



DOLPHIN SWIMMING

Mystical encounter

Text: Nolene Whithers

The positive effects dolphins have on humans are undeniable. The scientific reasons remain elusive, but what stands out like a pole above water is that no one remains untouched by a close encounter with wild dolphins in the warm oceans of the world. Those blessed to have done so say that swimming with dolphins has changed their lives

Although no scientific evidence exists, research has shown that interacting with dolphins appears to have a definitive effect on humans. Researchers suggest that swimming with dolphins can reinforce the human immune system, improve awareness, lengthen the attention span, increase self-

control and cause feelings of compassion and self-assurance to develop.

An analysis of dolphin therapy sessions shows that a positive effect or improved condition has been experienced by those who suffer from illnesses such as depression, insomnia, autism, cerebral palsy, muscular

dystrophy and Down's syndrome.

One scientific explanation is that dolphins' use of sonar and echolocation may cause changes in the cell structure of a patient's body. It is believed that, through the use of sound waves and echolocation, healing can be stimulated and a person's state of



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consciousness can be altered.

While dolphins may not have the ability to heal, they certainly provoke a deep sense of calm and contentment in humans. Dolphin swimming has the power to encourage and provoke significant life changes to occur – changes beneficial to the state of our inner being. The experience leaves one with feelings of utter fulfilment and self-assurance. You become wholly content and at peace, at one with nature and its wondrous and mysterious creatures.

Dolphin swimming would be enjoyed by anyone seeking a meaningful and moving experience, particularly those with special needs or suffering from a chronic illness. It would be just the thing for a family wanting an unforgettable adventure, or companies planning that special team building exercise.

After many years of close human interaction, the resident dolphins of Ponta do Ouro in Mozambique have become familiar with human activity. By following and maintaining a code of conduct manifested from years of experience, Somente Aqua in Ponta do Ouro are able to facilitate swimming with wild dolphins in a safe, unobtrusive way, without posing a threat to these receptive creatures.

Visitors to Somente can opt to stay at Somente Self Catering Lodge when booking a Dolphin Retreat or just visit for the day and choose between various dolphin swimming packages. Dolphin Retreats aim at creating an enjoyable, emotive, mystical encounter with dolphins. Somente offers accommodation and border transfers, dolphin interactions, lectures, snorkelling courses and much more. The prices are seasonal, but include two “dolphin launches” of approximately two hours each, with one extended launch (including tea/coffee and snacks) covering a large area tracking down the dolphins.

Guests are welcomed on arrival with drinks and snacks. They have full use of gear during their stay; access to “swimming guidance” (if needed), a snorkelling workshop (if required), marine observation and an educational talk and turtle walk (depending on the season).

When booking a dolphin swim, guests must fill in an indemnity form. Afterwards, an educational briefing is given that covers boat safety, the safety of the swimmers and the safety of the marine life.

Demonstrations are given in cases where clients are not familiar with snorkelling, and there are detailed explanations on how to swim correctly while in the water with the wild

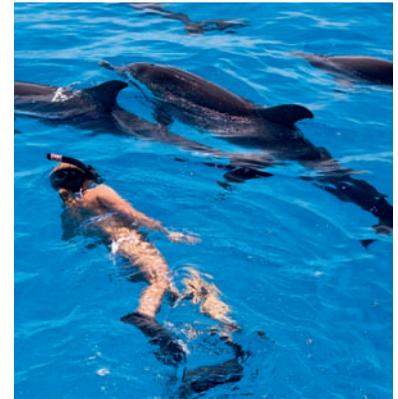
dolphins. All launches are “weather permitting” and at the skipper’s sole discretion.

A WORD FROM SOMENTE

The Somente Aqua team is dedicated to the observation and conservation of our magnificent marine surroundings. Supported by day-to-day data collection and marine monitoring, our commitment to the environment is continuously reinforcing the sustainable preservation of our marine life.

It is through detailed ecological briefings and a meticulously formulated Code of Conduct that we are able to simultaneously educate our clients while preserving the richness of our aquatic environment.

Our select Dolphin Swim Programme extends from the shallow bays of Ponta do Ouro all the way to Ponta Techobaine. Each and every one of our marine mammal encounters is conducted with the utmost professionalism while never losing sight of our principal objective – ensuring the wellbeing and safety of the inhabitants of this marine world. 🌍



TRAVEL INFORMATION

WHERE?

Somente Building, just outside the Ponta do Ouro Campsite, Ponta do Ouro, Mozambique

HOW MUCH?

Casual Dolphin Swims
R300 per person
1 x dolphin launch (about two hours)
An educational briefing on arrival (Code of Conduct)
Full gear & swim facilitation (if needed)

TRIPLE LAUNCH DOLPHIN TOUR

R800 per person
3 x dolphin launches (about two hours each)
An educational briefing on arrival (Code of Conduct)
Full gear & swim facilitation (if needed)

- Prices for Dolphin Retreats are seasonal and Somente should be contacted directly for more information.
- Gear use requires a R200 deposit
- Room key requires a R200 deposit

CONTACT:

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Top to bottom: Swimming with wild dolphins is a life-changing experience; dolphin lovers on board – hopeful of finding them somewhere in the surf; It is believed that through the use of sound waves dolphins can stimulate healing; Launching the boat at Somente for another super adventure.



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