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KRUGER TO CAPE VOLUNTEER ADVENTURE

(12 weeks)

South Africa, Swaziland and Mozambique



Project Web link <http://www.alloutafrica.com/volunteers/project.php?id=24>

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Fast Facts

Location:	South Africa’s Kruger National Park and coast route to Cape Town, the Ezulwini Valley of heaven in Swaziland and beautiful beaches of Tofo Mozambique
Duration & price:	12 weeks for €3 384
Deposit:	€338
Accommodation:	Kruger camping, Swaziland and Cape Town comfortable dorms, Mozambique beach dorms.
Meals:	All meals included, volunteers help cook
Dates:	Arrive 1 st Monday of every month (except November & December)
Age Limit:	Between 18 and 65 years old
How to book:	visit link above, click “book now” and complete the form

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OVERVIEW

Project overview

The Kruger to Cape Volunteer Adventure will take you through some of the best that southern Africa has to offer in terms of wildlife, culture, beaches, sights and scenery. It takes you through South Africa where you tour the world famous Kruger Park, the wild coast and Cape Town. To Swaziland where you will get involved in some really needy community projects and to tropical Mozambique where you spend time on world class Indian Ocean beaches. Not only will you'll have the amazing opportunity to see some of Africa's most incredible wildlife, snorkel with wild whale sharks, paddle to tropical palm fringed islands and climb Table Mountain but you will also have the opportunity to help some of the most needy orphaned and vulnerable children southern Africa.



The highlights of this of this incredibly diverse and comprehensive tour of southern Africa tour include:

- Safari in Kruger National Park in search of Africa's famous Big 5
- Night drive in Kruger
- Bush walk in Kruger
- Community work with Orphaned and Vulnerable Children in Swaziland
- Visit to a Swazi Cultural Village
- Explore the beauty of Swaziland
- Beautiful beaches of Mozambique
- Snorkel with whale sharks
- Island Kayak trip
- The St. Lucia Wetland World Heritage Site
- The Wild Coast
- The Garden Route
- Cape Town (Table Mountain, Cape Point etc)

Volunteer role

There are 5 distinct parts to this travel experience each with its own interesting flavor of experiences. In Kruger you will be joining a camping safari holiday. Here your days will be spent



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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 beautiful but fragile eco-system.

When you arrive in the beautiful mountainous kingdom of Swaziland your role will switch to volunteer as you get involved in projects that aim to uplift the lives of Orphaned and vulnerable children. There are now literally thousands of children in Swaziland who are either orphaned or classified as vulnerable as result of HIV AIDS and your role will be to play your part in improving the lives of these needy children. You'll work in direct contact with these children on a daily basis taking care of their basic needs and giving them much needed love and care.



The fourth week of your experience is spent on the beautiful golden sand beaches of sunny Mozambique. After two weeks of hard work in Swaziland it'll be time to relax in this tropical climate and swim the blue waters of the warm and inviting Indian Ocean. Mozambique is a colorful and vibrant African country like no other and its here that you will get to spend 7 days of beach bliss and ocean adventure.

You will then head back to Swaziland for 2 weeks to finish your work at your orphan care placement before packing your bag again and adventuring down South Africa's incredible east coast all the way to Cape Town.

In Cape Town you will work on child care projects based in the Imizamayethu Township on the outskirts of Cape Town. You will work with orphaned and vulnerable children helping with basic life skill training, teaching and support through care and attention.

What's included

- All accommodation throughout your programme
- All meals
- Airport pick-up at the start of your tour
- Orientation upon arrival
- Daily game drives in Kruger
- A guided bush walk, sunset drive or night drive (you may choose one option)



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- Full support and daily guidance from the project coordinator and assistant co-ordinator throughout your tour
- Project equipment
- A trip to a Swazi Cultural Village
- Ocean Safari - whale shark snorkel
- Island Kayak Trip
- 10 day tour down east coast of South Africa
- Airport drop off at the end of your tour
- Mozambique visa
- Backup support from All Out Africa's head office and administrative staff

What's not included

- Personal travel insurance for the duration of your placement
- All flights
- All items of a personal nature, such as curios, gifts, clothing (work and other)
- Telephone, internet, extra food and drinks, weekend activities
- Visas (other than Mozambique)
- Any excursions over and above your planned itinerary



