

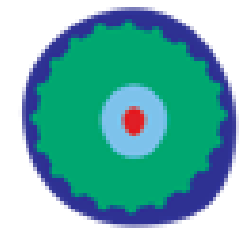


PRACTICAL INFORMATION FOR YOUR TRIP TO SOUTH AFRICA

Dear Gonana Traveller,

Thank you for choosing GONANA TRAVEL as your travel planner and the southern part of Africa as your destination. We look forward to welcoming you to our wonderful country full of friendly people, inspiring places and beautiful things. There are always many things to organize before an international trip. Here are a few things to keep in mind.

Payments and travel dates:



Price 27.000 SEK

Registration fee 8.100 SEK (30% of total amount)

Final payment in total latest February 1, 2024.

Start date: 22 of March 2024

End date: 2 of April 2024

Tickets

For more affordable flight tickets, please contact our swedish representative Moments.se, who will assist you with all help you need.

MOMENTS

Tfn: 020 820 820

andreas@moments.se

www.moments.se

Insurance, passports and money:

- Make sure your home insurance policy covers both flight tickets and your time in South Africa. That you are protected during your travel.

- If you don't have a travel insurance, we highly recommend the scandinavian

Gouda insurance company.

This insurance works efficiently. They have expanded their travel insurance with several important elements for security during your travel.

- Please keep your travel insurance details with insurance number (including contact numbers) readily available, and also e-mail yourself the information together with a copy of your passport in case something happens. That way, you can easily access the information just by getting online.

- You will automatically receive a three-month visa upon arrival and do not need to apply for one before leaving. Passports must be valid for at least 90 days after the intended date of departure. Passports should also have at least two blank pages for entry stamps.

- We do not recommend that you bring a lot of cash. All credit cards (MasterCard & Visa) are accepted in most places, with the exception of American Express and Diners which can sometimes be more difficult! There are also many ATM machines where you can take out cash.

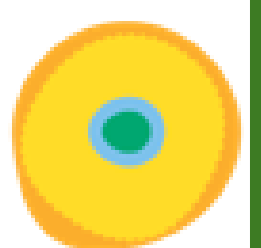
- If you wish to exchange your currency into ZAR you will get the best rates at a South African bank. Opening hours are 09:00 to 15:30 weekdays and 08:30 to 11:00 on Saturdays

Health:

- It's safe to drink the tap water in South Africa, unless you are specifically told not to do so. Some remote areas make use of boreholes, where the salt content is sometimes deemed too high to be healthy. It's however, it's perfectly safe to wash your face and teeth with this water.

- However if you do decide to buy water, purchase the water in glass bottles and not in plastic so we can all contribute to keeping our planet plastic-free. Cape Town no longer has a drought but we keep on being conscious of our water use and ask the same of our guests.

- Western Cape is free from malaria and safe for travellers of all ages. Most Safari areas are malarial, it is also advisable to take anti-malarial medication before and during your trip.



- Sun protection (use min SPF50) is less expensive and much better in South Africa. Sun protection is a must because the UVA and UVB rays are very strong.

- If you get sick, South African private health care is amongst the best in the world.

- Should you have a health issue in your time with us, we have contact with local doctors in the case of emergencies. (please make sure we have your next of kin details).

This and that:

- Your International driver's license as well as your Swedish driver's licence is accepted at car rental agencies in South Africa.

- The Uber taxi service is fast, cheap and practical for transfers during the day. Simply download the app on your smart phone.

- Your International mobile phone will work unless it's on a prepaid basis, but it is very expensive. Check with your service provider in your home country to add South Africa to your normal subscription. You can also purchase local phone cards for internet and most establishments have free wifi.

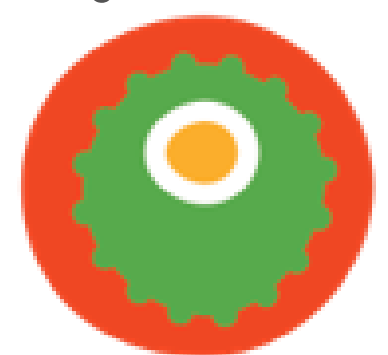
- You may be aware that Cape Town is being affected by nationwide load-shedding and power outages can be expected from time to time. Hotels & restaurants have made provision for these periods. Ensure that your mobile phone, laptop, tablet are always fully charged when power is available. This will allow you to be able to communicate with friends and family during load-shedding. Bring a powerbank for charging your mobile phone and a small torch can be handy.

- You will find electricity adapters at most establishments. Don't buy a multi adapter before leaving; normally half of them aren't even the right ones! If you need one, buy it in South Africa.

- Please do bring along a wind jacket. It tends to get windy on certain days and currently gets a bit cool on some evenings.

Safety:

- Think practically and take always an uber at night. Avoid dark places, just as you would in most big cities in the world. We do not recommend people to walk long distances and alone after sunset. Avoid Long street in the evenings, we do not consider it safe any longer.





- Having said that there's no need to flash your goodies like jewelry, watches, cameras, wallets, cell phones etc. The locals are not all thieves but many are poor and even though they are not looking for an opportunity, please don't give them one. Travel responsibly!

- in South Africa we have not experienced terrorism or violent extremism. This is one aspect you do not need to think about when travelling here.

Some important contact numbers:

Svenska Ambassaden in Pretoria: +27 12 426 6400

Emergency - +27 (0)21 480 7700

Svenska konsulatet i Kapstaden : +27 21 200 8199

Guide for Tipping:

- Porters at Hotels: R10 per bag
- Fuel attendant/Car Guards: R5-R10
- Full day driver/guide: R200-R300
- Tipping at Restaurants is a standard of 10%, but salaries very low, so a 15% is appreciated
- Tipping at Hotels & Guesthouses is at your own discretion.

Help us give back to the community:

By travelling with us, you help us as a Fair Trade Tour Operator to support a charity in South Africa. This is an organization that are particularly close to our hearts:

Philani Maternal, Child Health and Nutrition Project has been addressing child health and nutrition problems in informal and rural communities in South Africa since 1979.

<http://www.philani.org.za>

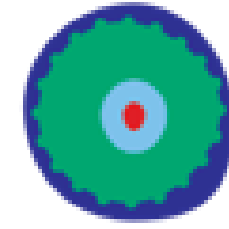
Why we support this project:

The project contributes to keeping women, families and children healthy, to prevent child malnutrition, to give every child a chance to develop to his or her full potential and in that way give every child a chance to a productive life.

If you have items at home which you can do without, please consider bringing them to us and we will arrange for you to take it personally to one of our projects. It can be anything from school supplies, toys, football shoes, medical supplies, clothing or other light objects. Our projects will be very grateful and perhaps there will be more space in your luggage to buy some memories from South Africa.

Before you embark on your journey, make sure to follow us on Instagram and Facebook to learn more about our destinations and for latest local tips and experiences.

[Gonana Travel Instagram](#)
[Gonana Travel Facebook](#)
[Jonas Sandstrom Instagram](#)



Please tag us when you do a post on Facebook or Instagram @gonanatravel

For any queries, do not hesitate to whatsapp us: +27 (0)76 719 2538
Office Hours (Between 09h00-18h00) : +27 (0)21 422 0829

We look forward to welcoming you and making your stay a memory for life.

Kind Regards
Jonas, Helena and the team

