

Group Trips

Projects Abroad



Customized Volunteer Abroad Programs



www.projects-abroad.org



www.projects-abroad.ca

Introduction



Welcome to Projects Abroad!

Projects Abroad is the world's leading volunteer organization. Ten thousand young people join our programs every year.

Your group will have the opportunity to live and work with local communities in any of our 30 destinations around the world. They will have the opportunity to change lives as well as to have life-changing experiences themselves. You will see your students develop and grow in awareness and confidence as they help local youngsters to build a chicken coop in an orphanage in Tanzania, save rare bats in Costa Rica, or teach English to children in Sri Lanka.

Each customized Projects Abroad experience is so much more than just a school trip.

With over 600 staff working for Projects Abroad around the world, we can support you and your group from initial inquiry through fundraising, and preparation for departure to arriving in your chosen destination.

Let Projects Abroad arrange a special trip for you and your group!

I hope you choose to join us.



Peter Sloane
Peter Sloane

Peter Sloane
Founder and President

Why Choose Projects Abroad?

- Projects Abroad has been running trips since 1992 and has sent over 100,000 volunteers away.
- Each trip is planned for your particular group.
- Your trip will support the local community you are working with.
- Projects Abroad will provide support 24/7 throughout your trip.
- It will be the experience of a lifetime!

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Projects Abroad has offices in over 50 countries. Our Canadian office is in Toronto and our US office is in New York. Our Head Office is in West Sussex, England.

Our dedicated staff will provide you with support, administrative assistance and be able to answer any questions you may have about our projects.



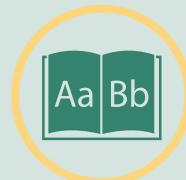
/gapyears



@projectsabroad



School Groups



Our school volunteering trips are customized to develop global citizens through practical, meaningful and cross cultural experiential learning. We aim to connect, extend and enrich beyond your curriculum framework through a collaborative planning process. Working together we will develop the program that best meets your goals, whether it is working on a Care and

Community project in rural Africa or on a Conservation program in South America. Your project can be focused on Medicine, Law, Language or Education to name a few options. Immersion in local culture helps foster and develop important life skills of empathy, confidence and global perspective. Such experiences help with career choices and support participation in the International Baccalaureate (CAS project), Duke of Edinburgh's Award program and post-secondary applications. Programs are available for middle school and high school learners, aged 11-18 in group sizes from five and upwards. We can customize materials, such as reflective journals, for all participants.



"Appleby College has enjoyed a lengthy positive relationship with Projects Abroad delivering quality international service and intercultural learning school group programs for the past 10 years. Over this time, our students have developed meaningful relationships and enjoyed deeply impactful programs with communities in Mongolia, Bolivia, Ethiopia, Morocco, Argentina and Peru."



Rob McGuinness,
Assistant Head
Appleby College

Youth Groups



Whether you are a group of Girl or Boy Scouts/Guides, a sports team or any other club or youth group, you could choose to take a trip a bit further afield this year. Projects Abroad has placements available in 30 different countries around the world. The placements will allow you to work on a community project or a Building program, in a school or in a care centre. The opportunities are endless. Projects Abroad will organize a program

to suit the age and mix of your group. We have found that groups have fitted in well working with local students whether it is organizing a soccer match or helping with some arts and crafts. We will organize for you all to stay together and work on a project that suits you. Projects Abroad will support you from your initial enquiry, to speaking to parents, helping with fundraising and then providing you with 24/7 support when you are away. If possible we will include a meeting with the local equivalent of your group in the country of your destination to further enrich your experience and learning.



Bethany Conroy,
Warwickshire Girl
Guides Group, Mongolia

"Mongolia was an absolutely amazing experience that I will treasure forever. You never realize how precious a project like this one at the Care Centre is until you get the chance to be a part of it. It's very special to see that what you are doing is having such a positive impact on children's lives. Thanks go to Projects Abroad and all their staff for helping us whilst we were there."

“



University Groups



University groups can range from a group of friends wanting to go away together on a summer break with a difference to students joining a project as part of their course. Projects Abroad can even organize a trip as part of a Medical Elective or to help work on some dissertation research. The project could be getting dentistry experience in Ghana or human rights experience in South Africa, working as a Veterinary volunteer in Sri Lanka or as a Teaching volunteer in Fiji. Summer break gives students an opportunity to go away on a group trip for anything from a couple of weeks to a couple of months. Each trip will be carefully created to meet the goals of the group through a collaborative planning process.

"All of the placements that Projects Abroad offer allowed our students to get a better understanding of the realities of life in Togo. They all came back inspired and motivated to pursue their career path, as well as continue to contribute as a volunteer when they see the need, in Togo and in Canada. Once again, thank you for your open-mindedness and your generosity towards this project focused on global citizenship and social justice, these are very important to us."