Dates & costs

Kruger to Coast Volunteer Adventure - 12 weeks €3 384

Similar shorter options available please check www.alloutafrica.com/expeditions

The arrival date is the first Monday of every month except November & December:

2009: 6-Jul, 3-Aug, 7-Sep, 5-Oct, 2-Nov

2010: 4-Jan, 1-Feb, 1-Mar, 5-Apr, 3-May, 7-Jun, 5-Jul, 2-Aug, 6-Sep, 4-Oct

Booking process

Booking a place on the project is a simple 3 step process:

- 1) Make a booking request by either visiting the project webpage <http://www.alloutafrica.com/volunteers/project.php?id=24> selecting "book now" then completing the online booking form, or emailing bookings@alloutafrica.com requesting a booking form, complete this and submit it to the same address.



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- 2) Depending on availability, your booking application will then be accepted and you will be sent a deposit invoice which you should pay by bank transfer or by manual credit card payment.
- 3) Upon receipt of the deposit, your booking will be confirmed and you will be assisted to make the necessary arrangements to start your project.

THE PROJECT

Trip Itinerary

Day 1

Either fly or Bus into Swaziland via Johannesburg (more details in "Getting there" section). Most volunteers choose to fly into Swaziland. At the airport upon arrival in Swaziland you will be welcomed by an All Out Africa staff member who will drive you to your backpacker lodge accommodation in the Ezulwini Valley (Valley of Heaven).

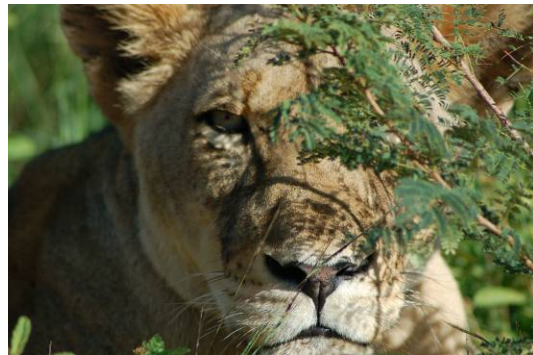
Day 2

The second day begins with an informative presentation that will brief you on all you need to know about your 12 week experience. You will also take part in an orientation in which you will learn how to get around using public transport.

Day 3-6 Conservation tour, Kruger National Park, South Africa

Kruger National Park is probably Africa's most famous conservation area. Spanning nearly 20,000 km² it covers a vast array of habitats and associated wildlife. It has an aura of ancient times and offers some of the best opportunities in the world to view Africa's big game.

We venture on a five day tour into the heart of Kruger Park including 4 nights camping in the park and unlimited game drives exploring the vast wilderness with the expert guidance of one of our wildlife guides. Previous groups have had great sightings of lion, elephant, rhino, buffalo, leopard, wild dog and a variety of other of Kruger's specialties. You will also have the exciting opportunity to take part in a guided bush walk as well as a night drive where you'll go in search of nocturnal wildlife.



On Day 7 you will depart Kruger for the beautiful Kingdom of Swaziland.



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Day 7 -20 Community project, Ezulwini, Swaziland

Swaziland is Africa's last remaining true monarchy and in its unique laid-back way is steeped in Swazi culture and tradition. The Ezulwini Valley of Swaziland is known as the valley of heaven and is both home to the King and royal family and most of the country's tourism facilities and attractions. It is a scenic hilly Kingdom with a friendly age-old way of life that endears anyone who takes the time to experience it.



We will spend 10 days working with one or a number of small care centers in the Ezulwini valley who are assisting orphans and vulnerable children. The AIDS pandemic in Swaziland is devastating families and leaving many children desperate for support. These little centers provide these needy children with basic food, care and education. Some have local gardens where some of the food is grown and there are various small infrastructure projects that need doing.

During your two weeks working at the care centres you will get involved with a number of different projects that aim to inspire and uplift the lives of these children. The activities you might be involved in will include any of the following practical projects:

- Organising the children before classes
- Teaching basic English and math to children
- Organising the children at meal times
- Organising creative games and craft classes to stimulate minds
- Organising sports days for exercise and fun
- Giving attention to the children and showing them love and care – this is what they need most.

