

WELCOME TO ALL OUT AFRICA!

Welcome to your All Out Africa Volunteer Handbook & Guide. Going traveling will be an experience that will stay with you for the rest of your life. You will learn, discover, grow, get active, make friends, take in nature, explore wildlife, immerse yourself in new cultures, get your adrenaline pumping and you will never be the same again!

All Out Africa is made up of a group of companies based in South Africa, Swaziland, Mozambique and Botswana. We cater to people of all ages and backgrounds, looking for a wide variety of African experiences, from tours, volunteering, research and internships. Our goal is to share our passion for southern Africa's people, places and wildlife with the world and offer *adventures that change lives.*

TOUR

Want to see as much as possible whilst you are visiting Southern Africa? Whether you want to dive amongst Whale Sharks in the Indian Ocean, or ride in an open-air safari truck through Kruger National Park, All Out Africa Tours will give you an adventure of a lifetime.

VOLUNTEER

Our volunteers experience Southern Africa, it's people and culture more than

any ordinary tourist. They work alongside members of the community to build shelters, teach classes or learn a new game-- this experience is sure to give back as much as our volunteers put in. Combined with our adventure tours division, we also offer in-house adventure tours combined with volunteer and intern experiences; giving us totally unique products and the opportunity for clients to both give back and have a holiday.

LEARN

NEW this year, All Out Africa has taken learning to new levels! Step out of the classroom, and gain some exciting skills in your field, whilst living in southern Africa! Our Savannah Research Centre and Marine Research Center are perfect partners for university students and groups looking to gain field training from the African Ecosystem.

DONATE

All Out Africa is serious about our community. That is why we set up our Foundation to help us expand and sustain our projects from community development, childcare to Conservation. Our projects have received international recognition for their good work, including 60 scientific publications!



African Responsible Tourism Award GOLD Winner 2017

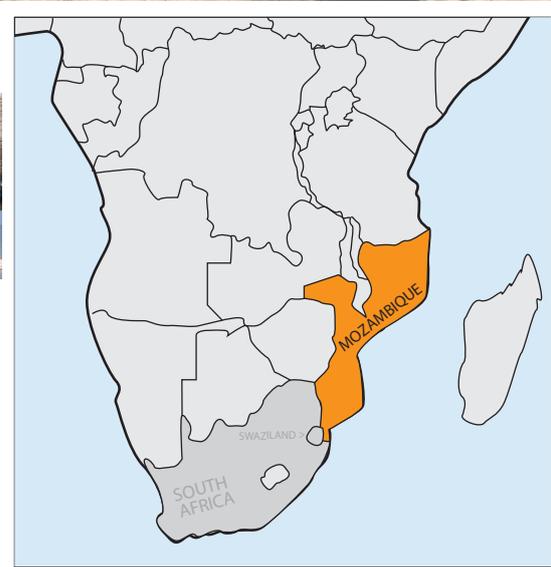
Over the last 12 years All Out Africa has enabled 500 international volunteers to contribute meaningfully to conservation through data collection and supported and trained over 100 local students in field-based conservation and ecological research. With activities in Swaziland, Mozambique and South Africa they have supported the education of 15 local students at MSC level & more than 1000 undergraduate students from both local and international universities.



Global Youth Travel Awards Finalist 2017

Judges were particularly impressed by AOA's social-entrepreneur approach to solving the problem of insufficient ecological information and capacity to enable successful conservation.





ALL ABOUT MOZAMBIQUE

WELCOME TO PARADISE! Mozambique is most famous for its palm-fringed coastline and blue waters full of unique and diverse wildlife. This makes it a world class destination for diving and for boat based safari activities. It is one of the few places in the world you can swim with Whale Sharks, the world's largest fish! You can observe the Humpback Whale annual migration, if you're lucky and see these majestic animals breaching the water! Other amazing marine mega fauna present include dolphins, turtles, manta rays, star fish, seahorses, and an abundance of colourful fish and coral reef.

