



BEYOND

VOLUNTEERING



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Ghana

Travel to Ghana and you'll find a vibrant, beautiful country with friendly people, stunning landscapes and miles of unspoilt beaches.



The Cape Coast Adventure Weekend entices both history lovers and adventurers alike. The weekend begins with a long drive west of Accra before a tour of Cape Coast Castle, once a notorious fort used to hold slaves awaiting exportation to the Americas. Afterwards, you can kick back and relax with an overnight stay in Cape Coast.

The following morning, your group will visit Kakum National Park, where a short hike through the forest floor is followed by a walk at canopy level – 300ft above the ground! After the morning's exertions, you will stop for lunch at Hans Cottage, a restaurant set over a crocodile pond. There will also be an

WHAT'S INCLUDED?

- Return transport to Cape Coast
- Walking tour of Cape Coast Castle
- Entry to Kakum National Park
- Single-sex, shared accommodation
- Breakfast
- African Adventures Co-ordinator

WHAT'S NOT INCLUDED?

- Lunch and evening meals
- Drinks
- Tips for guides

CAPE COAST ADVENTURE

WEEKEND - £175





VOLTA ADVENTURE

WEEKEND - £175PP

Take a walk on the wild side by adding the Volta Adventure Weekend to your trip. The Volta region of Ghana is an area of extraordinary natural beauty with abundant rare wildlife. You'll begin the weekend with a visit to a protected monkey sanctuary where you'll have the chance to feed Lowe's mona and black-and-white colobus monkeys on your shoulder, before exploring the rest of the forest.

The evening brings a chance to relax and wind down at a beautiful lodge for your overnight stay. The next day, you'll take in the breathtaking sights of the tallest waterfall in Ghana, Wli Falls, measuring 143m from the upper fall to the plunge pool below. Alternatively, if you are feeling more energetic, you can hike up Mount Afadjato, the highest point in Ghana

WHAT'S INCLUDED?

- All transport and entry fees
- Visits to monkey sanctuary & Wli Falls/Afadjato
- Overnight accommodation with breakfast
- African Adventures Co-ordinator

WHAT'S NOT INCLUDED?

- Lunch and evening meals
- Drinks
- Tips for guides

Kenya

A photograph of a group of people, likely from a traditional Kenyan tribe, wearing vibrant, multi-layered beaded necklaces and headbands. The focus is on an elderly man in the foreground, who has a weathered face and is wearing a prominent silver star-shaped ornament on his forehead. He is surrounded by other people, some of whom are smiling. The background is a blurred, natural outdoor setting.

Kenya personifies Africa in a way like no other country. Its fascinating wildlife, diverse culture and incredible people will leave you hooked.

Created millions of years ago by tectonic plate movement, Kenya's Rift Valley is famed for its magnificent views and pristine game reserves.

Our exclusive Rift Valley Adventure Day encompasses safari, science and exploration, all in one day! You will start off bright and early at the gates of the world famous Lake Nakuru National Safari Park in search of a vast array of animals. Next you will head to the Earth's Equator for a unique science experiment, before completing your day with a hike at Thomson Falls.

WHAT MIGHT YOU SEE?