The age range of the children you will be working with is between 3 and 13 and the average age is about 4 years old. Although the children come from very difficult backgrounds they are an absolute pleasure to work with. It is such a rewarding experience to see the smiles on the faces of the children as you get to know them and work with them.



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During your time in Swaziland you will also visit the Mantenga Cultural Village where you will have chance to experience traditional Swazi culture and life style as well as traditional dancing.

Day 21-26 Beach tour, Tofo Bay, Inhambane, Mozambique

Mozambique is world famous for its idyllic tropical beaches on the Indian Ocean. Being an old Portuguese colony and having come out of a drawn out civil war it is now booming as quite possibly Africa's top beach destination. Tofo Bay is a laid-back beach village in southern Mozambique and offers some of the best opportunities in the world to snorkel in the wild with the world's biggest fish – the whale shark.



With diverse coral reefs, whales, and nesting turtles Tofo is a marine paradise and yet it is relatively close to the vibrant historic trading port of Inhambane. We venture on a 7 day tour to Tofo where you will experience the laid-back beach lifestyle of this colourful and vibrant country.



You'll take an ocean safari to snorkel with the magnificent whale shark and if you are a certified diver you will have the opportunity of exploring the spectacular fish life of the coral reefs! Also included in the trip is a full day kayak trip across the blue waters to the palm fringed islands in the Inhambane Bay.



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There are plenty of optional extra activities including beach horse rides, quad biking, mangrove kayaking, surfing, body boarding, deep sea fishing and catamaran cruises. A beach party or two is par for the course and some chill time on the beach is guaranteed. Mozambique is a true gem on the east African coastline, an unspoiled paradise waiting to be explored.

Day 27 - Ezulwini (Swaziland)

Depart Mozambique, and transfer back to your backpacker lodge in Swaziland.

Day 28 – 50 Ezulwini (Swaziland)

On returning to Swaziland from Mozambique you will head back to your volunteer placement for 3 weeks at the same Orphan Care Centre you worked at before. The work programme will be the same as in your first 2 weeks work (see Day 7 – 20)

Day 51 Tour to Cape Town (South Africa)

Saying good bye to Swaziland a brand new adventure starts for you as you prepare to travel down the beautiful east coast of South Africa to Cape Town. Along the way you will get to explore some of the best parts of South Africa including the Kwa-Zulu Natal North Coast, The Valley of a Thousand Hills, the Wild Coast, the Garden Route and of course the most beautiful city in the world Cape Town!

Your stop off's along the way will include St. Lucia, Durban, Chinsta, Port Elizabeth, Tzitzikama and finally Cape Town.

Day 52 -55 (St. Lucia and Durban)

The first stop is the St Lucia Greater Wetland Park (world heritage site) where you can take a boat cruise on the St Lucia estuary before experiencing Zulu culture in the areas around Durban. You will take part in a cultural tour and will also get to explore the city of Durban with it's golden beaches and rich nightlife.

Day 56-58 (The Wild Coast)

Depart for the Wild Coast renowned for it's dramatic coastline, beautiful beaches and laid back rural communities. You will have the chance to laze on the beach, explore the coastal hills and experience Xhosa rural living at it's best.

Day 59-61 (The Garden Route)

Next you will travel through and stay along the "Garden Route" famous for it's beautiful coastal villages and towns set against the backdrop of ancient forests and rugged mountains. You will take a canopy tour on cable-way through the Tsitsikama forest and as an optional extra will have the opportunity to experience the world's highest bungee jump. You may also choose to hike through some of the indigenous forests or potter around some of the villages and shops.

Day 61-62 (Cape Town)

Finally you will travel to Cape Town where you will have the chance to experience the buzz of Africa's most sought after city. You can explore the bars and shops of Long



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Street, saunter the dock sides of the V&A waterfront, scale the heights of the famous table mountain or boat out to Robben Island where Nelson Mandela was held a political prisoner for 27 years. There is so much to do in Cape Town.



Day 63 – 83 Child Care Project (Hout Bay)

The All Out Africa base in Cape Town is set in the beautiful fishing town of Hout Bay. The town is set at the foot of towering mountains and nestled along the edge of a sandy beach which has cosy bars and restaurants dotted along it. It a beautiful place but also a place of many social problems.

