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2014 | 2015

ProjectsAbroad

Gap Years

Gap Month

Summer Placements

Work Experience

Career Breaks

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

Teaching / Care / Conservation & Environment / Community / Sports /  
Medicine & Healthcare / Journalism / Business / Law & Human Rights /  
Archaeology / Veterinary Medicine & Animal Care / University Dissertations /  
Language Courses / 2-Week Projects

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help...  
learn...  
explore!

You matter to us at Projects Abroad. We care about you, your values, your character, your personality. We also care very much about the communities where we work and our partners all around the world. Our job is to match you to their needs.

This means that for a complete volunteering experience, which is worthwhile, adventurous and enjoyable, with secure back-up around the world, you should choose Projects Abroad. We send over 10,000 volunteers abroad a year, supported by 600 staff.

Whether you teach with us in a Mexican school or work with us on a veterinary placement in India, whether you help with English classes in Peru or do a medical project in Ghana, you will be in demand and you will be needed. You will make a difference wherever you go and whichever community you join, and you will have an excellent work experience.

Projects Abroad programmes are eye-opening and life-changing, and also enjoyable and well planned. Our volunteers return from their placements with an understanding of the developing world that cannot be acquired in the classroom or library.

I hope you join us.



*Peter Slowe*

**Peter Slowe**  
Founder and Director of Projects Abroad

Projects Abroad's Head Office is located in West Sussex. Our dedicated staff will provide you with operational support, administrative assistance and be available to answer any enquiries you may have about our projects. Staff members frequently travel to all Projects Abroad destinations to maintain the quality of our placements and your safety overseas.

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/ProjectsAbroadSuomi



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@ProjAbroadSuomi



/ProjectsAbroadUK



Projects Abroad (UK)



/projectsabroadglobal



## Why choose Projects Abroad?

With over 20 years' experience, Projects Abroad is the leading global organiser of overseas voluntary work placements. We have a huge variety of projects available in Africa, Asia, Eastern Europe, Latin America and the South Pacific. With Projects Abroad you can enjoy adventurous foreign travel and make a positive contribution within a developing country. If that's not enough, here are a few more reasons to volunteer with us:

### Combine projects

Have the best of both worlds! You can combine as many placements within a country as you wish. We won't charge you twice either - you pay the placement fee for the most expensive placement and then any other project is charged at its "extra week" price.

### Combine destinations

You can combine any of our destinations. Some volunteers go to two countries - a few go to four or five! When you sign up for projects in two or more countries you will get 10% off each placement fee (excluding prices for language courses).

### Start any day

Our projects run year-round and there are no fixed start dates. You can choose the date that you start and finish your project, allowing you to join us when it is most convenient for you.

### No hidden costs

Our all-inclusive price includes your placement, accommodation, meals, airport transfers, full insurance package and an unrivalled level of staff support from the moment you apply. Whilst flights are not included, we can arrange these for you upon request.

### Tailored placements

If you are looking for a very specific project, then let us know. We can often create new and individually designed placements using the resources and experience we have.

### Volunteer community

By going on a Projects Abroad placement, you are joining a community of fellow volunteers and local people in developing countries. You will be working hard, travelling and having a good time whilst achieving worthwhile goals.

Our volunteers are from all walks of life - students, professionals, families, retirees. Some will be going abroad for the first time; others will have stories to tell of diverse travels.

You will not only learn the traditions and customs of the country you are volunteering in, but also those of your fellow volunteers. You will return home with friends from across the globe and plans to visit them someday, or host them back in your country.

### Safety & back-up

We employ staff in every one of our destinations. They will meet you when you arrive at the airport and drop you off at the end of your placement. They will give you a full induction and safety briefing, and will visit you frequently at your project. Our staff are on call 24 hours a day should you ever need their assistance or support.

### Worthwhile projects

We do our very best to ensure that each volunteer makes a valuable contribution to the community they are working within, whilst gaining genuinely useful work experience.

### Security

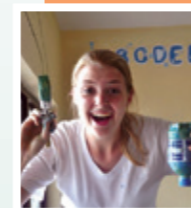
We avoid places where there is likely to be significant political or social unrest. We are in close contact with ministries for foreign affairs and embassies in all countries. We will respond swiftly and effectively should any problems arise.

### Quality accommodation

Volunteers live with local host families carefully chosen for security, comfort, and friendliness. Host families live in secure houses and neighbourhoods and are closely screened and monitored. We also ensure they provide you with quality home-cooked meals.

For some of our destinations and projects, it's not possible to place volunteers with host families. Volunteers on our conservation projects and those volunteering in China, Cambodia and Vietnam live in a shared apartment or house. Your food will still be provided for you by Projects Abroad, usually by a local cook.

## Who are our volunteers?



### School students

Students can take advantage of their summer holidays to volunteer on one of our overseas projects for two to four weeks, or even longer, if their timetable allows.

Volunteering overseas is seen, by both universities and employers alike, as a positive use of time; something which sets individuals apart from others when applying for university courses or jobs.



### University students

Many students are required to spend time away as part of their course - on a medical elective for example - and our volunteering opportunities will guarantee you have a productive and enjoyable experience, whilst removing all your organisational worries.

We also run highly-specialised University Dissertation Projects. These are designed to meet your specific objectives, and we can provide all the support you need to help you gain a wealth of primary source information.



### Professionals

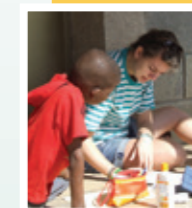
Projects Abroad PRO is an arm of Projects Abroad designed specifically for graduates, professionals on a career break, and retirees who wish to take part in voluntary work in a developing country.

The aim of these projects is to listen to the needs of local communities and to harness the expertise of qualified volunteers. Projects Abroad matches each volunteer to a placement where your existing knowledge will have the greatest impact.



### Families

Projects Abroad can arrange a volunteer project for your family providing your children are at least four years old. We can usually arrange projects for families in all destinations except China and Costa Rica. Projects that we specifically recommend for families include Care, Teaching and Sports.



### Pre-university

A decade or so ago, few people took gap-years between school and university. Nowadays people are increasingly keen to incorporate a period of time abroad into their plans.

With Projects Abroad you can choose what you want to do, where you want to go, how long you want to volunteer for and when you want to start. This gives you tremendous freedom when planning your gap year.



### Career breakers

More and more employers are starting to see the value of offering their staff longer periods of unpaid absence, during which the volunteer can satisfy their wanderlust, safe in the knowledge that they still have a secure job at the end of it.

Our minimum project length of 2 weeks means that you could also volunteer on one of our projects during paid annual leave.



### Mature volunteers

We place a great deal of value on our older volunteers, for with age comes a mixture of experience, skills and patience. Our mature volunteers often tend to favour Teaching and Care projects which is fantastic as these are generally the areas where there is the greatest need.



### Groups

Projects Abroad can offer groups of five or more volunteers the option to custom-design a placement to suit their goals and interests. These programmes can range in length from a couple of weeks to several months, depending on the time you have available and visa requirements in the destination country.



# > What to do and where to go







## Care

Prices from £995

**CARE PROJECTS AVAILABLE IN:** Argentina, Bolivia, Cambodia, China, Costa Rica, Ecuador, Ethiopia, Fiji, Ghana, India, Jamaica, Kenya, Mexico, Moldova, Mongolia, Morocco, Nepal, Peru, Philippines, Romania, Samoa, Senegal, South Africa, Sri Lanka, Tanzania, Thailand, Togo, Vietnam.

All over the world there are huge numbers of children and adults in need of care and attention. By volunteering on a care placement with Projects Abroad you can help make an invaluable difference to these people's lives.

No previous experience or qualifications are needed, simply a passion to care for those less fortunate than yourself.

Volunteering on a care placement with Projects Abroad could see

you working in orphanages or care centres with children or adults from underprivileged backgrounds. In some destinations this will require caring for street children and those with varying mental and physical disabilities. Some care placements are based in kindergartens or special needs schools where help with basic education is appreciated.

The main role of a volunteer is to help out with the day-to-day running of the centres. You may assist with meal times, washing, dressing and also

organising games and activities. Many volunteers choose to incorporate their own interests and talents into these activities. This may include sports matches or arts and crafts sessions.

Conditions at the care projects are often basic and the staff may be overworked. Volunteers make an extremely worthwhile contribution by providing extra help to the local staff in a wide range of ways. An experience like this is sure to be rewarding not only for the children or adults you work with, but also for you.



## Teaching

Prices from £995

**TEACHING PROJECTS AVAILABLE IN:** Argentina, Bolivia, Cambodia, China, Costa Rica, Ecuador, Ethiopia, Fiji, Ghana, India, Jamaica, Kenya, Mexico, Moldova, Mongolia, Morocco, Nepal, Peru, Philippines, Romania, Samoa, Senegal, South Africa, Sri Lanka, Tanzania, Thailand, Togo, Vietnam.

Teaching placement is ideal for anyone wanting to make a positive contribution to communities across the developing world. No teaching qualifications are necessary and you do not need to know how to speak the local language. All that is required is a good level of spoken English and an enthusiasm to teach!

As a volunteer your role will usually involve working in a school or university. Some schools may be based within an orphanage, or form part of a Projects

Abroad community school. You will find yourself taking classes and/or assisting local teachers with their lessons. Often the local teachers are very capable of teaching the structural aspects of the English language but lack conversational skills and correct pronunciation. The amount of lessons you are timetabled to teach will vary depending on the destination you choose.

Prior to departure, Projects Abroad will provide each volunteer with information on where you will be teaching along with comprehensive teaching resources

including advice, ideas and games. The students will benefit greatly from having you there. They will be keen to find out everything about you and why you chose to teach in their country.

Many volunteers help out in other areas too, teaching other subjects like French or maths, and taking extra-curricular activities such as sports, music lessons or drama classes. You can often choose to take classes in a subject you specialise in alongside teaching some English.



## Veterinary Medicine & Animal Care

Prices from £1045

**VETERINARY MEDICINE & ANIMAL CARE PROJECTS AVAILABLE IN:** Argentina, Bolivia, China, Fiji, Ghana, India, Jamaica, Mexico, Romania, Samoa, South Africa.

Our Veterinary Medicine placements are ideal for those considering a career as a vet and looking to gain work experience. Alternatively, if you simply love animals but are looking for a more general role, we have several Animal Care projects to suit you too. Some placements combine both a Veterinary Medicine and Animal Care role.

