

About Projects Abroad

Founded when a group of university students ventured across the Iron Curtain to teach English. Projects Abroad was established in 1992 with placements in Moldova. Since then, the organisation has gone global.

Projects Abroad now has offices around the world (including local offices in all 30 countries where programmes are established) and offer over 1,000 unique projects across 6 continents.

around the world, the vast majority of whom are based in developing countries. Projects are now offered across a range of fields and cater for all experiences, ages and interests.

From humanitarian projects such as care, teaching and conservation to internship focused work experience such as human rights, law and medicine; contribution, but a personal experience to discover Projects Abroad is continually developing new more about themselves, others and the world.

initiatives and unique opportunities around the world - all with the underlying goal of creating positive change. Much of this can be attributed to our hard-working in-country staff who continually support, sustain and work with local projects to ensure volunteers are given the tools to positively contribute to the development of communities.

Our staff are always there to support the volunteers' work, but the project itself will be shaped by their effort, interests and experience. Volunteers with the Projects Abroad employs approximately 700 staff drive, initiative and enthusiasm to work hard will find their contribution will be a rewarding experience, not just for themselves, but for those they are working with – they will become a link in the chain of creating sustainable change. Those with an open mind will learn from the diverse range of people, cultures and languages which surround them and will find the experience is more than just one defined by their



You matter to us at Projects Abroad. We care about you, your values, your character and 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 700 staff.

Whether you teach with us in a Mexican school or work with us on a veterinary placement in Sri Lanka, 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.

leter Slove

Why volunteer overseas?

Volunteering overseas is a unique way to connect with the world. You travel with a purpose, find a role and learn to live in a culture vastly different from your own. You will learn about yourself, broaden your horizons and, with the right approach, be a useful and positive part of a developing community.

Whether you teach English in Kenya, help conserve rainforest ecosystems in Peru, work alongside trained local doctors in Mongolia, or care for children with disabilities in Vietnam, your hard work, initiative, enthusiasm and drive will result in a travel experience with amazing rewards.

Taking part in either a volunteer or internship placement you will gain great cultural insight and enhance your understanding of the world around you. You will learn to communicate with people from very different backgrounds and cultures and make a commitment to grassroots community placements where your compassion and enthusiasm can be a useful and positive force. You will find throughout your placement that your contribution to sustainable and positive change will be both a challenging and rewarding experience.

Proactive volunteers who engage openly with their surroundings will notice their horizons broadening and their perception of the world shifting - something that cannot be bought, taught or overestimated. You will find the changes that you begin to see in yourself, your understanding of the world and the way you communicate with others, are all aspects of your time away which will remain with you long after the journey home.

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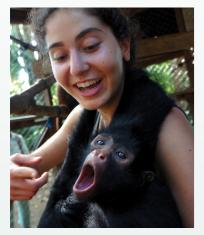
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) What we offer



Variety:

We operate in 30 countries across 5 continents in the developing world and support over 1000 projects. We do our best to tailor the project to suit you and your skills, making each project unique. With this range of settings, there really is something for everyone!

Flexibility:

Our projects are completely flexible and have no set start or end dates – you choose when suits you! You can join almost all of our projects from one month upwards at any time of the year. There are some projects available from two weeks - check the website for details.



Unrivalled in-country support:

We employ local full-time staff in every country; we believe there is no knowledge like local knowledge. They are responsible for your welfare and supporting the placements. The staff will meet you at the airport, help you settle in to the placement and accommodation, support you in your work and be there 24/7, should you need them. They have diverse backgrounds in education, healthcare, business and social work and understand the placements and the role of the volunteers; a great help in making the most of your time away.



Worthwhile programmes:

By joining Projects Abroad you will join a community of volunteers and dedicated staff all working to better the lives of those within the community or environment they work in. We encourage our volunteers to think of themselves as part of a bigger picture – one link in a big chain. We support all of our placements every day of the year; because we send volunteers continuously our placements have a constant stream of help and we can see the improvements each year.



Cultural immersion:

Our volunteers live life as a local and can completely immerse themselves in the culture. Volunteers form a true connection to the country and enjoy a unique experience which can only come through working in and being part of a community far removed from home.

You will never be the only volunteer in the country.



International volunteer community:

There is always a group of volunteers from all over the world in every country - all at different stages of their project. Not only will you make friends for life among the group, but it is a vital part of your safety in country. As you start, there are always more experienced volunteers there ready to help you settle in and pass on their wisdom on life in country and volunteering – after a few weeks it

will be you helping the new people settle in.

Personal development:

Our projects are challenging, but at the same time, rewarding. Volunteering overseas will give you a new perspective on life and will open your eyes to a whole new world. This experience will help you uncover strengths and skills you never knew you had and teach you more about yourself than you ever imagined possible. You will make friends with fellow volunteers from around world, as well as from the community you'll come to call home. Volunteering will also add an international flavour to your CV.



Our values

Each of our destinations has its own unique history, culture, customs and traditions. Not only do we respect and understand these cultural differences – we celebrate them. In each of the communities we work with our aim is to give volunteers the tools to create positive ongoing change. This is made possible through a constant flow of cultural exchange, respect and understanding with local staff, partner organisations and host families.

'Worthwhileness'

The idea of 'worthwhileness' is a driving force behind all of our programmes. Through the help of our local staff we have the capacity to constantly develop, add, mould and create projects which allow both volunteers and the host community to take part in a constructive and rewarding experience.

International outlook

Our ambition is to help create a generation with an international outlook. Living, working and interacting in a developing

country allows you to reflect on your surroundings and the world in which you live. The volunteer experience generates a sense of personal growth and creates an understanding about vour interactions with others and the contributions you wish to make to the world.

Safety and support

From deciding on your

placement, to arriving in your destination, to heading back home again; Projects Abroad offers unrivalled safety and support for all volunteers. We employ 700 staff members around the world, most of whom are in developing countries. The responsibilities of our local staff are for the volunteers' welfare and the support of the projects. They are on-hand 24/7 and support volunteers in safety matters and orientation as well as fitting into the project and being a useful member of the group. We believe that local knowledge is the best knowledge and our staff are a key part of your stay being safe, rewarding and productive. Alongside the staff network, local host families and the wider volunteer community form a welcoming and supportive environment as you find your feet.

Flexibility and individuality

www.projects-abroad.com.au 5

Projects Abroad supports over 1000 projects in 30 developing countries across the world, ensuring that your skills, preferences and qualifications can fit the particular needs of the placement. There are also no set start dates; whenever you arrive and at whatever time, our staff will be waiting at the airport for you. This flexibility allows the projects to run sustainably throughout the year which also enhances your role and involvement as a volunteer.

Transparency

We clearly state how much your project will cost you. Our prices include your placement, your accommodation, three meals a day, full medical and travel insurance, airport transfers, project arrangements, unrivalled support in country, as well as pre-departure advice all the way up until your plane leaves the airport! The price does not include airfares, visa, vaccinations or spending money.

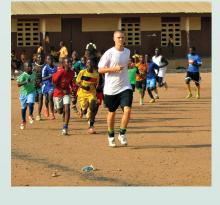
Steps to volunteering

Arranging Your Volunteer Project

A step-by-step guide to the experience of a lifetime







TALK TO US

The first step in planning your time away is to talk to us, we are here to help you every step of the way! To start, have a look at our website and really get a feel for which placements or destinations appeal to you. We have stories from past volunteers, videos, blogs and newsletters to make sure you have all the information you need. All our team members have been volunteers in the past and understand how you're feeling and what information you're after.

We also run regular open days, information evenings and webinars so make sure you check those dates out as well!



Applying for one of our placements is easy. You can either complete the forms online or post them in to us. To start with, we require a \$495 deposit which will be deducted from the total programme fee. This shows your commitment to the project and allows us to start your preparations.

Once you've sent the form off it should take no longer than a few days for our in country staff to secure and confirm your placement.

LET THE PREPARATIONS BEGIN

Preparing for a trip like this can be a little overwhelming and most people experience stress at some point (it's completely normal!).

Don't worry; we are always here to answer your questions! Once your place is confirmed you will need to start thinking about a few things, particularly booking your flights, arranging visas, police checks, and taking advice on any necessary vaccinations. You can either book flights yourself or our travel team can organise them for you. Whichever option you choose, our staff will be waiting at the airport when you arrive. Insurance is covered in the programme fee so that's one less thing to worry about!

For many countries you will need a visa; the cost and difficulty of getting these will vary. We will give you all the information and paperwork you need on applying and when to do it.

CONNECT WITH OTHERS

By joining the Projects Abroad Australia/New Zealand Facebook page you will also be opened up to a whole new forum of information. Each destination country also has its own page and it's a great way to connect with past, present and future volunteers. The sites are also a useful way to get some handy advice about things such as language, history, culture and customs!

MY PROJECTS ABROAD

This is a personalised website which will act as your central volunteer trip planner. You will have your own username and password and we will regularly post guides on culture, language, what to pack and your insurance information along with many other topics and tips! This is where you will also find a step-by-step guide on how to apply for your visa, local staff contacts and advice on making the most of your time away.

About a month before departure, your placement and living arrangements will also be posted here.

TAKE-OFF

So you're organised. You've packed your bags, printed off useful phone numbers and documents and now it's time to say goodbye to your family and friends. Let the fun part begin! We will be in touch before you leave to wish you well and remind you to drop us a line with any last minute questions.

UPON ARRIVAL

Whatever time you arrive, one of our friendly staff will be there to pick you up and take you to your accommodation. The next day Projects Abroad staff will give you an orientation of your new whereabouts. They will give you tips on how to use local transport, show you how to get to work, introduce you to the flavours of some local food and sort out other essentials such as safety precautions, mobile phones and internet cafes.

You will be living with other volunteers, which is a great way to make friends from all over the world and will help you to settle in during your first few days. We also have regular social events so volunteers can get to know each other and organise things such as weekend trips!

From here we hope you will work hard, accept the challenges that come your way and embark on the experience of a lifetime.



Across our 30 destinations, Projects Abroad volunteers support a variety of sustainable and worthwhile care projects. Care projects, based in disadvantaged communities, provide kids with care, support, and attention they may not otherwise receive in under-resourced and under-staffed institutions. These projects engage and stimulate; the volunteers act as positive

role-models whose combined contributions providing lasting impact on

the lives of disadvantaged children across the developing world.

Projects vary greatly, for example caring for disadvantaged children and those living with disability in Cambodia, supporting street children in drop-in centres in Senegal, and caring for children with disabilities in Ecuador. You could be working with trained horses and therapists in Argentina or Bolivia to help children with physical and psychological problems, playing and singing with children in the largest state-run orphanage in Ghana, or supporting single parent families and street-children in Kenya. We have volunteers helping in paediatric wards in Mexico, caring for malnourished children at a nutritional rehabilitation centre in Nepal and supporting the care and education of children at monasteries in Sri Lanka.

Care placements are suitable for everyone and anyone. No previous qualifications or skills are required and people of all ages, from school leavers to university students, from people on career breaks to retirees can get involved.





