



INFORMATION HANDBOOK

- INTRODUCTION**
- ITINERARY**
- COSTS**
- HOW TO PAY**
- FLIGHTS**
- PASSPORTS**
- INSURANCE**
- MEDICAL**
- WHAT TO PACK?**
- FAQs**

Hi!

If you're thinking about joining one of our trips, whether it is an open-group research expedition, or as part of an academic field course, then this handbook should provide useful information.

Or if you're thinking about joining us for a long-term placement opportunity, please contact us on the email below for a separate handbook.

We hope to see you soon in the Smiling Coast for the trip of a lifetime!

TEAM PROJECT WILD GAMBIA

W: www.projectwildgambia.com

E: admin@projectwildgambia.com



1. INTRODUCTION

We are a small team with a big impact.

We offer a range of trips which each benefit our ongoing conservation projects and research for the most threatened species in The Gambia. Each trip provides an introduction into Zoological research and vital conservation of threatened and declining species in West Africa. Our projects are constantly evolving and developing, and each trip is completely unique in that we will work on the most pressing research and conservation issues at that current time.

Our trips range from annual open-group expeditions for all individuals with a passion for wildlife conservation to join us, to academic field courses that can be incorporated into university modules. We also now offer long-term placement opportunities for those who are wanting to join our team for longer periods of research!

2. ITINERARY

The programme of work can be found in your given itinerary (provided before the departure of your trip), and a generalised itinerary can be found on our website. Please note that itineraries are subject to change, as new, urgent research opportunities can arise every day in The Gambia. You will also be offered a range of additional optional excursions such as night surveys and trips to Paradise beach to ensure your trip is as memorable as possible.

We can guarantee that our trips will provide you with new knowledge and field skills amongst a range of projects and will be sure to follow our 'work-hard, play-hard' motto whereby you will leave with life-long memories and friends!

As well as your bespoke itinerary, you will also be provided with a Risk Assessment to be read, signed and returned to our team before the departure of your trip.

3. COSTS

The cost for our trips is £1250 per person plus flights (prices vary) and spending money (we recommend around £10-15 per day to cover lunch and other optional consumables).

A current compulsory Airport Security Fee must be paid upon entering **and** exiting the country. The fee is 20 dollars, or equivalent in euros, sterling, or local currency.

The cost includes:

Accommodation

- Shared en-suite rooms (if you would like a private room, this will be charged at the additional cost incurred by our providers, please contact us if you would like to request a private room).
- Please note that we may stay in multiple accommodations due to the varying locations of our research projects, and this will be specified in your given itinerary.
- Our accommodation is hand-picked by our team so we can guarantee you a comfortable and very enjoyable stay.

Meals

- Breakfast is provided throughout your entire stay.
- Dinner may be provided for part of your trip depending on the accommodation type. Again, this will be specified in your given itinerary.
- Please contact us prior to booking if you have any allergies, intolerances, or dietary requirements and we will be happy to assist you.

Transport

- Airport transfers.
- All in-country transport to research sites and excursions e.g. your expedition may include some of the following: a safari, creek crawl and boat trip to Bijol Islands.

Research

- Research and wildlife guide fees
- Park entrance fees
- Research permits (if applicable)

4. HOW TO PAY

To secure a place on your chosen open-group expedition, as numbers are limited, please pay your initial (non-refundable) deposit of £510.

You can pay this via our website under the 'BOOK HERE' tab.

Once you have paid, you will receive a confirmation of payment email which will also hold a link to a private WhatsApp group chat. This is where you can meet our team and group members joining you for your trip. This group will also be used to circulate your trip itinerary and to arrange additional logistics.

The remaining payment of £740 will be paid on arrival to the lodge in sterling. Please note that Scottish notes will **not** be accepted in-country.

The local currency (dalasis) is not often readily available in the UK. It is best to bring any spending money in Sterling which is readily exchanged in-country. ATMs are also widely available however withdrawals are limited in size and the fees can be expensive.

5. FLIGHTS

Flights are excluded in the cost and are down to the individual to arrange their own flight.

We recommend you searching for your flights (Skyscanner is useful), finding what is suitable, and booking it shortly after paying your deposit and joining your expedition group chat. The reason for this is because our groups often depart from the same airport but sometimes on different timed flights, therefore it is good to discuss beforehand and all arrive together!*

If our UK PWG staff are travelling out at the same time as your group, they'll be sure to let you know their flight itineraries in the group chat. If not, they'll be greeting you at the airport.

