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Welcome Book & Activities



WELCOME TO CASA BABI

Here are a few pages to introduce you to our guest house and Vilanculos.
We hope they will help you make the most of your stay.
We will be happy to answer any further questions you might have.
We wish you a fantastic stay.

Sabrina, Denis and all the team.



CASA BABI: GENERAL

Check in at 2 pm – Check out at 10.30 am

Please leave your keys at the reception when checking out. Late check out can be arranged depending on occupancy.

WIFI - Be patient... the line can be slow. Please do not try to download big files (movies) as this slows the line down.

Tips - If you wish to leave a tip for the staff, please do not leave money in the bedroom. Rather directly tip the person you wish to thank or give it to us. We distribute all the tips at the end of the month, according to your instructions.

Valuables and Safe

Each room has a safe that works with your own combination of numbers.

Reset the code by pressing the button behind the door while it's open. You'll hear a beep. Input a code from 3 to 8 digits. Press E to confirm.

Lock turning the knob counter clockwise.

To open the safe, input your code, then press E. Turn the knob clockwise within 5 seconds and pull out to open.

In case you lock it by mistake or forget your code, ask us for the key!

Dogs – they love following our guests on the beach. Ask us to call them back if you don't like it or are heading to a restaurant. MARIUS, the big black one, tends to snap kids on the beach. Keep an eye on him and call him back. He should obey!

CASA BABI: GENERAL

Power, power cuts and water

You'll find European and South African **sockets** in the rooms (above the desk and under the sides of the head board). We also have adaptors if needed.

In case of power cuts, we will switch on a **generator**.

Please do not use hair dryers and the kettle when the generator is on.

Hot water comes from **solar geysers**. Sometimes it is a bit slow to come and is usually warmer in the afternoon. Please let us know if you notice any problem or if the water is not warm enough. We will do our best to deal with the issue.

Please keep showers short in order to save water and hot water for the others.

The bottle of water provided in the bedroom is filled with **tap water**. Our water comes from our own well and is analysed every 6 months. Perfectly drinkable. By drinking it you'll help us not using/buying so many plastic bottles and make your contribution to reduce waste and pollution.

If you prefer **sparkling water** we will be happy to prepare sparkling water for you with our Sodastream machine.

CASA BABI: ROOM AND BATHROOM

Room cleaning - Your room will be cleaned every day (unless you ask us not to).

Linens and towels are changed every second day. Let us know if you don't need this or leave your towels on the floor if you would like them to be changed earlier.

Laundry - A laundry bag is available in each room. If you need some items washed, fill the bag and leave it on your bed. It should be ready the next morning. Ask at reception for prices.

Bathroom - We run on a **septic tank**. Please do not throw anything but toilet paper in the toilet (no sanitary pads, cigarette butts, etc.).

Toiletries are from **Africa Organics** and are made with ingredients coming from organic farming. We hope you'll enjoy the Kalahari Melon Body Lotion, the Marula Shampoo and Conditioner.

The soaps are produced locally, with coconut oil and lemongrass essential oils.

Hair dryers are available at the reception.

Please **do not smoke in the bedroom**. You are more than welcome to smoke on the veranda

Mosquitoes - The lemongrass candles will help against mosquitoes. Please use them **ONLY** in the holder provided and **make sure they are OFF** when you leave the room or before you sleep.

Use the Doom spray in the bathroom and behind the baskets in the wardrobe. Mosquitoes love to hide there.

CASA BABI: FOOD AND DRINKS

Breakfast is served from 7am, in the dining room. Light meals are available for **lunch** (from 12 to 3pm), on request.

Dinner: if you wish to have dinner at Casa Babi, please let us know before 2pm . The menu is displayed in the restaurant every morning. **Dinner is served in the dining room at 7 pm in winter & 7.30 pm in summer.**

Please let us know if you have any special **dietary requirements** and we'll do our best to accommodate you.

Drinks are available from the bar from 7am to 10pm.

Please don't bring your own drinks to the bar and the restaurant. We do our best to have a good variety of wines and hope you will enjoy our selection.

