



Raleigh
EXPEDITION
CHANGE STARTS HERE

EXPEDITION GUIDE

Young people are
changing the world -
we help them do that.

RALEIGH EXPEDITION

Expedition is an international volunteering programme, open to all and engaging young people from around the world.

Expedition is one of four programmes delivered by the youth-driven development charity, Raleigh International. We believe young people everywhere can change the world. So we empower young people (aged 17-24) with the skills, experience and connections to be leaders of change.

The programme engages volunteers in creating long-lasting change through hands-on projects that help to tackle environmental issues, access to education for all, and alleviate poverty.

Our volunteers develop themselves, find their people, and get involved in the issues they care about.

Change Starts on Expedition in Costa Rica and Nepal.



1 NO POVERTY



4 QUALITY EDUCATION



6 CLEAN WATER AND SANITATION



13 CLIMATE ACTION



3

CHANGE STARTS WITH YOU

Raleigh Expeditions support young people to develop essential teamwork, leadership, intercultural learning, and active citizenship skills and knowledge. The foundation for young people to become future leaders.

Our volunteers report that the programme:

- ⊗ raises their aspirations
- ⊗ builds their confidence
- ⊗ broadens their horizons and outlook
- ⊗ helps develop character and resilience
- ⊗ supports better academic performance
- ⊗ enhances employability
- ⊗ inspires further volunteering and active citizenship



Take a look at our Community and Environmental projects and Adventure Leadership Trek you can contribute to.

People working together and inspiring one another creates change that lasts.





COMMUNITY PROJECT

Imagine a world where everyone has access to clean water, sanitation and basic hygiene services. Where everyone, even the most marginalised have access to education. You can play your part in making this a reality.

-  Work with schools and community groups to change behaviours and raise awareness of issues such as handwashing and hygiene.
-  Live and work alongside local people to help improve water systems, building water tanks, toilet blocks and handwashing stations.
-  Help improve access to education building schools in indigenous areas.
-  Work on real projects and real issues in rural communities. You might only be in a community for a few weeks but the influence that you can have on your world is huge.

DAHNS STORY

"Raleigh volunteers built a new tap stand for every home in Benitar. When the tap stands first came on it was really exciting. The water came on one by one across the community. Now I don't have to spend lots of time on chores, whereas previously I used to have to walk to the stream to wash clothes. Everyone here in the Benitar community is happy."

Dahn Kumare lives in Benitar in the Gorkha district of Nepal.



ENVIRONMENTAL PROJECT

We don't need to tell you that the world is facing unprecedented environmental challenges. Our environmental projects make small steps toward long term impact.



Take an active role in protecting natural resources and vulnerable environments.



Live and work in some of the world's most biodiverse places.



Help communities adapt to climate change and sustain rural resources.



Support conservation in national parks or on reforestation projects.

SHOEHEI'S STORY

"In Lulanda people depend on the forest as a source of income and for their livelihoods. We worked with the Tanzania Forest Conservation Group to increase awareness of deforestation and built a tree nursery containing 30,000 tree saplings, creating a forest line to prevent forest fires spreading. The tree nurseries will provide a sustainable way for the community to harvest wood and increase biodiversity of the area."

Shoehei volunteered in Tanzania



ADVENTURE LEADERSHIP TREK

Your trek will be an experience that brings you together with other volunteers, and one you'll never forget.



Challenge yourself, develop your leadership skills and learn about the power of team effort.



Build core skills, resilience and determination to drive change.



Wild camp and sleep under the stars or set up camp in community buildings and schools.



Learn survival, camp craft and map reading skills; navigate your group through incredible landscapes.



Trek through a variety of different terrains; rainforests, mountains and communities.



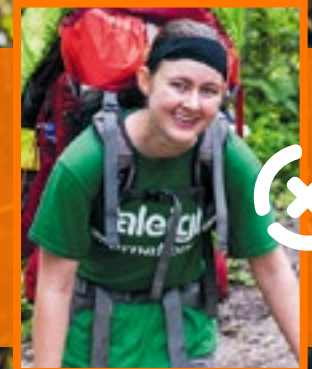
Go back to basics and become self-sufficient.