Pierre-Yves Mocquais,
University of Alberta,
Togo

Corporate Groups



Projects Abroad can offer you and your colleagues an opportunity to contribute to a worthwhile project in another part of the world. Our corporate group trips offer you the chance to combine team building and increasing staff morale whilst benefitting a good cause. Your group could work together on a Building program in South Africa or teach children and help with renovation work on a Care & Community program in Nepal.



Chris Badcock,
SmithCorp Charitable
Trust Group, Nepal

"We were very happy with the result of our building work on the trip. We really enjoyed interacting with the kids, getting a section of the site fully completed, and exploring what Kathmandu had to offer. It was an amazing trip, the children and people were so positive and generous. How they live and get on with life was so inspiring. We don't know how lucky and fortunate we really are"

“

How it works



– your journey starts here

By reading this brochure you have already taken the first steps on an unforgettable journey.

But what next?

Express your interest!

If you are interested in organizing a trip get in touch with us to find out a bit more. We have lots of information on our US and Canadian websites. You can find information on groups that have traveled with us before, or you can give us a ring or drop us an email to find out whether Projects Abroad is the thing for your group!

Request More Information

If you have an idea of where you want to go and what you want to do we can arrange to send you a more specific information about your potential trip. This could include sample itineraries, project proposals, insurance details, risk assessments as well as application forms and brochures that you can present to your group.

Arrange a Call!

Projects Abroad is happy to arrange for one of our experienced staff to call or video-chat with you to discuss what type of project or destination will fit your group. We can organize to speak to senior management teams about the options open to you. We are happy to speak to parents and students to explain everything about the trip from preparation and fundraising to what it is like to live and work in a developing country.

Fundraising!

Next is the chance to get creative and start fundraising for your trip. Fundraising is a great way to bring the group together as well as helping to pay for the trip! Projects Abroad can support you with lots of ideas of what other groups have done in the past.

Get Connected!

Once your application is complete you will receive your username and password to your pre-departure support website called MyProjectsAbroad where you can read detailed information on your trip. You can contact our destination support staff to answer any questions you have about your trip whether it is about visas, vaccinations or what to pack!

Application Procedure!

Once you have chosen a project and destination it is time to apply. The application procedure is very simple. We can either send you applications in the mail or you can complete them online and submit them with a deposit of \$295 for each participant.

Last Minute Questions!

As departure approaches you will have lots of last minute questions. Projects Abroad staff will be available by phone, video, or in person to speak to your group to give advice prior to departure and ensure everyone is fully prepared for the trip.

Bon Voyage!

Finally it is time to set off to your destination on the journey of a lifetime!

Safety & Support



Projects Abroad take your group's safety and support seriously. We have been operating since 1992, giving us a wealth of experience to draw upon. We arrange safe and secure trips for over 10,000 volunteers each year.

We have full time Projects Abroad offices and staff in each country where we operate, providing your group with 24/7 support. Each trip is fully researched, safely audited, and risk assessed to ensure safety. We have safety and support systems in place that help us to maintain the highest possible standards. This helps us to deal with anything from the loss of a passport or a stolen camera, to an injury or a political incident.

Risk Assessment

Projects Abroad can produce a risk assessment for your trip. This is put together by our experienced destination team and reviewed by our operations team. You will be provided with an updated Risk Assessment and Crisis Management Plan.

Staff support

Each group will have Projects Abroad staff support from your application until you return home. Staff will be there to support you 24/7 when you are in destination. Alongside your staff we have experienced local staff to make sure that your trip runs both smoothly and safely.



Insurance

Projects Abroad include insurance cover for each participant. This covers medical and emergency travel expenses, luggage and personal effects, money, cancellation and curtailment, legal expenses and travel delays. Cover becomes effective once full payment has been received.

Partnerships

Projects Abroad is a founding member of the Year Out Group.

Projects Abroad is a partner of the FCO Travel Aware Campaign.

Projects Abroad is a member of the International Volunteer Programs Association



What to do and where to go



Sports



Cultural



Teaching



Medicine & Health Care



Language Courses



Veterinary Medicine & Animal Care



Care & Community



Building



Conservation & Environment



Internships

Care & Community



A Care & Community project gives your group an opportunity to work with local youngsters and really help out. You will be working in a local preschool or care centre and can take part in various activities, from informal teaching or organizing a sports match, to arts and crafts or renovating a classroom.

Our Care & Community projects are the most popular type of trip that we organize. Groups can get involved with a wide variety of different projects including working with street children in Senegal, caring for orphans in Mongolia, helping in special needs centres in Vietnam or in a kindergarten in Peru. The options are endless.