Vilanculos offers a good range of **restaurants**. Our favourites are:

- **Zombie Cucumber** : walking distance, casual food, great sea-food platter on request (no sea-view).
 - **Baobab** : next door, perfect for lunch.
 - **Casbah** : feet in the sand, great calamari steak and pork ribs, very nice for sundowners.
 - **Frutos do Mar** : fantastic view on the bay, casual food.
 - **Bahia Mar, Casa Rex and Beach Lodge** : for a treat in a luxury setting.
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VILANCULOS: ACTIVITIES

Diving and snorkelling - As our guests, you get a 10% discount on the dive and snorkelling trips we organize on Bazaruto and Two Mile Reef. We can also teach you how to dive.



Kite surfing – The bay is the perfect spot to learn how to kite or improve your skills. Our on-site school offers packages of 3 to 6 hours for beginners and rents gear.



Stand Up Paddling - We have 2 paddle boards available free of charge. A fantastic way to explore the bay.



Fitness – We can organize Yoga and Aquagym classes on site. A good way to relax and keep fit enjoying the beautiful views of our bay.



VILANCULOS: ACTIVITIES

Sail on a dhow - These local fishing boats will take you to **Magaruque**, where you will enjoy nice walks around the island, good snorkelling on the house reef and a fantastic lunch on the beach. For the more romantic, **sunset cruises** are available.



Horse riding - Whether you are an experienced rider or have never been on a horse, Pat and Mandy from Mozambique Horse Safaris will find the perfect horse. They offer different kinds of rides to suit all your desires.



Fat bikes – rent for an hour or two or get a guided tour inland or on the beach for half a day. An “active” way to explore Vilanculos.



Scenic flights, deep sea fishing, whale watching (in season), quad bikes tours can also be organized. Ask us for more details.



VILANCULOS: ACTIVITIES

Town Tour - A 3 to 5 hours walk in town to explore the village, the market, visit the school or any other place you're interested in. You will meet Vilanculos' inhabitants, as if you were one of them for an informal chat. The best way to experience Mozambique from the inside!

Massages & beauty treatments – Irene and Rosa are available to come to Casa Babi to treat you with a full body, head and shoulders or feet massage. Facials, pedicure, manicure and waxing are available.

Cooking classes – with our chef Zita, you can learn how to choose and buy the ingredients in the market and to prepare some of the local dishes (Matapa or Caril de Amendoim).



VILANCULOS: GENERAL – DO'S AND DON'TS

Vilanculos is a large town, very spread out. Distances can be long to walk. Ask us for a map and directions.

Town is safe. However basic precautions will ensure a happier stay. Leave your valuables in the safe (you don't need your passport in town). If going out at night (especially during week-ends), ask us to call a taxi or a tuk-tuk (tchopela).

In town and at the market:

Bargaining is not customary in the market. You will usually be given the right price and people will refuse to discuss it. To avoid useless discussions, ask us for a price range on some items before you go.

Dress properly. Mozambicans consider it a sign of respect to be well dressed in front of others. It is NOT OK to wear very short skirts or shorts or to walk barefoot in the streets.

Do not distribute money, pens, sweets, clothes in the street. If you want to help, rather buy products in the market or cakes from the kids or ask us whom you can donate to.

Ask before you take **pictures**. Most of the time the women and kids will be very happy to pose for you.

Do not let the kids who will call you "my friend" spoil your experience. Chase them away.

On the beach:

Topless sun bathing by foreigners is not well accepted.

Kids and fishermen will be happy to pose for your cameras if you ask permission and show them the pictures. Do not pay money but trade... buy a fish!

VILANCULOS: SHOPPING

Art crafts

- Machilla Magic : Sandy and Snowy have a very nice gallery and an interesting community project supporting 60 artists creating a variety of crafts.
- Fabrics are available at the old market. Tailors will be happy to sew tops, dresses, trousers and bags in a day or 2. We can also call Helder who will come here, take your measurements and discuss the design.
- Baskets and wooden objects available at the Casa de Cultura (old market area), in front of Casa Rex or Vuka Arte.
- Every 1st Sunday of the month Baobab Beach Backpackers (next door) hosts an Art & Crafts Fair from 10am to 3pm.

Banks

- You can change US\$, € and ZAR in all banks (take your passport) or at the market (ask us for the exchange rate)
- ATMs accept Visa and Mastercard. Withdrawals are often limited especially during week-ends and at the end of the month. The usual amount is between 10,000 and 3,000 meticaï.

