

# Group Trips

ProjectsAbroad



# Volunteer Abroad

› [www.projects-abroad.ae](http://www.projects-abroad.ae)  
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# Introduction

## Welcome to Projects Abroad!

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

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

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

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

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

I hope you choose to join us.



*Peter Slowe*

**Peter Slowe**  
Founder and President

## Why Choose Projects Abroad?

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

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Projects Abroad has offices in 50 countries. Our Middle East Office is in:  
Dubai Media City  
Executive Office 119  
Building 8  
Dubai, UAE

Our Head Office is in West Sussex,  
England, UK.



/projectsabroaduk



@projectsabroadglobal

# Bespoke Group Trips



Projects Abroad Group Trips cater to your needs and we have dedicated support staff in each destination to ensure a smooth and professional experience. Our volunteer projects across the globe allow you to travel with purpose and to develop meaningful connections with the places that you visit.

Volunteering with Projects Abroad Group Trips allows for individuals to:

- Experience working in a diverse team environment, with local staff as well as their peers
- Experience cultural immersion in an environment vastly different to their home country
- Learn to be innovative whilst working in places with limited resources
- Gain insight into problems that affect developing countries
- Understand the value of giving your time to help others
- Develop leadership skills, resourcefulness and creativity through daily challenges
- Develop team building skills working alongside their peers
- Take part in a unique team bonding experience that will benefit the group long after their return

# University Groups



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

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



Pierre-Yves Mocquais,  
University of Alberta,  
Togo

# School Groups



Our school volunteering trips are customized to develop global citizens through practical, meaningful and cross-cultural experiential learning. We aim to connect, extend and enrich beyond your curriculum framework through a collaborative planning process. Working together we will develop the program that best meets your goals, whether it is working on a Care and Community project in rural Africa or on a Conservation program in South America. Your project can be focused on Medicine, Law, Language or Education to name a few options. Immersion in local culture helps foster and develop important life skills of empathy, confidence and global perspective. Such experiences help with career choices and support participation in the International Baccalaureate (CAS project), Duke of Edinburgh's Award program and post-secondary applications. Programs are available for middle school and high school learners, aged 11-18 in group sizes from five and upwards. We can customize materials, such as reflective journals, for all participants.



Rob McGuinness,  
Assistant Head  
Appleby College



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

# Corporate Groups



Projects Abroad can offer you and your colleagues an opportunity to contribute to a worthwhile project in another part of the world. Our corporate group trips offer you the chance to combine team building and increasing staff morale whilst benefitting a good cause. Your group could work together on a Building program in South Africa or teach children and help with renovation work on a Care & Community program in Nepal. Some groups will use their expertise on the ground whether it is a group of lawyers working on a Human Rights program or some business people helping with a Micro-Finance project. Each trip will be carefully created to meet the goals of the group through a collaborative planning process.



Chris Badcock,  
SmithCorp Charitable  
Trust Group, Nepal



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

# How it works – your journey starts here

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

## But what next?

### Express your interest!

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

### Request More Information

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

### Arrange a Call/Meeting!

Projects Abroad is happy to arrange for one of our experienced staff to meet you if possible or have a call with you to discuss what type of project or destination will fit your group. We can organize to speak to senior management teams about the options open to you. We are happy to speak to Parents, students and/or colleagues to explain everything about the trip from preparation and what to take to what it is like to live and work in a developing country.

### Application Procedure!

Once you have chosen a project and destination it is time to apply. The application procedure is very simple. You can complete them online and submit them with a deposit of 1195AED for each participant. Our team is on hand to help you if needed.

### Get Connected!

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

### Last Minute Questions!

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

## Bon Voyage!

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

# Safety & Security

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

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

## Risk Assessment

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

## Staff support

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



## Insurance

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

## Partnerships

Projects Abroad is a founding member of the Year Out Group. Projects Abroad is a partner of the FCO Travel Aware Campaign. Projects Abroad is a member of the International Volunteer Programs Association. Projects Abroad is an Approved Activity Provider for The Duke of Edinburgh Award.



