhoid, Rabies, Tetanus, Diphtheria, and Polio. We are situated in a low risk malaria area so consider taking anti-malarial. The ticks in our area transmit a disease called tick bite fever. There are no vaccinations against this disease but it can be cured if caught in time. Generally, avoiding tick bites is advisable.

6) Clothes: appropriate riding apparel, warm jacket, T-shirts, Light sweater or fleece, Shorts, Long trousers, Underwear, Socks, Swimwear, Windproof jacket and/or waterproof jacket, Waterproof trousers (optional), Sun hat or cap, Pyjamas/nightwear, Beanie, Hat, Gloves during wintertime.

7) Footwear: riding/walking boots that fit into stirrups, medium weight, well broken-in hiking boots Sneakers/trainers, Sandals or flips flops

8) Equipment: - Sunglasses (with high UV protection), Torch (LED headlamp recommended), Alarm clock and/or watch, Camera (with batteries or charger, Binoculars (optional), riding half-chaps (suggested); riding helmet (compulsory), gloves for working and riding.

Mobile phone and charger (recommended in case of emergencies, SIM cards can be purchased.

Plug adaptors for South Africa are generally not available in Europe and the US but can be purchased.

Books, card games etc. as the evenings can be quiet.

Airport Information: There are two different options of travel from Johannesburg International Airport to our project:

Option 1: You can book a connection flight from Johannesburg to KMIA (Kruger Mpumalanga International Airport) and we will arrange for a transfer. The drive from KMIA to the project will take just over one hour.

Option 2: Shuttle transfer directly from OR Tambo International Airport in Johannesburg to Nelspruit Sonpark or Nelspruit Crossings. This drive will take approximately four hours and is a safe way of travelling in South Africa. To book a shuttle, visit either of these two websites: www.citybug.co.za OR www.lowveldlink.com

Should you arrive after the last shuttle/flight has left Johannesburg, you must stay in Johannesburg overnight. If you would like some luxury for the night, we recommend the Southern Sun Hotel (www.southern.sun.com), which is adjacent to the airport. The Backpackers Ritz (www.backpackers-ritz.co.za) is a cheaper alternative and also closes to the airport. Both offer services to pick you up at the airport and drop you off again the next morning.

We will arrange transfers from either KMIA or Nelspruit, depending on which option you have chosen. Please provide us with your travel information two weeks in advance.

Additional information: Volunteers must be between 18-55 years of age to attend the project.

Please remember that South Africa is situated in the Southern Hemisphere: Our summer is between Octobers - March. This is the rainy season. Temperatures can rise to about 35 degrees Celsius/ 95 degrees Fahrenheit during the day while nights are mild. Our winter is between April - September. This is the dry season. Temperatures rise to about 15-25 degrees Celsius/ 59-77 degrees Fahrenheit during the day but can drop to about 0 degrees Celsius/ 32 degrees Fahrenheit at night.

It is safe to drink tap water at the Project. Water purification is not necessary.

On arrival, you are required to sign an indemnity form, project orientation, learn your daily duties and responsibilities for Kaapsehoop Horse Trails/volunteer project.

Thank you for your interest in the Kaapsehoop Horse Trails Volunteer Project.