The whole of the Cape area faces great social challenges with sprawling townships that are poverty stricken and ravaged by HIV AIDS. Our Child Care project is based in the Imizama Yethu Township of Hout Bay and it is here where your work will be focused for the last 3 weeks of your experience. In Cape Town the project co-ordinator will give you a presentation and orientation to prepare you for your new placement. Cape Town is a truly inspiring place and a fitting finale to a quite remarkable tour.

Day 84 (Programme ends)

Sadly all great adventures must come to an end and on your final day you will leave the lodge in Hout Bay and will fly out of Cape Town International Airport or depart by other means. You transfer to the airport is included.

Itinerary note

All Out Africa reserves the right to change routes and the tour itinerary at any time without prior warning. This situation may occur in cases such as bad weather, illness or any logistical complication. It is very rare that the itinerary will change.

Orientation

As mentioned in your itinerary your orientation will be on day two of your programme. It will start with a presentation by the project co-ordinator to prepare you for your time on tour and on the project. After the presentation there will be an open discussion where you will be able to ask any questions you may have. You will then go on an orientation which will show you how to catch public transport to town, places of interest and also



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your work placement. After your presentation and orientation you should have a very good idea of what your programme entails and what is expected of you as a volunteer.

A day in the life of a volunteer

Although day to day activities vary on the community projects part of the Kruger to Coast programme a typical day in the life of a volunteer while working on the project in Swaziland for example might be:

- 07:00 – wake up and have breakfast
- 07:45 – head out to work at your Orphan Day Care Centre
- 08:00 – Together with the other volunteers on your tour you will organise the children outside before class. This will involve getting them to line up and sing songs.
- 08:30 – You might conduct an English class teaching the children some basic vocabulary or it could be maths where you would be teaching the young children very basic numeracy.
- 10:00 – Breakfast for the children. Here you will help bring food out to the children from the kitchen and then help them to tidy up after eating.
- 11:00 – Games out in the garden. You may like to organise any kind of fun and stimulating games.
- 12:00 – Classes end and the children go back to their homesteads.
- 13:00 – Lunch back at the lodge
- 14:00 – In the afternoon you might like to go and help on the building projects, making bricks or helping fit a roof onto a house which is being built for one of the orphaned children at the care centre. The afternoons are flexible and you may also choose to go and relax around a swimming pool or get on the internet to tell everyone about the amazing time you are having.
- 19:00 – Dinner at the Lodge.

Project staff

The following are the on-site project staff who would work with you on a day to day basis:

Heidi Barker - Social Project Manager

A Social Worker from Australia with a Bachelor degree of social work and international experience in the field.

Nokuthula Sibandze – Social Project Co-ordinator (Swaziland)

A Swazi social worker who has grown up in the villages where the projects are based and so has first hand knowledge of the setting.

Bongani Motsa – Lead guide for tour and expeditions

One of Swaziland's most popular and friendly tour guides with many years experience guiding tours in southern Africa. He is an expert tour guide in the Kruger, Swaziland and Mozambique region.

Themba Zikalala – Assistant guide for tours and expeditions

Fully qualified Swaziland specialist tour guide with a lot experience guiding thorough Swaziland. An incredibly friendly and informative guide.



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Rachel Rowberry – Volunteer programme Co-ordinator (Cape town)

A sociologist from South Africa with a link to Swaziland and interests in community development, education and tourism.

For a list of other support staff see <http://www.alloutafrica.com/about/team.php>

Contact Details:

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Rachel Rowberry: 077-44-55-1329

DESTINATION

Swaziland

Country fact file

Swaziland is the smallest country in the entire southern hemisphere, but also one of the most interesting where you can be guaranteed some fun and adventure. Swaziland is a microcosm of Africa with strong traditions, vibrant cultural festivals and friendly laidback people. Despite its stable history and peaceful reputation, Swaziland has one of the world's highest HIV infection rates and an unemployment rate of about 50%. It is a country of scenic beauty and huge possibility being strategically located between South Africa and Mozambique and having relatively well developed infrastructure. Swaziland has an expansive system of reserves and national parks for a country so small, and you can be treated to excellent close encounters with black and white rhino and elephant in some of these areas. Aside from the wildlife, travelers can go horse riding, trekking, mountain biking and whitewater rafting amongst magnificent mountain scenery, stay in rural communities and become completely immersed in Swazi culture.