Most of our Care & Community projects include some renovation work as part of the project. Volunteering as a group is the perfect opportunity to make a long-lasting and sometimes life-changing difference to one of our placements, for example painting the children's bedrooms in an orphanage in Ghana, or making a garden for a care home in Tanzania. We set achievable objectives and make sure everything is place in order to accomplish them.

"I learned the value of having family, friends and a group of good people supporting you; sometimes not all kids have that necessarily. I also learned the value of education, because they were so excited and eager to learn English. It was refreshing to see how the kids were so enthusiastic about it. Everything that I've learned I am going to carry with me for a very long time. It was so rewarding actually seeing the difference we have made for the children."



Lauren Torrie,
Appleby College,
Mongolia

Sports

A Sports project can be organized for your group in any of our destinations. You could focus on teaching one particular sport or you could work on a range of different sports. There are opportunities coaching soccer around the world, working with PE departments in different schools or maybe introducing something totally different. How about teaching tag football to students in Jamaica or introducing baseball to a small school in Ghana?

If you are travelling with your team to join a project we could also arrange games against local teams. You could be playing cricket in Sri Lanka, rugby in South Africa or soccer in Argentina. One thing to remember is although the facilities and equipment may be basic, the enthusiasm of the local children will be huge.

Lots of groups will combine a Sports project with some community based work. A great example of this was carried out by a former group who built a badminton court for an orphanage. You could spend your mornings coaching sports, and then teach English in the afternoons. There are many ways to combine!



"As we arrived at the school the children were playing soccer with an old ball. We got involved and played a match with them. People just kept turning up after they got word out in to their community.....As we started the warm up activities, other people turned up and to register and joined in. The numbers accumulated throughout the day.....The tag rugby was very successful. It was a great day with the kids; as they had never played the game before and it took a lot of patience.....When we organized teams for the final tag rugby tournament. This was what the kids loved! The competing, being active, enjoying socialising....."



Alex Cook,
Stourport High School,
Costa Rica

Building



Joining a Building program is a great way for a group to help a local community. You could be building small houses in Ghana or helping to rebuild classrooms in the Philippines. As a volunteer, you will be working alongside local builders and supporting local people. You are not expected to be an experienced group of builders but a mix of enthusiasm and energy will mean you can really help out.

Projects Abroad makes sure that the projects you are working on are not taking away from local workers. The projects that you would be working on are supporting our local partners. We respond to the needs of the local people. You could replicate the groups that have built a toilet block in a school in Nepal, a chicken coop in an orphanage in Tanzania or a volleyball court shelter in Kenya. Each project makes a worthwhile contribution to the community.

Most of the groups that go away with us on a Building program will combine this with a community aspect to their trip. This could be helping teach English in a local school or organizing activities with children in a local orphanage or care centre.

"Our project was to build a chicken coop for the orphanage. We made a concrete shed to hold 90 chickens in! For 10 days we worked on building the chicken coop so the children were able to have a greater supply of food and money. We doubted whether we would complete it in time, however we did. I have never seen so many happy faces in one place. The group and I felt such an achievement in completing it and knowing that we had done something which will change lives from then on. The children were running around with joy and even putting all 90 chickens in."



Mae Smith,
Ackworth School,
Tanzania

Medicine & Healthcare

Volunteering on a Medicine project gives your group an insight into health care in the developing world. With Projects Abroad you can shadow local doctors and nurses, watching them work in the real world. You might be in the operating theater or following a doctor on a department round. It can give your group a real opportunity to see whether medicine or health care is the right thing for them.

If you have a group wanting to focus on one particular area whether it is nursing, medicine, dentistry or physical therapy there are placements suitable for you. The experience is customized to the interests and experience of the group working in local hospitals, care centres and local clinics. Also, there are often opportunities to go into the community and volunteer on public health programs.

Each group will have a customized program to match their goals and interests. This could mean that half of the group is in a big city hospital while one group is with a local dentist and others with local physical therapists. Often our medical trips are combined with a community project working in the same area.



"I have never been out of the country before, and the opportunity to combine my interests in physical therapy and travel was one I could not miss. I was eager to learn about healthcare in the developing world, and Projects Abroad has given me the chance to explore this topic."



Hannah Kimberley,
University of Delaware
Vietnam

Conservation & Environment



There are a variety of different Conservation programs that your group could join in different parts of the world. You could take a group to work on a turtle conservation project in Mexico, a reef conservation program in Thailand, a rainforest conservation project in Peru or a bushveld conservation program in South Africa. These are just some of the options open to you and your group.