Teaching

Projects Abroad supports schools in every one of our destinations. Teaching placements allow volunteers to interact and make connections with students from very different backgrounds and circumstances to

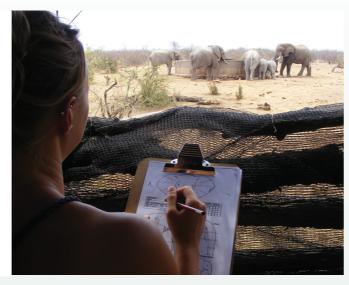
their own. All the teaching placements focus primarily on English - a language of opportunity in the countries we work in. Vital in this is helping the students with their conversational English, to give them the confidence and ability to use the language. While in many cases teaching basic grammar and spelling are an integral part of the project, volunteers do not need a background in teaching as plenty of support and guidance is given. Teaching projects vary immensely, for example working with eager students in very busy government schools in Vietnam or working with students from very poor areas in Moroccan community centres. Volunteers could find themselves teaching at a school in a Maasai village in Tanzania or working with Buddhist monks in Sri Lanka. In Peru we work with the Ministry of Education to update the English curriculum in schools throughout the rural Sacred Valley, while in Ethiopia, where secondary education is largely conducted in English, volunteers can help students achieve more at school through their support.

Volunteers may be placed as an assistant to a local teacher or may work by themselves however, all will be required to make or contribute to lesson plans and, of course, will be given some guidance and help! You can teach using a range of techniques including games, singing, group work, role play, and exercises. Volunteers also have the opportunity to teach a variety of other subjects including sports, drama, music, maths or science.

Conservation Environment

Conservation volunteering is a unique opportunity to live within remote and fragile ecosystems, while helping to enhance and preserve the

surrounding biodiversity. Each project is based on extensive scientific research and aims to protect, conserve and enhance the natural environment in which they are set through research, community engagement, ongoing projects and long-term goals. Volunteers play a vital role in these projects and they would not be possible without the constant stream of support, hard work and dedication which volunteers provide. There is a wide array of projects in some of the world's largest and most diverse ecologies - from animal rehabilitation in the Peru Amazon rainforest or seahorse protection in Cambodia to enhancing Himalayan ecology in Nepal or observing and protecting wildlife in the African savannah. All of the conservation projects run continuously throughout the year, ensuring their sustainability and flexibility.





Medicine & Healthcare

Interns working on a developing world healthcare placement whether they are students or practicing professionals - will gain a very different perspective on their

profession. These programmes are a unique learning experience, as you live and work alongside locals. From rehabilitation centres in Nepal to rural outreach programmes in Ghana, or small but busy hospitals in Tanzania; interns are exposed to radically different resources, conditions and techniques, and learn firsthand how to manage in a challenging global health context. With medical, nursing, midwifery, physiotherapy, occupational and speech therapy placements available, interns with the right approach can become a useful member of the local team - offering a valuable contribution, whilst gaining invaluable experience.



For anyone interested in social justice and human rights in action, these placements offer

a practical and constructive way to support positive action amongst marginalised groups and disadvantaged communities. In Argentina, Ghana and South Africa, interns work in dedicated Projects Abroad Human Rights Offices (PAHRO), which provide advocacy, raise muchneeded awareness of human rights, monitor vulnerable areas of society and strive to resolve human rights abuses through community outreaches, social justice workshops, legal services and research projects. PAHRO interns work in areas such as refugee rights, young offenders, domestic violence, police accountability, discrimination, child trafficking and women's rights. In other countries such as Mongolia and Tanzania, interns are placed in local NGOs focusing on land rights, employment issues and women's rights. Under experienced supervision. interns have a varied workload and the opportunity to gain a first-hand perspective of human rights advocacy in the developing world.





Volunteers can contribute to a range Building of different community building and development programmes, working with local tradies and community leaders, contributing to the construction of much needed buildings such as permanent housing or schools.

Volunteers can help build school structures for Maasai villages in Tanzania, work in the Philippines repairing buildings damaged by Typhoon Haiyan in 2013 or volunteer in Jamaica helping to construct community buildings and housing for the poor.

The placements are all different, they are all very practical and are open to anyone of any age who is willing to work hard, get their hands dirty and make a valuable contribution to the community.

Microfinance

Microfinance projects run in Cambodia, Senegal, Ghana and Tanzania, providing small loans to individuals and groups that help to establish and develop businesses which

can have a profound effect on the people we support.

In addition to the loans, the projects provide support from the very early days of a proposal through to when it is up and running through business planning support, lessons in bookkeeping, marketing and mentoring and review sessions.

Although each individual loan may be relatively small, the impact on people's lives can be immense, these projects are about empowerment and are open to students and professionals alike.





Journalism

There is a wide variety of print placements including periodical magazines, daily and weekly newspapers, online publications, trade journals, community-based and commercial outlets as well as broadcast placements such as sports, news and community television and radio stations.

With a proactive attitude and perseverance you will be able to work as a journalist, with your own stories and responsibilities, reporting on events in a cultural context a world away from home. From Addis Ababa to Ulaanbaatar, from Cape Town to Guadalajara; there are incredible opportunities to develop and test your skills in the midst of a new and exciting culture.

You will not only get an insider's view of how media outlets are run, but also compile an impressive portfolio to take home with you at the end of your project which will look great on your CV.

Business & Law Internships

As the world becomes increasingly globalised and the borders of business,

trade and knowledge open, it becomes ever more important to understand the different cultures and customs of business and law across the developing world. Many of our business and commercial law placements run in China - the most significant trade partner in Asia Pacific. Interns work at firms, in either Shanghai or Chengdu, with Western clients and will learn firsthand how to conduct business or law in a challenging cross-cultural context.

Alternatively, interns can work with NGOs in destinations such as Vietnam or South Africa to enhance and empower the quality of life of disadvantaged or vulnerable groups and enable them to integrate back into society, through promoting various community development models. Interns on business and law placements will not only gain practical international experience, but add a global edge to their CV.





Performing Arts

Engaging with developing countries through performing arts creates some amazing opportunities. Volunteers with a love of drama can run acting workshops in

schools, coach drama groups and assist in producing performances in Romania. Volunteers with a passion for dance can choreograph routines, coordinate dance groups, lead workshops and assist in school performances or work in day-care centres to assist with dance therapy sessions with younger children.

Music placements are available in Bolivia, Jamaica and Senegal where volunteers are given the opportunity to share their knowledge and enthusiasm of music, whilst learning and exploring local instruments and music culture

Veterinary & Animal Care

The animal care placements give volunteers the opportunity to support and interact with

injured and sometimes endangered animals, helping them through each stage of the rehabilitation process. You could be working at a reserve in Argentina caring for monkeys and pumas, at an animal rehabilitation centre for injured, captured or confiscated wild animals in Mexico, or in a panda sanctuary in China.

Veterinary interns can work with a large variety of animals from stray dogs to exotic birds alongside professionals. As well as having the chance to be useful, interns gain an insight into their profession, using very different resources and techniques.



What to do & where to go

Senegal

Building Care **Creative & Performing Arts Sports** Teaching Inurnalism **Human Rights** Medicine & Healthcare Micro-Finance **Language Courses**

Morocco Care

Culture & Community -Nomad Project Sports Teaching Law & Human Rights Medicine & Healthcare Language Courses

MOROCCO

SENEGAL

GHANA

Romania

Language Course

Arts

Teaching Medicine & Healthcare Sports Creative & Performing Inurnalism **Business** Archaeology Veterinary Medicine & Animal Care

ETHIOPIA

Sri Lanka

Care Teaching Medicine & Healthcare Journalism **Business Veterinary Medicine** Snorts Language Courses

NEPAL

BANGLADESH

KENYA

MADAGASCAR

Bangladesh

Medicine **Teaching**

Nepal

Care Teaching Medicine & Healthcare Conservation & Environment

MONGOLIA

LAOS

CAMBODIA

THAILAND

CHINA

VIETNAM

PHILIPPINES

SAMOA

Mongolia

Care **Culture & Community** Sports Teaching Business Journalism Law & Human Rights Medicine & Healthcare Language Courses

Vietnam

Care Care Sports Teaching Business Journalism Law & Human Rights Medicine & Healthcare **Animal Care** Language Courses

China

MEXICO

Sports Teaching Medicine & Healthcare International Development Culture & Community Language courses

Philippines

Building Care Teaching Medicine & Healthcare Inurnalism **Language Course**

Belize

Care

Care **Diving & Marine Conservation & Environment** Conservation Teaching **Public Health** Journalism Teaching Medicine & Healthcare Veterinary Medicine & **Animal Care**

Jamaica

Business

Snorts

Mexico

Building Agriculture & Farming **Culture & Community** International Development **Creative & Performing Arts** Sports Teaching Journalism Medicine & Healthcare Veterinary Medicine & Animal Care Law & Human Rights Language Courses

International Development

Language Courses

Costa Rica

Care **Conservation & Environment** Teaching Journalism Business **Language Courses**

Argentina

Sports Teaching Agriculture & Farming **Journalism** Law & Human Rights Medicine & Healthcare **Veterinary Medicine & Animal Care** Language Courses

Peru

Archaeology Care **Conservation & Environment** Snorts Teaching Medicine & Healthcare **Language Courses**

Bolivia

Language Courses

Care **Creative & Performing Arts** Sports Teaching Journalism Medicine & Healthcare **Animal Care Language Courses**

Ghana Building

Care Sports **Teaching** Journalism Law & Human Rights Medicine & Healthcare **Culture & Community** Micro-Finance **Agriculture & Farming** Veterinary Medicine & Animal Care **Language Courses**

Togo

Care Sports Teaching Journalism Law & Human Rights Medicine & Healthcare **Agriculture & Farming Creative & Performing Arts Language Courses**

South Africa

Building Care Conservation & Environment Sports **Teaching** Business International Development **Culture & Community** Journalism Law & Human Rights Veterinary Medicine & Animal Care **Creative & Performing Arts**

Tanzania

Care Building Teaching Medicine & Healthcare **Human Rights** Micro-finance Law & Human Rights **Culture & Community** Journalism Sports **Language Courses**

Madagascar

Language Courses

Teaching

Rainforest Conservation

Care Teaching Conservation & Environment Medicine & Healtcare Language Courses

Kenya

TOGO

SOUTH AFRICA

Ethiopia

Care Sports Teaching Journalism Medicine & Healthcare Language Courses

TANZANIA

Thailand

Conservation & Environment Teaching

SRI LANKA

Laos

Care Teaching

Cambodia

Care **Conservation & Environment Culture & Community** Teaching Journalism Law & Human Rights Medicine & Healthcare Micro-finance