MADELEINE'S STORY

"I learnt so much about myself on trek. To be physically and mentally resourceful, whether that be finding the will to push myself to climb a mountain at the end of a challenging day, or working out how we were going to cook without shelter in the rain. I had the opportunity to be a day leader twice and gained the deep satisfaction of having achieved something incredible, while having the adventure of a lifetime!"

Madeleine volunteered in Costa Rica



HOW DOES EXPEDITION WORK?

Over 600 young people join Raleigh Expeditions each year from all around the world.



You'll be part of an international team.



For each Expedition we'll put you into project teams of 10-12 volunteers and you'll be supported by 2-3 Volunteer Managers.



Teams will change between each project, so you'll get a chance to work with many different people.



You can choose where, when and how long you go for.

The 10 week programme is the most immersive of our Expeditions. You will take part in three different projects, in three different locations with three different groups.

(Order of projects may change)

10 WEEKS

Environmental project

+

Community project

+

Adventure Leadership Trek

6 OR 7 WEEKS

If you don't have as much time, the 6 or 7 week programmes are a great option. You will take part in two different projects in two different locations, with two different groups.

Choose from 2 of the above projects

4 OR 5 WEEKS

Environmental project

OR

Community project

+

Shorter Adventure Leadership Trek

4 and 5 week programmes run in July and August. They're perfect if you have a limited amount of time but still want to do something worthwhile and adventurous.

WHERE WE WORK



COSTA RICA

Volunteer in one of the most biodiverse countries in the world, home to national parks, volcanoes and stunning landscapes.

- Work alongside local people to improve their access to education on the indigenous Community project.
- Help conserve Costa Rica's biodiversity and improve access to national parks on the Environmental project.
- Trek through rainforest and up volcanoes on a variety of stunning routes that tourists don't get access to.
- Work with Costa Rican youth to help create a more inclusive society.

DID YOU KNOW?

-  Costa Rica is leading the international fight against climate change.
-  Costa Rica aims to be Carbon Neutral by 2021.
-  Indigenous groups in Costa Rica are the most marginalised members of society and are almost completely excluded from political, social and economic developments made in the country.



NEPAL

Volunteer in one of the world's highest countries and home to Mount Everest. Experience the famous Nepali hospitality and if you are lucky, a festival or two.

- Work with local people still suffering from the 2015 earthquake to improve their access to water and sanitation facilities on the Community project.
- Work with Nepali youth to help create a more inclusive society.
- Trek through the spectacular Ruby Valley climbing up to 2500m and pass through rural mountain villages on the Adventure Leadership Trek.
- Stay with local families in the foothills of the Himalayas.

DID YOU KNOW?



Nepal is the second poorest country in Asia with nearly one quarter of the population living below the poverty line.



Nepal is the fourth most climate vulnerable country in the world.



Inequality remains a major challenge; only 6% of women are in formal employment, and only 10% of working women receive payment for their work.



WHAT TO EXPECT FROM 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.

Follow us on social media to get a taste of what daily Expedition life will be like.



YOUR SAFETY

Expedition is our original volunteering programme. We have been delivering and developing it for more than 35 years.

Safety is at the heart of everything we do. 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. This means that:

- Every programme has qualified medical staff supporting the volunteers.
- Full training is provided to all our volunteers.
- We provide comprehensive medical emergency insurance cover.
- Your safety is your responsibility too, which is why we ensure that everyone has comprehensive safety training.

Find out more about Raleigh's approach to safety [here](#)



FUNDRAISING

As a charity we encourage you to fundraise a minimum amount towards the overall cost of our programmes.

Fundraising is all part of the experience. You're raising a sum that will have a significant impact on the people you'll be helping as you volunteer abroad. Starting to fundraise will prepare you for your Expedition as you begin to develop your communication skills, creativity and raise awareness of Raleigh's work.

Fundraising can come in all kinds of forms. You could hold a cake sale, organise a quiz night or a sponsored challenge. If you haven't got any experience of fundraising, don't worry! You will receive lots of support from us, including a fundraising pack full of tips to get you started.