Location	Southern Africa, between Mozambique and South Africa
Area	17,363 sq km
Border Countries	Mozambique, South Africa
Climate	Varies from tropical to near temperate
Terrain	Mountainous in the west transitioning to low-lying savannah plains in the east.
Highest Point	Emlembe 1,862 m
Natural Hazards	Drought
Environmental Issues	Limited supplies of potable water; wildlife populations being depleted because of excessive hunting; overgrazing; soil degradation; soil erosion
Population	1,123,605 (July 2002)
Ethnic Groups	African 97%, European 2%, Asian 1%
Religions	Zionist (a blend of Christianity and indigenous ancestral worship) 40%, Roman Catholic 20%, Muslim 10%, Anglican, Bahai, Methodist, Mormon, Jewish and other 30%



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Languages	English (official, government business conducted in English), siSwati (official)
Type of Government	Monarchy; independent member of Commonwealth
Capital	Mbabane
Independence Day	6 September 1968 (from UK)
Chief of State/	<i>Chief of State:</i> King MSWATI III (since 25 April 1986)
Head of Government	<i>Head of Government:</i> Prime Minister Sibusiso Barnabas DLAMINI
Currency	lilangeni (SZL)
Time	GMT +2

Did you know?

- Swaziland is one of the only remaining African monarchies
- Swaziland accounts for 14% of the recorded plant life in South Africa
- Swaziland is smaller than Israel
- Nearly 3/4ths of Swazis work in agriculture

Useful Numbers & Web Addresses

- International dialing code: +268
- Police tel: 999
- Ambulance tel: 999
- Embassy in UK: 20 Buckingham Street, London SW1E 6LB. Tel (020) 7630 6611
- www.lidwala.co.sz
- www.welcometoswaziland.com
- www.visitswazi.com

South Africa

Country fact file

South Africa is emerging as a rainbow nation from its apartheid past. The country boasts some of the world's most exciting attractions ranging from natural scenery, beaches and wildlife to bustling cities rich in cultural diversity. The Kruger Park is the biggest and most popular national park in South Africa and has global importance in terms of conservation and biodiversity.

Cape Town is known as the "mother city" and encapsulates much of the diversity South Africa is famous for. Being Africa's first major port it is steeped in history but is also one of the world's most beautiful cities. With its dramatic mountain backdrops and white sand beaches with an amazing diversity of cultures and associated urban life, it is hard to beat as a city worth visiting. Yet it also faces some of the greatest social challenges with sprawling townships that are poverty stricken and ravaged by HIV AIDS. Our Child Care project is based in the Hout Bay area of Cape Town which is close to Landudno beach, and Kirstenbosch gardens.

Location	Southern Africa.
Area	17,363 sq km
Border Countries	Mozambique, Namibia, Zimbabwe, Lesotho, Botswana, Swaziland



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Climate	Varies from tropical to near temperate
Terrain	
Highest Point	Njesuthi 3,408 m
Natural Hazards	Fires, Gail force winds, draught
Environmental Issues	
Population	47.9-million
Ethnic Groups	African 79.6%, Whites 9.1%, Coloureds 8.9% Asian 2.5% (Hout Bay African 76%, Whites 13%, Coloureds 8.5% Asian 2.5%)
Religions	Christianity 73.52% African traditional religion 15%, Islam 1.45% Hinduism 1.25%
Languages	English (official, government business conducted in English), Afrikaans, IsiNdebele, IsiXhosa, IsiZulu, Sepedi, Sesotho, Setswana, SiSwati, Tshivenda, Xitsonga
Type of Government	Democracy
Capital	Pretoria
Independence	1994
Chief of State/ Head of Government	<i>President: Jacob Zuma</i>
Currency	Rand (ZAR)
Time	GMT +2

Mozambique

Country fact file

Mozambique is one of Africa's up-and-coming tourism gems, with stunning beaches, excellent diving and magical offshore islands it's a magical beach paradise. For almost two decades during the 1970's and 80's, many of its attractions were inaccessible as a result of a bloody 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 2500km coastline waiting to be discovered. Sunshine, blue skies and temperatures averaging between 24°C and 35°C along the coast are the norm.