Fiji

ECUADOR

PERU

BOLIVIA

Teaching Culture & Community Conservation & Environment Sports Nutrition

Samoa

Teaching Journalism Sports Language Course

Ecuador

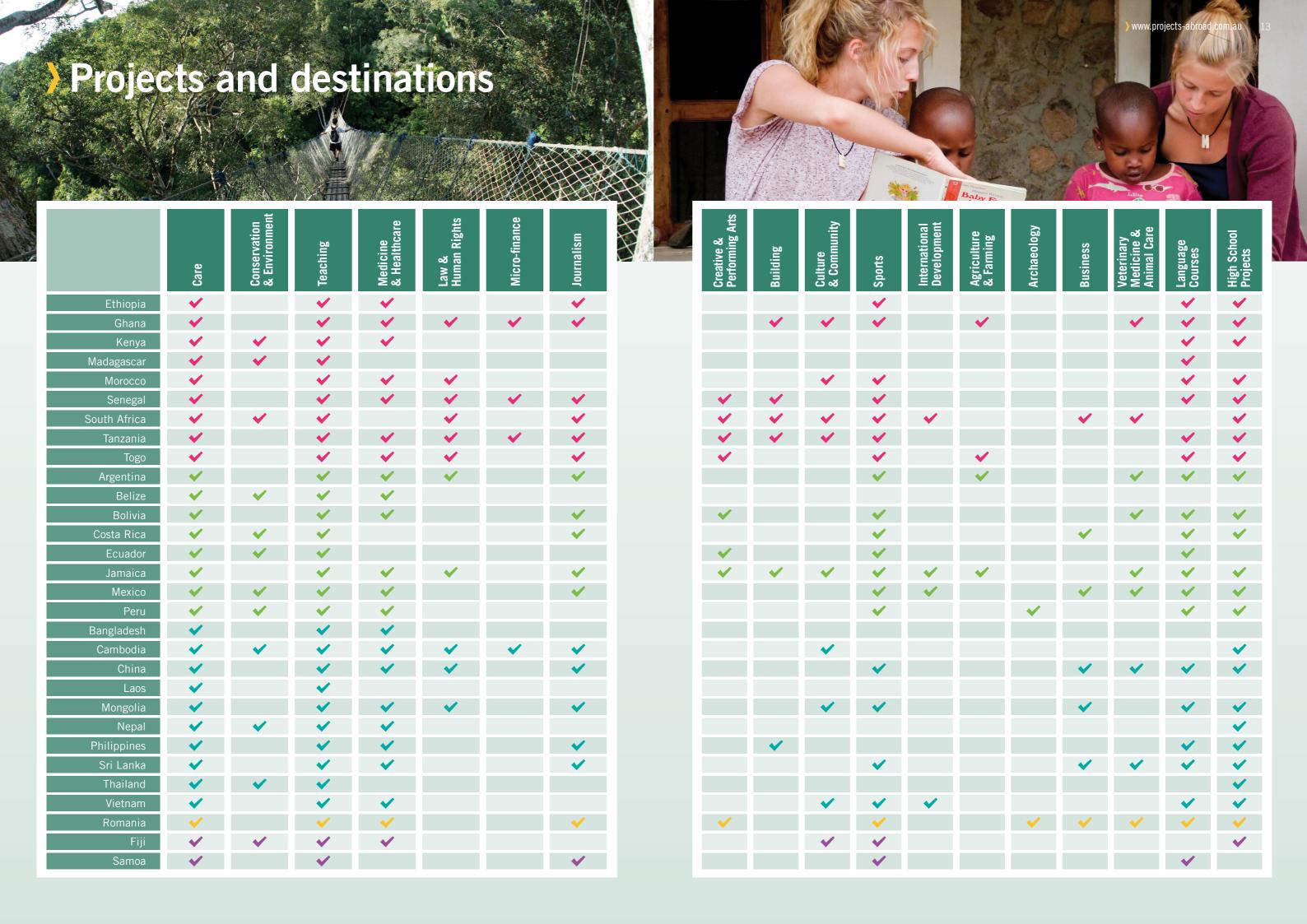
BELIZE

JAMAICA

COSTA RICA

Care Conservation & Environment Teaching Sports **Creative & Performing Arts**

ARGENTINA





famine from the 1980s. However, as Africa's oldest independent country takes steps to ensure that the humanitarian disaster of 30 years ago can never be repeated, the country is beginning to gain deserved attention for its many cultural, historical and geographical treasures. First-time visitors will be amazed by the variety of magnificent landscapes the country offers. From the fertile countryside and multicoloured lakes of the Rift Valley to the stunning rock-hewn churches of Lalibela or the dramatic peaks of the Simien Mountains, most of Ethiopia is a world away from the parched and barren land of popular imagination.

Projects Abroad is based in the capital, Addis Ababa. This cosmopolitan city has grown rapidly in recent years and you will find highrise buildings and sumptuous hotels towering over traditional wattle and daub buildings, with roaming livestock and sharp-suited businessmen equally familiar sights on the city's streets.

Addis Ababa itself has plenty to offer, with some of the best museums in Africa, as well as fascinating markets and traditional restaurants serving the delicious local specialties of wat and injera. Despite relatively basic infrastructure, you will also find independent travel to be hugely rewarding.

PROJECTS ABROAD BASE:

Addis Ababa (pop: 3,147,000)

LOCAL GREETINGS (AMHARIC):

Hello - Selam

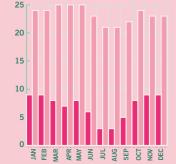
Thank you - Amesegnalehu LANGUAGES SPOKEN:

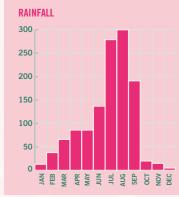
Amharic (official), 84 indigenous languages, English

LOCAL DISH:

Wat - a vegetable or meat stew, eaten with injera - a large sourdough flatbread

TEMPERATURE (MAX ■ MIN ■) C°





Projects Available:

- Care
- Journalism
- Medicine
- Physiotherapy
- Sports
- Teaching
- Language Courses

See insert or website for project costs



My top tips for Ethiopia are..



tribes, and early mankind sites. It's a great country for volunteers who want a very real, sometimes confronting life experience.'

Nani Rump Care / Hornsby Heights, NSW A former British colony called the Gold Coast, from the 15th to the 19th century, modern-day Ghana was at the centre of the trans-Atlantic Slave trade.

In 1957 it was the first sub-Saharan country in colonial Africa to gain independence, a fact the country is very proud of. Its development into a beacon of stability in the West Africa region and a leader in the African political sphere, has been steady and impressive but it still has challenges

Despite the many achievements, around a guarter of the population still lives below the UN poverty line, a third of the population is illiterate and preventable diseases continue to take their toll on the vulnerable who have little access to affordable healthcare.

Ghana is a mix of 8 main ethno-cultural groups and across the country at least 9 different languages are spoken which means that Ghanaians use English, the common language, to communicate with each other. Along with the vibrancy of the traditional West-African traditions of smaller cultural groups, modern Ghana has its own unique culture; 'hip life' music, arts and sports – especially soccer.

Our volunteers work on a diverse range of projects in three regions across the country. From the chaotic, vibrant and noisy capital of Accra to the popular seaside town of Cape Coast and rural villages in the Akuapem Hills region, volunteers will be able to immerse themselves in the culture of this country and get to know its people, famous for their welcoming nature.

plantain served in a broth

Fufu - boiled and pounded cassava and

Accra, Akuapem Hills, Cape Coast

PROJECTS ABROAD BASE:

LOCAL GREETINGS (TWI):

Thank you - Me Dase

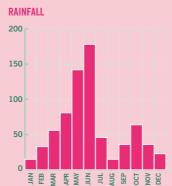
English (official), Twi

Hello - Ete Sen

LANGUAGES SPOKEN:

ACCRA





Projects Available:

- Agriculture & Farming
- Building
- Care
- Culture & Community
- Journalism
- Law & Human Rights
- Dentistry
- Medicine Midwiferv
- Nursing
- Physiotherapy
- Public Health
- Speech Pathology
- Micro-finance Sports
- Teaching
- Veterinary Medicine & Animal Care
- Language Courses

See insert or website for project costs

ice for future voluuteers



the country and its people as if it were your second home."

Jemma Peitrus Journalism / Adelaide, SA



Nanyuki (pop: 40,000)

LOCAL GREETING:

Hello - Jambo

Thank you very much - Ahsante Sana

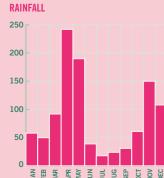
LANGUAGES SPOKEN:

Swahili

LOCAL DISH:

Ugali - a porridge made of maize





Kenya is an enchanting East African country which lies across the Equator. Its incredible diversity of wildlife, landscapes and cultures make it a fascinating destination for volunteers. Projects Abroad offers Teaching, Care and Medical projects in the town of Nanyuki which is situated 200km north of the capital Nairobi sitting almost directly on the Equator. Nanyuki is a small market town which nestles in the shadow of Mount Kenya, the second highest mountain in Africa, it is a spectacular setting.

The Conservation and Environment project is based in the Soysambu Conservancy, 3 hours north of Nairobi in the Great Rift Valley region, renowned for its biodiversity. Volunteers here will work on pioneering projects protecting giraffes in an area home to a vast array of wildlife including leopards and hippos.

Kenya is renowned for its magnificent national parks, lush forests, breathtaking mountains and tribal cultures. Nanyuki as a town encompasses a lot of these unique traits and offers worthwhile and well managed projects in a town where volunteers can feel at home while a world away.

Projects Available:

- Care
- Conservation & Environment
- Dentistry
- Medicine
- Nursing
- Occupational Therapy
- Teaching
- Language Courses

See insert or website for project costs



What I wiss wost about Kenya is..



"What I miss most about Kenya is the beauty of it. The gorgeous smiles of the children that we were fortunate enough to work within the Kindergarten, the excited greetings from

a stranger in passing, the ever elegant, majestic creatures we got to surround ourselves with on the conservation project, and the most spectacular scenes of soft rolling hills dotted with grazing zebra and antelope. Neither words nor pictures can do in justice, but it is beauty that I hope to see again someday."



Located off the east coast of Africa, Madagascar is known for its unique and extraordinary wildlife (including lemurs and chameleons), lush rainforest and extensive coastline. Tourism and agriculture are both major sources of growth, however, at least 69% of the diverse population live below the national poverty line.

Volunteers can have a hugely positive impact by helping to improve literacy levels as teachers, caring for children and contributing to their educational development in care centres, or by preserving one of the most exceptional ecosystems in the world on our Conservation programme.

Whether you are on a gap year, career break, or looking for a meaningful experience during a holiday period, volunteering with Projects Abroad gives you the chance to live and work alongside the hospitable and friendly people of Madagascar and discover this amazing island.

Projects Abroad is based in the town of Andasibe, three hours east of the capital, Antananarivo. The town, located next to three conservation areas, has a population of 12,000 people, and is near the larger town of Moramanga. You will stay with a local host family, or at a local guesthouse. Host families will welcome you into their home and help you become part of the local community. This is a fantastic opportunity for cross-cultural exchange and you will find yourself learning a great deal about the local culture.

TEMPERATURE (MAX ■ MIN ■) C°

Romazava- Spicy meat stew cooked

PROJECTS ABROAD BASE:

LOCAL GREETINGS (TWI):

Hello - Manahoana

LANGUAGES SPOKEN:

Malagasy, French

Thank you - Misaotra

with ginger and chili.

Andasibe

LOCAL DISH:

MORAMANGA

Madagascar



RAINFALL 300 250 200 150 100 50

Projects Available:

- Care
- Rainforest Conservation
- Teaching
- Language Courses

See insert or website for project costs



My advice for future volunteers



diventure, it is a privilege
be accepted into the
beminity and an opportunity
live a very different kind of
fe, one that very few people
et to experience. The time will

) www.projects-abroad.com.au 17

so full of unique and rich moments. Say 'yes' to most things, pack a sense of humour for the challenging times and, one thing I did regularly, think what your friends and family would say if they could see you in front of a class, squeezed on a bus or haggling over the price of a taxi; it's a great reminder of what an adventure it all is."



Mircea Samoila Project Coordinator Madagascar



PROJECTS ABROAD BASE: Rabat (pop: 2,000,000) LOCAL GREETINGS (DA'REEJA):

Hello - Ah'lan wa Thank you - Shokran LANGUAGES SPOKEN:

Arabic, French LOCAL DISH:

Couscous and mint tea

TEMPERATURE (MAX ■ MIN ■) C°



for their maze-like alleys and the vibrant outdoor markets of their old-towns, nowadays set alongside wide boulevards in the more modern districts. The country offers beautiful beaches on both the Atlantic and Mediterranean coasts, while the rugged Atlas Mountains rise in the interior.

