



EHRA VOLUNTEER PROJECT **IMPORTANT INFORMATION**

Please read the following carefully!

FLIGHT INFORMATION

We have new partnerships with a company called Diversity Travel who negotiate cheap flights on behalf of charities. They are happy to assist all EHRA volunteer, please do get a quote from them to compare what you are able to find, bookings@diversitytravel.co.uk.

Also please use this contact form to access a company called Gapyear.com who have been helping EHRA volunteers find good flights for the past few years: <https://b2b.gapyear.com/elephant-human-relations-aid>

Depending on flight costs, we would recommend that you fly to Walvis Bay as this airport is only 20 minutes from Swakopmund. Windhoek is the capital of Namibia and the main international airport is a 4-hour drive from Swakopmund. However, flying into Windhoek can work out a lot cheaper than traveling to Walvis Bay via Johannesburg. Until recently Air Namibia had a direct flight from London Gatwick to Windhoek but this is now cancelled. You should still try Air Namibia's flight from Frankfurt direct to Windhoek and search for the cheapest ticket from London Heathrow to Frankfurt. It is also worth checking with South African Airways and British Airways.

Don't be put off by the distance from Swakopmund as we can arrange reliable Shuttle services to pick you up from the plane and drop you at the backpackers.

If you do arrive in Walvis Bay, we will arrange for you to be picked up and taken to the backpackers we use, Desert Sky Backpackers in Swakopmund. This transfer costs \$250 Namibian. **At latest you should ARRIVE in Walvis Bay on the Sunday flights.**

If you arrive in Windhoek, EHRA can book you onto a reliable mini bus service, which picks you up from the airport and will drop you off at Roof of Africa where you will have to wait for the next shuttle which will pick you up between 12h45 to 13h45pm that same day. The shuttle service from the Airport to the Roof of Africa will be N\$ 240 and the shuttle service from the Roof of Africa to Desert Sky Backpackers will be N\$ 260. If you need to stay a night in Windhoek we recommend Chameleon Backpackers, and the shuttle will pick you up from there. Please just let us know about your flight details so that we can make these arrangements in advance.

We would recommend that instead of spending days in Windhoek you come directly to Swakopmund, which is a much nicer town, on the coast and has lots of activities to offer, such as sky diving, quad biking through the dunes, dolphin watching, kayaking, sand boarding or just lying on the beach! **If you fly into Windhoek you must ARRIVE on Sunday around 11:00-12:00 hours at the latest so you have time to catch the last shuttle services. The shuttle services depart between 12h45 to 13:45 am**, so if your flight arrives in the morning you can be dropped off at the backpackers and spend the day there, this costs just N\$50 where you can have a shower, swim and relax.

When booking your return journey you should be aware that we do not arrive back in Swakopmund on the Friday finish day until around 14:00 am. Therefore please check before booking flights that depart on this day. The easiest thing is to book flights for the following day or later. If you fly out of Windhoek (from Saturday onwards) the earliest you can arrive there is around 12:00 am as daily shuttles leave Swakopmund around 07:00 am. We also all eat together on the Friday night and it's a shame to miss that!

ACCOMMODATION BEFORE THE PROJECT IN SWAKOPMUND

EHRA can make your accommodation bookings for you at Desert Sky Backpackers. Please note accommodation in Swakopmund is at your own cost. If you are staying on the project for more than 2 weeks then remember to budget for the Friday, Saturday and Sunday evenings in between projects. The cost is N\$200 for a bed in the EHRA dorm and N\$450 for a single room per night, and N\$ 600 for a double room. If you would like information on other guest houses please do let us know, it is not compulsory to stay here. You can check out Desert Sky's web site here: <http://www.desertskylodging.com/namibia/>

PICK UP INFORMATION

The pick up point is from Desert Sky Backpackers in Swakopmund at 11am on the Monday of the start of the project. If you are staying at alternative accommodation in Swakopmund we can arrange to pick you up from there. Please just let us know where you are staying.

If you have made your own way to Swakopmund and are not staying at Desert Sky Backpackers, please do contact us on either of the mobile numbers below, as the EHRA group will arrive in Swakopmund on the Friday and it is good for everyone to meet before the Monday departure.

EMERGENCY CONTACTS

If your flight is delayed and it seems likely you are going to miss the pick up or if you have any other problems on your journey then please do contact us!

Rachel Mobile: + 264 812 332 148

Victro Mobile: +264 813 374376

EHRA office: + 264 64 402501

Desert Sky Backpackers: + 264 64 402339

In the event that you are unable to get hold of anyone you should head to Desert Sky Backpackers' where arrangements would have been made for you. Please make sure you have these telephone numbers on you and travel with local currency.

INSURANCE

It is **ESSENTIAL** that you have adequate insurance for the duration of your stay. Please note that many household policies and cheap backpacker policies do not provide adequate cover. In the unlikely event that you do have an accident you must be covered for all contingencies including emergency air evacuation.

You must fax, scan or e-mail a copy of your insurance policy to the office with your information form, we need this information to activate the emergency response teams in the unlikely event of an accident. It is incredibly important that we have this information.

PASSPORT / VISA REQUIREMENTS

You will need to travel on a full passport with at least 6 months left to expiry from date you enter the country. You can stay for up to 3 months visa free in Namibia.

Country	Passport Required?	Visa Required?	Return Ticket Required?
British	Yes	No	Yes
Australian	Yes	No	Yes
Canadian	Yes	No	Yes
USA	Yes	No	Yes
Other EU	Yes	No/1	Yes

Passports

A valid passport is required by all nationals referred to in the chart above.