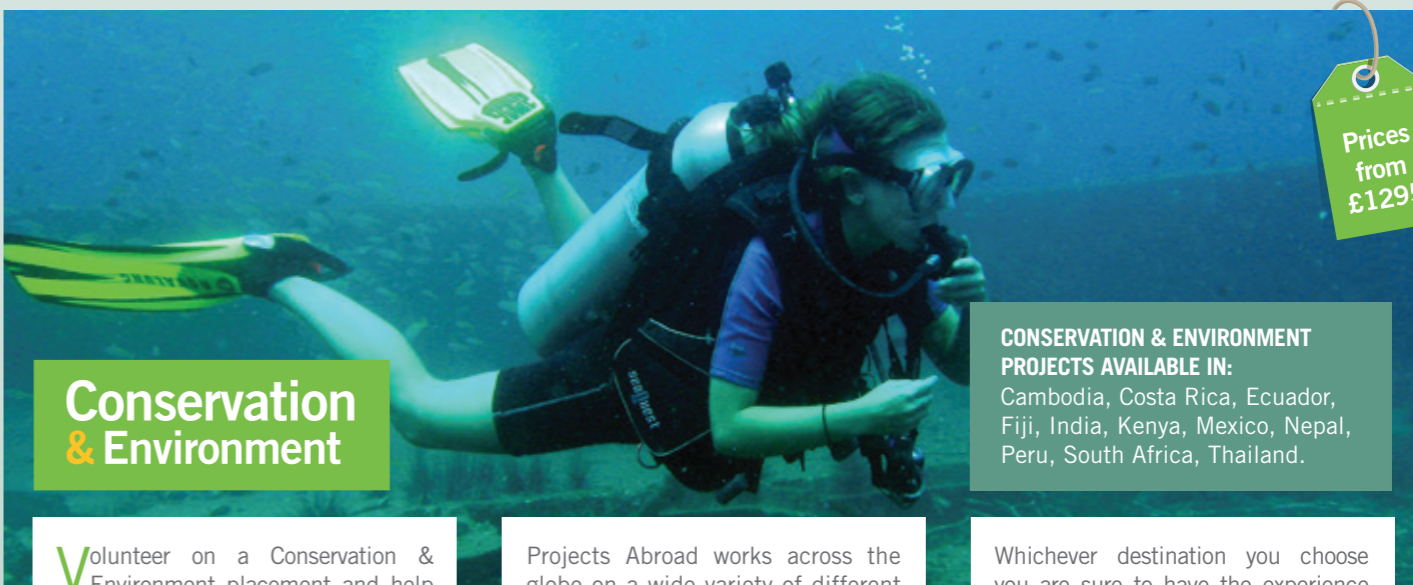
In the developing world animals are often used in place of expensive farming machinery that would be more commonly seen in the West. This means there is a higher dependency on livestock, making

it important that they remain fit and healthy. There are also much higher rates of animal neglect in these countries. Many families simply cannot afford to feed animals in addition to themselves and this is why your help is needed.

Working as a volunteer with Projects Abroad, you will gain some fantastic work experience which would often not be possible in your own country. You could find yourself working in a veterinary surgery or in an animal centre, where your work is likely to involve going out on

visits in the local community. Depending on your destination you may see many different types of animals, such as snakes, penguins or even pandas! You are also likely to witness diseases and conditions that are rarely seen in the developed world.

Some of the destinations in which we run veterinary medicine projects require volunteers to have previous experience or knowledge of a foreign language. Please contact us to find out which destination would be the most suitable for you.



## Conservation & Environment

Prices from £1295

**CONSERVATION & ENVIRONMENT PROJECTS AVAILABLE IN:** Cambodia, Costa Rica, Ecuador, Fiji, India, Kenya, Mexico, Nepal, Peru, South Africa, Thailand.

Volunteer on a Conservation & Environment placement and help to conserve some of the world's most beautiful and fragile ecosystems.

You can join a Conservation project at any stage in your life. Whether you are taking a year out before university, a career break or simply looking to take time out, you can make a valuable contribution. No previous experience is required as all volunteers will undertake relevant training at the start of their placement.

Projects Abroad works across the globe on a wide variety of different Conservation projects - from the National Parks of South Africa and Kenya to the beaches of Mexico.

You may find yourself scuba diving and surveying local marine life in Cambodia or Thailand, researching sharks in Fiji, working in the heart of the Amazon Rainforest in Peru or helping to protect numerous endangered species in the Nepalese Himalayas.

Whichever destination you choose you are sure to have the experience of a lifetime. You will work in some of the most incredible environments on the planet, helping to sustain their biodiversity for generations to come.







## Medicine & Healthcare

Prices from £995

### MEDICINE & HEALTHCARE PROJECTS AVAILABLE IN:

Argentina, Bolivia, Cambodia, China, Ethiopia, India, Ghana, Jamaica, Kenya, Mexico, Moldova, Mongolia, Morocco, Nepal, Peru, Philippines, Romania, Senegal, Sri Lanka, Tanzania, Thailand, Togo, Vietnam.

Volunteering on a Medicine & Healthcare placement with Projects Abroad will provide you with invaluable experience of the challenges faced by medical institutions in the developing world.

Whether you are looking to get on to a university course, already at university or a trained professional, you will have a vital role to play in one of the many hospitals, clinics and centres that we work with. The placements we provide are suitable for people of all levels of

experience, across the fields of medicine, physiotherapy, nursing, midwifery, dentistry, nutrition, occupational therapy and speech therapy. We will work with you to find a placement most suited to your ability and qualifications.

As a volunteer you will work alongside local doctors and nurses, sitting in on consultations, going on rounds, and observing different procedures. You will be assigned a local doctor or nurse who will act as your supervisor and co-ordinate

your placement. You will have lots of clinical exposure, learn more about medicine in general, and see how it is practised in a particular developing country.

Some of the destinations in which we run medical projects require volunteers to have previous experience or knowledge of a foreign language. Please contact us to find out which destination would be the most suitable for you.



Prices from £995

## Medical Electives

### MEDICAL ELECTIVES AVAILABLE IN:

Argentina, Bolivia, China, Ghana, India, Jamaica, Kenya, Mexico, Moldova, Mongolia, Morocco, Nepal, Peru, Sri Lanka, Tanzania, Thailand, Togo.

Projects Abroad arrange elective placements for students studying medicine, dentistry, nursing, midwifery, physiotherapy and occupational therapy. We tailor placements to meet your specific objectives and requirements.

We have over 20 years of experience collaborating with medical professionals in the developing world. Therefore your elective placement is certain to be a rewarding experience in whichever country you decide to visit.

There are often limited resources in the hospitals and clinics in which you will work, so medical staff are eager to receive extra help and expertise. Students will find themselves assisting patients who have conditions rarely seen in the developed world, such as malaria, leprosy and polio. Patients often lack the money to pay for treatment so cases are usually more advanced than those seen in western hospitals.

You will be allocated a supervisor who will co-ordinate your placement and

provide you with a clear daily timetable to ensure you get the most out of your elective. You will be expected to use the skills and knowledge you have acquired in your studies to care for patients and advise less experienced volunteers.

Some of the destinations in which we run electives require volunteers to have previous experience or knowledge of a foreign language. Please contact us to find out which destination would be the most suitable for you.



## Journalism

Prices from £1295

### JOURNALISM PROJECTS AVAILABLE IN:

Argentina, Bolivia, Cambodia, China, Costa Rica, Ethiopia, Ghana, India, Jamaica, Mexico, Moldova, Mongolia, Romania, Senegal, South Africa, Tanzania, Togo.

If you are contemplating a career in the media and looking for a challenging but rewarding experience then a Journalism placement may be right for you.

Volunteers can choose to work either on a print journalism placement or on a broadcast placement.

A project in print journalism will provide you with a unique insight into the culture of the local community in which you are based. You will work with a newspaper or magazine, where you will learn valuable

journalism skills and gain important experience in this field.

Alternatively, if you prefer broadcasting, Projects Abroad can arrange a placement working at either a TV or radio station. This is a great way to enhance your knowledge and understanding of the communities and attitudes of the country you're in, as well as gaining unique work experience. Depending on your abilities you may find yourself researching programmes, behind-the-scenes or even presenting in front of the camera.

Whichever project you choose you will get to meet a variety of people from all areas of society, getting practical journalism experience.

Some of the destinations in which we run journalism projects require volunteers to have previous experience or knowledge of a foreign language. Please contact us to find out which destination would be the most suitable for you.



Prices from £1445

## Law & Human Rights

### LAW & HUMAN RIGHTS PROJECTS AVAILABLE IN:

Argentina, Cambodia, China, Ghana, Morocco, Mongolia, Senegal, South Africa, Tanzania, Togo.

Volunteering on a Law & Human Rights project gives you the chance to make a real difference to the lives of people in the developing world. You will gain a unique insight into day-to-day legal practice in a developing country as well as first-hand experience of human rights law in practice.

If you are considering a career in law then a voluntary placement with an overseas law firm will greatly enhance your CV. These placements

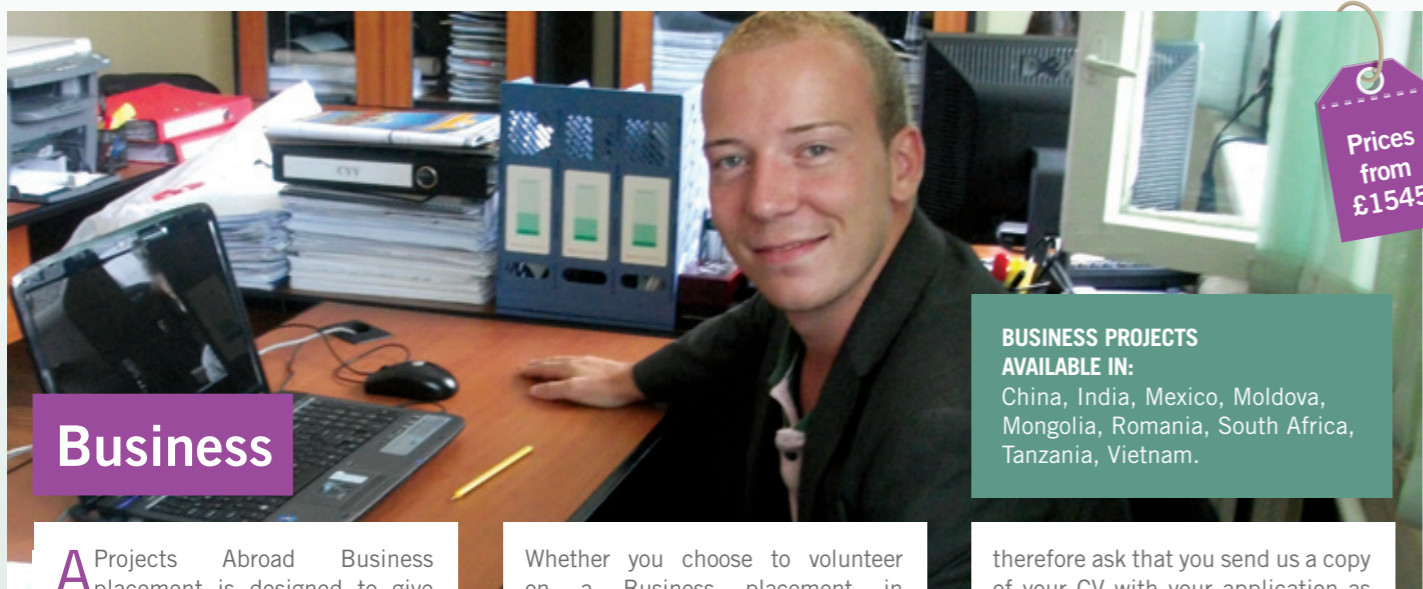
are also suitable for law graduates and professionals who wish to gain international experience. As a volunteer you will become part of a legal team providing advice and support to individuals, businesses and community organisations.

Your precise role will be determined by your level of experience and your specific topics of interest. You could find yourself focussing on child trafficking in Ghana, domestic violence in South Africa or real estate

law in China. Whichever placement you choose you will become a valued member of the team, helping to make a real contribution.

Some of the destinations in which we run Law & Human Rights projects require volunteers to have previous experience or knowledge of a foreign language. Please contact us to find out which destination would be the most suitable for you.





