

Group Trips

ProjectsAbroad



Volunteer Overseas

Service Trips for Schools and Groups

› www.projects-abroad.com.au

Introduction

Welcome to Projects Abroad!

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

Your group will have the opportunity to live and work with local communities in any of our 29 destinations around the world. They will have the opportunity to change lives as well as to have life-changing experiences themselves. You will see your students develop and grow in awareness and confidence as they help local youngsters to build a chicken coop in an orphanage in Tanzania, save rare bats in Costa Rica, or teach English to children in Sri Lanka.

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

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

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

I hope you choose to join us.



Peter Slowe

Peter Slowe
Founder & Director, Projects Abroad

Why Choose Projects Abroad?

- Projects Abroad has been running trips since 1992.
- Projects Abroad has over 20 years experience.
- Each trip is planned for your particular group.
- Your trip will support the local community you are working with.
- Projects Abroad will provide support 24/7 throughout your trip.
- It will be the experience of a lifetime!

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Projects Abroad's office is located in Adelaide, SA. Our dedicated staff will provide you with support, administrative assistance and be able to answer any enquiries you may have about our projects.



/ProjectsAbroadAUNZ



@ProjAbroadAUNZ

School Groups



Our school volunteering trips are tailor made to suit the needs of both the students and the school. These bespoke trips fit in with the interests of your group whether it is working on a Care & Community project in rural Africa or on a Conservation programme in South America. Your project can be focussed on Medicine or Law, Languages or Education or just helping out in a very different part of the world. The projects are ideal for students who are looking for something to add to their university applications, gain credit towards the service element of their Duke of Edinburgh award or IB, or are interested in a field trip which is a little out of the ordinary. Each trip is planned to provide an educational travel experience that helps students develop confidence, self-awareness as well as a global perspective. School trips are structured for students aged from 14-19 years old, and can vary in size from 5 to 100 students.



"I think this is a great way for students to bridge the gap between family holiday or "school trip" or individual volunteering. The best thing we did was finish building the chicken coop and put the chickens in it! Very satisfying. The Safari, Mt Meru waterfalls and the Maasai experience were unforgettable. Seeing my students develop their confidence and cultural awareness was wonderful."



Ros Noble,
Trip Leader, Ackworth
School, Tanzania



Hannah Foxon,
Trip Leader, Midland Girl
Guides, Sri Lanka



Guide / Scout Groups



Whether you are a group of Guides, Scouts or a youth group you could choose to take a trip a bit further afield this year. Projects Abroad has placements available in 29 different countries around the world. The placements will allow you to work on a community project or a Building programme, in a school or in a care centre. The opportunities are endless. Projects Abroad will organise a programme to suit the age and mix of your group. We have found that groups have fitted in well working with local students whether it is organising a football match or helping with some arts and crafts. We will organise for you all to stay together and work on a project that suits you. Projects Abroad will support you from your initial enquiry, to speaking to parents, helping with fundraising and then providing you with 24/7 support when you are away. We will arrange for you to meet up with a local Guide or Scout group when you are away as part of your trip.

"We are so proud of the hard work our girls put into making a difference at the Meth Sevana centre. Their enthusiasm, creativity and passion really helped to make the fortnight enjoyable and worthwhile. Each team member has developed a wide range of skills, including teamwork and confidence."

University Groups



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



"I look back with great satisfaction and pride with what our group was able to achieve during the two weeks in Nakuru, making a real impact on the local community that we lived in. I had an amazing time in what is an amazing country..... I feel that it really developed our teamwork skills as a group as well as my own personal skills. It was the experience of a lifetime!"



Matt Smith,
Trip Leader, University of
Loughborough, Kenya



Karine Kinch,
Pearson
Education Group,
South Africa



Corporate Groups



Projects Abroad can offer you and your colleagues an opportunity to contribute to a worthwhile project in another part of the world. Our corporate group trips offer you the chance to combine team building and increasing staff morale whilst benefitting a good cause. Your group could work together on a Building programme in South Africa or help with some renovation work in a local orphanage in Nepal. Some groups will use their expertise on the ground whether it is a group of lawyers working on a Human Rights programme or some business people helping with a Micro-Finance project. Each trip will be tailored to the needs of your group.

