PCA

WINTERING ABROAD

INFORMATION PACK





WELCOME TO SOUTH AFRICA

GET TO KNOW THE BASICS

CAPITAL CITY

Cape Town *(Legislative)*
Bloemfontein *(Judicial)*
Pretoria *(Administrative)*

CURRENCY

ZAR (South African Rand)

CONVERSION RATE

1 GBP = 23 ZAR (approx.)

POPULATION

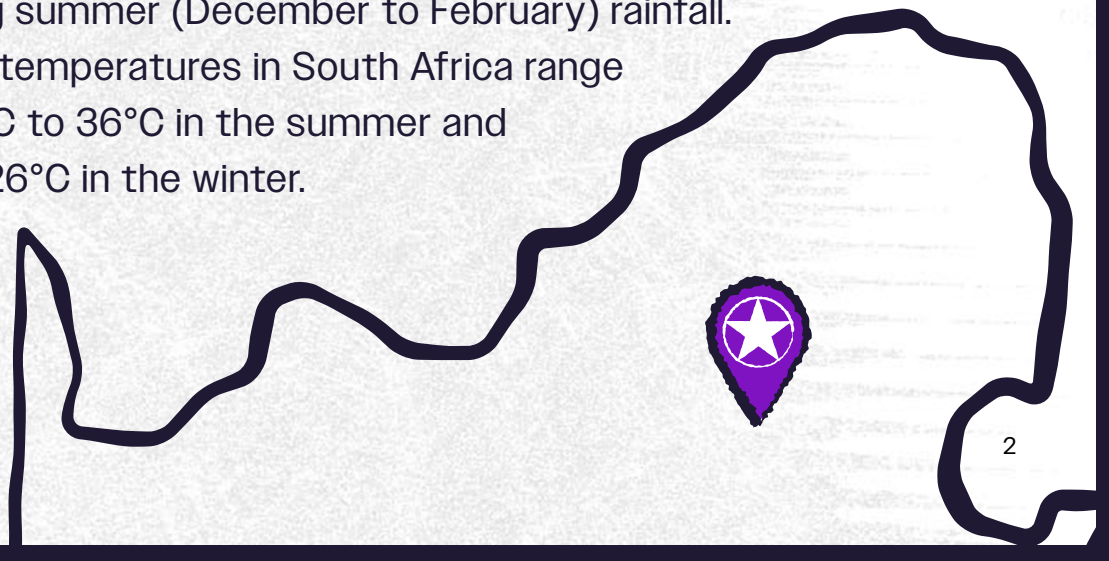
63 million

OFFICIAL LANGUAGES

English, Afrikaans, Xhosa, Tswana, Zulu, Southern Solho, Northern Solho, Venda

CLIMATE

South Africa has both sub-tropical and temperate climate conditions. There is a cool, wet climate in the central regions, warm, sub-tropical in the northeast, a Mediterranean climate in the south west and a warm dry desert environment in the central west and north west. Average annual rainfall in South Africa is about 464 mm, with the Western Cape getting the majority of its rainfall in winter (June to August) and the rest of the country receiving summer (December to February) rainfall. Average temperatures in South Africa range from 15°C to 36°C in the summer and -2°C to 26°C in the winter.



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BEFORE TRAVELLING TO SOUTH AFRICA

Planning Your Winter
Preparing To Travel
Arranging Finances



1 PLANNING YOUR WINTER

FINDING A CLUB & COMMUNICATING WITH YOUR COUNTY

A. HOW TO FIND A CLUB

Typically, players tend to find Club's through word of mouth and existing relationships. It's likely some of your teammates or coaches will have travelled to South Africa before and will be able to help you make connections. Don't be afraid to ask around in your dressing room for someone who might have played in South Africa. Often messages will go round a dressing room or WhatsApp group about an opportunity overseas.

Alternatively, you can contact Clubs directly by finding their contact details online. We would usually recommend being quite focused on a particular league or area rather than spreading the search too wide. Make sure you do your homework on the league and its standard before travelling.

Finally, there are agents and connection style services which help players find deals with Clubs. These often come with a commission or sign-up charge but can take the stress and uncertainty out of the search.

CONTACT RICH FOR MORE INFO
RICH.HUDSON@THEPCA.CO.UK

Whichever route you take, always be proactive. Those players who tend to secure the most attractive options or packages tend to be the ones who are proactive about the winter away.

B. COMMS WITH YOUR COUNTY

While you are away on your travels it is important that you keep in regular contact with your county. It is advisable to keep in touch with your coaches and support staff so they can track your wellbeing and performance. If you have any issues with communication with your county, then please contact your PDM.

1 PREPARING TO TRAVEL

TRAVEL DOCUMENTS

PASSPORT

To avoid problems at immigration, your passport should be valid for at least 30 days after your intended date of exit from South Africa and have two blank pages.

