

SUMMER 2016

ProjectsAbroad

help...
learn...
explore!

Short-
term
Specials

Volunteering Abroad
for 16-19 year olds

> www.projects-abroad.co.uk
info@projects-abroad.co.uk

Tel: 01903 708300

international experience in a short period of time. Whether you are working with children, learning a new language, observing medical practices or contributing to a community development project, you will be immersed in another culture whilst gaining practical life skills as well as fostering a sense of global awareness.

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PAGE	PROJECT	3/3	June 12-18	June 19-25	June 26-July 2	July 3-9	July 10-16	July 17-23	July 24-30	July 31-Aug. 6	August 7-13	August 14-20	August 21-27	PRICE	EXTRA WEEK
Law & Human Rights Projects - 2 Weeks															
28	Human Rights & Spanish in Argentina													£1,545	£345
29	Law & Business in China													£1,695	£345
29	Human Rights in South Africa													£1,795	£395
Law & Human Rights Projects - 4 Weeks															
28	Human Rights & Spanish in Argentina													£2,095	£345
Medicine & Healthcare Projects - 2 Weeks															
30	Medicine & Spanish in Argentina													£1,545	£345
30	Medicine in Bolivia													£1,295	£295
31	Public Health in Cambodia													£1,545	£345
31	Medicine in Ghana													£1,495	£295
32	Public Health in Jamaica													£1,645	£345
32	Medicine in Kenya													£1,495	£295
33	Public Health in Mexico													£1,545	£345
33	Medicine in Mongolia													£1,395	£295
34	Medicine in Nepal													£1,095	£245
34	Physiotherapy in Nepal													£1,095	£245
35	Medicine in Peru													£1,495	£295
35	Public Health in Philippines													£1,545	£345
36	Medicine in Sri Lanka													£1,395	£295
36	Medicine in Tanzania													£1,545	£345
37	Public Health in Tanzania													£1,495	£295
Medicine & Healthcare Projects - 4 Weeks															
30	Medicine & Spanish in Argentina													£2,095	£345
31	Public Health in Cambodia													£2,095	£345
31	Medicine in Ghana													£1,995	£295
34	Medicine in Nepal													£1,495	£245
35	Medicine in Peru													£1,995	£295
36	Medicine in Sri Lanka													£1,895	£295
37	Medicine in Tanzania													£1,995	£295
Sports Projects - 2 Weeks															
37	Football in Ghana													£1,295	£295
38	Community Sports in Jamaica													£1,645	

Why choose 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 Foreign and Commonwealth Office regarding safety and stability and, of course, we have the added security of our own overseas staff who know the local area in detail.

STRUCTURE

Our Short-term Specials are structured so that you get the most out of your time overseas. Each placement will have a project supervisor there to provide assistance and guidance throughout the trip.

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 are over 70 projects in 28 destinations to choose from, allowing volunteers with all interests to find a placement that is just right for them.

CV AND SELF-DEVELOPMENT

Voluntary work with Projects Abroad is excellent for your CV and university applications. It gives you greater life experience, develops personal skills and shows your initiative to try something new – traits which appeal to employers and universities.

What's included in the programme fee?

- Accommodation
- Three meals per day
- Weekend activities
- Cultural/social events
- Travel & health insurance
- Transport to and from work
- Transport to and from the airport
- 24 hour support from our staff

Amendments and cancellations

The charge for amendments ranges from £35 to £95 plus the amount charged to Projects Abroad by third parties. Cancellation charges depend on how far in advance of your originally preferred departure date we have been informed in writing:

- Notice of 3 months or more - £65
- 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 - Total cost.

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 proposed departure date. Deposits paid in relation to departures not more than three months ahead are non-refundable.

What to do and where to go



Care & Spanish in Argentina

WHERE: Cordoba, Argentina

2 WEEKS: July 19th-July 2nd, July 10th-July 23rd, July 31st-August 13th

4 WEEKS: July 17th-August 13th

This placement combines intensive Spanish lessons with the chance to experience a taste of Argentinean culture and contribute to the local community. This is a great project for language students and anyone wanting to experience cultural immersion. You will be based in Cordoba, a vibrant city set in the foothills of the Sierras Chicas mountain range.

Volunteers will receive two hours of Spanish tuition a day. Classes are interactive and you will be given encouragement every step of the way. You can put your new knowledge into practice on a daily basis as you get to know Cordoba and mix with local people. Whether you want to master the basics or improve the Spanish you already know, the teaching will be adjusted to your level.

After your Spanish lessons you will have the opportunity to volunteer with children in the local community. Many children have been abandoned by their parents who can no longer care for them. As a volunteer you will spend time with the children doing fun educational activities, games, and sports.

Those joining this project for four weeks will have three weekends arranged and four weeks of supported, structured work.



WEEKEND TRIP: At the weekend volunteers usually visit some traditional villages in the hills. There may also be an opportunity to visit the house which once belonged to the famous Argentine socialist revolutionary, Che Guevara.

Care & Community in Cambodia

WHERE: Phnom Penh & Siem Reap, Cambodia

2 WEEKS: June 19th-July 2nd, July 10th-July 23rd, July 31st-August 13th

4 WEEKS: July 3rd-July 30th



WEEKEND TRIP: No trip to Cambodia is complete without visiting the magnificent temples of Angkor Wat, so the weekend trip will allow you time to visit several of the main temple sites.

This programme combines working with underprivileged children in one of Cambodia's many care centres with some practical work within these communities. Volunteers will live and work in Phnom Penh or Siem Reap.

The work will involve fun educational activities with the children and your ideas for games, songs, arts and crafts will be welcomed. You will also work on some painting and decorating projects to improve the condition of our partner centres. This work is greatly appreciated by both the children and the local staff.

Those joining this project for four weeks will have three weekends arranged and four weeks of supported, structured work.



Care & Community in China



WHERE: Chengdu, China

2 WEEKS: June 26th-July 9th, July 17th-July 30th

Volunteers who are eager to work with children in the rapidly changing country of China can join Care & Community projects taking place in our partner care centres in Chengdu. Chengdu is a city that is both modern and traditional Chinese at the same time.

Daily tasks include playing games with the children and helping them with basic education. Your time will also be spent doing practical activities like renovating, painting and decorating.

Volunteers offer a valuable contribution and help the local staff. You will also add to the children's quality of life, not only through the development of their social skills, but by exposing them to new cultures and ideas.

You will live in either hostel accommodation with other volunteers or in a volunteer apartment.



WEEKEND TRIP: Your weekend will be spent visiting the panda sanctuary, which Chengdu is famous for. You'll also get the opportunity to visit the Du Jiang Yan water project, visit the Leshan Giant Buddha or spend a day exploring more of the city sights that Chengdu has to offer.

Care & Pandas in China

WHERE: Chengdu, China

2 WEEKS: July 3rd-July 16th, July 24th-August 6th

If you are interested in combining a week working with children with a week working with pandas in the rapidly changing country of China, then this project is ideal for you.

During one of your weeks you will have the unique opportunity to work with the world's most recognisable endangered species at the Bifengxia Panda Base. You will be involved in preparing food for pandas, cleaning out enclosures and observing panda behaviour.

During your other week on this programme you will work at a care centre in Chengdu, one of China's thriving cities, and help the local staff by playing games with the children and helping them with basic education. As a volunteer you will be adding to the children's quality of life, not only through the development of their social skills, but also by exposing them to new cultures and ideas.

While working at the panda project you will stay in a guest house. During your week working at the Care project, you will stay in a shared volunteer apartment or at a local guest house.



WEEKEND TRIP: Over the weekend you will get the opportunity to visit the Du Jiang Yan water project, the Leshan Giant Buddha or spend a day exploring more of the city sights that Chengdu has to offer.

Care & Conservation in Costa Rica

WHERE: National Park & Heredia, Costa Rica
2 WEEKS: July 3rd - July 16th, July 17th - July 30th, August 7th - August 20th
4 WEEKS: July 17th - August 13th

If you're interested in combining working with children, joining a Conservation project, and living in a gorgeous country, then look no further. Costa Rica is one of the most stable and well developed countries in Central America, creating a perfect mix for volunteers who want to experience Latin America.

On the Conservation part of the project you will work at one of our partner National Parks. On arrival you will be given an extensive tour of the park. You'll be involved in a variety of on-going projects which may include reforestation work, a mammal study, a butterfly and bat study, maintenance work, and restoring trails.

You will also spend time working at one of our Care projects in a kindergarten or day care centre in Heredia. Volunteers work at the care centres during the day and your evenings will be filled with a variety of activities including dance lessons. Living in Costa Rica provides a great opportunity to speak Spanish with local people if you're interested in improving or picking up some language skills.

Experience all the beauty this magnificent country has to offer whilst helping out on a volunteer project. Pura Vida!

Those joining this project for four weeks will have three weekends arranged and four weeks of supported, structured work.

WEEKEND TRIP: An adventurous weekend trip to an outdoor destination is included for all Short-term Special volunteers.



Care & Community in Ecuador

WHERE: Galapagos Islands, Ecuador
2 WEEKS: July 17th - July 30th

Situated 620 miles from the Ecuadorian coast, the Galapagos Islands are well-known for their spectacular scenery and interesting wildlife. You have the opportunity to volunteer with Projects Abroad on our Care & Community Short-term Special and spend two weeks living on the beautiful island of San Cristobal.

Education and learning English is vital for the children on the island and you will provide creative educational activities for them at one of the local kindergartens. You will assist the teachers and provide extra attention to individual children. The project also has a community aspect, where you will work alongside other volunteers on physical improvements, such as painting one of the classrooms or helping with a beach clean-up initiative.