The projects are suitable for groups with no previous experience or alternatively could be part of a dissertation program for students studying conservation or environment. You will be working with local scientists and conservationists on worthwhile programs for both the student and the environment. One thing that we can guarantee is you will be living and working in a very different part of the world.

The work that you will do can be physically demanding whether it is collecting turtles' eggs on the beach, building trails through the jungle or organizing environmental education programs in local schools. The group will stay together often in the middle of the wilderness.

"The Barra Honda National Park conservation experience was an unbelievably rich experience that I will never forget. The work done there on conservation was extraordinary as were our guides and hosts Coco, Macho and Alejandra..... I have loved every minute in Costa Rica and will be sad to go. I hope to come back one day."



Sharon Durham,
Portslade Aldridge Community Academy,
Costa Rica

Teaching

Taking part in a Teaching project is a great way to help in a local school or orphanage as well as really getting to know local children and staff. Most of the centres you will be working with will want to make use of your ability to speak English. Groups will often find the resources in the classroom basic but the enthusiasm to learn huge!

You might find yourself teaching a kindergarten class nursery rhymes, having a discussion with an older group of students about your home life, or organizing a soccer match with an after school club. Arts and crafts, English festivals, music lessons and games are a great way for your group to help out in local schools or care centres. Projects Abroad staff will be on hand to give your group ideas on what to teach, provide materials and translate where necessary.

If you have an age group that you want to work with or particular area you want to teach we will try to fit something into your schedule. You might want to teach environmental education in a school or help with the soccer team. If you just let us know we can see if we can fit it into your plans. Groups will often combine a Teaching program alongside a renovation program. You might find your group teaching English in the morning before helping to repaint the dining hall after lunch.



"The centre we worked at was really amazing- the students can see what a certified teacher looks like in Costa Rica, and can see the differences to a certified teacher in the United States. They are also able to experience that you can be happy and sustained with just a little. The children are happy and learning with just a chalkboard. These kinds of experiences help them to flourish as educators."



Valerie Behr,
SUNY Cortland,
Costa Rica

Other Projects

With Projects Abroad having offices in each country we work in around the world there are a broad range of different other programs that you can look at joining with your group. Each group will have a customized program to match their goals and interests. If you want to discuss a particular option please get in touch.



Language

What better way for your group to improve their language skills than to learn and practice them overseas? Your group could join Spanish lessons in Mexico, Arabic lessons in Morocco or French lessons

in Senegal. This could be combined with another program whether it is French and Teaching in Togo or Building and Spanish in Argentina. There are a broad range of options open to you and your group.



Cultural

There are a range of unique projects that your group could join on a trip. The group could work on an Archaeology project in Romania or preserving Inca culture in Peru. There are options living with Nomads in Mongolia or Morocco. There is a Khmer program in Cambodia where the group can do everything from puppet making and cooking to language lessons and learning traditional music.



Internships

Whether you are a group of lawyers, business students or aspiring journalists there are projects that would fit in with your group. You could work together on a Human Rights program in South Africa or Ghana. You could work on a local newspaper in Mongolia or China. You could help on a Micro-Finance project in Senegal or Tanzania. These are just some of the options open to you. Whether your group has experience or is looking to gain experience Projects Abroad could arrange a project that would fit your interests.



Veterinary Medicine & Animal Care

Projects Abroad has organized placements for groups of veterinary students as well as aspiring vets to work with local vets in various parts of the developing world. You would be working alongside local professionals and able to get experience in a very different environment. You could be working in Sri Lanka, Ghana or Romania. If you are a group keen to work with animals there are a number of centres that would welcome a group to help. Working with pandas in China, birds of prey in Mexico or horses in Bolivia are all great options.



Combining Projects

In most cases your group are able to combine projects. This could be in Cambodia teaching in a school in the morning and doing a Building program in the afternoon, or working in Costa Rica on a Care & Community program for the first week before joining the Conservation program. If you have a particular option in mind please get in touch to find out if it is practical.



"The Khmer Project gave my students a chance to dive into a country's culture that they were not familiar with. And it provides a really good opportunity to develop cross cultural components- if they have to operate in a country where they don't speak the language, they would know how to cope with this and adjust."



John Hagen,
Group Leader,
US Military Academy
at West Point,
Cambodia

Information for Group Leaders / Teachers



There are a wide variety of opportunities for different group trips to the developing world with Projects Abroad. We aim to take the pressure off you by organizing a safe, educationally challenging, culturally immersive and rewarding experience regardless of your group size. The long-term impact of experiential learning has proven to have great advantages in future life endeavours for volunteers of all ages.

Free Staff Place

For most programs we can offer a free staff place for every nine individuals that travel.