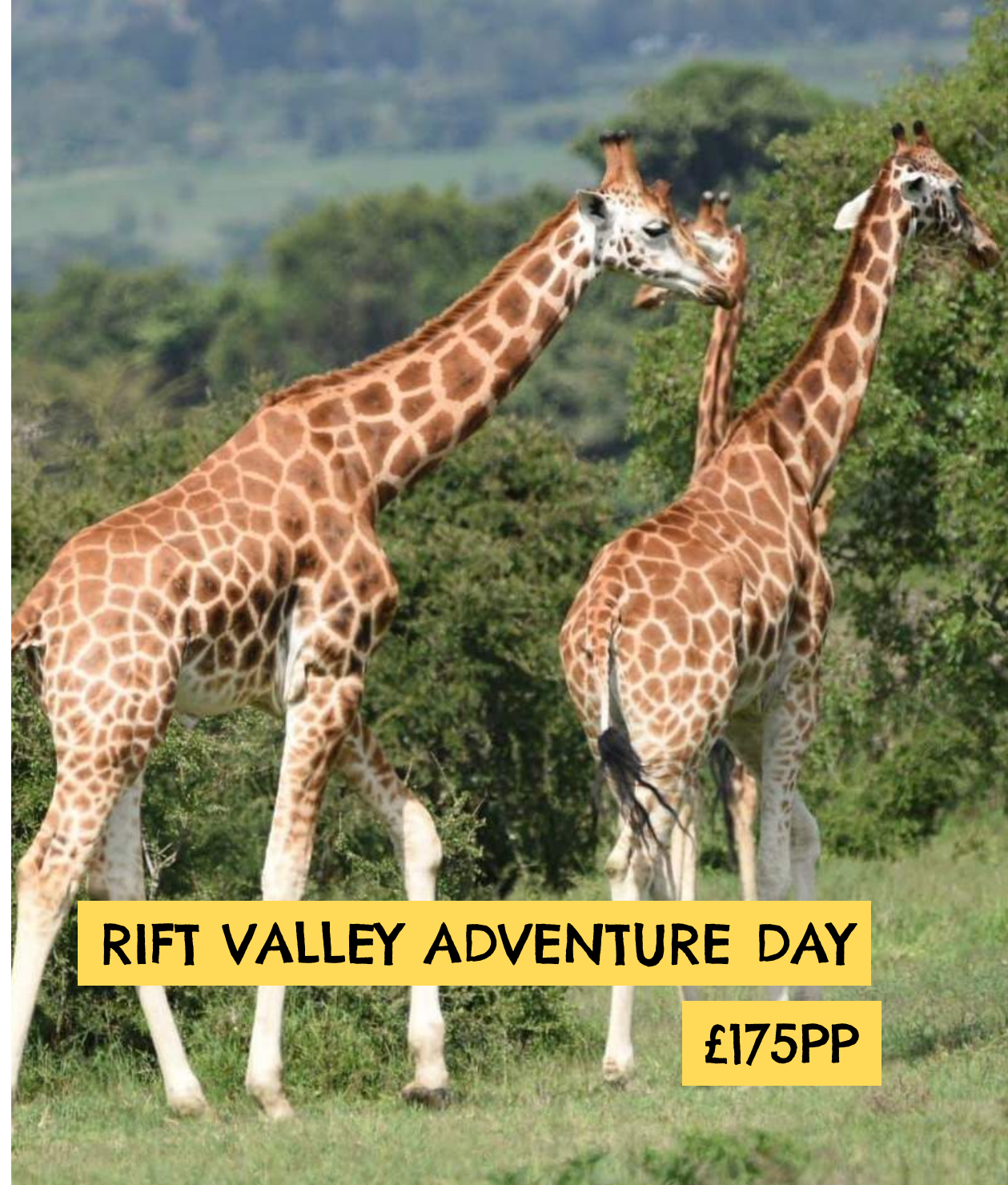
Lake Nakuru National Park is famous for being home to lion, giraffe, zebra, flamingo, gazelle, waterbuck, buffalo, white rhino, baboon, leopard and 300 species of bird.

WHAT'S INCLUDED?

- Lake Nakuru National Safari Park entrance fee
- Safari van and tour guide
- African Adventures Co-ordinator

WHAT'S NOT INCLUDED?

- Lunch/drinks
- Tips for guides
- Science experiment at Equator



RIFT VALLEY ADVENTURE DAY

£175PP



TASTE OF KENYA DAY

£60PP

For an all-round cultural experience that offers volunteers the chance to learn about Kenya, look no further than the Taste of Kenya Day. Volunteers will get started with an introductory lesson in Swahili, much of East Africa's mother tongue.

