

# High School Volunteer Programmes

Cambodia / Fiji / Nepal / Sri Lanka / Thailand

- ✓ **Supported** – Local office, full-time staff & dedicated supervisor
- ✓ **Safe** – Prioritised safety & fully risk assessed
- ✓ **Sustainable** – Worthwhile, practical & educational projects
- ✓ **Travel** – Discover the world & travel with a purpose
- ✓ **Growth** – Build leadership, initiative, perspective & independence
- ✓ **Social** – Make friends with like-minded students

## Overseas Volunteer Trips for High School Students

Projects Abroad offers a range of exciting two-week programmes for high school students in years 11 and 12. The summer projects for 2018/19 are based in Cambodia, Fiji, Nepal, Sri Lanka and Thailand. We also have a range of destinations available for our mid-year projects including Peru, Tanzania and Vietnam.

These projects give students from New Zealand the chance to travel to stunning destinations where they can explore new cultures and make a difference in a supportive environment, alongside like-minded volunteers from around the globe.

Through practical, first-hand experience, students will learn the value of teamwork, leadership and cultural appreciation. These projects are a safe, sustainable and worthwhile way for students to discover the world around them and to learn more about their own strengths and capabilities.

## Projects Abroad

Founded in 1992, Projects Abroad sends over 10,000 volunteers away annually to 30 developing countries, and supports over 1000 individual projects in childcare, education, conservation, healthcare, and human rights. Projects Abroad placements allow the volunteer to make a positive impact and form a genuine connection to the community in which they work.

## Projects Abroad Impact – A Global Effort

Joining a High School Project means a lot more than a trip overseas – as a volunteer you can contribute to our long-term goals and long-lasting positive impact on the communities we work with. We set these long-term goals according to local need to ensure our projects can adapt and develop along with the community. Projects Abroad places great importance on measuring our impact and appreciates the effort and contribution of all volunteers.

Sustainability and ongoing development are always in mind when setting our project goals, and we support ethical travel guidelines when considering each detail of our itineraries.

In 2017 alone, Projects Abroad hosted 1,700 volunteers aged 15-18 on our High School Projects – together these volunteers made incredible progress towards a number of our long-term goals.

## 2018/19 Summer Projects

December 9 - 22 & January 6 - 19

CAMBODIA	Care & Community
FIJI	Community Village Project
NEPAL	Care & Community
NEPAL	Building Project
NEPAL	Medicine & Healthcare
SRI LANKA	Care & Community
THAILAND	Conservation & Community

## Can't wait until December to join a High School Project?

We run a variety of projects in the middle of the year as well. See inside for a selection of projects and visit our website to have a look at the full list.

➤ [www.projects-abroad.co.nz](http://www.projects-abroad.co.nz)





## Care & Community in Cambodia

📅 December 9-22 and January 6-19

Based in pre-school care centres in Phnom Penh, volunteers work both with disadvantaged children and on renovation work.

Volunteers engage and stimulate children through the introduction of fun, creative and educational activities such as reading, English lessons, songs, arts and crafts, and sports in a structured environment. Students also help with renovations to bring lasting improvements to the centre.

It provides an understanding of Cambodia – its history, culture and traditions. Among the cultural activities is a visit to the magnificent temples of Angkor Wat. Accommodation is at a guesthouse.

Cost: \$3295



## Medicine & Healthcare in Nepal

📅 December 9-22 and January 6-19

For students planning to pursue a career in healthcare, this programme will give them an invaluable first insight into medical conditions and the provision of healthcare in the developing world.

Based in a number of specialty hospitals in the city of Bharatpur, students will observe health professionals in a range of different departments. They will also take part in lectures and be involved in educational outreach programmes at a local school.

Students undertake cultural activities such as cooking and yoga classes and spend the weekend at UNESCO listed Chitwan National Park. Accommodation is at a guesthouse.

Cost: \$2920



## Building in Nepal

📅 December 9-22



Working under the supervision of local engineers and builders, students will contribute in a practical way to communities still recovering from the devastating effects of the 2015 earthquake.

Our main focus has been the rebuilding of schools which were damaged in the quake. Volunteers will work as a team and see tangible results as they build on the progress of previous groups in constructing the schools.

Students will also gain a deeper understanding of the country through visits to local temples and a trip to Chitwan National Park.

Cost: \$3445



## Incan and Wari Archaeology in Peru

📅 Multiple dates

On this project you will work outdoors, surrounded by stunning landscapes, and help with our archaeological activities in the area. At Pikillaqta National Park you will work alongside our local archaeological team, helping them explore the area for “new” sites; mapping, excavating, cleaning and maintaining current sites and classifying artefacts. Volunteers will also assist with excavations and general maintenance at sites in the Sacsayhuaman Archaeological Park.