# What to do and **where to go**



**Sports**



**Language Courses**



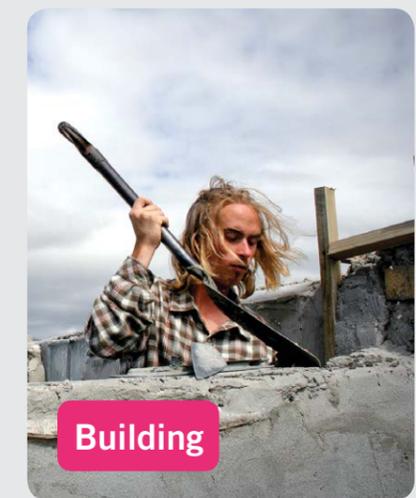
**Veterinary Medicine & Animal Care**



**Care & Community**



**Cultural**



**Building**



**Teaching**



**Medicine & Healthcare**



**Conservation & Environment**



**Internships**

# Care & Community



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

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

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

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



Lauren Torrie,  
Appleby College,  
Mongolia

# Sports

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

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

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



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



Alex Cook,  
Stourport High School,  
Costa Rica

# Building



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

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

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

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



Mae Smith,  
Ackworth School,  
Tanzania

# Medicine & Healthcare

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

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

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



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



Hannah Kimberley,  
University of Delaware  
Vietnam

# Conservation & Environment



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

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

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

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



**Sharon Durham,**  
Portslade Aldridge Community Academy,  
Costa Rica

# Teaching

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

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

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



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



**Valerie Behr,**  
SUNY Cortland,  
Costa Rica

# Other Projects

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



## Language

What better way for your group to improve their language skills than to learn and practice them overseas? Your group could join Spanish lessons in Mexico, Arabic lessons in Morocco or French lessons in Senegal. This could be combined with another program whether it is French and Teaching in Togo or Building and Spanish in Argentina. There are a broad range of options open to you and your group.