VISA'S

If you are planning to work in South Africa, you will need a visa. Work visas are normally only issued to foreigners where South African citizens with the relevant skills are not available for appointment and therefore difficult to get - consider whether you need to work while you are playing in South Africa.

If you **WILL NOT** be working while you are playing in South Africa, you can enter the country without a visa if your stay does not exceed 90 days.

MORE INFORMATION ON VISAS:
SOUTH AFRICAN HIGH COMMISSION >



1 PREPARING TO TRAVEL

TRAVEL INSURANCE & MEDICATION

TRAVEL INSURANCE

As a PCA member, you are automatically covered on the PCA Travel Insurance Policy. Please note, there is a £250 excess on all non-medical claims.

FOR MORE INFORMATION:
INSURANCES - THE PCA

OR CONTACT ALI PROSSER AT
ALI.PROSSER@THEPCA.CO.UK



MEDICATION

If you need prescribed medicine for your health condition, talk to your GP or practice nurse about your travel plans at least 2 months before your departure date. They can tell you if you need to make any special arrangements.

Check the rules for all the countries you're going to, including countries that you're just passing through.

Different countries have different rules and regulations about:

- The types of medicine they allow to be taken into the country.
- The maximum quantity you can take in.

You are allowed to bring in one month's supply of pharmaceutical drugs or medicines for your personal use when travelling to South Africa. Any additional medication must be accompanied by a letter or certified prescription from a registered physician/doctor and must be declared. However, it is always a good idea to bring a letter from your doctor when travelling with medicine that are only available on a prescription.

Some medicines available over the counter in the UK may be controlled in other countries and vice versa.

If you are unsure, contact the South African Embassy.

1 PREPARING TO TRAVEL

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PACKING CHECKLIST



- [x] **HIKING BOOTS**
  and / or comfortable walking shoes.



- [x] **INSECT REPELLANT**



- [x] **PASSPORT, VISA & IMMIGRATION DOCUMENTS**

- [x] **ZAR / CREDIT OR DEBIT CARD**





- [x] **SWIMWEAR**



- [x] **SOUTH AFRICAN TRAVEL ADAPTER**



- [x] **MEDICATION**
  especially if unable to order a repeat in South Africa.



- [x] **SUN PROTECTION**
  sunscreen, sun hat, sunglasses, etc.

1 PREPARING TO TRAVEL

VACCINATIONS

Players should be up to date with routine vaccination courses and boosters as recommended in the UK, including measles-mumps-rubella (MMR) and diphtheria-tetanus-polio vaccines.

Recommended vaccinations include Hepatitis A, Tetanus and Typhoid.

FIND OUT MORE ABOUT RECOMMENDED VACCINATIONS >



PHONE (COUNTRY CODE: +27)

If you would prefer to stick with your UK sim, ensure you check roaming costs before you travel, to avoid any unexpected charges.

The easiest way to use your phone is by purchasing a South African sim card and pre-paid minutes/text/data package – this can be purchased online in advance and picked up at the airport. Alternatively, there will often be mobile providers advertising sim card/package deals as you leave the airport – this can be a convenient option which will give you access to the network straight away, but you may find a cheaper alternative outside of the airport/by ordering online.

The mobile phone network generally works well in cities and large towns, but coverage elsewhere can be limited.

The four largest mobile phone providers in South Africa are:

- Vodacom
- MTN
- CellC
- Telkom



1 ARRANGING FINANCES

A. USING YOUR BANK CARD

Most bank cards will allow overseas use but be sure to check with your bank about the fees for transacting in a different country. It is a good idea to have a second option such as a credit card in case you lose your primary bank card.

B. LETTING YOUR BANK KNOW

Ensure you let your bank know (via email or private message on your Bank's App) that you will be leaving the country – provide exact dates (if known). This will avoid your card being blocked when the bank flags overseas charges.

C. OPEN A SOUTH AFRICAN BANK ACCOUNT

Setting up a bank account in South Africa is a little more complicated than Australia or NZ, however, if you choose to do so, it is important that you do your research and choose a bank that is best suited to your needs.

The sort of bank account that you can open in South Africa will relate directly to the type of visa you have been issued with. If you are on a tourist visa, you will only be able to open a 'non-resident' bank account, while a valid temporary or permanent visa will allow you to open a 'resident' bank account.

Opening a **non-resident bank account** will require:

- At least the minimum opening deposit.
- A certified copy of your passport authenticated at your overseas branch.
- Bank statements for at least three months.
- Proof of income.