You will be taken to see many of the archaeological wonders of Peru including Ollantaytambo and Machu Picchu.

Cost: \$4095



## Medicine in Sri Lanka

📅 Multiple dates

For students planning to pursue a career in healthcare, this programme will give them an invaluable first insight into medical conditions and the provision of healthcare in the developing world.

Based in a number of specialty hospitals in the city of Bharatpur, students will observe health professionals in a range of different departments. They will also take part in lectures and be involved in educational outreach programmes at a local school.

Students undertake cultural activities such as cooking and yoga classes and spend the weekend at UNESCO listed Chitwan National Park. Accommodation is at a guesthouse.

Cost: \$3695



## Shark Conservation in Fiji

📅 Multiple dates

The first week of this project will focus on your dive course. Those with no prior certification will do the PADI Open Water course. Week two will focus more on the scientific research, such as observing the scientists catch and tag juvenile sharks, helping with mangrove reforestation, beach clean-ups with school children and participating in a shark survey dive. Volunteers will also have the opportunity to go on the incredible shark feed dive.

In addition to the conservation work, you will take part in various social activities such as movie nights, cultural visits, a BBQ, and more.

Cost: \$5895



## Conservation in Thailand

📅 December 9-22

Ideal for anyone with a keen interest in marine life who wants to make a positive impact on a local community, this project includes certification as a qualified scuba diver through the PADI Open Water course.

Once qualified, volunteers descend into stunning waters, a world of tropical fish, turtles, sea urchins and corals. You'll help with our underwater conservation efforts such as reef checks and fish surveys.

Land-based work focuses on improving a community space; previous groups have built a playground and created an aquaculture pond.

Cost: \$5170



## Care & Community in Sri Lanka

📅 December 9-22

Situated along the south-west coast of Sri Lanka, here students will focus on running educational classes for children at community centres and kindergartens. Students will be fully involved in creating activities such as educational games, sports and arts. The project also involves the renovation of one of the centres, making it a brighter place for the children to learn. Living with a host family allows students to discover the unique culture and customs of Sri Lanka. At the weekend students soak up more of the history and vibrancy of Sri Lanka in the hill town of Kandy.

Cost: \$3295



## Care & Community in Nepal

📅 December 9-22 and January 6-19

Working in the Kathmandu Valley, students split their time between organising educational games and activities for disadvantaged children and with renovation work at a school or care centre. By brightening up a classroom and playground or arranging a sports day for all the children; volunteers have the opportunity to make a valuable and lasting contribution.

Students will also discover Nepali culture, history and traditions. Among the cultural activities, there are yoga classes, temple visits and a weekend at the world renowned Chitwan National Park. Accommodation is at a guesthouse.

Cost: \$2920



## Public Health in Belize

📅 Multiple dates

Help give children and adults access to healthcare and medical treatment by joining our Public Health High School Project in Belize. Working alongside qualified medical professionals, you will help plan and run community outreaches and public health campaigns. Public health campaigns will be a core part of your role, and you will help improve awareness and education on issues such as sexual and reproductive health and HIV/AIDS.

This is an excellent opportunity to gain hands-on experience in the healthcare field, and is ideal for anyone considering a career in healthcare.

Cost: \$4370



## Care & Community in Madagascar

📅 Multiple dates

This project takes place during the Madagascan school holidays, and as such you will help to run a summer camp for the local children. This will involve organising fun and educational activities, including arts & crafts sessions, games and sports days. You will also take part in community renovation work, which may include painting walls of local buildings and educational murals at schools, setting up a playground or creating a vegetable garden.

Over the weekend you will travel to Lake Rasoabe, where you will get to enjoy boat rides and the beautiful beaches.

Cost: \$3695



## Human Rights in South Africa

📅 Multiple dates

On this project you will work alongside people who live in townships and gain a first-hand understanding of the daily lives of people in the Cape Flats, and the hurdles related to poverty, crime and racial barriers which must be overcome. You will also meet with professionals working in different fields who will provide you with further insight into some of the challenges they face when trying to improve the level of access to human rights-related assistance.

On the weekend you may visit Table Mountain, Boulders Beach or the legendary Garden Route.

Cost: \$4770



## Care & Community Village Project in Fiji

📅 December 9-22

A unique opportunity to live in a traditional Fijian village on the main island of Viti Levu, students get a truly authentic Fijian experience.

The village has its own kindergarten and students will split their time between arranging educational games and activities for the children, as well as renovation work on the kindergarten and other community involvement. Students live with local host families and get involved in all aspects of traditional islander culture such as mat weaving, dancing and cooking. At the weekend, students explore nearby islands.