Pre-Departure Meetings

We are happy to arrange to meet with you about the trip before you join us. One of our experienced staff will be able to speak virtually or in person with your group and parents to discuss all aspects of the trip so you all know exactly how it works. This is a great opportunity to have all your questions answered.

Pre-Departure Support

Projects Abroad will take the pressure off you. We will support you and the group from application to departure. We can give ideas on fundraising and we can help you with your flights and visas. We will organize your insurance and give advice on what the group should take with them on the trip. Each group leader will have the support of a Volunteer Advisor and their own MyProjectsAbroad web site with specific information about the program. This can be shared with group participants if desired.

Safety & Risk Assessments

All our Group Trips have a full risk assessment carried out after application. The risk assessment will be sent to the leader prior to the group leaving home. Each trip is planned and carried out with safety and security as the highest priority.

In-Country Support

You will be picked up on arrival in your chosen destination and looked after for the duration of your stay. Projects Abroad has full time experienced staff supporting you throughout your stay. Your itinerary will be planned to make the most of your time overseas with a mix of volunteering and cultural immersion.

"I wanted to teach my students firsthand the importance of helping others. The school and I chose Projects Abroad over other similar groups because they were able better cater to the needs of our unique school and took care to ensure the trip was specific to us. Over the course of the trip, I witnessed great change in most of the students. One of the girls discovered her ability to lead and affect others, another came back in a better place to improve how she interacts with other and how she reacts to tough situations."

Wesley Thompson,
Greenbrier Academy WV Group Leader,
Ghana

"We had an amazing experience, thank you for all of your hard work and preparation. The itinerary was perfectly planned and there was never a dull moment; even during our "down-time" in Barra Honda, the guides took us to a nearby waterfall. We felt like there was just the perfect amount of sightseeing and volunteering activities."

Jenna Froggett,
Group Leader,
Ashbury College
Junior Group
Costa Rica

Information for Parents

If you have a son or daughter who is thinking of joining a group trip Projects Abroad is a great option. We organize everything to make the trip of a lifetime possible.

What are the aims & objectives of Projects Abroad trips?

Projects Abroad's mission is to encourage young people to volunteer for worthwhile work in developing countries. Our customized trips are uniquely designed for each group to both be enriching for the participants themselves and to benefit the community they are there to learn about and support. Each trip has a schedule combining service-learning work alongside activities that focus on cultural immersion to achieve these goals in a fun, safe and educational way.

What staff support does Projects Abroad offer?

Before departure our staff are happy to talk with groups of parents, teachers and students to give advice about all aspects of the group trip. Projects Abroad have full time staff in every destination that will support the group throughout their time on the program. They make the detailed arrangements before groups arrive and work alongside the group every day to provide guidance, support and safety when it's really needed.

Do you provide safety & risk assessments?

Projects Abroad carry out a full risk assessment for every group we organize. Each trip is planned and carried out with safety as our number one concern.

"Our son Joshua has recently been on a Projects Abroad medical work experience visit to Costa Rica and we just wanted to thank all those involved in his visit. He had a really memorable time and has not stopped talking about it since he returned. A special thank you must go to Marcela (in Costa Rica with them) as he thought that she was incredibly helpful, constantly enthusiastic and really supported the group. He really enjoyed his time with your company in Costa Rica and it has made him even more determined to follow a career in medicine. Thank you to everyone involved once again!"

Mr & Mrs Greaves,
Parents of Joshua, Oakham School, Costa Rica

Information for Volunteers

If you are joining a Projects Abroad group trip you are in for the trip of a lifetime! With Projects Abroad you and your group will get a great opportunity to live a very different style of life and see a totally different part of the world.

What will Projects Abroad organize?

Projects Abroad will organize a customized itinerary with you and your group. This will combine project work, your accommodation, insurance as well as your evening and weekend activities. You can join a broad range of different projects such as community projects helping out in local schools or orphanages to medical programs getting experience working with local doctors and nurses across the world. The projects are tailored to your group so if you have a project in mind that is not mentioned on our website you can get in touch and see if we can organize something.

You have to pay a fee to join the trip. We will provide an exact quote for the cost of your trip before you sign up. This will cover your major expenses while you are on abroad, including arranging your daily activities, accommodation, meals, insurance, and staff support. The fee does not include the costs of flights or visas, but we will guide you on these expenses too. Once you have paid for everything you will not need much additional money for your trip, but you should plan to bring a little pocket money for things like souvenirs. Many groups use fundraising to help to raise the money. Projects Abroad can advise your group on ways to fundraise.

What are the benefits of joining a group trip with Projects Abroad?