**Some exchange control rules and regulations may apply – be sure to check with the bank you applying to*

Opening a **resident bank account** will require:

- Valid Passport
- Work or study permit
- Proof of address in South Africa, such as a utility bill
- Copies of recent statements from bank in your home country or solid evidence of banking history

As well as:

- Declaration of all funds or foreign assets brought into South Africa
- Completion of the Foreign National Declaration and Confirmation of Employment by a South African Employer form
- Written declaration that foreign assets will not be given to a third-party resident in South Africa

1 ARRANGING FINANCES

D. TRN NUMBER

If you are planning on working while you are in South Africa, you will need to apply for a Tax Reference Number (TRN). Like your NI number in the UK, your TRN number keeps track of the tax you pay and helps make sure you pay the right amount or get the right entitlements.

REGISTER FOR TAX:
AND RECEIVE YOUR TRN NUMBER >

E. ONLINE BANKS

Online banks are the most cost-effective and convenient solution for spending overseas. There are several online banking options, some of which allow you convert between currencies for low rates. Examples include:

- Wise
- Starling Bank
- Revolut

If you are being paid to play, or for other work **(both for which you must have an appropriate work visa)**, you may also be able to get your salary/wages paid into your online bank account – this could be a good option if you are only staying for a few months and don't want to open a South African bank account.



ARRIVING
TO SOUTH AFRICA

Arriving Into The Country
Adjusting To Your New Environment



2 ARRIVING INTO THE COUNTRY

CUSTOMS

A manual traveller card must be completed by any traveller arriving into South Africa who have goods in their possession to declare.

ARRIVAL IN SOUTH AFRICA:
WHAT NEEDS TO BE DECLARED >

TAKING MEDICATION INTO SA

Check with the foreign embassy in the UK about whether your medication is allowed to be taken into South Africa and follow the guidelines below to avoid having your medication seized at the border.

- Always carry medicines and medical equipment in their original, correctly labelled packages.
- Carry your medicine in your hand luggage (although check your airline's regulations before travelling) with a copy of your prescription.
- Consider packing some extra medicine in your suitcase or hold luggage in case you lose your hand luggage.



2 ARRIVING INTO THE COUNTRY

TRAVEL FROM THE AIRPORT

Some airports have public transport options, however the easiest and safest way to travel from the airport into the city is by car – either uber or private transfer.

If you are being picked up from the airport, follow the signs to the pickup area.

If you are taking a private transfer from the airport, your driver will be waiting at arrivals with your name on a sign.

Cape Town
Uber - Follow the signs to Parkade 1 on the ground floor.

Johannesburg
Uber - Follow the signs to Zone 2E of Parkade 2.

Johannesburg Bus Services

Johannesburg Train Services

Durban
Uber - Follow the signs to the pickup location on the Uber App.



2 ADJUSTING TO YOUR NEW ENVIRONMENT

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JETLAG

ADJUSTING TO THE TIME ZONE

The adjustment period in the new time zone is likely to be the most challenging, as your body is trying to shift its internal clock. As you are adjusting, ask yourself:

- Am I physically and mentally ready to play?
- Am I feeling unsettled?
- Am I struggling to build relationships?

All of these can be negatively affected during the first few days.

Here's a rough guideline for how long it might take to synchronize to a new time zone:

1-2 Time Zones	1 or 2 Days
3-5 Time Zones	2 to 4 Days
6-8 Time Zones	4 to 6 Days

THINGS YOU CAN DO TO HELP YOURSELF:



Pre-Travel Preparation
- Start adjusting to the new time zone.
- Try to arrive in the country well in advance of the start of the season.



Training & Performance
- Can you ease in to training as your body adjusts?
- Focus on good nutrition.



During Travel
- Stay hydrated
- Match your sleep to the new local time.



Recovery
- Emphasise mobility work early on.
- Communicate with coaches and staff about how you're feeling.



Upon Arrival
- Expose yourself to natural light as soon as you can.
- Match your sleep to the new time zone.

2 SLEEPING IN A NEW **ENVIRONMENT**

IMPROVING YOUR SLEEP

When you're away for a prolonged period time sleeping in a new environment can become hard work, especially for those who struggle to adapt to different rooms and beds. Disrupted sleep inevitably leads to impaired physical and mental performance and overall wellbeing, especially in the jet lag adjustment period. These are some things to consider to help with better sleep:



HAVE YOU GOT YOUR OWN PILLOW?
Your body is familiar with your regular pillow and can help you get to sleep quicker.



IS YOUR ROOM TIDY?
Cluttered rooms can stop the body from feeling settled.



HAVE YOU SET YOUR THERMOMETER?
Getting this right can increase how comfortable you feel in bed.



HAVE YOU GOT A SLEEP ROUTINE?
Preparing your body and mind for sleep through a routine will improve sleep.



HAVE YOU LIMITED YOUR SCREEN TIME?
Try not to use your phone or laptop at least 1 hour before bed.



WHITE NOISE?
Drown out any noise using white noise or sleep stories.