Cost: \$3970



## Conservation in Costa Rica

📅 Multiple dates

On this project you will work at a conservation project at one of our partner National Parks. Previous groups have worked at Barra Honda and Diria National Parks; both about two hours drive from Liberia. During your stay you will be given an extensive tour of the park. You'll also be involved in a variety of on-going projects which may include reforestation work, a mammal study, a butterfly and bat study, painting buildings and restoring trails.

Over the weekend you will take part in an adventurous trip to an outdoor destination such as a volcano.

Cost: \$4495



## Care and Pandas in China

📅 Multiple dates

On this project you will have the unique opportunity to work with the world's most recognisable endangered species at the Dujiangyan Research Base. You will be involved in preparing food for pandas, cleaning out enclosures and observing panda behaviour. You will also work at a care centre in Chengdu and help the local staff by playing games with the children and helping them with basic education.

Over the weekend you will get the opportunity to visit the Du Jiang Yan water project, the Leshan Giant Buddha or spend a day exploring more of Chengdu.

Cost: \$5170



## Soccer in Ghana

📅 Multiple dates

On this project you will spend your two weeks based at our sports placement in Accra learning football coaching and showcasing your skills alongside the locals. Preparing the children for a local match, which you can then help to referee, will show off your coaching skills. By interacting with the children on a personal level, you will develop their skills and confidence while having fun playing football at the same time.

At the weekend we'll take you to visit Cape Coast as well as a trip to Kakum National Park.

Cost: \$3695



## Medicine in Tanzania

📅 Multiple dates

This project allows volunteers to learn about many different aspects of medical treatments and healthcare in Tanzania. The work will be varied; you could be learning from local doctors in a large hospital one day and treating local Masai in a rural location the next. You will also have the chance to attend regular medical workshops and learn more about current local issues such as HIV and tropical diseases.

On the weekend you will get the opportunity to experience the breathtaking scenery in one of Tanzania's national parks.

Cost: \$3970

## PROJECT FACTS

**SUPERVISION:**  
Full-time supervision from Projects Abroad staff.

**WHO:**  
Year 11 & 12 students

**INCLUDED:**  
Accommodation, meals, full travel, medical and indemnity insurance, local transport, 24/7 in-country support and supervision, project development costs, pre-departure support and advice, airport transfers, cultural activities and weekend excursion.

**EXCLUDED:**  
Flights, visa, vaccinations, spending money and background checks.





## Practicalities

- Students can join individually or with friends. Typically the groups are made up of 8-20 students. Students will have the opportunity to chat to each other before departure and are in constant contact with our New Zealand and overseas offices.
- Carefully chosen local host families are often used for accommodation, with small groups of students staying in each household. In some destinations students stay together in apartments and guesthouses with a housekeeper providing meals and Projects Abroad staff always on-hand.
- The projects are coordinated by our local full-time Projects Abroad team and each group has a dedicated Projects Abroad supervisor at all times. The programmes have set itineraries which include social and cultural activities as well as a weekend excursion.
- For all of our High School Projects, we ask students to be open-minded, proactive and enthusiastic. There will be challenges, but overcoming them is an important step in the volunteer journey and something that students find hugely rewarding.

## For the Parents

### ■ Safety and Security

At Projects Abroad we take our volunteers' safety overseas very seriously. We only send volunteers to places that are safe and politically stable. Not only are we constantly in contact with officials regarding safety and stability, we have the added security of our own overseas staff who know the local area in detail.

### ■ Supervision

On our High School Projects, volunteers are never alone. They will always be with other volunteers, supervisors or their host families. After their busy daily schedule is completed, volunteers return home to their host family in groups of two or more volunteers per family. In a few cases, volunteers stay all together in a hotel or dorm-style building that we manage, with their supervisors on-site.

Volunteering in Fiji was an experience of a life time. I was able to learn so much about this country's culture and especially about myself. I have made lifelong friends and connections with both the volunteers and villagers. This rewarding experience has taught me so much about the world around me and how to be appreciative for what I have. Experiencing Fiji in a way I never dreamt of doing is the best way to explore the country.



Rebecca J - Fiji



High School Projects may align with Service, Adventurous Journey and Residential Project components of The Duke of Edinburgh's International Award. Please contact us for more details.

## OVER 2017 OUR HIGH SCHOOL VOLUNTEERS:

Assisted with educational activities for  
more than **3,500 children**

Ran over **100 medical outreaches**  
benefitting **5,500 people**

Completed **94 Conservation &  
Environment surveys**

Collected **2,866 kg of rubbish**

Planted more than **13,407 trees**

If you join a High School Project you will  
contribute to our long-term goals and  
support sustainable global development  
as we plan to make 2018 our biggest year  
for Projects Abroad Impact yet!

## WORTHWHILE SCHOOLIES

**Planning Schoolies? Do something memorable!** Please contact us for more details on worthwhile travels to mark the end of school years.



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