

2018

ProjectsAbroad



# High School Specials

Volunteering and  
Work Experience  
for 15-18 year olds

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# Our Mission & Values

ProjectsAbroad

## Our Mission:

Our mission is to encourage young people to volunteer for worthwhile work in developing

countries. We expect that doing this kind of volunteer work will in time become the norm. As more and more people join us, we aim to create a multi-national community with a passion to serve, to learn, to understand, to teach, to inspire, and to be inspired.

## Our Values:

**Contribution:** We believe in helping where help is needed, even in faraway places, whether it is needed by an individual, an organisation, an environmental project, or an entire community; we respond to need as effectively as we can with our abilities and our resources.

**Company:** We believe that the most efficient way to organise people and resources for our activities is through a for-profit company; it allows for the pooling of resources and the dispersal of risk, and it encourages innovation.

**Community:** We believe that our colleagues, our volunteers, and our partners, who make up our multi-national community, determine our success. We recognise that each individual has a unique ability to contribute, which we must nurture.

**Culture:** We believe in the value of cultural exchange between young people from different communities; such exchange helps to create a world with greater mutual respect and understanding.

# What are High School Specials

High School Specials are overseas volunteering projects and internships that are specifically designed for teenagers. They provide younger volunteers with the chance to experience life abroad with a group of like-minded peers of the same age, working towards a common goal.

## Travel with a Group

Volunteers live and work as part of a group, guided by our full-time, expert staff. Although volunteers come from all over the world, the groups often develop close friendships as they discover their project and host country together.

## Travel on Set Start Dates

Programmes have fixed start dates throughout the summer. This means that volunteers will all start work together at the same time.

## Supervised Weekend Trip

Each programme includes planned weekend trips or activities, organised and supervised by our local staff. These activities allow volunteers to relax and explore beautiful tourist attractions, historical sites or natural reserves.

## Staff Support and Supervision

All work and social activities are supervised by our expert staff. We know that many of our younger volunteers have limited (if any) foreign travel experience, so our staff members are always there to support them and make sure that their time abroad is productive and safe.

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help...  
learn...  
explore!



## Project Dates

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Page	Project	Jun. 10-16	Jun. 17-23	Jun. 24-30	Jul. 1-7	Jul. 8-14	Jul. 15-21	Jul. 22-28	Jul. 29-Aug. 4	Aug. 5-11	Aug. 12-18	Aug. 19-25	Price
Care Projects - 4 Weeks													
18	Care & Spanish in Argentina												£2,095
13	Care & Community in Cambodia												£1,870
14	Care & Pandas in China												£2,870
20	Care & Community Village Project in Fiji												£2,195
9	Care & Community in Ghana												£2,095
19	Care & Community in Jamaica												£2,420
10	Care & Community in Kenya												£2,095
15	Care & Community in Nepal												£1,645
19	Care & Community in Peru												£1,970
15	Care & Community in the Philippines												£2,095
11	Care & Community in Senegal												£1,870
11	Care & Community in South Africa												£2,420
16	Care & Community in Sri Lanka												£1,870
12	Care & Community in Tanzania												£2,095
Medicine & Healthcare - 2 weeks													
30	Medicine & Spanish in Argentina												£1,695
30	Public Health in Belize												£1,820
31	Medicine in Bolivia												£1,420
31	Medicine & Spanish in Bolivia												£1,420
26	Public Health in Cambodia												£1,695
23	Medicine in Ghana												£1,820
31	Public Health in Jamaica												£1,820
23	Medicine in Kenya												£1,645
32	Public Health in Mexico												£1,695
26	Medicine in Mongolia												£1,545
27	Medicine in Nepal												£1,220
27	Physiotherapy in Nepal												£1,220
32	Medicine in Peru												£1,645
28	Medicine in the Philippines												£1,645
28	Physiotherapy in the Philippines												£1,695
28	Public Health in the Philippines												£1,695
29	Dentistry in Sri Lanka												£1,545
29	Medicine in Sri Lanka												£1,545
24	Medicine in Tanzania												£1,645
24	Public Health in Tanzania												£1,695
25	Public Health & French in Togo												£1,545

PAGE	PROJECT	Jun. 10-16	Jun. 17-23	Jun. 24-30	Jul. 1-7	Jul. 8-14	Jul. 15-21	Jul. 22-28	Jul. 29-Aug. 4	Aug. 5-11	Aug. 12-18	Aug. 19-25	PRICE
Medicine & Healthcare - 3 weeks													
26	Public Health in Cambodia												£2,020
23	Medicine in Ghana												£2,120
24	Medicine in Kenya												£1,920
27	Medicine in Nepal												£1,420
28	Medicine in the Philippines												£1,920
29	Dentistry in Sri Lanka												£1,820
29	Medicine in Sri Lanka												£1,820
Medicine & Healthcare - 4 weeks													
30	Medicine & Spanish in Argentina												£2,320
30	Public Health in Belize												£2,420
31	Medicine & Spanish in Bolivia												£1,970
26	Public Health in Cambodia												£2,320
23	Medicine in Ghana												£2,420
24	Medicine in Kenya												£2,195
27	Medicine in Nepal												£1,645
32	Medicine in Peru												£2,195
24	Medicine in Tanzania												£2,195
Building - 2 weeks													
38	General Building Projects in Jamaica												£1,820
36	General Building Projects in Nepal												£1,420
37	General Building Projects in the Philippines												£1,695
34	Building & French in Senegal												£1,370
34	General Building Projects in South Africa												£1,970
35	General Building Projects in Tanzania												£1,695
Building - 4 weeks													
34	General Building Projects in South Africa												£2,645
Conservation - 2 weeks													
44	Diving & Marine Conservation & Community in Belize												£2,320
42	Diving & Marine Conservation & Community in Cambodia												£1,820
45	Tropical Dry Forest Conservation & Community in Costa Rica												£1,870
44	Tropical Dry Forest Conservation in Costa Rica												£1,870
45	Care & Galapagos Island Conservation in Ecuador												£1,970
47	Shark Conservation in Fiji												£2,445
40	African Savannah Conservation in Kenya												£1,970
41	Rainforest Conservation & Community in Madagascar												£2,145
46	Sea Turtle & Coastal Conservation and Spanish in Mexico												£1,645
46	Rainforest Conservation in Peru												£1,870
41	African Bushveld Conservation in South Africa												£2,145
43	Diving & Marine Conservation & Community in Thailand												£2,145
42	Diving & Marine Conservation in Thailand												£2,145

PAGE	PROJECT	Jun. 10-16	Jun. 17-23	Jun. 24-30	Jul. 1-7	Jul. 8-14	Jul. 15-21	Jul. 22-28	Jul. 29-Aug. 4	Aug. 5-11	Aug. 12-18	Aug. 19-25	PRICE
Conservation - 3 weeks													
44	Tropical Dry Forest Conservation in Costa Rica												£2,195
Conservation - 4 weeks													
44	Diving & Marine Conservation & Community in Belize												£3,070
45	Tropical Dry Forest Conservation & Community in Costa Rica												£2,520
41	Rainforest Conservation & Community in Madagascar												£2,870
42	Diving and Marine Conservation in Thailand												£2,870
Law & Human Rights - 2 weeks													
51	Human Rights & Spanish in Argentina												£1,695
50	Law & Business in China												£1,870
49	Human Rights in Ghana												£1,870
49	Human Rights in South Africa												£1,970
Law & Human Rights - 4 weeks													
51	Human Rights & Spanish in Argentina												£2,320
49	Human Rights in Ghana												£2,520
Archaeology - 2 weeks													
52	Incan & Wari Archaeology in Peru												£1,695
52	Classical & Medieval Archaeology in Romania												£1,970
Sports - 2 weeks													
53	Football in Ghana												£1,545





# Care

*Help children in a meaningful way*

*Learn perspective from new friends*

*Explore the world through the eyes of a child*

Care project in Fiji

## PROJECTS AVAILABLE

- Care & Community
- Equine Therapy & Community
- Care & Pandas
- Care & Language

**Care projects** provide sustainable educational support and individualised attention to children with the aim of enhancing their physical, social, emotional, and cognitive development. As a volunteer, you will assist staff members by helping at meal times, creating educational resources, and playing with the children. The Care & Community projects involve practical renovation projects, often in schools or community centres. You will get involved with refurbishing buildings, painting murals, and planting gardens. Each year we pick different placements depending on the needs of the community and size of the group. You will work at either a day care centre, community centres, kindergarten, or local school. Volunteers will live with local host families or in shared apartments, a guesthouse or a hotel.

## Africa



### Care & Community in Ethiopia

📍 **WHERE:** Addis Ababa  
📅 **WHEN:** 2 Weeks- Jul. 1-14, Jul. 22-Aug. 4

You will work at a day care centre in the capital city of Addis Ababa. This urban city is filled with great positivity and energy, that you cannot experience elsewhere. As a volunteer, you will:

- Sing songs and read stories to the children
- Plan and facilitate educational and fun activities
- Renovate local facilities
- Experience an Ethiopian coffee ceremony
- Enjoy homecooked and authentic Ethiopian cuisine by your host family



Over the weekend, you will visit the countryside of Addis on a trip to Entoto Mountain and visit one of the largest open markets in Africa or relax at a hot water springs.

**PRICE:** £1,420

### Care & Community in Ghana

📍 **WHERE:** Cape Coast  
📅 **WHEN:** 2 Weeks- Jun. 17-30, Jul. 8-21, Jul. 22-Aug. 4, Aug. 12-25  
3 Weeks- Jul. 8-28, Jul. 29- Aug. 18  
4 Weeks- Jul. 8- Aug. 4

You will work at a day care centre or local school located in the small coastal city of Cape Coast. Both are accessible examples of the famously-friendly Ghanaian culture and colourful landscape. As a volunteer, you will:

- Use your artistic skills in repairing and decorating buildings and classrooms
- Lead educational games and activities with the children
- Experience cultural exchange by learning traditional drumming and teaching locals about your own traditions
- Live with a Ghanaian host family and understand their worldview



You will visit UNESCO World Heritage site Cape Coast Castle, a trading post and later slave fort. Volunteers doing 3 or 4 weeks trips will have the chance to explore more of the country with extra activities organised and accompanied with local staff.

**PRICE:** 2 Weeks- £1,545 3 Weeks- £1,820 4 Weeks- £2,095



## Care & Community in Kenya

📍 **WHERE:** Nanyuki  
 📅 **WHEN:** **2 Weeks-** Jun. 24-Jul. 7, Jul. 8- 21, Jul. 29- Aug. 11  
**4 Weeks-** Jun. 24-Jul. 21

Based in the friendly town of Nanyuki, you will work with local children at a local kindergarten or day care centre. Embrace the diverse tribes, welcoming community, and lush surroundings of this town. As a volunteer, you will:

- Teach basic Numeracy and Literacy such as counting and reciting the alphabet
- Organise a sports day with fun interactive games to keep the children energised
- Improve facilities by renovating, painting, or decorating
- Learn to cook a traditional Kenyan dish, Ugali, a cornmeal staple
- Live with a local host family and learn phrases in Swahili



You will visit one of Kenya's forests or wildlife reserves to see the breathtaking scenery and spectacular wildlife. Volunteers participating in the 4 weeks trip will take a trip to Lake Nakuru and visit the local market.

**PRICE:** 2 Weeks- £1,545 4 Weeks- £2,095



## Care & Community in Morocco

📍 **WHERE:** Rabat  
 📅 **WHEN:** **2 Weeks-** Jul. 1-14, Jul. 22-Aug. 4

Volunteer at a day care centre based in Rabat, the small but cosmopolitan capital city rich in European and Arab influences. As a volunteer, you will:

- Engage in pottery, painting, and drawing activities with the children
- Play educational games focused on literacy and numeracy
- Spend a day learning some traditional Moroccan artisan skills, shopping in the market, and making a typical Moroccan meal preparing the food in a riad house.
- Live with an Arabic- or French- speaking host family who will teach you how to make traditional Moroccan couscous



You will have a picnic at Exotic Gardens in Sale, and explore the historical and cultural sites of Rabat.

**PRICE:** £1,645

Alternatively, you can replace 20 out of 40 service hours with **Arabic or French language instruction** geared to your skill level with a professional teacher.



## Care & Community in Madagascar

📍 **WHERE:** Andasibe  
 📅 **WHEN:** **2 Weeks-** Jun. 24-7, Jul. 8-21, Jul. 22-Aug. 4

Join us this summer in the charming village of Andasibe and help us run a summer camp for local children. Experience the tranquil life surrounded by jungles and national parks. As a volunteer, you will:

- Organise fun and educational activities, including arts & crafts, games, and sports
- Participate in community renovation work by painting murals, setting up a playground or planting a vegetable garden
- Learn traditional dance, handicrafts and cuisine
- Live at a family-run guesthouse with other volunteers



You will enjoy a boat ride in Lake Rasoab and take a trip to Vakona Park to kayak and visit Lemur Island.

**PRICE:** £1,545



## Care & Community in Senegal

📍 **WHERE:** St. Louis  
 📅 **WHEN:** **2 Weeks-** Jul. 8-21, Jul. 29-Aug. 11  
**4 Weeks-** Jul 8-Aug. 4

Based in the seaside town of St. Louis, volunteers serve in the local community. Known for its colonial architecture, patisseries, and shaded streets, you will experience the hospitality of Senegalese culture. As a volunteer, you will:

- Sing songs, play games, and do arts & crafts at a care centre or kindergarten
- Renovate and decorate a local facility to make it more vibrant and colourful
- Lead basic healthcare workshops, teaching the children about dental hygiene
- Learn traditional Senegalese dance and drumming
- Live with a local host family and practice your French skills while sharing your culture



You will visit the desert where you can relax and socialise in a tented camp surrounded by pristine sand dunes. Volunteers participating in a 4-week trip will take a trip to the beautiful Bandia Reserve and visit historical villages.

**PRICE:** 2 Weeks- £1,370 4 Weeks- £1,870

## Care & Community in South Africa

📍 **WHERE:** Cape Town  
 📅 **WHEN:** **2 Weeks-** Jul. 8-21, Jul. 29-Aug. 11  
**4 Weeks-** Jul. 8-Aug. 4

You will work in one of Cape Town's local townships, supervising children at a day care centre. Known for its political leaders and historical events, this busy cosmopolitan city is surrounded by beautiful landscapes including breathtaking backdrop mountains. As a volunteer, you will:

- Lead educational games focusing on literacy levels
- Serve at a soup kitchen and engage in conversation with local community members
- Paint, clean, or renovate a local facility
- Enjoy a traditional South African Braai, also known as a BBQ
- Live with a local host family and learn their perspective on South Africa's political history



You will visit a local market and beautiful Robben Island. Volunteers participating in a 4 weeks trip will view the city from the top of Table Mountain, visit the African penguins at Boulders Beach, or explore the legendary Garden Route.