WHAT DOES YOUR WEARABLE TECH SAY?
Use the data from Whoop or watch to make necessary adjustments.



DID I HAVE CAFFEINE OR ALCOHOL BEFORE BED?
Both drastically impact sleep, limit well before bed (4+ hours)

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EXPERIENCING SOUTH AFRICA

Driving in South Africa
Public Transport
Healthcare & Travel Insurance
VPN's
Cultural & Political Considerations



3 INFO FOR DRIVING IN SOUTH AFRICA

DRIVING LICENSE

You can drive in South Africa using your valid UK driving licence for up to 12 months.

Driving standards vary in South Africa. On highways, overtaking or undertaking can occur in any lane including the hard shoulder. Road conditions are mostly very good although some roads in remote areas are less well maintained and may have potholes. Drive cautiously, obey speed limits, and avoid unfamiliar areas at night.

VEHICLE HIJACKING & ROBBERY

Both are common, particularly after dark and around traffic lights, junctions, petrol stations and driveways. It is common for thieves to break car windows and take valuables while cars are waiting at a junction. To reduce your risk while driving, stay on main roads, keep your windows closed and keep valuables out of sight.



3 PUBLIC TRANSPORT IN SOUTH AFRICA

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A. CAPE TOWN



Train
Trains are available through the Metrorail service, however there is limited information available online regarding schedules, cost, and ticket purchase methods.



Uber
Uber is also readily available around the city and a safe way to travel, especially at night.



Bus
Travelling by bus is the quickest and cheapest method of public transport.

MORE INFORMATION:
ON BUS ROUTES & TIMETABLES >

MORE INFORMATION:
TOP UP YOUR MYCITI CARD >

Download the MyCiTi app and use the journey planner, or Google Maps to determine the best bus route.

- A *myconnect* card must be used to travel on the MyCiTi bus service.
- *myconnect* card cost: R35 (£1.50)
- *myconnect* card purchase method: from station kiosks or participating retailers.



3 PUBLIC TRANSPORT IN SOUTH AFRICA

PCA

B. JOHANNESBURG



Uber
Uber is readily available around the city and a safe way to travel, especially at night.



Bus & Train
Johannesburg is well connected via the Gautrain and there are bus services available.

Download the Gautrain App and use the journey planner or Google Maps to determine the best route.

- Either a Gautrain card loaded with a minimum value of R36, or a contactless bank card can be used to pay for the Gautrain and Gautrain buses.
- Gautrain card purchase method: From the ticket vending machines or the ticket office at any Gautrain station.
- Gautrain card cost: R19 plus pre-paid top up amount.
- An activated smartcard with a minimum value of R16 must be used to pay for the Rea Vaya bus.
- Smartcard purchase method: From any Rea Vaya station.
- Smartcard cost: R35 plus pre-paid top up amount.

MORE INFORMATION:
GAUTRAIN & GAUTRAIN BUS ROUTES >

MORE INFORMATION:
REA VAYA BUS ROUTES >

C. DURBAN



Bus
Durban's public transport system consists only of bus routes and unfortunately there is limited service and timetable information online.



Uber
Readily available around the city and a safe way to travel, especially at night.

You can use Google Maps to help determine the best route.

- It is recommended that a pre-paid *Muyo Card* is purchased and used to pay for buses, as it provides a discounted fare compared to paying in cash. However, you must load a minimum of ten trips at the time of purchase. **All bus lines can be paid for using a *Muyo Card.***
- *Muyo Card* purchase method: At any *Muyo Paypoint* or *Muyo Smart Van*.
- *Muyo Card* cost: R20 plus a minimum of ten trips.

3 HEALTHCARE & TRAVEL INSURANCE

A. EMERGENCY NUMBERS:

Emergency Services - 107
Police - 10111
Ambulance - 10177

B. URGENT HEALTHCARE:

There is no healthcare agreement between the United Kingdom and South Africa, so ensure that whatever part of the country you are travelling can provide the healthcare you may need – especially if you have a health condition.

C. TRAVEL INSURANCE

If you need a doctor, dentist, x-ray, scan or emergency physiotherapy while away, please pay for treatment there and once you have returned, contact Ali Prosser on 07769 880888 or email alison.prosser@thepca.co.uk for a claims form.

Full receipts should be kept in all circumstances and all claims must be logged within 28 days of occurrence.



3 SETTING UP A VPN

When travelling overseas it is worth looking into using a Virtual Private Network when using the internet.

In fact, using a VPN while traveling abroad can be particularly useful for several reasons:



Privacy and Security
When you connect to the internet using public Wi-Fi networks in foreign countries, your data can be more vulnerable to hackers and cyberattacks. Using a VPN encrypts your internet connection, making it more secure and protecting your data from potential threats.