Projects Abroad is based in Rabat, an ancient imperial city which is modernising rapidly and is now Morocco's capital. Tranquil parks and gardens, and the famous blue and white Kasbah, offer you a break from the bustling streets.

The country has plenty to offer in your spare time, from enjoying the ancient entertainments of snake-charmers, acrobats and storytellers to taking part in one of the many Islamic festivals. Perhaps you will venture into the Sahara to see the magnificent sight of Tuareg nomads with their camels and flowing sky-blue robes, or simply just dance the night away to local pop music: a frenetic fusion of African, French and Arab sounds.

Projects Available:

- Care
- Culture & Community
- Law & Human Rights
- Medicine
- Midwifery
- Nursing
- Occupational Therapy
- Physiotherapy
- Speech Pathology
- Sports
- Teaching
- Language Courses

See insert or website for project costs



somehow we ended up hurling handfuls of dun at each other and all ended up covered in fresl

From that point on I seemed to have their complete

Ryan Mallett-Outtrim Nomad Project & Teaching / Adelaide, SA

From arid desert land in the north to tropical jungle in the far south, cool breezes along the coast to strong heat in the central areas. From thriving, modern commercial centres to isolated mud-hut settlements, Senegal encompasses the many different aspects of West African life.

In 1960, the country made a union with the French Sudan and was granted independence; however the unification only lasted a few months. Later, Senegal joined with the Gambia to form Senegambia in 1982; however this union also fell through by 1989. Despite these failures, Senegal remains to be one of the most politically stable countries in Africa with a proud history in international peace-keeping.

With a population of around 14 million, Senegal has one of the highest population growths in the world, ranked number 32 out of 233 countries. Despite Senegal's progressions as a stable beacon in the region, there is still much to be improved on. Only 40 per cent of the population over the age of 15 can read and write, and 48 per cent of citizens are unemployed.

The main town of St Louis is situated on a long, rectangular island in the middle of the River Senegal, and has outlying districts on the mainland area as well as on a sandy peninsula bordering the Atlantic Ocean. Commerce, fishing and tourism are the lifeblood of the town and its surrounding region.

yucca and carrots over fried rice

Thiébou Djeun - fish cooked with

ST. LOUIS

PROJECTS ABROAD BASE:

St. Louis (pop: 180,000)

LOCAL GREETINGS (WOLOF):

Thank you - Dieureudieuf

French (official), Wolof

Hello - Nagadef

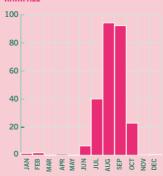
LANGUAGES SPOKEN:

LOCAL DISH:

Senegal *



RAINFALL



Projects Available:

- Building
- Care
- Creative & Performing Arts
- Journalism
- Law & Human Rights
- Medicine
- Midwifery
- Nursing
- Micro-finance
- Sports
- Teaching
- Language Courses

See insert or website for project costs



opportunity to learn English and their gratitude wil. stay with me for the rest of my life."



Katv Ohle Care / Papakura, New Zealand



developed country but with incredible inequalities.

South Africa has always been a mixture of diverse ethnic groups. It emerged as an important trading post as long 800 years ago but its most significant development has occurred since the mid-17th century when Dutch settlers arrived.

Today South Africa is known as the 'Rainbow Nation', a term coined to celebrate the dreams of united multi-culturalism and to distance itself from the black and white of the apartheid era, nearly 50 years of legalised discrimination which left the country isolated among the international community. This era ended in 1994 with the first ever free and open elections where the ANC won power and Nelson Mandela became President.

With huge mineral resources and stunning natural beauty, South Africa has made great progress in both trade and tourism. Despite these great strides, it remains one of the most unequal societies in the world, with a stark contrast between privilege and poverty.

Projects Abroad works in the beautiful city of Cape Town, supporting human rights and childhood education and development in schools and kindergartens. Conservation work is carried out on the remote 5000 hectare Wild At Tuli reserve on the border with Botswana.

11 official languages including English,

CAPE TOWN

PROJECTS ABROAD BASE:

Hello - Goeie More

Thank you - Dankie

LANGUAGES SPOKEN:

LOCAL DISH:

Cape Town (pop: 3,500,00)

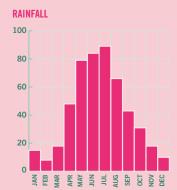
LOCAL GREETINGS (AFRIKAANS):

Cape Malay curry with fragrant yellow rice

Zulu, Xhosa and Afrikaans

TEMPERATURE (MAX ■ MIN ■) C°





Projects Available:

- Building
- Business
- Care
- Conservation & Environment
- Creative & Performing Arts
- Culture & Community
- International Development
- Journalism
- Law & Human Rights
- Nutrition
- Sports
- Teaching
- Veterinary Medicine & Animal

See insert or website for project costs



ex-gang member that they can become a lawyer. No



Joanna Williams Human Rights / Sydney, NSW

PROJECTS ABROAD BASE:

Arusha (pop: 400,000), Dar-es-Salaam (pop: 4,5000,000)

Tanzania //

DAR ES

SALAAM

LOCAL GREETINGS (SWAHILI):

Hello - Habari

Thank you - Asante

LANGUAGES SPOKEN:

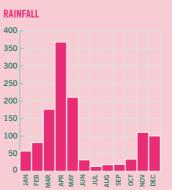
Swahili, English

LOCAL DISH:

Thiébou Djeun - fish cooked with yucca and carrots over fried rice

TEMPERATURE (MAX ■ MIN ■) C°





came under British rule after World War I and served as a military outpost during World War II. The colony eventually gained independence in 1964 and was combined as a country with the previous British colony of Tanganyika and Zanzibar.

Once part of German East Africa in the late 19th century, the country

Despite conflicts over the past 50 years, the economy and political stability of the country has improved greatly. However, Tanzania still remains one of the least developed countries in the world and a lack of services such as healthcare and schooling is still a daily challenge for many.

Projects Abroad in Tanzania works in the steamy and bustling coastal city of Dar-es-Salaam and in the more rural Arusha; the projects seek to assist in the care of disadvantaged children, in improving the educational opportunities through building and teaching as well as initiatives in human rights and micro-finance. Tanzania is a fantastic place for volunteers to direct their efforts, there is plenty of work to do and a country rich in natural wonders to explore including Africa's highest mountain, largest lake, huge wildlife reserves and hundreds of white sandy beaches.

Projects Available:

- Building
- Care
- Culture & Community
- Journalism
- Law & Human Rights
- Dentistry
- Medicine
- Midwifery
- Nursing
- Physiotherapy
- Micro-finance
- Speech Pathology
- Sports
- Teaching
- Language Courses

See insert or website for project costs

) www.projects-abroad.com.au



and says, "Asante," that is unforgettable



Michel Riceman Medicine & Healthcare / Adelaide, SA



Lomé (pop: 738,000)

LOCAL GREETINGS (EWE):

Hello - Efoa

Thank you - Akpe kaka

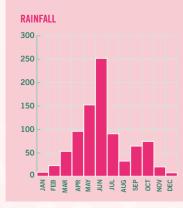
LANGUAGES SPOKEN:

French (official), Ewe. Mina

Thiébou Djeun - fish cooked with yucca and carrots over fried rice

TEMPERATURE (MAX ■ MIN ■) C°





The small West African country of Togo is a Franco-African melting pot which has beaches, jungles, and by spanning six distinct climatic zones from north to south, a great deal in between. Although Togo became independent of France in 1960, French influence still exists in many aspects of life and French remains the official language of the country.

Projects Abroad is based in Lomé, the capital city; here there are many interesting sights and places to explore, including many restaurants, reputed to be the best in West Africa. Volunteers stay with local Togolese host families in Lomé, who are famous for their generous hospitality and pride in their home country.

Travel in and around Togo is cheap and easy. You can travel by local bus or in a shared taxi. In the south you will want to visit the tropical lakes and lagoons. In the north you can visit hills, waterfalls and coffee plantations. Volunteers can also visit Forêt de Fazao National Park, which boasts a variety of plant and animal species and offers travellers beautiful hiking trails, mountains and forests unlike any other in Western Africa.

Togo is also an excellent starting point for travelling around neighbouring West African countries, whether you are interested in discovering the history of mysterious voodoo in Benin or would like to head west along the coast to Ghana's sandy beaches and haunting slave forts.

Projects Available:

- Agriculture & Farming
- Care
- Creative & Performing Arts
- Journalism
- Law & Human Rights
- Dentistry
- Medicine
- Midwifery
- Nursing
- Physiotherapy
- Speech Pathology
- Sports
- Teaching
- Language Courses

See insert or website for project costs



Georgina Murray Care / Turramurra, NSW

Bangladesh <a>__



PROJECTS ABROAD BASE:

Dhaka

LOCAL GREETINGS (TAMIL):

Hello - Hvālō Thankyou - Dhonnobad

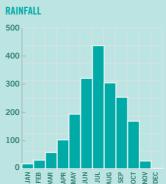
LANGUAGES SPOKEN: Bengali, English

LOCAL DISH:

Begun Bhaja- crunchy fried eggplant snack.

TEMPERATURE (MAX ■ MIN ■) C°





Bordering India, Bangladesh is home to lush vegetation and nearly fifty wildlife sanctuaries; it is also one of the most populated countries in the world. More than 98 per cent of Bangladeshis speak Bengali, the country's official language. Although Bangladesh is one of the biggest peacebuilding forces to the United Nations, the country struggles with challenges that include poverty, famine, political issues and urban pollution.

Projects Abroad provides the opportunity for volunteers to travel with purpose to Bangladesh where they can work at a local primary or high school on our Teaching project, or assist local healthcare professionals at a public hospital in the country's capital Dhaka.

Projects Abroad is based in the country's capital of Dhaka, which is also known as the City of Mosques and described as the Venice of the East. Dhaka offers a humid tropic savanna climate and has a lively cultural life. Our volunteers live with a local host family in Dhaka who welcome them into their home. Volunteers will experience authentic local life, enjoying traditional meals such as biryani dishes, and integrating with the local community.

Projects Available:

- Care
- Medicine
- Teaching

See insert or website for project costs



Why I chose Baugladesh...



a few months and now it's just the waiting that is



Neil King Cloncurry, QLD



OCEAN

Phnom Penh (pop: 2,000,000)

LOCAL GREETINGS (KHMER):

Hello - Su-a s'die Thank you - Or kun

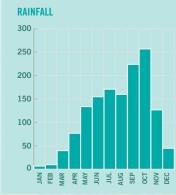
LANGUAGES SPOKEN:

Khmer LOCAL DISH:

Amok trei - steamed fish in a thick coconut milk curry

TEMPERATURE (MAX ■ MIN ■) C°





Cambodia is a fascinating country; confronting, confusing, charismatic, charming and inspiring all at the same time. Once the heart of the vast Khmer empire, the country now has a wealth of culture and natural beauty to discover. Sights such as the magnificent temples of Angkor attract large numbers of tourists, but step off the beaten track and you will find much of Cambodia still untouched by the outside world. Ordinary Cambodians are benefiting from the gradual opening up of their country, and life is slowly improving for many. Despite the suffering they have endured, you will find people here warm, dignified and optimistic. The needs in this country are great and working here is an intense but rewarding experience.