Trying and cooking local food is a great way to understand a new culture. Volunteers will take a traditional Kenyan cookery lesson, making chapatis – a famous local staple – and a stew or githerie (maize and beans) from scratch, before enjoying the dish for lunch. Afterwards, volunteers will explore one of Kenya's most fascinating geographical phenomena, Menengai Crater. This 200,000-year-old shield volcano provides a fascinating insight into the geological formation of the Great Rift Valley.

WHAT'S INCLUDED?

- Swahili language lesson
- Traditional Kenyan cookery lesson
- Visit to Menengai Crater
- Visit to a craft market
- Transport
- African Adventures Coordinator

WHAT'S NOT INCLUDED?

- Drinks
- Tips for guides

Embark on the Maasai Mara Weekend and set foot in one of the world's most famous national parks for an authentic African safari. Visitors travel here from all over the world to view the Big Five.

The tour includes two game drives, during which you'll go in search of some of the world's most iconic animals across some of Africa's most scenic plains. When you're not on the road, you'll have time to enjoy the campsite, based in the heart of the Mara, and learn more about the famous Maasai tribe. Your group will also have the opportunity to visit a Maasai village and get an insight into their culture and traditions.

WHAT'S INCLUDED?

- Park entry fees
- 2 x nights' accommodation in tented camps
- All transport in fitted safari van
- Tour guide
- Meals whilst in the Mara

WHAT'S NOT INCLUDED?

- Meals outside the Mara
- Tips for guides
- Maasai village visit (£20pp)

MAASAI MARA WEEKEND

£445PP



ELEPHANT ORPHANAGE

£25PP



Born from one family's passion for Kenya and its wilderness, the David Sheldrick Wildlife Trust (DSWT) is today the most successful orphan elephant rescue and rehabilitation programme in the world and one of the pioneering conservation organisations for wildlife and habitat protection in East Africa.

Founded in 1977 by Dr. Dame Daphne Sheldrick D.B.E, in honour of the memory of her late husband, famous naturalist and founding Warden of Tsavo East National Park, David Leslie William Sheldrick MBE, the DSWT claims a rich and deeply rooted family history in wildlife and conservation.

You can spend an hour at the orphanage in close proximity to the elephants. You will hear their individual stories from keepers and learn interesting facts about elephants and conservation whilst the babies are being fed their milk.

WHAT'S INCLUDED?

- Entrance fee to DSWT
- Transport to/from venue
- African Adventures Co-ordinator

WHAT'S NOT INCLUDED?

- Drinking water and snacks

Deep in the heart of the Great Rift Valley, just six miles north of Nakuru, lies Menengai Crater. This huge shield volcano was formed about 200,000 years ago, and the caldera, 12km in diameter, was created about 8,000 years ago.

The volcano is described as being between dormant and extinct. However, steam can still be seen rising from the crater floor due to hotspots, and the crater will soon be a source of geothermal energy for much of Kenya.

Take an afternoon off and visit Menegai Crater to see what is understood to be the second widest volcano on the planet.

WHAT'S INCLUDED?

- Park entry fees
- All transport
- Tour guide/AA Trip Host

WHAT'S NOT INCLUDED?

- Tips for guides



MENENGAI CRATER

£25PP

An aerial photograph of a tropical beach. The left side shows a wide, white sandy beach with several palm trees and some buildings, including a large thatched-roof structure. The right side shows the turquoise ocean with several small boats and a larger boat. The water is clear, revealing the seabed. The word "Zanzibar" is written in large, white, stylized letters in the upper right quadrant.

Zanzibar

Zanzibar is world-famous among tourists for its white sandy beaches and historic Stone Town – a UNESCO World Heritage Site.

Zanzibar is an island steeped in history and culture. Our exclusive Taste of Zanzibar Weekend is a perfect mix of learning, touring and relaxation. The weekend starts in historic Stone Town, a UNESCO World Heritage Site. Discover its vast attractions, including Freddie Mercury's birthplace, the House of Wonders, an infamous old slave fort, and Stone Town's famous fish market.

