Interested?

Interested in volunteering with Raleigh International but don’t know where to start? You are in the right place. This is the ultimate guide to volunteering with us! It will give you lots more information about what you can expect on your Raleigh Expedition.

If we don’t answer all your questions in the next few pages, please give us a call or send us an email. We’re also on Facebook and Twitter if you would rather get in touch that way. Parents, guardians, career advisors or support workers are also welcome to give us a call if they have queries too.
What’s it all about?

The world’s population is growing by 200,000 people every day. At the moment, as a global population, we are consuming vital resources faster than they can be replenished. They’re not fairly distributed, no one is taking responsibility and it’s often the poorest rural communities that are worst affected.

The world faces some challenges but the good news is that together we can do something about it. We know we’re not going to solve everything in one go but there are a few things we can all do to start making steps towards those changes.

That’s where we (and you) come in! We believe that through working together communities and young people are inspired to build a better future. Half of the world’s population is under the age of 25. In giving you the opportunity to shape the future, who knows how much we can all achieve...
At Raleigh, we believe that young people must be empowered to take the lead on sustainable development.

Why? Because you have the energy, creativity, passion, positivity and, above all, you have the ability to inspire CHANGE.

So we believe in YOU. Your energy brings people together. Your creativity inspires innovation and your positivity makes communities believe that change is worth striving for.

Your energy will not just have an impact whilst you are volunteering with us; we hope that you will be inspired to keep making a difference long after your Expedition has ended.
A bit about us

Raleigh International is a sustainable development charity. We inspire, challenge and empower young people to work with communities living in poverty.

Raleigh’s work is delivered through young people. At the heart of our organisation are volunteers; we couldn’t achieve what we do without them. We are also a firm believer in creating partnerships with others, which is why we work closely with local organisations and community members in all the countries we operate.
A bit about you

Raleigh’s volunteers come from all over the world and we welcome individuals from a wide range of backgrounds and life stages. All you need is an open mind, commitment and a desire to change your world for the better.

As a volunteer with us you could join an Expedition in Nepal, Costa Rica, or Tanzania. A Raleigh Expedition is a once in a lifetime experience. You’ll meet and collaborate with people from all over the world including local volunteers from the country you are in. You will also immerse yourself in another culture and develop new skills, whilst using your passion and positivity to drive sustainable change where it is really needed.

We need volunteers aged 17-24 to help deliver our sustainable development programmes. We also have volunteer manager positions available for those aged 25 and over.

It won’t be easy. Our Expeditions are tough! You will be challenged but we are here to support you from now until you complete your Raleigh programme and beyond.

“I decided to take a year out as although I had worked really hard and did well in my exams, I realised I wasn’t quite ready for university yet. I wanted to gain a bit more confidence and meet new people.”

Madeleine, from The Netherlands
What’s the focus?

Whilst volunteering with us, you will help Raleigh’s work in these main areas:

- Providing access to safe water and sanitation
- Building stronger, more resilient communities
- Protecting vulnerable environments

And, we’ll also be working to develop your skills too.

Over 800 young people take part in our Expeditions each year so you won’t be expected to do it all on your own! For each phase of the Expedition you will be in a team of 12-14 volunteers and you’ll be supported by 2 volunteer managers. These teams will change for each phase so you’ll have the chance to meet and work alongside lots of different people.
How does it work?

Volunteering on a Raleigh Expedition gives you the chance to get involved with a variety of projects. Bring your determination to a community development project, learn about protecting vulnerable environments on an environmental conservation project and challenge yourself on our tough adventure phase.

You can join an Expedition for 4, 5, 7 or 10 weeks. Our Expeditions take place three times a year, starting in February & March, June & July and October & November.

If you volunteer on a 10 week programme you will take part in all three phases of the programme: community, environment and adventure. Volunteers on a 7 week Expedition will complete two of the three phases. Those on a 4 or 5 week Expedition will either do a community or environment project and a tough, adventure challenge. We only offer the 4 or 5 week Expeditions once a year, starting in June or July.
Expedition timeline

10 weeks
7 weeks
5 weeks
4 weeks

Environmental Project  Community Project  Adventure Project

Two of the above

One of the above with a shorter adventure phase

One of the above with an adventure phase of 2-3 days.

As our work is based on the need of the communities and environments we work in, we cannot guarantee that everyone will be able to volunteer on their preferred project. Please try and be as flexible as possible; your time and energy will be going to worthwhile projects.