WEEKEND TRIP: You will visit a neighboring island together with the group and a staff member. This is an ideal way to see a really remote corner of this world-famous eco-system, learn about a unique island culture, relax and have fun with other volunteers.



Care & Conservation in Ecuador

WHERE: Galapagos Islands, Ecuador
2 WEEKS: June 19th - July 2nd, July 10th - July 23th, July 31th - August 13th

The Care and Conservation project in the Galapagos Islands with Projects Abroad is a great way to travel with purpose and contribute to the support of disadvantaged children and conservation efforts. You will be based on the island of San Cristobal, where your time will be split between doing care work in the community and volunteering to protect endangered wildlife.

You will spend the first week working at the Galapagos National Park where you will get involved with a wide range of ongoing projects which may include habitat restoration work, monitoring sea lions, marine iguana and sea bird population surveys, beach clean-ups, and environmental awareness workshops in the local community. Second week will be spent working at a summer camp for disadvantaged children at a care centre in the town of Puerto Baquerizo Moreno.



WEEKEND TRIP: All of the Short-term Special volunteers will go on a trip to one or two of the neighbouring islands, where you can experience all the natural beauty that Ecuador has to offer.

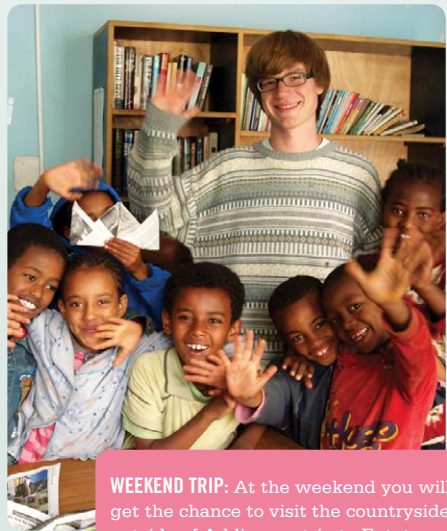


Care & Community in Ethiopia

WHERE: Addis Ababa, Ethiopia
2 WEEKS: July 3rd - July 16th, July 24th - August 6th

By volunteering on a Care & Community project in Ethiopia you will be offering the children the care and attention they require. Volunteers are based in an orphanage or care centre in the capital city of Addis Ababa.

Depending on your interests and skills, you will also have the opportunity to teach the children a wide variety of subjects. Your time will be split so that in addition to spending time with the children you will also be able to have a lasting impact on the orphanage or centre itself, by helping with painting and renovation work.



WEEKEND TRIP: At the weekend you will get the chance to visit the countryside outside of Addis on a trip to Entoto Mountain or you could relax at some hot water springs.

Care & Community Village Project in Fiji



WEEKEND TRIP: At the weekend you can relax on one of Fiji's renowned palm-fringed island beaches.

WHERE: Nadi, Fiji
2 WEEKS: July 10th - July 23rd, July 31st - August 13th

Volunteering on this project in Fiji is an ideal way to get involved with the local community and help improve conditions for disadvantaged children. Volunteers are based in a village near Nadi on the main island, Viti Levu.



You will split your time between playing with and caring for the children in the mornings and redecorating a kindergarten or care centre in the afternoon.

Although this project is relatively short, it gives you the opportunity to make a significant difference to other people's lives as well as your own.

Care & Community in Ghana

WHERE: Akuapem Hills & Cape Coast, Ghana
2 WEEKS: June 19th - July 2nd, July 10th - July 23rd, July 24th - August 6th, August 14th - August 27th
4 WEEKS: July 10th - August 6th

Our Short-term Special Care & Community Projects in Ghana are based in either Cape Coast or the Akuapem Hills. Although these projects are relatively short, they give you the opportunity to make a significant difference to other people's lives as well as your own. You will learn about another culture as you explore and get to know different areas of Ghana. In both locations, you will be hosted by a local family, which allows you to become fully immersed in the Ghanaian way of life.



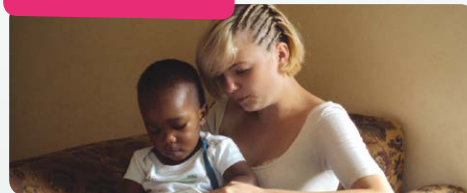
Volunteers based in Cape Coast will spend their time working in an orphanage or a local school, playing with and caring for the children in the mornings, and renovating and decorating the building in the afternoons. By putting in a new floor or painting a mural on a neglected wall, you will be making a valuable and lasting contribution to the placement.

Volunteers in the Akuapem Hills will become part of a small friendly community. In the mornings you will be working on a community project, helping to paint and renovate a local school. In the afternoons you will work at one of the Care projects in the Hills, playing games and arranging activities for the children.

Those joining this project for four weeks will have three weekends arranged and four weeks of supported, structured work.

WEEKEND TRIP: At the weekend we'll take you to visit either one of Ghana's stunning palm fringed beaches or the Kakum Rainforest Reserve near Cape Coast where you can hike through the jungle and experience the canopy walkway high in the trees. You will also have the opportunity to visit Cape Coast's slave fort.

Care & Community in Jamaica



WHERE: Mandeville, Jamaica
2 WEEKS: June 12th - June 25th, July 3rd - July 16th, July 17th - July 30th, August 7th - August 20th

Volunteers on this project will dedicate their time to improving the lives of children in a local community by running a summer camp programme. The aim of this project is to foster social development and cultural exchange through art, drama, dance, and sport.



Volunteers will be involved in scheduled activities with the children including arts and crafts activities, debates, quizzes, photography, sign language, and performing arts like dance and drama. Volunteers also arrange both indoor and outdoor games including football, hide and seek, and treasure hunts.

Volunteers will help teach health and hygiene practices to the children. If you are musical, you may also teach the children how to play an instrument such as the piano, violin, guitar or drums.

Where possible, volunteers will help paint fences and walls to create colourful murals in the grounds of the placement. Volunteers will also help plant vegetables and fruits in the home's garden. At the end of the two weeks there will be a mini concert and an arts and crafts exhibition where the children will get to showcase their talents and art pieces. Volunteers can also choose to perform their own talent alongside the children.

WEEKEND TRIP: At the weekend you will go on a trip to one of the island's famous beaches or caves. This will be coupled with a rich immersion into the music, dance, food, and other cultural aspects for which Jamaica is known.

Care & Community in Kenya

WHERE: Nanyuki, Kenya
2 WEEKS: June 26th - July 9th, July 10th - July 23rd, July 31st - August 13th
4 WEEKS: June 26th - July 23rd

Based in the town of Nanyuki in the heart of Laikipia County, this placement allows you to live with a local host family, immersing yourself in the traditional culture and helping to bring a smile to the faces of some of the vulnerable children in the local community.



During your time volunteering in Kenya, you will work in a children's centre, kindergarten or care centre. Your day will be split between doing practical activities like building and renovating or painting and decorating to more care based activities including running educational activities and playing with the children. Kenyan children love sport so volunteers are encouraged to get involved with games and activities outside such as ball games or maybe even a mini sports day.

In many of the centres in Kenya, a lack of staff and resources is evident. During your placement you and your fellow volunteers will be able to plan some fun and interactive educational activities to do with the children to encourage them to learn and also to give them the attention that so many of them need.

Those joining this project for four weeks will have three weekends arranged and four weeks of supported, structured work.



WEEKEND TRIP: During the weekend you will get the opportunity to visit one of Kenya's National Parks.

Care & Community in Mongolia

WHERE: Ulaanbaatar, Mongolia
2 WEEKS: July 17th - July 30th

Volunteering at a Care & Community Short-term Special in Mongolia is a great way for you to do something different this summer and make an impact on the lives of children. For two weeks, you and other volunteers your own age will spend time working with local children in the city of Ulaanbaatar.

Many facilities can supply the basic needs of the children, but don't have the resources to really give the children the kind of love and attention that they need. While working in one of the local orphanages or care centres, your time will be spent organising and running practical activities for children and teenagers aged from 2 to 15 years old. These activities could include basic and fun English lessons, games, and sports. You will also contribute to the general care of the younger children.



WEEKEND TRIP: On the weekend, you will be taken to Terelj National Park where you will be able to see wild horses and ride a camel. You will also get to experience a traditional Mongolian barbeque, which is a fantastic opportunity to socialise with the other volunteers and local staff.



Care & Community in Morocco



WHERE: Rabat, Morocco
2 WEEKS: July 10th - July 23rd, July 31st - August 13th

Although geographically Morocco lies closer to Europe, culturally, politically, and economically it has far more in common with the Middle East. Arabic is the official language of the country, with French being the second most widely spoken language.

During your stay you and your fellow volunteers will work on vital community projects in one of our partner day care centres in Rabat. Daily tasks include playing games with the children and helping them with basic education.

You will also have the chance to spend a day learning some traditional Moroccan artisan skills and spend a day making a typical Moroccan meal, from shopping in the market, to preparing the food in a riad house. You'll then get to sample your culinary efforts whilst being serenaded by a Moroccan quartet!

Throughout your stay in Morocco you will live with an Arabic or French speaking host family who will help you learn all about Morocco's traditions.

WEEKEND TRIP: During the weekend a city trip will be arranged and you will visit the historic sites of Rabat.



Care & Arabic or French in Morocco

WHERE: Rabat, Morocco
2 WEEKS: July 10th - July 23rd, July 31st - August 13th

Although geographically Morocco lies closer to Europe, culturally, politically, and economically it has far more in common with the Middle East. Arabic is the official language of the country, giving you an ideal opportunity to make real progress as you are immersed both inside and outside the classroom. As the second most widely spoken language, French is also very easy to learn here.