**PRICE:** 2 Weeks- £1,820 4 Weeks- £2,420



## Care & Community in Tanzania

**WHERE:** Arusha  
**WHEN:** **2 Weeks-** Jun. 17-30, Jul. 8-21, Jul. 22-Aug. 4, Aug. 12-25  
**4 Weeks-** Jul. 8- Aug. 4

Based in the walkable city of Arusha, volunteers work with local children at a day care centre. Known as the gateway to Mount Kilimanjaro, explore the culture of the town with its tribal traditions and colonial influence. As a volunteer, you will:

- Assist teachers with lessons plans that focus on numbers and shapes
- Facilitate fun and interactive English lessons
- Improve facilities by painting or renovating
- Learn traditional drumming and dancing from the children
- Gain a local's perspective by living with a host family

**WEEKEND TRIP** Experience breathtaking scenery and wildlife in one of Tanzania's national parks. Volunteers participating in the 4-week trips will visit Maasai markets, go on a hike, or visit another national park.

**PRICE:** 2 Weeks- £1,545 4 Weeks- £2,095



## Care & Community in Togo

**WHERE:** Lomé  
**WHEN:** **2 Weeks-** Jul. 15-28, Aug. 5-18

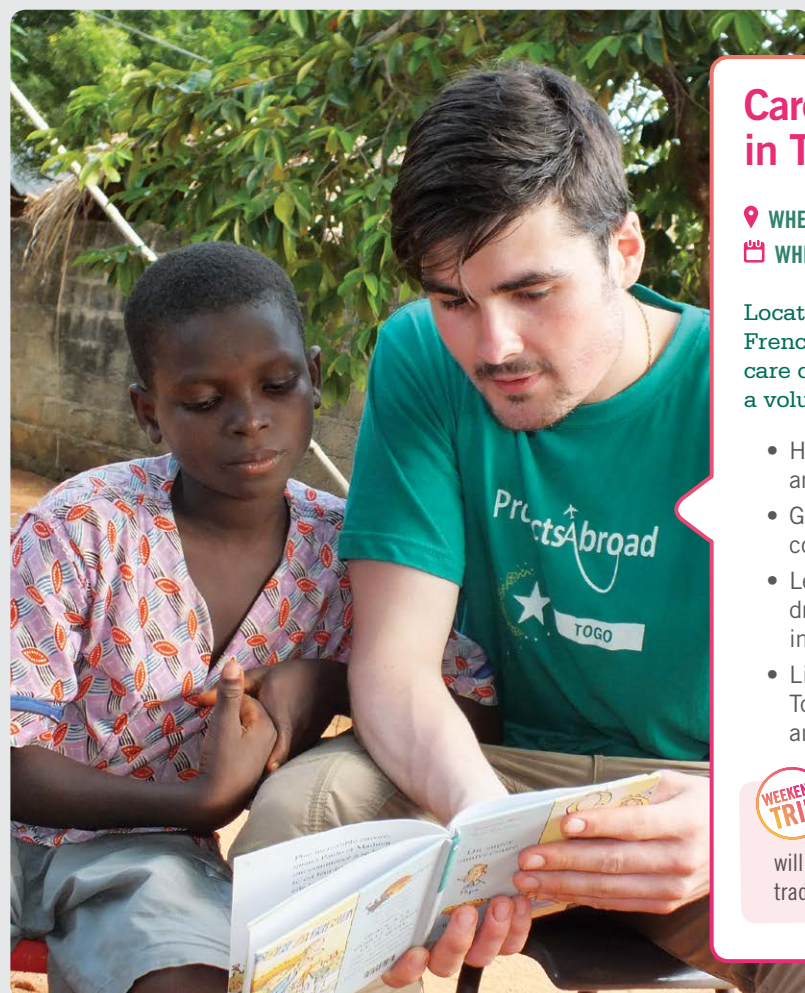
Located in the capital city of Lomé, a melting pot of French and African cultures. You will serve at a day care centre while learning about Togolese culture. As a volunteer, you will:

- Help the children with their homework, teach hygiene, and lead educational activities
- Get your hands dirty by painting or renovating community buildings
- Learn to make local crafts, participate in djembe drumming and dance lessons, and learn Ewe, the indigenous local language
- Live with a host family who will shower you with Togolese pride and inquire about your background and experiences

**WEEKEND TRIP** Volunteers will take a trip to Kpalime, a mountain village surrounded by cocoa plantations. Here you will explore the waterfalls of Womé and learn about a more traditional way of life.

**PRICE:** £1,420

Alternatively, you can replace 20 out of 40 service hours with French language instruction geared to your skill level with a professional teacher.



## Asia



## Care & Community in Cambodia

**WHERE:** Phnom Penh  
**WHEN:** **2 Weeks-** Jun. 17-30, Jul. 8-21, Jul. 29-Aug. 11  
**3 Weeks-** Jul. 1-21, Jul. 29-Aug. 18  
**4 Weeks-** Jul. 1-28

Live and volunteer in the bustling capital city of Phnom Penh. Volunteers work with the oldest locally-registered NGO in Cambodia. Since 1991 they have played a significant role in the advancement of women and children in Cambodia. As a volunteer, you will:

- Teach basic English to the children through interactive and fun activities
- Exchange different cultural games and songs with the children
- Renovate the care centre to enhance the learning environment
- Enjoy a traditional Cambodian puppet show
- Live in a shared apartment near the city centre with the other volunteers and a local staff member

**WEEKEND TRIP** You will visit several of the magnificent temples in Siem Reap including the world-famous Angkor Wat. Volunteers staying for 3 or 4 weeks will also visit historical sites in Phnom Penh and nearby villages.

**PRICE:** 2 Weeks- £1,370 3 Weeks- £1,620 4 Weeks- £1,870

## Care & Community in China

**WHERE:** Chengdu  
**WHEN:** **2 Weeks-** Jun. 24-Jul. 7, Jul. 15-28

Volunteer at a children's rehabilitation centre or day care centre in the rapidly changing city of Chengdu in Sichuan province. Learn its traditional culture while still living in a fast-paced city. As a volunteer, you will:

- Assist teachers with English lessons and contribute to renovation work at the centre
- Educate the children about your own culture and ideas by sharing British nursery rhymes and games
- Improve local facilities by painting, renovating, or repairing
- Receive a Mandarin lesson and learn about the relaxed lifestyle of Sichuan people
- Live in a shared apartment or hostel with other volunteers and local staff members

**WEEKEND TRIP** You will visit Chengdu's famous panda sanctuary. You will also get to see the Dujiangyan water project, the Leshan Giant Buddha, or spend a day exploring more of the city sites in Chengdu.

**PRICE:** £1,645



## Care & Pandas in China

📍 **WHERE:** Chengdu and Ya'an  
 📅 **WHEN:** **2 Weeks-** Jul. 1-14, Jul. 22-Aug. 4  
**4 Weeks-** Jul. 1-28

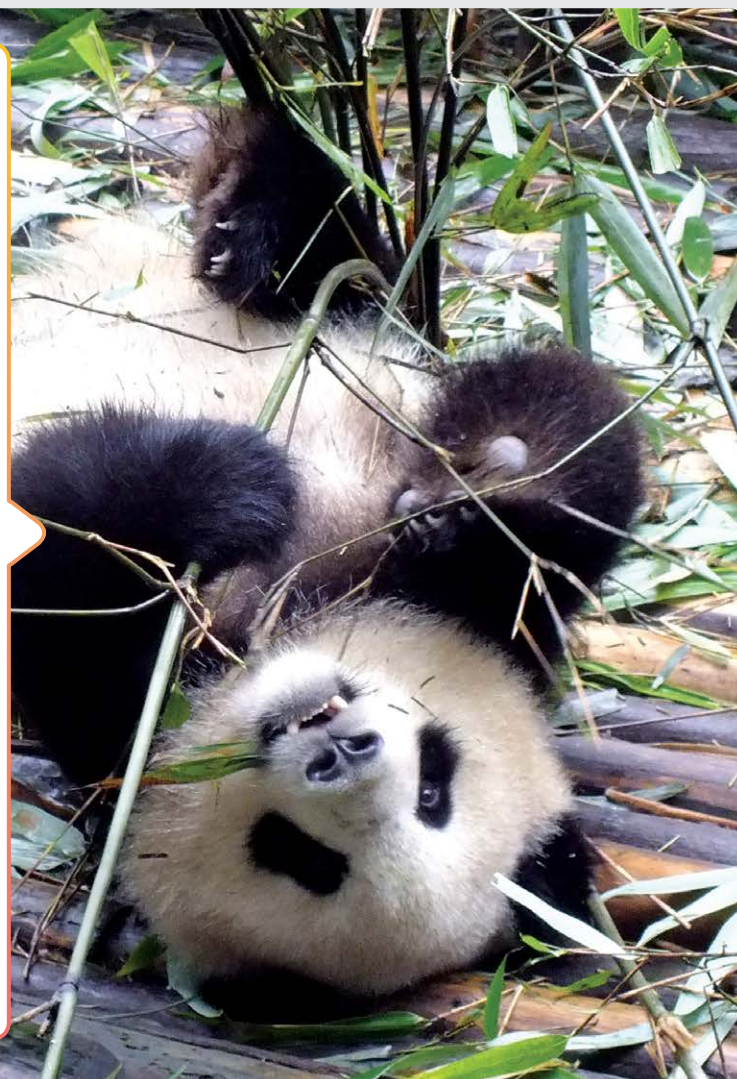
Split your time working with children and pandas in the rapidly changing country of China. With your own eyes, see the beautiful scenery of mountains, waterfalls, and bamboo forests. As a volunteer, you will:

- Spend one week at the Dujiangyan Research Base of Giant Panda Breeding Centre, preparing food for pandas, cleaning out enclosures, and observing panda behavior
- Assist teachers with English lessons and contribute to renovation work at a children's rehabilitation centre or day care centre
- Educate the children about your own culture by sharing nursery rhymes and games
- Receive a Mandarin lesson and learn about the relaxed lifestyle of Sichuan people
- Live in a shared apartment or hostel with other volunteers and local staff members



You will visit Chengdu's famous panda sanctuary. You'll also get to see the Du Jiang Yan water project, the Leshan Giant Buddha, or spend a day exploring more of the city sites in Chengdu. Volunteers participating on the 4 weeks trip will visit a traditional Tibetan and Qiang building.

**PRICE:** 2 Weeks- £2,145 4 Weeks- £2,870



## Care & Community in Mongolia

📍 **WHERE:** Ulaanbaatar  
 📅 **WHEN:** **2 Weeks-** Jul. 22-Aug. 4

Volunteering at a local day care centre in the capital city of Ulaanbaatar. Explore the modernising city of one million people during this time of transition from communist to capitalist systems. As a volunteer, you will:

- Organise and lead activities for children and teenagers
- Teach basic English lessons and hygiene workshops
- Assist the local staff with meal and nap times for children under 5 years old
- Renovate local facilities
- Learn about the Nomadic lifestyle that plays a big part in Mongolian culture
- Live with other volunteers in a guesthouse or hotel with dedicated local staff



You will travel to Terelj National Park where you will be able to see wild horses and a remote Buddhist monastery. Socialise with other volunteers while enjoying Mongolian barbecue.

**PRICE:** £1,545



## Care & Community in Nepal

📍 **WHERE:** Kathmandu Valley  
 📅 **WHEN:** **2 Weeks-** Jun. 10-23, Jun. 24-Jul. 7, Jul. 8-21, Jul. 22-Aug. 4, Aug. 5-18  
**3 Weeks-** Jun. 24-Jul. 14, Jul. 22-Aug. 11  
**4 Weeks-** Jun. 24-Jul. 21, Jul. 22-Aug. 18

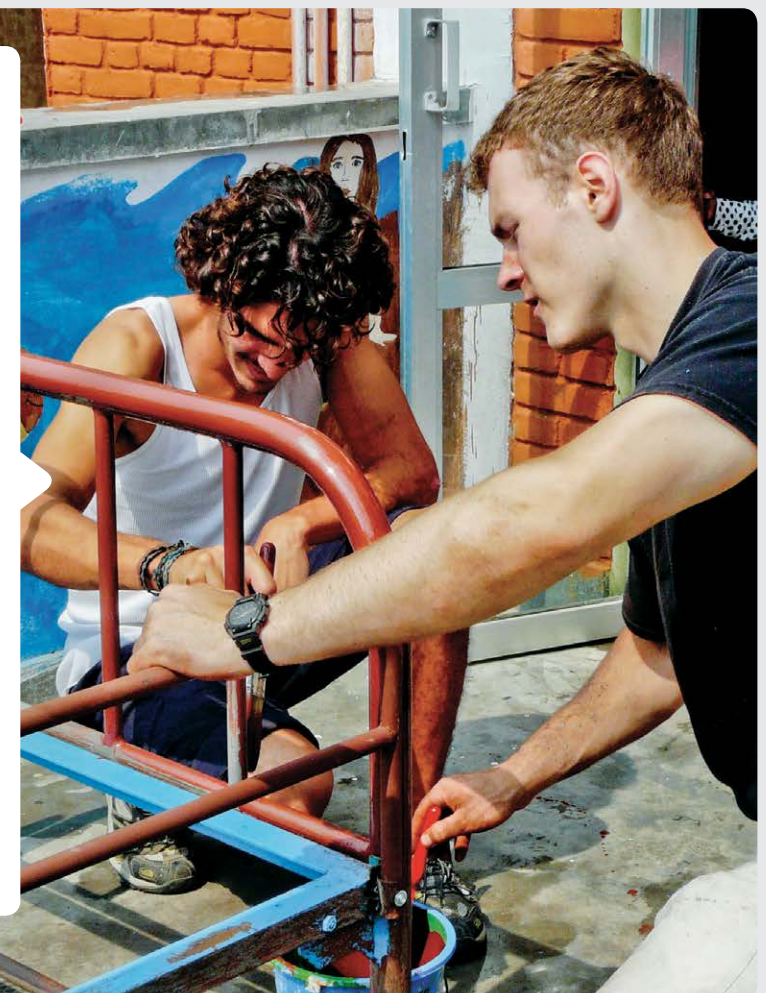
Based in Kathmandu Valley, volunteers work at a school or day care centre engaging in cultural education. Explore ancient temples that embody the country's great wealth of culture and traditions. As a volunteer, you will:

- Facilitate English-based games, activities, and songs
- Renovate and repair local facilities
- Lead outreach workshops for the children that focus on hand and dental hygiene
- Stay at a local hotel with other volunteers and local staff



You will visit the central markets and local temples of Kathmandu, or take a trip to the beautiful nature reserve of Chitwan National Park. Volunteers participating in the 3- and 4- weeks trip will visit the city of Pokhara, hike its mountains and visit the lovely waterfall of Davi's Falls.