OUR WORK IN MOZAMBIQUE

Mozambique experienced a long civil war which halted its development. Now the dark times are past and Mozambique is emerging as one of Africa's rising stars, with an upbeat atmosphere, overflowing markets and amazing coastline. Tofo has a stunning palm fringed beach as well as being famous for its marine life and fantastic dive sites. Our work here involves creating a brighter future for orphaned and vulnerable children and fostering Marine Research and Conservation.

Our Conservation projects tackle both ecosystem and species level Conservation issues within marine reserves and areas of important biodiversity. It involves hands-on data collection and research collected through various scientific methodology. Field data is gathered on species including Whale Sharks, humpback whales, dolphins, turtles, fish species and coral reefs and other marine biodiversity. This enables us to make recommendations for improving the Conservation of marine life as well as creating general awareness about the marine environment. The project is run by All Out Africa and involves collaboration with the Peri-Peri Divers, Zavora Marine Lab and Ponta Dolphin Encounters based in Mozambique as well as the Eco-ocean Global Whale Shark Database and a number of international Marine Research bodies.

Our social projects work in tandem with pre-schools, and orphanages to tackle education and care needs for vulnerable children, and to raise awareness of marine Conservation. We assist with teaching basic life skills, Portuguese, English and maths, and sports activities including swimming lessons.

CULTURE & HISTORY

For almost two decades during the 1970's and 80's, many of its attractions were inaccessible as a result of a civil war which crippled the country and halted all development. Now the dark times are very much in the past, and Mozambique is emerging as one of Africa's rising stars, with an upbeat atmosphere, overflowing markets and a spectacular 2500km coastline waiting to be discovered. Sunshine, blue skies and temperatures averaging between 24°C and 35°C along the coast are the norm.

The official language is Portuguese, a legacy of the country's colonizers. When Mozambique gained independence in 1975, the then controlling power party, Frelimo, wanted to evict the colonial language but was not successful in finding a replacement. Although Portuguese is spoken by the majority of the country, in Tofo, English is widely spoken.

MOZAMBIQUE WEATHER

Mozambique has a warm, tropical climate. The average temperature is around 28°C (82°F), and the weather along the coast is sunny and warm even in midwinter. Summer, from October to April, is rainy, humid, and very hot. Although still tropical, June, July and August are Mozambique's coolest months; you'll need a light duvet at night, even though the temperature reaches over 30°C by day.



MARINE RESEARCH & CHILDCARE

As a volunteer on the Marine Research & Whale Shark Conservation Project you will help carry out the Marine Research and monitoring activities for the project under the guidance of our coordinating project scientists. You will join other volunteers on the project to collect the data via scuba dives, ocean safaris, and beach walks off the coastline of Tofo in Mozambique. You can expect an excellent diving, snorkeling and beach experience whilst gaining first hand Marine Research skills and contributing to a worthwhile project.

As this is a Adventure Tour you will also get the opportunity to work with the children of Mozambique.

Emerging from being one of the world's poorest countries after decades of civil war, Mozambique's children face many challenges, including lack of proper care and limited educational opportunities. Those that have lost their parents also struggle for adequate food and shelter, and crave the love and attention that a healthy child needs. With high unemployment and limited state welfare, many of these children's needs cannot be met without external support, therefore volunteer involvement is crucial. You will have the opportunity to work at a local orphanage, crèche and primary school in Inhambane and Tofo, where you may help with basic care and education, organizing games and activities, arranging food, assessing needs, developing life skills and more. Depending on the project needs at the time and your skills and interests, you may work at either one of these placements or a combination of a few.

ACCOMMODATION & MEALS

During your stay you will be accommodated in Albatroz Lodge, in Tofo. Three meals a day will also be provided, some on a self-serve basis and others cooked for you.

PROJECT START DATES

Start date for this project is the first Monday of the month for the following months only: February, April, June, July, August, September and October. January will begin on the 9th.