Prices from £1545

**BUSINESS PROJECTS AVAILABLE IN:**  
China, India, Mexico, Moldova, Mongolia, Romania, South Africa, Tanzania, Vietnam.

## Business

Projects Abroad Business placement is designed to give volunteers hands-on experience working as part of an overseas company. We work with a range of businesses around the world. Some are based in modern sky scraper offices, whilst other smaller companies operate without the latest resources and technologies.

Your role as a volunteer may include contacting clients, researching for current or future projects, creating portfolios and attending meetings.

Whether you choose to volunteer on a Business placement in China, Moldova or India, or on an International Development project in Vietnam, South Africa or Mexico, you are certain to learn more about the world of business. You will also get to grips with a new way of life and learn more about the unique culture of the country in which you volunteer.

Business placements are individually tailored to each volunteer's qualifications, abilities, previous experience, and specific interest. We

therefore ask that you send us a copy of your CV with your application as well as a covering letter explaining the type of placement you'd like us to organise for you. That way we can ensure that your internship is best suited to your skills.

Some of the destinations in which we run business projects require volunteers to have previous experience. Please contact us to find out which destination would be the most suitable for you.



Prices from £1145

## Culture & Community

**CULTURE & COMMUNITY PROJECTS AVAILABLE IN:**  
Argentina, Bolivia, Cambodia, Ecuador, Fiji, Ghana, India, Jamaica, Mexico, Mongolia, Morocco, Peru, Romania, Senegal, South Africa, Sri Lanka, Togo, Vietnam.

A community-based project allows volunteers to become completely immersed in the local culture of a developing country.

You could find yourself teaching drama in Romania, taking IT classes in Ghana or helping with music lessons in Senegal.

In Argentina and Bolivia you can help children recover from emotional, physical and mental trauma through a therapy programme which involves working with horses.

In Mongolia and Morocco volunteers have the unique opportunity to live and work with nomadic tribes.

In Ghana, Jamaica and Argentina, you could volunteer on a community farming project and help to educate local people on the importance of farming sustainably.

Whichever project you choose, you will experience an entirely different culture by living and working within a local community. The people you meet will

be just as enthusiastic to learn about your country as they are to teach you about theirs.

Some of the destinations in which we run community projects require volunteers to have previous experience or knowledge of a foreign language. Please contact us to find out which destination would be the most suitable for you.



Prices from £1395

**MICRO-FINANCE PROJECTS AVAILABLE IN:**  
Costa Rica, Ghana, Senegal, Tanzania.

## Micro-finance

If you are looking for a unique way to help vulnerable groups in a developing country then a Micro-finance placement may be right for you. These projects are designed to benefit the local people we work with, while also giving you practical work experience and improving your CV.

Our Micro-finance projects all follow a similar model. The projects provide individuals or groups with small loans which over time and with guidance they will reimburse. Following complete

reimbursement new candidates will be selected.

Volunteers support the loan applicants throughout the whole process, from initial applications to running their new businesses once they are established.

No experience is necessary, but you need to be ready for a challenge. Your role as a volunteer may include reading through business plans, developing market strategies, interviewing and selecting

potential candidates, managing loan accounts, organising training workshops and providing general business guidance and support.

Whichever destination you choose, your input will be greatly encouraged and appreciated. Our micro-finance internships will give you a unique insight into the business world in your chosen country.



Prices from £1045

## Sports

**SPORTS PROJECTS AVAILABLE IN:**  
Argentina, Bolivia, China, Costa Rica, Ecuador, Ethiopia, Fiji, Ghana, India, Jamaica, Kenya, Mexico, Moldova, Mongolia, Morocco, Peru, Romania, Samoa, Senegal, South Africa, Sri Lanka, Togo, Tanzania, Vietnam.

Help to inspire children with a love for sports and fitness by joining a Projects Abroad Sports placement.

Sport provides both mental and physical benefits. It also teaches important life-skills, such as discipline, team-work and communication. Regular sports lessons and matches can have a really positive impact upon those from impoverished areas.

Volunteers will be responsible for making sports available to all. These

placements are ideal for anyone with a passion for sports, usually regardless of previous coaching experience.

You could find yourself teaching football in Ghana, cricket in India or even basketball in Mongolia. You will be responsible for helping in the organisation of all aspects of sporting provision, from setting up training drills and fitness sessions to coaching teams in competitive games and tournaments. In doing so, you will help foster local talent whilst

improving the quality of life for local communities.

Whichever sports placement you choose, Projects Abroad will assist you along the way to ensure both volunteers and students get the most out of each experience.

Some destinations have coaching requirements. Please contact us to see which sports placements you would be best suited to.





Prices from £1445

## Archaeology

**ARCHAEOLOGY PROJECTS AVAILABLE IN:**  
Peru, Romania.

**V**olunteering on an Archaeology placement with Projects Abroad is the perfect way to gain professional work experience in an exciting and unique environment.

Our projects are suitable for all, whether you are currently studying or simply have a general interest in archaeology and/or the Incas. Projects Abroad will provide all volunteers with a placement that is well suited to their individual skills and ability.

We have Archaeology projects in Peru and Romania. Both placements offer very different experiences. Whether you decide to volunteer in Eastern Europe or in South America, you are sure to benefit from the support of the Projects Abroad staff and work closely with local archaeological experts.

In Romania your role may include clearing sites, cleaning and reconstructing items such as pottery pieces and tools, writing reports, making proposals for new sites in

the area and presenting proposals to national and international donors.

In Peru you will work in the Sacred Valley of the Incas. You will gain hands-on experience in a range of archaeological and historically-related work and help with local community projects.



Prices from £1295

## Building

**BUILDING PROJECTS AVAILABLE IN:**  
Ghana, India, Jamaica, South Africa, Tanzania.

**S**ome of the most important work that needs to be done in developing communities is setting up basic infrastructure. In many countries, the buildings in which locals live and attend school are in a serious state of disrepair.

By volunteering on a building project you will help to construct better-quality homes and classrooms for children and their families. The work you do will make a lasting difference to the lives of the local people.

You can volunteer on a building project at any age. No previous building experience is required, but you do need a good level of physical fitness and a willingness to work hard.

There are plenty of activities in which you can get involved such as mixing cement, digging foundations, plastering and painting. Volunteers often work in the early mornings and late afternoons to avoid the heat.

We have building projects in a variety of destinations contributing to all types of sustainable projects. Whether you want to experience rural life in Ghana or a big city in South Africa, there are many different options to choose from.

If you want to get your hands dirty and see physical results from your placement overseas, then a building placement is a great choice.



Prices from £995

## Language Courses

**LANGUAGE COURSES AVAILABLE IN:**  
Argentina, Bolivia, China, Costa Rica, Ecuador, Ethiopia, India, Ghana, Jamaica, Mexico, Moldova, Mongolia, Morocco, Peru, Romania, Senegal, Sri Lanka, Tanzania, Togo, Vietnam.

**W**hy not learn a new language in a unique and diverse community overseas? You can choose to combine volunteer work with a language course or take an intensive stand-alone language course.

These courses are perfect for anyone wanting to learn an international language, such as French or Spanish. They are also suitable for those interested in learning the local language of a particular country, such as Swahili in Tanzania or Quechua in Bolivia or Peru.

With help from our language teachers, you will improve your speaking, reading and writing skills through one-to-one tuition or small group sessions. We will tailor the course to meet your needs by speaking to you personally and adapting the course to how you learn best. It may surprise you how quick and easy it is to learn a foreign language when you are immersed in it overseas. There will be plenty of opportunity to practise what you have learnt whilst spending time with your host family and fellow volunteers.

If you decide to take a language course alongside volunteering, we will organise your classes around your placement. Alternatively, if you choose to take an intensive language course you can always arrange to volunteer after the course has finished.



Prices from £1095

## 2 Week Specials for 16-19 year olds

**2 WEEK SPECIAL PROJECTS AVAILABLE IN:**  
Argentina, Cambodia, China, Costa Rica, Ethiopia, Fiji, Ghana, India, Jamaica, Kenya, Mexico, Moldova, Mongolia, Morocco, Nepal, Peru, Romania, Senegal, South Africa, Sri Lanka, Tanzania, Thailand, Togo, Vietnam.

**O**ur 2 Week Special projects are group trips for 16-19 year olds and run on fixed dates throughout the summer months. If you have time to spare over the summer holidays then why not join us on one of our short programmes designed especially for you. The aim of these projects is to provide you with valuable work experience or help you develop a particular skill in two weeks, allowing you to make the most of your short time overseas.

There are many different 2 week projects to choose between, from Medicine in Nepal to Care & Community in India, Sports in Ghana to Marine Conservation in Thailand. You will be working alongside local people as well as a group of fellow volunteers from all over the world. This can include your friends if you want to travel together.

No matter which project you choose, you will gain valuable work

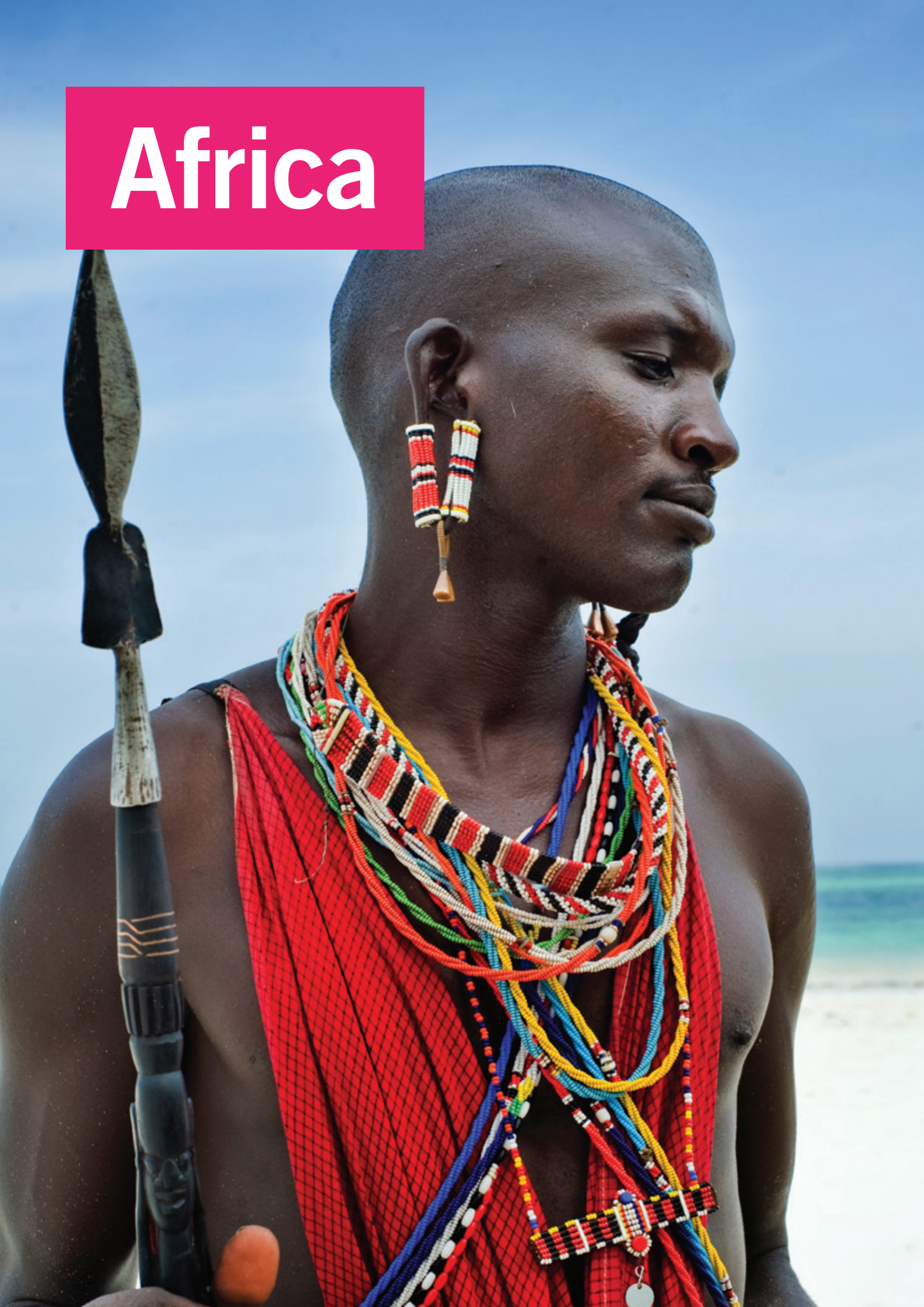
experience through structured activities, allowing you to make the most out of your short time overseas.