## Cultural

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



## Internships

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



## Veterinary Medicine & Animal Care

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



## Combining Projects

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



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



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

# Information for Group Leaders / Teachers



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

## Free Staff Place

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

## Pre-Departure Meetings

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

## Pre-Departure Support

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

## Safety & Risk Assessments

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

## In-Country Support

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

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



**Wesley Thompson,**  
Greenbrier Academy WV Group Leader,  
Ghana

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



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

# Information for Parents

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

## What are the aims & objectives of Projects Abroad trips?

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

## What staff support does Projects Abroad offer?

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

## Do you provide safety & risk assessments?

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

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



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

# Information for Students

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

## What will Projects Abroad organize?

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

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

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

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

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



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

# Case Study



## Intro

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

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

## Travelling, arriving and settling in

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

## Project Work - Volunteering

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



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

## On Reflection

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

- Flavia, Ashbury College student

**Group:** Ashbury College

**Age:** 14-18 years

**Group Size:** 20 students and 2 staff members

**Project:** Care and Archaeology + Spanish

**Destination:** Peru



## Feedback from the rest of the group

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



Adam

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



Stephanie

# Sample Itinerary



**Country:** Peru

**Duration:** 2 weeks

**Type of project:** Care & Archaeology (+ Spanish)

**Project Manager:** Daniel O'Shea



DAY	TIME	ACTIVITY	
Saturday Day No. 1	6:40am	Flight from Lima lands in Cusco	
	8:00am	Arrive at hotel and enjoy some breakfast	
	10:30am	Induction Program for Care & Archaeology	
	12:30pm	Celebration meal at the Bhojan Griha	
	1:30pm	Walk through the centre of Cusco	
	3:00pm	Rest and relax	
	6:00pm	Welcome dinner at hotel Share your ideas about service	
Sunday Day No. 2	7:00pm	Preparing care materials and team building activities	
	8:00am	Breakfast at hotel	
	9:00am	Spanish Lesson 1	
	Day Tour	Tour of various archaeological sites and traditional neighborhoods surrounding Cusco with lunch on route	
	6:00pm	Dinner at hotel Discuss what you have learned from today's tour	
Monday Day No. 3	7:00pm	Team building activity – set up Ashbury College blog	
	8:00pm	Salsa lesson with professional teachers	
	8:00am	Breakfast at hotel	
	9:00am	Meet Yessika: Care Supervisor	
	9:30am	Intro to care work – numeracy & literacy with preschool / elementary children	
Tuesday Day No. 4	12:30pm	Lunch at hotel	
	1:30pm	Prepare materials and work on Spanish, practice low organizational games	
	4:30pm	Spanish Lesson 2	
	6:30pm	Dinner and social activity	
	8:00am	Breakfast at hotel	
Wednesday Day No. 5	9:00am	Care work – numeracy & literacy programs	
	1:00pm	Lunch	
	2:00pm	Spanish Lesson 3	
	3:00pm	Reno work and preparations	
	6:00pm	Cooking class & dinner	
Thursday Day No. 6	8:00am	Breakfast at hotel	
	9:00am	Spanish lesson 4	
	10:30am	Care work	
	1:30pm	Lunch	
	2:30pm	Debrief care work	
	5:00pm	Artisanal Market	
	6:30pm	Watch traditional dances	
	8:30pm	Dinner at hotel	
	Friday Day No. 7	8:00am	Breakfast at hotel
		9:30am	Dental Campaign
1:00pm		Lunch	
2:00pm		Debrief care work	
3:30pm		Prepare for visit to Machu Picchu Visit the local mall to buy snacks for trip	
6:00pm		Dinner / Chat about Hiram Bingham	
Saturday Day No. 8		7:00pm	Breakfast at hotel
		8:00pm	Visit to the Sacred Valley, see Inca terraces
		1:00pm	Lunch at Ollantaytambo
		2:00pm	Travel to Aguas Calientes
	4:00pm	Hot springs and local market	
Sunday Day No. 9	7:30pm	Dinner in a local restaurant / What might it have like to be Bingham?	
	6:30am	Breakfast at hotel	
	7:30am	Morning visit to Machu Picchu	
	10:00am	Guided tour of the site	
	12:30pm	Lunch	
Monday Day No. 10	1:30pm	Train back to Cusco	
	3:30pm	Relax and debrief	
	6:00pm	Dinner at hotel / So why is Machu Picchu so famous?	
	8:00am	Breakfast at hotel	
	9:00am	Travel to Pikillacta	
Tuesday Day No. 11	10:00am	Meet Dan and Jhon – Archaeology Supervisors – Understand how an archaeologist works	
	12:00pm	Lunch	
	1:00pm	Archaeology work – Process & Product	
	7:00pm	Dinner at hotel / What motivated Incan engineers?	
	8:00pm	Social Activity	
Wednesday Day No. 12	8:00am	Breakfast at hotel	
	9:00am	View current Archaeology projects, assess findings and learn about classification	
	12:30pm	Lunch	
	1:30pm	Visit archaeological sites in Pisac	
	7:00pm	Discuss what type of service you found most worthwhile over dinner at hotel	
Thursday Day No. 13	8:00am	Breakfast at hotel- get cases packed up!	
	10:00am	Wrap up blog	
	11:30am	Visit the Handcraft Market for last-minute souvenirs	
	12:30pm	Farewell Peruvian lunch at La Cusqueñita	
	4:45pm	Pick up from hotel to go to the airport	
5:00pm	Depart Cusco 7:35 pm flight for hop to Lima		
Mid Afternoon	Arrive home		

# Projects Abroad Global Impact

Projects Abroad supports the United Nations 17 Sustainable Development Goals. By volunteering with Project Abroad you are the change being made in communities all over the world, contributing to long-term development goals.