"We have been helping to build a community centre. We have found we have formed a unique bond over this project. A lot of us have never seen this type of poverty before. We had a wide variety of emotions when we arrived. Deen, our building manager has been spectacular making us feel comfortable."

How it **works** — your journey starts here

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

But what next?

Express your interest!

If you are interested in organising a trip get in touch with us to find out a bit more. We have lots of information on our website www.projects-abroad-groups.co.uk. You can find out from groups that have been away before. If you want to find out more give us a ring or drop us an email to find out whether Projects Abroad is the right thing for your group.

Get an Information Pack!

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

Arrange a Meeting!

Projects Abroad is happy to send one of our experienced staff to meet up with you to discuss what type of project or destination will fit your group. We can organise to speak to senior management teams about the options open to you. We are happy to speak to parents and students to explain everything about the trip from preparation and fundraising to what it is like to live and work in a developing country.

Application Procedure!

Once you have chosen a project and destination it is time to apply. The application procedure is very simple. We can either send you some postal application forms or you can complete them online and submit the applications with a deposit of £195 for each participant.

Fundraising!

Next is the chance to get creative and start fundraising for your trip. Fundraising is a great way to bring the group together as well as helping to pay for the trip! Projects Abroad can support you with lots of ideas of what other groups have done in the past.

Get Connected!

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

Last Minute Questions!

As departure approaches you will have lots of last minute questions. Projects Abroad can come and speak to your group to give them advice prior to departure.

Bon Voyage!

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

Safety & Security

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

We have full time Projects Abroad offices and staff in each country where we operate, providing your group with 24/7 support. Each trip is fully researched, safety audited and risk assessed in accordance with the British Standard BS8848 for the Adventure Travel Sector. We have safety and support systems in place that help us to maintain the highest possible standards. This helps us to deal with anything from the loss of a passport or a stolen camera, to an injury or a political incident.

Risk Assessment

Projects Abroad will produce a risk assessment for your trip. This is put together by our experienced destination team and reviewed by our operations team. We can provide you with a sample risk assessment on request.

Staff support

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



Insurance

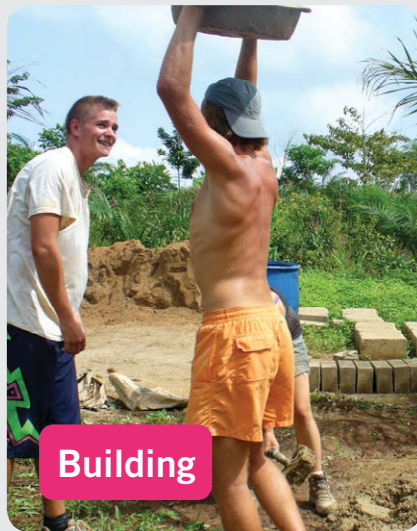
Projects Abroad include comprehensive insurance cover for each participant. This covers health and baggage insurance including air ambulance cover where necessary.

Partnerships

Projects Abroad is a founding member of the Year Out Group.
Projects Abroad is compliant with BS8848.
Projects Abroad is a partner of the FCO Know Before You Go Campaign.
Projects Abroad is a member of the IVPA



What to do and where to go



Care & Community



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

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

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

"We got the privilege to meet Auntie Tina and her nursery full of crazy, loveable young children. Every day we did a variety of activities, including reading, painting and making paper hats, but it was the singing and dancing that won us over. I can guarantee there are a handful of Scottish teenagers at home singing African songs taught by the Adom daycare centre kids. The pictures I took there are some of my favourites ever."



Sarah Jones,
Grangemouth High School,
Ghana

Sports

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

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

Lots of groups will combine a Sports project with some community based work. A great example of this was carried out by a former group from Ardingly College, who built a badminton court for an orphanage in India. You could spend your mornings coaching hockey or rugby whilst teaching English in the afternoons. The range of possibilities is endless.



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



Alex Cook,
Stourport High School,
Costa Rica

Building



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

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

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

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



Mae Smith,
Ackworth School,
Tanzania

Medicine & Healthcare

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

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

Each group will have a bespoke trip to fit in with their particular interests. This could mean that half of the group is in a big city hospital whilst one group is with a local dentist and others with local physiotherapists. Often our medical trips are combined with a community project working in the same area.