With a mixture of taught sessions, hands-on and observational work, as well as evening activities and weekend excursions, this is a perfect way to have some fun while contributing massively to your CV or UCAS form.

For more information, please visit [www.projects-abroad.co.uk/summer](http://www.projects-abroad.co.uk/summer)



# Africa



## > Ethiopia

Prices from £995



**PROJECTS AVAILABLE:**  
Athletics, Care, Journalism, Medicine, Physiotherapy, School Sports, Teaching, Language Course (Amharic), 2 Week Specials

From the fertile countryside and multi-coloured lakes of the Rift Valley to the world-renowned Lalibela churches and the dramatic snow-capped peaks of the rugged Simien Mountains, Ethiopia is a far cry from the parched and barren land it's sometimes been portrayed as on the news. This is a vibrant and exciting country, where the locals are waiting to welcome you.

Ethiopian middle class has made learning English a necessity for students looking to enter into higher education or find a job with one of the capital's international employers. Alternatively, you could gain valuable work experience on one of our journalism or medical projects.

Our projects are based in the Ethiopian capital, Addis Ababa. It's a rapidly growing city that sits at an altitude of 2400m. Addis is a fascinating mix of old and new – you'll find mud huts hiding in the shadows of lavish high-rise hotels and priests in traditional dress hurrying down the streets alongside suited business men.



There are several projects to choose from. You could, for example, help by teaching conversational English in a local school. In the last few years Ethiopia's government has made education one of its top priorities. The rapid growth of Addis and the emergence of a small

## > Ghana

Prices from £1045



Ghana is a beautiful country on the west coast of Africa, renowned for the friendliness and warmth of its people. Ghana has great beaches, wild savannah and dense rainforests. This English-speaking country provides volunteers with a wonderful introduction to Africa; it is politically stable, safe and affordable.

Our projects are available for anyone interested in volunteering, including those on a gap year, career break or as summer work experience whilst studying.

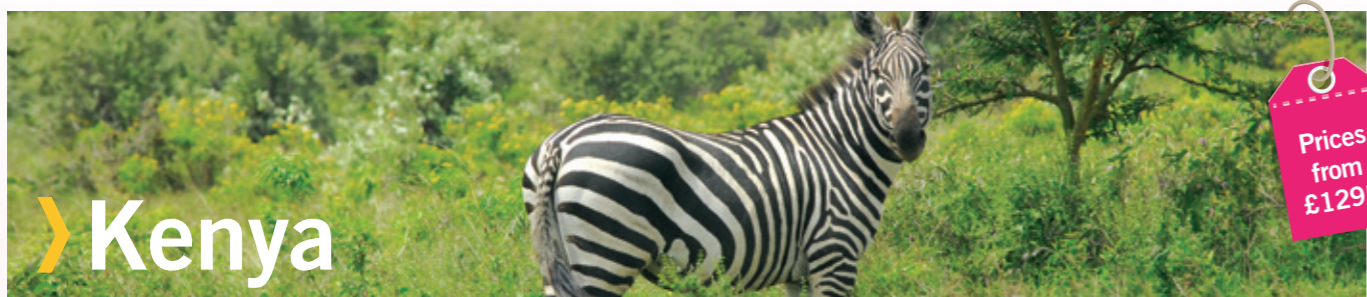
We have projects in many areas of Ghana. Some of our Medical, Care, Journalism, Teaching, Sports and Veterinary projects are based in the capital, Accra. We also place Medical, Teaching and Care volunteers in Cape Coast, Kumasi and Koforidua. Volunteers looking for a more rural location could join a Medical, Care, Community or Teaching project in the Akuapem Hills.



All volunteers live with a local host family. The generous Ghanaian hospitality makes living with a family a special experience. Living in Ghana, you will need to adapt to the bizarre and unfamiliar - from fufu for lunch to car-shaped coffins.

**PROJECTS AVAILABLE:**  
Agriculture & Farming, Anthropology, Basketball, Building, Care, Community Sports, Dentistry, Dentistry Electives, Football, HIV/AIDS, IT Projects, Journalism, Law & Human Rights, Medicine, Medicine Electives, Midwifery, Midwifery Electives, Micro-finance, Nursing, Nursing Electives, Physiotherapy, Physiotherapy Electives, Public Health, Rugby, Teaching, Veterinary Medicine, Language Course (Twi), 2 Week Specials





# Kenya



Kenya is an enchanting country, full of friendly people and untouched, natural beauty. It's Africa's original safari destination and is renowned for its magnificent national parks, lush forests, breath-taking mountains and tribal cultures which have been attracting explorers, adventurers and travellers for centuries.

Projects Abroad is based in the town of Nakuru, 160km north-west of Nairobi. Nakuru is one of the fastest growing towns in east Africa but has retained its relaxed and friendly atmosphere. Our Conservation project is based in Kigio National Reserve in the Rift Valley, approximately an hour from our office in Nakuru.



Kenya is an extremely welcoming country and its incredible diversity of wildlife, landscapes and cultures make it a great destination in which to volunteer.

From teaching children and young adults how to play football to protecting endangered animals – there are numerous volunteer projects to choose from. These projects are perfect for anybody looking to gain experience or help make a difference in the developing world.

**PROJECTS AVAILABLE:**  
African Savannah Conservation, Care, Community Sports, Football, Medicine, Medicine Electives, Nursing, Teaching, 2 Week Specials



# Morocco

Historically, Morocco has been a crossing point for travellers, migrants and traders from all over Africa, Europe and the East. Such diverse influences have contributed to an amazing richness and complexity in cultural life, from art to architecture, music to cuisine. In Moroccan cities you will find maze-like alleys and bustling markets. Beyond the cities you'll find the snowy Atlas Mountains and the mighty Sahara desert.

exposure to the language. Alternatively, those looking to really get away from it all have the opportunity to live and work with the Moroccan nomads on the edge of the Sahara desert.

Our projects are based in Rabat, an ancient imperial city and Morocco's political capital. With fewer tourists here than in other large Moroccan cities, you will find it easier to immerse yourself in the local culture and engage with local people.

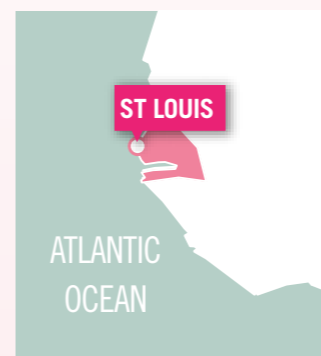
Both Arabic and French are widely spoken throughout Morocco, making it a fantastic country in which to join one of our language courses. You could also teach English to local students who would otherwise have very little



**PROJECTS AVAILABLE:**  
Basketball, Care, Dentistry, Dentistry Electives, Football, Human Rights, IT Projects, Medicine, Medicine Electives, Midwifery, Midwifery Electives, Nomad Project, Nursing, Nursing Electives, Occupational Therapy, Occupational Therapy Electives, Physiotherapy, Physiotherapy Electives, Speech Therapy, Teaching, Language Courses (Arabic, French & Tamazight), 2 Week Specials



# Senegal



From the arid deserts in the north to the tropical jungle in the far south, the cool breezes along the coast to the furnace-like heat of the interior, the thriving commercial centres to the isolated mud-hut settlements, Senegal really is a land of contrasts. The country still retains much of the French influence from colonial days, making it a perfect destination for volunteers looking to improve on their French.

entrepreneurship on our pioneering Micro-finance project.

Living with a host family in Senegal will allow you to immerse yourself completely in the local culture. On your days off, head to one of the nearby white-sand beaches to kick back and relax.

**PROJECTS AVAILABLE:**  
Basketball, Care, Football, Human Rights, Journalism, Medicine, Micro-finance, Midwifery, Music & Culture, Nursing, Teaching, Language Courses (French & Wolof), 2 Week Specials

Our projects are based in St Louis, approximately four hours north of the capital Dakar. St Louis has a very French feel to it, with colonial architecture and patisseries, but at the same time provides a fascinating insight into the every-day lives of the Senegalese.

Our Music & Culture project is perfect for enthusiastic and creative volunteers who have a musical flair. Alternatively, you could help the street children of St Louis to build a sustainable future through small scale



# South Africa

With beautiful beaches, breath-taking sunsets and welcoming locals, the 'Rainbow Nation' has something for everyone. All of our projects are based in and around the cosmopolitan city of Cape Town. There is plenty for you to do here from surfing to whale watching, climbing Table Mountain to tasting the local wine.

Most of our projects are based in the townships of Lavender Hill and Vrygrond, and in the smaller outlying suburbs. By living and working in these mixed-race communities, you'll start to understand the complexities of South Africa's past and help to give the younger generation the tools they need for the future.



Volunteers who would like to work with children could teach English in a local school or work in a crèche. Those looking to gain work experience could choose from a range of innovative projects in the fields of journalism, law & human rights or animal care.

Our Conservation project is located on the Botswana side of the Limpopo River border with South Africa. Your time on this project may include collecting scientific data, building bird hides and learning skills such as animal tracking and GPS mapping.



**PROJECTS AVAILABLE:**  
African Bushveld Conservation, Animal Care, Building, Business, Care, International Development, IT Projects, Journalism, Law & Human Rights, Music & Dance, School Sports, Surfing, Teaching, 2 Week Specials





Prices from £1145

# Tanzania



Tanzania is an intensely varied and colourful land on the East coast of Africa. Home to the continent's highest mountain, largest lake, huge wildlife reserves and hundreds of tropical beaches, it is without doubt one of Africa's most appealing destinations. You will find yourself surrounded by music, culture and friendly people from the moment you arrive.

Although Tanzania remains one of the least developed countries in the world, the economy has improved greatly in recent years and the country's political stability forms a solid base for continued growth. Healthcare and education have also improved and volunteers working in schools, care homes and medical institutions can help this progress continue.

