



ProjectsAbroad

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

Alternative  
**Spring  
Break**  
Trips

**Group Trips for  
College Students**

› [www.projects-abroad.org](http://www.projects-abroad.org)

[info@projects-abroad.org](mailto:info@projects-abroad.org)

Toll-free: 1-888-839-3535

## What are Alternative Spring Break Trips?

Alternative Spring Break Trips are one week long and scheduled to coincide with the major university breaks. Volunteers work together in a group on a service project arranged by our expert local staff. Spring break volunteers receive the same benefits as our longer-term volunteers, including food and accommodation. Volunteers can choose between **Building, Care, Conservation, International Development, Medicine and Public Health** trips, depending on their interests and majors. Throughout the week, participants will have the opportunity to meet other volunteers, participate in cultural and social activities at night, and will have Friday afternoons off to explore the area a bit more.

## Why do an Alternative Spring Break?

### • MEANINGFUL & EASY TRAVEL:

All of the locations of our Alternative Spring Break Trips are as close as possible to minimize time lost to travel and jet lag. Most destinations offer direct flight options from the US.

### • POSITIVE IMPACT ON THE LOCAL COMMUNITY:

Instead of doing a typical collegiate spring break, you can teach English, build schools or conduct medical outreaches--improving the lives of those around you all within the span of one week.

### • AFFORDABILITY:

Our spring break trips are at a discounted price compared to our Standard individual one week trips!

### 2018 DATES

	Building	Conservation	Care	Medicine / Public Health	International Development
February 18th-24th		Mexico p.9 Peru p.9			
February 25th-March 3rd		Mexico p.9 Peru p.9			
March 4th-10th		Mexico p.9 Peru p.9	Belize p.6 Costa Rica p.7 Jamaica p.8	Argentina p.9 Belize p.10 Mexico p.11	Mexico p.11
March 11th-17th	Jamaica p.6	Mexico p.9 Peru p.9	Belize p.6 Costa Rica p.7 Fiji p.7 Ghana p.8 Jamaica p.8	Argentina p.9 Belize p.10 Ghana p.10 Mexico p.11 Peru p.12	Mexico p.11
March 18th-24th		Mexico p.9 Peru p.9	Belize p.6 Costa Rica p.7 Ghana p.8	Argentina p.9 Belize p.10 Ghana p.10 Mexico p.11 Peru p.12	Mexico p.11

### 2019 DATES

	Building	Conservation	Care	Medicine / Public Health	International Development
February 17th-23rd		Mexico p.9 Peru p.9			
February 24th-March 2nd		Mexico p.9 Peru p.9			
March 3rd-9th		Mexico p.9 Peru p.9	Belize p.6 Costa Rica p.7 Ghana p.8 Jamaica p.8	Argentina p.9 Belize p.10 Ghana p.10 Mexico p.11	Mexico p.11
March 10th-16th	Jamaica p.6	Mexico p.9 Peru p.9	Belize p.6 Costa Rica p.7 Fiji p.7 Ghana p.8 Jamaica p.8	Argentina p.9 Belize p.10 Ghana p.10 Mexico p.11 Peru p.12	Mexico p.11
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March 24th-30th		Mexico p.9 Peru p.9	Belize p.6 Costa Rica p.7 Ghana p.8 Jamaica p.8	Argentina p.9 Belize p.10 Ghana p.10 Mexico p.11 Peru p.12	Mexico p.11

## What's included in the program fee?

**PROGRAM FEE FOR ALL TRIPS: \$1,495**



- Accommodation
- Three meals per day
- Cultural events and tourist activities
- Travel insurance
- Health insurance
- Transport to and from airport
- Necessary work-related transportation
- Pre-departure guidance
- 24-hour support from our staff

## Benefits of traveling with Projects Abroad

### SAFETY & SECURITY

We take your security abroad very seriously. Before we send volunteers anywhere, the countries must be politically stable and safe. We are in contact with the US State Department regarding safety and stability and, of course, we have the added security of our own overseas staff who know the local area in detail.

### VARIETY

We want to match your skills and enthusiasm to the right project. By creating a wide variety of projects for volunteers, we allow you to select the project best suited to you. There is a range of projects and destinations to choose from, allowing volunteers with all interests to find a placement that is just right.