Location	Southern Africa
Area	801,590 sq km
Border Countries	Tanzania is to the north; Malawi, Zambia, and Zimbabwe to the west; and South Africa and Swaziland to the south.
Climate	tropical to subtropical
Terrain	The country is generally a low-lying plateau broken up by 25 sizable



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	rivers that flow into the Indian Ocean
Natural Hazards	Severe droughts; devastating cyclones and floods occur in central and southern provinces
Physical Features	Lake Malawi/Nyasa (22,490 km ²), mostly coastal lowlands, uplands in center, high plateaus in northwest, mountains in west
Natural Resources	Coal, titanium, natural gas, hydropower, tantalum, graphite
Environmental Issues	Limited supplies of potable water; wildlife populations being depleted because of excessive hunting or over-fishing; soil degradation; soil erosion.
Population	21,284,701 (2008 Est)
Life expectancy	41
Ethnic Groups	Indigenous tribal groups 99.66% (Shangaan, Chokwe, Manyika, Sena, Makua, and others), Europeans 0.06%, Euro-Africans 0.2%, Indians 0.08%
Religions	Mozambique 24%, Islam 18%, Zionist Christian 18%, none 23%
Languages	Portuguese 9% (official; second language of 27%), Emakhuwa 26%, Xichangana 11%, Elomwe 8%, Cisená 7%, Echuwabo 6%,
Government	Multiparty republic
President	Armando Guebuza (2005)
Prime Minister	Luisa Diogo (2004)
Capital	Maputo
Independence Day	June 25 from Portugal
Currency	Metical
Time	GMT +2

Project setting

The community projects you will work on in Swaziland are located in the Ezulwini valley of central Swaziland. This is the cultural heart of Swaziland and is where most of the tourist activities are based and is also where the Royal Palace, houses of parliament, national sports stadium and national museum are located within a scenic semi-rural setting.

The Cape Town projects are based in the Imizamayethu Township which is part of Hout bay. Hout Bay is a small fishing town about 15 minutes drive from Cape Tow city. The Imizamayethu Township is set on the edge of Hout Bay and at the foot of an impressive mountain range. The projects are all within walking distance of the All Out house.

Accommodation & meals

Our main volunteer accommodation is at the Lidwala backpacker lodge in the Ezulwini valley and this is where you will be accommodated while you are on project work in Swaziland. This is also where our head office is situated. It is conveniently located on the main Ezulwini road less than 2km from most of the areas main facilities & attractions (craft markets, the Gables shopping centre, hotels, restaurants) and is within 5km of most of the Orphan Care project placements.



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Lidwala is where you will be accommodated while you are in Swaziland. The lodge has a number of dorms with bunk beds and communal bath rooms. Bunk-bed, mattress, sheet and pillows will be provided (a sleeping bag is required). All rooms have a verandah and there is a communal kitchen where meals are prepared. There is a TV lounge with board games and a large deck with pool table & dart board. The lodge is surrounded by a spacious garden with a communal barbecue (braai) area & plenty of boulders (hence it's name) & trees. Volunteers on the other social projects in this area are also accommodated here as well as backpacker travellers passing through the area.



While in Kruger you will be accommodated in safari style dome tents with two people per tent. Tent, mattress, and pillow are provided but you will need to bring your sleeping bag. The camps are fenced so you will be safe from wild animals while in camp. The camps are well equipped with clean toilets, hot water showers and well stocked shops where you can buy drinks, snacks, souvenirs etc.



In Mozambique the accommodation is in a beach backpacker lodge where you will share dorms. Bed, pillows, and sheet are provided but again you will need to bring a sleeping bag. The lodge is situated right on the beach and set among lush indigenous vegetation and tall coconut palms. There are communal toilets and hot water showers. The lodge has its own restaurant and bar which is located high on top of a sand dune with sweeping views over the bay and out into the Indian Ocean.