Access to Geo-Restricted Content
VPNs allow you to bypass geo-restrictions imposed by websites and streaming services. If you're traveling and want to access content from your home country, such as streaming services or websites, a VPN can make it appear as though you're browsing from your home region.



Avoiding Censorship
In some countries, internet censorship and restrictions on specific websites or services are common. A VPN can help you access blocked content and websites by tunneling your traffic through servers in other locations.



Online Banking and Security
If you need to access sensitive online accounts, like your bank, while abroad, a VPN can add an extra layer of security to your connection, reducing the risk of unauthorized access.

3 CULTURAL & POLITICAL CONSIDERATIONS

A. PERSONAL SAFETY

Terrorism

The UK Government website advises that terrorists are very likely to try to carry out attacks in South Africa. Attacks could be indiscriminate and could target public spaces and places visited by foreigners such as tourist sites, shopping centres and crowded places. Stay aware of your surroundings, keep up to date with local media reports and follow the advice of local authorities.

Crime

There is a high crime rate in South Africa, including carjacking, 'smash and grab' attacks on vehicles, house robbery, rape, sexual assault, kidnap and murder. Violent crime can take place anywhere, including in tourist destinations and transport hubs. The threat is higher in central business districts of major cities and increases after dark.

There have been violent incidents involving tourists in some popular tourist locations. There are usually additional security personnel in the main tourist areas who can assist tourists. However, policing and security can be limited, so always remain vigilant. Crime in and around airports, including robbery and theft of baggage and valuables has occurred where criminals have followed people from the airport to their destinations.

To protect your personal safety, do not have valuables on show, take safe and reliable transport and avoid travelling by yourself. If you visit a township, only go with a responsible and reliable tour guide.

Crime around ATMs is common. You should:

- Hide your PIN when withdrawing money or paying by card.
- Be aware of fraudsters, such as strangers offering to "help" when your card doesn't work, or who try to lure you to an ATM.
- Change large sums of money in banks or secure shopping malls, **not** in busy public areas.

Scams

Be alert to the risk of scams, including through business or employment opportunities, visa facilitation or offers of romance and friendships, including on dating apps.

Criminals may pose as officials for financial or personal gain. If in doubt, ask to see their ID and move into a safe, public, and open space. All police officers must carry their Appointment Certificate on them. If you have any concerns, call emergency services.

Scammers have also been known to target people using taxi apps in major cities. Make sure you use an internationally recognised service, book in the app and check the vehicle registration and ID before entering.

MORE INFORMATION:
PERSONAL SAFETY & SECURITY >

3 CULTURAL & POLITICAL **CONSIDERATIONS**

B. SWIMMING SAFETY

Beach conditions and local safety measures vary. Every year, many people drown due to strong sea currents. Ask for a life jacket if you participate in water sports. On beaches with no equipment or warning signs, speak to local people who know the conditions. If in doubt, do not enter the water.

C. CULTURAL DIFFERENCES

LGBT+ travellers

Same-sex relationships are legal. It is illegal to discriminate based on sexual orientation.

Personal ID

Always carry a copy of your passport photo page and the page with your visitors permit or residence permit for South Africa. South African officials may ask for ID and proof of residence at any time. Keep your passport in a hotel safe or another secure location. Do not carry it with you unless you need it for official identification.

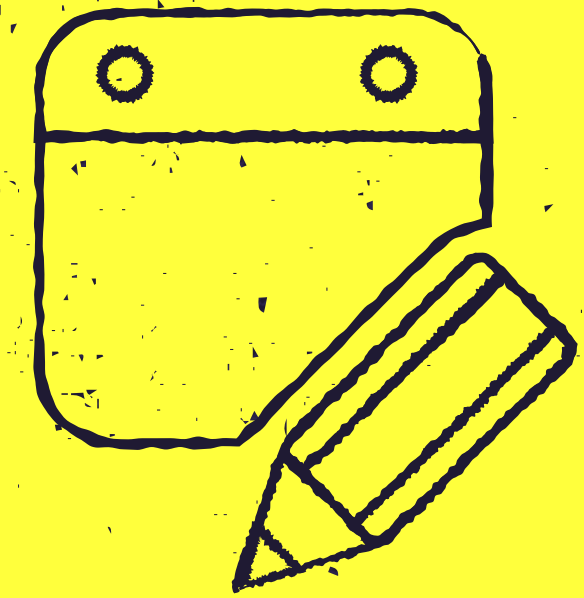
D. POLITICAL CONSIDERATIONS

There are regular protests and demonstrations in South Africa which can turn violent at short notice. Avoid areas where protests, demonstrations or marches are taking place, especially in city centres and townships.



LIVE THE EXPERIENCE

Using Your Spare Time Wisely
Recommended Reads
Podcasts
Isolation & Loneliness



4 USING YOUR SPARE TIME WISELY

LIVING THE FULL SOUTH AFRICAN EXPERIENCE

While away you should utilise your time as much as possible to learn about new cultures, make new friends and create a support network around you to assist with your development and general wellbeing.