2017 ARTA WINNER!

2017 GYTA FINALIST!



INCLUDED IN THE COST

- An internationally recognised dive qualification
- Research dives and ocean safari's to collect data
- Comprehensive 24 hour, 7 day a week support from All Out Africa
- Volunteer projects specifically designed to enable you to make an active contribution during your stay
- Support of volunteer project coordinators who are experts in their fields which ensures the volunteer experience is valuable
- Comprehensive orientation to the country, its culture and your role as a volunteer upon arrival
- All food and accommodation throughout your stay

VOLUNTEER ROLE

Marine Research Project

Whale Shark (Annually) The Whale Shark Conservation component of the Project involves joining ocean safaris to snorkel with Whale Sharks in the open ocean. It involves taking underwater photographs for identifying the Whale Sharks as well as recording other ecological information. As a summary, you will collect the following information on the Whale Sharks:

- Date, GPS location, surface and underwater conditions
- Size, sex, scars/distinctive features, behaviour of the Whale Shark



- You will take an ID photograph and identify each Whale Shark & record re-sightings

Dolphin (Annually) You will be collecting data which enables dolphin numbers and behaviours to be recorded and uploaded onto databases to share with our Marine Partners. Of particular interest in this study is dolphin behaviour in relation to tourism.

Coral Reef and Fish (Annually) This involves carrying out underwater data collection on indicator species of coral fish and the condition and cover of coral and echinoderms on the reefs.

Seahorses (Annually) This project will involve traveling to the nearby Inhambane Estuary and snorkeling in relatively shallow waters to evaluate and monitor the seahorse population. The seahorses are counted, and photos taken to identify size of the seahorses, and data then entered into a database to allow for analysis.

Humpback Whales (June - October) Monitor the numbers of humpbacked whales on their seasonal migration up and down the coast. This involves sand dune based observations using binoculars and boat based observations recording the numbers of whales, the makeup of the pods and behaviours witnessed.

General Environment (Annually) A number of more general environmental awareness and clean-up activities will be also carried out during the project.

* Please note that the activities listed above are based on availability and may vary by season. These are samples of activities that are volunteers are **likely** to participate in.

Education & Child Care

The orphanage is in Inhambane, a 45-minute trip on public transport from the volunteer base in Tofo. It accommodates approximately 150 children ranging from 0-13 in age. The children at this centre have either no parents, are abandoned or are vulnerable. With no suitable family structure and unable to afford to attend school, the children's hopes for a bright future lie in the support of this facility.

Meanwhile a short distance out of Tofo, a small kindergarten caters to around 40 local pre-school aged children, offering them vital education and care, and giving them a chance to successfully enter the school system in the future.

Also outside of Tofo is a community primary school, located a 1-hour walk away and just inland of the main stretch of Tofo beach. Pupils here participate in extra-curricular English classes in the afternoons and also a swimming program on holidays and weekends. These lessons provide skills which may open doors to employment in the future as tourism in the area increases.

* Please note that the activities listed above are based on availability and may vary by season. These are samples of activities that are volunteers are **likely** to participate in.

WHERE YOUR PROJECT FEE GOES

By signing up with us you are donating your time and skills to work directly with communities in need through a structured project. There are many benefits of volunteering through an organization

RESERVE YOUR SPACE WITH A 10% DEPOSIT!

6 Weeks For **\$3672**

8 Weeks For **\$4209**

10 Weeks For **\$5016**

12 Weeks For **\$5823**

*Prices listed in US Dollar. For special prices, group rates or custom placements please email for a custom quote.

like ours. Sometimes it is hard to find projects to support in a foreign country that are safe, worthwhile, and reputable. When you sign-up for one of our projects for 2 or 12 weeks, you become part of a bigger, sustainable plan that our team of qualified staff have carefully crafted. You will also receive travel and visa support, orientation, a safe place to stay, logistical support, in addition to clear expectations of the work you will do. This is why we charge a fee for volunteering or interning abroad.

Your project fee goes towards a company you can trust, an experience that is worthwhile and an opportunity that will make a positive and sustainable impact on the community you have chosen to serve.

