



# 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!



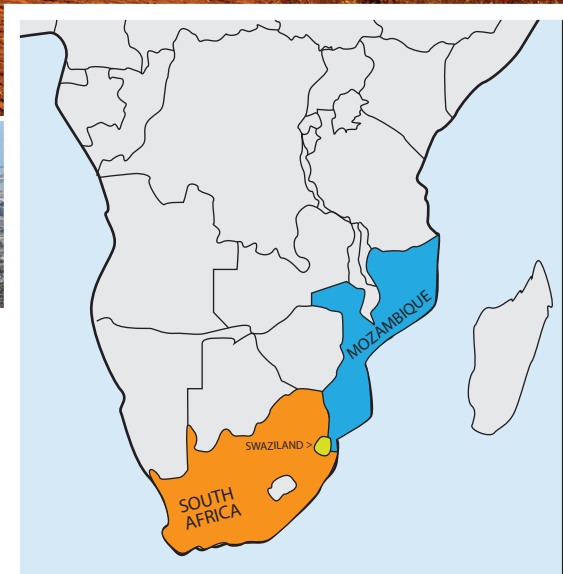
### African Responsible Tourism Award GOLD Winner 2017

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 SOUTHERN AFRICA

**WELCOME TO SOUTHERN AFRICA!** All Out Africa works in four countries in southern Africa, including Botswana, Swaziland, Mozambique and South Africa, some of our projects allow for travel between one or more of these countries. It is a vast area in terms of land area and has varying plateaus and climates from country to country. Most of Southern Africa's landscape is mountainous making it an ideal place for mining of natural resources such as diamonds, gold, iron ore etc. Although English is spoken widely in across most countries, there are several local dialects spoken amongst the people- most are considered Bantu languages, meaning they all derive from a similar base language or variations of Afrikaans, Zulu and Xhosa.

## OUR WORK IN SOUTH AFRICA

Southern African countries, although they differ in their histories have some social development trends in common. Southern African countries are among the world's highest HIV/AIDS prevalence rates in the world, with approximately 31% of the population being infected. This has caused thousands of orphaned children, high unemployment rates and stretched family resources. About 66% of the population in some areas, are able to meet basic food needs, and 43% live in chronic poverty. Children are particularly vulnerable and often in desperate need of help and support.

Our work aims to help community centres, schools and care points by targeting areas that need drastic assistance. Our community partners aim to provide orphaned and vulnerable children with food, care, pre-school education and a safe environment. We also investigate and research into areas of need and raising general and community awareness of the children and their needs.

## CULTURE & HISTORY

The culture and history of these four countries varies greatly, however southern Africa has a general acknowledgment of "Bantu" which means together. African communities tend to work in groups and for the greater needs of their families and communities around them.

For more information on the culture and history of the countries you will be traveling to, check out our website under Destinations!

## SOUTHERN AFRICA WEATHER

### SWAZILAND

December is the hottest month in Eziwini Valley with an average temperature of 32°C (90°F) and the coldest is July at 9°C (48°F) with the most daily sunshine hours in December. The wettest month is October with an average of 250mm of rain.

### SOUTH AFRICA

February is the hottest month in Cape Town with an average temperature of 23°C (73°F) and the coldest is June at 13°C (55°F) with the most daily sunshine hours at 11.05 in December. The wettest month is July with an average of 100mm of rain.

### MOZAMBIQUE

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.



# SOUTHERN AFRICA WILDLIFE ADVENTURE TOUR

Volunteer in Mozambique on the Marine Research Project and help with hands-on Whale Shark research, coral reef monitoring, whale monitoring, and manta ray and turtle identification, in one of Africa's best scuba diving and beach destinations. You will then travel to the beautiful Kingdom of Swaziland, with a few days to explore before departing on a 5 day tour of the world famous Kruger National Park, in search of the "big 5".

Following your safari, you will return to Swaziland for 3 weeks of volunteering on our Savanna Conservation project in the country's north east. Here you will help to conduct ecological research relevant to savanna ecosystems throughout southern Africa, including monitoring bats, birds, reptiles, ungulates, rodents, small predators and vegetation.

## ACCOMMODATION & MEALS

During your stay you will be accommodated in a variety of lodges as you tour Southern Africa, but home base will be the award winning Lidwala Lodge in Ezulwini Valley. 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 throughout the year, with the exception of November & December when the project is closed.

## INCLUDED IN THE COST

- 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

2017 ARTA WINNER!

2017 GYTA FINALIST!



- Comprehensive orientation to the country, its culture and your role as a volunteer upon arrival
- All food and accommodation throughout your stay
- Tour guide for the duration of your tours

## VOLUNTEER ROLE

There are 3 distinct parts to this travel experience each with its own interesting flavour.

In Mozambique, your role will be to collect important data and conduct activities to support research and Conservation efforts of the marine life in the area. You will join other volunteers on the project to collect the data via beach walks, boat surveys, snorkeling and scuba dives 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.

In Kruger you will be joining a camping safari holiday. Here your days will be spent on game drives searching for the incredibly diverse wild life that this world renowned national park has to offer while at night you will be camped out under the African stars, sitting around a crackling campfire listening to tales of the African bush. While in Kruger your guide will teach you about the animals and plants of the African savanna and how important it is to protect this fragile Eco-system.