Visas

Not required by nationals referred to in the chart above for stays of up to 90 days except:

1. nationals of Bulgaria, Cyprus, Czech Republic, Estonia, Greece, Hungary, Latvia, Lithuania, Malta, Poland, Romania, Slovak Republic and Slovenia who *do* require a visa.

Note: Nationals not referred to in the chart above are advised to contact the consulate or high commission for visa requirements (see *Contact Addresses*).

Visa Note

Return or onward ticket or proof of accommodation required on application.

When you complete the immigration form upon entering Namibia you MUST state that you are a tourist on holiday, DO NOT say you are volunteering as officials regard this as working for which you would need a working visa. There have been instances where volunteers going to other projects have been denied entry because of this! In the address part of the immigration form you should put Desert Sky Backpackers, c/o 35 Anton Lubowski and Nathaniel Maxuilili, Swakopmund or the backpackers that you are staying at.

MEDICAL INFORMATION

Please complete the medical form and return it to EHRA. You must consult your GP with regards to immunizations, as EHRA cannot give advice. Below are details of what is likely to be recommended.

First Aid Kit - You must bring your own first aid kit with you. Legally we are unable to provide you with any medication so make sure you have the following with you:

- Paracetamol
- Ibuprofen
- Anti-histamine tablets and cream (for insect bites, stings, allergic reactions)
- Eye drops
- Anti-diarrhea
- Rehydration sachets
- Antiseptic cream and spray
- Burn cream/plasters
- Plasters, bandages etc
- Gauze

- Sterile water
- Cough medicine

Please also bring supplies of any prescription medication that you take or any other medicines that you think you may need.

Malaria: The project site is regarded as malaria free, but many parts of Namibia are not, so if you are traveling on, please consult your GP for guidance.

Tetanus: A recent tetanus jab is **highly** recommended.

Polio: Recommended

Hepatitis A&B: Recommended

FINANCE

The local currency is the Namibian dollar, which is linked to the South African Rand, also legal tender in the country. The following web site will give you up to date exchange rates: www.xe.com/ucc

During your stay at camp you will not require money for anything other than luxuries such as alcohol, cigarettes and snacks. You should purchase these in Swakopmund before we leave for Damaraland as supplies are limited if not non-existent there!

RECOMMENDED READING

The White Bone. Barbara Gowdy.

Elephantoms. Lyall Watson.

Heat, Dust and Dreams. Mary Rice and Craig Gibson, Struik Publishing.

Lonely Planet Guide to Southern Africa

Lonely Planet Guide to Namibia

Newman's Birds of Southern Africa. K. Newman.

The Mammals of the Southern African Subregion. Smithers, R. H. N.

A guide to the behaviour of African mammals. Estes.

RECOMMENDED EHRA KIT CHECK LIST

Please be aware that your clothes are going to get dirty! You can buy most things in Swakopmund so if you do not want to carry big items such as sleeping bags with you then you can purchase them here, the same goes for toiletries etc. Remember to bring clothes for Swakopmund too, and remember it is colder at the coast.

ESSENTIAL ITEMS
Passport, insurance certificates & personal documentation, including some certified copies stored separately.
Spending money in N\$ or SA Rand – small denomination notes (can change at airport)
Personal medical first aid & hygiene kit
Sunscreen & lip salve
Sun Hat
Comfortable, lightweight trekking boots/trainers or similar
Sandals for camp
Head torch (head torch is important! And batteries)
Sunglasses
Lighter for bush business
Fleece type pullover (and warm jacket it can get quite cold at night during the winter months and also on desert patrols throughout the year)
Working gloves
Sleeping bag (three seasons) (also consider a sleeping bag liner which you can use alone if you are too hot in the bag, or can help keep you warm in the winter)
Khaki, or similar neutral colored lightweight bush wear for patrol week (consider 2x changes of clothes). Neutral is important so that when close to elephants (and other animals) we do not stand out and blend in with the surroundings, so greens, khaki, grey are all good but not white, black or bright colours. (Not with camouflage design)
Water bottles: 3 x 1 litre. If you use old mineral water bottles this is also fine.
NON ESSENTIAL
Pocketknife is handy
Consider a hat with a mossie net built in. There can be rather irritating Mopani Bees around (THEY DO NOT STING!!)
Camera with enough film and batteries for the duration of the expedition
Waterproof jacket (if you are in Namibia Jan-May)
Notebook and pen
Tshirt and Shorts for build week can be any colour (consider 3 t shirts max and one pair of shorts)
Hats, gloves, warm sleeping wear (for Winter months June-Sept time)
Baby wipes/Flannel – there are no washing facilities whilst on patrol week BIODEGRADABLE IF POSSIBLE. During build week you can have a bucket of water to wash, IF water is plentiful.
Pillow
Long trousers – if you are coming to EHRA in winter or want to stop mosquitos biting in the summer.
Swimwear – there is a lovely pool in Uis that you will visit
Towel
Mosquito & insect repellent
Binoculars for game viewing
Daypack large enough for; fleece, personal medical kit, binocs, sunscreen, lunch and water bottles. One soft kit bag for main packing
Mosquito net (useful during Dec-May)
Eco shopping bags (you might want to shop locally for snacks and other personal items!)
Power bank charger
Positive attitude!

N.B There are also EHRA t shirts for sale in base camp, all are khaki colour so good for patrol weeks. There are many supermarkets, pharmacies, camping stores and clothes stores in Swakopmund and you would have time to buy extra supplies on Monday morning before we leave to camp.



Example of hat with mossie net built in – available at all outdoor shops



Free standing mossie net



Classic mossie net