Our fundraising targets can be found at www.raleighinternational.org/costs

While volunteering on programme all your food, transport, accommodation, travel and health insurance, and safety equipment is provided.



81% of the money we raise goes directly to our programmes.



INSPIRED AND READY FOR CHANGE?

Apply online

www.raleighinternational.org/volunteer



Find Expedition dates

See what dates would work for you [here](#)



Give us a call

On +44 (0) 207 183 1270 for a chat.



Book a consultation call

Schedule a one-to-one call with our Expedition team [here](#)



Sign up to our Expedition newsletter

Keep up to date with the latest volunteering opportunities and stories of young people creating lasting change on Expedition. Sign up [here](#)



Follow us - Search 'Raleigh Expedition'

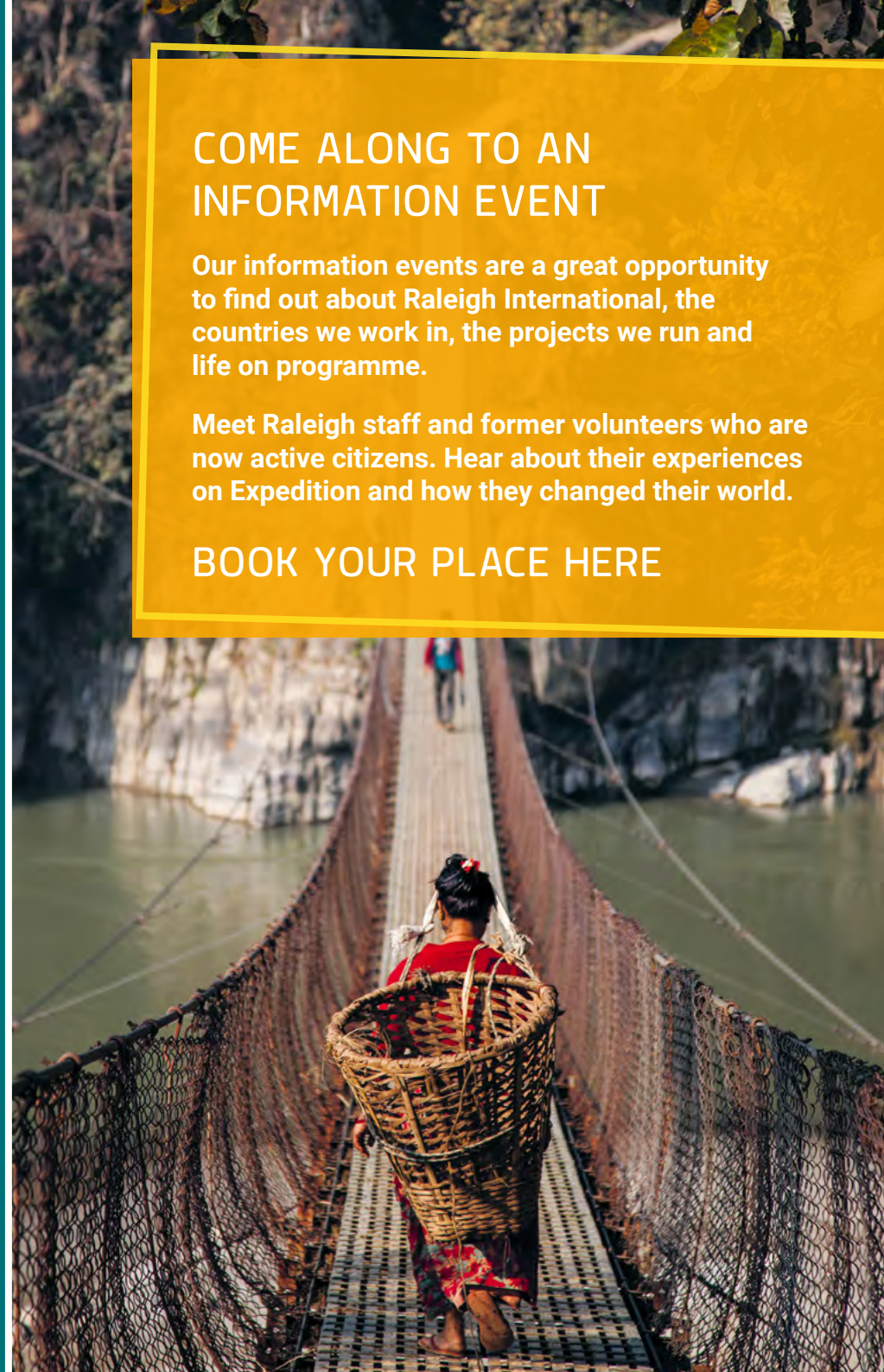
On Facebook, Instagram and Twitter.