You may find yourself with spare time – it is important that you use this time wisely to make the most of your time away from the UK.

...NOT JUST PLAYING CRICKET

Utilise your time to experience the many delights that South Africa has to offer with examples highlighted in this pack. Exploring a new country on the other side of the world will help you develop a renewed perspective and gratitude for the position you are in, as well as have a significant positive impact on your overall personal development. You may never travel to that part of the world again, so make the most of it and experience what South Africa has to offer.

NETWORKING & BUILDING RELATIONSHIPS

The people around you in your new environment are likely to be supportive of your endeavour to forge a professional cricket career and therefore will want to get to know you. Talk to as many people as possible, ask questions, be curious! You might find that these relationships help you later in life.

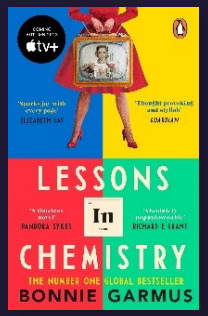
WORK & STUDY

Although your primary purpose in travelling to South Africa is to develop your cricket, you might find you have spare time to either work or study. There are many long-distance study options in a variety of subjects – if this is something you want to explore, please discuss this with your PDM either before you travel or while you are away. Engaging in part-time work while you are away is another way of taking a significant step forward in your personal development. Speak to people in your network or around your club in South Africa to find out what options are available. Don't be too picky, experiencing working life in a different country will offer brilliant perspective for the future!

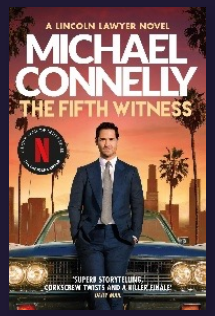
4 RECOMMENDED READS

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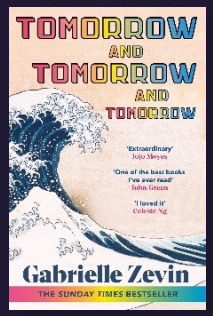
SOME RECENT RECOMMENDED READS TO PASS THE TIME WHILE YOU ARE TRAVELLING:



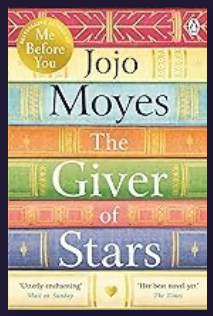
Lessons in Chemistry
By Bonnie Garmus



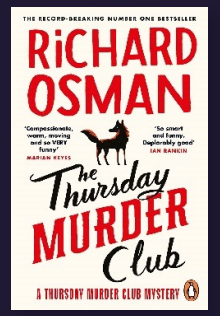
The Fifth Witness
By Michael Connelly



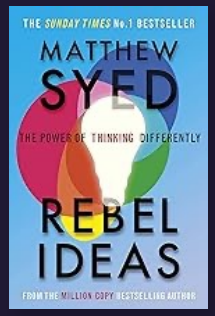
Tomorrow, and Tomorrow, and Tomorrow
By Gabrielle Zevin



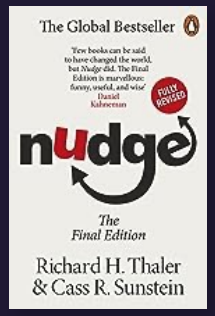
The Giver of Stars
By Jojo Moyes



The Thursday Murder Club
By Richard Osman



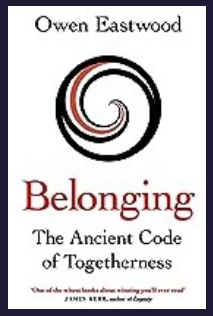
Rebel Ideas
By Matther Syed



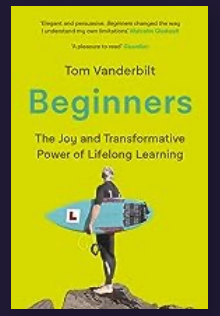
Nudge
By Richard Thaler



Back From The Edge
By Luke Sutton



Belonging
By Owen Eastwood



Beginners
By Tom Vanderbilt

4 RECOMMENDED PODCASTS

SOME RECENT RECOMMENDED LISTENS TO PASS TIME WHILE YOU ARE TRAVELLING:



The Huberman Lab
Andrew Hubermann is a neuroscientist who has made a podcast covering a wide variety of behavioural based topics such as growth mindset, maximising mental wellbeing, shaping identity and goal setting.



Empire
How empires rise and fall and how they have shaped the world around us.



Diary of a CEO
Entrepreneur Steven Bartlett talks to highly successful people from all walks of life.



