We are looking forward to welcoming you to the Dell Cheetah Centre

Please read the following, as it contains important information and advice concerning your preparation for and time here as a volunteer at the Dell Cheetah Centre.

Travel documentation required:

Make photocopies of your vital travel documents, leave one copy with your emergency contact and keep one copy with you. You should also scan the documentation in and email it to yourself, this means you can log in and access it anywhere in the world.

- Passport – make sure it is not only valid but has at least six months validity after your departure from South Africa. It is also necessary to have two free facing pages in your passport for the South African authorities. Failure to do so may mean you are not allowed into the country.

- Visa – please see page 3.

- Insurance policy details with a number to call in the event of an emergency.

- Vaccination records.

- Travel tickets.

- Any medical or optical prescriptions.

Medical Advice:

You will have to consult with your local doctor or travel clinic as to the inoculations you will require before you enter South Africa. Please ensure you leave at least 6 weeks to complete any required courses of medication or vaccinations.

The Dell Cheetah Centre is situated in the north east of the Free State, and so therefore is not affected by Malaria. However the optional trip to Kruger National Park will take you into a Malarial area so you will need to make the necessary arrangements for anti-malarials with your doctor or local health authority before you leave home.

If you require any prescriptions or medication you should arrange this whilst at home. You will need to have enough to cover the entire duration of your trip, and you will have to carry them in your hand luggage, with the doctor’s prescription. Due to the legal implications of travelling with prescription medication, you can ask your doctor to write a letter explaining why you have them if you don’t have a copy of the prescription.

Insurance:

- Medical Insurance – this must be adequate for the nature of the work involved (including working with animals) and any leisure activities you may undertake, such as river rafting, quad biking, abseiling etc. The Dell Cheetah Centre cannot be held responsible or financially liable for any treatment or repatriation you may require. You should also ensure that emergency dental treatment is covered by your insurance policy.

- Travel Insurance - you will need to get a comprehensive travel insurance policy for the duration of your trip (for personal liability etc). There is always a chance of things going wrong when travelling internationally, such as flight delays, lost luggage, etc. This must also include cover for possessions as the Dell Cheetah Centre can not be held responsible for any loss or breakages of any items.

- Cancellation Insurance - you will need to ensure you have suitable cancellation insurance should you have to cancel your trip for any reason.

We recommend you make a note of all contact numbers you might need, such as for emergencies, loss of credit cards, insurance companies etc and keep them with your other documentation.
Weather & Clothing:
The seasons in the Southern Hemisphere are directly opposite to those of the Northern Hemisphere.

At the Dell, the summer months; October to March, are hot with frequent thunderstorms. We recommend lightweight (cottons and linens), short-sleeved clothes and a waterproof jacket. The winter months; April to September, are very cold and we strongly recommend lots of warm clothes. Temperatures can reach -7°C at night. It is also very cold first thing in the morning (we regularly have to break the ice on the cheetahs water bowls), and from past experience we know that volunteers do not appreciate our warnings, so please pack several warm clothes, not just one thin sweatshirt!

The following chart shows monthly maximum and minimum temperatures, in Celsius and Fahrenheit:

<table>
<thead>
<tr>
<th>Month</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
<th>September</th>
<th>October</th>
<th>November</th>
<th>December</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max</td>
<td>35°C/95°F</td>
<td>34°C/93°F</td>
<td>32°C/90°F</td>
<td>29°C/84°F</td>
<td>26°C/79°F</td>
<td>23°C/73°F</td>
<td>24°C/75°F</td>
<td>26°C/79°F</td>
<td>31°C/88°F</td>
<td>32°C/90°F</td>
<td>32°C/90°F</td>
<td>33°C/91°F</td>
</tr>
<tr>
<td>Min</td>
<td>7°C/45°F</td>
<td>6°C/43°F</td>
<td>2°C/36°F</td>
<td>1°C/34°F</td>
<td>-3°C/27°F</td>
<td>-8°C/18°F</td>
<td>-5°C/23°F</td>
<td>-5°C/23°F</td>
<td>-3°C/27°F</td>
<td>0°C/32°F</td>
<td>2°C/36°F</td>
<td>4°C/39°F</td>
</tr>
</tbody>
</table>