### RÉSUMÉ AND SELF-DEVELOPMENT

Voluntary work with Projects Abroad is excellent for your résumé and future job or post-graduate applications. It gives you greater life experience, develops skills in the field of your choice, and shows your initiative to try something new, traits which appeal to both employers and post-graduate programs.

## Choosing a trip based on your major:





## JAMAICA

### Building



PRICE \$1,495

**2018**  
March 11th-17th

**2019**  
March 10th-16th  
March 17th-23rd

**Project Work:** Volunteers on this trip will have the opportunity to assist in the construction of improved sanitation facilities for local schools, as well as working on installing running water systems. There are 40 schools in the region that Projects Abroad works in that need this type of upgrade, so this project will benefit hundreds of children. Typical activities include digging foundations, mixing mortar, laying blocks, and carrying materials. No construction experience is required, just a desire to work hard and lend a hand.

**Tourism & Accommodation:** Volunteers on this project live with local host families in Mandeville, a lively town in the rolling hills of south-west Jamaica. At the end of the week you will be rewarded for your hard work with a trip to the beach or a refreshing waterfall.



## BELIZE

### Care



PRICE \$1,495

**2018**  
March 4th-10th  
March 11th-17th  
March 18th-24th

**2019**  
March 3rd-9th  
March 10th-16th  
March 17th-23rd  
March 24th-30th

**Project Work:** On the Care trip in Belize, you will work with underprivileged children at a care center or kindergarten. Here, you have the opportunity to get involved with various daily activities, including running educational activities and games, helping with homework, preparing for mealtime, and playing with the children. Additionally, you can give back to your placement by painting a colorful mural or refurbishing a play area.

**Tourism & Accommodation:** During your time in Belize, you will live with a host family in San Pedro, a town on the southern part of the island of Ambergris Caye. At the end of the week, you can relax with the other volunteers with a trip to the beach, where you can enjoy snorkeling and scuba diving or you can explore the sights of San Pedro.



## COSTA RICA

### Care



PRICE \$1,495

**2018**  
March 4th-10th  
March 11th-17th  
March 18th-24th

**2019**  
March 3rd-9th  
March 10th-16th  
March 17th-23rd  
March 24th-30th

**Project Work:** While other spring breakers may go to Costa Rica to spend their time at a resort, on this Care project you can instead spend your time improving the lives of local Costa Rican children. Care volunteers will work together at local child care centers, helping the staff of the facility care for the children. The group will have plenty of opportunities to plan activities for the kids, as well as opportunities to help with their English skills.

**Tourism & Accommodation:** Volunteers will stay in the vibrant suburban town of Heredia just outside of San José. This project is a great choice if you are studying or want to learn Spanish since you will be living with a local host family, where you can really put your language abilities to the test. At the end of the week you can wind down by seeing some of the sites of the San José area.



## FIJI

### Care



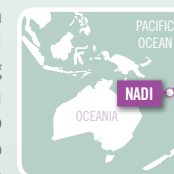
PRICE \$1,495

**2018**  
March 11th-17th

**2019**  
March 10th-16th  
March 17th-23rd

**Project Work:** As a volunteer in Fiji, you will be able to provide a helping hand by caring for children in kindergartens. It is also the perfect opportunity to put any skills and interests you have to use, whether it is through arts & crafts, helping with basic literacy and numeracy, or teaching games, songs, or sports.

**Tourism & Accommodation:** Although Fiji has an abundance of natural resources and a rapidly growing tourism industry, little of this income reaches local communities. You will be able to see this firsthand in Nadi, as well as getting an idea of the local quality of life through your stay with a host family. At the end of the week, volunteers can explore one of the beautiful local beaches with clear turquoise water.



## GHANA Care



PRICE \$1,495

### 2018

March 11th-17th  
March 18th-24th

### 2019

March 3rd-9th  
March 10th-16th  
March 17th-23rd  
March 24th-30th

**Project Work:** As a volunteer with Projects Abroad on the Care Project, you can use your spring break to help children in orphanages and schools. You will be based in Cape Coast or the Akuapem Hills. Here, your time will be spent working with children and engaging them in educational games to enhance their early childhood development. The maintenance and renovation work that you do will go a long way in improving quality of life within the community.

**Tourism & Accommodation:** Volunteers will live with Ghanaian host families. This is a wonderful opportunity for cultural exchange and learning about day-to-day life in Ghana first-hand! At the end of the week, volunteers will enjoy a tour of Cape Coast and a visit to some of Ghana's most colorful and lively markets.