Projects Abroad is based in the vibrant capital of Phnom Penh, where impoverished districts sit alongside rapidly developing business and entertainment areas, and fading French colonial architecture gives a cosmopolitan touch. The Conservation and Environment project is based on the tiny island on Koh Sdach in the Gulf of Thailand.

Projects Available:

- Care
- Conservation & Environment
- Culture & Community
- Journalism
- Law & Human Rights
- Dentistry
- Medicine
- Occupational Therapy
- Physiotherapy
- Micro-finance
- Teaching

See insert or website for project costs

My advice for future volunteers...



"My advice for future volunteers would be to keep your mind and heart open. As an Occupational Therapist working in a completely foreign environment, my

day as it comes, and cherish every moment you have with every person you meet. You will learn so much from the experience and it will change your personal and professional life forever."



Rita Harrison Occupational Therapy / Robina, QLD back almost four thousand years. For centuries it was a leading civilisation, breaking new ground in the arts and sciences. Nowadays China is rising again, taking on a façade of futuristic skyscrapers, glitzy nightclubs and modern metro stations, which create an impression of capitalist modernity. Beneath the surface, however, ancient culture and values persist, as does a desperate poverty.

China - the world's most populous country - has a culture that stretches

Shanghai, Projects Abroad's main base in China, is at the heart of China's industrial revolution. Straddling the Huangpu River, the city is home to some of the world's most impressive modern architecture contrasted against the fascinating backstreets of the old town. Every imaginable food and traditional medicine is available in the colourful markets and stores, and the nightlife is booming. We also provide some placements in the charming and relaxed city of Chengdu which is located in Sichuan Province. Home of the panda and gateway to the stunning natural beauty of western China, Chengdu offers the chance to experience the more traditional side of China. Further afield you can visit Beijing and the Great Wall, or journey along the famous Silk Route.

PROJECTS ABROAD BASE:

OCEAN

Shanghai (pop: 25,000,000), Chengdu (pop: 14,000,000)

China

LOCAL GREETINGS (MANDARIN):

Hello - Nihao Thank you - Xie Xie LANGUAGES SPOKEN:

Mandarin Chinese (official),

Shanghainese

LOCAL DISH:

Xiao Long Man Tou - traditional steamed buns

CHENGDL

SHANGHAI

TEMPERATURE (MAX ■ MIN ■) C°





Projects Available:

- Business
- Care
- Journalism
- Law
- Dentistry
- Medicine
- Sports
- Teaching
- Animal careLanguage Courses

See insert or website for project costs

What I wiss wost about Shaughai...



Shanghai is the tight kni community created with an the volunteers, my colleague. at my business placement and the Projects Abroac

Shanghai through Projects Abroad alone and at first it can be a huge culture shock. That is why you bond with so many different people, from different walks of life, in such a short period of time; many of these people you may never get the opportunity to meet otherwise. These people quickly become your family in Shanghai and ultimately make the experience the most worthwhile."



Geoff Kwok Business / Ashtonfield, NSW



Vientiane

LOCAL GREETINGS (KHALKHA):

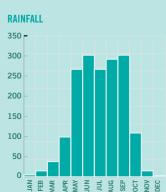
Hello - Sa bai dii Thank you - khàwp jại LANGUAGES SPOKEN:

Lao, Khmu, Hmong LOCAL DISH:

Laap- spicy Lao minced meat salad made with fermented fish and herbs.

TEMPERATURE (MAX ■ MIN ■) C°





disadvantaged communities. Projects Abroad provides volunteers with the opportunity to care for children by contributing to their educational and emotional development in care centres and local schools.

Projects Abroad is based in the capital city of Vientiane, which is also Laos' economic centre. Located on the bank of the Mekong River (separating it from Thailand), Vientiane offers warm weather throughout the year. Volunteers will live in this small city, with a local host family who will welcome them into their home and help them become a part of the local community. This is a wonderful chance for cross-cultural exchange and volunteers may even pick up the local Lao language.

Vientiane is home to many temples and Buddhist monuments, including the well-known Pha That Luang and Wat Si Muang. Volunteers living and working in the laid-back city of Vientiane will have plenty of opportunity to explore the stunning landscape around them, both on the weekends or after completing their placement; the cost of living in Laos is also extremely affordable.

Projects Available:

- Care
- Teaching

See insert or website for project costs



What I wiss wost about Laos...



with an awesome bunch of likeminded volunteers from a diverse range of backgrounds. You share the experience of a lifetime together and it is something

Brett Jones Adelaide, SA

PROJECTS ABROAD BASE:

Ulaanbaatar (pop: 1,200,000)

ULAANBAATAR

Mongolia

LOCAL GREETINGS (KHALKHA):

Hello - Sain bainuu Thank you - Bayarlaa

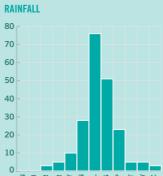
LANGUAGES SPOKEN: Mongolian

LOCAL DISH:

IKhuushuur and buuz - traditional fried and steamed dumplings

TEMPERATURE (MAX ■ MIN ■) C°





Projects Available:

in Mongolia's deserts and grassland plains.

- Care
- Culture & Community
- Business
- Journalism
- Law & Human Rights
- Medicine
- Midwifery Nursing
- Physiotherapy
- Sports
- Teaching
- Language Courses

See insert or website for project costs

My advice for future volunteers



Mongolia is a destination that offers adventure. Sandwiched between the

vast expanses of Russia and China, and with a history that encompasses

Chinese dynasties and Soviet Communism, Mongolia is nevertheless an

ancient nation-state in its own right and once ruled the whole of Asia

under Genghis Khan. Identifying more with Europeans than Asians,

a mountain-ringed capital city where life is unhurried and the skyline is

dominated by Soviet-era apartment blocks. Outside the capital, you will

find a lifestyle that has changed little over the centuries. Around one third

of the population are nomadic or semi-nomadic, living with their livestock

and rural Mongolia. You will find that the "roads" marked on maps are

often rough paths, and "settlements" are small and temporary. Explore

the stunning Gobi desert or the Altai Mountains; travel comes no wilder

Most of Projects Abroad's programmes are based in Ulaanbaatar,

After your programme, why not leave the capital and head for wild

Mongolians are proud people who give visitors a warm welcome.

the friendliest and funniest people I've ever met, and I'm glad to say I keep in contact with all the friends

Mark Pennini Law / Canberra, ACT

Kathmandu (pop: 1,000,000)

LOCAL GREETINGS (NEPALI):

Hello - Namaste Thank you - Dhanyabaad

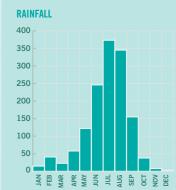
LANGUAGES SPOKEN:

Nepali LOCAL DISH:

Dahl Batt - rice and lentil soup served with a vegetable curry

TEMPERATURE (MAX ■ MIN ■) C°





A country of diverse history, Nepal is a mix of culture, heritage, and tradition across thousands of years. The country is home to the original birthplace of Buddha who lived in the Nepali town of Lumbini, in the 6th century BC. While 80 per cent of the country is today Hindu, the site maintains historical significance.

In the modern era, the state of Nepal lived under monarchial rule for over 200 years until a people's uprising in the 1990s. The oppressive reign ended in 2006 and the implementation of Nepal's newly elected leadership took place in 2008.

These days, Nepal is currently going through a transition phase from monarchy to democratic state. Ranked as one of the poorest countries in the world (in the bottom 20), the country remains largely underdeveloped. This is especially the case in mountainous and rural locations where access to services such as schooling and healthcare is limited.

Foreign visitors are the largest source of foreign exchange and income in the country, mostly trekking through the stunning scenery of the Himalayas. Projects Abroad volunteers work on well managed and worthwhile placements in the chaos and charm of Kathmandu, in the sub-tropical Chitwan region and high in the Annapurna ranges of the Himalaya on the Conservation and Environment project. Projects Abroad have been working in Nepal for many years, its mix of meaningful placements and fascinating charm and culture making it a place volunteers easily fall in love with.

Projects Available:

- Care
- Conservation & Environment
- Dentistry
- Medicine
- Nursing
- Physiotherapy
- Teaching

See insert or website for project costs



My most memorable experience...



"My most memorable experience was going on a home visit to see one of the girls with cerebral palsy. We practiced walking up and down the hill near her

of Bhaktapur Durbar Square. We gathered a crowd of about twenty locals who watched cautiously at first, but then joined in, giving explanations and encouragement in Nepali. The girl, as well as us had a great time, if the smile on her face was anything to go by!"

77

Emma Parsons Physiotherapy / North Balwyn, VIC

The Philippine Islands became a Spanish colony during the 16th century but were handed over to the US after the 1898 Spanish-American War. The country became a self-governing commonwealth in 1935 but fell under Japanese rule during World War II, before becoming an independent state in 1946. In the 1980s the country experienced a range of uprising and coups. Today, despite long-term economic challenges such as demand for Filipino workers overseas, the country is beginning to expand and see growth in their economy.

Throughout the country, just over 1 in 5 live under the poverty line and 20 per cent of children are underweight. However, the Philippines have high literacy levels compared with other developing countries in the world. With over 7000 islands and set apart geographically and culturally from main-land Asia, the Philippines offer a unique Asian experience. Projects Abroad is based on Cebu Island, part of the Visayan Islands region. Volunteers live with local host families in and around Bogo City. Volunteers can join a Care project and support disadvantaged children in the city or help in teaching English in local schools. The Disaster Relief project which followed the devastating typhoon of late 2013 has made great strides in rebuilding infrastructure in the area and medical volunteers have helped bring healthcare services to locals in more remote areas.

PROJECTS ABROAD BASE:

OCEAN

Bogo City (pop: 70,000)
LOCAL GREETINGS (FILIPINO):

Hello - Kamusta

Thank you - salamat po LANGUAGES SPOKEN:

Filipino, English, many local dialects incl. Tagalog, Cebuano, Ilocano & Hiligaynon

BOGO CITY

Philippines >

LOCAL DISH:

Pork Adobo - meat cooked for a long time in vinegar, garlic, salt and paprika

TEMPERATURE (MAX ■ MIN ■) C°



RAINFALL



Projects Available:

- Building
- Care
- Journalism
- Medicine
- Public Health
- Teaching
- Language Courses

See insert or website for project costs



My most memorable experience in the

www.projects-abroad.com.au



experience was on a weekend trip to Cebu. On that particular trip to the city we sat at the top of the highest building in the city and reflected

It has come so far as a country, yet still faces very obvious challenges including being politically corrupt, inequitable wealth distribution and poverty. In this way it should be a top choice for volunteers in the future to continue to assist the developing nation. I wouldn't change anything about my 8 week adventure in the Philippines, I miss my host family and thankfully Facebook has and will continue to allow us to keep in touch."

April Zimmermann Disaster Relief / Tanunda, SA



Colombo (pop: 800,000)

LOCAL GREETINGS (SINHALA):

Hello - Kohomada Thank you - Isthuthee LANGUAGES SPOKEN:

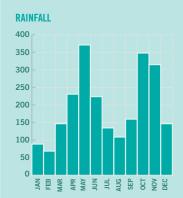
Sinhala, Tamil

LOCAL DISH:

Roti with dhal curry

TEMPERATURE (MAX ■ MIN ■) C°





inflicted on the south by the 2004 Tsunami.

