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## **KRUGER TO CAPE VOLUNTEER ADVENTURE**

**(12 weeks)**

**South Africa, Swaziland and Mozambique**





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## Fast Facts

<b>Location:</b>	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
<b>Accommodation:</b>	Kruger camping, Swaziland and Cape Town comfortable dorms, Mozambique
<b>Meals:</b>	All meals included, volunteers help cook
<b>Dates:</b>	Arrive 1 <sup>st</sup> Monday of every month (except November & December)
<b>Age Limit:</b>	Between 17 and 65 years old

## 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 include:

- Safari in Kruger National Park in search of Africa's famous Big 5
- Night drive in Kruger
- Bush walk in Kruger (optional extra to be booked once in Kruger)
- Community work with Orphaned and Vulnerable Children in Swaziland
- Visit to a Swazi Cultural Village



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- 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 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.



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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 transfers on set arrival and departure days
- Orientation upon arrival
- Daily game drives in Kruger
- Sunset drive
- 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
- 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
- Transportation during volunteer work (from accommodation to project) - approx. € 2,- per day
- Airport transfers not on set arrival and departure days
- All items of a personal nature, such as 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





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## THE PROJECT

### Trip Itinerary

#### Day 1

Fly into Swaziland via Johannesburg (more details in "Getting there" section). 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 km<sup>2</sup> 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.

#### 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 countries 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.



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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.

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.



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### Day 21-26 Mozambique Beach and Whale Shark Tour

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.

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.



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### **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 its golden beaches and rich nightlife.

### **Day 56-58 (The Wild Coast)**

Depart for the Wild Coast renowned for its 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 its best.

### **Day 59-61 (The Garden Route)**

Next you will travel through and stay along the "Garden Route" famous for its 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 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.



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### **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. Your 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 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.



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### **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 (getting them to line up and sing songs).
- 08:30 – Depending on what you feel comfortable teaching and what is needed by the teachers, you will teach a class or assist a teacher.
- 10:00 – Breakfast for the children. You will help bring food out to the children from the kitchen and then help them tidy up after eating.
- 11:00 – Games out in the garden. You may like to organise fun and stimulating games for the children.
- 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 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 Town 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**

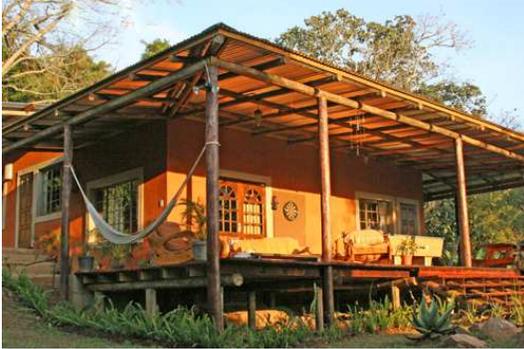
Our main volunteer accommodation is at the Lidwala backpacker lodge in the Ezulwini valley and this is where you will be accommodated while you are on project work in Swaziland. This is also where our head office is situated. It is conveniently located on the main Ezulwini road less than 2km from most 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.

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 veranda 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



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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 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.



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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)

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 on the Monday 12 weeks after the start of your program 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 this incredible area. Here is a list of popular places to visit:

- 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
- Tandem sky diving and paragliding
- Or just relaxation