DAY IN THE LIFE OF A VOLUNTEER

7:00 Wake up and have breakfast.

8:30 Data entry on the computer from previous day's research work. OR Catch a local taxi/chappa to your morning placement.

10:00 Walk to the dive centre and get prepared for an Ocean Safari . Jump on the boat and head out to sea to find Whale Sharks and other marine life. On finding a Whale Shark enter the water snorkeling next to the Whale Shark and take photos of the correct parts of the shark. Photos enable us to identify individual sharks around the world and track their movements, age etc.

13:00 Lunch **14:00** Depending on the time of year - whale data collection from on top of the dunes or classroom prep for the next day's teaching sessions. OR Head to community school to teach English or join any of the scheduled Conservation activities e.g. beach clean-up, humpback monitoring, turtle walks.



15:30 Work generally ends around 3.30pm but this is flexible and can sometimes be earlier and sometimes later.

Please note that Portuguese is the official language of Mozambique and English is therefore not widely known or spoken, including amongst staff and children at the local project placements.

ITINERARY FOR YOUR EXPERIENCE

Day 1-2 Arrival and orientation. Your orientation will start with a presentation by the project coordinator to prepare you for your project. You will then be shown around Tofo and Inhambane.

Thereafter you will do an open water scuba diving course which usually lasts between 4 and 7 days depending on conditions. This is a PADI international accredited course and upon completion you will get a certificate permitting you to scuba dive anywhere in the world.

Those who are already licensed divers may either do the course as a refresher or an advanced course or do dives for an equivalent value. Once the course is completed you will have the time & skills to focus on the project activities.

In the second or third week you will be given a second orientation where you will be introduced to the orphanages and schools that you will be working with.

Week 1-2 A PADI dive course (or equivalent research dives). Begin helping at the local schools and swim school

Week 3-6 Project activities including marine Conservation work 2 days a week (including assisting with data collection on dives or ocean safaris), and volunteering with children at the orphanage, kindergarten and primary school 3 days a week.

Weekends Free time

For 4 Week Option

Day 29 Return home Sadly all great adventures must come to an end and on your final day you will leave the backpacker lodge in Tofo and will be transferred to Inhambane Airport.

Airport transfer is included and facilitated by All Out Africa if on the designated departure day.

For 4 Week+ Option

Day 29 onwards Continue with your volunteer project as described in day 5, giving you more time to contribute to your project and experience beautiful Tofo.

OPTIONAL EXTRAS

You can also add one of the following to your adventure of a lifetime prior to or upon arrival:

- Surfing or yoga lessons on the beach

NOT INCLUDED IN THE FEE

- ✗ Local transport fares to your projects
- ✗ Medical/Travel insurance
- ✗ All Flights & Visas

Additional information for those booking onto the Mozambique Marine Program

- As part of the project activities, you will complete an Internationally Recognized Dive Qualification during a normal 4-week program, along with 11 or 12 ocean activities (ocean safaris or research dives) depending on the dive course chosen. Numbers of ocean safaris and research dives are calculated accordingly for shorter/longer programs.
- In order to carry out the activities required of you in the Marine Conservation Project you will need to be a capable swimmer (able to swim 100m unassisted) and snorkeler; being able to hold your breath to dive down would be an advantage.
- Volunteers who sign up for a 2-week project must have either their open or advanced water dive certification.
- Volunteers who have pre-existing medical conditions or are over 45 years of age must also bring a medical clearance letter permitting them to dive.
- Any volunteers taking Lariam/Mefloquine/Mephliam/Tropicure (or any other derivatives) as anti-malarial treatment (prophylaxis) will not be permitted to dive, as it causes increased risks when diving. Please advise your doctor that you are going on a dive holiday, and request another suitable anti-malarial treatment.
- Accredited divers must bring their dive cards (listing their last logged dive) with them to the project site as proof.
- Dive accredited volunteers not requiring/wanting a dive course but who have not logged a dive within 6 months of their project will need to complete a Scuba Review before they can participate in their research dives. The cost of a Scuba Review is not included in the project cost, and a small fee will be paid locally for this directly to the Dive Centre we partner with.
- The open water certificate qualifies volunteers to dive up to 18 meters, and some of our dive sites are between 20-30 meters deep. It is not essential to dive at these deeper sites, but should you wish to participate in deep diving (up to 30 meters) you will either need to complete a Deep Dive course at a small additional local cost, or there is also the option to complete an Advanced Water Course at an additional cost.
- Ask for our fish-list if you would like a head start on coming to grips with all the different species that you will be seeing on your dives!