Our language courses will provide you with 20 hours of classroom time with a skilled language professional. Alongside these classes, you and your fellow volunteers will work on vital community projects in one of our partner day care centres in Rabat. Daily tasks include playing games with the children and helping them with basic education.

You will also have the chance to spend a day learning some traditional Moroccan artisan skills and spend a day making a typical Moroccan meal, from shopping in the market, to preparing the food in a riad house. You'll then get to sample your culinary efforts while being serenaded by a Moroccan quartet!

Throughout your placement and visit to Morocco, you will have ample opportunity to practise the Arabic or French you are learning. You will live with an Arabic or French speaking host family who will encourage you to practise at home as much as possible.

WEEKEND TRIP: During the weekend a city trip will be arranged and you will visit the historic sites of Rabat.



Care & Community in Nepal

WHERE: Kathmandu, Nepal
2 WEEKS: June 12th-June 25th, June 26th -July 9th, July 10th-July 23rd, July 24th-August 6th, August 7th-August 20th
4 WEEKS: June 26th-July 23rd, July 24th - August 20th

Our Care & Community Project in Nepal is based in the Kathmandu valley - an area rich in ancient temples reflecting the country's great wealth of culture and tradition. Although this project is relatively short, it gives you the opportunity to make a significant difference to other people's lives as well as your own.

You will discover another culture as you explore and learn more about this great country. You will stay in hotel accommodation close to the areas in which you are working and will participate in evening activities planned by our local staff.

Volunteers will spend their time working in a local school. In the mornings you will focus on renovating and decorating the building. In the afternoons you will take part in a variety of activities including playing with the children, outreach work and visits to some of our partner organisations. By putting in a new floor or painting a mural on a neglected wall, you will be making a valuable and lasting contribution to the placement.

Those joining this project for four weeks will have three weekends arranged and four weeks of supported, structured work.



WEEKEND TRIP: At the weekend there will either be a trip to the central markets and local temples, or a trip to the huge and beautiful nature reserve of Chitwan National Park.



Care & Community in Peru

WHERE: Sacred Valley, Peru
2 WEEKS: July 3rd - July 16th, July 17th - July 30th

This placement combines a variety of different daily activities aimed at improving the conditions in the local community. The majority of your time will be spent doing practical activities and could vary from renovating and painting to cleaning and gardening.



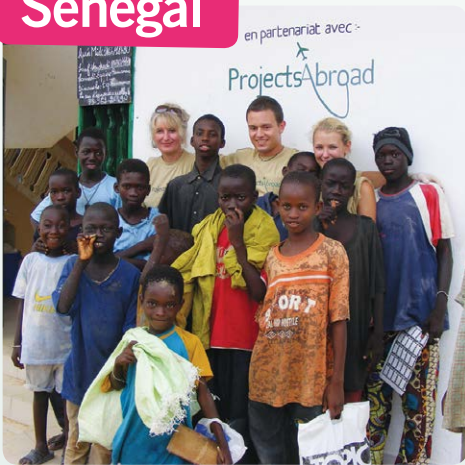
Your project will include a few Spanish lessons in order to help you learn a bit of the local language and practical workshops so you can interact with the community. Some of your time will be spent working with local Peruvians and may include a few days in a kindergarten, helping to organise a play day with the local children or spending time working with the elderly in a local care home.

You will be based in the Sacred Valley and will live with a local host family.



WEEKEND TRIP: On the weekend you'll 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.

Care & Community in Senegal



WHERE: St Louis, Senegal
2 WEEKS: July 17th-July 30th, August 7th-August 20th

Based in the picturesque town of St Louis in northern Senegal, you will have the opportunity to experience a taste of Senegalese culture and contribute to the local community.

You will live with a host family and your days will be spent doing a variety of different activities at a centre for street children or at our summer kindergarten programme.

You will spend time with the children and will also help to renovate and decorate a local school or centre. With the help of your fellow volunteers you will be able to transform the building, providing a fresh and colourful environment for the children.

WEEKEND TRIP: At the weekend you will spend time visiting the historic sites in and around St Louis. There are also social activities arranged throughout the two weeks including drum and dance lessons and a meal at a local restaurant.



Care & Community with French in Senegal

WHERE: St Louis, Senegal
2 WEEKS: July 17th-July 30th, August 7th-August 20th

Based in the picturesque town of St Louis in northern Senegal, this placement combines intensive French lessons with the chance to experience a taste of Senegalese culture and contribute to the local community. This is a great project for language students and anyone wanting to experience cultural immersion.

You will receive two hours of French tuition every morning, five days a week. Classes are interactive and you will be given encouragement every step of the way. You can put your new knowledge into practice on a daily basis as you get to know St Louis and mix with local people. Whether you want to master the basics or improve on the French you already know, the teaching will be adjusted to your level.

During your placement you will be involved in renovating and decorating classrooms in a local kindergarten in the afternoons, creating a clean and colourful environment for children to return to after their school holidays.



WEEKEND TRIP: At the weekend you will spend time visiting the historic sites in and around St Louis. There are also social activities arranged throughout the two weeks including drum and dance lessons and a meal at a local restaurant.



Care & Community in South Africa



WHERE: Cape Town, South Africa
2 WEEKS: July 10th-July 23rd, July 31st-August 13th
4 WEEKS: July 10th-August 6th

Our Care & Community project in South Africa is based in the cosmopolitan city of Cape Town. Volunteers work in day care centres in the city's townships.

You will spend some of your time conducting general repair work at crèches and day care centres. This can include everything from building and renovating to painting and decorating.

The remainder of your time will be spent playing with and caring for the children at the centres. You will assist them with their literacy, work to improve the emotional support and care they receive, and help to promote early childhood development.

You will also have the chance to get involved in outreach work, such as volunteering in a community soup kitchen for the day.

Volunteers stay with local host families to get a real taste of South African culture.

WEEKEND TRIP: You will have time to relax and enjoy the stunning scenery that Cape Town and the surrounding area has to offer. Whether you view the city from the top of Table Mountain, visit the penguins at Boulder's Beach or explore some of the legendary Garden Route, these two weeks will be among the best of your life!



Care & Community in Sri Lanka

WHERE: Towns on the southwest coast, Sri Lanka
2 WEEKS: June 12th-June 25th, June 26th-July 9th, July 10th -July 23rd, July 24th-August 6th
4 WEEKS: July 10th-August 6th

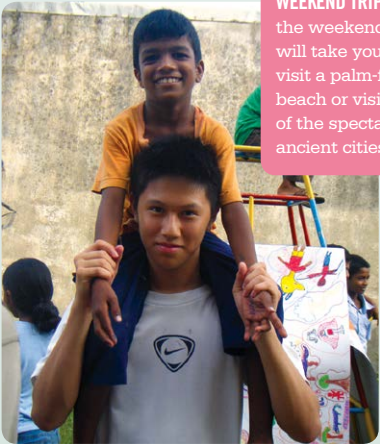
Based in several small towns along the southwest coast of Sri Lanka, you will be working with your fellow volunteers in day care centres and kindergartens. There is a huge variety of work available, however all the work has one basic requirement in common: a love of working with children.



Your role will vary from helping children learn the alphabet, organising arts and crafts activities, playing sports or reading with a child individually.

During your two weeks you will also get involved with some practical work such as painting and decorating a classroom, creating a lasting impact at the placement. This work is greatly appreciated by both the children and local staff.

You will live with a local host family, which allows you to be fully immersed in the Sri Lankan way of life.



WEEKEND TRIP: During the weekend we will take you to visit a palm-fringed beach or visit one of the spectacular ancient cities.

Care & Community in Tanzania



WHERE: Arusha, Tanzania
2 WEEKS: June 19th-July 2nd, July 10th-July 23rd, July 24th -August 6th, August 14th-August 27th
4 WEEKS: July 10th-August 6th

Based in the town of Arusha in northern Tanzania, this placement allows you to immerse yourself in the local culture and help bring a smile to the face of some vulnerable young children. You will live with a local host family during your stay with other volunteers.



During your time volunteering in Tanzania you will work in an orphanage or care centre. The programme will involve both practical activities, which could vary from building and renovating or painting and decorating, to more care based activities including looking after and playing with the children.

English is becoming a vital necessity for Tanzanians and the orphanages want the children to start learning English as soon as they have the opportunity. During your placement you and your fellow volunteers will be able to plan some fun and interactive educational activities to do with the children to help and encourage them to learn English.

Those joining this project for four weeks will have three weekends arranged and four weeks of supported, structured work.

WEEKEND TRIP: During the weekend you will get the opportunity to experience the breathtaking scenery in one of Tanzania's National Parks.

Care & Community in Togo

WHERE: Lomé, Togo
2 WEEKS: July 24th-August 6th, August 14th-August 27th

Our Care & Community project is based in Lomé, the vibrant capital city of Togo. This is a great project for anyone who loves working with children and who also wants to do some hands on renovation work.



In the mornings, volunteers will work in either an orphanage or day care centre doing basic educational activities with the children. Volunteers also help with games and day-to-day work such as feeding the children.

In the afternoons, volunteers will get the opportunity to do some renovation work at a local school or community building project.

Volunteers will stay with local host families to get a real taste of Togolese culture. Throughout the trip volunteers will have the chance to take part in djembe drum classes, learn local crafts, and also have an introductory lesson in the Ewe language.