**PRICE:** 2 Weeks- £1,220 3 Weeks- £1,420 4 Weeks- £1,645



## Care & Community in the Philippines

📍 **WHERE:** San Remigio  
 📅 **WHEN:** **2 Weeks-** Jul. 1-14, Jul. 15-28, Jul. 29-Aug. 11  
**4 Weeks-** Jul. 15-Aug. 11

Located in San Remigio, a municipality near the city of Bogo, volunteers will work at a day care centre engaging with young children. Explore one of the most beautiful relaxing beaches and Filipino culture with its mix of Asian and Spanish influences. As a volunteer, you will:

- Lead fun activities to enhance the children's literacy and numeracy skills
- Sing songs, play games, do arts & crafts and play sports
- Paint, clean or renovate a local facility
- Experience authentic Filipino cuisine everyday by living with a local host family



You will explore Capitancillo Islet – a small, beautiful coral island near Bogo. This island has a protected marine sanctuary, three snorkeling sites and a lighthouse. Volunteers doing the 4-weeks trip will explore more of the San Remigio and other nearby municipalities.

**PRICE:** 2 Weeks- £1,545 4 Weeks- £2,095





## Care & Community in Sri Lanka

**WHERE:** Towns on the west and southwest coast of Sri Lanka  
**WHEN:** **2 Weeks-** Jun. 10-23, Jun. 24-Jul. 7, Jul. 15-28  
**4 Weeks-** Jul. 1-28

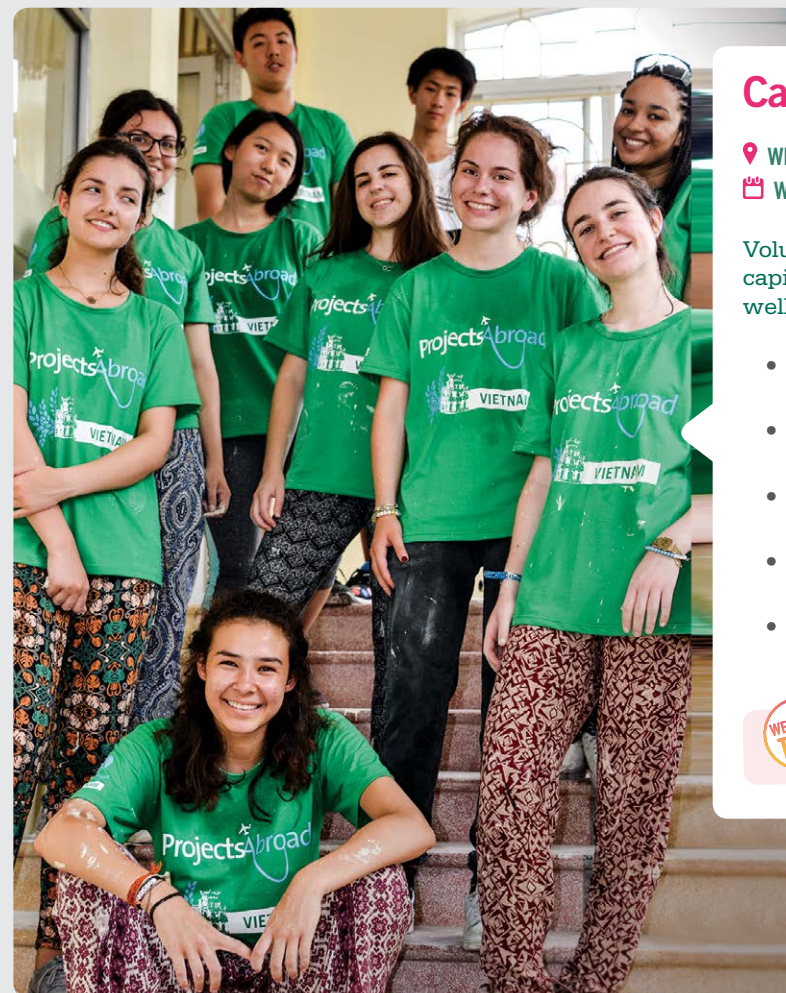
Based in a small town along the southwest coast of Sri Lanka, south of Colombo, you will work at a day care centre or kindergarten. Enjoy the friendly and laid-back lifestyle of this beautiful island paradise. As a volunteer, you will:

- Read books and play games with the children to improve their literacy
- Exchange nursery rhymes and games from each other's culture
- Repair or renovate local facilities
- Attend a traditional dance performance
- Live with a host family and learn how to prepare traditional curries



You will visit the scenic and ancient city of Kandy including the Buddhist Temple of the Tooth and an elephant orphanage. If you do a 4-week trip, you will either visit the fortified city of Galle or beautiful Unawatuna beach.

**PRICE:** 2 Weeks- £1,370 4 Weeks- £1,870



## Care & Community in Vietnam

**WHERE:** Hanoi  
**WHEN:** **2 Weeks-** Jul. 8-21, Jul. 29-Aug. 11

Volunteers work at a day care centre in Hanoi. This capital city has a mix of urban hustle and bustle as well as old-town charm. As a volunteer, you will:

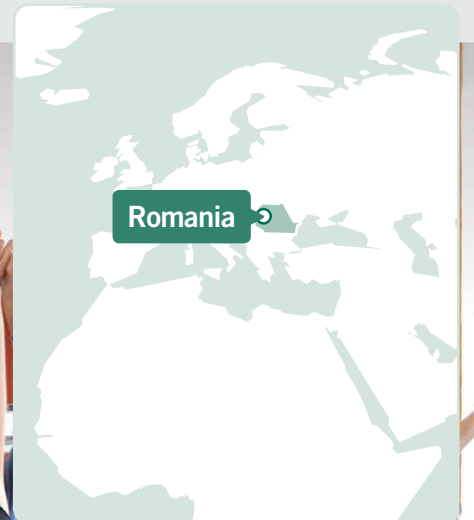
- Lead educational activities that involve arts & crafts and sports
- Educate the children and local staff members about your own culture and traditions
- Refurbish a building to create a welcoming learning environment
- Enjoy delicious Vietnamese cuisine including their famous bun cha, grilled pork and noodles
- Live at a guesthouse with other volunteers and share stories about your experiences



You will visit a traditional village in the countryside and learn about Vietnam's history.

**PRICE:** £1,645

## Europe



## Care & Community in Romania

**WHERE:** Brasov  
**WHEN:** **2 Weeks-** Jul. 15-28

Based in the ancient city of Brasov, volunteers will engage with local children at a day care centre. Explore the city's uniqueness as it is combined with historical squares and palaces with former-communist tower blocks. As a volunteer, you will:

- Work with the children one-on-one to enhance their reading and writing skills
- Lead and facilitate educational games and group activities focused on arts & crafts, sports, drama, dance, and song
- Renovate local facilities and contribute to a community clean-up
- Live with a local host family and gain their perspective of the country's history



You will explore Bran, a beautiful nearby mountain village in the heart of rural Transylvania and legendary home of Dracula.

**PRICE:** £1,820





# Latin America & Caribbean



## Care & Spanish in Argentina

📍 **WHERE:** Cordoba  
 📅 **WHEN:** **2 Weeks-** Jun. 24-Jul. 7, Jul. 15-28, Jul. 29-Aug. 11  
**4 Weeks-** Jun. 10-Jul. 7, Jul. 15-Aug. 11

Based in the busy city of Cordoba, improve your Spanish skills while giving back to the community. Learn about the city's history by exploring the architecture and historical monuments that have a mix of European and Latin American influences. As a volunteer, you will:

- Receive 18 hours of intensive Spanish from a qualified language teacher
- Supervise at a local community centre or day care centre
- Lead educational games and activities, and play sports with the children
- Practice your Spanish outside the classroom by living with a local host family

**WEEKEND TRIP** You will explore the history and culture of Cordoba city and visit the house of the famous Argentine revolutionary, Che Guevara. Volunteers staying for 4 weeks will also visit traditional villages in the surrounding areas of Cordoba.

**PRICE:** 2 Weeks- £1,545 4 Weeks- £2,095

## Equine Therapy & Community in Bolivia

📍 **WHERE:** Cochabamba  
 📅 **WHEN:** **2 Weeks-** Jul. 22-Aug. 4

Based in Cochabamba, the City of Eternal Spring, volunteers work with children and horses at an equestrian centre. This modernising city has developed into a regional hub that is famous for its pleasant year-round weather. As a volunteer, you will:

- Learn how horseback riding and caring for horses can be therapeutic for children who are differently-abled
- Assist staff during therapy classes to improve the motor and cognitive skills of the children
- Groom, feed, and clean up after the horses, as well as build and repair fences and stables at the centre
- Practice your Spanish skills by living with a host family, and even learn phrases in Quechua, the indigenous language

**WEEKEND TRIP** Volunteers will travel to sights such as Lake Titicaca, Sun Island and the Tiwanaku.

**PRICE:** £1,545

## Care & Community in Ecuador

📍 **WHERE:** San Cristobal, Galapagos Islands  
 📅 **WHEN:** **2 Weeks-** Jul. 15-28

Volunteer at a local kindergarten on the island of San Cristobal. Experience relaxed island culture surrounded by the diverse wildlife that has made the Galapagos famous. As a volunteer, you will:

- Assist teachers with English lessons and organise creative activities for the children
- Exchange nursery rhymes and games from each other's culture
- Repair local facilities or help with a beach clean-up initiative
- Live with a host family who will be your best Spanish teachers and help you improve your languages skills

**WEEKEND TRIP** As a group, you will visit a neighbouring island and learn more about the famous ecosystem and island culture.

**PRICE:** £1,545



## Care & Community in Jamaica

📍 **WHERE:** Mandeville  
 📅 **WHEN:** **2 Weeks-** Jun. 10-23, Jul. 1-14, Jul. 15-28, Aug. 5-18  
**4 Weeks-** Jul. 1-28

Help run a summer camp for children in the beautiful mountain town of Mandeville. Beyond the idyllic beaches that Jamaica is known for, this town is filled with rich history, cultural heritage, and an incredible mix of welcoming people. As a volunteer, you will:

- Lead activities that focus on art, drama, dance, and sports
- Teach health and hygiene practices to children
- Exchange nursery rhymes from your own culture with the children
- Renovate local facilities or create a community garden
- Take Reggae dance lessons and participate in a language lesson of Patois, which is Jamaican creole
- Learn how to make jerk chicken by living with a host family

**WEEKEND TRIP** You will visit YS Falls and Ocho Rios to enjoy Jamaica's natural beauty. Volunteers staying for 4 weeks will explore more of Mandeville and surrounding areas.

**PRICE:** 2 Weeks- £1,820 4 Weeks- £2,420

## Care & Community in Peru

📍 **WHERE:** Cusco  
 📅 **WHEN:** **2 Weeks-** Jul. 1-14, Aug. 5-18  
**4 Weeks-** Jul. 22-Aug. 18

Spend your summer helping at a local day care centre in the city of Cusco. Once the historical capital of the Inca Empire, discover how the city is shaped by indigenous and Spanish colonial culture. As a volunteer, you will:

- Renovate, clean, paint, or garden at the day care centre
- Take one Spanish lesson from a native speaker and practice it every day with the local people
- Organize a field day with the children creating a special event of games and sports
- Attend an indigenous musical and dance performance
- Live with a local host family and practice some Quechua phrases, the indigenous language

**WEEKEND TRIP** You will visit the breath-taking site of Machu Picchu, and soak up the atmosphere in one of the bustling and colourful markets found throughout the Sacred Valley. Volunteers doing the 4-weeks trip will hike the Urco Ruins, famous for its mystical sanctuary.

**PRICE:** 2 Weeks- £1,420 4 Weeks- £1,970



# South Pacific



Samoa

Fiji

## Care & Community Village Project in Fiji

**WHERE:** Nadi  
**WHEN:** 2 Weeks- Jun. 24-Jul. 7, Jul. 8-21, Jul. 22-Aug. 4  
 3 Weeks- Jun. 24-Jul. 14, Jul. 22-Aug. 11  
 4 Weeks- Jul. 8-Aug. 4

Starting in Nadi on the main island of Viti Levu, you will travel inland to a rural village that maintains its traditional lifestyle. You will work with children at a local kindergarten or school. As a volunteer, you will:

- Plan and facilitate educational games for the children
- Renovate or paint a mural at the school
- Learn about traditional island culture such as mat weaving and Fijian dancing
- Live with a local host family in the village and learn about traditional customs such as fishing and cooking a dish that consist of sweet potatoes, taro, and rice

**WEEKEND TRIP** Volunteers will explore Fiji with a day trip to a nearby island and visit a mud pool and hot water spring. Volunteers participating on 3 and 4 week trips will have the opportunity to explore more of the island.

**PRICE:** 2 Weeks- £1,645 3 Weeks- £1,920 4 Weeks- £2,195

## Care & Community in Samoa

**WHERE:** Apia and villages in Upolu Island, Samoa  
**WHEN:** 2 Weeks- Jul. 1-14, Jul. 22-Aug. 4

Based in the capital city of Apia and surrounding villages, you will support children at a kindergarten, school or day care centre. Experience the traditional and lively culture that celebrates everything from fire dancing to traditional Samoan body art. As a volunteer, you will:

- Assist teachers with classroom lessons
- Engage with the children through arts and crafts, playing games, and singing songs
- Renovate a local school or day care centre
- Join community members in a game of kirikiti, the local version of cricket
- Live with a local host family and learn about traditional village life

**WEEKEND TRIP** You will get to tour the island and experience Samoa's beautiful coastline.

**PRICE:** £1,545

## Care & Community Village Project in Samoa

**WHERE:** Apia on Upolu Island & Salelologa on Savaii Island  
**WHEN:** 2 Weeks- Jul. 1-14, Jul. 15-28

Based in the capital city of Apia and surrounding villages, you will experience the traditional Samoan lifestyle while supporting children with their literacy skills. As a volunteer, you will:

- Run a literacy and reading programme at the local library for the children
- Prepare and eat traditional Samoan food
- Learn traditional Samoan dancing and basic Samoan language
- Live with a local host family and learn about traditional village life

**WEEKEND TRIP** You will get to tour the island and experience Samoa's beautiful coastline.

**PRICE:** £1,545



"The Projects Abroad staff in Kenya were phenomenal! They went above and beyond to ensure everyone was having a great experience and were always accessible. They made me feel welcome from the moment I walked in the door and continued to be helpful throughout. It is such a great team in the Kenya office!"

**Kristen K.** / Care & Community Volunteer in Kenya

"Projects Abroad made it very easy for me to ask questions and get the help I needed before my departure. I loved my placement! The staff and my host family were amazing and so helpful and supportive. They helped us understand how our role is making a positive impact on the kids at the day care centre. I enjoyed the work that we did and I appreciated being able to see the progress that was happening and the impact it was making."

