



Mozambique

PADI, Whales & Biology

14 days

On this incredible 2-week Mozambique adventure, we spend our days diving, snorkeling, and conducting scientific surveys. Alongside hands-on fieldwork, we participate in cultural tours, conservation workshops, and environmental education sessions, gaining skills in species identification, data collection, and science communication. This immersive experience not only deepens our understanding of marine ecosystems but also fosters teamwork, environmental stewardship, and a lasting connection to the ocean and local communities.

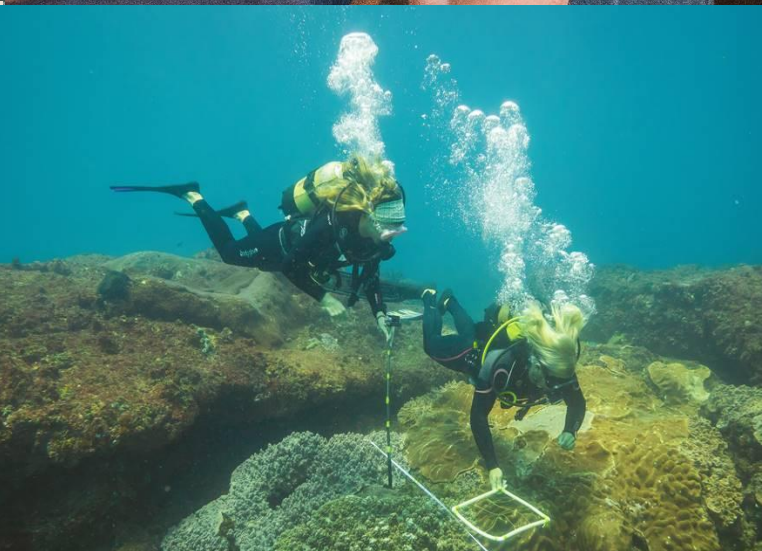


[Learn more about our
Carbon Labels](#)

Your Recommended Expedition Itinerary

Day 1	Welcome to Mozambique <p>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.</p>	D
Day 2	PADI & Love the Oceans Conservation <p>We begin our PADI Advanced Open Water course by completing two adventure dives with certified PADI instructors. These dives are selected based on conditions and group interests and may include deep, navigation, or drift dives. In the late afternoon, we take part in a Love The Oceans conservation workshop, where we learn about key environmental threats and the science behind the upcoming surveys. This conservation work goes hand in hand with PADI Advanced, as the course is all about understanding and appreciating the environment around us. In the evening, we revise theory and prepare for the next day's dives.</p>	BLD
Day 3	PADI & Cultural Afternoon <p>Today we complete two more adventure dives in the morning, progressing toward our certification. On these dives, we spot stingrays, turtles, nudibranchs, and a huge diversity of fish. We also have the chance to see whales, dolphins, and whale sharks from the boat on the journey to and from the dive sites. After lunch, we head out on a cultural tour led by Love The Oceans' Community Outreach Manager, who shares insight into Mozambican life, local cuisine, and Love The Oceans' community work. We have the afternoon free for exploration or relaxation.</p>	BLD
Day 4	Snorkelling, Whale Safari & Conservation <p>We head to Coral Gardens this morning for a snorkel at an important nursery ground for many marine species in the area. Guided by a Love The Oceans marine biologist, we explore an ecologically important reef and see a huge diversity of marine life. We also assist the team with the removal of ghost nets and discarded fishing gear from the reef. After lunch, we attend a whale lecture to learn about humpback whale behaviour and vocalisations, before heading out on an ocean safari to help with data collection for Love The Oceans' ongoing whale research. The day ends with a coral talk delivered by LTO's Coral Biologist, Yudmila, who specialises in the morphology and genetics of Mozambique's coral reefs.</p>	BLD
Day 5	PADI Certification & Coral Surveys <p>We begin the day with the final qualifying dive for all PADI Advanced students. After this, we move straight on to coral surveys, using the methodology covered the day before. We assist the Love The Oceans team with an underwater line transect survey, helping to monitor reef health and biodiversity. In the afternoon, we learn how to log coral and fish data, identify species, and input our findings. This is a great exercise that introduces us to the diversity of fish in the ocean and highlights the importance of rigorous data collection. The evening concludes with a short talk on the impacts of beach debris and how marine litter reaches remote coastlines.</p>	BLD
Day 6	Ocean Safari, SUP & Beach Clean <p>This morning we set off early on an ocean safari, with the chance to see whales, dolphins, turtles, and more, while contributing to marine megafauna survey data. After lunch, we carry out a beach clean followed by a land-based whale survey, using binoculars and datasheets to help monitor behavioural trends and seasonal migration patterns. In the late afternoon, there is an optional stand-up paddleboard lesson for those who would like to paddleboard with the whales. The evening is left open for rest or optional stargazing.</p>	BLD