While in Swaziland, if you wish, you may have the opportunity to spend some of your time staying with a Swazi family. This can be arranged prior to your arrival or after your



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arrival for a period of a week or so. Conditions vary dramatically depending on the family. Some homesteads are basic mud and tin structures with no running water, others are fairly modern homes. Please let us know if you wish to stay with a host family during your time. You may also go out on community outreach excursions into rural areas (depending on the needs of your placement) and may on occasion stay overnight in rural homesteads.

While on tour from Swaziland to Cape Town you will stay in backpacker lodges sharing dorms. You will need your sleeping bag for this leg of the journey.

At the project in Cape Town you will be accommodated in the All Out Africa house in Hout Bay which is a very comfortable and safe place. Here you will be sharing dorm rooms which have beds with sheets, pillows and pillows cases (you will need your sleeping bag though).



Food

While on project in Swaziland and Cape Town and indeed on tour to Cape Town itself cooking is shared between volunteers on a fairly relaxed rotational basis organised by the accommodation manager. Facilities are communal and simple and a weekly food shop is done to cater for three meals per day. Generally breakfast will be cereals and toast, lunch will be salads and sandwiches and dinner will be a cooked meal. We try to cater for different needs and preferences as much as possible but it is not possible to keep everyone happy all of the time and inevitably some compromise is needed.

While in Kruger and Mozambique your meals will be prepared for you by the guides.

Getting there & departing

The 12 week Kruger to Cape Volunteer Adventure starts in Swaziland. If you are travelling from abroad it is usually easiest to fly into the region and usually the cheapest is to fly into Johannesburg in South Africa. From there you can either take a connecting flight to Manzini international airport in Swaziland (takes about 1 hour) using Swazi Airlink (a branch of South African Airways) or take a bus to Swaziland (takes all day but is cheaper) using the Baz bus.

Flying into Swaziland:



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You will be given an 'International Arrival/Departure form' on your flight – please fill this in on the plane before landing (it is sensible to make sure you have a pen on the flight with you). When you are filling in the Arrival/Departure form please remember that volunteering with All Out counts as 'tourism' for immigration purposes. This is because you have raised your own funds to join the project as an experience.

Occasionally your luggage may get delayed *en route* although this is not very common. In such cases your bags will usually arrive on the next flight (or two) so it is wise to bring with you, in your hand luggage, one spare change of clothes and a wash bag. It never hurts to be too prepared!

When you arrive at Manzini International Airport, your first stop will be at the Immigrations Desk where you will have to hand them your passport and your Arrival/Departure form that you would have filled out on your flight. Your passport is stamped/endorsed by the Immigration Officer and he/she will issue you with a visa. Please ask for a 1 month visa for Swaziland – this can be extended later.

You will then enter the baggage reclaim area to collect your luggage. Once you have your luggage make your way to the exit (signposted in English). There you will be met by one of our staff (holding a sign and usually wearing a T-shirt with the All Out logo) and brought to the All Out Office for your orientation. Also, for your destination details please write down All Out Africa and if asked for postal address please put:

Box 153
Lobamba
Swaziland

If for some reason your flight is delayed, please let Nikki Johnston (All Out booking officer) know on the following cell phone number +268 606 8550 or alternatively Heidi Barker (All Out Social Projects Co-ordinator) cell phone number +268 690 1068.

Traveling by bus to Swaziland:

If you prefer to travel by bus from Johannesburg to Swaziland we recommend that you use the Baz Bus as a relatively affordable and convenient way of traveling. It does take a whole day though, so is a much longer option than flying. You can arrange your own ticket www.bazbus.com or we can arrange a ticket for you. The Baz Bus leaves Johannesburg for Swaziland on Mondays, Wednesdays and Saturdays and will collect you from almost any backpacker hostel in Johannesburg (around 8am) and drop you at the doorstep of Lidwala Backpacker Lodge (at around 6pm).

Departure at programme end:

This programme ends in Cape Town and so Cape Town International Airport is where you will need to book flight out of South Africa. Your transfer to the airport is included and will be organized by the project co-ordinator.