**Naima L.** / Care & Community Volunteer in Tanzania

"Words cannot describe my experience here in Bolivia as it has been by far the most moving and inspiring thing I've done. I would recommend Projects Abroad to anyone. Thank you for the amazing opportunity to work with these wonderful children, staff and be placed in a loving home."

**Dillon T.** / Equine Therapy & Community Volunteer in Bolivia



# Medicine & Healthcare

*Help raise awareness of health issues*

*Learn from medical professionals at work*

*Explore the medical field in a new place*

Medicine project in Ghana

## PROJECTS AVAILABLE

- Medicine
- Medicine & Language
- Public Health
- Physiotherapy
- Dentistry

**Medicine & Healthcare** volunteers observe professional medical staff in hospitals, clinics, and health centres. They learn about medical practices in general, and regional differences specific to their destination. Volunteers attend workshops and lectures, and lead awareness campaigns on current health issues. Most volunteers gain experience in a broad range of disciplines during their programme, although several specialised options are also available. Depending on the destination, volunteers will stay with a local host family, or in a guesthouse or hotel.

## Africa



### Medicine in Ghana

📍 **WHERE:** Cape Coast

📅 **WHEN:** **2 Weeks-** Jun. 17-30, Jul. 8-21, Jul. 22- Aug. 4

**3 Weeks-** Jul. 8-28, Jul. 29-Aug. 18

**4 Weeks-** Jul. 8- Aug. 4

Based in the small coastal city of Cape Coast, volunteers learn about current health issues and provide medical support to community members who have limited access to healthcare. As a volunteer, you will:

- Work alongside medical professionals on screening and testing procedures
- Conduct general testing in areas such as: blood sugar levels, body mass index, and blood pressure
- Lead educational health and nutrition workshops
- Experience cultural exchange by learning traditional drumming and teaching locals about your own traditions
- Live with a Ghanaian host family and understand their worldview



You will enjoy the country's natural beauty by relaxing at the beach and hiking through the jungle and canopy walkway at Kakum Rainforest Reserve.

**PRICE:** 2 Weeks- £1,820 3 Weeks- £2,120 4 Weeks- £2,420

### Medicine in Kenya

📍 **WHERE:** Nanyuki

📅 **WHEN:** **2 Weeks-** Jun. 24-Jul. 7, Jul. 15-28, Jul.29-Aug. 11

**3 Weeks-** Jun. 24-Jul. 14, Jul. 15-Aug. 4

**4 Weeks-** Jul. 15-Aug. 11

Based in the small city of Nanyuki in the heart of Laikipia County, volunteers learn about public health issues and medical practices. Embrace the diverse tribes, welcoming community, and lush surroundings in this traditional region. As a volunteer, you will:

- Observe medical professionals at a local hospital or clinic
- Attend medical workshops and learn about HIV and tropical diseases
- Teach youth in the local community about personal hygiene, disease control, and healthy living through interactive activities
- Live with a host family who will teach you how to speak basic Swahili



You will visit one of Kenya's forests or wildlife reserves to see the breathtaking scenery and spectacular wildlife. Volunteers participating in the 3- or 4- weeks trip will take a trip to Lake Nakuru and visit the local market.

**PRICE:** 2 Weeks- £1,645 3 Weeks- £1,920 4 Weeks- £2,195



## Medicine in Tanzania

📍 WHERE: Arusha

📅 WHEN: **2 Weeks-** Jun. 17-30, Jul. 8-21, Jul. 22-Aug. 4, Aug. 12-25  
**4 Weeks-** Jul. 8-Aug. 4

Based in the walkable city of Arusha, volunteers learn about the medical treatments in a large public hospital and work in a rural Maasai community. Known as the gateway to Mount Kilimanjaro, the city offers a wealth of culture from its tribal traditions and colonial influence. As a volunteer, you will:

- Observe medical professionals at a local hospital or clinic
- Attend medical workshops that focus on HIV, tuberculosis, vitamin A, and tropical diseases
- Visit a local day care centre and organise fun workshops about healthcare issues for children
- Learn Tanzania's native language by attending a Swahili workshop
- Gain another family away from home by living with a local host family



You will visit one of Tanzania's breathtaking national parks. Volunteers staying for 4 weeks will get to visit Maasai markets, go for a hike in the mountains, or visit another national park.

PRICE: 2 Weeks- £1,645 4 Weeks- £2,195



## Public Health & French in Togo

📍 WHERE: Lomé

📅 WHEN: **2 Weeks-** Jul. 1-14, Jul. 22-Aug. 4

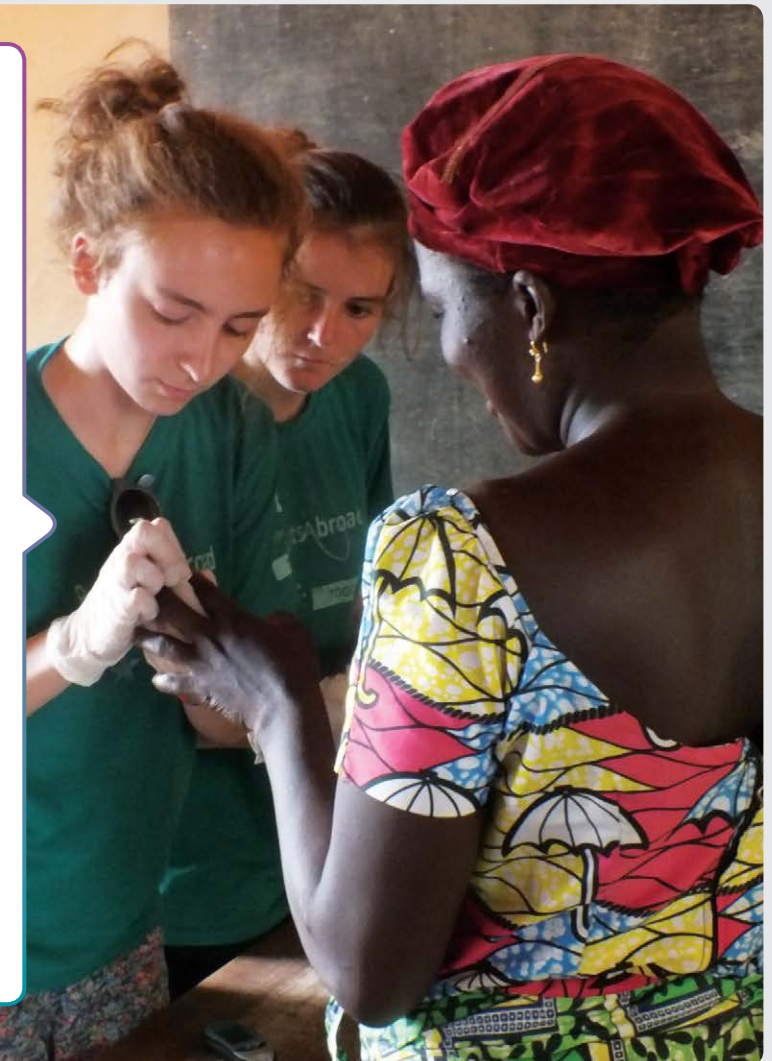
Based in the capital city of Lomé, a melting pot of French and African cultures. Volunteers combine intensive French lessons with an opportunity to observe the medical profession first-hand. As a volunteer, you will:

- Work alongside medical professionals and lead medical outreach campaigns
- Conduct general testing such as: blood sugar levels, body mass index, and blood pressure
- Receive 15 hours of language instruction from a professional teacher who will adjust to your skill level and teach medical vocabulary
- Learn to make local crafts, participate in Djembe drumming and dance lessons, and learn Ewe, the indigenous local language
- Practice your linguistic skills daily by living with a host family



Volunteers will take a trip to Kpalime, a mountain village surrounded by cocoa plantations. Here you will explore the waterfalls of Womé and learn about a more traditional way of life.

PRICE: £1,545



## Public Health in Tanzania

📍 WHERE: Arusha

📅 WHEN: **2 Weeks-** Jul. 29-Aug. 11

Learn about public health issues and provide medical support to the Maasai tribe while based in busy city of Arusha. As a volunteer, you will:

- Spend time doing medical outreach work and educational health campaigns
- Educate children at a local day care centre on the importance of hygiene
- Work alongside local doctors and nurses spreading health awareness to community members
- Attend a workshop about the Swahili language and traditional culture
- Live with a host family and practice the Swahili you have learned



You will visit one of Tanzania's most breathtaking national parks.

PRICE: £1,695



## What's the difference?

### Medicine Projects



- Clinical Exposure
- Rotate between different hospital departments
- Observe procedures
- Emphasis on disease diagnosis, treatment, and care for the individual patient

### Public Health Projects



- Community-Based Outreach
- Based in a community doing health check-ups
- Facilitate health-related workshops
- Emphasis on disease prevention and health promotion for the whole community



# Asia



## Public Health in Cambodia

📍 **WHERE:** Phnom Penh

📅 **WHEN:** **2 Weeks-** Jun. 17-30, Jul. 8-21, Jul. 29-Aug. 11  
**3 Weeks-** Jun. 17-Jul. 7, Jul. 8-28, Jul. 29-Aug. 18  
**4 Weeks-** Jul. 8-Aug. 4

Get involved in medical outreach work in the capital city of Phnom Penh. Along the beautiful riverside, you will explore the booming city and experience the friendly and optimistic culture of Cambodia. As a volunteer, you will:

- Observe medical professionals at a public hospital and a community health centre
- Learn about traditional Khmer medicine
- Participate in outreach workshops educating community members on public health issues
- Enjoy a traditional Cambodian puppet show
- Stay at a guesthouse or hotel with other volunteers and develop new friendships



You will visit several magnificent temples in Siem Reap including the world-famous Angkor Wat. Volunteers staying for 3 or 4 weeks will also visit historical sites in Phnom Penh and nearby villages.

**PRICE:** 2 Weeks- £1,695 3 Weeks- £2,020 4 Weeks- £2,320

## Medicine in Mongolia

📍 **WHERE:** Ulaanbaatar

📅 **WHEN:** **2 Weeks-** Jun. 24-Jul. 7, Jul. 22-Aug. 4, Aug. 5-18

Based in the metropolitan city of Ulaanbaatar, volunteers learn from doctors in one of the leading hospitals of the country. Explore the modernising city of one million people at this time of transition from communist to capitalist systems. As a volunteer, you will:

- Observe medical professionals at a local hospital or clinic
- Learn about traditional Eastern and modern medicine that are used in rural Mongolian communities
- Witness a traditional Mongolian dance performance
- Stay in a guesthouse or hotel with other volunteers and bond over your shared experiences



You will travel to Terelji National Park where you will see wild horses and a remote Buddhist monastery. Socialise with other volunteers while enjoying Mongolian barbecue.

**PRICE:** £1,545

## Medicine in Nepal

📍 **WHERE:** Chitwan

📅 **WHEN:** **2 Weeks-** Jun. 10-23, Jun. 24-Jul. 7, Jul. 8-21, Jul. 22-Aug. 4, Aug. 5-18

**3 Weeks-** Jun. 24-Jul. 14, Jul. 22-Aug. 11

**4 Weeks-** Jun. 24-Jul. 21, Jul. 22-Aug. 18

Based in the mystical southern city of Chitwan, a five-hour bus ride south of Kathmandu, volunteers will learn about different practices in the medical field. Explore the beautiful temples that reflect the city's deep spirituality. As a volunteer, you will:

- Observe medical professionals at a local teaching hospital
- Visit smaller specialised clinics and attend lectures
- Learn how to make delicious Nepali dumplings
- Live in a hotel accommodation with other volunteers



You will visit the beautiful nature reserve at Chitwan National Park. Volunteers doing the 3- or 4- weeks trip will explore the ancient art and temples of Kathmandu and nearby Patan, or go on a short hike outside of the Kathmandu Valley.

**PRICE:** 2 Weeks- £1,220 3 Weeks- £1,420 4 Weeks- £1,645



## Physiotherapy in Nepal

📍 **WHERE:** Chitwan

📅 **WHEN:** **2 Weeks-** Jun. 10-23, Jun. 24-Jul. 7, Jul. 8-21, Jul. 22-Aug. 4, Aug. 5-18

Spend time in the Physiotherapy department at a large local hospital in the spiritual city of Chitwan. As a volunteer, you will:

- Observe medical professionals at a hospital and care centre for people with disabilities
- Learn and apply physiotherapy practices and methods
- Learn how to make delicious Nepali dumplings
- Live in a hotel accommodation close to the hospital and care centre



You will visit the central markets and local temples, and take a trip to the beautiful nature reserve of Chitwan National Park.

**PRICE:** £1,220



## Medicine in the Philippines

📍 **WHERE:** Bogo City

📅 **WHEN:** **2 Weeks-** Jul. 8-21, Jul. 29-Aug. 11

**3 Weeks-** Jul. 1-21, Jul. 29-Aug. 18

In Bogo City, Cebu province, medical volunteers will learn from doctors in a regional hospital. Explore one of the beautiful relaxing beaches and Filipino culture with its mix of Asian and Spanish influences. As a volunteer, you will:

- Observe medical professionals at a local hospital or clinic
- Rotate between different departments, including Rural Health Units, Dentistry, Obstetrics, Dispensary and Treatment Unit, Laboratory, Consultation, Records, and Nutrition
- Plan and lead educational workshops on health and hygiene
- Experience authentic Filipino cuisine everyday by living with a local host family



You will explore Bantayan Island. This island has beautiful white sandy beaches and historic churches, and is famous for its breathtaking sunset.

**PRICE:** 2 Weeks- £1,645 3 Weeks- £1,920



## Physiotherapy in the Philippines

📍 **WHERE:** San Remigio

📅 **WHEN:** **2 Weeks-** Jul. 1-14, Jul. 29-Aug. 11

Based at the Persons with Disability Affairs Office in San Remigio, volunteers will provide additional assistance to people with disability through physiotherapy practices. As a volunteer, you will:

- Observe local therapists and join them on home visits and consultations
- Learn about different treatments for specific types of disabilities
- Attend a workshop on the healthcare system in the Philippines
- Experience authentic Filipino cuisine everyday by living with a local host family



You will explore Bantayan Island. This island has beautiful white sandy beaches and historic churches, and is famous for its breathtaking sunset.

**PRICE:** £1,695

## Public Health in the Philippines

📍 **WHERE:** San Remigio

📅 **WHEN:** **2 Weeks-** Jun. 24-Jul. 7, Jul. 15-28, Aug. 5-18

Located in San Remigio, Public Health volunteers work in a local community conducting health and awareness campaigns. As a volunteer, you will:

- Engage in health screening activities such as: blood pressure, blood sugar, and waistline measurements
- Promote healthy lifestyles by designing strategies to healthy diet and nutrition
- Attend a workshop on the healthcare system in the Philippines
- Experience authentic Filipino cuisine everyday by living with a local host family



You will explore Bantayan Island. This island has beautiful white sandy beaches and historic churches, and is famous for its breathtaking sunset.