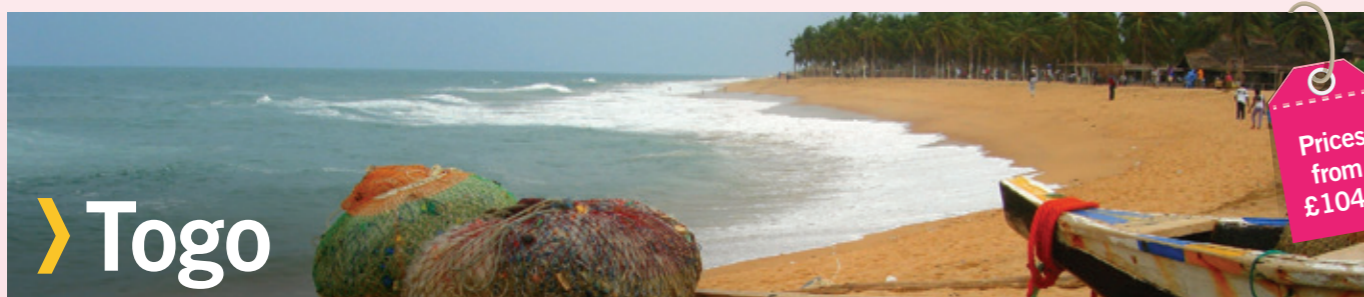
Our projects are based in the coastal city of Dar es Salaam and in the northern town of Arusha. All volunteers live with local host families. There are numerous projects to choose from. You could volunteer on our Building project and help with the construction of class rooms and orphanages.

Alternatively, you could work in a busy maternity clinic, helping both pre and post-natal patients, and assisting staff with deliveries.



**PROJECTS AVAILABLE:**

- Building, Business, Care, Dentistry, Human Rights, Journalism, Medicine, Medicine Electives, Micro-finance, Midwifery, Midwifery Electives, Nursing, Nursing Electives, Physiotherapy, School Sports, Teaching, Language Courses (Swahili), 2 Week Specials



Prices from £1045

# Togo

Togo is a vibrant and exciting country in which to volunteer. It's packed with things to see and do, and being such a small country you never have to travel very far to get anywhere. Although Togo became independent of France in 1960, French influence still exists country-wide and French remains one of the national languages.

All of our projects are based in Lomé, Togo's coastal capital city. The Togolese are well-known for their hospitality and all volunteers stay with a local host family in Lomé. Living with a family will allow you to immerse yourself fully in the Togolese culture. You can spend your free time relaxing on the city beaches or head inland and explore the waterfalls, coffee plantations and national parks.



As a volunteer in Togo, you could help by working with disabled children and adults on a Physiotherapy or Speech Therapy project.

Those looking to gain first-hand experience of human rights law could find themselves working on a variety of different issues, ranging from police accountability, electoral transparency and prison conditions, on our Law & Human Rights project.

**PROJECTS AVAILABLE:**

- Agriculture & Farming, Arts & Crafts, Basketball, Care, Dentistry, Dentistry Electives, Football, Journalism, Law & Human Rights, Medicine, Medicine Electives, Midwifery, Midwifery Electives, Nursing, Nursing Electives, Physiotherapy, Speech Therapy, Teaching, Language Courses (Ewe & French), 2 Week Specials

# Asia







**PROJECTS AVAILABLE:**  
Care, Dentistry, Diving & Marine Conservation, Human Rights, Journalism, Khmer Project, Medicine, Occupational Therapy, Physiotherapy, Teaching, 2 Week Specials

With its pristine beaches, ancient temples and lush jungle, Cambodia is Asia at its most exotic. It's a country in which the Khmer traditions are still thriving and the atmosphere is welcoming and laid back. If you're interested in volunteering in an unspoilt and beautiful country, now's certainly the time to visit Cambodia.



Our projects are based in three locations in Cambodia. Our pioneering conservation project is based on a small tropical island just off the Cambodian coast. Volunteers on this project live in shared volunteer bungalows. All other projects are based in Phnom Penh, Cambodia's spirited and charming capital city, and in Siem Reap, gateway to the Angkor Wat temples. In both Siem Reap and Phnom Penh volunteers live together in shared apartments close to the city centres.

There are plenty of volunteer projects to choose from. Our Khmer Project offers volunteers the chance to experience all aspects of Khmer culture including history, cuisine, art and language.

Alternatively, you could learn to scuba dive and get involved in a variety of conservation activities on our Diving & Marine Conservation project.



One of the largest countries in the world and home to approximately one fifth of the world's population, China is one of the most exciting and energetic places you could visit. Living and working in a rapidly-developing city will provide you with an unforgettable experience and a fascinating insight into modern Chinese life.

Our projects are based in the charming city of Chengdu, the capital of Sichuan province. Home to the panda and gateway to the stunning natural beauty of western China, Chengdu is a place where top international businesses share the streets with tea houses and spicy hotpot restaurants. We also have projects in Shanghai, one of the world's largest cities, where you will gain first-hand experience of how quickly China is changing and adapting to Western influences.

As a volunteer in China you could teach local children how to play football, take Mandarin lessons or even work with giant pandas at a



conservation and research centre. Alternatively, you could complete a business internship and gain work experience in a country with a rapidly growing economy.



**PROJECTS AVAILABLE:**  
Animal Care, Business, Care, Dentistry, Football, Journalism, Law, Medicine, Medicine Electives, Teaching, Language Courses (Mandarin), 2 Week Specials



**PROJECTS AVAILABLE:**  
Athletics, Building, Business, Care, Conservation & Environment, Cricket, Dentistry, Dentistry Electives, Football, Journalism, Medicine, Medicine Electives, Midwifery, Midwifery Electives, Nursing, Nursing Electives, Physiotherapy, Physiotherapy Electives, School Sports, Teaching, Veterinary Medicine, Language Courses (Tamil), 2 Week Specials

To live in India is to experience a lifestyle that is unlike anything you'll find in the West. The most mundane tasks often become adventures. Life – especially in urban areas – is truly chaotic. India really is a full-on assault on the senses: bursting with colour, buzzing with life and everywhere you go the enticing aroma of spices fills the air.

Our projects are based in the city of Madurai, in the southern state of Tamil Nadu. This tropical state is full of colourful temples, scenic national parks, wildlife reserves, relaxing mountain resorts and pristine beaches.

There are plenty of projects to choose from in India. You could volunteer on a Sports project and teach enthusiastic youngsters the basics of cricket and other sports. Alternatively, you could work alongside a local vet, assisting with the treatment and care of domestic animals and livestock on a Veterinary project.

You will experience a strong sense of community in Madurai and will be treated as an exciting addition to the team, whichever project you choose.



Life in Mongolia is never dull. If you're after a different kind of adventure it's definitely a destination to consider. You will be living in one of the world's most remote countries, where around a third of the population belong to nomadic or semi-nomadic herding tribes.

Our projects are based in the capital city, Ulaanbaatar – one of the most diverse and fascinating cities in Central Asia. Mountains, forests and the vast Mongolian steppe surround the capital, making for ideal hiking territory.

As a volunteer you could work for a local newspaper, radio station or TV network as part of a Journalism project. Alternatively, you could assist local staff with the day-to-day running of orphanages and care centres in and around the city centre.

Volunteers on our Nomad project will live with a nomadic family in a large, round tent known as a Ger. Your daily life may include caring

for livestock, riding horses, herding yaks and cattle, helping to produce dairy products and even teaching a little English.



**PROJECTS AVAILABLE:**  
Business, Care, Journalism, Law & Human Rights, Medicine, Medicine Electives, Midwifery, Midwifery Electives, Nomad Project, Nursing, Nursing Electives, Physiotherapy, School Sports, Teaching, Language Courses (Mongolian), 2 Week Specials





Prices from £995

# Nepal



KATHMANDU

Nepal is a tiny, yet stunning land of snow-capped mountains, windswept deserts, majestic temples and colourful cities. It's the perfect destination for anybody who loves the outdoors. The mountainous terrain is perfect for those seeking extreme mountain biking, climbing or trekking activities. Who wouldn't relish the opportunity to hike in the Himalayan foothills or trek through the jungle in Chitwan National Park.

The majority of our projects are based in and around Kathmandu – a city full of jostling crowds, rickety bullock carts and noisy auto-rickshaws. We also have projects in the Kathmandu valley and Chitwan for those looking for a more rural location.

As one of the world's poorest countries, volunteers are desperately needed in Nepal. From helping children improve upon their English on a Teaching project to working in

a rehabilitation centre for disabled children on a Physiotherapy project – there are many volunteer placements to choose from. These projects are perfect for anybody looking to gain experience or help make a difference in the developing world.

Our Conservation project is based in the Annapurna Mountain range, high in the Himalayas, and is ideal for people interested in wildlife research.



Prices from £1295

# Philippines

The Philippines is one of our newest destinations, and is Asia at its most authentic. Situated to the west of the North Pacific Ocean, its closest neighbours are Taiwan to the north, Vietnam to the west and Borneo to the south.

With over 7000 islands set apart geographically and culturally from the mainland, the Philippines offers volunteers a unique Asian experience. The country still retains some of the Spanish influence from the colonial days, with regular fiestas and street parades.

Our projects are based in Talisay City on Cebu Island. Cebu offers endless white sandy beaches and clear seas with opportunities to dive or snorkel in your spare time. There's also plenty to do in Talisay City, with its vibrant local markets, modern shopping malls and regular street parades.

As a volunteer you could join a Care project, helping children with their homework, teaching



them new games and helping them with some informal English lessons. Alternatively, you could work alongside highly skilled doctors and nurses in hospitals and health centres on one of our Medical projects, where you will have the opportunity to work in a variety of departments.



CEBU

INDIAN OCEAN

**PROJECTS AVAILABLE:**  
Care, Medicine, Physiotherapy, Teaching



Prices from £995

# Sri Lanka



INDIAN OCEAN

COLOMBO

**PROJECTS AVAILABLE:**  
Care, Dentistry, Dentistry Electives, IT Projects, Medicine, Medicine Electives, Midwifery, Midwifery Electives, Nursing, Nursing Electives, Physiotherapy, Physiotherapy Electives, School Sports, Teaching, Language Course (Sinhalese), 2 Week Specials

Sri Lanka is the teardrop shaped island off the tip of southern India and is an exciting place to volunteer. This tropical island is famed for its palm-fringed beaches, tea-plantations and bio-diversity. Having moved on rapidly from the 2004 tsunami and the tensions of the last decade, Sri Lanka is now a peaceful and safe destination for travellers.

Our local office is based in the capital city Colombo. The majority of our projects are based along the coast within 2 hours drive of Colombo, between Negombo and Kalutara. We also have some Medical projects in Galle. As with most of our overseas voluntary projects, you will normally stay with a local host family, giving you a rounded insight into Sri Lankan culture and lifestyle.

The food in Sri Lanka is a real pleasure. You will be amazed at the range of fresh fruit and vegetables available, including the sweetest

mango you're likely to have ever tasted. And don't forget to try some of the freshly caught fish!

As a volunteer in Sri Lanka you could help by sharing your knowledge of IT with local children and adults alike on our IT project. Volunteers interested in gaining experience in healthcare can choose from dentistry, medicine, midwifery, nursing and physiotherapy projects.