Jonny Wilkinson - I am...
Conversations about human potential, uncovering new connections with life. Through discussions about peace, performance and potential, this podcast takes you to places you may not expect with people you may not expect it from.



High Performance Podcast
Award winning podcast covering high performance stories are a variety of industries and backgrounds.



The Rest is Politics
Rory Stewart and Alastair Campbell review the current affairs in the UK politics scene.

4 ISOLATION AND LONELINESS

THINGS YOU CAN DO TO HELP YOURSELF

Playing in a different country is a really exciting opportunity, and for most leads to great experiences meeting new people. However, we know that this isn't always the case and some players struggle with feelings of isolation and loneliness.

Cultural differences, language differences, accommodation and security considerations can all be a barrier to establishing new relationships whilst being away from home for any period of time can lead to you missing loved ones and friends.

1. CONSIDER CONNECTING

Before you leave, check if anyone else you know is heading to the same country. If they are, consider connecting before you depart and set time aside to socialise

2. POSITIVE CONVERSATIONS

Schedule regular time to catch up with home. You'll need to consider time difference but building that time with your family and friends will help maintain connection. Try to keep conversations positive but make sure you have people you can confide in.

3. SETUP ONLINE SESSIONS WITH FRIENDS

If you're a gamer, think about setting up online sessions with your mates back home.

4. BUILD KEY RELATIONSHIPS

Before you leave, connect with important people at your Club – this will help build key relationships for when you arrive. There may be someone there who enjoys padel, golf or other similar activities that you can do together or as a group

5. BE CURIOUS & ASK QUESTIONS

You may have to do a little more work at the start, but by going that extra mile with your teammates at the start may help you build some vital connections.

6. CONFIDENTIAL HELPLINE

Don't forget your contacts at your club. This includes coaches, science and medicine and of course your PDM. In addition, the PCA Confidential Helpline is available both domestically and abroad.

4 ISOLATION AND LONELINESS

Not everything you can do is about speaking with others, both locally and back home. There are a number of activities that you can do to pass the time and keep your mind active:



Journaling



If possible, get stuck into the local culture by exploring the sights



Reading and Podcasts



Mindfulness and Meditation



Career development including online learning and education

PCA

TO DO IN SOUTH AFRICA

Things to do in Cape Town
Things to do in Johannesburg
Things to do in Durban



5 THINGS TO DO IN CAPE TOWN

PCA

V&A WATERFRONT
Vibrant waterfront district with a diverse mix of shops and dining, featuring a lively food market and live entertainment.





CAPE TOWN DIAMOND MUSEUM
Paying tribute to the world's most precious gem.

LION'S HEAD
Scenic hike through diverse trails leading to panoramic views of mountains and the ocean.

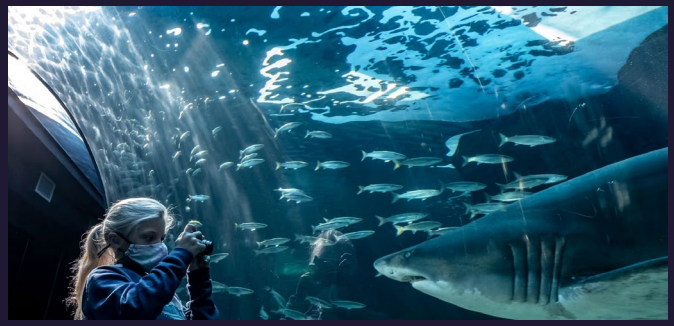


ROBBEN ISLAND MUSEUM
Historic island prison tour led by former inmates. Ferry ride may include whale sightings.



CAPE POINT NATURE RESERVE
coastline sanctuary with scenic lighthouse views, wildlife encounters and paths to the ocean edge.

CLIFTON BEACHES
A coastal paradise along the Atlantic Seaboard with pristine sands, turquoise waters and breathtaking views.



TWO OCEANS AQUARIUM
Aquatic sanctuary at V&A Waterfront displaying ecosystems and marine life.

BO-KAAP
colourful historic neighbourhood with a relaxed ambience, vibrant streets and cultural significance.

SIGNAL HILL
Panoramic viewpoint providing tranquil sunset scenes over the coastline and urban landscape.

TABLE MOUNTAIN AERIAL CABLEWAY
Rotating floor cable car ride with panoramic 360-degree city and mountain views.

5 THINGS TO DO IN JOHANNESBURG

PCA



APARTHEID MUSEUM
Museum chronicling South African history with an emphasis on the Apartheid era.

VICTORIA YARDS
Industrial complex transformed into a creative hub with artisan studios, local food markets and a gin distillery.