**PRICE:** £1,695

## Dentistry in Sri Lanka

📍 **WHERE:** Panadura or Horana

📅 **WHEN:** **2 Weeks-** Jun. 10-23, Jun. 24-Jul. 7, Jul. 8-21, Jul. 22-Aug. 4, Aug. 5-18

**3 Weeks-** Jul. 8-28, Jul. 29-Aug. 18

Based in the traditional town of Panadura or Horana, on the Southwest coast, volunteers will spend time in the dentistry department of a local hospital. As a volunteer, you will:

- Observe dentists at work and attend workshops on common medical procedures
- Visit a hospital specialising in traditional Ayurvedic medicine
- Organise a 2-day medical camp to teach children about dental hygiene
- Live with a host family and learn how to prepare traditional curries



You will visit the scenic and ancient city of Kandy including the Buddhist Temple of the Tooth and an elephant orphanage. Volunteers staying for 3 weeks, will either visit fortified city of Galle or beautiful Unawatuna beach.

**PRICE:** 2 Weeks- £1,545 3 Weeks- £1,820



## Medicine in Sri Lanka

📍 **WHERE:** Panadura or Horana

📅 **WHEN:** **2 Weeks-** Jun. 10-23, Jun. 24-Jul. 7, Jul. 8-21, Jul. 22-Aug. 4, Aug. 5-18

**3 Weeks-** Jul. 8-28, Jul. 29-Aug. 18

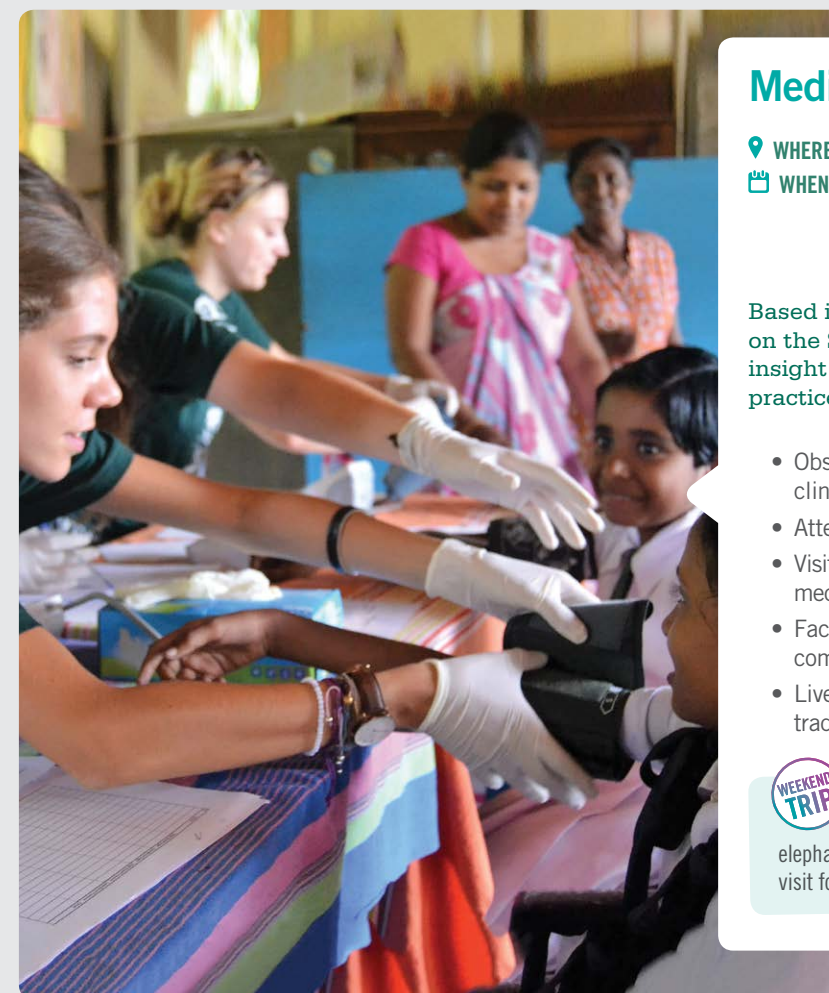
Based in the traditional town of Panadura or Horana, on the Southwest coast, medical volunteers gain insight into both Western and traditional medical practices. As a volunteer, you will:

- Observe medical professionals at a local hospital or clinic
- Attend workshops on common medical procedures
- Visit a hospital specialising in traditional Ayurvedic medicine
- Facilitate health awareness campaigns in a local community centre or a school
- Live with a host family and learn how to prepare traditional curries



You will visit the scenic and ancient city of Kandy including the Buddhist Temple of the Tooth and an elephant orphanage. If you are a 3-week volunteer, you will either visit fortified city of Galle or beautiful Unawatuna beach.

**PRICE:** 2 Weeks- £1,545 3 Weeks- £1,820





# Latin America & Caribbean



## Medicine & Spanish in Argentina

**WHERE:** Cordoba  
**WHEN:** 2 Weeks- Jun. 24-Jul. 7, Jul. 15-28, Jul. 29-Aug. 11  
 4 Weeks- Jun. 10-Jul. 7, Jul. 15-Aug. 11

Based in the busy city of Cordoba, volunteers combine intensive Spanish lessons with an opportunity to observe the medical profession first-hand. Although Cordoba is the second largest city in Argentina, it maintains a human scale with walkable streets, colonial architecture and historical monuments. As a volunteer, you will:

- Observe medical professionals at a local hospital or clinic
- Rotate among different departments to observe procedures and ward rounds
- Receive 20 hours of language instruction from a professional teacher who will adjust to your skill level and teach medical vocabulary
- Practice your linguistic skills daily by living with a host family

**WEEKEND TRIP** You will explore the history and culture of Cordoba city and visit the house of the famous Argentine revolutionary, Che Guevara. Volunteers staying for 4 weeks will also visit traditional villages in the surrounding areas of Cordoba.

**PRICE:** 2 Weeks- £1,695 4 Weeks- £2,320

## Public Health in Belize

**WHERE:** San Pedro  
**WHEN:** 2 Weeks- Jul. 1-14, Jul. 15-28, Jul. 29-Aug. 11  
 4 Weeks- Jun. 17- Jul. 14, Jul. 15-Aug. 11

Engage with children and adults through public health awareness campaigns in the friendly town of San Pedro. Explore the city like locals by golf cart and embrace the uniqueness of culture and language. As a volunteer, you will:

- Work alongside qualified medical professionals
- Plan and run public health awareness campaigns on sexual and reproductive health and HIV/AIDS
- Try delicious local seafood such as conch
- Experience the warm Belizean hospitality by living with a host family

**WEEKEND TRIP** You will explore some of the beautiful landscapes and wildlife reserves, and take part in activities such as boating and snorkelling.

**PRICE:** 2 Weeks- £1,820 4 Weeks- £2,420

## Medicine in Bolivia

**WHERE:** Cochabamba  
**WHEN:** 2 Weeks- Jul. 1-Jul. 14, Jul. 22-Aug. 4  
 4 Weeks- Jul. 1-28

Based in Cochabamba, the City of Eternal Spring, you will gain an international perspective of the medical profession. This modernising city has developed into a regional hub that is famous for its pleasant year-round weather. As a volunteer, you will:

- Observe medical professionals at a local clinic
- Participate in medical workshops that focus on traditional medicine and first aid
- Provide medical support to children and adults in rural communities that lack access to medical services
- Practice your Spanish skills by living with a host family, and even learn phrases in Quechua, the local indigenous language

**WEEKEND TRIP** You will visit Lake Titicaca, the Tiwanaku ruins, and Sun Island. Volunteers staying for 4 weeks will also get to explore more of Cochabamba.

**PRICE:** 2 Weeks- £1,420 4 Weeks- £1,970

Alternatively, you can replace 10 out of 20 working hours per week with Spanish language instruction geared to your skill level with a professional teacher.

## Public Health in Jamaica

**WHERE:** Mandeville  
**WHEN:** 2 Weeks- Jun. 10-23, Jul. 1-14, Jul. 15-28, Aug. 5-18

Work with qualified local healthcare professionals in the beautiful mountain town of Mandeville. Beyond the idyllic beaches Jamaica is known for, this town is filled with rich history, cultural heritage, and an incredible mix of welcoming people. As a volunteer, you will:

- Attend medical workshops facilitated by qualified healthcare professionals
- Assist healthcare professionals with education, screenings, and routine check-ups
- Take Reggae dance lessons and participate in a language lesson of Patois which is Jamaican creole
- Learn how to make jerk chicken by living with a host family

**WEEKEND TRIP** You will visit one of the island's famous beaches and learn about Jamaican music, dance, and food.

**PRICE:** £1,820



## Public Health in Mexico

📍 **WHERE:** Guadalajara

📅 **WHEN:** 2 Weeks- Jul. 8-21, Jul. 22-Aug. 4

Based in the city of Guadalajara, volunteers help provide services for people who lack access to healthcare. Home to sombreros and mariachi music, this city is the origin of many famous aspects of Mexican culture. As a volunteer, you will:

- Plan and run public health awareness campaigns in the local community
- Observe local doctors and nurses as they assist, diagnose and treat patients
- Contribute to basic health checkups and immunisation drives, and perform checks of vitals on babies and the elderly
- Practice your Spanish and learn how to make tacos by living with a local host family



You will visit an artisans villages of Tonalá and Tlaquepaque for a traditional music and dance show, real authentic Mexican food, and great souvenir shopping.

**PRICE:** £1,695



## Medicine in Peru

📍 **WHERE:** Cusco

📅 **WHEN:** 2 Weeks- Jun. 24-Jul. 7, Aug. 5-18

4 Weeks- Jul. 8-Aug. 4

Volunteers are based in a private hospital in Cusco. Once the historical capital of the Inca Empire, the city offers a unique mix of indigenous and pre-Columbian influences. As a volunteer, you will:

- Observe medical professionals at a local hospital
- Learn about Peruvian health issues and treatments
- Attend Spanish lessons and learn medical vocabulary
- Plan and run a public health campaign
- Attend an indigenous musical and dance performance
- Live with a local host family and practice some phrases in Quechua, the indigenous language



You will visit the breathtaking site of Machu Picchu, and soak up the atmosphere in one of the bustling markets found throughout the Sacred Valley. Volunteers doing the 4 weeks trip will visit and hike the Urco Ruins, famous for its mystical sanctuary.

**PRICE:** 2 Weeks- £1,645 4 Weeks- £2,195



# Building



*Help lay foundations for a better future*

*Learn sustainable building techniques from local communities*

*Explore the hope that a building can bring*

Building project in Nepal

## PROJECTS AVAILABLE

- Building & Language
- General Building

**Building projects** focus on the renovation of homes, schools, or sanitation facilities needed by the local community. Volunteers work with civil engineers, skilled masons, and construction workers to complete these projects. You will perform tasks such as digging foundations, mixing mortar, laying blocks, putting in windows, roofing, and painting. Building sites vary from urban areas affected by natural disasters to deprived communities with a growing population. Volunteers will stay with a local host family, or in a guesthouse or hotel.



# Africa



## Building & French in Senegal

📍 **WHERE:** St. Louis

📅 **WHEN:** 2 Weeks- Jul. 8-21, Jul. 29-Aug. 11

Based in the picturesque town of St. Louis, this project combines intensive French lessons with a chance to collaborate on a building project. Known for its colonial architecture, patisseries, and shaded streets, Senegal is a great introduction to Francophone Africa. As a volunteer you will:

- Receive 18 hours of language instruction geared to your skill level with a professional teacher
- Practice your French skills outside the classroom by visiting markets and going to local cafes
- Renovate and decorate classrooms in a local kindergarten
- Eat traditional Senegalese cuisine by living with a local host family



You will visit the desert where you can relax and socialise in a tented camp surrounded by pristine sand dunes.

**PRICE:** £1,370

## General Building Projects in South Africa

📍 **WHERE:** Cape Town

📅 **WHEN:** 2 Weeks- Jul. 8-21, Jul. 29-Aug. 11

4 Weeks- Jul. 8-Aug. 4

Based in the bustling city of Cape Town, volunteers build homes and care centres in a township. These locations are deprived neighbourhoods often created during the apartheid era. As a volunteer, you will:

- Build new or upgrade existing facilities
- Dig foundations, paint or mix cement
- Experience a traditional South African Braai, also known as a BBQ
- Live with a host family and learn their perspective on South Africa's political history



You will have time to relax and enjoy the stunning scenery that Cape Town and the surrounding area has to offer. Volunteers participating on the 4 weeks trip will view the city from the top of Table Mountain, visit the African penguins at Boulders Beach, or explore the legendary Garden Route.

**PRICE:** 2 Weeks- £1,970 4 Weeks- £2,645

## General Building Projects in Tanzania

📍 **WHERE:** Near Arusha

📅 **WHEN:** 2 Weeks- Jun. 24-Jul. 7, Jul. 8-21, Jul. 22-Aug. 4

Volunteer in the Maasai village of Merseani and help build a nursery school for children to have a fun and safe learning environment. Known as the gateway to Mount Kilimanjaro, explore the culture of the town with its tribal traditions and colonial influence. As a volunteer, you will:

- Work alongside and learn from a local construction worker
- Dig foundations, mix cement, build walls or construct roofs
- Learn about traditional building methods while using locally sourced materials
- Learn traditional drumming and dancing from the children
- Gain a local's perspective by living with a host family



Experience breathtaking scenery and wildlife in one of Tanzania's national parks.

**PRICE:** £1,695



Projects Abroad is an excellent way to experience and immerse yourself into another country and culture. It is great and safe way to meet new people from all over the world while working and gaining life experience as well as helping local communities and worthwhile projects"

**Andrea M.** / General Building Volunteer in the Philippines

"The time flew by, but the countless memories made there will stay with me. What will also stay are the schools being built, as they will provide shelter and a place of learning to the children of Kathmandu for many years to come. Projects Abroad gave me the chance to give back to those in need, while also having the trip of my life."

**Fleurine T.** / General Building Volunteer in Nepal

"My time in South Africa was nothing short of life changing. The bonds I made with the other volunteers, my host family, the staff, and the children are everlasting. I will never forget the times I had and will ensure I let the moments I shared have a positive influence on my life and others around me."

**Jonathan V.** / General Building Volunteer in South Africa



# Asia



Nepal

Philippines

## General Building Projects in Nepal

📍 **WHERE:** Kathmandu Valley  
 📅 **WHEN:** 2 Weeks- Jul. 8-21, Jul. 22- Aug. 4

Volunteer in Kathmandu Valley and work alongside local construction workers to build classrooms for schools affected by the April 2015 earthquake. Discover the resilience of the Nepali people and explore the ancient temples that embody the country's great wealth of culture and traditions. As a volunteer, you will:

- Rebuild stable schools to enhance a safer learning environment for students
- Work under the supervision of a civil engineer and skilled mason
- Mix cement, paint walls or dig trenches
- Learn how to make famous Nepali dumplings
- Stay at a hotel with other volunteers

**WEEKEND TRIP** You will visit Chitwan National Park, a UNESCO World Heritage site and the first national park in Nepal.