WHERE

WILL I STAY IN MOZAMBIQUE?

Albatroz Lodge is in a perfect location, nestled at the top of the sand dunes overlooking the spectacular Tofo Bay. Accommodation is in chalets with a traditional thatched roof, and dorm style accommodation. The chalets have electricity and running, drinkable water, and feature open living areas and ample room to relax outside. The chalets sleep 4 and 12 people respectively, with each bedroom fitted with bunk beds. Beds, mattresses, mosquito nets, sheets and pillows are provided. There are shared toilet and shower facilities, and communal living spaces in each chalet, and a swimming pool and relaxation area.

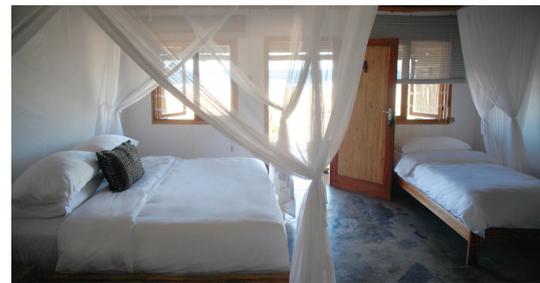
The accommodation is next door to the dive centre and All Out Africa office, and just a 30-second walk down to Tofo beach. It is also a very short walk to Tofo village, where there is a market, basic shops, a few restaurants and bars, and a number of beach activities available. The nearest town, Inhambane, is approximately one hour away on public transport.

MEALS

Volunteers, interns and students receive 3 meals a day when joining an All Out Africa experience. These meals are provided at Albatroz Lodge in their restaurant overlooking the swimming pool.

Breakfast will include a selection from the following items: cereals, bread, fruit, yogurt, eggs and spreads. Lunch can include sandwiches, salads, omelette's and pasta dishes. Dinner is a cooked meal and types of dishes served include pasta, local dishes and stew. Mozambique is a developing country and not all types of ingredients are readily available. Local cuisine is served to ensure freshness and enhances your cultural experience.

Vegetarians and most food allergies can be catered for. In order to fully support you during your experience, please advise us at time of booking if you have any food allergies or preferences, so we can cater for these in our meal plans. We will do our best but be prepared your food selection may not be as varied as other participants. If your food allergies/preference are quite restrictive, we may require you to pay an additional fee to allow us to cater for you.



NOTE: This accommodation has the option of a private room. Please request a quote for special room requirements when booking.
* This lodge may offer WIFI, however please remember the speed of the WIFI may not be the same as other countries.