COME ALONG TO AN INFORMATION EVENT

Our information events are a great opportunity to find out about Raleigh International, the countries we work in, the projects we run and life on programme.

Meet Raleigh staff and former volunteers who are now active citizens. Hear about their experiences on Expedition and how they changed their world.

BOOK YOUR PLACE HERE



HOW TO APPLY



Fill in your application form online.



Your application form will be screened by our Recruitment team.



If your application is successful we will process a £200 non-refundable deposit that goes towards your fundraising target and allocate you a place on Expedition.



Your Volunteer Support Coordinator will send you an Expedition information pack and a link to our online learning portal - MyRaleigh.



Get ready for your Expedition with fundraising, vaccinations, booking flights and online programme training.

MY RALEIGH



MyRaleigh is a great online resource containing everything you need to know about your Expedition.



Right up until you go on programme our Volunteer Journey team will be on the end of a phone or email to answer your questions.

IS RALEIGH RIGHT FOR YOU?



Upon receiving your application, our Recruitment team may be in touch to ask you some questions before accepting you on to the programme.



We'd love for you to demonstrate your knowledge of Raleigh and tell us your motivations for wanting to join an Expedition.



You don't need specific skills or experience to be an Expedition volunteer – just an open mind, the commitment to challenge yourself and a desire to change your world for the better.

CHANGE CONTINUES...

Once you've completed your Expedition, you'll join our amazing global community of more than 50,000 inspiring and motivated global citizens.

“ I love that my work actually makes a difference. I have looked into the eyes of someone who has been part of one of the programmes and seen happiness. That all started with Raleigh.”



BEN

Following his Raleigh Expedition in Costa Rica, Ben was inspired to get involved with two charities – Enactus and Live to Love International – on a project in Nepal building low cost recycled plastic bottle houses for earthquake victims.

“ My 10 week Expedition when I was 18 was transformative. It was the first time that I was part of a community of passionate people who gave everything to better themselves and others. My life would have taken a very different turn without that experience.”



TOM

Since volunteering with Raleigh, Tom, a dedicated advocate for mental health, discovered a passion for public speaking, so he delivered a TEDx talk in London to raise awareness about mental health issues.

“ We are all responsible for one another. Every child, regardless of their gender or disability, has a right to access quality education. We intend to continue supporting this right and promoting the welfare of children with disabilities.”



PIUS

After volunteering, Pius started his own charity, Tengeneza Generation. Through the charity he is helping to improve the lives of young people with disabilities in Tanzania.

6 WAYS TO STAY INVOLVED AND CONNECTED

Joining an Expedition is a great step in your journey to building your skills and knowledge and helping make the world a better place.

Your Raleigh journey doesn't have to end when your Expedition does. There are plenty of ways to continue to stay involved and connected in our community:

- ⓧ Advocate and Campaign
- ⓧ Volunteer as an Ambassador or Speaker
- ⓧ Join the Raleigh Together Network
- ⓧ Join a National Society around the world
- ⓧ Take part in Raleigh Challenge Events
- ⓧ Donate and support our work



CHANGE STARTS HERE

Join Expedition to be part of a global movement of youth leaders; to conserve and protect the environment; and work alongside communities on the issues they face.

Volunteer Now.

raleighinternational.org/volunteer



Raleigh International Trust is a registered charity no. 1047653 (England and Wales) and no. SCO40023 (Scotland)