Accommodation & Facilities:
The accommodation and facilities provided to you by the Dell Cheetah Centre are for your comfort and enjoyment and are to be treated with respect. In most cases you will be sharing a bedroom and bathroom, with at least one of your fellow volunteers. Unfortunately it is not possible to pay for a single supplement. Please also be aware that we are situated on a farm and do not have daily access to town.

The Staff:
The Dell Cheetah Centre has an enthusiastic and approachable team of staff who are committed to ensuring you have the best possible time. The project is run by a married couple, Pieter and Estelle Kemp, and their passion and dedication to the cheetahs is contagious.

Estelle Kemp (pictured below), is responsible for all aspects of your stay and is your first point of contact.

Electricity:
South Africa’s electricity supply is 220/230 volts AC 50 Hz. Most plugs in South Africa are three large round pins (pictured above), though some appliances have two smaller pins. We recommend bringing an adaptor with you.

Time Differences:
South Africa operates two hours ahead of Greenwich Mean Time throughout the year. This means it is an hour ahead of Central European Winter Time, seven hours ahead of Eastern Standard Winter Time and seven hours behind Australian Central Time.

Our Contact Details:

Should you wish to contact us with any questions before your arrival, please do not hesitate.

Project Manager: Estelle Kemp

Email: dccvolunteers@gmail.com

Telephone: +27 826 915 537

Postal Address: Dell Cheetah Centre, PO Box 267, Parys, 9585, South Africa

N.B. We do not recommend asking anyone to post you anything whilst you are volunteering with us – there is no guarantee it will get there in time, and we are unable to forward anything on if it arrives after you have left.

Food & Water:
As a general rule in South Africa tap water is safe to drink. At the Dell Cheetah Centre our water comes from a spring and is of exceptional purity and clarity. The tap water in Parys, the local town, is safe to drink but does not have a very pleasant taste so we do recommend bottled water whilst in town. It is safe to eat all fresh fruit and salads, and to put as much ice as you want into your drinks.
Money:

The currency unit of South Africa is the Rand, it is denoted by the symbol R, and 100 cents make up one Rand (1R). We recommend bringing some spending money with you. A suggested amount is between GBP £100 and £200 (USD $200 - $400) but you might need more if you want to do a lot of activities during your free time. You can change it in to South African Rand whilst at home or at the airport. Please refrain from bringing traveller’s cheques, they are difficult and costly to cash out here. You can withdraw cash from any ATM easily, using either a debit or credit card, however please bring enough cash to see you through the first couple of weeks as visits to ATM facilities are quite infrequent. You can withdraw cash at the airport when you land. Most banks will charge you a small fee to withdraw cash out here.

You might also notice that the Rand notes (in R10, R20, R50, R100 & R200 denominations) have the Big Five on them.

Mobile Phones:

It is possible to bring your mobile phone out with you. It will be cheaper for you to buy a South African Pay As You Go sim card and use that whilst in South Africa. It is very simple and easy to buy at the airport – just ask for one at any mobile phone store, they usually come preloaded with credit too. Before you leave home you will need to check that your phone will work in South Africa (triband or quadband) and that it is unlocked so that it can accept any network’s sim card.

