

Planeta First

Solidarity ecotourism

Cultural tour in Cape Verde

A week in Tarrafal to see Cape Verde from the inside: Kriolu lessons, pottery, weaving, cooking your own cachupa and heading out to sea with the village fishermen.

Cape Verde 5 days **From €550 per person**

The tour

Set among mountains, valleys and beaches, the village of **Tarrafal** is the base for this week devoted to the traditions and everyday life of Cape Verde. Each day you pick up a little more **Kriolu**, the language most people speak here, so you can chat with locals more easily.

The rest of the time is hands-on: traditional **pottery**, rooted in West and Central African crafts, weaving with coconut and palm leaves, bracelets to take home, and **cachupa**, the islands' signature dish. You also visit the museum and the former **Tarrafal concentration camp**, São José chapel and farmland worked with methods adapted to scarce water, and you go out to sea with **local fishermen**.

It suits travellers, on their own, with friends or as a family, who want to experience Cape Verde authentically and responsibly, close to the people who live there.

What makes it different

- Kriolu lessons throughout the week
- Learning to cook cachupa
- A visit to the former Tarrafal concentration camp
- Pottery, weaving and bracelet-making workshops
- Fishing trips with Tarrafal's fishermen







Day by day

Monday: Getting to know Tarrafal

An introduction to Cape Verdean traditions and culture, then a walking tour of the village to find the shops and cash machines. Visits to the museum, the former Tarrafal concentration camp and the market. After lunch, a bracelet-making session at the market.

Tuesday: Kriolu, pottery and fishing

Your first Kriolu class, then a traditional clay pottery workshop and a visit to São José chapel. In the afternoon, artisanal fishing and snorkelling with local fishermen.

Wednesday: Cachupa

A cooking lesson to learn how to make cachupa, the islands' best-known dish, then a second Kriolu class covering everyday words.

Thursday: Weaving

An hour of Kriolu to start building sentences, then a weaving workshop using coconut and palm leaves to make hats and baskets.

Friday: Fishing and farmland

A last Kriolu class, then a fishing trip with local fishermen. A visit to farmland to see how growers cope with volcanic terrain and scarce water. For those staying on, a visit to the project that starts the following Monday.

The programme may change depending on the weather and local conditions.

On site

Accommodation

Accommodation in a shared house in Tarrafal for the whole week.

Meals

Three meals a day on weekdays and two at weekends; lunches are served at the centre.

Arrival

Airport pick-up and transfer to Tarrafal are included; the return transfer is not. The programme starts on Monday morning.

Departures

Departures every week, on Mondays

Included

- ✓ Airport welcome and transfer
- ✓ Accommodation in a shared house
- ✓ Meals (three a day on weekdays, two at weekends)
- ✓ All activities in the programme
- ✓ 24/7 support and supervision

Not included

- × Flights
- × Travel and repatriation insurance
- × Return transfer

Ready to go?

The Freepackers team arranges your trip and answers your questions, with no commitment.

freepackers.com/en/planeta-first/cultural-tour-cape-verde/, **info@freepackers.com**

Prices and dates are indicative as of 31 October 2026 and confirmed by the team when you enquire.