Prices from £1295

# Thailand

Thailand is a great introduction to South East Asia. It's a beautiful country boasting pristine beaches, exotic cuisine and golden temples. Unlike much of Asia, Thailand has never been colonised by the West. Consequently, the Thai culture and Buddhist influences have remained largely untouched.

Volunteers can choose from Teaching, Care, Conservation & Environment, Physiotherapy and Occupational Therapy placements in Thailand.

The majority of our projects are based in and around Krabi town and Ao Nang, where volunteers live with local host families. At weekends or on days off, volunteers often choose to explore the surrounding area. Boats leave regularly from Krabi and Ao Nang to Ko Phi Phi Island or Railay Beach, famous for its towering limestone cliffs and spectacular rock climbing. We also have some Teaching and Care projects in Phuket – approximately 2 hours' drive away.

Our Diving & Marine Conservation Project is located on the beautiful Andaman Sea coast near Ao Nang. It is perfect for anyone interested in scuba diving, marine biology and environmental issues. All volunteers on this project stay in shared accommodation.



KRABI

INDIAN OCEAN

**PROJECTS AVAILABLE:**  
Care, Diving & Marine Conservation, Occupational Therapy, Occupational Therapy Electives, Physiotherapy, Physiotherapy Electives, Teaching, 2 Week Specials







# > Vietnam



With mouth-watering street food, cultural sites by the bucket-load and ever-smiling locals, Vietnam really does have something for everyone. In your free time you can go hiking in mountainous Sapa, sail around Halong Bay's soaring limestone islets or head south and enjoy some relaxing beach vibes on the island of Phu Quoc.

Our projects are based in Hanoi, in the north of Vietnam. This bustling capital city is packed full of things to do. Beyond the throngs of mopeds and the urban bustle there is a charming old town to explore and hundreds of hidden temples and pagodas to discover.

There are a number of volunteer projects in which you could get involved, from working with disabled children on a Care project to teaching English in a school. All volunteers live in a shared house with other Projects Abroad volunteers.

Those looking for a more rural setting could volunteer on our Community project in the beautiful village of Mai Chau, helping local artisans to turn their skills of traditional weaving, tailoring and embroidering into a sustainable income. Volunteers on this project live with a local host family.



**PROJECTS AVAILABLE:**

Care, Community Village Project, International Development, Medicine, Occupational Therapy, Physiotherapy, School Sports, Speech Therapy, Teaching, Language Course (Vietnamese), 2 Week Specials

## What our volunteers say

One of the highlights of my time in Madurai was a government funded 'camp' which offered free veterinary services to the local farmers. The main services were de-worming, vaccinations and artificial insemination – and I got to carry out all three! It was an amazing experience and certainly one I would not have had if I hadn't found Projects Abroad.



**Jasmine Lightfoot**  
Veterinary Medicine in India

I would certainly recommend Mongolia as an elective destination with a difference, the challenges won't be easy but for me the rewards were plenty. I was able to move between departments in the hospital, including Internal Medicine, Radiology, Endocrinology and Neurology to name a few.



**Adam Spong**  
Electives in Mongolia

As well as learning Arabic I wanted to do something different to everyone else's gap year idea, and the idea of a month in the desert on the Nomad Project fulfilled a dream of mine I never thought I would get the opportunity to.



**Jessie Akerman**  
Nomad Project in Morocco

The children were great to teach. Every day they seemed excited to see me and would greet me with hugs and kisses! They gradually picked up lots of the phrases I had been teaching them. This felt immensely satisfying and allowed me to take great pride in my teaching efforts.



**Isla Scott-Pearce**  
Teaching in Ethiopia

Diving gave me a great sense of achievement, because I was either performing a reef check survey, (counting fish and coral species) or a debris dive (picking up all sorts of items off the sea floor). I would recommend scuba diving to anyone, it is definitely something I will continue to do throughout my life.



**Josh Bateson**  
Conservation & Environment in Thailand

I spent 6 weeks learning and volunteering in a hospital in Kumasi. This experience would ultimately shape my medical career. Since then, I went on to graduate from medical school, complete my residency in Internal Medicine and now, 7 years later I will be starting a fellowship in Respiriology. My medical placement in Ghana with Projects Abroad was instrumental in shaping my career.



**Genevieve Digby**  
Medicine in Ghana

# Eastern Europe







Prices from £1145

## > Moldova



Moldova takes you back in time. The pace of life is slower, the food is organic, the unspoilt countryside is beautiful and there is much for the culture-lover to appreciate with its strong heritage of arts and culture. You'll find villages with white-washed homes and friendly people who are always keen to practise their English. The countryside is full of sunflower fields and beautiful lakes.

There are numerous projects in which to get involved. You could learn more about homeopathic medicine on a Medical project or alternatively, you could work in an orphanage, providing much-needed care to disadvantaged children.



Our projects are based in the capital, Chisinau, an enchanting old city with tree-lined boulevards, vibrant markets and picturesque parks. All volunteers in Moldova live with a local host family in Chisinau.

Moldova went into economic crisis following the collapse of the Soviet Union but is slowly growing in prosperity. Despite this, it remains Europe's poorest country and as such your help as a volunteer is really needed here.

**PROJECTS AVAILABLE:**

- Business, Care, Football, Journalism, Medicine, Medicine Electives, Occupational Therapy, Occupational Therapy Electives, Physiotherapy, Physiotherapy Electives, Teaching, Language Courses (Romanian & Russian), 2 Week Specials



Prices from £1445

## > Romania

From painted monasteries to Transylvanian castles, Black Sea beach resorts to medieval towns, Romania has something for everybody. To live in Romania now is to discover a developing capitalist society, however, in rural communities life has changed little in decades.

Alternatively, those interested in learning more about civilisations that have long-since disappeared could work alongside archaeological experts on our Archaeology project.

Our projects are based in Brasov – right in the heart of “Dracula” country. In fact, the infamous Bran Castle is just down the road! Set in the Carpathian Mountains and with a ski resort nearby, the ancient city of Brasov is an unusual combination of impressive historical squares and former-Communist tower blocks.

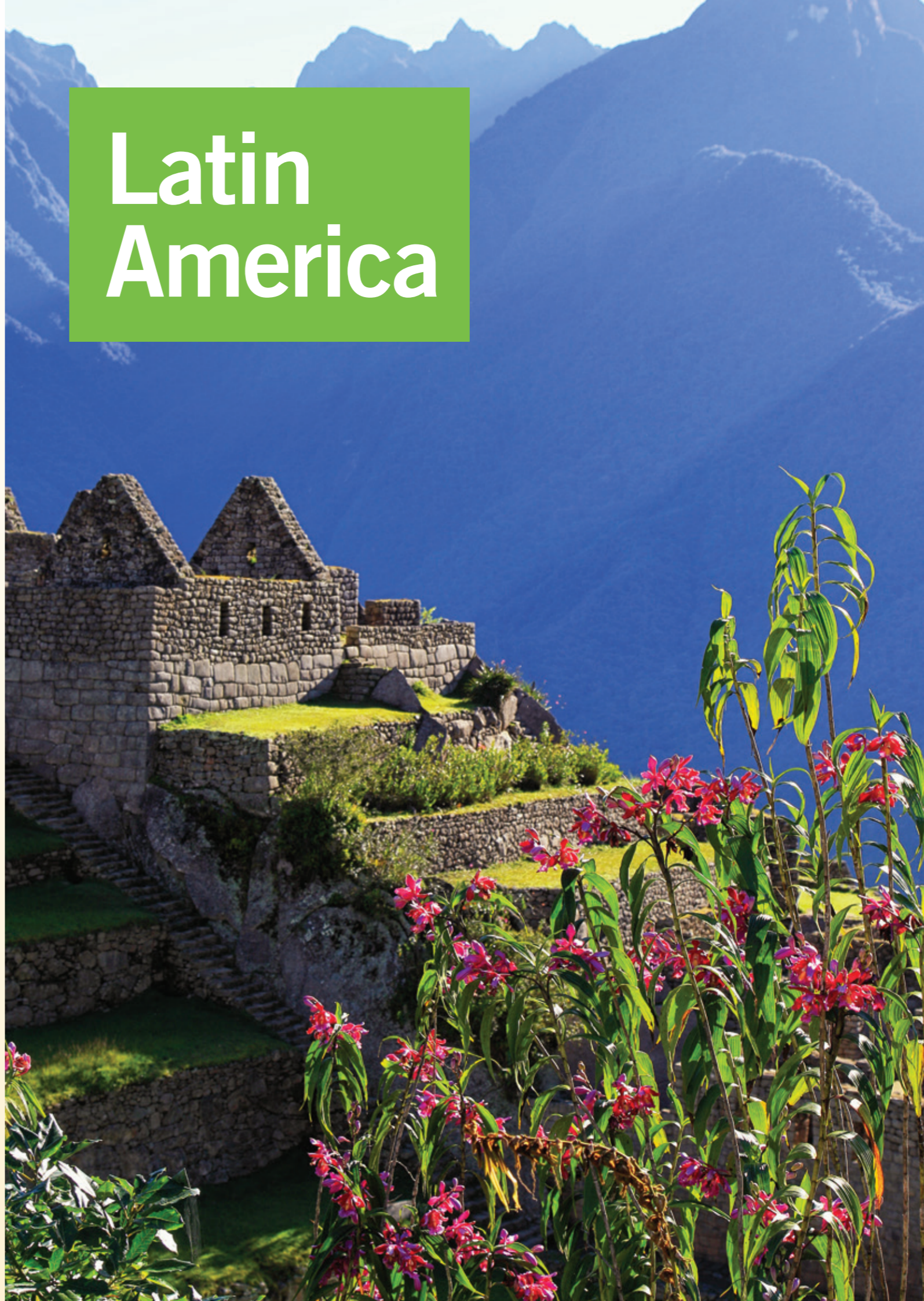
There are projects available for anyone interested in volunteering; whether you are on a gap year, a summer placement or a career break. If you love all things theatrical then why not work with students in a local drama group, helping them put on performances.



**PROJECTS AVAILABLE:**

- Animal Care, Archaeology, Business, Care, Community Sports, Dance, Drama, Journalism, Medicine, Physiotherapy, Teaching, Veterinary Medicine, Language Courses (Romanian), 2 Week Specials

# Latin America







## > Argentina



Argentina is a country of breath-taking beauty. Steaming jungles, thundering waterfalls and stark deserts dominate the north, whilst pine-clad mountains, crystal clear lakes and jaw-dropping glaciers create a dramatic backdrop in the south.

Our projects are based in and around Cordoba, a vibrant and friendly city set in the foothills of the Sierras Chicas mountain range. Volunteers live with a local host family in Cordoba, an experience which provides you with a good insight into Argentinean life and culture.

rehabilitation centre in a rustic stone bungalow shared with other volunteers.



**PROJECTS AVAILABLE:**

Agriculture & Farming, Care, Community Sports, Dentistry, Dentistry Electives, Equine Therapy, Human Rights, Journalism, Medicine, Medicine Electives, Primate Rehabilitation, Teaching, Veterinary Medicine & Animal Care, Language Course (Spanish), 2 Week Specials

Following the economic crisis, Argentina has a very real need for volunteers. As a volunteer you could work in a children's home and provide that added extra element of individual care.

Alternatively, if you are passionate about animal rescue and rehabilitation, then you could volunteer on our unique Primate Rehabilitation project. Volunteers on this project live at the



## > Bolivia

Bolivia is the poorest country in South America and, as such, your help as a volunteer will really be valued here. It is also a country of spectacular beauty, boasting tropical rainforest, never-ending salt flats, snow-capped mountains and dazzling lakes.