Often called the 'Pearl of the Indian Ocean,' the country was known as Ceylon before 1972. Teeming with a rich and diverse history, Sri Lanka was also the first country in the world to democratically elect a woman as a head of state, with Sirimavo Bandaranaike serving as Prime Minister 3 times between 1960 and 2000.

Whilst development and progress is occurring, poverty and a lack of access to basic services is still a reality for many citizens. 20 per cent of children under the age of 5 are currently underweight and 1 in 10 citizens live below the national poverty line.

Volunteers in Sri Lanka have the opportunity to contribute to worthwhile placements and experience the organised chaos of the sprawling city of Colombo or the much more laidback lifestyle in smaller coastal towns. With many volunteers noting the warm smile of the locals as a highlight, Sri Lanka is a great choice for both first-time and more experienced travellers.

Projects Available:

- Business
- Care
- Journalism
- Dentistry
- Medicine
- Midwifery
- Nursing
- Physiotherapy
- Sports
- Teaching
- Veterinary Medicine
- Language Courses

See insert or website for project costs

What I wiss wost about Sri Lauka...



the wisdom of old men. I miss the most amazing food and the craziness that happened whenever I set foot

Simon Jacobs Teaching / Adelaide, SA With nearly 95 per cent of the country's population Buddhist, Thailand is greatly influenced by this ancient philosophy. For much of the Thai population Buddhism is seen not as a religion, but a way of life. Volunteers have the rare opportunity to immerse themselves within the local practice and embrace the uniqueness of the country's ancient traditions.

Thailand experienced a thriving economy over the 1980s and 1990s but when the 1997 Asian financial crises hit, it caused bankruptcies, recession and unemployment throughout the region. While Thailand's economy is now back on track, social problems remain. Many parts of the country lack access to basic essentials such as healthcare. A growth in pollution and overfishing has also prompted the need for greater education on sustainable practices among local communities.

Volunteers in Thailand are offered projects in schools, kindergartens and day-care centres in the small and traditional town of Krabi. We also offer Teaching and Conservation projects by the spectacular setting of the Phi Phi National Park and Ao Nang islands. All of our projects are community focused and driven, with our staff in Thailand working continually with local people to fulfil the joint objective of creating sustainable change.

PROJECTS ABROAD BASE:

INDIAN

OCEAN

KRABI

Krabi (pop: 337,000)

LOCAL GREETINGS (THAI):

Hello - Sawatdee (kha for women, khrap for men)

Thank you - Khop Khun (kha for women, khrap for men)

Thailand =

LANGUAGES SPOKEN:

Thai

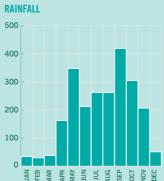
LOCAL DISH:

Tom Yum Gung - lemongrass soup with

TEMPERATURE (MAX ■ MIN ■) C°



500



Projects Available:

- Care
- Conservation & Environment
- Teaching

See insert or website for project costs



My advice for future voluuteers



www.projects-abroad.com.au 31



Heath Batten

Conservation & Environment / Adelaide, SA



NDIAN

PROJECTS ABROAD BASE:

OCEAN

Hanoi (pop: 6,500,000)

LOCAL GREETINGS (VIETNAMESE):

Hello - Xin chau thank you - Cam un

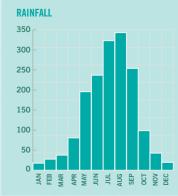
LANGUAGES SPOKEN: Vietnamese

LOCAL DISH:

Bun Cha - minced pork balls and noodles

TEMPERATURE (MAX ■ MIN ■) C°





Vietnam is a fascinating and diverse country. Straddling many latitudes, it has an amazing range of climates, cultures and environments. Despite the recent conflicts and their still lasting effects, it is a rapidly developing country with a proud history and an exciting future.

We work in the capital and second largest city, Hanoi, a bustling and culturally rich city of 6.5 million people. As a place to spend time in, Hanoi is a place you will grow to love; the food, markets, Old Quarter and swarms of scooters are a vibrant backdrop to your volunteer work.

Although Vietnam has one of the fastest growing economies in Asia, many are left behind and the care programmes work with children who do not feel the benefits of growth which many enjoy. For the first time English is a crucial skill for the young to learn, you will be treated as a member of staff with your own timetable. Vietnam is a wonderful country with valuable volunteer roles.

Care volunteers work with disadvantaged children who need one to one help in their education and development, Teaching volunteers help with English which is an increasingly important part of the curriculum for an ambitious nation while medical volunteers gain valuable experience alongside dedicated and talented local professionals.

We hope you will take the time explore beyond Hanoi and experience the tranquility of Halong Bay and the rich cultural heritage of Sapa for example.

Projects Available:

- Care
- Culture & Community
- International Development
- Medicine
- Nursing
- Occupational Therapy
- Physiotherapy
- Speech Pathology
- Sports
- Teaching
- Language Courses

See insert or website for project costs



home, something you'll only truly appreciate

Philipp Allgeuer Teaching / Adelaide, SA

PROJECTS ABROAD BASE:

Brasov (pop: 285,000)

LOCAL GREETINGS (ROMANIAN):

Hello - Salut or Buna ziua Thank you - Multumesc

LANGUAGES SPOKEN:

Romanian

LOCAL DISH:

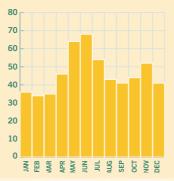
Sarmale - cabbage rolls stuffed with pork and rice

Romania **I**

TEMPERATURE (MAX | MIN |) C°



RAINFALI



Romania's historical region, Transylvania, has been the cause of some of the country's largest invasions. The battle to seize the region saw Romania locked in constant territorial war throughout modern history, with the struggle only ending at the close of World War II.

After the Second World War Romania was overrun with Soviets and the Communist Party membership grew profoundly. In 1965, Nicolae Ceausescu was appointed leader of Romania and the country's citizens suffered greatly from his tyranny over 25 years. The communist dictator was executed during the 1989 uprising, but many of the inequalities present during the communist era continue to exist today.

Projects Abroad is located in the ancient city of Brasov, a town set in the mountains with a combination of attractive historical squares and winding streets slipped between Communist era tower blocks. Volunteers in Romania are given the chance to experience Dracula country and live life in a charming Transylvanian town, whilst contributing to sustainable change.

Projects Available:

- Archaeology
- Business
- Care
- Creative & Performing Arts
- Journalism
- Medicine
- Physiotherapy
- Sports
- Teaching
- Veterinary Medicine & Animal Care
- Language Courses

See insert or website for project costs





Brooke Newall PRO Drama Teacher / Brisbane, QLD



Cordoba (pop. 1,400,000)

LOCAL GREETINGS (SPANISH):

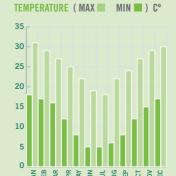
Hello - Hola

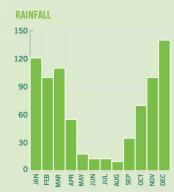
Thank you - Gracias

LANGUAGES SPOKEN:

Spanish LOCAL DISH:

Traditional asado - barbecue





While Argentina is far ahead of most of our other destinations in terms of its solid industrial base, infrastructure and highly literate population, a series of economic crises have devastated a once strong middle class. As a result, many people now live in or near poverty despite the country's prosperity of natural resources.

Projects Abroad is based near Cordoba, the second largest city in Argentina. The city was one of the first Spanish colonial capitals in the region and is home to the country's first university, Universidad Nacional de Córdoba, founded in 1613.

Projects in Argentina are varied and unique, but equally rewarding. You could be helping children rehabilitate from emotional and physical problems through the use of trained horses or working in correctional facilities with teenagers. You could be volunteering at government owned sports clubs or assisting teachers in primary schools. All projects offer volunteers the chance to become part of a local community, and learn about Argentinian life and culture directly from the people.

Projects Available:

- Agriculture & Farming
- Care
- Equine Therapy
- Journalism
- Law and Human Rights
- Medicine
- Dentistry
- Sports
- Teaching
- Veterinary Medicine & Animal Care
- Language Courses

See insert or website for project costs

My top tips for Argentina are...



"My top tips for Argentina are...Interact with your host family and fellow volunteers. Argentinians are extremely welcoming, so be friendly and prepare to make some unforgettable new friends.

Try new things! From sipping on some delicious 'mate' to taking a tango class, immerse yourself in the fun loving Argentinian culture. Be it working in an orphanage or riding horses with disabled children, always bring a smile and a positive attitude to your placement to see just how far a little help can go."

Jacinta Cox Care & Equine Therapy / Melbourne, VIC is a chance for anyone with a passion for meaningful travel to give back to disadvantaged communities in this beautiful Central American country. Whether you are on a gap year, career break, or looking for a meaningful experience during a vacation, volunteering with Projects Abroad gives you the chance to live and work alongside a diverse and friendly people.

Getting involved in a Projects Abroad volunteer project or internship in Belize

Although Belize is an increasingly popular destination for tourists with over one million tourists visiting each year, the country still faces major development challenges and there are many people in need. Volunteers can have a hugely positive impact by helping to improve literacy levels as teachers, caring for children and contributing to their educational development in care centres and kindergartens, and providing healthcare in impoverished communities.

Projects Abroad Belize is based in Placencia, a peninsula nestled between a lagoon and the Caribbean. It has a small population and is home to 3,500 people. Our volunteer projects and internships are all located in Placencia. You will live with a local host family, who will welcome you into their home and help you become part of the local community.

As a former British colony, Belize is a country with numerous cultures, languages, and ethnic groups. The population is a complex mix of Creoles, Garifuna, Mestizos, Mennonites, and Mayan descendants. There are also immigrants from other Central American and Asian countries. English is the official language, so most volunteers will find it easy to communicate with locals and the staff at their placements. Spanish is also widely spoken.

TEMPERATURE (MAX ■ MIN ■) C°

Dukunu- a dessert similar to bread

mixture in leaves or cloth and boiled.

pudding cooked by wrapping the

PROJECTS ABROAD BASE:

LANGUAGES SPOKEN:

English

LOCAL DISH:

Placencia and San Pedro

PLACENCIA



RAINFALL 300 250 200 150 100 50

Projects Available:

- Care
- Diving & Marine Conservation
- Public Health
- Teaching

See insert or website for project costs



My most memorable experience



An experience that I will ever forget is the first time went diving on a coral reef Belize. I first learned how dive whilst volunteering to the marine conservation

and that first breath you take underwater is the nost surreal experience ever, but you soon get used to it. Descending onto the reef and seeing all the strikingly colourful corals and schools of fish is comething that will stick with me forever. You get to explore a completely different world full of bizarrenters and schools that you've never seen before."



Rachel Waters Marine Conservation/Melbourne, VIC

Bolivia

СОСНАВАМВА

PACIFIC

PROJECTS ABROAD BASE:

Cochabamba (pop: 610,000)

LOCAL GREETINGS (SPANISH):

Hello - Hola

Thank you - Gracias

LANGUAGES SPOKEN:

Spanish, Quechua, Aymara, Tupi Guaraní LOCAL DISH:

Pique Macho - beef, sausage, potatoes and onions topped with various sauces

TEMPERATURE (MAX ■ MIN ■) C°



RAINFALL



Squeezed between five other countries, Bolivia has a history full of border disputes. As a result, Bolivian culture is a melting pot of Amerindian and European.

