



## MARINE CONSERVATION



**LOCATION :** Lisbon

**AVAILABILITY:** The Marine Conservation program in Portugal is only available between March and October

***Experience the wonders of the Atlantic Ocean and contribute to its conservation by cleaning up trash from the bottom of the sea, diving right into the Portuguese coastline waters!***

The Marine Conservation program is perfect for those who love the sea and the environment! Volunteers on the Marine Conservation project have the opportunity to join a variety of conservation efforts focused on the protection of the marine ecosystem in the South Coast of Portugal. Volunteers work in collaboration with a diving school that has a special emphasis on the local environmental protection.

Besides the dives, your course will also teach you about the marine ecosystem and what we can do to protect it, and will as well put you in touch with the local community, educating it about marine preservation environmental issues, and protection of biodiversity and marine resources such as food.

The volunteers will be always supervised by an experienced diver and will receive comprehensive training on the marine conservation subject. You don't need to be a diver to start this program, since there are different certifications and courses concerning the different levels. Any person can participate, from beginners (start with the Open Water

Dive Certification) or more experienced divers (start with the Advanced Open Water Dive Certification). The goal, however, is always the same: to clean our ocean and do the best we can for a better future!

## **WHAT IS INCLUDED:**

- Pick up at the international airport in Lisbon & transfer to the accommodation
- Accommodation at a dormitory at an impactful hostel, female dormitory, or mixed dormitory
- Three meals a day everyday: Breakfast, lunch, and dinner (Local style. Vegetarian, gluten-free and meals for lactose-intolerant are also available upon request)
- Shared use of common room, outdoor area, garden, and free WIFI
- Orientation event on arrival (including an introduction to Portugal and its culture, volunteer experience, overview of programs, practical information, safety guidelines)
- SIM card
- Guided city tour
- The best tips to discover the city!
- Allocation and coordination of a work placement in an impactful non-profit project
- Introduction on the first day of volunteering
- All diving equipment necessary, SSI diving classes and instructors, SSI diving certifications appropriate to diving experience
- Ongoing support throughout the stay
- 24h/7 emergency support
- Limited coverage civil liability insurance.

## **WHAT IS NOT INCLUDED :**

- Flights
- Pick-up at the airport on other dates
- Drop-off at the airport
- Transport between accommodation and diving school
- Personal expenses
- Personal insurance (health or accidents)

## **How is a typical day in this volunteer program?**

*After the initial orientation in Lisbon, you will spend the rest of your program in Cascais with other volunteers.*

*A typical weekday will look like this:*

08:00-09:00 am | Breakfast at the volunteer house

09:00-12:30 am | First dive of the day. You will start by learning the fundamentals and after a couple days you will start diving in the Ocean.

01:30-02:00 pm | Take the train back to the volunteer house

02:00-02:30 pm | Lunch time

02:30-07:00 pm | Relaxing & Travel time. Usually, the afternoons are free to travel around the city, learn Portuguese or to relax. Sometimes, you can also dive during the afternoons depending on the specialties or certification you are doing. Your instructor will inform you about this on the first day.

07:30-09:00 PM | Dinner at the volunteer accommodation along with the other volunteers.

*Please note this schedule can vary depending on the track you are at, the weather conditions and your progress.*

### **Shall I bring any own diving equipment?**

No, the price includes all the professional diving equipment you'll need for your dive. We do recommend bringing comfortable swimwear, beach slippers, and a towel!

### **Are the meals included in my volunteer program fee?**

In all our destinations, the volunteer program fees include three (breakfast, lunch and dinner) home-made and delicious meals a day!

In Mafra (where the Wolf Conservation program is located), the volunteer program fees do not include meals, but you will have access to a fully-equipped kitchen to prepare your own meals at either location!

Find more detailed program and location-specific information in our program description and pricing details! And if you have any more specific questions or want to make any special requests, feel free to get in touch with us!