Our projects are based in Cochabamba, a vibrant university town sitting at 2500m above sea level. The town attracts students from all over South America and has even been described as having the world's best climate – dry, warm days and cool nights.



**PROJECTS AVAILABLE:**

Canine Therapy, Care, Dentistry, Dentistry Electives, Equine Therapy, Football, Journalism, Medicine, Medicine Electives, Music, Nursing, Nursing Electives, Occupational Therapy, Physiotherapy, Physiotherapy Electives, Teaching, Volleyball, Language Courses (Quechua & Spanish)

There are plenty of projects to choose from in Bolivia, from teaching volleyball to working for a local magazine. Alternatively you could volunteer on our unique Canine Therapy project which aims to help children with disabilities through a therapy programme that involves working with trained dogs.

Living with a host family in Cochabamba is a great way to improve upon your linguistic skills. You can choose to take Spanish lessons before or during your placement, but why not learn a bit of Quechua too? This language is indigenous to the area and widely spoken by the locals.



## > Costa Rica



With more than 25% of its land protected in national parks, Costa Rica is a nature lover's paradise.

It has everything from volcanoes to tropical rainforests, magnificent waterfalls to beautiful sandy beaches. This tiny country is also renowned for its biodiversity and boasts an array of wildlife.

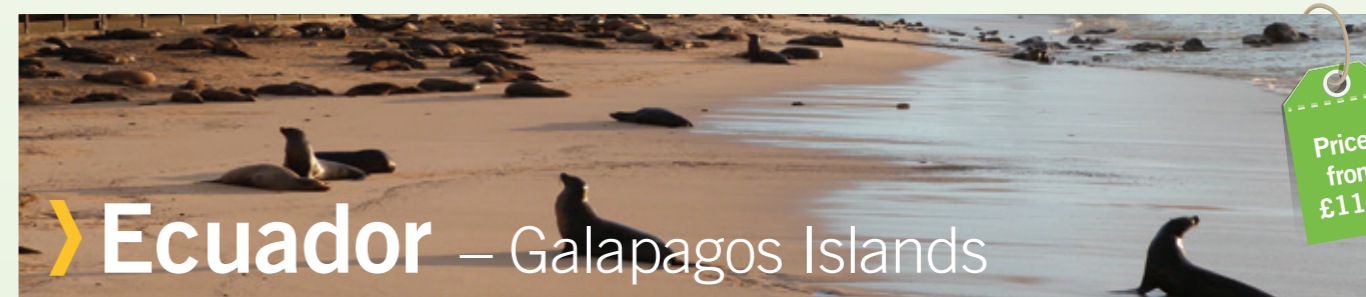
Our projects are primarily based in Heredia, a university city in the heart of the Central Valley, close to the capital, San Jose. Volunteers are placed with a local host family who will be keen to make sure you have a great time in their home town.

There are many volunteer projects in which you could get involved, including writing for a local newspaper or teaching sports in a local school. Most of the staff at the placements don't speak much English, providing you with a great opportunity to improve your Spanish.

**PROJECTS AVAILABLE:**

Care, Journalism, Micro-finance, School Sports, Teaching, Tropical Dry Forest Conservation, Language Course (Spanish), 2 Week Specials

Our Conservation & Environment project is based at Barra Honda National Park, approximately four hours from San Jose. Volunteers on this project stay in shared accommodation and get involved with a wide range of conservation related work.



## > Ecuador – Galapagos Islands

Ecuador is South America's second smallest country but packs a huge amount into its limited area, boasting coastal beaches, snow-capped Andean peaks and tropical rainforest. The Galapagos Islands, where Projects Abroad is based, are found off Ecuador's Pacific coast.

National Park, monitoring and researching animals such as sea lions, marine iguana and giant tortoises.

All of our projects are based on San Cristobal Island in the Galapagos Archipelago, one of the most species-rich areas on earth and the place where Charles Darwin developed his theory of evolution.

Alternatively, you could volunteer on our Creative Arts project which aims to support young people and encourage personal development. You can get involved in everything from painting murals to helping the children prepare for various dance, drama and musical shows.

This really is an animal lover's paradise and you certainly won't struggle to spot wildlife! Every evening sea lions come ashore and take over the town – you'll know when they've arrived as you'll hear them belching!

As a result of their isolation, the Galapagos Islands are home to many endemic species of flora and fauna. Volunteers on our Conservation project work alongside staff at the Galapagos



**PROJECTS AVAILABLE:**

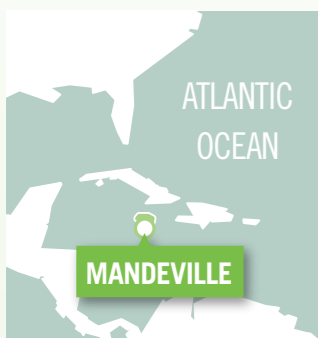
Care, Community, Creative Arts, Galapagos Island Conservation, Sports, Teaching, Language Course (Spanish)







# Jamaica



MANDEVILLE

### PROJECTS AVAILABLE:

Agriculture & Farming, Building, Care, Dance & Drama, Dentistry, Disaster Management, HIV/AIDS, IT Projects, Journalism, Maroon Project, Medicine, Medicine Electives, Midwifery, Music, Nursing, Nursing Electives, School Sports, Teaching, Veterinary Medicine & Animal Care, Language Course (Patois), 2 Week Specials

The Caribbean island of Jamaica is well known for its idyllic beaches, turquoise seas and romantic sunsets. Look a little further than the picture-perfect coastline and you'll discover a country of laid-back people, smiling faces and a lush, mountainous interior that is well worth exploring. By volunteering here you'll experience the real Jamaica – a world away from the tourist hype.



Our projects are based in Mandeville, a university town situated inland at a slightly cooler altitude. We also have projects in the neighbouring parish of St Elizabeth – home to the enticing Treasure Beach.

As a volunteer in Jamaica, you will have the chance to make a real difference to the local community on one of our worthwhile projects, whether it be helping to repair the homes of those who have been affected by natural disasters or supporting and assisting those who are living with HIV and AIDS.

You will live with a local host family who will show you the very best of Jamaican hospitality, helping you to really feel a part of the local community.



# Mexico

Mexico is a country of mountains and volcanoes, vast deserts and beautiful beaches, ancient civilisations and nearly 30 World Heritage sites. With over 200,000 species of flora and fauna, it is also renowned for its biodiversity. Volunteer in Mexico and you'll soon find yourself completely immersed in the local culture, whether it be attending a football match or celebrating the 'Day of the Dead'.

Our projects are based in Guadalajara, a city known fondly as the most Mexican of cities and the home of tequila, sombreros and rodeo riders. We also have projects in Ciudad Guzman, a smaller town sitting at the foot of Colima volcano. There are numerous projects available to volunteers, everything from Arts & Crafts to Nursing and Midwifery. Volunteers in both Guadalajara and Ciudad Guzman live with a local host family.

Our Conservation & Environment project is based on the Pacific coast, approximately three hours' drive from Guadalajara. Volunteers on this project

work with trained staff to protect endangered turtles, taking part in night-time beach patrols to collect their eggs, reburying them in a safe area and releasing the babies when they emerge from the nests. Volunteers on this project stay in a dormitory-style bunk house with other volunteers on the edge of the beach.



GUADALAJARA

PACIFIC OCEAN

### PROJECTS AVAILABLE:

Animal Care, Arts & Crafts, Business, Care, Community Sports, Dentistry, Dentistry Electives, Football, International Development, Journalism, Medicine, Medicine Electives, Midwifery, Midwifery Electives, Music Production, Nursing, Nursing Electives, Physiotherapy, Physiotherapy Electives, Sea Turtle & Coastal Ecology Conservation, School Sports, Teaching, Veterinary Medicine, Language Course (Spanish), 2 Week Specials



# Peru



URUBAMBA

PACIFIC OCEAN

### PROJECTS AVAILABLE:

Amazon Rainforest Conservation, Basketball, Care, Dentistry, Dentistry Electives, Football, Inca Project, Medicine, Medicine Electives, Midwifery, Nursing, Nursing Electives, Nutrition, School Sports, Teaching, Volleyball, Language Courses (Quechua & Spanish), 2 Week Specials

With an extensive Pacific coastline, a vast area of Amazon rainforest and the dramatic Andean mountain range, Peru allows you to experience much of what South America offers within just the one country. Of course the jewel in Peru's crown has to be Machu Picchu – the magnificent lost Incan city which attracts tourists, archaeologists and historians alike.

The majority of our projects are based in small towns in the heart of the Sacred Valley, close to both Cusco and Machu Picchu. Here you could work alongside local health workers to help alleviate poverty and malnutrition in the province of Urubamba on a Nutrition project. Our unique Inca Project is based in Huyro, approximately three hours from Urubamba. Volunteers on this project work alongside Peruvian archaeological experts exploring new areas for excavations, clearing sites and preserving ancient Inca and pre-Inca walls and terraces.

Our Conservation & Environment project is based deep in the Amazon Rainforest, a two hour boat ride from the frontier town of Puerto Maldonado. Volunteers on this project contribute to important work such as biodiversity studies, animal release programmes and trail maintenance.



## What our volunteers say

The Fiji staff support was truly incredible and they were so accommodating and supportive. If there is anything that you need at any time, they will be sure to deliver and make you feel as comfortable and at home as you could ever wish.



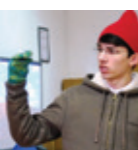
Carly Cullen  
Care in Fiji

Having never had the opportunity to learn it in school, Spanish was one of my first missions for my year out before university. The absolute immersion you receive from living with an entirely Spanish-speaking family is an invaluable experience. In terms of the language, it becomes almost instinctive to pick it up, but in terms of the connections you make, they stay with you forever.



Bryony Perks  
Spanish Language  
Course in Costa Rica

During my short time (three months) in Brasov, I have encountered children who are hungry to learn and teachers who are ambitious about what the kids can achieve.



Alex Perry  
Drama in Romania

As well as feeding and bathing the children I spent a lot of time playing games and teaching them songs and the alphabet. It is a great feeling when you see a child making progress because of your help! Volunteering in Jamaica with Projects Abroad was one of the best experiences of my life and I couldn't recommend it any more to anyone considering it!



Nicola Webster  
Care in Jamaica

I let the culture of Bolivia sink in everyday and at the same time learned different things as a journalist. Every single day my eyes were opened as the whole experience rushed past me.



Minato Kobori  
Journalism in Bolivia

I learned about the diversity and importance of the rainforest, brushed up on my Spanish, and made friends for life, from all corners of the globe. Every day there greets you with a different adventure. Quite simply, I had the greatest time of my life.



Eilidh Southren  
Conservation &  
Environment in Peru





# South Pacific



## > Fiji

Prices from £1295



**PROJECTS AVAILABLE:**  
Animal Care, Care, Community Sports, Community Village Project, School Sports, Shark Conservation, Teaching, 2 Week Specials

The Pacific island archipelago of Fiji is world famous for its picture-perfect beaches and crystal clear waters. Add dense tropical forests, colourful coral reefs, remote villages, cascading waterfalls and dormant volcanoes to the mix and you have the ultimate tropical paradise. As a volunteer you will have the chance to live and work alongside the local people and explore the many facets that make up modern Fijian culture.