"Getting the opportunity to volunteer in the Mission Hospital was definitely a once in a lifetime opportunity. Closely watching brain surgery and seeing a baby being delivered by caesarean section was incredible and something you could never experience whilst being at College in the UK."



Caroline Houldsworth,
New College Nottingham,
India

Conservation & Environment



There are a variety of different Conservation programmes that your group could join in different parts of the world. You could take a group to work on a turtle conservation project in Mexico, a reef conservation programme in Thailand, a rainforest conservation project in Peru or a bushveld conservation programme in South Africa. These are just some of the options open to you and your group.

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

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

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



Sharon Durham,
Portslade Aldridge Community Academy,
Costa Rica

Teaching

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

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

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



"Starting at 9am we greeted the teachers and sat down. The children would come in and sheepishly shake each volunteers hand but as the day progressed they all began to show their bubbly, loving and sometimes cheeky personalities. We were given the opportunity to teach the older children some basic English which they were so enthusiastic to learn! It amazed us how happy and friendly all the children were."



Cara Monaghan,
Drumragh Integrated College,
Senegal

Other Projects

With Projects Abroad having offices in each country we work in around the world there are a broad range of different other programmes that you can look at joining with your group. Each group trip is bespoke. If you want to discuss a particular option please get in touch.



Language

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



Cultural

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



Human Rights

Human Rights projects provide an incredible insight into life in emerging countries. You group could work together on a programme in South Africa or Ghana supporting local initiatives such as shelters or young offender institutes and assisting with education among marginalised groups. Group trips such as these are tailored to your interests and the group will meet and learn from those working on the ground to develop these programmes and reach out to communities in need. This is an opportunity to learn and contribute alongside our local professionals these programmes and would perfectly suit students with a passion for social justice.



Veterinary Medicine & Animal Care

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



Combining Projects

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



Information for Group Leaders / Teachers



There are a wide variety of opportunities for different group trips to the developing world with Projects Abroad. We aim to take the pressure off you by organising a safe, rewarding and enjoyable trip for anything from five to one hundred students. It can be a great way to help raise the profile of your school or group by organising a life changing trip.

Free Staff Place

There is a free staff place for every nine students that travel.

Pre-Departure Visit

We are happy to visit you to talk about the trip before you join us. One of our experienced staff will come and speak to your group and parents about all aspects of the trip so you all know exactly how it works. This is a great opportunity to have all your questions answered.

Pre-Departure Support

Projects Abroad will take the pressure off you. We will support you and the group from application to departure. We can give ideas on fundraising. We can help you with flights. We will organise visas, insurance and give advice on what the group should take with them on the trip. Each member of the group will be given their personal webpage with full details of the trip.

Safety & Risk Assessments

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

In-Country Support

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



"Projects Abroad held my hand throughout all the planning and came up with an incredible and challenging programme for our 2 weeks in Kathmandu."



Lesley Ashton,
Leader, Slough
Girl Guides
group, Nepal

Information for Parents

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

What are the aims & objectives of Projects Abroad trips?

These vary from group to group but will generally combine some community based work alongside some tourist activities. Projects Abroad arranges bespoke trips for each group. The schedule will fit in with the interests of the group.

What staff support does Projects Abroad offer?

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

Do you provide safety & risk assessments?

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

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

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

Information for Students

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

What will Projects Abroad organise?

Projects Abroad will organise a bespoke itinerary with you and your group. This will combine project work, your accommodation, insurance as well as your evening and weekend activities.

How much will it cost?

There is a fee to participate in the placements. The costs will vary depending on your tailored itinerary, the destination and duration. For a guide please visit www.projects-abroad.com.au/prices/. The fee covers arrangements and all on the ground costs such as accommodation, food, transport, insurance and staff support. Flights, visas and spending money are not included but we will advise on all these matters.

What can I do?

You can join a broad range of different projects such as community projects helping out in local schools or orphanages to medical programmes getting experience working with local doctors and nurses across the world. The projects are tailored to your group so if you have a project in mind that is not mentioned on our website you can get in touch and see if we can organise something.

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

You will help on a local project where you can make a useful and long lasting contribution to a local community. You will learn new skills and make new friends from all over the world. You will add to your CV, have something to talk about in interviews and have a great time.