Flight & Transfer Information:

Please arrange your return flights to Johannesburg International Airport (O. R. Tambo). We will pick you up at midday on either the 1st or the 15th of every month, please ensure you flight will have cleared and you will be ready to meet us at this time. Please bear in mind that it can take at least an hour to clear customs and immigration so your flight should not land later than 11:00 am. A Dell Cheetah Centre representative will meet you at the Avis Car Rentals Desk in Johannesburg International Airport (unless otherwise specified) and you will be taken back to the Dell Cheetah Centre. We can’t predict who will be doing the transfer on any particular day, but it is usually one of the following members of staff:

- Estelle Kemp
- Pieter Kemp
- Tommy Theron

The drive is about an hour and a half. It has sometimes been the case that severe unforeseen traffic has delayed the project staff, please call them on +27 826 915 537 (Estelle Kemp) if they are late.

In some cases it might be necessary for you to fly in the day before and spend the night in a backpackers lodge in Johannesburg and you will be picked up the following morning. If this is the case please contact your agent for a recommended lodge or hotel.

Visas:

On arrival in South Africa you will be issued with a South African holiday visa that lasts for three months, upon presentation of a return or onward ticket. Please contact the South African Department of Home Affairs website (www.home-affairs.gov.za/visa_schedule.asp) to check whether you need a specialist visa to enter the country and if there are any changes to the visa requirements.

N.B. For Immigration purposes, volunteering means something different, so we recommend just saying you are visiting South Africa on holiday if you are asked, otherwise it leads to lots of questions and unnecessary paperwork.

PLEASE REFER TO YOUR AGENT’S RECOMMENDATIONS ON VISAS AS THIS WILL BE THE MOST UP TO DATE INFORMATION.
The Programme and the Cheetahs:
The programme is designed to introduce you to conservation and to allow you to work with, and learn about our cheetahs. Upon your arrival you will receive a guide to the Centre, which will include information about the program, your duties and about the cheetahs. You will be introduced to all the members of staff, shown around the reserve and given a full induction. Working with the cheetahs is an amazing and unique experience and you will learn and do more than you can ever imagine.

Health & Safety:
The health care in South Africa is of a very high standard and we are close to several hospitals and trauma centres. However please do ensure you have enough cash available and adequate medical insurance to cover the fees the private hospitals and doctors charge. As a tourist, South Africa is relatively safe though we do not recommend walking alone at night and we suggest you are restrained with regards how much photographic equipment and jewellery you wear.

Whilst volunteering at the Dell Cheetah Centre, your safety is of the utmost importance to us. We will do everything within our power to ensure that you are safe whilst you are volunteering and during your free time, but it is worth visiting your Foreign Office website to check the latest recommendations. For the U.K. the website is www.fco.gov.uk

The reserve has an excellent record of no criminal activity, however please be careful not to leave your valuable items lying around, we do have a safe where you can lock them away. The reserve is in a remote, rural location, meaning there is little threat of danger or burglary.

Medical & First Aid Treatment:
The Dell Cheetah Centre has several First Aid kits on the premises, however these are for emergency use and not for every day cuts and scrapes. Please ensure you bring your own First Aid kit for personal use.

You and Your Fellow Volunteers:
One of the joys of volunteering, particularly in a foreign country, is that you are able to meet a wide variety of people from different walks of life. You will make great friends, and memories you will cherish forever. However, please do try to be patient with people who may take longer to adjust or who are feeling homesick. Should you find yourself suffering from homesickness or culture shock then please talk to the volunteer coordinator. She will do everything she can to help, but it is worth noting that these feelings usually pass pretty quickly, and you soon settle in to the African way of life!

The Volunteer Coordinator is a qualified First Aider, and there is an experienced medic down the road. There is a local hospital in town, and an excellent trauma centre 50 minutes away. Please advise the team of any medical conditions that they should be aware of as soon as possible.

Narcotics & Alcohol:
The Dell Cheetah Centre has a zero tolerance policy to any narcotics or illegal substances. Please be aware that anyone found under the influence, or in possession of such substances will be removed from the programme with immediate effect and will be expected to cover the costs, such as flying home early, themselves.

Alcohol is not allowed on the Dell premises due to the nature of your work. It is extremely dangerous to be under the influence when working with any animals, particularly predators. Please be advised that anyone found under the influence will be removed from the programme, and will have to cover the costs of returning home themselves.