**PRICE:** £1,420



## General Building Projects in the Philippines

📍 **WHERE:** San Remigio and Bogo City  
 📅 **WHEN:** 2 Weeks- Jul. 22-Aug. 4

Help build better sanitary facilities in the villages of San Remigio and Bogo City. Explore Filipino culture from their food to street parades, and embrace the mix of Asian and Spanish influences. As a volunteer, you will:

- Work with local construction workers and assist with digging foundations, mixing and pouring cement, building roofs, or painting a completed building
- Engage with the children at the local school by reading books and playing educational games
- Experience authentic Filipino food by living with a host family

**WEEKEND TRIP** You will explore Capitancillo Islet – a small, beautiful coral island near Bogo. Capitancillo Islet has a protected marine sanctuary, three snorkeling sites and a lighthouse.

**PRICE:** £1,695



"All in all, the whole experience has been extremely rewarding, interesting, informative and challenging. In addition, I have met and worked alongside some fantastic people. I would be happy to recommend the Projects Abroad experience to anyone who wants to try something a little different."

**Edward H.** / General Building Volunteer in Jamaica

"It was such a rewarding sight to see how quickly the school was developing into an improved learning environment... It really makes you open your eyes to how lucky you are. I learned so much from my experience in Tanzania and gained lot more independence. Not a day passes where I don't think about the people, the work I did, and memories I created. They will stay with me forever."

**Jane S.** / Building & French Volunteer in in Senegal

"Without a doubt this project has been immensely worthwhile and I would highly recommend it to anyone. The professional service provided by all the staff made the experience both easy to organise and extremely worthwhile on a personal basis."

**Tim C.** / General Building Volunteer in the Philippines





# Latin America & Caribbean



## General Building Projects in Jamaica

📍 **WHERE:** Mandeville

📅 **WHEN:** 2 Weeks- Jul. 1-14, Jul. 15-28

Volunteer in the beautiful town of Mandeville and work on a site designated for development by the local Education or Housing authorities. Discover the intimate town of laid-back people, smiling faces and mountainous landscapes. As a volunteer, you will:

- Build and renovate playgrounds for local day care centres or renovate homes for deprived families.
- Work with local construction workers and assist with digging foundations, mixing and pouring cement or painting.
- Take Reggae dance lessons and participate in a language lesson of Patois (Jamaican Creole)
- Learn how to make jerk chicken and festival (traditional dumplings) by living with a Jamaican host family



You will visit one of the island's famous beaches or caves.

**PRICE:** £1,820



# Conservation & Environment



*Help endangered species*

*Learn green alternatives*

*Explore our exceptional planet*

Conservation project in Costa Rica

## PROJECTS AVAILABLE

- Conservation
- Conservation & Community
- Conservation & Care
- Conservation & Language

**Conservation & Environment projects** are designed to reduce or mitigate the impact of human expansion. As the human population increases, natural habitats and resources are on the decline. In response, volunteers contribute to reforestation efforts, alien species eradication, environmental education, beach clean-ups and animal population monitoring. Volunteers stay with local host families, or in shared dormitory-style accommodation or rustic huts.



# Africa



## African Savannah Conservation in Kenya

📍 **WHERE:** Great Rift Valley

📅 **WHEN:** 2 Weeks- Jun. 24-Jul. 7, Jul. 15-28

Help protect the endangered Rothschild's giraffes on a 48,000-acre reserve in the Great Rift Valley. Surrounded by a national park and volcanoes, volunteers will:

- Work at the Soysambu Conservancy, a haven and breeding ground for a diverse range of animals such as giraffe, buffalo herds and leopards
- Remove alien plants, repair fences and roads, prevent soil erosion, and monitor lions
- Learn from local conservation staff who are knowledgeable about the region's historical geography and wildlife
- Live in the conservancy in shared dormitories with other volunteers and local staff members



You will visit one of Kenya's famous national parks such as Hell's Gate National Park or Nakuru Park.

**PRICE:** £1,970



## Rainforest Conservation & Community in Madagascar

📍 **WHERE:** Andasibe

📅 **WHEN:** 2 Weeks- Jul. 8-21, Jul. 22-Aug. 4, Aug. 5-Aug. 18  
4 Weeks- Jul. 8-Aug. 4

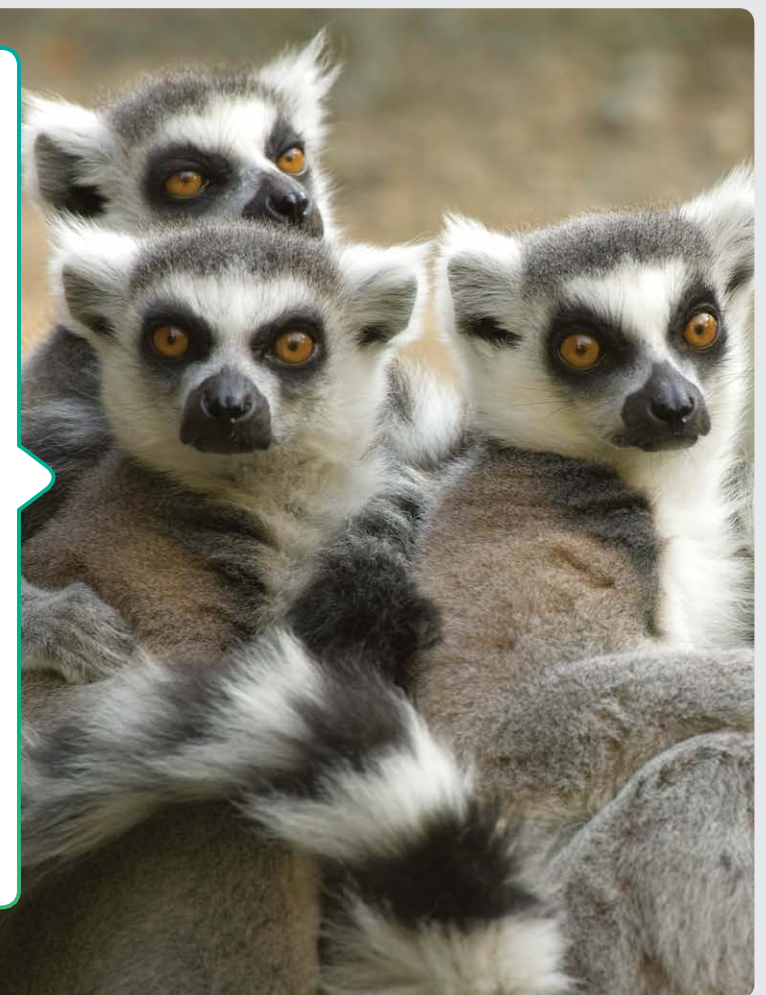
Support important conservation work while giving back to the local community in the charming village of Andasibe. As a volunteer, you will:

- Work at an endangered plant nursery and maintain the park trails, create materials for environmental awareness campaigns and remove alien plants
- Observe many species that cannot be found elsewhere in the world
- Paint walls of a local building, paint a mural at a school, set up a playground, or plant a vegetable garden.
- Learn traditional dance, handicrafts and cuisine
- Live at a family-run guesthouse with other volunteers



You will take a boat ride to Lake Rasoabe. Volunteers doing the 4-weeks trip will visit the UNESCO World Heritage Site at Ambohimanga, and explore local markets.

**PRICE:** 2 Weeks- £2,145 4 Weeks-£2,870



## African Bushveld Conservation in South Africa and Botswana

📍 **WHERE:** Wild at Tuli

📅 **WHEN:** 2 Weeks- Jun. 24-Jul. 7, Jul. 15-28, Aug. 12-25

Live at the Wild at Tuli Nature Reserve in Botswana. Located 4 hours' drive from Polokwane, South Africa and just over the border, this 5,000 hectare reserve is filled with countless roaming elephants, giraffes, kudu, zebras and ostriches. As a volunteer, you will:

- Wrap trees to prevent damage from elephants, remove alien plants, and collect scientific data on the birds and elephants living on the reserve
- Learn about environmental issues in the region from our knowledgeable conservation staff
- Camp out under the stars with other volunteers on one of the largest nature reserves in Botswana



There is so much to see and do on the Wild at Tuli Nature Reserve that you will not want to be anywhere else. Every corner you turn, you will see stunning wilderness and breathtaking views.

**PRICE:** £2,145





# Asia

## Diving & Marine Conservation & Community in Cambodia

📍 **WHERE:** Koh Sdach

📅 **WHEN:** 2 Weeks- Jul. 1-14, Jul. 22-Aug. 4, Aug. 12-25

Live and work on the remote island of Koh Sdach and receive your diving certification before contributing to important marine conservation efforts. Experience the beautiful Gulf of Thailand and help preserve it for future generations. As a volunteer, you will:

- Complete an internationally recognised PADI Open Water course to qualify you to dive
- Assist with reef and fish surveys
- Run awareness campaigns and beach clean-ups
- Attend a Khmer culture workshop and visit a local village
- Live in a traditional Cambodian fishing village in a shared lodge with other volunteers and local staff members



You will take an exciting trip to Chi Phat, a stunning village where you can kayak along the river, cycle, or hike to view the waterfalls.

**PRICE:** £1,820

## Diving & Marine Conservation in Thailand

📍 **WHERE:** Ao Nang

📅 **WHEN:** 2 Weeks- Jul. 1-14, Jul. 22-Aug. 4  
4 Weeks- Jul. 8-Aug. 4

Learn about marine conservation and wildlife in the peaceful town of Ao Nang, 2 hours' drive from Phuket. Experience the local cuisine in the town and its world-famous beaches. As a volunteer, you will:

- Complete an internationally recognised PADI Open Water course to qualify you to dive
- Dive and collect data on reefs and fish
- Help with beach clean-up and reforestation work
- Live in a guesthouse with other volunteers and try traditional Thai pancakes



You will visit a market, have a Thai massage, and go kayaking. Volunteers participating in the 4 weeks trip will explore more of the island and visit a hot spring.

**PRICE:** 2 Weeks- £2,145 4 Weeks- £2,870

## Diving & Marine Conservation & Community in Thailand

📍 **WHERE:** Ao Nang

📅 **WHEN:** 2 Weeks- Jul. 8-21, Jul. 29-Aug. 11

Based in the welcoming town of Ao Nang, contribute to the positive impact of environmental conservation. As a volunteer, you will:

- Complete an internationally recognised PADI Open Water course to qualify you to dive
- Dive and collect data on reefs and fish
- Build a playground or create an aquaculture pond at a local school
- Organise a beach clean-up or mangrove reforestation initiative in the area
- Live in a guesthouse with other volunteers and try traditional Thai pancakes



You will take a kayak trip, a visit a local market, and try a traditional Thai meal.

**PRICE:** £2,145



"Great programme and support! The dive instructor helped me to overcome my fear and become a certified scuba diver. I had some wonderful experiences working with wonderful people. Thank you!"

**Zi Z. / Diving & Marine Conservation Volunteer in Thailand**

"The programme often forced me out of my comfort zone and that was frightening to say the least. Yet I think all of the volunteers experienced a bit of personal growth on their journey to self-actualisation. If I could do this programme again, I would a hundred times over!"

**Tashrima H. / Conservation & Community Volunteer in Costa Rica**

The experience taught me a lot about the world and different cultures. It also helped me understand how important it is that these animals are free to roam in their own environment. I gained respect for how powerful and incredible all different animals are. If you are looking for a new and exciting experience Wild at Tuli Nature Reserve is definitely the place to go!

**Sally M. / African Bushveld Conservation in South Africa and Botswana**



# Latin America & Caribbean



## Diving & Marine Conservation & Community in Belize

**WHERE:** Placencia  
**WHEN:** 2 Weeks- Jun. 17-30, Jul. 15-28  
 4 Weeks- Jun. 17-Jul. 14, Jul. 15-Aug. 11

Learn about preserving marine life while contributing to the local community in the town of Placencia. Located in southern Belize, this small peninsula shows elements of Afro-Caribbean, Latin American, and indigenous cultures. As a volunteer, you will:

- Complete an internationally recognised PADI Open Water course to qualify you to dive
- Conduct salvage dives to clean-up the reefs and surrounding seabed, conduct marine wildlife surveys and help eradicate invasive species
- Organise beach clean-ups and put into place anti-erosion efforts
- Try delicious local seafood such as conch
- Experience Belizean hospitality by living with a host family

**WEEKEND TRIP** Visit Xunantunich and experience its Mayan ruins. Volunteers doing a 4-week trip will take a fishing trip with local fisherman and visit Caye Marine reserve.

**PRICE:** 2 Weeks- £2,320 4 Weeks- £3,070

## Tropical Dry Forest Conservation & Community in Costa Rica

**WHERE:** Barra Honda National Park and Heredia  
**WHEN:** 2 Weeks- Jul. 1-14, Jul. 15-28, Aug. 5-18  
 4 Weeks- Jul. 8-Aug. 4

Split your time protecting the environment at Barra Honda National Park and working with children in a local day care centre or kindergarten in the green valley of Heredia. As a volunteer, you will:

- Assist staff with ongoing conservation projects such as reforestation, butterfly and bat studies, lodge maintenance and restoring trails
- Engage with the children by playing games, doing arts and crafts, and teaching English
- Immerse yourself in the Costa Rican culture with our local staff
- Live with a host family and learn how to make gallo pinto, a typical breakfast dish

**WEEKEND TRIP** You will visit the Rincon de la Vieja volcano for zip lining and hot springs, one of Costa Rica's beaches or another beautiful outdoor destination. Those doing the 4-weeks trip spend time exploring historic San Jose city and do more outdoor activities. ¡Pura Vida!