"The whole trip from beginning to end was a truly remarkable experience. All of the students from Ardingly enjoyed every moment (apart from perhaps sifting the worms out of manure!) and really hope that our contribution has made a difference. Projects Abroad had really taken into consideration every aspect to make our time out there incredible. The trip has given me a true love of India and the people, and I hope to be able to return to this captivating and beautiful country as soon as I can!"



Laura Hutton,
Ardingly
College, India

Case Study



Group :	Ackworth School
Age:	17 years old
Group Size:	9 Students 1 Staff member
Project:	Care & Community
Destination:	Kumasi, Ghana

Ackworth School Ghana

Background

A group of students alongside their teacher decided that they wanted to go out and help on a Care & Community project in Ghana. The group worked together to fundraise to pay for their trip organising events ranging from cake sales and fashion shows to curry nights. A group of nine students set off for Ghana at the end of the summer term for a couple of weeks working in Kumasi.

What did they do?

The group all stayed together with a local family giving them a chance not just to explore the local cuisine but also to chat with and find out about life in a Ghanaian family. The group did a combination of painting and decorating work at the local school alongside tree planting and some teaching in the local kindergarten.



Care work

The group worked at the Kumasi orphanage helping to both entertain and educate the children. This ranged from teaching them maths and English to organising a sports day for the students. The opportunity for the young children to play educational games was received enthusiastically. A particular favourite was “duck duck goose”!

Community work

The hard work was done painting three classrooms over the two weeks at the Atonsua MA school. The group proudly painted the Ackworth school logo on the wall of the school to show the work they had done. The group helped to promote environmental awareness by going into the local junior high school and planting trees with local students.



The Football Match!

One of the highlights of the trip was the match between the volunteers against the Atonsua MA school. The group donated football shirts and equipment they had brought from the UK. They even played a game against the school for the “Ackworth Cup”. The exciting game ended in a 3-3 draw with the school winning the cup on penalties.



Weekend

The group travelled from inland Kumasi down to the coastal town of Cape Coast where they visited the slave fort on the beach and discovered lots about the history of Ghana and slavery. They then explored the top of the rainforest on a canopy walkway before breakfasting next to crocodiles at Han's cottage.

What did they have to say about it?

“The experience is one which will stay with me through my life....I took from my time in Ghana; a respect for the opportunities I've been given, an appreciation of family, a thirst for returning and building my relationship with the children I worked with and an admiration for the Ghanaian culture.”



Pippa Pudney

“We had a great time out in Ghana and couldn't have been happier with our hosts Agnes and Ben. I think that all the students gained in different ways and had a great experience.”



Ros Noble

Sample Itinerary



Project: Care & Community Project

Destination: Kathmandu, Nepal

Objective: A mix of renovation and education work at Sunakothi School.



DAY	TIME	ACTIVITY
Friday Day No. 1	08:30	You will be met on arrival at the airport by our Projects Abroad Staff member.
	14:00 - 15:00	Lunch
	15:00 - 18:00	Rickshaw sight-seeing
	19:00 - 20:30	Celebration meal at the Bhojan Griha
Saturday Day No. 2	08:00 - 10:00	Breakfast at Excelsior Hotel. Induction to Nepal.
	10:30 - 13:00	Kurta shopping in Dillibazaar.
	13:30 - 15:00	Lunch in Patan with our Country Director
	15:30 - 20:30	Playing and talking to the children followed by dinner at Happy House.
Sunday Day No. 3	08:00 - 08:30	Buffet breakfast at Excelsior
	09:15 - 13:30	Elim School - t-shirt painting and games!
	14:00 - 15:30	Lunch – The Bakery Café.
	15:30 - 18:30	Trip to Bouldanath Stupa and Swayambhunath.
Monday Day No. 4	19:00-20:30	Dinner at Excelsior.
	07:30 -08:00	Buffet breakfast at Excelsior
	08:30 - 09:00	Leave for Sunakothi
	09:30 - 12:00	Welcoming ceremony at the school.
	12:00 - 13:00	Lunch with a local family.
	13:00 - 15:30	Continue cleaning the rooms and preparing the walls
	15:30 - 16:30	A light refreshment, taken back to Thamel.
	18:00 - 19:00	Dinner at Excelsior
Tuesday Day No. 5	19:30 - 21:00	Cinema night at KTM Guesthouse
	07:30 - 08:00	Buffet breakfast at Excelsior
	08:30 - 09:00	Leave for Sunakothi
	09:30 - 12:00	Start painting the class rooms and outside walls
	12:00 - 13:00	Lunch with a local family.
	13:00 - 15:30	Continue painting.
	15:30 - 16:30	A light refreshment, taken back to Thamel.
	18:00 - 19:00	Dinner at Excelsior
Wednesday Day No. 6	19:30 - 21:00	Evening talk about current issues in Nepal
	07:30 - 08:00	Buffet breakfast at Excelsior
	08:30 - 09:00	Leave for Sunakothi
	09:30 - 12:00	Start preparing the mural in the nursery room
	12:00 - 13:00	Lunch with a local family.
	13:00 - 15:30	Continue painting the mural and nursery room
	15:30 - 16:30	A light refreshment, taken back to Thamel.
	18:00 - 19:00	Dinner at Excelsior