If you’re thinking about joining an Expedition in Nepal, please be aware that we are not currently running environmental projects. Instead we’re focusing on our community resilience work because we have identified that there is a greater need for these projects at this moment in time. So if you do choose to go to Nepal, you will work on community and adventure projects.
Raleigh’s community development projects give you a unique opportunity to live and work alongside local people. You will be completely immersed in a new culture, working with the community to drive change where it really matters. You could be working on a project that helps provide access to safe water and sanitation or health and education facilities as well as raising awareness of issues such as health & hygiene, gender equality or access to education.
Environment

This phase is your chance to help protect vulnerable environments around the world. You could be working to conserve some of our oldest rainforests or carrying out surveys to support research into some of the world’s least explored areas. If you are located close to a local community, you will also help raise awareness of issues relating to deforestation and the best ways of managing natural resources. Find yourself living and working in remote and stunning locations in some of the most naturally diverse parts of the world.
The adventure phase is a challenge you’ll never forget! You’ll take part in an adrenalin-fuelled trek; hiking through incredible landscapes, learning about wildlife and meeting rural communities. We’ll also support you to develop other vital skills such as teamwork, resilience, communication and problem solving. This phase is about getting back to basics. You will carry everything you need with you, learning survival and camp craft skills by day and camping at night. It’s a physical and mental challenge, and always ends up being a favourite!
Where can I go?

- Tanzania
- Nepal
- Costa Rica
Tanzania is a country of warm hearts, stunning national parks, and real tangible need. A place of energy and endless possibilities, The fact that it is one of the most stable and peaceful democracies in Africa; a thriving nation with a fast growing economy, makes it a popular choice.

Tanzania’s people come from over 100 different tribes and the scenery ranges from wide savannahs and mountains to lush forests and deserted beaches. Despite being one of the fastest growing economies Tanzania remains one of the poorest countries in the world. As a volunteer with us you will focus your efforts in rural communities to bring about real sustainable change. Join one of our Expeditions today and help inspire change in this incredible country to accelerate its movement forwards towards a secure future.

**FAST FACTS**

**LOCATION:** East Africa  
**LANGUAGE:** Swahili, English & 124 others  
**TYPICAL FOOD:** Ugali, a dish made of maize flour  
**FAMED FOR:** Wildlife, Kilimanjaro and very friendly people  
**NATIONAL SPORT:** Football  
**DID YOU KNOW:** Tanzania is home to the coconut crab, the largest crab in the world  

“There are millions of people out there with inadequate everything; water, food to eat, no access to education, good latrines and sanitation. Through working with Raleigh I have personally contributed to the changes that I wish to see in the world. Changes that will see my children and grandchildren in a better situation”

Kennedy, from Tanzania
Welcome, bienvenidos, to Costa Rica, a colourful and lively area of the world. Costa Rica is home to an incredible array of natural environments; including 26 national parks. This Expedition is also a great opportunity for you to improve your Spanish.

Join this Expedition and find yourself working with indigenous communities to improve access to education or working in one of the country’s stunning national parks to protect one of the most biodiverse places on the planet. We have worked closely with communities in Costa Rica for the last 10 years to create long-lasting, sustainable change.

“Once you have volunteered on a Raleigh expedition you become part of a wider family, a network that extends across the world. You could meet anyone who has been on an expedition and instantly connect with them. For although your experiences of a country, projects and people will be unique, together you share an understanding of how Raleigh changes lives, not least your own.”

Amy, from the UK
A country of mountains, prayer flags and paddy fields... And much, much more.

Welcome to Nepal, our newest country! As a volunteer, you will become a part of rural life in Nepal, as you support young people and women to drive change within their communities. The Expedition will primarily focus on supporting reconstruction efforts in rebuilding housing and rehabilitating water systems. Working with local communities and local government, we will target the communities that have been most affected by the earthquake.

Our projects will be based in the districts of Gorkha and Makwanpur. Gorkha is a northern district of Nepal near the Chinese border. Makwanpur is in central Nepal, south-west of Kathmandu.

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**FAST FACTS**

- **LOCATION:** South Asia
- **LANGUAGE:** Nepali
- **TYPICAL FOOD:** Dal-bhat (rice and lentils)
- **FAMED FOR:** Being home to the tallest mountain in the world, Mount Everest
- **NATIONAL SPORT:** Dandi biyo
- **DID YOU KNOW:** There are 50 different festivals celebrated in Nepal every year

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Ram, Raleigh Nepal Country Director

“We are maintaining solidarity with the young people of Nepal in their efforts to rebuild their country.”
What is fundraising?

As we’re a charity we talk about fundraising rather than costs. This means you can raise the money for your Expedition through donations from family, friends and supporters as well as through your own savings.

