



# INFORMATION HANDBOOK



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# 1. INTRODUCTION

We conduct university field courses and research expeditions providing 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. For example, our turtle head-starting facility may require additional works, or we may have heard news of a species believed to be extinct to the country and have to set camera traps up in a specific area!

# 2. ITINERARY

The programme of work can be found in your given itinerary (provided at a later date), although previous itineraries can be found within your private group, as well as a generalised itinerary on our website. Please note that these 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 the expedition will follow our 'work-hard, play-hard' motto and you will leave with life-long memories and friends!

# 3. COSTS

The cost for our trip is £1200 per person plus flights (prices vary) and spending money (we recommend around £10 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 £1200 cost includes accommodation (shared en-suite rooms in Gunjur Project Lodge, which has a great dining area, newly refurbished rooms, and a pool); a hearty homecooked breakfast and dinner (dietary requirements catered for); all transport in-country (your expedition may include some of the following: a safari, creek crawl and boat trip to Bijol Islands); park entrance fees; guide fees; and research permits.

To secure a place on our annual Marine Research Expedition as numbers are limited, please pay a \*£500 deposit as soon as possible:

Please ensure you enter your **full** name as the reference to:

Name: Project Wild Gambia Limited

Account Number: 11645519

Sort Code: 60-83-71

The payment of the remaining £700 will be arranged paid on arrival to the lodge in sterling.

The local currency (dalasis) is not readily available in the UK except from in Marks and Spencer's. It is best to bring 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 (we suggest using cards only as an emergency backup). Please note that Scottish notes will **not** be accepted in-country.

*\*Initial deposit payments are non-refundable as this goes towards funding our in-country conservation projects but if you can no longer join us, speak to our team and we will try our best to reach a solution. We are here to help!*

## 4. FLIGHTS

Flights are excluded in the cost and down to the individual to arrange their own flight\*. We can offer the following advice and information.

If you would prefer to book through a travel agent, we highly recommend Travel Counsellors, 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](mailto:joanne.parsons@travelcounsellors.com)

M: +447915358845

W: <https://www.travelcounsellors.com/joanne.parsons>

Joanne also offers group flight options (10+ people), so if you would like to arrange this amongst yourselves within the group with other participants, feel free to do so!

PWG staff departure itineraries are as follows (feel free to book the same flight and fly with them if that suits you!):

Dep: MAN | 06:10 | Fri 23 Aug

Arrival: BJL | 18:05 | Fri 23 Aug

Airline: Brussels Airlines

*\* 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!'*

## 5. 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.

## 6. INSURANCE

Insurance is down to the individual, please check the policy's individual details of cover. For instance, if you are bringing expensive items such as a camera or laptop, please ensure that the policy covers this. Additionally, if any traveller has a pre-existing illness, condition or disability, this must be declared. Insurance policies can be found online, or from your local post office.

## 7. 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. 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 - The Gambia is **not** a yellow fever area, and information regarding this is often misread
- 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 13 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 tap water (bottled water is widely available and will be provided for excursions)
- Face masks - you may need to bring a face mask or two with you, for airport travel etc.

## **8. TO PACK...**

**Essential:**

Expect temperatures of 25-35°C during the day, light breathable stuff works best e.g. gym wear.

- July-August 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.
- 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 (to protect your feet from snakes and creepy-crawlies - no sandals in the forests!)
- 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

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- Field notebook and pens/pencils for data collection
- Head-torch
- Water shoes for off-shore 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
- Packs of pens, pencils, erasers, etc to give during school visits

Our [FAQ page](#) has the following sections: general, accommodation and food, health and safety, and our projects page may prove useful if you have other questions/want to read more information.

If there is anything you find unanswered or a personal request, please message our Project Wild Gambia Facebook page or email us at [admin@projectwildgambia.com](mailto:admin@projectwildgambia.com) and one of our team will be in touch.