Originally conquered by the Spanish, the country became independent from the empire in 1825; the country taking its name from the successful independence fighter Simon Bolivar. Since gaining independence the country has endured a series of nearly 200 coups, and while democratic leadership was set in place in 1982, many social problems remain.

One of the poorest countries in South America, over 50 per cent of the population lives on less than \$2 a day. A disastrous economic crisis in the 1980s along with periods of political instability and lack of foreign investment has seen the country continue to struggle. However, improvements are beginning to be seen. Although the Global Financial Crisis slowed down the market worldwide, Bolivia recorded the highest growth rate in South America during 2009 and has seen a trade increase over the past decade.

Projects Abroad Bolivia is based in Cochabamba, a town over 2500m above sea level in the central highlands. Cochabamba has been described as having the world's best climate – dry, warm days and cool nights. This vibrant university town is a magnet to students from all over South America. By living in Cochabamba, you will be able to sample its vibrant culture and explore Bolivia's extensive history and the effects this has had on the country today.

Projects Available:

- Care
- Canine Therapy
- Equine Therapy
- Music
- Journalism
- MedicineDentistry
- Nursing
- Nutrition
- Physiotherapy
- Sports
- Teaching
- Animal Care
- Language Courses

See insert or website for project costs

My advice for future voluuteers.



"My advice to future volunteers would be to approach everything with an open mind, as you will experience challenges like never before. Being in Bolivia was my first experience

of traveling alone, and I found that having a positive outlook in all situations led to many new opportunities, including the chance to meet differen people, to live and work in a new culture, and the possibility of learning another language. My advict for choosing a project would be to research a opportunities and to consider exactly what you want to get out of your volunteering. Also remember that this will be like nothing else you ever do, so enjoy it!

Georgia Crowe Care / Adelaide, SA

HEREDIA

Costa Rica

PACIFIO OCEAN

PROJECTS ABROAD BASE:

Heredia (pop: 125,000)

LOCAL GREETINGS (SPANISH):

Hello - Hola Thank you - Gracias

LANGUAGES SPOKEN:

Spanish

LOCAL DISH:

Olla de Carne - soup with beef and vegetables

TEMPERATURE (MAX ■ MIN ■) C°



RAINFALL



Costa Rica is the success story of Central America. It combines relative prosperity with a resolutely relaxed approach to life - including having no armed forces. With volcanoes, tropical rainforests, waterfalls and some of the best sandy beaches in the world, Costa Rica is also an environmental wonderland. It is renowned for its biodiversity and many national parks while boasting an endless array of wildlife, from birds and butterflies to monkeys, crocodiles, dolphins and whales.

Projects Abroad is based in Heredia, a lively, but not large, university city near to the capital city, San Jose where some volunteers also work. San Jose is about an hour's drive away and provides a striking contrast, with its vibrant atmosphere and big city bustle. The Conservation & Environment project is based in Barra Honda National Park, about a four hour drive from Heredia.

You are never far from the coast in Costa Rica, and you'll have no shortage of opportunities to surf, swim, dive and sunbathe in your free time on both the Caribbean and Pacific coastlines. If you're still feeling energetic, you can trek along stunning trails through volcanic landscapes, or take advantage of the great transport links and visit surrounding countries.

Projects Available:

- Business
- Care
- Conservation
- Journalism
- SportsTeaching
- Language Courses

See insert or website for project costs



lu woot weworable experience.



experience would have to be living with such a lovely host family along with two entertaining girls I had never met before. Every morning

fruit for breakfast which included the tastiest mangoes and pineapples I have ever eaten. My Spanish wasn't great at the start but somehow my host parents made it a lot easier for me with their great sense of humour and encouraging words. This welcoming made my experience especially unforgettable."



Phoebe Stewart
Teaching, Learning Spanish / Vaucluse, NSW



San Cristobal (pop: 7000)
LOCAL GREETINGS (SPANISH):

Hello - Hola Thank you - Gracias LANGUAGES SPOKEN:

Spanish LOCAL DISH:

Ceviche - shrimps or fish marinated in lemon/lime and onions

TEMPERATURE (MAX ■ MIN ■) C°





Ecuador is South America's second smallest country, yet packs a huge amount into its limited area. With coastal beaches, snowy Andean peaks, and tropical rainforest it is home to a wide variety of habitats.

Projects Abroad Ecuador is based on the Galapagos Islands, one of the world's most incredible island chains. Spending some time here on a volunteer project will let you experience both the unique nature and the welcoming people of the islands. The Galapagos Islands are known as nature's wonderland and volunteers here will be contributing to the conservation of a unique island ecosystem.

Living in Ecuador will certainly provide you with plenty of interests and entertainment when you're not working. On the weekends you can explore the Galapagos Islands by island hopping. Santa Cruz Island is usually top of the list, home to the Charles Darwin Research Station and the famous giant tortoises. On San Cristobal Island you can try diving or snorkelling or just hang out in Puerto Baquerizo Moreno with the sea lions and pelicans.

Projects Available:

- Care
- Conservation & Environment
- Creative Arts
- Sports
- Teaching
- Language Courses

See insert or website for project costs



My advice for future volunteers..



volunteers is to tuture volunteers is to travel with an open mind and be careful about having fixed expectations. It is hard to describe how different everything is to how

you imagined it would be and how many new, fascinating and challenging things come up that you never dreamt of. Pack a sense of adventure and a sense of humour, put aside too many expectations and challenge yourself to make the best of every day. And learn a bit of the language too...a little goes a very long way."

Paul Heath
Conservation & Environment /
Newcastle, NSW

PROJECTS ABROAD BASE:

Mandeville (pop: 72,000)
LOCAL GREETINGS (PATOIS):

Hello - Wha gwaan Thank you - Tenk yuh LANGUAGES SPOKEN:

English (official), Jamaican Patois LOCAL DISH:

Spicy Jamaican Jerk Chicken

TEMPERATURE (MAX ■ MIN ■) C°



RAINFALL



the Spanish in the early 1500s. Great Britain took control of the island in 1655 where it was established as a sugar plantation economy – a system based on agriculture. From here, slave numbers grew quickly and soon there were 5 slaves for every 1 European. In 1834, the abolishment of slavery freed 250,000 African slaves, a lot of whom became small farmers.

In recent history, Jamaica joined other British Caribbean colonies in 1958 to form the Federation of the West Indies, but became an independent state in 1962. Today major social issues remain from political violence that occurred during the 1970s and crime, drug trafficking and poverty still create some development issues today.

Today, people of African descent make up just over 75% of the country's 2.8 million citizens.

Projects Abroad Jamaica is based in the university town of Mandeville, with projects also running in St. Elizabeth. Removed from the main tourist trail, Mandeville is situated inland at a cooler altitude of about 600m, 100km west of Kingston. The town is the capital of the Parish of Manchester and retains an English 'village' feel with its grassy town square and local parish church.

Projects Available:

- Agriculture and Farming
- Building
- Car
- Creative and Performing Arts
- Culture & Community
- International Development
- Journalism
- Law & Human Rights
- Medicine
- Dentistry
- Nursing
- Midwifery
- SportsTeaching
- Veterinary Medicine & Animal Care
- Language Courses

See insert or website for project costs

What I wiss wost about Jawaica...



"What I miss most abou lamaica would have to be the people I met. From m, nost family, the amazing volunteers, the people worked with both on the the control of the control of the worked with both on the the control of the control of the worked with both on the the control of the control of the worked with both on the the control of the control of the worked with both on the the control of the control of the the control of the the control of the control of

chool, and of course, the kids, I forged many riendships that will last a lifetime. I had a lot of respect for the builders, as I realised we took assic things like cement mixers and scaffolding for rranted. It was a very rewarding experience helping the guys out during the warm days, enjoying a efreshing drink with the other volunteers each light, and travelling around on weekends."



Jamie Lamb Community Building Project & Sports / Adelaide, SA



Guadalajara (pop: 4,000,000)

LOCAL GREETINGS (SPANISH):

Hello - Hola Thank you - Gracias

LANGUAGES SPOKEN: Spanish

LOCAL DISH:

Carne en su jugo - beef cooked in its juices with a green tomato and coriander sauce, beans, bacon and onion

TEMPERATURE (MAX ■ MIN ■) C°





Mexico is a meeting-place of cultures, with American, Spanish and Mexican Indian coming together to create a combination of the developed and developing worlds. Today, the country has the 11th highest population in the world with almost 122 million citizens – 5 times that of Australia.

Conquered by the Spanish in the 16th century the country was under Spanish rule for 300 years until it gained independence. More recently, for the first time since the 1910 Mexican Revolution, the country's 2000 elections saw an opposition party defeat the party in Government.

With the Global Financial Crisis hitting hard in 2008, the country suffered some major losses however, growth quickly returned in 2010. Today social problems such as low wages, underemployment and poor distribution of income remain for many people.

The main base for volunteers is Guadalajara with some projects also running in Ciudad Guzman around 125kms away which allows volunteers to experience life in a smaller Mexican town. The Conservation and Environment project is based on the black sands of the Pacific coastline, an incredible setting for a project well into its second decade.

Projects Available:

- Business
- Care
- Conservation & Environment
- International Development
- Journalism
- Medicine
- Dentistry
- Nursing
- Physiotherapy
- Sports
- Teaching
- Veterinary Medicine & Animal Care
- Language Courses

See insert or website for project costs

My advice for future voluuteers.



"Make the most of your project. Stay beyond your expected hours and take initiative by organising activities independently. The closer you get with the boys the more you can help

support their rehabilitation

TRAVEL around precious little pueblos, appreciate the craftsmanship behind tequila from Tequila, explore Mayan ruins down south or simply enjoy the ever shifting colours and tastes whilst road tripping from state to state.

EMBRACE the sleepy but vibrant vida Mexicana; and the warm Mexican people will welcome you as family and proudly share their country's beauty with you."

Rei Ohashi Care / Castlecrag, NSW 150 – 120 90 60

Peru

URUBAMBA

OCEAI

PROJECTS ABROAD BASE:

LOCAL GREETINGS (SPANISH):

Thank you - Gracias

LANGUAGES SPOKEN:

Spanish, Quechua

nutty cheese sauce

(conservation)

Hello - Hola

LOCAL DISH:

RAINFALL

Urubamba & Puerto Maldonado

Aji de Gallina - chicken stew in a spicy,

TEMPERATURE (MAX ■ MIN ■) C°

PUERTO

MALDONADO

Full to the brim with Amazon rainforest, Andean mountains, lakes, volcanoes, desert and a stunning coastline, Peru is simply awe-inspiring. Add to this the legacy of the Incas and a vibrant modern culture that blends indigenous and colonial influences and you'll find it hard to be anything but captivated by this country.

Projects Abroad in Peru has its main base in the town of Urubamba deep in the Sacred Valley of the Incas. This is the perfect place to immerse yourself in South American culture; eating and drinking with the locals and dancing away the evenings, you'll find that your Spanish - and your salsa – can't help but improve!

The Sacred Valley is also home to a wealth of significant historical sites. Most famous among these are the majestic ruins of Machu Picchu and the Inca capital city of Cusco. A little further afield you will find Lake Titicaca, the laid-back "white city" of Arequipa, and plenty of jungle to explore.

Our second base is deep in the Amazon rainforest in the far south of Peru, where our conservation volunteers live and work in the unique Taricaya Lodge.

Projects Available:

- Archaeology
- Care
- Conservation & Environment
- Medicine
- Dentistry
- Midwifery
- Nursing
- Nutrition
- SportsTeaching
- Language Courses

See insert or website for project costs

What I wiss wost about Taricaya...