PROGRAM FEE'S & DURATIONS 2018

ADVENTURE TOURS		2 WEEKS	3 WEEKS	4 WEEKS	5 WEEKS	6 WEEKS	8 WEEKS	10 WEEKS	12 WEEKS
MOZAMBIQUE & VOLUNTEERING		-	-	\$2094	\$2314	\$2534	\$2840	\$3243	\$3646
KRUGER & VOLUNTEERING		\$1527	\$1761	\$1943	\$2163	\$2383	\$2684	\$3087	\$3490
KRUGER TO COAST	Sports, Child Care OR Building	-	-	\$2502	\$2722	\$2942	\$3259	\$3662	\$4065
	+Add Diving Certification	-	-	\$2802	\$3021	\$3241	\$3681	\$4121	\$4560
MARINE RESEARCH & KRUGER		-	-	\$3803	\$4023	-	-	-	-
KRUGER TO CAPE		-	-	-	-	-	\$4273	-	\$5138
SWAZILAND		2 WEEKS	3 WEEKS	4 WEEKS	6 WEEKS	8 WEEKS	10 WEEKS	EXTRA 4 WEEKS	
CHILD CARE		-	-	\$1535	\$1975	\$2266	\$2669	\$911	
TEACHING		-	-	\$1535	\$1975	\$2266	\$2669	\$911	
BUILD A FUTURE		\$1127	\$1362	\$1535	\$1975	\$2266	\$2669	\$911	
SPORTS DEVELOPMENT		\$1127	\$1362	\$1535	\$1975	\$2266	\$2669	\$911	
SAVANNAH CONSERVATION		\$1940	\$2350	\$2593	\$3331	\$3623	\$4251	\$1530	
INTERNSHIP PROJECT		-	-	\$1535	\$1975	\$2266	\$2669	\$911	
SOUTH AFRICA		3 WEEKS	4 WEEKS	6 WEEKS	8 WEEKS	10 WEEKS	12 WEEKS	EXTRA 4 WEEKS	
CHILD CARE		\$1312	\$1482	\$1914	\$2197	\$2593	\$2989	\$896	
TEACHING & YOUTH DEVELOPMENT		\$1312	\$1482	\$1914	\$2197	\$2593	\$2989	\$896	
SUPPORT FOR PEOPLE WITH DISABILITIES		\$1312	\$1482	\$1914	\$2197	\$2593	\$2989	\$896	
INTERNSHIP PROJECT		-	\$1482	\$1914	\$2197	\$2593	\$2989	\$896	
MOZAMBIQUE		2 WEEKS	3 WEEKS	4 WEEKS	6 WEEKS	8 WEEKS	10 WEEKS	EXTRA 4 WEEKS	
MARINE RESEARCH & WHALE SHARK CONSERVATION INCLUDING DIVE COURSE		-	\$2650	\$3022	\$4043	\$4646	\$5564	\$2084	
CONSERVATION QUALIFIED DIVERS		\$1890	\$2444	\$2817	\$3837	\$4440	\$5368	\$2084	
CHILD CARE		-	\$1758	\$1902	\$2466	\$2642	\$3111	\$1169	
MARINE RESEARCH & CHILD CARE		-	-	-	\$3672	\$4209	\$5016	\$1657	
MARINE INTERNSHIP PROJECT (DIVE COURSE NOT INCLUDED)		-	-	\$2817	\$3837	\$4440	\$5368	\$2084	

* Custom durations, project combinations and group rates are available upon request. Please email any inquires to bookings@alloutafrica.com



BOOKING FORM

We are excited to meet you in person, so let's get you booked! Please complete this form and return it to your representative OR bookings@alloutafrica.com. Let us know if you have any questions along the way!

FULL NAME			
NATIONALITY		PASSPORT NO.	
DATE OF BIRTH (DAY/MONTH/YEAR)			
TELEPHONE NUMBER			
EMERGENCY CONTACT (RELATIONSHIP/NAME/CONTACT NUMBER)			
EMAIL ADDRESS			

** When you book your flights, please send complete flight details (time, date, flight number etc) to bookings@alloutafrica.com*

PROJECT NAME	
DURATION (WEEKS)	
ARRIVAL MONTH	

CHOSEN METHOD OF PAYMENT (CIRCLE ONE)	WIRE TRANSFER	CREDIT CARD
QUALIFICATIONS & EXPERIENCE		
HOBBIES		
WHAT IS YOUR MOTIVATION FOR JOINING OUR PROGRAM?		
WHY DID YOU CHOOSE ALL OUT AFRICA?		
HOW DID YOU HEAR ABOUT US?		
WOULD YOU BE INTERESTED IN BEING A GUEST WRITER FOR OUR BLOG?		



Join our Facebook community to find other volunteers, ask questions and get ready for the adventure of your life! www.facebook.com/groups/AOAvolunteercommunity/