Also, in the past, some groups have used a travel agent to book a group flight (often 10+ people which may come with a discount), so if you would like to arrange this amongst yourselves within the

group with other participants, feel free to do so! And our team will be happy to advise/help where they can.

We can recommend Travel Counsellors whom we have liaised with Joanne for many years and always had a positive experience. You can contact her on the following:

E: joanne.parsons@travelcounsellors.com // M: +447915358845 // W: <https://www.travelcounsellors.com/joanne.parsons>

** If arrival and departure times differ from our staff arrival and departure flights, we can arrange for your collection from the airport by one of our team. As they say - 'no problem in The Gambia!'*

6. PASSPORTS

In order to travel, you must have a UK passport valid for the proposed duration of your stay. If you do not hold a UK passport, please let us know as soon as possible.

7. INSURANCE

Personal travel and health insurance is down to the individual, please check the policy's individual details of cover. For instance, if you are bringing items such as a camera or laptop, please ensure that the policy covers these in the unlikely event that you need to claim. Additionally, if any traveller has a pre-existing illness, condition or disability, this must be declared. Insurance policies can be found online (Money Super Market and Compare the Market provide many cover options).

8. MEDICAL

Please make an appointment to discuss your medical needs with a travel nurse at your local GP surgery or local pharmacy such as Boots or Superdrug. We cannot provide you with medical advice however you will need antimalarials and you may need to arrange standard vaccinations usually needed when travelling outside of Europe. We have gathered some indicative vaccination advice for The Gambia:

- Typhoid – recommended
- Hepatitis B - transmitted through blood/blood derived fluids such as needle sharing, risk generally low
- Yellow fever – Now recommended
- Rabies - Travellers have elevated risk but exposure is categorised as “Rare”
- Cholera - Persons who follow usual tourist itineraries and who observe food safety recommendations while in countries reporting cholera have virtually no risk

From 13th December 2022, all COVID-19 travel restrictions for travellers to The Gambia have been lifted. The rules that previously applied to travellers coming to The Gambia no longer apply:

- You are no longer required to show proof of being fully vaccinated
- You are no longer required to show proof of a negative COVID-19 test

Further Health Advice:

- Food - avoid raw food (unless it can be peeled)
- Water - avoid drinking tap water (bottled and/or filtered water is widely available)

9. WHAT TO PACK?

Essential:

- Expect temperatures of 25-35°C during the day, light breathable stuff works best e.g. gym wear. July-September is known as The Gambia's 'green season' due to the African monsoon – so expect some tropical rainstorms. Bring a raincoat and wellies or trainers that will dry quickly if you're visiting during the wet season.
- It can get cool at night, and there are mosquitoes, so be sure to bring long-sleeved shirts, a light fleece and trousers.
- Out of respect for the locals please also pack modest clothing for visits to villages etc. (longer shorts, to the knee preferably, and t-shirts that will cover your shoulders).
- Sunscreen (High factor).
- Sunglasses and hat/cap.
- Binoculars (buy or borrow).
- Light or sturdy walking boots.
- Anti-malarials (e.g. Asda's own Malarone which does not require a prescription – just a chat with the pharmacist).
- Anti-diarrhoea medication (e.g., Immodium), electrolyte solution (e.g., Dioralyte),
- Small First Aid kit e.g. plasters, antiseptic cream etc.
- Field notebook and pens/pencils for data collection.
- Head-torch with red light.
- Water shoes/crocs for offshore excursions.

Optional (but useful):

- Camera or lenses for mobile devices (both tele and macro functions are very useful).
- Mosquito net (if you are very sensitive).
- Laptop/tablet (can be very handy to keep a digital version of your data collection).
- ID guides (birds, mammals, reptiles, insects, plants, etc.) for The Gambia.
- Pocket knife (be sure to put into checked luggage).
- A drybag for valuables during boat trips (also handy for very wet days).
- Insect repellent (tropical strength with DEET or a natural alternative – lemon eucalyptus oil also works very well!).

- Bottle of travel wash (or you can pay to have your laundry done at our accommodation, so no need to overpack!).
- Kind donations for our fantastic in-country partners and charities alike, please ask our team for our donation list document as this is regularly updated and includes the most needed items!

10. FAQs

If you have any other questions, or want to learn more about our work, please visit our [FAQ page](#) which has the following sections for all trip types:

- General
- Accommodation and Food
- Health and Safety
- Research Projects

If there is anything you find unanswered or if you have a personal request, please message email us at admin@projectwildgambia.com and one of our team will be in touch.