## JAMAICA Care



PRICE \$1,495

### 2018

March 4th-10th  
March 11th-17th

### 2019

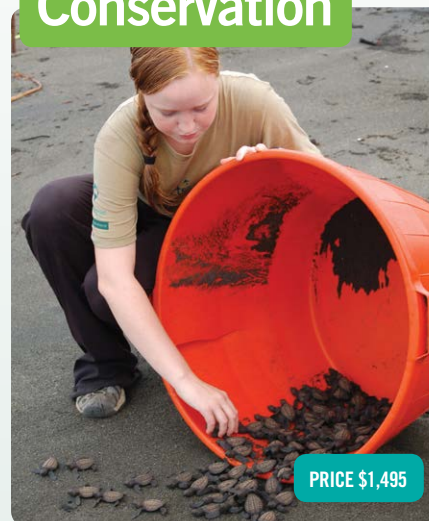
March 3rd-9th  
March 10th-16th  
March 17th-23rd  
March 24th-30th

**Project Work:** Volunteers on the Care trip in Jamaica work at orphanages or care centers supporting the children and local staff. Volunteers are involved with various daily activities, including helping with lessons and homework, preparing for meals, and playing and socializing with the children. The group can also make a difference by helping with cleaning and beautification projects.

**Tourism & Accommodation:** Volunteers in Jamaica live with host families in Mandeville or in the busy coastal town of Montego Bay. At the end of the week you will get to enjoy Jamaica's natural beauty by taking a trip to the beach or a local waterfall.



## MEXICO Conservation



PRICE \$1,495

### 2018

February 18th-24th  
February 25th-March 3rd  
March 4th-10th  
March 11th-17th  
March 18th-24th

### 2019

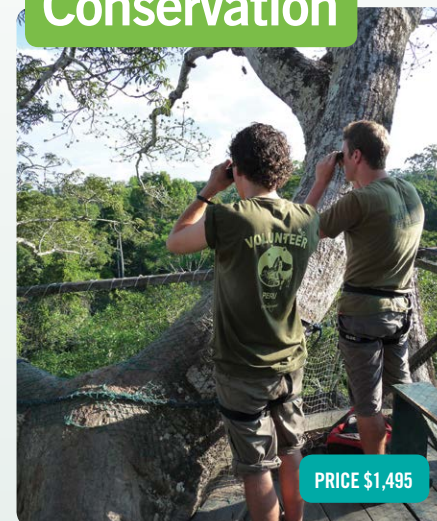
February 17th-23rd  
February 24th-March 2nd  
March 3rd-9th  
March 10th-16th  
March 17th-23rd  
March 24th-30th

**Project Work:** As a volunteer you will get involved in a variety of sea turtle and general conservation activities in Mexico. These activities include patrolling the beaches at night to collect turtle eggs, re-burying the eggs in an enclosed area where they can safely incubate, and guiding newborn hatchlings to the sea. Other activities include biodiversity studies at a nearby mangrove lagoon, beach clean-ups, and promoting environmental awareness in the local community.

**Tourism & Accommodation:** Volunteers will stay in dormitories situated on the beach by the Pacific Ocean. At the end of the week, volunteers will visit a nearby beach to relax and enjoy the sun!



## PERU Conservation



PRICE \$1,495

### 2018

February 18th-24th  
February 25th-March 3rd  
March 4th-10th  
March 11th-17th  
March 18th-24th

### 2019

February 17th-23rd  
February 24th-March 2nd  
March 3rd-9th  
March 10th-16th  
March 17th-23rd  
March 24th-30th

**Project Work:** Volunteer in the heart of the Amazon Rainforest on the Taricaya Ecological Reserve, where you will spend your time working on a number of conservation programs and activities. You can work with rescued animals, do research on the forest's natural wildlife, and even learn some carpentry skills. Your activities will offer valuable assistance in ongoing efforts to protect the increasingly threatened biodiversity of the Amazon Rainforest.

**Tourism & Accommodation:** Volunteers on the Conservation project will live all together in shared volunteer bungalows located on the Taricaya Ecological Reserve. At the end of the week, volunteers can celebrate their hard work by relaxing and swimming at the reserve.