Day 7	Kayaking & Biodiversity Intervention	BLD
	<p>The morning is spent kayaking through a local mangrove estuary system. This is a critically important juvenile habitat for many marine species. We will learn about blue carbon ecosystems and how mangroves contribute to climate resilience. In the afternoon, there's the option of another stand up paddle board session before a talk on macroalgae overgrowth and coral restoration efforts along this coastline.</p>	
Day 8	Diving & Coral Research	BLD
	<p>We complete two more scientific dives with the team in the morning, continuing the coral health monitoring project. We then put our species identification skills into practice and contribute real-time data to LTO's conservation databases. While this is laptop-intensive work, it is a major part of scientific research and helps us understand the importance of rigorous data collection. The afternoon is spent logging data and reviewing survey results, and the evening is kept free for rest.</p>	
Day 9	Ocean Safari, Beach Clean & Plastic Upcycling	BLD
	<p>After another incredible ocean safari in the morning with the whales, we head back to shore for a beach clean followed by a land-based whale survey. In the afternoon, we take part in a plastic upcycling workshop, transforming waste into keyrings or jewellery to take home. The day ends with a vibrant lecture on nudibranchs—tiny, colourful sea slugs—whose incredible diversity Inhambane is famous for.</p>	
Day 10	Seahorse & Ocean Safari, Science Communication	BLD
	<p>This morning we explore a brackish estuary on a seahorse safari, learning about this delicate and rare species. We may also have the chance to photograph them and spot other sought-after species, such as harlequin shrimp. In the afternoon, we return to Guinjata for another ocean safari, assisting with whale ID photos and bioacoustic monitoring. In the evening, we take part in a science communication workshop, exploring how to tell conservation stories effectively—from presentations to social media.</p>	
Day 11	Final Dives & Coral Data	BLD
	<p>We conduct our final two coral survey dives of the program, wrapping up our contributions to reef monitoring and biodiversity tracking. In the afternoon, we identify fish and benthic habitat species, record our findings in the scientific log, and continue refining our scientific skills. The day ends with a workshop on experimental design, where we learn how to structure and test scientific ideas in the field.</p>	
Day 12	Surfing, Shopping & Snorkelling	BLD
	<p>We head to the tourist coastal town of Tofo for a well-earned day off. Here, we can learn to surf in a surf lesson, visit the local market for souvenirs, and relax on the beach. From Tofo, we travel to Sunset Lodge, aptly named for its beautiful sunset view over the estuary and mangrove system where we snorkeled with seahorses. We enjoy dinner here before heading home for an early night.</p>	
Day 13	Farewell Safari, SUP & Sand Dune	BLD
	<p>We set out on our final ocean safari, enjoying one more opportunity to spot whales, dolphins, and other marine megafauna while assisting Love The Oceans' scientists in building their dataset. The afternoon is open for relaxation or a final stand-up paddleboard session with the whales to say goodbye. In the evening, we visit a favourite spot, "Top of The World," a giant sand dune, for a final celebration overlooking the Indian Ocean and the Mozambique jungle.</p>	
Day 14	Departure	B
	<p>On our final day in Mozambique, will have the morning to pack, dry kit and say goodbye before we transfer back to Inhambane Airport.</p>	