After lunch in Stone Town, the tour moves north for a walk through a spice farm. You can smell and taste a variety of famous spices and purchase some great gifts for your friends and family. After all that exercise, you'll need some down time, and we've got just the thing! You'll be heading to Zanzibar's east coast for a relaxing stay at a tranquil beach resort, where you can kick back and watch the world go by.

WHAT'S INCLUDED?

- Stone Town and spice farm tours
- Guides and transport
- Single-sex, shared rooms at beach resort/hotel
- Breakfasts and evening meal

WHAT'S NOT INCLUDED?

- Lunch
- Drinks
- Tips for tour guides



TASTE OF ZANZIBAR WEEKEND - £175PP

An underwater photograph showing a vibrant coral reef. In the foreground, a clownfish with a white body, blue stripes, and yellow fins swims towards the left. The background is filled with various types of coral and other smaller fish in clear blue water.

OCEAN SAFARI

£125PP

Grab your flippers and get ready for some underwater exploration in Zanzibar! On our Ocean Safari, you'll get to explore the clear blue waters and white sandy beaches of this beautiful island, and try some of the freshest seafood imaginable.

The Ocean Safari has the perfect mix of relaxation and exploration. You'll start out on the coast of Unguja on a beautiful, traditional dhow boat, and head for the nearby reefs for two snorkel sessions among the beautiful coral. Then, you'll go in search of dolphins, before enjoying a delicious lunch of fresh seafood and tropical fruits. After lounging on the beach, sit back and relax as you set sail back to shore.

WHAT'S INCLUDED?

- Safari tour with full crew
- Life-jacket, snorkel and flippers
- Buffet lunch, snacks and drinks

WHAT'S NOT INCLUDED?

- Tips for tour guides

WHAT MIGHT YOU SEE?

Make sure you're on the lookout for bottlenose dolphins, humpback dolphins, octopus, lion fish, sea turtles, and manta ray – among many more!

Explore the very best of what Zanzibar has to offer with this adventure activity, as you combine wildlife and history on the Zanzibar Islands Adventure Day. Start the day by boarding a traditional African dhow boat and head past the turquoise waters towards the idyllic Bawe Island. Stop for a guided snorkelling session and search for colourful corals and tropical fish.

Climb back on board and relax in the sunshine as you head for the white beaches of a nearby sandbank. Take in the beauty of your surroundings as you enjoy lunch and drinks, before travelling on to Prison Island. Named after a prison for rebellious slaves that once stood on the island, Prison Island was also used as a quarantine area for those suffering from Yellow Fever. Nowadays, it is home to 100 giant tortoises, imported from the Seychelles in the late 19th century, and is fringed by a beautiful coral reef.

WHAT'S INCLUDED?

- Transfers and boat trip
- Life-jackets/snorkelling equipment
- Lunch and drinks
- Entry fees to Prison Island
- Tour guide

WHAT'S NOT INCLUDED?

- Tips for guides

ISLANDS ADVENTURE DAY

£100PP





JOZANI FOREST TOUR

£65PP

Jozani forest contains about 100 tree species from a total of 43 families. It is home to the red colobus monkeys – rare species found only in Zanzibar – and many other species including Sykes monkeys, small buck, chameleons, bush babies, Ader's duiker, over 50 species of butterfly and 40 species of birds.

The forest is situated 38km southeast (about 20 minutes drive) from Stone Town and is home to some of the most incredible biodiversity in East Africa.

Our friendly, well-trained team will guide you through the forest's nature trail through this impressive half day tour, with plenty of flora and fauna to discover!

WHAT'S INCLUDED?

- Entry fees to Jozani Forest
- Guide
- Lunch
- Transport to/from forest
- Water

WHAT'S NOT INCLUDED?

- Tips for tour guides



Travel. Give. Grow.

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