**PRICE:** 2 Weeks- £1,870 4 Weeks- £2,520

## Tropical Dry Forest Conservation in Costa Rica

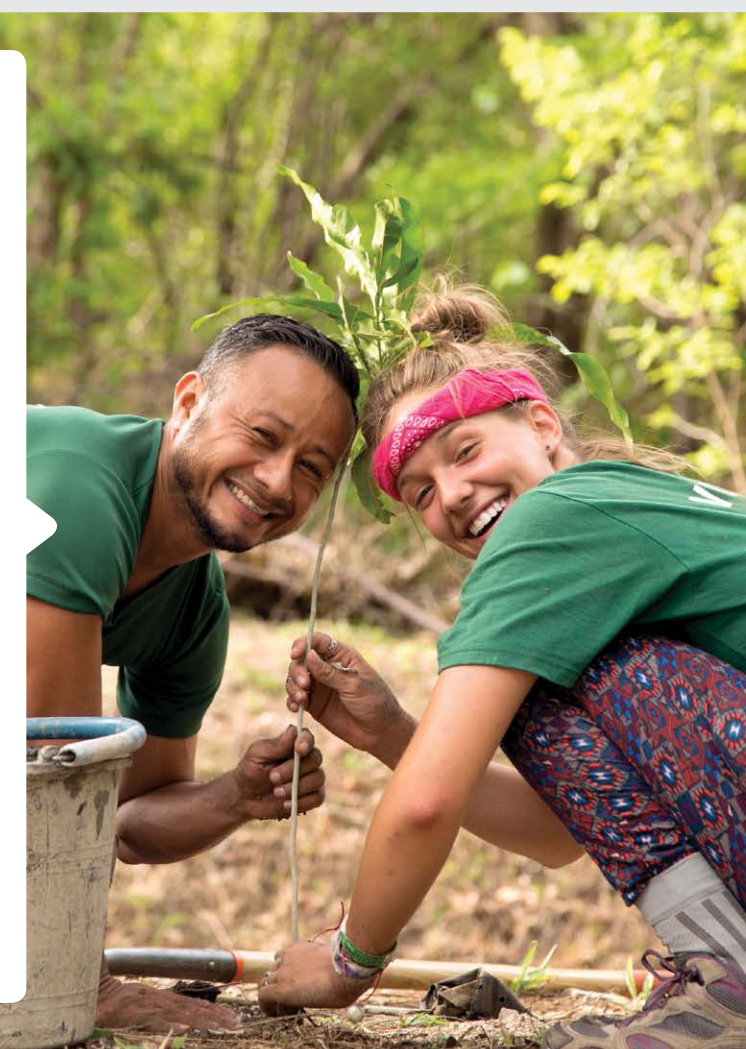
**WHERE:** Barra Honda National Park  
**WHEN:** 2 Weeks- Jul. 8-21  
 3 Weeks- Jul 8-28, Jul. 29-Aug. 18

Based at the Barra Honda National Park, contribute to on-going projects that positively impact the environment. Famous for its underground caves and caverns, this park lies on 2,295 acres of tropical dry forest. As a volunteer, you will:

- Work on reforestation projects, maintenance, restoring trails and monitor mammal, butterfly and bat populations
- Learn about the wildlife and management of the famous Barra Honda National Park
- Immerse yourself in the Costa Rican culture with local staff
- Live in the shared dormitories in the park with the other volunteers and local staff members

**WEEKEND TRIP** You will visit the Rincon de la Vieja volcano for zip lining and hot springs or one of Costa Rica's beaches. Volunteers participating in the 3-weeks trip will visit Llanos de Cortez waterfall and Marino Las Baulas National Park, as well. ¡Pura Vida!

**PRICE:** 2 Weeks- £1,870 3 Weeks- £2,195



## Care & Galapagos Island Conservation in Ecuador

**WHERE:** San Cristobal, Galapagos Island  
**WHEN:** 2 Weeks- Jun. 17-30, Jul. 8-21, Jul. 29-Aug. 11

Based on the island of San Cristobal, you will split your time working with children in the community and protecting endangered wildlife. Experience nature's wonderland and explore the original site where Charles Darwin disembarked on this island. As a volunteer, you will:

- Contribute to removal of invasive plants, monitor sea lion populations, conduct marine iguana and sea bird population surveys, and organise beach clean-ups
- Run a summer camp for children in the town of Puerto Baquerizo Moreno by leading fun and educational activities that focus on environmental conservation
- Live with a local host family and practice your Spanish skills

**WEEKEND TRIP** You will go on a trip to one or two of the neighboring islands, where you can experience all the natural beauty that Ecuador has to offer.

**PRICE:** £1,970



## Sea Turtle & Coastal Conservation & Spanish in Mexico

📍 **WHERE:** Cuyutlan

📅 **WHEN:** 2 Weeks- Jun. 24-Jul. 7, Jul. 8-21, Jul. 22-Aug. 4

Work at a turtle conservation centre while learning Spanish in the small town of Cuyutlan, located on the Pacific coast. Experience living near a scenic beach and immerse yourself in the vibrant Mexican culture. As a volunteer, you will:

- Receive 18 hours of interactive Spanish lessons from a qualified language teacher
- Count, collect, and bury the eggs of turtles in a corral to keep them safe from predators and poachers
- Immerse yourself in a Spanish-speaking environment
- Live with other volunteers in a shared house close to a black-sanded beach



You will visit a nearby beach resort and experience the natural beauty of Mexico.

**PRICE:** £1,645



## Rainforest Conservation in Peru

📍 **WHERE:** Taricaya Lodge

📅 **WHEN:** 2 Weeks- Jul. 1-14, Jul. 15-28, Jul. 29-Aug. 11

Join us deep in the heart of the Amazon at our own Taricaya Lodge, a short boat ride up the Madre de Dios River from Puerto Maldonado. Help protect and preserve rare plants and animals in this tropical rainforest. As a volunteer, you will:

- Conduct wildlife observations from our viewing platform high in the jungle canopy
- Engage in night observation walks along the extensive network of trails
- Work on our animal release programme and contribute to our pilot farm
- Live in a shared lodge at the park with other volunteers and our local staff



You will either take a camping trip down the river to experience more wildlife or visit the frontier town of Puerto Maldonado.

**PRICE:** £1,870

## South Pacific



## Shark Conservation in Fiji

📍 **WHERE:** Coral Coast, Viti Levu

📅 **WHEN:** 2 Weeks- Jun 10-23, Jun. 24-Jul. 7, Jul. 8- 21, Jul. 22-Aug. 4, Aug. 5- 18

Based on the largest island of Viti Levu, volunteers learn and contribute to one of the most important shark conservation efforts in the world. Explore the scenic landscapes of white beaches, luscious green mountains, and cascading waterfalls, as well as the charming hospitality of local people. As a volunteer, you will:

- Participate in a PADI Open Water certification course and a Shark Conservation Diver Course
- Help with mangrove reforestation, beach clean-ups and shark surveys
- Learn about sharks from a professionally-trained shark wrangler
- Attend a Lovo feast, a traditional celebration
- Live in shared dormitories with other volunteers



You will hike a nearby waterfall, try paddle boarding and relax on the beach.

**PRICE:** £2,445





# Law & Human Rights

*Help marginalised communities*

*Learn social justice issues*

*Explore international legal systems*

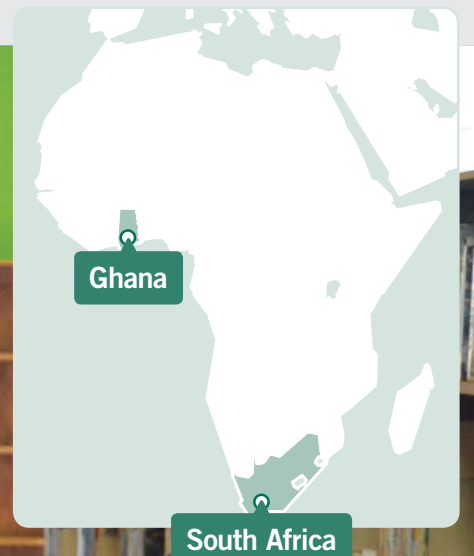
Human Rights project in South Africa

## PROJECTS AVAILABLE

- Human Rights
- Human Rights & Language
- Law & Business

**Law & Human Rights projects** give you the opportunity to intern at law firms and NGOs around the world. You will experience the practice of law and raise awareness on human rights with local professionals. As a Law volunteer, you will research case studies, proofread documents and compare international legal systems. As a Human Rights volunteer, you will work alongside local social workers, educate local communities about their rights and advocate for marginalised communities. Volunteers stay with local host families or in shared apartments.

## Africa



### Human Rights in Ghana

📍 **WHERE:** Accra

📅 **WHEN:** 2 Weeks- Jul. 8-21

4 Weeks- Jul. 8- Aug. 4

Based in the capital city of Accra, learn from local and international activists and legal experts about the injustices that marginalised people face in Ghana. This is a great location to introduce newcomers to the famously-friendly Ghanaian culture and colourful landscape. As a volunteer, you will:

- Learn about the unique political, legal and cultural systems and how these impact human rights in the country
- Attend a political history workshop and gain a historical understanding of the root causes of issues of exploitation and abuse
- Work with human rights experts to educate communities about their rights, monitor vulnerable areas and help resolve human rights cases
- Live with a lively local host family and experience Ghanaian hospitality first-hand



You will take a trip to Cape Coast and visit the beautiful local beaches and Kakum National Park.

**PRICE:** 2 Weeks- £1,870 4 Weeks- £2,520

### Human Rights in South Africa

📍 **WHERE:** Cape Town

📅 **WHEN:** 2 Weeks- Jun. 17-30, Jul. 8-21, Jul. 29-Aug. 11

Work alongside human rights lawyers and learn about social issues in the busy city of Cape Town. Known as the home of many political leaders and site of many historical events, Cape Town is also beautiful, surrounded by beautiful mountains and blue ocean. As a volunteer, you will:

- Learn about social issues related to poverty, crime, and racial barriers that local people face daily
- Understand the root causes of these social issues and gain a new perspective on how these issues may be best improved on the ground
- Attend lectures and meetings with politicians, civil servants, and NGOs who have fought for social justice in their communities
- Live with a host family and learn about the history and culture of Cape Town, while also sharing your own culture with others



You will enjoy the stunning scenery that Cape Town and the surroundings has to offer, whether you view the city from the top of Table Mountain, visit penguins at Boulders Beach, or explore some of the legendary Garden Route.

**PRICE:** £1,970



# Asia



## Law & Business in China

WHERE: Chengdu

WHEN: 2 Weeks- Jul. 8-21, Jul. 29-Aug. 11

Experience the world of commercial and corporate law in the bustling city of Chengdu. Learn about the city's traditional Sichuan culture while still living in a fast-paced city. As a volunteer, you will:

- Visit law firms and various legal departments
- Research case studies, proofread documents, and make comparison between foreign and Chinese legal systems
- Attend presentations and complete group assignments for Chinese companies, while gaining a better understanding of the how an international company operates
- Receive a Mandarin language lesson and attend a Sichuan Opera Shower
- Stay in a shared apartment or hostel with other volunteers and local staff members



You will visit Chengdu's famous panda sanctuary. You will also visit the Dujiangyan water project, the Leshan Giant Buddha, or spend a day exploring more of Chengdu.

PRICE: £1,870



# Latin America & Caribbean



## Human Rights & Spanish in Argentina

WHERE: Cordoba

WHEN: 2 Weeks- Jun. 24-Jul. 7, Jul. 15-28, Jul. 29- Aug. 11

4 Weeks- Jun. 10-Jul. 7, Jul. 15-Aug. 11

Based in the busy city of Cordoba, combine your passion for human rights and engage in intensive Spanish lessons. Although Cordoba is the second largest city in Argentina, it maintains a nice charm with walkable streets, colonial architecture and historical monuments. As a volunteer, you will:

- Work alongside local social workers and our in-house lawyer to promote human rights
- Learn about the inequality that community members face such as poverty, crime and xenophobia
- Educate children about social equality, advocate for the homeless, and conduct research on human rights cases
- Receive at least 18 hours of language instruction geared to your skill level with a professional teacher
- Practice your linguistic skills daily by living with a host family



You will explore the history and culture of Cordoba city and visit the house of the famous Argentine revolutionary, Che Guevara. Volunteers staying for 4 weeks will also visit traditional villages in the surrounding areas of Cordoba.

PRICE: 2 Weeks- £1,695 4 Weeks- £2,320





# Archaeology

## Incan & Wari Archaeology in Peru

📍 **WHERE:** Cusco

📅 **WHEN:** 2 Weeks- Jun. 17-30, Jul. 1-14, Jul. 15-28, Aug. 5-18

Travel to the UNESCO World's Heritage city of Cusco to get involved with archaeological and historical activities and community work. Discover the Incan and Spanish influences through its architecture, traditions and lifestyles. As a volunteer, you will:

- Work with local archaeological experts and investigate and map unregistered structures and forms in Pikillaqta National Park
- Assist with excavations and general maintenance at Sacsayhuaman Archaeological Park, the second-most important Incan site after Machu Picchu
- Paint and renovate a playground at a local primary school
- Learn basic phrases in Quechua, the indigenous language, by living with a local host family



You will explore the magnificent Machu Picchu and Ollantaytambo, where the Inca fought their last battle with the Conquistadores. Also, as a group you will explore the traditional Peruvian markets.

**PRICE:** £1,695

## Classical & Medieval Archaeology in Romania

📍 **WHERE:** Brasov

📅 **WHEN:** 2 Weeks- Jul. 22-Aug. 4

Discover ancient civilisations in Brasov while gaining practical experience and skills in archaeology. Explore the city's uniqueness as it is combined with historical squares and palaces with former-communist tower blocks. As a volunteer, you will:

- Work on one of Romania's many excavation and restoration sites in Brasov
- Help analyse findings and attend workshops lead by local archaeological experts, and conduct presentations
- Learn about civilisations that have long since disappeared and attempt to reconstruct many aspects of their way of life
- Live with a local host family and gain their perspective of the country's history



You will explore Bran, a beautiful nearby mountain village in the heart of rural Transylvania and legendary home of Dracula.

**PRICE:** £1,970

# Sports

## Football in Ghana

📍 **WHERE:** Accra

📅 **WHEN:** 2 Weeks- Jul. 8-21, Jul. 22-Aug. 4

Spend two weeks coaching and playing football in the capital city of Accra. Experience the passion and enthusiasm Ghanaians have towards football and their national team, the dominant Black Stars. As a volunteer, you will:

- Run drills and lead scrimmages for the local teenage teams, ages 13-17
- Gain coaching skills by preparing players before games
- Work with players on a personal level to build their confidence
- Enjoy Ghanaian culture by learning traditional drumming and dancing
- Live with a Ghanaian host family and talk about favorite football teams over home-cooked meals



You will visit Kakum National Park where you can hike through the jungle and experience the canopy walkway high in the trees, or take a tour of UNESCO World Heritage site Cape Coast Castle and learn about the history of the coastal region.

**PRICE:** £1,545

## Testimonials from Parents

"I found the trip gave both daughters a lot more self-confidence, vision, perspective on life and acceptance of people who were very different from them."

**Parents of Brenda P.** / Care & Community Volunteer in Cambodia

"It encouraged her self-confidence and was a big step in her becoming a fully independent adult. She was working on the Human Rights project in Accra and it confirmed this as an area of interest for careers for her."

**Parent of Anna M.** / Human Rights Volunteer in Ghana

"I think for parents the main thing we want to know is that our child is going somewhere safe, that they're not taking silly risks or that they're not going somewhere that isn't stable. But equally we want them to go somewhere that is not as comfortable as home, where they will get some kind of life experience. I think Projects Abroad does that!"