What I miss most about incaya is the open air and e smell of the jungle. I miss illing on my gum boots and winging machetes at out-of-introl rainforest; sitting in

set over the Madre de Dios River, pulling faces at the spider monkeys pulling faces at me; swinging in a hammock with macaws screeching overhead; and falling asleep to the sounds of animals that might not yet have been discovered. Most of all; I miss the jungle and all that it encompassed."

Jarrad Barnes Conservation & Environment / Sydney, NSW



colonists.

The country itself is made up of 332 islands, however only 110 are habitable and over 85 per cent of the population live on the two major islands, Viti Levu and Vanua Levu.

While Fiji's economy is one of the most developed in the region, natural disasters, land management and political instability have caused some major development issues. Around 40 per cent of the rural population live under the poverty line, and numbers are beginning to increase in the city as more of the country becomes urbanised.

Volunteers in Fiji working on Care, Teaching and Sports projects will mostly be based in Nadi or Lautoka on the west coast of Viti Levu. Around a three hour drive away on the south coast of the island near Pacific Harbour the Conservation and Environment volunteers work on the pioneering and awe inspiring shark research and protection project.

TEMPERATURE (MAX ■ MIN ■) C°

Kokoda - fish steeped in lime juice and

garnished with chilies, vegetables and

PROJECTS ABROAD BASE:

LOCAL GREETINGS (FIJIAN):

Thank you - Vinaka

Fijian, Hindi, English

LANGUAGES SPOKEN:

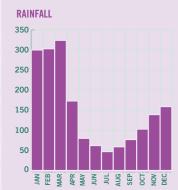
coconut cream.

Nadi

Hello - Bula

LOCAL DISH:





Projects Available:

- Care
- Conservation & Environment
- Culture & Community
- Nutrition
- Sports
- Teaching

See insert or website for project costs





Belinda Sheenan Care & Teaching / St Clair, NSW Samoa is located in the Pacific Ocean, south of the equator, about halfway between Hawaii and New Zealand.

Projects Abroad Samoa is based in the laid back capital, Apia. The city is the largest in the Samoan islands and is located on the central 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.

The traditional Samoan way, known as 'fa'a Samoa' remains a strong force in all aspects of Samoan life. Despite centuries of European influence, Samoa maintains its language, historical customs, social and political systems. As a volunteer living in Samoa you will have the chance to explore the many facets that make up modern Samoan culture and gain a greater understanding of the issues affecting Samoa today.

This may involve joining the locals for a game of kirikiti the local version of cricket, or visiting one of the many festivals celebrating everything from fire dancing to traditional Samoan tattoos.

Pudding of Poi with Lole Popo and Strawberry Pearls

PROJECTS ABROAD BASE:

Apia (pop: 183,874)

Thank you: fa'afetai

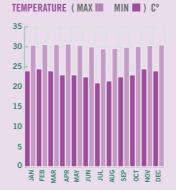
LANGUAGES SPOKEN:

Samoan, English

LOCAL DISH:

Hello: Talofa

LOCAL GREETINGS (SAMOAN):





Projects Available:

- Care
- Journalism
- Sports
- Teaching
- Language Courses

See insert or website for project costs



I wish I kuew before wy placement...



my house siblings. Projects Abroad understand that the homestay is the key to the success of th

Lorraine Bowan Journalism/Balgowlah, NSW



It's no secret that many of life's important lessons take place outside of the classroom. That's why a Projects Abroad group trip can be the perfect programme to complement your school curriculum and provide your students with a meaningful and educational experience unlike any other.

A group trip is a unique opportunity for students to experience the lifestyle and culture of a developing country, whilst giving back to the local community in a sustainable and worthwhile way.

Through practical, first-hand experience, students will learn the value of teamwork, leadership, communication and cultural appreciation. Students step outside of their comfort zone and leave with a deeper understanding of themselves, each other and the world around them. A group experience can create a strong bond among peers and offer valuable insight into different career paths.

Volunteering alongside their peers, students will learn how to live and work as a team and witness first-hand the difference that a small group of people can make.

Our volunteer projects across the globe allow you to travel with purpose and to develop meaningful connections with the places that you visit. An overseas volunteering trip allows students to:

- Experience cultural immersion in an environment vastly different to their home country
- Experience working in a diverse team environment, with local staff as well as fellow students
- Develop leadership skills, resourcefulness and creativity through daily challenges.
- Develop team building skills working alongside fellow volunteers

Each group trip is catered to your needs and we have dedicated support staff in each destination to ensure a smooth and professional experience. We encourage active participation in the planning process and seek to consult with interested groups to determine what they want to achieve and the best means to do so. It is important for us that each group trip is tailored to the interests and talents of its members so as to provide a meaningful experience for all involved.

We are proud to be flexible in our arrangements and we will work with you to find an itinerary that suits your group. We offer programmes in 30 destinations around the world, with projects including Teaching, Care, Building, Conservation and many more. Interested groups are encouraged to contact the Projects Abroad Australia and New Zealand team for further information on 1 300 132 831 or at info@projects-abroad.com.au









What's included?

Accommodation

Most of our volunteers stay with host families and we try to ensure that at least one member speaks English (or French in Morocco, Senegal and Togo). When staying in a host family is not possible, we will arrange for you to stay in an apartment or house with other volunteers.

Meals

You will be provided with three meals each day, usually breakfast and dinner with your host family and lunch at your placement. Where volunteers live in shared accommodation, we will provide a 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 curtailment, rescue and assistance, legal expenses and travel delay. Cover becomes effective as soon as your full payment has been received.

Placement

Your placement will be chosen to match your needs, abilities, and expectations to ensure that you make the most of your time away. You will learn a lot from the placement and the community will benefit equally. We hope your volunteering will be a significant and memorable event in your life.

Staff Support

Projects Abroad has a large number of overseas staff who will provide you with unrivalled support from the moment you apply. From pre-departure telephone conversations, to meeting you at the airport and introducing you to your host family and work colleagues; they will feel like members of the family. They are also available 24-hours a day if you have any problems or questions.

Cultural Activities

Our local staff will organise cultural activities and social events like cooking lessons, quizzes or meals for staff and volunteers on a regular basis. We also fund and organise community outreach programmes, like painting an orphanage or running a sports day, for all the volunteers to get involved in.

Personal Webpage

When you join Projects Abroad, we will give you your own personal webpage called MyProjectsAbroad. From this webpage, you can access information on your destination country, visa instructions, insurance schedule and the finer details of your host family and placement.

What's not included?

Flights

You can choose whether to organise your own flights through a travel agent or to use our Projects Abroad travel team.

Visa

Some countries require you to apply for a visa before you arrive. The cost of this varies dramatically from country to country but we will give you step-by-step instructions on how to get your visa once you have been accepted on one of our projects.

Vaccinations

We recommend you consult your GP or local travel doctor regarding any vaccinations you might need or medication to take away with you.

Spending Money

You will need to save some money for weekend travel, gifts or souvenirs, and going out. We can help you estimate what you will need.

46

Application form

PLEASE WRITE IN CAPITAL LETTERS (in black ink)	
Name: (as it appears on your passport)	Home / Permanent Address:
Surname:	
Forenames:	
Title: Mr. Mrs. Miss. Ms.	
Date of Birth: DD MM YYYY	Phone no:
Country of Birth:	Mobile no:
Nationality:	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 s	heet).
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	Any current or past disabilities or infirmities? (psychological or physical). No
	If yes please attach a separate sheet with brief information for our insurers. When would you like to start? Just fill in the month and year if the exact date is unimportant to you.
Yes No Number of weeks:	When would you like to start? Just fill in the month and year if the exact date is unimportant to you.
Yes No Number of weeks: Would you like to arrange your own flights?	When would you like to start?
Yes No Number of weeks: Would you like to arrange your own flights? Yes No	When would you like to start? Just fill in the month and year if the exact date is unimportant to you. DD MM YYYY
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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 haplease attach a separate sheet with as much information as possible. Remember you can apply online at our website, www.projects-abroad.com Please send your \$495 deposit with this form to the Projects A	When would you like to start? Just fill in the month and year if the exact date is unimportant to you. DD MM YYYY Signature: Date: DD MM YYYY Would you like to add any other information? ve anything else that you would like us to know, but cannot fit on this form, m.au
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Additional information

Applying for your placement

- 1. Please see page 6 of this brochure for a step by step guide to the application process.
- 2. If you have applied using a paper form, please post it with your deposit of \$495. Alternatively you can give your credit card or debit card number online or over the phone. (The balance will be payable three months before travelling or on receipt of invoice if you are travelling in less than three months).
- 3. We will immediately acknowledge receipt of your application and payment.
- Within fifteen working days we will write to welcome you on to our programme.
- 5. We will then give you your own web page with general information about your destination, along with information about your insurance cover, resources for your project, terms and conditions, travel advice, fundraising ideas, kit list and many other items.
- **6.** If we cannot accept you, we will contact you to discuss possible alternatives, or refund your deposit in full.
- 7. 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.
- 8. About a month before your departure, we will send you full information about your particular placement.
- 9. Disclaimer: Although we try to be as accurate as possible in our publications, the information listed in this document is subject to change at any time. For the most up-to-date information please visit our website www.projects-abroad.com.au
- 10. Full Terms & Conditions are available on our website.

Visas, Insurance and Vaccinations

With a few exceptions, you will need to buy a visa. We will give you the relevant documents and advice.

Projects Abroad prices include insurance cover for your outward and return journeys (except for overnight stays in your home country) and throughout your placement.

Please contact us for a full copy of the insurance policy.

Cover becomes effective once full payment has been received. Extra leisure travel insurance can also be arranged for an additional premium.

We advise you to consult your doctor or health centre for up-to-date information about vaccinations.

Amendments or Cancellations

If travel is not possible at the time planned, placements can normally be deferred for a minimal charge. Please call us to discuss your situation.

The charge for amendments ranges from \$100 to \$300 plus the amount charged to Projects Abroad by third parties. Cancellation charges depend on how far in advance of your originally preferred departure date we have been informed in writing:

- notice of 3 months or more \$150
- notice of 2-3 months One third of total cost
- notice of 1-2 months Two thirds of total cost
- notice of less than 1 month No refund

Please note that, 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. If you decide last minute, do give us a call to see how quickly we can arrange it for you.

Can I go with my friend/partner/family?

Friends and family 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.

Do I need the local language?

The vast majority of our projects do not require specific language skills and few volunteers speak the local language before they go. It is an advantage to learn a few basic phrases but it is certainly not necessary to be fluent. There are some exceptions, the website will specify if any language skills are required

In many countries language lessons are easily arranged, see the language courses section for more details.

Where do I stay?

Most volunteers stay with local families. This provides you with an insight into the local culture and helps with learning the local language. Living with a family also acts as an additional support network.

In some destinations, including Cambodia, China and Vietnam, volunteers live together in shared apartments. Volunteers on the majority of our Conservation & Environment projects also live together in a range of accommodation, from beach-side dormitories to wooden bungalows.

You should not expect western standards, but the accommodation is good by local standards. Most dietary requirements can be comfortably met, please contact us to discuss this.

Will I be the only one there?

No. You will work and live with other volunteers from the group and meet, socialise and go on trips with the wider group of volunteers. People usually make good friends with each other and often decide to go travelling together after their placements.

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.

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.

Volunteer

