Late Arrivals & Early Departures:
Should you arrive late or depart early for any reason (including being asked to leave due to breaking rules), there will be no deduction in cost or any refund issued.

South Africa and the Local Area:
The Dell Cheetah Centre is located within the North Eastern part of the Free State, one of the nine provinces that make up South Africa. Part of the reserve is bordered by the Vaal River and the nearest town is Parys (approximately 20 minutes away). The 350 hectare reserve is a typical example of hilly grassland vegetation, with a mixture of grasses and trees. It is home to zebra, giraffe, wildebeest and a variety of antelope species, including kudu, eland and springbok. The summer is hot and wet, with frequent thunder storms, while the winter is dry and cold, with frost at night. The reserve is an hour and a half south of Johannesburg, and has a wide variety of activities within easy reach.
# Kit List

## Clothing:
Where possible try to bring lightweight, neutral coloured clothes, that do not matter if anything happens to them, such as getting torn or dirty. A suggested minimum is:

- A couple of pairs of trousers
- A couple of pairs of shorts
- Various T-shirts & vest tops
- A couple of long sleeved tops
- Underwear & socks
- A compact waterproof jacket
- At least one warm jumper or fleece
- A towel
- Nightwear
- A few items of clothing for relaxing & socializing in

You will be provided with a specially designed volunteer shirt when you arrive, and we have a range of Dell Cheetah Centre clothing available at our online shop.

The summer, from October to March, is the rainy season, so a good waterproof jacket is important, while the winter, April to September, although warm during the day, can be extremely cold at night, lots of warm clothes are invaluable! Temperatures can reach -7°C at night.

## Footwear:
- 1 pair of walking boots, or tough trainers
- At least 1 pair of sandals or flip-flops
- A pair of comfortable shoes for travelling, relaxing and socializing in

## Toiletries:
It is easy to buy most well-known brands out here, however it is best to buy insect repellent at home as it is not as strong out here.

- Shampoo & conditioner
- Shower gel or soap
- Toothbrush & toothpaste
- Sunscreen with high UVA protection
- Moisturiser or after sun lotion
- Insect repellent (containing DEET)
- Sanitary items & condoms

## First Aid Kit:
It is not necessary to bring a large first aid kit, you can buy a small one or you can easily make one up yourself using the following guidelines.

- Painkillers
- Antiseptic cream and wipes
- Plasters & bandages (a good assortment)
- Micropore/bandage tape
- Oral rehydration mixture, e.g. Dioralyte
- Scissors & Tweezers (do not pack into your hand luggage)
- Anti-histamine & anti-fungal creams
- Diarrhoea blockers, e.g. Imodium or lomotil
- Lip salve/protection with SPF
- Any prescription medicines, with a copy of the prescription (to be carried in hand luggage)

## Necessary Items:
These are all **IMPORTANT**, and not optional.

- A small torch (a head torch is best)
- A pair of sunglasses & a hat or cap
- A watch – for noting the time when recording data etc
- A travel alarm clock (you can use your mobile phone if you prefer, just make sure it’s set to the correct time zone)
- A refillable water bottle
- A travel adaptor (South African, three round pins – 220/230V 50Hz)
- A notebook/journal & pens
- A small day pack (e.g. hand luggage bag)
- A pair of work gloves (pref. tough leather)

## Optional Items:

- A pen knife/Leatherman or similar (do not pack in your hand luggage)
- Some books to read/an e-reader
- Some DVDs to watch (Region 2)
- A pair of binoculars
- A iPod or MP3 player with batteries/charger
- A mobile/cell phone with charger
- A pack of playing cards
- Spare glasses or contact lenses
- Ear plugs and an eye mask
- Hair dryer if applicable
- Swimwear
- A sewing kit
Pre-Departure Checklist

Please ensure that you complete all the requirements on this checklist:

Please email the following information – especially the photograph – (if you have not already sent it to your booking agent) as quickly as possible through to Estelle Kemp at dccvolunteers@gmail.com

<table>
<thead>
<tr>
<th>Personal Information</th>
<th>Your full name, what you prefer to be called (if applicable), your date of birth, home address, telephone and mobile/cell numbers and your occupation or profession</th>
</tr>
</thead>
<tbody>
<tr>
<td>Passport Information</td>
<td>Full name as it appears in your passport, Nationality, Passport number, Place of Issue, Date of Issue &amp; Expiry Date</td>
</tr>
<tr>
<td>Insurance Information</td>
<td>Insurance company, policy number, Insurer’s emergency telephone number &amp; policy start &amp; expiry dates</td>
</tr>
<tr>
<td>Photo</td>
<td>A recent photograph clearly showing your face so we can recognise you at the airport</td>
</tr>
<tr>
<td>Emergency Contact Details</td>
<td>The name and contact details of someone in your home country who we should contact in the case of an emergency</td>
</tr>
<tr>
<td>Travel Details</td>
<td>Your airline, flight number, date and time of arrival and departure or other method of arrival</td>
</tr>
<tr>
<td>Medical and Dietary Information</td>
<td>Please inform us of any medical conditions we should be aware of, as well as any dietary requirements and allergies.</td>
</tr>
</tbody>
</table>

If you are interested in getting in touch with your fellow volunteers, we recommend using the Facebook page (search for ‘Dell Cheetah Centre’) but on some occasions we might prefer to pass your email address on to other volunteers, please let us know if this is NOT ok.

Please make sure that you have completed the following before you depart for South Africa:

<table>
<thead>
<tr>
<th><strong>Passport</strong></th>
<th>- check it is valid for at least 6 months after your departure from South Africa and that it has a minimum of 2 clear facing pages for the South African visa</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Visa</strong></td>
<td>- you will be issued with a 3 month holiday visa holiday on your arrival in South Africa, but please check the South African Department of Home Affairs website (<a href="http://www.home-affairs.gov.za/visa_schedule.asp">www.home-affairs.gov.za/visa_schedule.asp</a>) to ensure that you do not need a specialist visa to enter South Africa</td>
</tr>
<tr>
<td><strong>Inoculations</strong></td>
<td>- contact your doctor or local Health Authority at least six weeks prior to departure to find out what inoculations you will require. Ensure that you allow yourself enough time to complete any required courses. If you are coming to South Africa from an area within the Yellow Fever belt of South America or Africa, you will need to produce relevant up to date certification when you enter the country</td>
</tr>
<tr>
<td><strong>Insurance</strong></td>
<td>- check your policy details and ensure it includes comprehensive medical (including working with animals), travel, possessions and cancellation cover</td>
</tr>
<tr>
<td><strong>Travel Documentation</strong></td>
<td>- Make copies of all relevant travel documents (including passport, flight, insurance and inoculations). Leave a copy with your emergency contact in your home country, and keep a copy with you. Also scan the documentation and email it to yourself, so you are able to access it anywhere in the world</td>
</tr>
<tr>
<td><strong>Sufficient funds</strong></td>
<td>- ensure that you have sufficient funds available to last the entire duration of your trip. You can change money into South African Rand either at home or at the airport. It is possible to change money in South Africa but the banks tend to make this a difficult and expensive operation. It is possible to withdraw cash using an ATM machine, but please do not rely on this</td>
</tr>
</tbody>
</table>

Please try to make sure you check in as early as possible for your flight to Johannesburg International Airport as late check-in can result in difficulties with luggage. It is also a good idea, where possible, to get your hold luggage vacuum wrapped, and to put a copy of your contact details into your luggage. Please consult your airline with regards to their baggage allowance restrictions, and make sure you fully comply with them.

**We look forward to welcoming you to the Dell Cheetah Centre and we hope you have an enjoyable journey.**