WEEKEND TRIP: During the weekend volunteers will take a trip to Kpalimé, a mountain village surrounded by cocoa plantations. This will give volunteers a chance to explore the scenery, visit waterfalls, and see a more traditional, rural way of life.

Care & Community in Vietnam



WHERE: Hanoi, Vietnam
2 WEEKS: June 19th - July 2nd, July 10th - July 23rd, July 31st-August 13th

Volunteers on this project will be based near Hanoi and your time will be spent volunteering at one of our partner care placements. Although this project is relatively short, your experience will be packed full of activities, enabling you to learn about another culture and immerse yourself in the Vietnamese way of life.

You will work alongside other volunteers, assisting with lessons and organising activities like arts and crafts or playing sports. You will also spend time helping out on a painting and decorating project, creating a lasting impact at the placement. This work is greatly appreciated by both the children and local staff. Depending on the number of volunteers, you will stay in a guest house on or near your placement.



WEEKEND TRIP: Your weekend will be spent visiting the countryside and learning about Vietnam's history.

Inca Project & Archaeology in Peru



WHERE: Cusco and Huyro, Sacred Valley of the Incas, Peru
2 WEEKS: June 12th-June 25th, July 3rd-July 16th, July 24th-August 6th, August 14th-August 27th

Do you want to find out more about the amazing history of the Inca civilisation? On this project you will arrive in Cusco and visit the Sacred Valley of the Incas. You will work outdoors, surrounded by the stunning landscapes of the Andes to help on our archaeological activities and community projects.



Your trip will begin in Cusco with an introduction to the grandeur of the Inca Empire and the fascinating lifestyle and traditions that are continued by the locals. You will then be taken to the small Andean hamlet of Huyro, where you will work with our local archaeological team, helping to uncover and clear Inca ruins in an area only recently discovered as a new Inca settlement.

Volunteers also assist with work around the shared volunteer house and run community projects in the local area.

Accommodation is a mixture of hostels and shared rooms at the volunteer house.

WEEKEND TRIP: You will be taken to see many of the archaeological wonders of Peru including Ollantaytambo and the magnificent Machu Picchu, a unique place and one of the New Seven Wonders of the World. You will be able to visit the ruins and see the markets of traditional Peruvian towns.

Classical & Medieval Archaeology in Romania

WHERE: Romania
2 WEEKS: July 24th-August 6th

By taking part on our Archaeology Project in Romania, you will gain hands-on experience of archaeology and learn many practical skills within this field. You'll work at one of Romania's many excavation and restoration sites.



Working on these ancient sites is a great way to learn about civilisations that have long since disappeared. Through clues, investigations, and practical research you can attempt to reconstruct many aspects of their way of life. The range of work is diverse! The majority of your time will be spent on site excavation, however you'll also be involved in analysing findings, attending workshops, and conducting presentations.

Your accommodation will most likely be with a host family, but for more remote sites you may stay in a shared volunteer house. This will be confirmed closer to the time once the site is finalised.



WEEKEND TRIP: Your weekend will be spent exploring a nearby village amongst the beautiful mountains, in the heart of rural Transylvania.

Building in Jamaica

WHERE: Mandeville, Jamaica
2 WEEKS: June 12th-June 25th, July 3rd-July 16th, July 17th-July 30th August 7th-August 20th

Volunteers are needed in Jamaica to work on this Building Project to help construct a new bathroom facility for the students and staff of a primary school.

This school is affected by a number of issues, the most important one being the lack of proper bathroom facilities for the students. The existing bathroom is an outdoor pit latrine, which is in a deplorable condition as the structure is falling apart and the toilets are broken.

As a volunteer, you will be involved in installing partition blocks, mixing cement, rendering walls, and painting the new bathroom. Construction on this particular project is already in progress. However, your help is crucial to ensuring that the project is completed successfully. During your stay on the Building in Jamaica project you will live with a local host family and experience Jamaican hospitality first hand.



WEEKEND TRIP: At the weekend you will go on a trip to one of the island's famous beaches or caves. This will be coupled with a rich immersion into the music, dance, food, and other cultural aspects for which Jamaica is known.



Building & Spanish in Mexico

WHERE: Guadalajara, Mexico
2 WEEKS: July 3rd-July 16th



WEEKEND TRIP: At the weekend volunteers will have the chance to visit one of Mexico's beautiful beaches to re-charge the batteries for the second week of work.

This placement combines intensive Spanish lessons with the chance to experience a taste of Mexican culture and contribute to the local community. This is a great project for language students and anyone wanting to experience cultural immersion.

Mornings will be spent doing some construction work in the local community. This may be anything from building a toilet block, to plastering and painting a classroom or community hall. You will also have the opportunity to spend time with the children in the community, doing games and fun activities with them.

In the afternoons volunteers will receive two hours of Spanish tuition. Classes are interactive and you will be given encouragement every step of the way. You can put your new knowledge into practice on a daily basis as you get to know Mexico and mix with local people. Whether you want to master the basics or improve on the Spanish you already know, the teaching will be adjusted to your level.

Depending on the exact location of the building work, you may live in shared volunteer accommodation or with a local host family.



Building in South Africa

WHERE: Cape Town, South Africa
2 WEEKS: July 10th-July 23rd, July 31st-August 13th
4 WEEKS: July 10th-August 6th

If you want to get your hands dirty and see physical results from a short placement overseas, our Building project may be the project for you.

This project enables volunteers to play a key role in the building of new, better quality facilities, making the care homes and early learning centres more comfortable and safer places. Daily activities include digging foundations, mixing and pouring cement, building a roof or putting the finishing coat of paint on the completed building.

Volunteers live with local host families which gives a unique insight into this fascinating country.



WEEKEND TRIP: At the weekend you will go on a trip with other volunteers and our local staff to see some of the world famous sights of South Africa which may include Table Mountain and Cape Point National Park. You may even have the chance to go whale watching at nearby Hermanus.

Journalism in Romania

WHERE: Brasov, Romania
2 WEEKS: July 24th-August 6th

For those looking to break into the competitive world of journalism, this is for you! You will be based in Brasov working on 'The Village' magazine, an English and Romanian language magazine targeted at both expatriates and local Romanians. As a writer you will work on specific assignments focussing on village issues, with guidance from the editor.

You will be interviewing local people, reviewing events, writing features and taking photographs. As you work alongside the local experts you can put your passion into practice. Before leaving Romania you should have several articles ready to be published in the next edition.



WEEKEND TRIP: A visit to a UNESCO church and time visiting a traditional Romanian village should inspire your writing! Finally, no trip to Brasov would be complete without an evening out on the town where Austrian, Hungarian, and Romanian cultures meet.



Animal Care in Argentina

WHERE: Villa Rumipal, Argentina
2 WEEKS: June 19th-July 2nd, July 10th -July 23rd, July 31st-August 13th

This worthwhile project is ideal for anyone who enjoys working with animals and the great outdoors. Volunteers work at an organisation that cares for a variety of animals that have been brought to the centre because of injuries or elimination of natural habitat.

You will work in Villa Rumipal (about 50 miles away from Cordoba) and observe how the animals are treated and often have the chance to assist the local vet when checking an animal. Help with maintenance work is also appreciated at the centre.

The programme includes recreational activities in the evenings such as trips to the surrounding hills, a bonfire, or a games night. Volunteers will be accommodated at the centre, in same-sex dorms with good facilities.



WEEKEND TRIP: At the weekend volunteers usually visit some traditional villages in the hills.

Conservation & Community in Belize

WHERE: Placencia, Belize
2 WEEKS: June 26th - July 9th, July 10th - July 23th, July 31st - August 13th

This project is a great way to learn about preserving marine life while contributing to the local community. You will spend your first few days participating in an Open Water certification course. In shallow waters, you'll learn how to breathe underwater, clear your mask and equalise pressure. You will also become familiar with the buddy system and practice using underwater sign language.

Once you have your diving certification, you will start participating in conservation activities with our local staff and project partner. We work with an NGO that protects three important marine parks in the Belize Barrier Reef System, located near Placencia.

The project also has a land-based community aspect, where you will do physical work to improve a local public area such as painting a classroom or refurbishing a playground.



WEEKEND TRIP: You will travel with the other volunteers and our staff to visit a nearby island or a Mayan ruin. This is a great opportunity to relax and have fun with everyone while exploring a new country and culture.

Conservation in Costa Rica

WHERE: National Park, Costa Rica
2 WEEKS: July 17th-July 30th

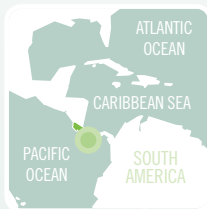
If you're interested in joining a conservation project and living in a gorgeous country, then look no further than this trip! Costa Rica is one of the most stable and well developed countries in Central America, ideal for volunteers who want to experience Latin America.

Volunteers work at a conservation project at one of our partner National Parks. Previous groups have worked at Barra Honda and Diria National Parks.

During your stay you will be given an extensive tour of the park. You'll also be involved in a variety of on-going projects which may include reforestation work, a mammal study, a butterfly and bat study, painting buildings, and restoring trails.

Volunteers live in shared dormitory accommodation in the park itself and there is a communal area where everyone eats together.

Experience all the beauty this magnificent country has to offer whilst helping out on a volunteer project. Pura Vida!



WEEKEND TRIP: An adventurous weekend trip to an outdoor destination is included for all Short-term Special volunteers.

Shark Conservation in Fiji

WHERE: Coral Coast, Fiji
2 WEEKS: July 10th - July 23th, July 24th - August 6th

Volunteering with Projects Abroad on the Shark Conservation project in Fiji is a great way to travel with purpose and contribute to vital conservation efforts abroad. In Fiji, you will have the opportunity to participate in a variety of activities, including diving, shark surveys, mangrove reforestation, and beach clean-ups.