You will help on a local project where you can make a useful and long lasting contribution to a local community. You will learn new skills and make new friends from all over the world. You will be able to add to your resume that you can demonstrate a global perspective when talking about your experience. Many volunteers have even found that their service learning strengthens post-secondary applications.

"All my student volunteers would agree that Projects Abroad experiences are amazing. They are not just about volunteering as you will also get to experience local culture, food, entertainment, attractions and so much more. Each and every one of my student volunteers had a trip of a lifetime and all said they would love to do a similar project. As for me, I get to keep going with new student volunteers every year to ensure that as many students as possible experience such a worthwhile cause and I will always use Projects Abroad."

Emma Hartley,
Calder High
School Group
Leader,
Sri Lanka and
Nepal

Case Study



Intro

A group of 20 students from Ashbury College embarked on a thirteen-day adventure to Cusco, Peru. The two main objectives of our trip were to do service work and to participate in an archeology project while discovering Peruvian culture and learning some Spanish. This trip presented the perfect opportunity for completing an International Baccalaureate CAS (Creativity, Activity, Service) project from start to finish. The volunteering component of the trip allowed for a service-based CAS project.

Before departing, we decided as a group to take donations with us such as books, toys and school supplies. We also ran a book drive at our school where we placed a collection box at the front of the school in which anyone could contribute a book donation.

Travelling, arriving and settling in

Upon our arrival to Peru, I think everyone enjoyed the warm weather we had been missing for months. On our drive to the hotel, we were amazed at the different architecture and structure of the town. Our first meal was quite memorable because we got to interact with people in Spanish, we tried new dishes, and listened to live traditional music. The best part was that everyone got to bond and get to know each other really well, which helped us be a very strong and supportive group and it really enriched the whole experience.

Project Work - Volunteering

We spent four hours every day at the Bolivariano public school in Cusco where we worked with two classes of grade five students. For the first four days, our main focus was teaching the kids basic English literacy and numeracy skills. Every day we would use visual cards to teach the kids basic words in English such as foods, animals, and body parts, followed by an interactive game. We also had math games in which the kids would work in teams to solve different puzzles. At the end of the day, we would go outside with the kids and play games while reviewing what we taught that day. On our last day at the school we ran a dental campaign where we administered a fluoride treatment to all students at the school. I was so impressed and touched by how kind and warm the students, parents, and teachers were. The kids were eager to learn every day and always greeted us with a huge smile on their face. On our last day, the kids gave us gifts to thank us for our work. To this day, I continue to be amazed at how well we were received and what a great impact a small act can have.



At the weekend I was left breathless on the bus ride as we were going higher and higher toward Machu Picchu. Seeing the fog rise through the lush vegetation, I instantly fell in love. This was of course not even comparable to the actual site. From the very first moment I saw Machu Picchu, I felt as though every moment was a surreal experience. Machu Picchu certainly left a lasting impression and left me wishing to return as soon as possible.

On Reflection

On my last day of volunteering, I had great difficulty leaving behind all the kids I had formed such strong bonds with over the past week. Even three months after the trip, I still miss the people, the places, and the food. At the same time, I am so happy with the course of the trip. Not only did I accomplish my goal for completing my CAS project, but I accomplished so much more. I met new people, learnt about a new culture, stepped out of my comfort zone, spoke Spanish and hiked around Machu Picchu. Every day spent in Peru bears a special memory for me. I cannot wait to come back to Peru as soon as possible. Finally, I would definitely recommend Projects Abroad. I was impressed with the level of organization and true passion. I strongly believe that the trip would not have been as successful without the constant guidance of Projects Abroad.

- Flavia, Ashbury College student

Group: Ashbury College

Age: 14-18 years

Group Size: 20 students and 2 staff members

Project: Care and Archaeology + Spanish

Destination: Peru



Feedback from the rest of the group

"This experience has undoubtedly changed me in the sense of how I appreciate and look at the world around me each day. I have a much deeper gratitude of modern amenities and seeing how happy the kids and the entire society was with little resources changed my perspective."



Adam

"No matter where you travel in this world you can always give your time to others. You can learn so much from giving service to people who are very different to yourself. Whatever you invest your time in, your little action can go a long way."