Our projects are based on the largest island, Viti Levu - in and around the town of Nadi on the west coast and in Suva on the east coast. It's the poorer areas of these towns that are most in need of help. Very little of Fiji's income from tourism and sugar cane makes it to the people in these communities. This is where you can make a real difference as a volunteer.

You could choose to work at kindergartens where you will assist a local teacher. Class sizes are often very large and the staff can struggle

to give each child the attention they need. As a volunteer, you can provide a helping hand, looking after and caring for the children.

Alternatively, you could join us on our pioneering Shark Conservation Project and help protect and research some of the most endangered and mis-understood creatures in the world.



## > Samoa

Prices from £1295



Samoa is located in the Pacific Ocean, south of the equator, about halfway between Hawaii and New Zealand. It is one of the least developed countries in the world and, as such, your help as a volunteer will really be valued here. It is also a country of breath-taking beauty, with idyllic beaches, dense tropical forests and tumbling waterfalls right on your doorstep.

Our projects are based in the laid back capital, Apia. The city is the largest in the Samoan islands and is located on the north coast of Upolu, Samoa's second largest island. However, Apia retains a small town feel - it's easy to explore its few main streets along the bay on foot. It's the impoverished areas of cities like Apia that really need the help of volunteers.

As a volunteer in Samoa, you could work with disabled children in special needs centres, spending one-to-one time with them and helping to boost their confidence and progress. Alternatively, you could work alongside Samoa's

Animal Protection Society, taking part in awareness programmes, vaccinations and the routine treatment of animals.

All volunteers live with a local host family who will introduce you to the Samoan culture and provide you with the very best that Samoan hospitality has to offer.



**PROJECTS AVAILABLE:**  
Animal Care, Care, Sports, Teaching





## Why pay to volunteer?

We do not receive any government financial support or outside funding of any kind so volunteers need to fund their projects themselves. The money you pay allows us to provide you with unrivalled, first-class support and service. We have built our reputation on this and we believe it is this that makes our projects work for volunteers and recipients alike. You will be working in places where you are genuinely needed and, in addition, we ensure that our partner organisations, schools and institutions across the world don't have to pay for the help of our volunteers.

We try to be as precise as possible with our quoted prices, but they are not binding and are occasionally subject to change because of events or circumstances beyond our control.

## What do I get for my money?

### Accommodation

Most of our volunteers stay with host families and we try to ensure that at least one family member speaks English (or French in Morocco, Senegal and Togo). On some projects, volunteers live in shared accommodation with other volunteers.

### All meals

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

### Insurance

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

### Placement

Projects Abroad placements are designed to ensure that you get the most out of your time away with us and that the local community benefits equally. We always try to match the placement to your ability, experience and expectations. You will learn from your placement and make a real difference by being there.

### Staff support

Projects Abroad employs staff in every one of our destinations. They will meet you when you arrive at the airport and drop you off at the end of your placement. They will give you a full induction and safety briefing, and will visit you frequently at

your project and accommodation. They are on call 24 hours a day should you ever need their assistance or support.

### Personal webpage

When you join Projects Abroad we will set you up with your own personal "My Projects Abroad" webpage. This allows you to access a vast number of resources, from general information about the country you are visiting, to specific details about your host family and placement.



## Your journey starts here

By reading this brochure you have already taken the first steps on an unforgettable journey. **But what next?**

### Express your interest!

So you're interested in volunteering but not sure what project to do or where in the world you want to go. We understand that there is only so much that you can read in brochures and on websites, so why not give us a call on **01903 708300** and discuss your options over the phone. Alternatively, you can send us an email to: [info@projects-abroad.co.uk](mailto:info@projects-abroad.co.uk)

### Decision time!

Once you have decided what project you want to do and where and when you want to go, it's time to apply.

### Application

Complete the application form online, on paper or over the phone. There is a **£195** deposit payable upon application. If you have applied using a paper form then please post it with your deposit. Alternatively, you can give your credit or debit card details

online or over the phone. The remaining balance is due 3 months before departure. If you are travelling within 3 months then the remaining balance is due upon receipt of invoice.

Please tick the relevant box on the application form if you wish us to provide you with a quote for flights.

### Following application

**1** We will immediately acknowledge receipt of your application and payment.

**2** Within fifteen working days we will write to you to confirm your place on the project. If there is some reason that we are unable to accept you on your project of choice, then we will contact you to discuss possible alternatives or refund your deposit in full.

**3** We will set you up with your own personal pre-departure support webpage called 'My Projects Abroad'. Here you can read detailed information regarding your trip, contact our in-country staff and find the following:

- General information regarding your

destination, along with information about Projects Abroad staff and offices

- Information about your insurance cover
- A link to Teaching and Care resources (if you've applied for a Care or Teaching project)
- Terms and conditions
- Top tips for travellers information
- Fundraising ideas and an option to create your own fundraising page
- Kit list

You should take the time to look through and read the information on this webpage.

**4** Visa information and travel information, if it applies to you, will usually arrive between one and four months before your departure, depending on airlines, embassies and so on.

**5** Full information regarding your project and accommodation will be uploaded to your "My Projects Abroad" webpage approximately a month before your departure.

## Procedures in-country

### Arrival

Projects Abroad staff will meet you at the airport and take you to our local office.

### Meet your host family

Our staff will then take you to meet your host family or to your accommodation.

### Induction

As part of your induction you will be given an orientation of the local area so you know where to find things such as ATMs, shops and bus stations. You will also be given information regarding local customs and culture. You will then be introduced to your placement, supervisor and fellow volunteers.

### Volunteer activities

Volunteers usually work from Monday to Friday.

The weekend is yours to spend as you like. You can enjoy your free time exploring the local area or head further afield with fellow volunteers.

### Volunteer activities

Projects Abroad also occasionally organises Dirty Days – a day on which you will work with your fellow volunteers on a community project, such as repainting the walls of a school.

### End of project

Once you've said your goodbyes, a member of our staff will arrange for you to return to the airport where you will catch your flight home.





# Application form

PLEASE WRITE IN CAPITAL LETTERS (in black ink)

## Name: (as it appears on your passport)

Surname:

Forenames:

Title:  Mr.  Mrs.  Miss.  Ms.

Date of Birth:  DD  MM  YYYY

Country of Birth:

Nationality:

## Home / Permanent Address:

Phone no:

Mobile no:

Email:

## Your chosen destination(s):

Destination 1:  Destination 2:

Duration (weeks):  Duration (weeks):

## Your chosen project(s): (For more than 2 projects please use a separate sheet).

Project 1:  Project 2:

Duration (weeks):  Duration (weeks):

## Please tell us if you would like to do any of the following add-on language courses:

14-hours  30-hours  60-hours

## Would you like extra independent touring time?

Yes  No Number of weeks:

## Would you like to arrange your own flights?

Yes  No

## Any special travelling companion?

## Any special diet or medication?

If you have special interests, work or accommodation preferences, or have anything else that you would like us to know, but cannot fit on this form, please attach a separate sheet with as much information as possible.

Remember you can apply online at our website, [www.projects-abroad.co.uk](http://www.projects-abroad.co.uk)

## Please send your £195 deposit with this form to the Projects Abroad UK office: (see back of brochure for address)

Cheques should be made payable to **Projects Abroad** You can also pay by credit or debit card (see below) or bank transfer (contact us for details).

Cardholder's Name:

Expiry Date:  MM  YYYY Valid Date:  MM  YYYY

Type of card (e.g. Visa debit etc.):

Issue number: (Switch / Solo / Maestro)

Card Number:

Cardholder's signature:

Security Code:  (Last 3 digits on signature strip on rear of card)

Date:  DD  MM  YYYY

# Additional information

## Flight arrangements

Although flights are not included in the cost of your project, our knowledgeable Travel Team can book flights for you upon request.

We specialise in flights to the developing world, as well as multi-stop trips and complicated itineraries.

This is an optional service and you are welcome to arrange your own flights if you prefer. Regardless of who books the flights, every single volunteer will be picked up at the destination airport specified upon arrival in their destination.

If you have any questions about this service or would like us to arrange your travel, please feel free to email us at: [info@projects-abroad.co.uk](mailto:info@projects-abroad.co.uk)

## Visas

You may need a visa for some of our destinations. It is your responsibility to obtain a visa but we will provide you with relevant information and documents on your "My Projects Abroad" webpage. It is important that you pay close attention to any information regarding visas.

## Vaccinations

Some of our destinations require visitors to have specific vaccinations before entering the country. You should make an appointment with your local travel clinic or GP to discuss possible vaccinations and medication.

## Amendments or cancellations

If for any reason you are unable to travel on your planned departure date, placements can be deferred for a minimal charge. Please call us to discuss your situation.

The charge for amendments ranges from £50 to £150 plus the amount charged to Projects Abroad by third parties.

The cancellation charge depends on how far in advance you inform us:

- 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 - No refund

If you have made your final payment, cancellation insurance will be available under certain circumstances.

# FAQs

## When can I start? When should I apply?

You choose when your placement starts and finishes. Placements run all year. There are no definitive deadlines for application. We do generally need at least 2 months to comfortably process an application, but we like to receive your application form as far in advance as possible - so please apply as soon as you've decided what you want to do. The longer the notice, the more we can tailor a programme. If you decide last minute, do give us a call to see how quickly we can arrange it for you - we sometimes only need a few weeks' notice.

## Can I go with my friend/boyfriend/girlfriend?

Friends are most welcome and, if you like, we can arrange placements where you can live and work together.

## What age ranges take part in these projects?

Volunteers are welcome on most of our standard projects from the age of 16 upwards, there is no maximum age limit. Many of our volunteers are between 18 and 25 years old, but a rapidly increasing number of career breakers and retired people are now taking part too. This has led to a stimulating mix of volunteers in all our destinations. The 2-Week Special summer projects are available for volunteers aged between 16-19 years old.

## Do I need to be a British citizen?

No. We accept volunteers from all over the world - in fact we actively recruit in much of Europe and the USA. We like to have a multinational mix - that's what cultural exchange is all about.

## How are we chosen?

When you apply we ask you for the name and address of a referee. This will be someone who knows you well - such as a school tutor or an employer. We then get in touch with them and ask for a reference. This is usually enough to assure us that you are suitable for a placement. We occasionally invite prospective volunteers for an informal interview to iron out any concerns.

## Can I talk to people who have done it?

Yes. Just contact us and tell us where you would like to go and what project you would like to join. We will then give you the e-mail addresses of people who have volunteered on the programmes which interest you.

## What if I am ill?

If you are ill while overseas, the Projects Abroad office staff will know where the best medical care can be found. You receive information on this during your induction when you first arrive, and of course you can reach our staff by phone 24 hours a day if you fall ill. In the unlikely event that you are seriously ill, all volunteers are covered by a comprehensive insurance policy, which, if needed, includes flying you home and all your medical costs until you get home. Projects Abroad staff will be on hand to liaise with your family, the insurance company, and the relevant medical staff.



ProjectsAbroad



Projects Abroad Suomi

> [www.projects-abroad.fi](http://www.projects-abroad.fi)  
[info@projects-abroad.fi](mailto:info@projects-abroad.fi)  
puh. +35 8923 163081