The first week of the project will focus on your diving course. If you do not have a certification, you will be trained on the PADI Open Water course. Those who already have their Open Water certification will have the chance to do an Advanced Open Water course. Both of these certifications are globally recognised. All Short-term Special volunteers will also take part in a Shark Conservation Diver Course.

The second week of the program will focus on scientific research, such as observing the scientists, helping with mangrove reforestation, assisting with beach clean-ups, and participating in a shark survey dive. You will also be able to go on an incredible shark feed dive.



WEEKEND TRIP: Volunteers will have the chance to trek to a nearby waterfall, try paddle boarding, or just relax on the beach.

Conservation in Kenya

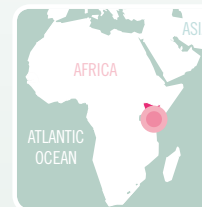
WHERE: Kigio Wildlife Reserve, Kenya
2 WEEKS: June 26th-July 9th, July 17th-July 30th

This unique project will allow you to experience some of Kenya's most breath-taking scenery and wildlife up close. Kigio Wildlife Reserve, formerly a cattle ranch, is now a haven and breeding ground for an incredibly diverse range of wild animals and will become your home for the duration of your two weeks in Kenya.

You will stay at the reserve in same-sex dormitories along with our other regular volunteers. There is a communal area at the front of the volunteer accommodation with stunning views over the reserve.

Volunteering on this project is hard work, a lot of fun, and extremely interesting. You will join in with the on-going conservation work. Every day is different and your work will be varied. One of the main aims is to protect and monitor the endangered Rothschild's giraffe. In addition, you will be involved in removing alien plants, repairing fences and roads, preventing soil erosion, and collecting data on different species and birds in the area.

Volunteers will be accompanied at all times by our experienced conservation staff who have a great knowledge of the region's geography and wildlife. They will pass on their expertise and enthusiasm to you and you will learn a lot.



WEEKEND TRIP: During the weekend you will get the opportunity to visit one of Kenya's National Parks.

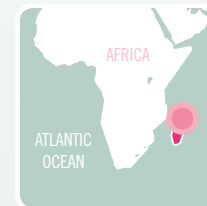
Conservation in Madagascar

WHERE: Moramanga, Madagascar
2 WEEKS: July 10th - July 23th, July 31st - August 13th

Volunteering on the Conservation Short-term Special project in Madagascar is a chance for you to experience working and living in a diverse rainforest environment. The island is recognised as a global hotspot for biodiversity, with one of the highest percentages of endemic species on the planet. Unfortunately, the rainforests are under threat from the farming practices that local communities depend on.

As a volunteer, you will work alongside a group of volunteers under the supervision of Projects Abroad staff and contribute to important ongoing biodiversity and environmental impact studies. You will also get involved in jungle reforestation projects and species monitoring. This work is perfect for any student with an interest in the environment and you will be able to learn a great deal about conservation approaches from our local staff and project scientists.

During your time in Madagascar, you will live in a guesthouse and will be introduced to Madagascan life and culture. You might even be able to pick up some French or the local language, Malagasy!



WEEKEND TRIP: Over the weekend, our local staff will organise a trip and social activities for you and the other volunteers to have fun with everyone while exploring a new country and culture.

Conservation & Spanish in Mexico

WHERE: Tecoman, Mexico

2 WEEKS: June 12th - June 25th, July 3rd - July 16th, July 24th - August 6th

Located at the Campamento Tecoman biological station on the Pacific Coast, you will spend your time learning Spanish and helping out on a variety of conservation projects, including the protection of the rare Olive Ridley turtle. You will receive two hours of Spanish lessons each weekday. Classes are taught in small groups and are extremely interactive and you will receive great encouragement every step of the way. Whether you want to master the basics or improve your current level of Spanish, the teaching will be adjusted to suit you.

During some of the evenings you will be on patrol working on our turtle project - helping collect and bury the precious eggs in a safe enclosure to protect them from predators and poachers. Once the eggs have hatched you will help release the new-borns into the sea.

Volunteers will be involved in our crocodile conservation work, a study of the wildlife in the local lagoon and a variety of building and maintenance work. All volunteers also take turns on the camp rota, helping to keep the camp a clean and pleasant place to be.

Volunteers live in shared dormitory accommodation on the beach. The facilities are basic and the work can be physically hard in the hot, humid climate, but there will be plenty of free time to recover.



WEEKEND TRIP: The weekend trip will be to a local beach resort, where you can relax and swim in the sea.

Conservation in Peru



WHERE: Amazon Rainforest, Peru

2 WEEKS: July 3rd - July 16th, July 17th - July 30th, July 31st - August 13th

For a chance to truly get away from it all this summer, join us for two weeks in the Peruvian rainforest, deep in the heart of the Amazon. This project offers a unique chance to experience the rainforest environment and participate in important conservation activities.

On arrival at the Taricaya Lodge, our jungle base, you will be given a full orientation and receive an introduction to the project from one of our conservation staff. You will spend the two weeks working on the same schedule as our regular volunteers. Projects currently include wildlife observations from our viewing platform high in the jungle canopy, night observation walks along the extensive network of trails, work on our animal release programme, and pilot farm scheme.

All volunteers live together at the lodge in shared rooms or small bungalows.



WEEKEND TRIP: Your weekend trip will either be a camping trip down river or a visit to Puerto Maldonado where you can relax in more luxurious surroundings and have a fun night out.

Conservation in Botswana & South Africa

WHERE: Wild At Tuli, Botswana

2 WEEKS: June 26th - July 9th, July 17th - July 30th, August 7th - August 20th

Even before you arrive at our Conservation project in Southern Africa you will see some stunning wilderness on your journey to base camp. You will fly into Polokwane, in the northern region of South Africa, and then drive across the Botswana border. Your final destination is Wild At Tuli – our large nature reserve.

You will stay at the reserve, which is well facilitated to accommodate volunteers. It has large and spacious safari tents and a large open air communal area, complete with a fire circle and braai pit (similar to a BBQ).

Volunteering on this project is hard work, a lot of fun, and extremely rewarding. You will be involved in wrapping trees to prevent damage from elephants, removing alien plants, and collecting scientific data on the birds and elephants in the reserve.

Volunteers will be accompanied at all times by our conservation staff. They have lots of experience of all the activities that volunteers are involved in, as well as a great knowledge of the region's geography and wildlife. They will pass on their expertise and enthusiasm to you and you will learn a lot about living in the bush.



WEEKEND TRIP: At the weekend you'll go on a game drive to further explore the area.

Conservation & Community in Thailand

WHERE: Ao Nang, Thailand

2 WEEKS: July 10th - July 23th, July 31st - August 13th

This trip is perfect for anyone with a keen interest in marine life who wants to make a positive impact on a local community. During your stay you will complete an internationally recognised PADI Open Water course to qualify you to dive. In the initial stages when you are in shallow water, you will learn how to breathe, clear your mask and equalise pressure. You will also become familiar with the buddy system and underwater sign language.

Once you have qualified, your efforts are rewarded as you descend into a stunningly clear underwater world of tropical fish, turtles, sea urchins and corals that you never knew existed. You'll help with our underwater conservation efforts such as reef checks, fish surveys and other forms of data collection.

Your land-based community work will be based at a site we've designated for improvements: previous groups have built a playground at a kindergarten and created an aquaculture pond in a local park. Depending on the weather, you might also get involved with beach clean ups and mangrove reforestation initiatives in the area.



WEEKEND TRIP: We have built into the schedule time for fun, culture and tourism, including a kayak trip, a visit to a local market, a traditional Thai meal, or a Thai massage



Diving & Marine Conservation in Thailand

WHERE: Ao Nang, Thailand

2 WEEKS: July 3rd - July 16th, July 24th - August 6th

All volunteers on our Conservation project in Thailand will be met by one of our staff in Krabi, just 20km from Ao Nang where the project is based. This trip is perfect for anyone fascinated by marine life.

You will complete a four-day PADI Open Water course to qualify you to dive. In the initial stages when you're in shallow water, you will learn how to breathe, clear your mask, and equalise pressure. You will also become familiar with the buddy system and underwater sign language.

Once you have qualified, your efforts are rewarded as you descend into a stunningly clear underwater world of tropical fish, turtles, sea urchins and corals that you never knew existed. You will also help with a beach clean-up and take part in some reforestation work.

After your two weeks, you will return home with a universally recognised qualification, a wealth of diving experience, and the knowledge that you have made a useful contribution to the preservation of a wonderful marine ecosystem – as well as some great memories of Thailand.



WEEKEND TRIP: During the two weeks you will visit a market, have a Thai massage, and go kayaking.

Human Rights & Spanish in Argentina

WHERE: Cordoba, Argentina

2 Weeks: June 19th - July 2nd, July 10th - July 23rd, July 31st - August 13th

4 WEEKS: July 17th - August 13th

If you are passionate about human rights, have an interest in Spanish, and plan to pursue human rights work or law in the future, this project is perfect for you!

You'll learn about the history and culture of Argentina and get involved in human rights issues at a grass roots level with the guidance of local social workers and our in-house lawyer. By working alongside people living in poor communities in Cordoba, you'll gain a first-hand understanding of their daily lives and hurdles related to poverty, crime and xenophobia which must be overcome.