Stephanie

Sample Itinerary



Country: Peru

Duration: 2 weeks

Type of project: Care & Archaeology (+ Spanish)

Project Manager: Daniel O'Shea



DAY	TIME	ACTIVITY
Saturday Day No. 1	6:40am	Flight from Lima lands in Cusco
	8:00am	Arrive at hotel and enjoy some breakfast
	10:30am	Induction Program for Care & Archaeology
	12:30pm	Celebration meal at the Bhojan Gria
	1:30pm	Walk through the centre of Cusco
	3:00pm	Rest and relax
	6:00pm	Welcome dinner at hotel Share your ideas about service
	7:00pm	Preparing care materials and team building activities
Sunday Day No. 2	8:00am	Breakfast at hotel
	9:00am	Spanish Lesson 1
	Day Tour	Tour of various archaeological sites and traditional neighborhoods surrounding Cusco with lunch on route
	6:00pm	Dinner at hotel Discuss what you have learned from today's tour
	7:00pm	Team building activity – set up Ashbury College blog
	8:00pm	Salsa lesson with professional teachers
Monday Day No. 3	8:00am	Breakfast at hotel
	9:00am	Meet Yessika: Care Supervisor
	9:30am	Intro to care work – numeracy & literacy with preschool / elementary children
	12:30pm	Lunch at hotel
	1:30pm	Prepare materials and work on Spanish, practice low organizational games
	4:30pm	Spanish Lesson 2
	6:30pm	Dinner and social activity
Tuesday Day No. 4	8:00am	Breakfast at hotel
	9:00am	Care work – numeracy & literacy programs
	1:00pm	Lunch
	2:00pm	Spanish Lesson 3
	3:00pm	Reno work and preparations
	6:00pm	Cooking class & dinner
Wednesday Day No. 5	8:00am	Breakfast at hotel
	9:00am	Spanish lesson 4
	10:30am	Care work
	1:30pm	Lunch
	2:30pm	Debrief care work
	5:00pm	Artisanal Market
	6:30pm	Watch traditional dances
	8:30pm	Dinner at hotel
Thursday Day No. 13	Mid Afternoon	Arrive home

DAY	TIME	ACTIVITY
Thursday Day No. 6	8:00am	Breakfast at hotel
	9:00pm	Care work – numeracy & literacy programs
	12:00pm	Lunch
	1:00pm	Hands on Ceramic workshop
	3:30pm	Workshop at office: The Great Inca Rebellion movie
	5:00pm	Debrief and discuss DVD
	7:00pm	Dinner
Friday Day No. 7	8:00am	Breakfast at hotel
	9:30am	Dental Campaign
	1:00pm	Lunch
	2:00pm	Debrief care work
	3:30pm	Prepare for visit to Machu Picchu Visit the local mall to buy snacks for trip
	6:00pm	Dinner / Chat about Hiram Bingham
Saturday Day No. 8	7:00pm	Breakfast at hotel
	8:00pm	Visit to the Sacred Valley, see Inca terraces
	1:00pm	Lunch at Ollantaytambo
	2:00pm	Travel to Aguas Calientes
	4:00pm	Hot springs and local market
	7:30pm	Dinner in a local restaurant / What might it have like to be Bingham?
Sunday Day No. 9	6:30am	Breakfast at hotel
	7:30am	Morning visit to Machu Picchu
	10:00am	Guided tour of the site
	12:30pm	Lunch
	1:30pm	Train back to Cusco
	3:30pm	Relax and debrief
	6:00pm	Dinner at hotel / So why is Machu Picchu so famous?
Monday Day No. 10	8:00am	Breakfast at hotel
	9:00am	Travel to Pikillacta
	10:00am	Meet Dan and Jhon – Archaeology Supervisors – Understand how an archaeologist works
	12:00pm	Lunch
	1:00pm	Archaeology work – Process & Product
	7:00pm	Dinner at hotel / What motivated Incan engineers?
	8:00pm	Social Activity
Tuesday Day No. 11	8:00am	Breakfast at hotel
	9:00am	View current Archaeology projects, assess findings and learn about classification
	12:30pm	Lunch
	1:30pm	Visit archaeological sites in Pisac
	7:00pm	Discuss what type of service you found most worthwhile over dinner at hotel
Wednesday Day No. 12	7:00am	Breakfast at hotel- get cases packed up!
	8:00am	Program debrief
	10:00am	Wrap up blog
	11:30am	Visit the Handcraft Market for last-minute souvenirs
	12:30pm	Farewell Peruvian lunch at La Cusqueñita
	4:45pm	Pick up from hotel to go to the airport
	5:00pm	Depart Cusco 7:35 pm flight for hop to Lima
Thursday Day No. 13	Mid Afternoon	Arrive home

Fundraising



There will be many things that you'll need to do to prepare for your time abroad. Aside from packing, getting your visa and vaccinations, etc. you may also be planning to fundraise for your trip. Finding the funds to cover the costs can seem daunting, but fundraising can be a fun, rewarding and exciting experience, this is especially true for groups as it gives you all the opportunity to work together and bond as a team. This could involve abseiling down a cliff, washing cars or putting on a sports event as part of your fundraising effort.