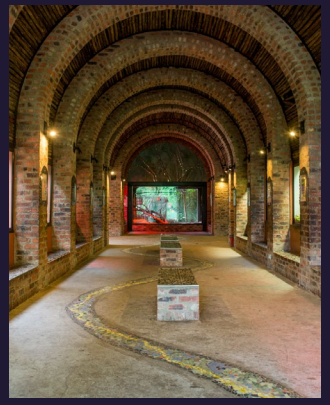
GOLD REEF CITY
A premier entertainment destination in the south of the city, reminiscent of an authentic turn-of-the-century mining town.

MANDELA HOUSE
Historic home transformed into a museum, showcasing personal artifacts and the legacy of Nelson and Winnie Mandela.

THE WILDS NATURE RESERVE
Urban retreat with indigenous plants and stone pathways.

VILAKAZI STREET
The only street in the world where once two Nobel Peace Prize laureates lived.

JOHANNESBURG ZOO
Zoo with abundant picnic areas, golf cart rentals and food stalls.







CONSTITUTION HILL HUMAN RIGHTS PRECINCT
Historic landmark revealing the stark contrasts of a nation's past.

THE MALL OF ROSEBANK
Filled with great shops and hotels.

THE PLAYGROUND
Artisan market open every saturday.

5 THINGS TO DO IN DURBAN



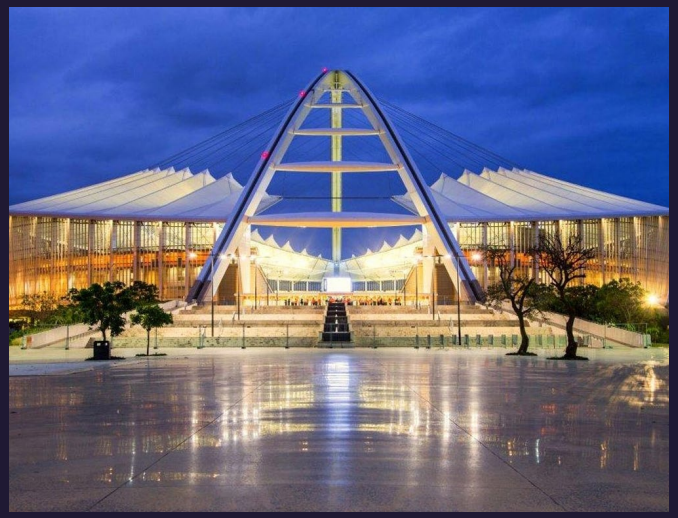


USHAKA MARINE WORLD
Engaging aquarium exhibits, playful dolphin and seal shows and an interactive water park.

DURBAN BOTANIC GARDENS
Rare plants, exquisite orchids and beautiful greenery draw visits to this botanical garden.

PHEZALU SAFARI PARK
Hill-view chalet nestled in tranquil surroundings, ideal for a peaceful retreat.





MOSES MABHIDA STADIUM
Adventures for fun seekers including the SkyCar ride to the top of the arch or the 500 step walk to the sky platform.

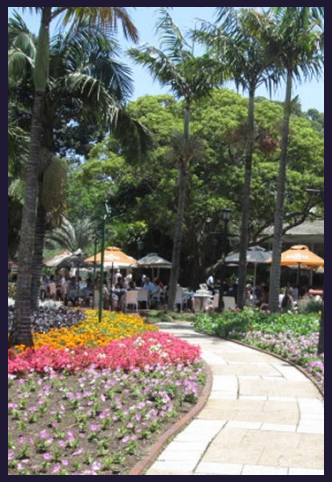
GOLDEN MILE
Popular stretch of beachfront from the Blue Lagoon to Point Beaches.

THE VALLEY OF A 1000 HILLS
Densely forested and dotted with gorges, streams and villages, this valley makes for a stunning scenic drive.

USHAKA WET N' WILD
A fun fresh water world of slides and pools.

SUNCOAST CASINO
Spacious casino complex with an array of dining choices, warm ambience and live music.

MITCHELL PARK ZOO
Beautiful shady spot to relax, picnic or visit the animals.





VICTORIA STREET MARKET
One of South Africa's premier tourist destinations, rich in culture and heritage.

KEY CONTACT INFORMATION

PCA CONTACT INFO

If you require any tournament specific support please reach out to one of the following from the PCA.



Daryl Mitchell
Interim CEO
07909 995 566
daryl.mitchell@thepca.co.uk



Rich Hudson
Director of Cricket Operations
07375 414 694
rich.hudson@thepca.co.uk



Tom Jones
Senior Personal Development Manager
07867 459 202
tom.jones@thepca.co.uk



Martin Cropper
Senior Personal Development Manager
07776 598 412
martin.cropper@thepca.co.uk



Dani Gray
Cricket Operations Executive
07826 033 342
dani.gray@thepca.co.uk

BRITISH EMBASSY

British High Commission
255 Hill Street Arcadia
Pretoria
Gauteng
0002
South Africa

Telephone
SA +27 (0)12 421 7500
UK +44 20 7008 5000