**Raleigh International Expedition**

**Raleigh Expedition** is an international volunteering programme with youth as its focus. You will work on community, environmental and adventure leadership projects that tackle the impacts of climate change, improve access to education for all, and alleviate poverty. You will be at the heart of change, living and working with local communities to find solutions to tackling some of the world’s problems together. All Raleigh's work is focussed on helping to achieve the United Nations Global Goals for Sustainable Development.

**Expedition Overview**

**The Programme**

On Raleigh Expeditions, volunteers will have the opportunity to take part in one or more community, environmental and adventure leadership projects. We currently operate in Costa Rica, Tanzania and Nepal.

**Community -** You will live and work alongside local communities to drive change. You could be working on a project that helps improve access to safe water and sanitation or health and education facilities as well as raising awareness of issues such as health and hygiene, gender equality or access to education.

**Environment -** You will have the chance to play an active role in combating climate change and protecting vulnerable environments. You will work to sustain natural resources with reforestation initiatives and infrastructure improvement, giving vital access to protected areas.

**Adventure Leadership -** You will trek through incredible sceneries whilst developing your leadership and teamwork skills. You may trek through a variety of different terrains; rainforests, mountains and communities. Switch off from technology and appreciate the environment we live in.

**The length**

We run 7 and 10- week Expeditions during Spring, Summer and Autumn. Our 10-week Expedition is the most popular as it includes every phase. On our 7- week programmes there are two different phases.

We run the 4- and 5-week Expeditions during the summer only – one phase and a short trek.

**The Cost**

2021: 4 week (£2,250), 5 Week (£2,590), 7 Week (£3,350), 10 week (£3,800)

The cost of our Expeditions includes all food, transportation and accommodation along with international travel and medical insurance. It does not include international flights, visas and vaccinations. 82% of our income is invested directly into our projects.

[**All dates can be found here**](https://raleighinternational.org/volunteer/#dates)

**The Countries**

**Costa Rica**

Raleigh works to preserve Costa Rica’s incredible biodiversity, increase the resilience of local communities to climate change and improve access to education.

**Community-** You will work with the local community to improve educational infrastructure by building or improving school facilities. Your effort will help the community secure funding from the government for teaching staff, as without the necessary infrastructure funding is not guaranteed. We will also ensure the community have the know-how to manage and maintain the schools in the years to come.

**Environment-** You will work in a national park to improve the trails and ranger stations and increase environmental awareness with local communities via environmental education initiatives, helping them to better manage their natural resources for future generations.

**Adventure-** We have a variety of trek routes in Costa Rica, where you will cover a huge range of terrains from high mountains to think rainforest. You will supported on trek by our experiences volunteer managers.

**Tanzania**

As one of the most stable and peaceful democracies in Africa, it is bursting with energy and enthusiasm from its welcoming youth to create change in its communities. Yet less than half the population have access to safe drinking water, while less than 20% have access to adequate sanitation facilities.

**Community-** You will work with local schools in the Kilombero and Mvomero regions to impart safe water and sanitation hygiene knowledge to primary school children and the wider communities. You will help build sanitation facilities at the schools and deliver awareness raising campaigns and initiatives. This will improve the health outcomes of the community and help increase school attendance.

**Environment-** The project is based in the Mufindi District of Iringa Region in the Southern Highlands of Tanzania. You will work with the community here to develop forest management plans, raise awareness, knowledge and skills and promote sustainable income-generating activities and improve infrastructure.

**Adventure-** Trekking through the Morogoro region or Southern Highlands, you’ll wind your way up, down and through varied terrain. Led by our local guides and Raleigh leaders, your trek will pass through small communities and stunning scenery.

**Nepal**

You’ll be living in the foothills of the Himalayas, a landscape of colourful temples dotted among terraced paddy fields. As a volunteer, you will become a part of rural life in Nepal, as you support young people and women to drive change for their communities.

**Community-** You will help build gravity fed water systems and hand washing facilities and positively influence access to water and sanitation facilities. You will work alongside communities to change behaviours that will positively change their lives and health.

**Adventure-** You will embark on an adventure in the Ruby Valley in Dhading. You’ll trek up hills, through local villages, beautiful farm terraces and see stunning views of the central Himalayas. Led by our local guides and Raleigh leaders, your trek will allow you to explore the incredible scenery that Nepal is famed for.

**The Team**

Over 600 young people join Raleigh Expeditions each year from all around the world. For each Expedition we’ll put you into project teams of 10-12 volunteers and you’ll be supported by 2-3 volunteer leaders. Teams will change between each project, so you’ll get a chance to work with many different people.

**Life on Programme**

Expedition is a truly immersive programme, don’t expect tourist hotspots, five-star hotels and 24/7 WIFI. You will be living and working alongside local people so you can learn about their lives. Conditions will be more basic than you are used to, but it will soon become normal. You might be staying in a tent, a community building or with a local family. You will eat what the locals eat so, wherever you go, expect a lot of rice.

**What will you learn?**

This will be an experiential and immersive learning experience that will include team reviews, debriefs, journals, 1-2-1s, leadership opportunities and active learning sessions. This will help you develop skills in teamwork, leadership, intercultural learning and active citizenship. Our volunteers report that Expedition raises their aspirations, builds their confidence, broadens their horizons and outlook, helps develop character and resilience and supports better academic performance.

Raleigh Expedition aligns well with university and college work-based learning or personal and social development modules.

**Safety**

Safety is at the heart of everything we do for the past 35 years. Our experienced in-country management and staff teams support you 24/7 and are backed up by our safety team in the United Kingdom. We have risk assessments in place, and we are externally accredited every year to British Safety Standard 8848 for the provision of visits, fieldwork and adventurous activities outside the UK.

**More Information**

Please take a look at our website pages: <https://raleighinternational.org/volunteer/>

And FAQs: <https://raleighinternational.org/volunteer/faqs/>

Apply here: <https://raleighinternational.org/apply-now/>