The key to a good fundraising effort is planning and being imaginative. You will be surprised at the generosity and support you receive, whether through donations, grants or trust funds, there are endless opportunities to raise money before you take off on your trip.

Here are a few of the ideas used by recent groups...

A Quiz Night

"My best fundraising event was a quiz night which I did in my village hall. We had 50 guests charging \$13 per ticket to take part in the quiz and had home cooked lasagne and garlic bread. This event raised \$923 which was worth all the effort. My best tip would be sell the tickets beforehand. If it involves knocking on people's doors one or two times to collect money you should, because pre-bought tickets ensure the guests will come and give you an idea of numbers."



Jessie Danger, Warwickshire Girl Guides, Ghana

A Hair Cut

"After seven years of having long hair, I finally had it plaited and cut. I was sponsored per inch and raised over \$1321 which helped fund my side of the trip. However that's just half the story really. I wanted to do something completely different and meaningful, so the hair went to the Little Princess Foundation. They're a charity that makes wigs for little girls and children suffering chemotherapy based hair loss."



Harry Kyriacou, Seven Kings High School, India

Business Sponsorship

"Before embarking upon my trip to Ghana, I fundraised primarily through contacting businesses with the hope of sponsorship. I contacted both local and national businesses, detailing what I would be doing while out in Ghana and why I felt it was important to go. Businesses responded incredibly well to this, and were very supportive and generous in their sponsorship with some firms giving as much as \$330."



Pippa Pudney, Ackworth School, Ghana

Cake Sales

"Traditional methods of fundraising raised quite a lot of money for us. Through a single cake sale at a local Church, we raised \$460 within three hours! We did many more cake sales in other Churches which in total helped us raise another \$165. Through cake sales at school, we made roughly \$165, and through selling lots of "sweet treats" at the Christmas Bazaar, we made another \$83."



Norma Molla, St Anne's Catholic High School, Costa Rica

Projects Abroad can speak to your group about fundraising and some of the options open to you. Everyone will be provided with a fundraising information pack as well as an option to use a Projects Abroad online fundraising website.

Good luck!

What we provide



Upon Request

- A comprehensive information pack
- A detailed project proposal, provisional schedule and risk assessment
- A call or skype meeting with our Group Trips Coordinator

Pre-departure

- A call or webinar with students, parents and leaders to discuss the destination and project, as well as provide any fundraising advice.
- Guidance through the booking process
- A dedicated trip coordinator
- Risk Assessment
- Detailed and tailored day by day itinerary
- Pre-departure briefing

What's included in country

- ✓ Airport transfers and daily transport to your placement
- ✓ A Projects Abroad coordinator
- ✓ 24/7 support from the network of Projects Abroad staff in destination
- ✓ Comprehensive induction and orientation
- ✓ Project specific workshops
- ✓ All project materials
- ✓ Food (Three meals a day)
- ✓ Accommodation
- ✓ Medical & Travel Insurance
- ✓ A customized daily schedule

What's not included

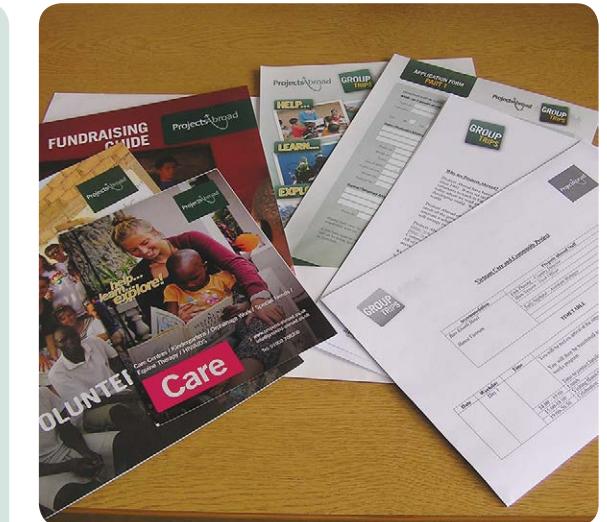
- ✗ Flights. Our dedicated Travel Team can organize a quote for these if you want.
- ✗ Vaccinations
- ✗ Visas (where necessary). Our Visa Team will give you advice on how to obtain the correct visa.
- ✗ Spending money
- ✗ Entry / Departure Tax (dependent on country of origin)

Travel

Projects Abroad has a dedicated Travel Team and can give you advice on flights and travel. Once you have confirmed your dates we will arrange a quote for you.

Prices

For full details, please visit the US or Canadian website printed on the front cover. As a discount for groups, in most cases we can offer a free place with every nine individuals paying full price.



Group Trips

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