## ARGENTINA

### Medicine



PRICE \$1,495

#### 2018

March 4th-10th  
March 11th-17th  
March 18th-24th

#### 2019

March 3rd-9th  
March 10th-16th  
March 17th-23rd  
March 24th-30th

**Project Work:** The Medicine in Argentina trip gives you the opportunity to observe the medical profession first hand in an international setting. Most of your time will be spent shadowing local doctors and attending medical workshops in a hospital. The remaining time will be spent in local communities leading outreach campaigns about dental hygiene. The program also features a visit to an anatomy museum, a dissection class, and a medical Spanish lesson.

**Tourism & Accommodation:** During your time in Argentina, you will live with a local host family. Projects Abroad staff will organize fun activities in the evenings where you can socialize with the rest of the group, and you will also have free time on Friday to explore the beautiful city of Cordoba.



## BELIZE

### Public Health



PRICE \$1,495

#### 2018

March 4th-10th  
March 11th-17th  
March 18th-24th

#### 2019

March 3rd-9th  
March 10th-16th  
March 17th-23rd  
March 24th-30th

**Project Work:** As a Public Health volunteer in Belize, you will help run campaigns that focus on preventing diseases and the importance of healthy living, as well as providing basic medical check-ups, and conducting surveys at schools and in the community. You will facilitate discussions about hypertension, diabetes, HIV/AIDS, sexually transmitted diseases, alcohol and drug abuse, and the positive influence of good hygiene. This knowledge is a powerful tool for the local communities.

**Tourism & Accommodation:** Volunteers in Belize will live with local host families and have the opportunity to be fully immersed in the local culture and learn about daily life in Belize. At the end of the week you will visit some of Belize's most beautiful beaches.



## GHANA

### Public Health



PRICE \$1,495

#### 2018

March 11th-17th  
March 18th-24th

#### 2019

March 3rd-9th  
March 10th-16th  
March 17th-23rd  
March 24th-30th

**Project Work:** Volunteers on the Public Health trip in Ghana will help with community-based medical outreach work and public health campaigns. The group will get involved with activities such as medical check-ups for children at orphanages, dressing wounds in a leprosy camp, performing checks of vitals on babies, immunization drives, as well as discussions on health and hygiene with local schools and community groups.

**Tourism & Accommodation:** During your time in Ghana you will live with a local host family in the town of Dodowa, in the greater Accra region. Known for its festivals and its forest, Dodowa will be a great base for your week in Ghana, and during your time off you can explore all the town has to offer.



## MEXICO

### Public Health



PRICE \$1,495

#### 2018

March 4th-10th  
March 11th-17th  
March 18th-24th

#### 2019

March 3rd-9th  
March 10th-16th  
March 17th-23rd  
March 24th-30th

**Project Work:** You can get involved in a variety of activities as a Public Health volunteer in Mexico, including immunization drives and performing checks of vitals on babies and the elderly. You will also participate in conducting health education campaigns, where you can lead discussions about health and hygiene at local schools, orphanages, and community groups.

**Tourism & Accommodation:** During your time in Mexico you will live with a local host family in the city of Guadalajara, immersing yourself in Mexican culture. On Friday the group will visit the small traditional village of Tequila, where you see how its most famous export is made as well as attending a traditional rodeo and barbecue.



## PERU

## Public Health



PRICE \$1,495

**2018**  
March 11th-March 17th  
March 18th-March 24th

**2019**  
March 10th-March 16th  
March 17th-March 23rd  
March 24th-March 30th

**Project Work:** On this project, you will work alongside qualified medical staff serving local communities. You will work on public health campaigns in clinics and community centers. Topics may include blood pressure, dental hygiene, nutrition, and disease prevention.

**Tourism & Accommodation:** You will stay with a local host-family in Cusco. During your free time, you will explore historical sites in the city, take traditional dance lessons and visit Machu Picchu.



## MEXICO

## International Development



PRICE \$1,495

**2018**  
March 4th-10th  
March 11th-17th  
March 18th-24th

**2019**  
March 3rd-9th  
March 10th-16th  
March 17th-23rd  
March 24th-30th

**Project Work:** This project is an opportunity to help a well-run NGO further its goals. We are partnered with four major NGOs in Guadalajara and each one is working hard to improve the country's record on human rights and tackle issues like HIV/AIDS, immigration, transportation and mobility, and the empowerment of women. Each year we select one of our partners to design a one week project for Alternative Spring Break volunteers.