Bowling Night!

DAY	TIME	ACTIVITY
Thursday Day No. 7	07:30 - 08:00	Buffet breakfast at Excelsior
	08:30 - 09:00	Leave for Sunakothi
	09:30 - 12:00	Continue at the school, start painting at the local health clinic.
	12:00 - 13:00	Lunch with a local family.
	13:00 - 15:30	Continue the painting
	15:30 - 16:30	A light refreshment, taken back to Thamel.
Friday Day No. 8	18:00 - 19:00	Dinner at Excelsior
	19:30 - 21:00	Pack and rest for Chitwan
	06:00 - 06:30	Breakfast and departing to Chitwan National Park
	07:00 - 21:00	A trek and a boat trip along the river.
Saturday Day No. 9	08:00 - 19:00	Chitwan Activities.
	19:00 - 20:00	Enjoy a traditional cultural dance show.
Sunday Day No. 10	8:00 - 10:30	Chitwan National Park
	11:00 - 19:30	Return back to Kathmandu
	20:00 - 21:00	Dinner at Excelsior
Monday Day No. 11	07:30 - 08:00	Buffet breakfast at Excelsior
	08:30 - 09:00	Leave for Sunakothi
	09:30 - 12:00	Finish at school and health clinic.
	12:00 - 13:00	Lunch with a local family.
	13:00 - 14:30	Closing ceremony.
	14:30 - 18:00	MoMo making with Sajani
	18:00 - 19:30	Pizza dinner in Patan
Tuesday Day No. 12	07:30 - 08:00	Buffet breakfast at Excelsior
	08:30 - 12:00	Travel to Bhaktapur for sightseeing.
	12:00 - 13:00	Lunch
	13:00 - 15:30	Visit Nutritional Rehabilitation Home (NHR) and Manisha Singh Punarjeevan Niwas.
	15:30 - 16:30	Learning about the centre, and playing with the children.
	18:00 - 19:00	Goodbye dinner at Excelsior.
	19:30 - 21:00	Free leisure time to shop and pack
Wednesday Day No. 13	06:00 - 06:30	Buffet breakfast at Excelsior
	06:30	Transfer to the airport for your return flight

Fundraising



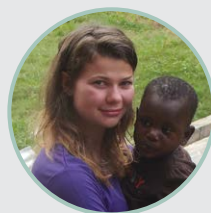
Fundraising is a big part of a group trip. You could be abseiling down a cliff, washing cars or packing bags at a supermarket as part of your fundraising effort. As well as helping to pay for everything it is a good way for the group to get to know each other before they depart on the trip of a lifetime.

The key to a good fundraising effort is planning and being imaginative. You will be surprised at the generosity and support you receive, whether through donations, grants or trust funds, there are endless opportunities to raise money before you take off on your trip.

Here are a few of the ideas used by recent groups...

A Quiz Night

"My best fundraising event was a quiz night which I did in my village hall. We had 50 guests charging £8 per ticket to take part in the quiz and had home cooked lasagne and garlic bread. This event raised £560 which was worth all the effort. My best tip would be sell the tickets beforehand. If it involves knocking on people's doors one or two times to collect money you should, because pre-bought tickets ensure the guests will come and give you an idea of numbers."