**Parents of Florence V.** / Care & Community Volunteer in Peru






# Example Itinerary

## Care & Community in Ghana

The following itinerary is an example of the type of volunteer activities you will do on one of our programmes. Please note our programmes change from year to year.



<div>1.</div> <div>SATURDAY</div> <div>ALL DAY</div> <div>Arrival</div> <div></div>	<div>2.</div> <div>SUNDAY</div> <div>7:00am-8:00am</div> <div>Breakfast </div> <div>9:00am-3:00pm</div> <div>Travel to Akuapem Hills and Country Induction</div> <div>4:00pm-5:30pm</div> <div>Project Workshop: Working with Children</div> <div>6:00pm-7:00pm</div> <div>Dinner </div>	<div>3.</div> <div>MONDAY</div> <div>7:00am-8:00am</div> <div>Breakfast </div> <div>8:00am-12:00pm</div> <div>Renovate classrooms at the day care centre</div> <div>12:00pm-1:00pm</div> <div>Lunch </div> <div>1:30pm-4:00pm</div> <div>Games and activities with children at the day care centre</div> <div>6:00pm-7:00pm</div> <div>Dinner </div>	<div>4.</div> <div>TUESDAY</div> <div>7:00am-8:00am</div> <div>Breakfast </div> <div>8:00am-12:00pm</div> <div>Renovate classrooms at the day care centre</div> <div>12:00pm-1:00pm</div> <div>Lunch </div> <div>1:30pm-4:00pm</div> <div>Games and activities with children at the day care centre</div> <div>4:30pm-5:30pm</div> <div>Drumming and Dance Lessons</div> <div>6:00pm-7:00pm</div> <div>Dinner </div>	<div>5.</div> <div>WEDNESDAY</div> <div>7:00am-8:00am</div> <div>Breakfast </div> <div>8:00am-12:00pm</div> <div>Renovate classrooms at the day care centre</div> <div>12:00pm-1:00pm</div> <div>Lunch </div> <div>1:30pm-4:00pm</div> <div>Games and activities with children at the day care centre</div> <div>4:30pm-5:30pm</div> <div>Trivia Night</div> <div>6:00pm-7:00pm</div> <div>Dinner </div>	<div>6.</div> <div>THURSDAY</div> <div>7:00am-8:00am</div> <div>Breakfast </div> <div>8:00am-12:00pm</div> <div>Visit to Aburi Botanical Garden and Wood Market</div> <div>12:00pm-1:00pm</div> <div>Lunch </div> <div>1:30pm-4:00pm</div> <div>Games and activities with children at the day care centre</div> <div>6:00pm-8:00pm</div> <div>Dinner </div>	<div>7.</div> <div>FRIDAY</div> <div>7:00am-8:00am</div> <div>Breakfast </div> <div>8:00am-12:00pm</div> <div>Renovate classrooms at the day care centre</div> <div>12:00pm-1:00pm</div> <div>Lunch </div> <div>1:30pm-4:00pm</div> <div>Games and activities with children at the day care centre</div> <div>6:00pm-7:00pm</div> <div>Dinner </div>
<div>8.</div> <div>SATURDAY</div> <div>ALL DAY</div> <div>Trip to Cape Coast</div>	<div>10.</div> <div>MONDAY</div> <div>7:00am-8:00am</div> <div>Breakfast </div> <div>8:00am-12:00pm</div> <div>Renovate classrooms at the day care centre</div> <div>12:00pm-1:00pm</div> <div>Lunch </div> <div>1:30pm-4:00pm</div> <div>Games and activities with children at the day care centre</div> <div>6:00pm-7:00pm</div> <div>Dinner </div>	<div>11.</div> <div>TUESDAY</div> <div>7:00am-8:00am</div> <div>Breakfast </div> <div>8:00am-12:00pm</div> <div>Renovate classrooms at the day care centre</div> <div>12:00pm-1:00pm</div> <div>Lunch </div> <div>1:30pm-4:00pm</div> <div>Games and activities with children at the day care centre</div> <div>4:30pm-6:00pm</div> <div>Cooking Lesson</div> <div>6:00pm-7:00pm</div> <div>Dinner </div>	<div>12.</div> <div>WEDNESDAY</div> <div>7:00am-8:00am</div> <div>Breakfast </div> <div>8:00am-12:00pm</div> <div>Renovate classrooms at the day care centre</div> <div>12:00pm-1:00pm</div> <div>Lunch </div> <div>1:30pm-4:00pm</div> <div>Games and activities with children at the day care centre</div> <div>4:30pm-5:30pm</div> <div>Trivia Night</div> <div>6:00pm-7:00pm</div> <div>Dinner </div>	<div>13.</div> <div>THURSDAY</div> <div>7:00am-8:00am</div> <div>Breakfast </div> <div>8:00am-12:00pm</div> <div>Visit Bead Market in Koforidua</div> <div>12:00pm-1:00pm</div> <div>Lunch </div> <div>1:30pm-4:00pm</div> <div>Games and activities with children at the day care centre</div> <div>6:00pm-7:00pm</div> <div>Dinner </div>	<div>14.</div> <div>FRIDAY</div> <div>7:00am-8:00am</div> <div>Breakfast </div> <div>8:00am-12:00pm</div> <div>Renovate classrooms at the day care centre</div> <div>12:00pm-1:00pm</div> <div>Lunch </div> <div>1:30pm-4:00pm</div> <div>Games and activities with children at the day care centre</div> <div>6:00pm-8:00pm</div> <div>Farewell dinner </div>	<div>15.</div> <div>SATURDAY</div> <div>ALL DAY</div> <div>Departure</div> <div></div>

# Safety

These programmes are designed for first-time travellers. We understand that young volunteers need structure, a safe environment, and support from qualified staff.

## Stable Locations

We take your security abroad very seriously. We only send volunteers to places that are safe and politically stable. We are constantly in contact with the British Foreign & Commonwealth Office (as well as officials in the US, Canada, and Australia and other countries), regarding safety and stability. We have the added additional security of our own overseas staff who are experts in the local area.



## Busy Schedule

We have tailored these programmes to have a full schedule of activities. They are fantastic programmes for volunteers to receive structured support. During the weekdays, volunteers work alongside our staff members and community partners. In the evenings and on the weekends, volunteers enjoy various cultural activities and historical sites with our staff.



## Staff Support and Supervision

All work activities are supervised by our expert staff. Volunteers are supported on-site at their workplace everyday by an assigned staff member. All evening and weekend activities are also planned and led by our staff.



## Safe Accommodation

After their busy day is completed, volunteers return home to their host family in groups of two or more per family. In a few cases, volunteers stay together as a group in a hotel or dorm-style building that we manage, with their supervisors on-site. In most cases, volunteers have at least one roommate of the same sex and approximate age.





## How it Works: Getting Started

1



### Research

- Explore our Projects and Destinations
- Check our programme fees and what's included
- Contact us with questions

2



### Application

- Decide your project, country, and dates
- Fill out the online application form and pay the £195 deposit
- We'll get back to you within 10 business days

3



### Pre-Departure

- Your MyProjectsAbroad page and our staff will help you prepare
- Receive visa information and flight proposal from Projects Abroad
- Pay the rest of your programme fee at least 1 month before departure

4



### Abroad

- Go abroad. Our staff will meet you and help you get settled
- Work hard, have fun, and make life-long friends
- Return home and inspire others to volunteer

## Programme Fee What's included



### Accommodation

Volunteers usually stay with host families who are carefully selected by our staff. Living in the local community is truly the best way to achieve a meaningful cultural exchange. When, due to logistical or geographical reasons, it is not possible to place volunteers with host families, they will live in shared accommodation as a group with a staff member.



### Meals

You will receive 3 meals every day, usually breakfast and dinner with your host family and lunch at your placement. Where volunteers live in shared accommodation we provide a local cook or stipend.



### Ground Transportation

Our local staff will greet every volunteer once they arrive at the airport. We also provide transportation back to the airport for their departure.

During the project, we provide transportation to and from the work placements, as well as evening and weekend activities.



### Weekend Activities & Cultural Events

Each programme includes planned weekend activities and cultural events organised and supervised by our local staff. These activities allow volunteers to relax and explore beautiful tourist attractions, historical sites or natural reserves.



### Insurance

You will receive insurance cover for medical and emergency travel expenses, luggage and personal effects, money, cancellation and curtailment, rescue and assistance, legal expenses and travel delay. Cover becomes effective once full payment has been received.



### 24 hour support from our staff

Every country has at least one Projects Abroad Office, with a Country Director and full-time staff. They are trained to follow best practices, including monitoring, security, and emergency procedures. They assist with any concerns, problems, advice, and general administration that may arise during your time abroad. They also maintain in close contact with the UK Office. Staff are available during the day at the office and directly contactable 24 hours a day by phone.





## Getting There and Back



Although flights are not included in the programme fee, there are several ways we can help you get to and from the project safely and stress-free.

### Travel Team

Our experienced Travel Team offers a personalised booking service, drawing on decades of arranging flights for thousands of volunteers to countries around the world. With Projects Abroad planning your flights and keeping an eye on all the details, you have more time to focus on other preparations for your trip. This is an optional service and you are welcome to arrange your own flights.

No matter who books the flights, every volunteer is met at their destination airport by our in-country staff.



### Travel Buddy

Although not always possible, many volunteers travel to their destination with another volunteer. Our staff can help you find another volunteer who will be travelling on some (or all) of your route, so you can fly together. We can also help you share contact information beforehand, and coordinate the purchase of your flights. Please contact us a few months before the project begins to make these arrangements.



## Additional Information

### Speak to Projects Abroad Alumni

There's an easy way to see if the Projects Abroad experience is right for you; ask the people who've already been on one of our programmes! Call us for the names and contact information of volunteers who have worked in the places that interest you.

### Visas, Insurance, and Vaccinations

If a visa is required for your destination, we will give you the relevant documents and advice. Prices for visas vary from £20 to £300 according to destination.

Projects Abroad prices include insurance coverage for your outward and return journeys (except for overnight stays in your home country) and throughout your placement.

Coverage becomes effective once full payment has been received. Extra leisure travel insurance can also be arranged for an additional premium.

We advise you to consult your doctor or health centre for up-to-date information about vaccinations. Since we are not medical experts, our advice on vaccinations and other medical matters can only be informal.

### Amendments and Cancellations

Amendments or cancellations may be notified to the UK office by telephone but they must be confirmed in writing. Our charge for an amendment is normally between £35 and £150. Cancellation and curtailment charges depend on how far in advance of your stated departure date we have been informed in writing.

- Notice of 3 months or more: £65
- Notice of 2 to 3 months: one third of total programme fee
- Notice of 1 to 2 months: two thirds of total programme fee
- Notice of less than one month: no refund

Deposits paid less than three months before the originally stated departure date are non-refundable. Exceptions are entirely at the discretion of Projects Abroad and must be agreed in writing at the time when any postponement or cancellation is made.

### Disclaimer

Although we try to be as accurate as possible in our publications, the information listed in this document is subject to change at any time. For the most up-to-date information please visit our website [www.projects-abroad.co.uk](http://www.projects-abroad.co.uk)

### 2 Easy Ways to Apply



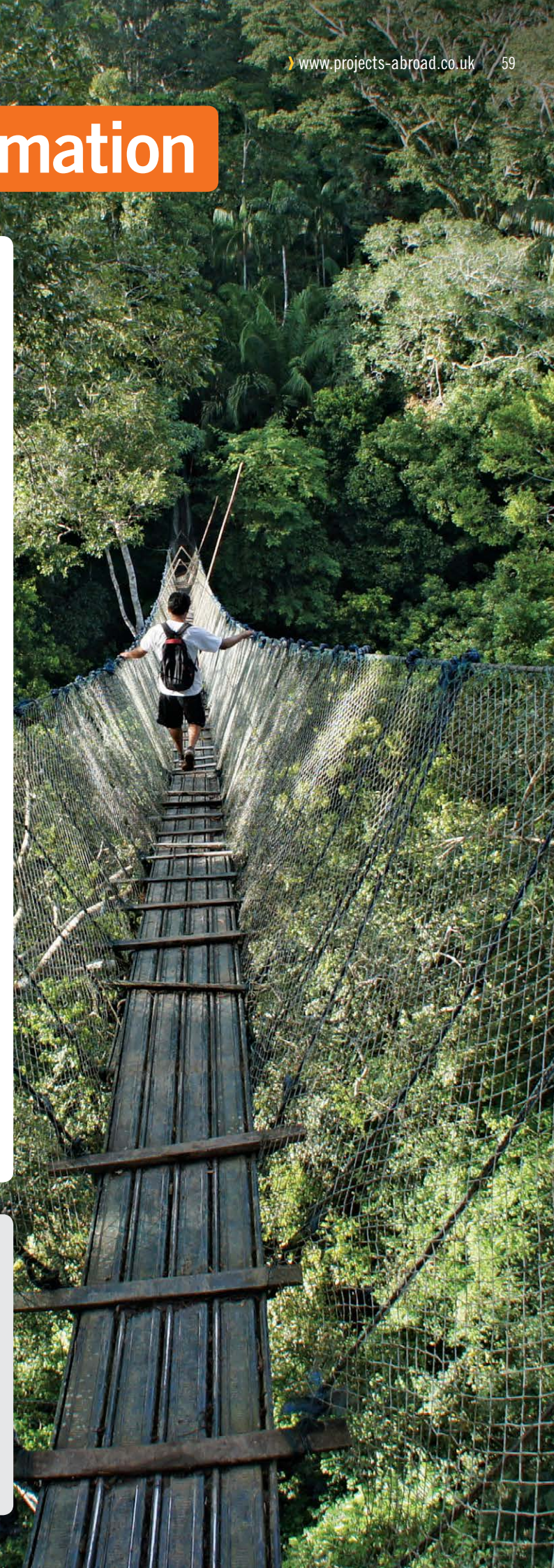
Internet

[www.projects-abroad.co.uk](http://www.projects-abroad.co.uk)  
(Under section "Apply Now")



Telephone

01903 708300







*help...  
learn...  
explore!*



"Projects Abroad programmes are great for developing your character and responsibility, and the other volunteers are friends I'll have forever. We had a diverse group of people from all over the world including the USA, England, Scotland, France, Dubai and Hong Kong. I think when doing a High School Special program, it naturally attracts nice, dedicated people so it's easy to get along with everyone."



**Rob L.** / Medicine Volunteer in Nepal

**High  
School  
Specials**

Projects Abroad  
Aldsworth Parade, Goring-by-Sea,  
West Sussex, BN12 4TX

Tel: 01903 708300  
info@projects-abroad.co.uk

**> [www.projects-abroad.co.uk](http://www.projects-abroad.co.uk)**