**Tourism & Accommodation:** Volunteers in Mexico will live with local host families. At the end of the week, volunteers will take a day trip to the traditional village of Tequila, where they will tour a tequila factory and attend a rodeo and barbeque.



## Example Itinerary

## Care in Costa Rica

The following is an example of the type of volunteer activities you will do on your program. Please note that our programs change from year to year.



## SUNDAY

■ Arrival

## MONDAY

- Country Induction
- Induction to placement
- Working on mural project at day care center

## TUESDAY

- Games and educational activities with children
- Continue working on mural project
- Social event: Dancing lessons

## WEDNESDAY

- Games and educational activities with children
- Continue working on mural project

## THURSDAY

- Games and educational activities with children
- Finish mural project

## FRIDAY

- Farewell party with the children
- Afternoon sightseeing trip in San Jose

## SATURDAY

■ Departure



## Testimonials



I signed up for this project because of the variety of activities that I would be doing while in Ghana: education in schools, addressing wounds in orphanages and schools, and planning and conducting community outreach sessions where we provided basic primary care to the locals. I learned a lot while in Ghana; and the best part of the trip was the ability to use what I learned in my classes and apply it in real life situations. I was really touched by the people we met--they were always so thankful for our work and continually showed their appreciation. I remember one lady came up to me and thanked me for my work and informed me (at the age of 54) she had never had her blood pressure taken before. These are the moments I will remember forever.



**Chandler Hinson,**  
Public Health in Ghana



**Vanessa McFarlane,**  
Building in Jamaica



Our program coordinator was fantastic! She was so helpful in guiding us through Mandeville and telling us where to go on our downtime. She would come to the school to check up on us and get us back to town safely and with enough time to do other things. She was also at the house when we remodeled it, and got right in and helped the rest of the volunteers! The rest of the staff members were also friendly and super helpful-- they gave us great advice for sight-seeing places and the best Jamaican cuisine!



"Every day was an adventure and an amazing learning experience. I would suggest to anyone, if they can make it happen, to volunteer with Projects Abroad. It was worth every single penny. I am hoping to be able to participate in another Project this coming winter. Being able to travel and gain the experience I did is not something I would trade for the world. I truly believed in the phrase "pay for experiences not materials" before this trip and after it, it honestly took on a whole new meaning. I was pushed and forced out of my comfort zone and I truly believe that is the only way you can learn and grow as a person. It's crazy to think that one week had the effect it did on me and for that, Projects Abroad, I am truly thankful."



**Jillian Redmond,**  
Medicine in Argentina

## Getting there & back

- Although flights are not included in the program fee, our Travel Team is available to book your flights.
- Volunteers will fly to the destination on Sunday, and return the following Saturday. Pickup and drop off at the airport is included, and there will be someone there to meet the group.
- The projects are located at some of our closest destinations so there won't be too much jet lag.



## Visas and Insurance

For most of the destinations, you will not need a visa. For any that you do need a visa, we will give you the relevant documents and advice. As we go to press, prices for visas range from \$50 to \$350 depending on the 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 includes medical expenses, luggage and personal effects, money, cancellation and curtailment, legal expenses, and emergency assistance. Coverage becomes effective once full payment has been received. Extra leisure travel insurance can also be arranged for an additional premium.

## Amendments & Cancellations

The charge for amendments ranges from \$75 to \$130 plus the amount charged to Projects Abroad by third parties. Cancellation charges depend on how far in advance of your departure date we have been informed in writing:

- Notice of 3 months or more- \$100
- Notice of 2-3 months- One third of total cost
- Notice of 1-2 months- Two thirds of total cost
- Notice of less than 1 month- No refund

Please note that the above cancellation charges apply whether an application is made more than three months before the proposed departure date or less than three months before the departure date. Deposits paid in relation to departures not more than three months ahead are non-refundable. If you have made your final payment, cancellation insurance may be available under certain circumstances.





ProjectsAbroad

help...  
learn...  
explore!



"I was nervous to take on this experience in a new place and with new people, but I could not have been happier with the people and environment that was provided. I took away amazing memories and an overwhelming amount of knowledge that has made me a better person/student and I have Projects Abroad to thank for that!"



**Kendall Mulvaney** / Public Health in Mexico

Alternative  
Spring  
Break  
Trips

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