Generals

- Sun lotion, mosquito repellent, soap, shampoo, etc, are available at Taurus supermarket.
 - Pharmacy (next to Barclays): for basic products
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BAZARUTO ARCHIPELAGO: GENERAL

The Bazaruto Archipelago is a group of 5 islands - Santa Carolina, Bazaruto, Benguerra, Magaruque and Bangué - extending 70 kms north from the Cabo Sao Sebastao Peninsula. The biodiversity is very rich and includes the largest dugong population in Eastern Africa (around 250):

- 180 species of birds, 45 species of reptiles, 2000 species of fish (75% of the species of the Indian Ocean) have been recorded
- It has a wide range of terrestrial and marine habitats including coastal sand dunes, rocky and sandy shores, coral reefs, mangrove forests and seagrass meadows
- Average tidal amplitude is 3 m. (max: 4,39 m. in 1989)
- It has been classified as an island group of world significance and considered a priority seascape for conservation. It first enjoyed some protection in 1971 and became a National Park in 2001.
- About 5000 people live on the islands of Bazaruto, Benguerra and Magaruque. Artisanal fishing is the main economic activity for most of them.



BAZARUTO ARCHIPELAGO: HISTORY

The group of islands, most likely formed after a post glacial high sea level rise of 2 meters in two phases:

- 12,000 years ago, after a sea level rise, Santa Carolina was formed. The sea level fell and when it rose again, 6/7000 years ago, a new barrier island stabilized in the position of Bazaruto, Benguerra and Magaruque. It is most probable that it was formerly a continuous sand body joined to the mainland in the south. The breaks between the islands are probably the result of tropical cyclones.
- The islands formed by the action of sand accumulating by wave action. When sufficient sand accumulated, prevailing winds transport it around and form sand dunes perpendicular or parallel to the prevailing wind.
- It is assumed that the islands migrate towards the main land at a rate of 600m/1000 years.

Relics of settlements evident at Ponta Dondo (South Bazaruto) seem to indicate that the Archipelago was occupied at the beginning of the Iron Age and suggest connections with a wider Indian Ocean trading network.

Links between the area and the Muslim cities of the north (Mombasa, Malindi) were strong and written sources from the 16th century describe the Archipelago as a wealthy and prosperous area. It seems this stopped with the slave trade as the population left for the mainland.

CASA BABI: FAIR TRADE

We are very proud to be one of the first in Mozambique (May 2015) to be certified as a Fair Trade operator by Fair Trade Tourism South Africa. This comes as a reward to our commitment to the development of the local community and, even more so, to the environmental conservation.

Ever since we started Casa Babi and Odyssey Dive everything was planned and implemented with these 2 objectives in mind.

- Our staff was hired with no previous working experience and fully trained by us.
- All furniture was produced by local artists using local material.
- Our rooms are designed to be naturally ventilated and cool in order to avoid air-con. We use solar geysers, recycle our refuse, produce our compost and do our best to use as less plastic as possible.
- Amenities are provided using re-usable containers and the toiletries are organic.
- In the street and on the beach we installed trash bins that we maintain and clean, hoping that our neighbors will use them instead of throwing their refuse on the beach.



A FEW WORDS TO HELP.

Good morning:	Bom dia
Good afternoon (from 12):	Boa tarde
Good evening/night (from 18):	Boa noite
Bye:	Ciao
Please:	Faz favor
Thank you:	Obrigada (women)/Obrigado (men)
Water:	Água
Bread:	Pão
Fish/Crab/Prawns:	Peixe/Caranguejo/Camarões
Chicken:	Frango / Galinha
Where is... :	Onde é..
What is it?:	O que é
How much is it?:	Quanto é? or qual é o preço?
I like it:	Eu gosto
Yes / No:	Sim / Não
Leave me alone (useful in the market!):	deixa-me
1, 2 , 3, 4, 5, 6, 7, 8, 9, 10:	um, dois, três, quatro, cinco, seis, sete, oito, nove, dez
100/200/300/400/500:	cem, duzentos, trezentos, quatrocentos, quinhentos

Enjoy your stay!