### **Do I need to speak the local language?**

No, you don't need to have any previous skills in the local language! All of our programs are run entirely in English and our guides and staff are all comfortable speaking English as well! But we always encourage our participants to get acquainted with some of the most basic terms and expressions, as even just a simple "Good morning!" in the local language can be a great icebreaker to start interacting with the locals!

There are also language lessons available for volunteers. The language lessons can be booked before or on the arrival. Lessons are taught by a professional teacher and tailored to each volunteer's current language level.

### **Does this program require a high level of physical fitness?**

No! All activities within this program only require a medium or low level of physical fitness!

### **Shall I bring special clothes to participate?**

Either for the *Marine Conservation* program or just to relax and enjoy the beach we do recommend bringing comfortable swimwear, beach slippers, and a towel!

### **What do I need to pack for my trip?**

Are you already excited about your stay with us? We prepared a little list of essentials which can assist you with your packing:

- Basics (toothbrush, toothpaste, shampoo, conditioner...)
- Medication contact lenses, glasses
- Clothes according to the local weather and the project you applied for
- Plug adapters and power converters
- Unlocked mobile phone – we will give you a Portuguese SIM card that you can charge according to your needs
- Laptop, tablet or smartphone so you have access to Wi-Fi almost everywhere
- Camera (if you want to capture all the unforgettable moments.)

## **What is the accommodation like? Could I stay in a private room?**

Your accommodation differs depending on the location and programs you decide for! What we can assure you is that we want to make your stay with us as comfortable as possible! In most cases, you will stay along with the other participants in dormitory-style rooms. Private rooms may be available at your accommodation as well for an extra cost. Find more detailed program- and location-specific information in our experience description, itinerary and pricing details! And if you have any more specific questions or want to make any special requests, feel free to get in touch with us!

## **Is prior experience in diving required to take part in the Marine Conservation program?**

No, you do not need to have any prior experience in diving, the professional diving instructor will teach you all the necessary basics and safety essentials right on the spot! In your program is included a certificated diving course adjusted to your diving skills. But it's great if you already do have some previous diving experience, as you'll more easily be able to contribute to cleaning up the ocean by collecting trash from the seabed!

## **What kind of certification will I receive after completing this experience?**

In the *Marine Conservation* program, all volunteers complete internationally recognized SSI (Scuba Schools International) diving certifications. The diving certification you complete will depend on your current diving experience and certifications and the length of your stay. The courses range from Open Water Diver to Scuba Diver. Please provide us with and previous diving certification in advance so that we can arrange the right course level for you!

## **Which diving tracks are available to me during the volunteer period?**

If you are a diving beginner, you will start with the fundamentals and safety procedures. Once you get more autonomous - usually during the second week - you can start helping to collect trash. If you already have some experience, you will get to dive right away and contribute to our mission even quicker. You can start the program at any experience level and obtain the next level of certification accordingly! Here is the detailed table of what you can do each week:

Diving level	1 week	2 weeks	3 weeks	4 weeks
<b>Beginner</b> (no certification)	Open Water Diver certification (4 dives + confined + theory)	Marine Ecology Speciality (4 dives + 1 exploration dive)	Advanced Open Water certification	4 Exploration dives
<b>Open Water certified</b>	Marine Ecology Speciality (4 dives + 1 exploration dive)	Advanced Open Water certification	Fish ID speciality 4 dives + 1 exploration dive	4 Exploration dives
<b>Advance Open Water certified</b>	Marine Ecology Speciality (4 dives + 1 exploration dive)	Fish ID speciality 4 dives + 1 exploration dive	DEEP Specialty (5 dives)	4 Exploration dives

## Will I have time for some sight-seeing as well?

Of course! We want you to really get to know your natural and cultural surroundings and will provide you with useful tips and tricks that will help you discover the location of your stay like a local!

Your shifts will generally last between 3 and 5 hours per day and will take place either in the morning, in the afternoon or in the evening, which will leave you with plenty of free time to go explore, take a stroll around your surroundings, catch the most important sites, interact with the locals or simply go and relax! And of course, you will have your weekends off as well!