Volunteers help work with and learn how to support victims of human rights abuse or individuals in at-risk communities. Tasks may include educating disadvantaged children about social equality, working on a project advocating rights for homeless people, making young prisoners aware of their basic rights and conducting research on human rights cases.

Volunteers also receive two hours of daily Spanish lessons and will live with host families in Cordoba.



WEEKEND TRIP: At the weekend volunteers usually visit some traditional villages in the hills. There may also be an opportunity to visit the house which once belonged to the famous Argentine socialist revolutionary, Che Guevara.

Law & Business in China



WHERE: Chengdu, China

2 WEEKS: July 10th - July 23rd, July 31st - August 13th

This placement offers a unique work experience opportunity for anyone considering a career in law or business and interested in Chinese culture.

Based in Chengdu, you'll visit law firms and various legal departments.

During the two week placement, you will get a broad overview of law in China, spanning the entire legal spectrum of commercial and corporate law. Your time may be spent researching case studies, proofreading documents, and making comparisons between foreign and Chinese legal systems.

In addition to this you will receive presentations and assignments from various companies, providing you with a greater insight into international business.

Your accommodation will either be in a volunteer apartment or hostel.



WEEKEND TRIP: Your weekend will be spent visiting the panda sanctuary, which Chengdu is famous for. You'll also get the opportunity to visit the Du Jiang Yan water project and the Leshan Giant Buddha or spend a day exploring more of the city sights that Chengdu has to offer.

Human Rights in South Africa

WHERE: Cape Town, South Africa

2 WEEKS: June 19th - July 2nd, July 10th - July 23rd, July 31st - August 13th

You will enjoy a variety of experiences, learning about the history and culture of Cape Town and the country as a whole. You will work alongside people who live in townships and gain a first-hand understanding of the daily lives of people in the Cape Flats, and the hurdles related to poverty, crime, and racial barriers which must be overcome.

Whilst visiting these areas, you will also have the opportunity to meet some true local heroes who have struggled through their own problems and have reached out to help others; this might include providing safe houses for abused women and children, early childhood development centres or helping people to develop skills to earn an income.

The individuals you meet will enable you to understand the extent of the continuing social problems, and give you ideas of how these issues may be best remedied on the ground; the essence of Human Rights work! You will also meet with professionals working in different fields who will provide you with further insight into some of the challenges they face when trying to improve the level of access to human rights-related assistance.



WEEKEND TRIP: You will have time to relax and enjoy the stunning scenery that Cape Town and the surrounding area has to offer. Whether you view the city from the top of Table Mountain, visit the penguins at Boulders Beach or explore some of the legendary Garden Route, these two weeks will be among the best of your life!

Medicine & Spanish in Argentina

WHERE: Cordoba, Argentina
2 WEEKS: June 19th - July 2nd, July 10th - July 23rd, July 31st - August 13th
4 WEEKS: July 17th - August 13th

This Short-term Special combines intensive Spanish lessons with a unique opportunity to observe the medical profession first hand. Argentina has many similarities to Europe and the modern techniques used in hospitals will be extremely relevant to anyone looking to study medicine in the future.

Volunteers will receive two hours of Spanish tuition a day. Classes are interactive and you will be given encouragement every step of the way. The lessons will involve medical vocabulary so not only will you be more at ease when you are in the hospitals but you can also put your new knowledge into practice on a daily basis as you get to know Cordoba and mix with local people. Whether you want to master the basics or improve on the Spanish you already know, the teaching will be adjusted to your level.

During your time at the hospital you will have the chance to witness all aspects of the medical profession. You will visit a variety of different departments in the hospital to allow you to observe procedures, work in maternity units, and help out on ward rounds. There is also the opportunity to attend some medical lectures.

Those joining this project for four weeks will have three weekends arranged and four weeks of supported, structured work.



WEEKEND TRIP: At the weekend volunteers usually visit some traditional villages in the hills. There may also be an opportunity to visit the house which once belonged to the famous Argentine socialist revolutionary, Che Guevara.



Medicine in Bolivia

WHERE: Cochabamba, Bolivia
2 WEEKS: July 3rd - July 16th, July 24th - August 6th

Volunteers on this project are based in Cochabamba and live with local host families.

You will spend your time shadowing doctors at different health centres and hospitals and even have the opportunity to observe some dentistry procedures. You will also visit a local orphanage and take part in an outreach programme.

During your stay, you will travel outside of Cochabamba to a village that would not otherwise have access to medical treatment. Here you will record measurements like blood pressure, height, weight and temperature of the children and the elderly.



WEEKEND TRIP: At the weekend you will travel to breath-taking Lake Titicaca. Whilst here, you will visit Isla del Sol and explore the Tiwanaku ruins.



Public Health in Cambodia



WHERE: Phnom Penh, Cambodia
2 WEEKS: June 19th - July 2nd, July 10th - July 23rd, July 31st - August 13th
4 WEEKS: June 26th - July 23rd

Volunteers in Cambodia stay in a guesthouse or a hotel together in Phnom Penh and learn about healthcare in this fascinating developing country.

You'll shadow doctors at a public hospital in Phnom Penh, visit a health centre in the community, and have the opportunity to learn about traditional Khmer medicine.

You will also get involved in outreach activities and help provide public health education in schools and community centres.

WEEKEND TRIP: No trip to Cambodia is complete without visiting the magnificent temples of Angkor Wat, so you will visit several of the main temple sites during your weekend trip.



Medicine in Ghana

WHERE: Cape Coast & Winneba, Ghana
2 WEEKS: June 19th - July 2nd, July 10th - July 23rd, July 24th - August 6th, August 14th - August 27th
4 WEEKS: July 10th - August 6th

Are you considering medicine as a career? The Medicine in Ghana programme is an exciting and popular project, based in one of two locations in the central region of Ghana. This project will give you a taste of the medical world so you can ensure you are making the right choice before you embark on your studies. It will benefit any application to study medicine at university.

The project combines outreach work in local communities, camps and schools with one or two days per week spent within various departments of a local hospital or clinic. Your work in the hospital or clinic will be observational. During the outreach work and whilst at public health clinics you will be involved in more hands-on work, like dressing wounds, carrying out health checks, giving malaria tests or giving presentations to children on common health issues.

While volunteering in Ghana you will live with one of our local host families. You will be able to immerse yourself in the real day-to-day lives of the Ghanaian residents.

Those joining this project for four weeks will have three weekends arranged and four weeks of supported, structured work.



WEEKEND TRIP: At the weekend we'll take you to visit either one of Ghana's stunning palm fringed beaches or the Kakum Rainforest Reserve near Cape Coast where you can hike through the jungle and experience the canopy walkway high in the trees. You will also have the opportunity to visit Cape Coast's slave fort.



Public Health in Jamaica

WHERE: Mandeville, Jamaica
2 WEEKS: June 12th - June 25th, July 3rd - July 16th, July 17th - July 30th, August 7th - August 20th

Volunteering on a Medicine project in Jamaica is a challenging and exciting experience. Medical volunteers will get a chance to observe doctors or nurses in a hospital and health centre setting. Volunteers will be rotated, one week at the hospital and one week at the health centre. At the hospital you will spend time working on the medical, surgical, and paediatric wards as well as in the laboratory, X-ray department, and pharmacy.

The health department and health centres offer a variety of services including an adolescent health clinic, wellness clinic, child health, curative health, family planning, and health programme, and sexually transmitted infection clinics.

Medical volunteers will also be a part of a workshop and community health clinic during their two weeks in Jamaica. The workshop involves presentations and training in basic procedures such as measuring height, weight, blood pressure and sugar checks, vital signs and first aid responses. The community health clinic will allow you to assist healthcare professionals with health education, screening, testing, and routine checks of patients within an assigned community in the parish where healthcare may not be readily accessible.



WEEKEND TRIP: At the weekend you will go on a trip to one of the island's famous beaches or caves. This will be coupled with a rich immersion into the music, dance, food, and other cultural aspects for which Jamaica is known.

Medicine in Kenya

WHERE: Nanyuki, Kenya
2 WEEKS: June 26th - July 9th, July 17th - July 30th

This programme allows volunteers to learn about public health and healthcare in a developing country. Volunteers are based in Nanyuki and stay with local host families. The work will be varied and rewarding, you could be learning from local doctors in a health clinic one day and treating and educating families in poorer, more rural communities the next.



You will have the chance to attend medical workshops and learn more about current local issues such as HIV and tropical diseases. Over the years Kenya has always strived to teach the younger generation about the importance of staying healthy. During your time in Kenya you will be able to get involved in health checks in orphanages and also give fun and interactive presentations to the children regarding different health care issues.

WEEKEND TRIP: During the weekend you will get the opportunity to visit one of Kenya's National Parks.



Public Health in Mexico

WHERE: Guadalajara, Mexico
2 WEEKS: July 3th - July 16th, July 24th - August 6th

Secondary school students with an interest in medicine and helping others can get involved in the Public Health project in Mexico with Projects Abroad. Based in Guadalajara, you will give back by providing healthcare services for people who do not have regular access to medical care. There is also a desperate need for more education about public health concerns.

As a volunteer, you will get involved with community-based medical outreach work and public health campaigns in areas on the outskirts of Guadalajara where there is often little or no access to healthcare services. You will also work in schools or orphanages helping provide medical care and education.

In Mexico, you will live with a local host family in the city of Guadalajara, a large university city with striking Spanish colonial architecture. Your host family will welcome you into their home and teach you all about the local culture.



WEEKEND TRIP: You will participate in cultural and Spanish workshops, have salsa lessons, go on a half day trip to the craft market in Tonalá, and visit a local restaurant to sample some of the delicious local cuisine.