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

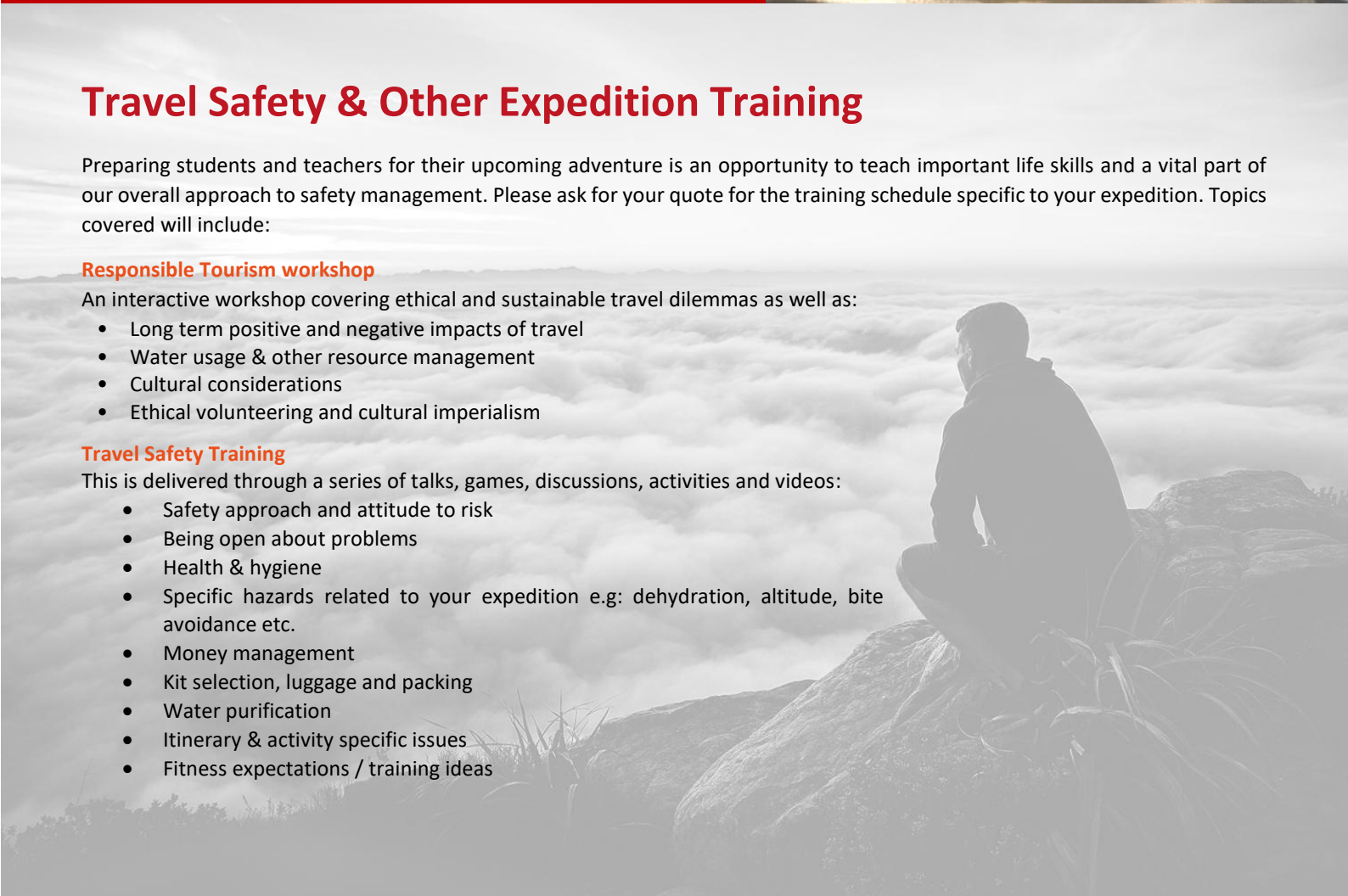
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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

Contact Us:

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Trees for Life



Scottish Fair Trade Forum Member

