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TRAVEL DOCTOR

I'm a keen diver but am nervous about diving in Africa. Are the safety regulations adhered to as closely as in other places?
Tony, Middlesex

You should only ever dive with a qualified, licensed and insured dive operator who uses top-of-the-range equipment. All reputable dive operators will require certification of your skills.

In southern Mozambique, Azura on Benguerra Island operates a fully equipped Padi 5 Star Gold Palm Dive Centre with new Scubapro equipment. The resident instructor takes guests to some of Africa's most

beautiful marine environments. In northern Mozambique, Nuarro Lodge has a fully equipped Padi Dive Centre and direct access to the sea.

Alice Agar, co-founder Sally and Alice (www.sallyandalice.com)



I'm looking for family friendly, active holidays where my children won't get bored and my wife can enjoy yoga and spa treatments?
Alistair, 35, Leeds

For a family-active and wellness getaway, try the