Medicine in Mongolia



WHERE: Ulaanbaatar, Mongolia
2 WEEKS: June 12th - June 25th, July 17th - July 30th, August 7th - August 20th

If your passion is medicine then this is a great opportunity to further your knowledge and learn more about medicine in a developing country. The time you spend on this project will be of huge benefit for when you go to medical school or to help you secure a place studying medicine at university.

You will be working in several of Ulaanbaatar's leading hospitals under expert supervision. On arrival in Ulaanbaatar, an introductory session will cover basic professional skills as well as Mongolian attitudes and ideas. You'll leave after experiencing medicine in the most remote city on earth and gaining valuable insight into rural community issues.



WEEKEND TRIP: You will be taken to Terelj National Park where you will be able to see the wild horses. You will also get to experience a traditional Mongolian barbeque, giving you the opportunity to socialise with the other volunteers and local staff.

Medicine in Nepal

WHERE: Chitwan, Nepal
2 WEEKS: June 12th - June 25th, June 26th - July 9th, July 10th - July 23rd, July 24th - August 6th, August 7th - August 20th
4 WEEKS: June 26th - July 23rd, July 24th - August 20th

This Short-term Special programme is structured to give you an incredible insight into medical practices in Nepal. Your project will begin in the intriguing Nepalese capital Kathmandu from which you will travel to Chitwan. Here medical volunteers will experience a multi-speciality hospital and take part in lectures at the local teaching hospital.

You will live in a hotel close to the areas in which you are working and will participate in evening activities planned by our local staff.

Those joining this project for four weeks will have three weekends arranged and four weeks of supported, structured work.



Physiotherapy in Nepal



WEEKEND TRIP: At the weekend there will either be a trip to the central markets and local temples, or a trip to the beautiful nature reserve of Chitwan National Park.

WHERE: Chitwan, Nepal
2 WEEKS: June 12th - June 25th, June 26th - July 9th, July 10th - July 23rd, July 24th - August 6th, August 7th - August 20th

This Short-term Special programme is designed to give you an unparalleled overview of physiotherapy in Nepal. Based in the beautiful city of Chitwan and close to one of Nepal's National Parks, volunteers will spend time in a local centre for the disabled. This is an inspiring placement thanks to the fantastic work that goes on there.



You will live in a hotel close to the areas in which you are working and will participate in evening activities planned by our local staff.



WEEKEND TRIP: At the weekend there will either be a trip to the central markets and local temples, or a trip to the beautiful nature reserve of Chitwan National Park.

Medicine in Peru

WHERE: Sacred Valley, Peru
2 WEEKS: June 26th - July 9th, August 7th - August 20th
4 WEEKS: July 10th - August 6th

This placement gives you a unique opportunity to observe the medical profession first hand in a developing country. Projects Abroad works in both private and public hospitals allowing you to observe a wide variety of medical treatments in different departments.



Short-term Special medical volunteers will divide their time between observing different procedures and attending medical workshops. Throughout your time with us in Peru you will learn a lot about local Peruvian health issues and treatments. Volunteers will spend some of their time shadowing local doctors and will have the opportunity to ask questions and discuss different patient's cases. Your project with us will include a few Spanish lessons in order to help you learn some Spanish words related to the medical field which will be useful when you are in the hospitals observing different cases.

During your time in Peru you will participate in a medical outreach programme providing medical care or health education to local communities who would otherwise not have access to help.

Volunteers will be based in the Sacred Valley and will live with local host families.

Those joining this project for four weeks will have three weekends arranged and four weeks of supported, structured work.

WEEKEND TRIP: On the weekend you'll 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.

Public Health in Philippines

WHERE: Bogo, Philippines
2 WEEKS: June 26th - July 9th, July 17th - July 30th, August 7th - August 20th

Volunteers on the Public Health project in the Philippines work in a community health setting where they focus on conducting health campaigns and outreach work for the benefit of the local people. This project is ideal for students interested in gaining experience in healthcare and those planning to pursue medical studies.

The majority of your time will be spent working with local families doing health screening activities such as blood pressure, blood sugar, and waistline measurement as baseline information for health promotion strategies. Along with other volunteers, you will then design simple health promotion strategies to be implemented within the duration of two weeks. You will be working alongside local doctors, nurses, and social and health workers, reaching out to as many people as possible.



WEEKEND TRIP: You will get the opportunity to explore Capitanillo Islet - a small, beautiful, and mystical coral island near Bogo. Capitanillo Islet has a protected marine sanctuary, three dive sites, and a lighthouse.

Medicine in Sri Lanka

WHERE: Colombo, Sri Lanka
2 WEEKS: June 12th - June 25th, June 26th - July 9th, July 10th - July 23th, July 24th - August 6th, August 7th - August 20th
4 WEEKS: June 26th - July 23th, July 24th - August 20th

During their time on the Medicine project in Sri Lanka, volunteers will be under the supervision of a Projects Abroad Coordinator and will spend time in the different departments of a general hospital. Volunteers will also have the opportunity to visit a hospital specialising in traditional Ayurvedic medicine. This project is an exciting opportunity for secondary school students to learn about medical systems in a developing country and improve their cross-cultural communication skills.

Over the course of the project, volunteers will also attend an interesting workshop on medical practices in Sri Lanka, and participate in outreach activities during a two-day medical camp in a local community and an orphanage.



WEEKEND TRIP: Projects Abroad will arrange a trip to Kandy, Sri Lanka's cultural capital, which is a UNESCO World Heritage site.

Medicine in Tanzania

WHERE: Arusha, Tanzania
2 WEEKS: June 19th - July 2nd, July 10th - July 23rd, July 24th - August 6th, August 14th - August 27th
4 WEEKS: July 10th - August 6th

This programme allows volunteers to learn about many different aspects of medical treatments and healthcare in Tanzania. Volunteers are based in Arusha and live with local host families in the area. The work will be varied; you could be learning from local doctors in a large hospital one day and treating local Maasai in a rural location the next.

You will have the chance to attend regular medical workshops and learn more about current local issues such as HIV and tropical diseases. Over the years Tanzania has tried hard to teach the younger generation about the need to be careful and stay healthy. During your time away you may be able to go to the local orphanages and carry out fun and interactive activities with the children regarding different healthcare issues.

Those joining this project for four weeks will have three weekends arranged and four weeks of supported, structured work.



WEEKEND TRIP: During the weekend you will get the opportunity to experience the breath-taking scenery in one of Tanzania's National Parks.



Public Health in Tanzania

WHERE: Arusha, Tanzania
2 WEEKS: July 24th - August 6th

The Public Health project in Tanzania is a unique project based in and around the town of Arusha. This project focuses on the importance of health campaigns and outreach work in the more rural areas, in addition to giving you an insight into how limited medical treatment is for some patients given their location and their way of life.

The majority of your time will be spent doing medical outreach work and educational health campaigns. You will be working alongside local doctors and nurses reaching out to as many people as possible. Your time in Tanzania will be varied and you may find yourself providing much needed treatment to a rural Maasai tribe one day and educating the children in a local orphanage on the importance of hygiene the next. Many of the local Maasai do not have access to medical treatment and these free outreach clinics, provided by Projects Abroad, are vital when it comes to ensuring they have the treatment they need.

As a volunteer you will be involved in carrying out basic health checks, leading educational campaigns and observing and assisting where possible with the diagnosis of the patients with a local doctor.

While volunteering in Arusha you will live with one of our local host families. This gives you a unique insight into a completely different way of life.



WEEKEND TRIP: During the weekend you will get the opportunity to experience the breath-taking scenery in one of Tanzania's National Parks.

Football in Ghana



WHERE: Accra, Ghana
2 WEEKS: July 10th - July 23rd, July 24th - August 6th

Spend two weeks in friendly West Africa. Use your sporting talents to teach new skills and train children on our football projects in Ghana. Football in Ghana is everywhere! Whether football flags on cars, stickers in taxis, locals in football shirts or kids playing in the street, it is immediately apparent that Ghanaians are extremely passionate about football.

Working alongside a local coach, you will spend your two weeks based at our sports placement in Accra, coaching football and showcasing your skills alongside the locals.

Preparing the children for a local match, which you can then help to referee, will show off your coaching skills. By interacting with the children on a personal level, you will develop their skills and confidence while having fun playing football at the same time.



WEEKEND TRIP: At the weekend we'll take you to visit Cape Coast, home to the famous slave fort, as well as a trip to Kakum National Park where you can experience the canopy walkway high in the trees.

Community Sports in Jamaica

WHERE: Mandeville, Jamaica
2 WEEKS: June 12th - June 25th, July 3rd - July 16th, July 17th - July 30th, August 7th - August 20th

Jamaicans are passionate about sport and are very proud of their athletic achievements. So if you love taking part in varied sporting activities this two week project is for you!

You will help coordinate and run sporting activities with disadvantaged children aged from 6 to 18 years old at a community sports camp. Volunteers will be involved in a number of sports, including football, cricket, netball and athletics. At the end of the two weeks a traditional sports day will be held, where typical Jamaican races will be combined with your ideas for some competitions. Your support will be greatly appreciated whether you have a lot of training in one particular sport, or general enthusiasm for sports in general. Days will be tiring but a lot of fun and you'll enjoy organised cultural and social events in the evenings.

Volunteers will live with host families to get a real feel for Jamaican life and culture.



WEEKEND TRIP: At the weekend you will go on a trip to one of the island's famous beaches or caves. This will be coupled with a rich immersion into the music, dance, food, and other cultural aspects for which Jamaica is known.