Below is the change made by our volunteers over the course of 12 months:

## Education:

Through our Care Projects Worldwide, Projects Abroad focus on access to quality education and support to learning. More than 725 volunteers:

- Provided literacy materials to 70 educational centres worldwide
- Addressed the individual developmental needs of 2,708 children, promoting Early Childhood Development
- Supported hundreds of children and adults through community English classes and holiday schools

## Human Rights:

Our Human Rights projects aim to improve access to legal aid and human rights education within their communities. This is done through awareness campaigns, legal clinics and social justice projects. Working with qualified lawyers, Projects Abroad volunteers:

- Provided over 25,000 hours of legal assistance
- Opened 165 cases in Argentina and closed 449 cases in South Africa
- Helped release 88 youths from juvenile detention in Tanzania
- Projects Abroad successfully had 56 new national ID cards granted to vulnerable groups including members of the homeless community

## Healthcare:

The World Health Organization estimates that 400 million people lack access to basic healthcare. Projects Abroad medical volunteers with the support of qualified medical professionals:

- Provided basic healthcare services to 37,500 individuals
- Improved hygiene and sanitation in 68 placements
- Screened over 600 patients in Argentina and 175 in Belize for non-communicable diseases
- Over 6,000 people were directly impacted from community outreaches and awareness activities aimed at nutrition
- Dewormed more than 2,200 children in Kenya
- Taught more than 8,000 children and adults about best hygiene practices
- Provided basic first aid training to more than 3,400 community members

## Environment:

Projects Abroad protects and restore natural ecosystems whilst educating local communities on the importance of environmental initiatives.

- Planted over 52,700 trees, including 38,000 mangroves which are essential in the battle against climate change
- Cleared up 13.1 tonnes of waste
- Rescued and released more than 89,000 turtles in Mexico and Peru
- Removed more than 1,800 snares and wires during anti-poaching patrols in Botswana and Kenya
- Discovered 16 new species of birds in Taricaya Ecological Reserve in Peru

## Building:

Some of the most important work that needs to be done in developing communities is setting up basic infrastructure. Volunteers and the local community work together to complete projects to ensure needs of the people they are benefiting are matched. Projects Abroad and volunteers support through:

- Provided donations and Disaster Relief in but not limited to Nepal and Fiji
- Built classrooms, schools, playgrounds, community centres and bathrooms
- Focused on improving Water Sanitation through the provision of toilet cubicles and toilet bowls to families and persons with disabilities in the Philippines, manufacturing 200 toilet bowls and 20 water faucets

## Microfinance & International Development:

Projects Abroad's Microfinance & International Development Projects benefit local communities and individuals to realise potential but providing small business loans and support to set up new businesses.

- Provided loans to 221 business owners in Cambodia, Tanzania and Ghana, helping individuals to increase their daily income. In Cambodia, their daily income doubled, enabling individuals to cover children's school fees or start saving towards buying a home



You can be part of the Global Sustainable Impact, volunteer with Projects Abroad today.

# What we provide

## Upon Request

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

## Pre-departure

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

## What's included in country

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

## What's not included

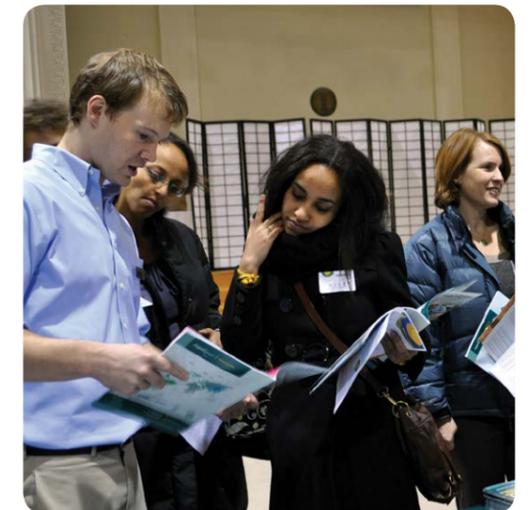
- ✗ Flights. Our dedicated Travel Team can organize a quote for these if you want.
- ✗ Vaccinations
- ✗ Visas (where necessary). Our Visa Team will give you advice on how to obtain the correct visa.
- ✗ Spending money
- ✗ Entry / Departure Tax (dependent on country of origin)

## Travel

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

## Prices

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



# Group Trips



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