\* 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 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 to see the sunshine, jump in a hot shower and get yourself started for the day with breakfast!
- 8:00** Travel to your placement and get ready to begin your day.
- 8:30** Participate in your volunteer project assisting with fun activities.
- 12:00** Time to eat the packed lunch you made that morning!
- 12:30** Begin your afternoon's work with a full stomach
- 15:00** Return back to your accommodation and share your day's adventures with other volunteers, maybe even a quick swim
- 18:30** Enjoy a delicious evening meal and relax.....

## ITINERARY FOR YOUR EXPERIENCE

**Day 1-2** Fly into Inhambane, Mozambique via Johannesburg South Africa or Maputo Mozambique. At the airport in Inhambane you will be welcomed by an All Out Africa staff member who will accompany you to your accommodation in the beach village of Tofo. The second day begins with an informative presentation that will brief you on all you need to know about your volunteer experience in Mozambique.

**Day 3-7 PADI Dive Course** All dives and dive courses are dependent on weather and ocean conditions. In most cases it takes 4 - 5 day to get your PADI scuba course completed - then you are ready to go!

**Day 8-26 Project Activities** Begin your Marine Research Project!

**Day 27-30 Ezulwini Valley, Kingdom of Swaziland** You and the rest of your volunteer group will travel by private bus from Mozambique to Swaziland where you'll spend 3 full days. You will be accommodated at a backpacker lodge in the Ezulwini Valley (the valley of heaven).

**Day 31-35 Conservation tour, Kruger National Park, South Africa** From Swaziland you'll then venture on an exciting 5 day camping safari into the heart of the world famous Kruger Park, including 4 nights camping in the park and unlimited game drives exploring the vast wilderness with one of our wildlife guides.

## RESERVE YOUR SPACE WITH A 10% DEPOSIT!

- 7 Weeks For \$4720
- 8 Weeks For \$5089
- 10 Weeks For \$5828

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

**Day 35** you will depart Kruger and return to Swaziland.

**Day 36-56** You will be transported to the Savanna Research camp in Mbuluzi Game Reserve. Led by the resident field ecologists, you will visit some of the region's most exciting wildlife areas to assist with a range of data collection and monitoring activities.

**Day 57** Sadly all great adventures must come to an end and on your final day you will leave Mbuluzi Reserve in Swaziland and transfer by road to Johannesburg to catch your flight.

Airport transfer is included and provided by All Out Africa on the designated departure day, otherwise early departures are responsible for their own transportation.

## OPTIONAL EXTRAS

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

- Zip lining weekend through the mountains, waterfalls & gorges of Malolotja Nature Reserve
- A sunset horse ride, surfing or yoga lessons
- Bush walk in Kruger, to see some of the smaller creatures that reside in Kruger up close

## NOT INCLUDED IN THE FEE

- ✗ Local transport fares to your projects
- ✗ Medical/Travel insurance
- ✗ All flights & visas



SWAZILAND ACCOMMODATION

# WHERE

## WILL I STAY DURING MY ADVENTURE?

On your Adventure Tour you may stay at several locations, whether it be camping underneath a blanket of stars, or sharing a dorm room in one of our award winning lodges. Each location may include: an outdoor pool, TV lounge, WIFI\*, and a communal kitchen to prepare meals and snacks. Your accommodation will likely be close to amenities, such as shopping centre's, restaurants and public transport- among others.

Throughout your stay you will be accommodated in a dorm room with bunk beds and communal bathroom facilities. Bed, mattress, sheet and pillows will be provided, but note if you plan to go on safari, a sleeping bag maybe required for your tent.

### MEALS

Volunteers, interns and students receive 3 meals a day when joining an All Out Africa experience. These meals are provided at your accommodation and are eaten together.

Breakfast is self-service from a selection of items including cereals, bread, fruit, yogurt, eggs and spreads. Lunch too is self-service featuring yummy items such as bread, ham, cheese, salad and fruits. Dinner is a cooked meal; types of dishes served include pasta, stir-fry, braai (BBQ) and curry.

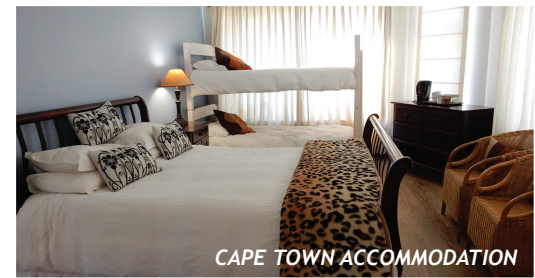
*Vegetarians and most food allergies can be catered for. In order to fully support you during your experience, please advise us at time of booking if you have any food allergies or preferences, so we can cater for these in our meal plans. We will do our best but be prepared your food selection may not 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.*



SWAZILAND ACCOMMODATION



CAPE TOWN ACCOMMODATION



CAPE TOWN ACCOMMODATION



MOZAMBIQUE ACCOMMODATION



MOZAMBIQUE ACCOMMODATION

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.

\*Please note that depending on your project combination, some accommodation lodges may vary or may not be pictured.



## 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	
	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](mailto: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](mailto: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](mailto: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/](https://www.facebook.com/groups/AOAvolunteercommunity/)