Winter Dates

We are also running Short-term Specials on fixed dates in December 2016 and January 2017. If you have time to spare over the Christmas holidays then why not join us on one of our short programmes designed especially for you.

Care & Community in Cambodia

Sunday December 4th - Saturday December 17th
Sunday January 1st - Saturday January 14th

Care & Community in Nepal

Sunday December 4th - Saturday December 17th
Sunday January 1st - Saturday January 14th

Care & Community in Sri Lanka

Sunday December 4th - Saturday December 17th

Care & Community in Vietnam

Sunday December 4th - Saturday December 17th

Community Village Project in Fiji

Sunday December 4th - Saturday December 17th

Conservation & Community in Cambodia

Sunday December 4th 2016 - Saturday December 17th 2016

Medicine in Nepal

Sunday December 4th - Saturday December 17th
Sunday January 1st - Saturday January 14th

Short-term Specials for 2017

If you are looking for a Short-term Special for 2017, then please refer to our website for a full list of the dates, projects and destinations available.

www.projects-abroad.co.uk/summer

Application Timeline

- 1 Submit your application online (www.projects-abroad.co.uk/apply) or call us on 01903 708300.
- 2 Within 10 working days you will receive your acceptance, login name and password for your personalised MyProjectsAbroad webpage. If we can't accept you we will contact you to discuss alternatives or refund your deposit in full.
- 3 One of our Volunteer Advisors will contact you to check if you have any questions.
- 4 Book your flights (if applicable) and read through your MyProjectsAbroad webpage.
- 5 Pay your full balance.
- 6 Get any necessary vaccinations or medication. We recommend that you consult your GP or local travel clinic for up-to-date information about what you require. Since we are not medical experts, our advice on vaccinations and other medical matters can only be informal.
- 7 Send your parental consent form to us.

VISAS AND INSURANCE

With a few exceptions you will need to buy a visa. We will give you all the relevant documents and advice. As we go to print, prices range from £30 to £150. Our prices include insurance cover for your outbound and return journeys (except for overnight stays in your home country) and throughout your placement. Cover includes medical expenses and emergency travel expenses, luggage and personal belongings, money, cancellation and curtailment, rescue and assistance, legal expenses and travel delay. Cover becomes effective when your full balance is received. Extra leisure insurance can also be arranged for an additional premium.

Projects Abroad Travel

Projects Abroad Travel can organise your return flights. Please note flight prices don't include taxes.

Argentina:	£995
Belize:	£845
Bolivia:	£895
Cambodia:	£795
China:	£695
Costa Rica:	£845
Ecuador:	£1495
Ethiopia:	£695
Fiji:	£1595
Ghana:	£695
Jamaica:	£845
Kenya:	£695
Madagascar:	£875
Mexico:	£695
Mongolia:	£895
Morocco:	£395
Nepal:	£695
Peru:	£945
Philippines:	£895
Romania:	£395
Senegal:	£695
South Africa:	£795
Sri Lanka:	£695
Tanzania:	£795
Thailand:	£795
Togo:	£695
Vietnam:	£795

2 easy ways to apply



Internet
www.projects-abroad.co.uk
(Under section "Apply Now")



Telephone
01903 708300

Example Itinerary

Care & Community in Nepal

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.

DAY NO.	DAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL
2	Monday	8:30am-12:00pm	Induction and tour of Thamel
		12:30pm-2:00pm	LUNCH AT LOCAL RESTAURANT
		2:00pm-5:00pm	Tour and Induction at Care Centre
		6:00pm-8:00pm	DINNER
		8:00pm-9:00pm	Traditional Dancing
3	Tuesday	9:00am-12:00pm	Painting at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Play with children at Care Centre
		5:30pm-7:30pm	DINNER
4	Wednesday	9:00am-12:00pm	Painting at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Play with children at Care Centre
		5:30pm-7:30pm	DINNER
5	Thursday	9:00am-12:00pm	Painting at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Play with children at Care Centre
		5:30pm-7:30pm	DINNER
6	Friday	6:00am-1:00pm	Travel from Thamel to Chitwan
		12:00pm-1:00pm	LUNCH
		1:00pm-7:00pm	Tour of Chitwan
		7:00pm-9:00pm	DINNER
7	Saturday	ALL DAY	Weekend in Chitwan National Park
8	Sunday	ALL DAY	Weekend in Chitwan National Park

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	9:00am-12:00pm	Painting at Care Centre
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Play with children at Care Centre
		5:00pm-7:30pm	Bollywood Movie
		7:30pm-8:30pm	DINNER
10	Tuesday	9:00am-12:00pm	Painting at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-4:00pm	Play with children at Care Centre
		5:30pm-7:30pm	DINNER
11	Wednesday	9:00am-12:00pm	Painting at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-2:00pm	Completion of painting project
		2:00pm-6:00pm	Visit Boudhanath Stupa
		7:00pm-8:00pm	DINNER
12	Thursday	9:00am-12:00pm	Play with children at Care Centre
		12:00pm-1:00pm	LUNCH
		1:00pm-6:00pm	Rikshaw Tour of Thamel
		7:30pm-8:30pm	DINNER
13	Friday	9:00am-12:00pm	Sports with children at Care Centre
		12:00pm-1:00pm	LUNCH
		3:00pm-6:00pm	Souvenir shopping at local market
		7:30pm-8:30pm	FAREWELL DINNER
14	Saturday	ALL DAY	Departure

Example Itinerary

Shark Conservation in Fiji

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.

DAY NO.	DAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL
2	Monday	9:00am-12:00pm	Country Induction
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Diving Course
		6:00pm-8:00pm	DINNER
3	Tuesday	9:00am-12:00pm	Diving Course
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Diving Course
		7:00pm-9:00pm	DINNER
4	Wednesday	9:00am-12:00pm	Diving Course
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Diving Course
		6:00pm-8:00pm	DINNER
5	Thursday	9:00am-12:00pm	Diving Course
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Diving Course
		7:00pm-9:00pm	DINNER
6	Friday	9:00am-12:00pm	Cultural Trip to Suva
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Trek to Waterfall
		7:00pm-9:00pm	DINNER
7	Saturday	ALL DAY	Day Trip to the Beach
8	Sunday	ALL DAY	Shark Surveys

DAY NO.	DAY	TIME	ACTIVITY
9	Monday	9:00am-12:00pm	Tagging Workshop
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Shark Dissection
		7:00pm-9:00pm	DINNER
10	Tuesday	9:00am-12:00pm	Mangrove Conservation
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Reforestation Work
		7:00pm-9:00pm	DINNER
11	Wednesday	9:00am-12:00pm	Survey Dives
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Conservation Dives
		7:00pm-9:00pm	DINNER
12	Thursday	9:00am-12:00pm	Shark Dive
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Debrief Shark Dive
		7:00pm-9:00pm	DINNER
13	Friday	9:00am-12:00pm	Beach Cleanup with Children
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Shopping in Arts Village
		7:00pm-9:00pm	Farewell Dinner
14	Saturday	ALL DAY	Departure

Testimonials



I had the fantastic opportunity to travel to Arusha, Tanzania as part of a Projects Abroad Short-term Special in July. I am 18 years of age and currently applying to study medicine at university. The project format was perfect because it provided a very active and well-structured trip with the opportunity to meet volunteers of a similar age from all over the world. Our time at the hospital was extremely worthwhile. We took part in various workshops on topics such as TB, Malaria, Tropical Diseases, HIV/AIDS and a surgical workshop. After the workshop we went on ward rounds and we were able to see the patients while the doctor explained their causes, symptoms and treatments.

There aren't enough words to describe how amazing my time in Tanzania was. I want to thank everyone at Projects Abroad who was involved in making my trip as good as it could have been and to all the other Medicine volunteers.

Ryan Potter / Medicine in Tanzania

After 36 hours of travel and 2 layovers, I was ready to settle into my new life in Córdoba, Argentina. Upon arrival to my new home, I was greeted by my host family with warm hugs. Although it was 3am, my host sisters stood in line in their pyjamas ready to welcome me.

Although I went on this trip to change the lives of the children and the local community, I ended up changing me. Over the course of two weeks, my classmates and I formed a close friendship. In our lessons, we both bettered our Spanish education and had a blast at the same time.

So, I guess I have one last thing to say. You, yes you! If you have the opportunity to travel to Argentina with Projects Abroad, do it. Take the risk. Take the risk, because, my experience was everything I could have asked for and more. My experience in Argentina changed my life forever.

Lucy Jones / Care & Spanish in Argentina



Not aged 16-19?

Our Standard projects run all year round and do not have fixed dates. The majority of these projects are suitable for volunteers aged 16 to 75+. You can volunteer on a variety of projects in 30 exciting destinations.

Whether you are looking to gain some work experience, help others less fortunate than yourself, or simply experience a new culture, then we have a voluntary project for you. In every destination we have directly-employed staff who will organise all aspects of your project.



Combinations

Deciding on just one project and destination can be a tough decision. Many volunteers combine projects within the same destination or travel to 2 or 3 countries. Get in touch with our team to find out more about the different options available.

Fiji really is the greatest place to visit, volunteer and live. You will make great friends from around the world; you will volunteer on a programme that is really helping to change negative views of sharks. This is all supported by a friendly, encouraging and dedicated staff team who will make sure that your experience in Fiji is one of the best of your life.



ProjectsAbroad

William Quayle / Shark Conservation in Fiji



**Short-term
Specials**

Aldsworth Parade, Goring,
Sussex, BN12 4TX, UK

Tel: 01903 708300

info@projects-abroad.co.uk

> www.projects-abroad.co.uk