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FURTHER INFORMATION

Free time

During weekends in Swaziland volunteers have the opportunity to join any of a number of fantastic excursions including:

- White Water Rafting on the Great Usutu River
- The cultural quad bike tour
- Rural home stays at living Swazi villages
- River tubing adventures to the famous rock lodge
- Paragliding
- Mountain biking
- Caving
- Hiking
- Horse back riding amongst wildlife in a game reserve
- Craft shopping



Swaziland has so much variety on offer and all the main activities are based relatively close to the volunteer base. Please remember that should you decide to use accommodation or do activities other than what is provided as part of this itinerary, you will be responsible for covering the costs thereby incurred.

While in Cape Town you will have free time to explore the this incredible area. There are so many exciting things to choose from including:

- Table Mountain (hike or cable car up)
- Cape Point Nature Reserve
- Penguins at Boulders Beach
- Robben Island tours
- Whale watching tours (In season August – October)
- V&A Waterfront
- Beautiful Beaches
- Hiking
- Mountain Biking
- Boat Cruises
- White Shark Cage Diving



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- Tandem sky diving and paragliding
- Or just relaxation

You may also want to join an overland tour to Namibia or Botswana. Please contact info@alloutafrica.com for information on add on tours and adventures.

Check list

In addition to your everyday clothing, it is recommended that you include the following:

General

- Sleeping bag (suitable for the season in which you are travelling – Summer (September – April) / Winter (May - August))
- Sleeping bag liner: for hot nights or as an extra layer to your sleeping bag
- Small torch (head torch is preferable)
- Toiletries (you can easily buy toiletries on arrival)
- Sunglasses
- Sun cream (a range of factors)
- Hat
- Camera and accessories
- Water bottle
- Day pack
- Mobile phone with roaming (or buy local network SIM on arrival)
- Pocket knife
- Binoculars

Clothing

- Outdoor cotton clothes for warm days and cold night (winter)
- Fleece or jumper
- Clothes for Project work
- Hiking boots or trainers
- Casual clothes for the weekends
- Swimwear
- Light waterproof jacket (rainy season Nov – April)

First Aid Kit

- Mosquito repellent
- Anti-malarial tablets (if you plan to travel to Malaria areas)
- First Aid Kit
- Hand sanitizer
- Personal medication
- If you suffer from seasickness bring tablets for the ocean safari.



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Note: Please pack as lightly and compactly as possible as space and weight is limited. Ideally you should not have more than 22kg of luggage and should be able to fit everything into a 60 litre backpack plus one small day pack. It is easy to buy toiletries once you have arrived in Swaziland and this can reduce the amount of weight you have to travel with.

Currency: South Africa use Rands (ZAR)
Swaziland use Rands (ZAR)
Mozambique use Metical (MT) You can change Rands to Mozambican Metical upon border entry.
MasterCard & ATM card is sufficient in South Africa and Swazi.

Visa: All nationalities require a visa for Mozambique. This is very easily acquired upon entry. Your guide will help you organise this and it's included in the price.
It is your responsibility to check if you need a pre-arranged visa for Swaziland and South Africa. Most nationalities do not require visas for these countries.

Latest news

Please visit our website blog to find the latest news pertaining to your project:
Project blog link <http://www.alloutafrica.com/volunteers/project.php?id=24> Or become a friend on our facebook group to find more latest news and see the feedback of others:
Facebook link <http://www.facebook.com/home.php#/group.php?gid=2369142750&ref=ts>

Ratings and feedback

This is how some of our past volunteers on this project felt about their experience:

Holly Moore (Australia) – Kruger to Cape, Feb 2008

I found volunteer work rewarding and enriching. Traveling to South Africa and Mozambique was amazing, it wet my appetite and I can't wait to travel again. This experience has truly changed my perspectives and outlook on life for the better."

Analee Robertson (UK) – Kruger to Cape, May 2008

"The Kruger to Coast trip encompasses all the best bits of this part of Africa – I have had an amazing time and don't want to leave!. Seeing the Big 5 in Kruger has to be up there with the best experiences as well as the beautiful beaches in Mozambique! Quad biking was also amazing – it was great to see the culture of Swaziland in a less obviously touristy way."

Clemmy Fontaine (UK) – Kruger to Cape Volunteer Adventure, June 2008



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“We got a good taste of 3 beautiful countries in a very short time and had great fun along the way. Mozambique was amazing, beautiful beaches and the atmosphere was so different.”

For more feedback visit <http://www.alloutafrica.com/about/testimonials.php>