



Mozambique

Discover the Ocean

11 Days

On this 11-day ocean conservation journey to Mozambique, we will immerse ourselves into life, both above and below the sea. Learning alongside experienced marine biologists, we take part in ocean safaris, snorkelling, stand-up paddle boarding and various educational workshops. A photography lesson will teach us the basics of underwater photography and capturing the ample marine life in their natural habitat. Beach clean-ups and hands-on conservation activities will deepen our understanding of threats facing Mozambique's marine ecosystem. This enriching itinerary blends adventure, education and meaningful impact. Join us for this unforgettable connection to Mozambique's remarkable marine environment.



[Learn more about our Carbon Labels](#)

Your Recommended Expedition Itinerary

Day 1

Welcome to Mozambique

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After arriving at Inhambane Airport, we will be met by our STC Leader and transferred to our coastal accommodation. Based in Guinjata, this peaceful and safe area is surrounded by beautiful reefs and rural villages. Guinjata is in the Inhambane Province, and Inhambane translates from the local dialect as 'land of the good people'. On arrival at our accommodation, we are welcomed with a full health and safety briefing and orientation of the facilities. In the evening, we will enjoy a welcome dinner and prepare for the exciting week ahead.

Day 2

Ocean Safari and Introduction to Conservation

BLD

The morning kicks off with a boat-based ocean safari guided by marine biologists, with the option to scuba dive for those certified. On our safari, we may see whale sharks, whales, mantas, dolphins, turtles and more. In the afternoon, we take part in an introduction to marine conservation, exploring the threats facing Mozambique's marine ecosystem. We then have an option to do a Stand Up Paddleboard lesson, before an evening lecture on whale ecology.

Day 3

Coral Research and Mozambique Culture

BLD

Whether diving or snorkeling, we will explore Mozambique's underwater world firsthand with marine biologists as guides. After lunch, a cultural workshop will offer an insight into Mozambique life, local cuisine and community work that is going on in the area. In the evening, we take part in a coral ecology workshop.

Day 4

Corals, Whales & Photography Introduction

BLD

The morning starts with a snorkel or optional dive in Coral Gardens, an important nursery ground for many coral and fish species in the area. We will be guided by marine biologists and can see a huge diversity of reef life in an ecologically important area. We can also help guides remove discarded fishing gear, which unfortunately is common in the area. After lunch, we take part in a photography workshop. This session focusses on an introduction to underwater photography, framing and different techniques. In the late afternoon, we head out on another ocean safari, assisting with whale IDs and have the chance to deploy a hydrophone to listen to the whales.

Day 5

Mini & Mighty - Seahorses & Whales

BLD

Today we explore a different part of Inhambane: the brackish estuary home to a huge range of underwater life and juvenile marine species, including a large numbers of seahorses. A rare sighting globally, but common in this area, we will be guided by a local expert and marine biologists. This is also a great opportunity to practice our underwater photography. In the afternoon, we head out on the paddleboards, followed by a manta ray and whale shark lecture. This lecture will help us identify and understand these ocean giants for when we encounter them in the water.



Day 6	Surf & Sunset	BLD
	This morning we board the buses to Tofo, a surf and tourist town an hour and half up the coast. Here we can learn to surf and visit the market for souvenirs. From Tofo we head to Sunset lodge, aptly named with a beautiful sunset view over the estuary and mangrove system that we snorkeled in yesterday. We have dinner at sunset lodge, before heading home for an early night.	
Day 7	Reefs, Whales & Editing	BLD
	During this morning's dive or snorkel, we can either join ongoing coral research or practice our photography skills. Around midday we jump on the paddle boards and explore the local waters, hopefully with some whale sightings. In the afternoon, we take part in a second photography workshop, focusing on editing techniques. The day finishes with a nudibranch lecture led by a marine biologist, showcasing the diversity of nudibranch species that this coastline is famous for.	
Day 8	Whale Conservation & Plastic Action	BLD
	Today's ocean safari will allow us to put our skills into action - photography, marine mammal behaviour and bioacoustics, helping the marine biologists to collect data. It'll be a chance to spot more humpback whales, but also dolphins, whale sharks, manta rays and turtles. After this, we will help out with a beach clean and participate in a plastic upcycling workshop. We will wash the plastic collected from the beach clean and make our own keyrings and jewelry to take home.	
Day 9	Dive & Chill	BLD
	On our last dive and ocean safari, we have the opportunity to use everything we have learnt so far. Guided by marine biologists, we hopefully tick off any last species we want to photograph. In the afternoon there's time to relax and recharge.	
Day 10	Final Workshop & Farewell to the Whales	BLD
	On the penultimate day of our trip, we take part in a final workshop. The focus of the workshop can be flexible, but could cover topics such as underwater lighting, kit or maintenance. After this, we will go out for one last paddleboarding session with the whales. We bid them goodbye, before heading to 'Top of The World' for celebrations and the final sunset.	
Day 11	Departure	B
	On our final day in Mozambique, will have the morning to pack, dry kit and say goodbye before we transfer back to Inhambane Airport.	

Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel training programme
- ATOL financial protection
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination

What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations or Covid tests
- Emergency Medical & Repatriation Insurance
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

Physical Rating for this trip: Grade 2



Some low level physical activities included in your trip, including walking on uneven terrain, maybe a morning/afternoon trek of two to four hours. That said, no physical preparation is required to make the most of the tour. High humidity and temperatures can occur at certain times of the year.

Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

Responsible Tourism workshop

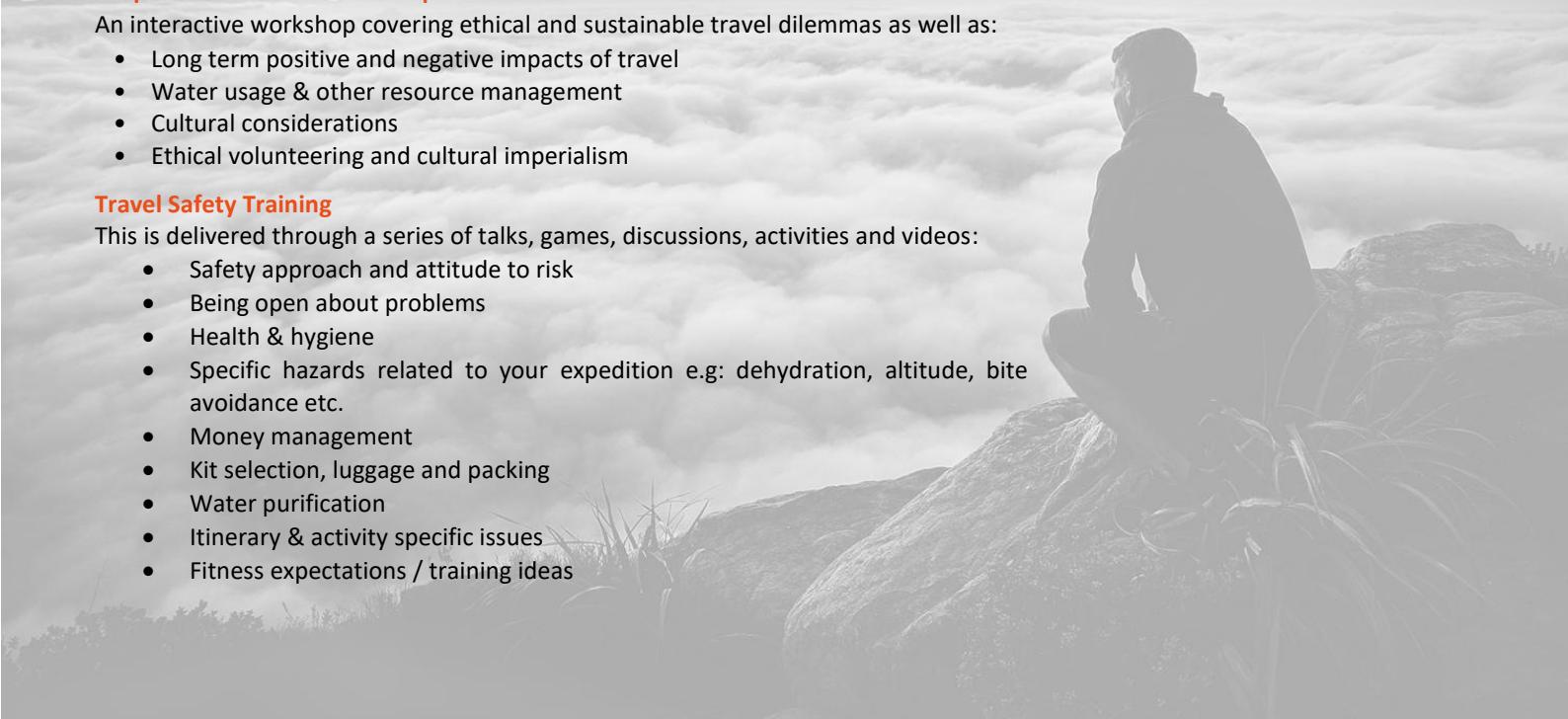
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick

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