Jessie Danger, Warwickshire Girl Guides, Ghana

A Hair Cut

"After seven years of having long hair, I finally had it plaited and cut. I was sponsored per inch and raised over £800 which helped fund my side of the trip. However that's just half the story really. I wanted to do something completely different and meaningful, so the hair went to the Little Princess Foundation. They're a charity that makes wigs for little girls and children suffering chemotherapy based hair loss."



Harry Kyriacou, Seven Kings High School, India

Business Sponsorship

"Before embarking upon my trip to Ghana, I fundraised primarily through contacting businesses with the hope of sponsorship. I contacted both local and national businesses, detailing what I would be doing while out in Ghana and why I felt it was important to go. Businesses responded incredibly well to this, and were very supportive and generous in their sponsorship with some firms giving as much as £200."



Pippa Pudney, Ackworth School, Ghana

Cake Sales

"Traditional methods of fundraising raised quite a lot of money for us. Through a single cake sale at a local Church, we raised £277.80 within three hours! We did many more cake sales in other Churches which in total helped us raise another £100. Through cake sales at school, we made roughly £100, and through selling lots of "sweet treats" at the Christmas Bazaar, we made another £50."



Norma Molla, St Anne's Catholic High School, Costa Rica

Projects Abroad can speak to your group about fundraising and some of the options open to you. Everyone will be provided with a fundraising information pack as well as an option to use a Projects Abroad online fundraising website.

Good luck!

What we provide



On Enquiry

- A comprehensive information pack
- A detailed project proposal, provisional schedule and risk assessment
- A meeting with our Group Trips Coordinator

Pre-departure

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

What's included in country

- ✓ Airport Transfers
- ✓ A Projects Abroad coordinator
- ✓ 24/7 support from the network of Projects Abroad staff in destination
- ✓ Comprehensive induction and orientation
- ✓ Project specific workshops
- ✓ All project materials
- ✓ Food (Three meals a day)
- ✓ Accommodation
- ✓ Comprehensive Medical & Travel Insurance
- ✓ Excursions

What's not included

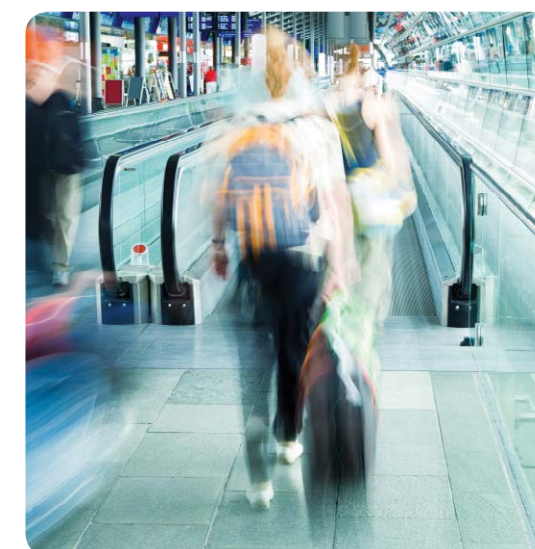
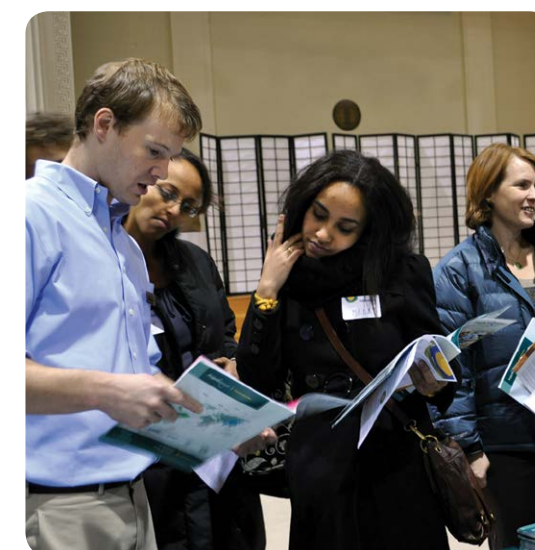
- ✗ Flights. Our dedicated Travel Team can organise a quote for these if you want.
- ✗ Vaccinations
- ✗ Visas (where necessary). Our Visa Team will give you advice on how to obtain the correct visa.
- ✗ Spending money

Travel

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

Prices

For full details go to www.projects-abroad-groups.co.uk. Prices include one free place with every nine students. If you want a quote please get in touch.





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