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.

What are the fundraising costs?

Please go to our website to find the costs for our programmes.

Where does this money go?

78% of the money we raise goes back into our programmes.
Fundraising can come in all kinds of forms. You could hold a cake sale, organise a quiz night or do a sponsored challenge.

If you haven’t got any experience of fundraising, don’t worry! You will receive lots of support from us and it’s a great chance to learn new skills. We’ll send you a fundraising pack with lots of tips and advice and we can send you materials to help you promote your fundraising activities. We’ll also be just at the end of the phone to answer any questions and help you reach your fundraising target.

Please note that the cost of your flights, medical vaccinations and personal belongings are not included in the fundraising costs. You will need to budget extra for this and for any personal travel after Expedition.

“How do I fundraise?”

Fundraising can come in all kinds of forms. You could hold a cake sale, organise a quiz night or do a sponsored challenge.

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“Fundraising is so important! Fundraising made me learn so much because I had to justify what I was doing to people. What I learnt as a result was a lot about the work Raleigh does. I ended up really clued up by the end of it.”

Rory, from the UK
Preparing for your Expedition can seem daunting so we will be with you every step of the way with advice and support. When your application is processed a volunteer coordinator will be in touch about the next steps.

They will give you all the information you need to prepare yourself; from more details on your Expedition country, to a list of the vaccinations that you will need, plus flight guidance and advice on what to bring with you. They will also be at the end of the phone to reassure you and help with fundraising ideas.

If you live in the UK you will also be invited to a pre Expedition training event. This is a great opportunity to meet some of your fellow volunteers and there will be more information about what to expect in country. Don’t worry if you are not based in the UK as there is also comprehensive training in country for all volunteers.
Safety

Safety is at the heart of everything we do. Our Safety Management Systems are robust, practical, and effective and most importantly, tried and tested for over 30 years.

- Our programmes conform to the BS8848 which is the British Safety standard that applies to overseas expeditions. We are externally audited on an annual basis.
- Every programme has qualified medical staff, who are volunteers themselves and provide support both to our country offices and directly to groups that are working in more remote areas.
- 24/7 in country and Head Office support.
- Full training for all of our volunteers, both in country and pre departure.
- We provide comprehensive medical and personal accident insurance cover.

“The safety of our volunteers comes first at Raleigh. As well as ensuring our projects are sustainable and have impact, we take every precaution to ensure that everyone who volunteers and works with us can do so safely.”

David Clamp, Head of Safety and International Operational Support, Raleigh International
Here are our top 5 reasons why we think you should volunteer with us!

Is Raleigh for me?
So, how can I apply?

We have a selection process for our Expeditions so you will be asked a few questions before you are accepted onto the programme. These are simply to let us see what understanding you have of Raleigh as well as your motivations for joining. Remember, you don’t need specific skills or experience to be a Raleigh volunteer – just an open mind, the commitment needed to challenge yourself and a desire to change your world for the better.

1. Fill in your application form online
2. Your application form will then be screened by our recruitment team
3. If your application is successful: we will process a £200 non-refundable deposit and allocate you a place on expedition
4. Your volunteer coordinator will send you an Expedition information pack which contains everything you need to know about joining an Expedition; flight guidance, kit list, vaccination list, medical form and fundraising advice
5. Now it’s over to you to get planning! Start organising your fundraising activities, finding your kit, brushing up on your language skills and preparing yourself for the experience of a lifetime. And the best bit? We’ll be supporting you every step of the way.

If your initial application is unsuccessful you will be invited to a phone interview. We’ll talk to you in more detail about your application and whether Raleigh is right for you. Once we’ve had a chat, you’ll either be offered a place on Expedition or we’ll recommend that you apply again in the future.
What’s next?

Are you ready to apply? What are you waiting for?

Apply online - www.raleighinternational.org

If you still have questions for us there are lots of ways you can find out more...

Give us a call on +44(0)2071831270, drop us an email at info@raleighinternational.org or we can arrange a Skype call

Come along to one of our events and hear from past volunteers about their experiences

Read about the positive impact our volunteers are having on communities and environments worldwide on Raleigh’s volunteer blogs

Follow us on Facebook and Twitter for regular updates about our work
Don’t just take it from us

“At the end of a Raleigh Expedition you feel like you have been a part of something really important. Positive changes are clearly visible in yourself, in other volunteers and, most importantly, the communities you have worked with. Then you realise that your Expedition was not a one-off; there have been hundreds like it, and thousands of other volunteers just like you. When you think about all these volunteers and the impact they have all had you start to think you could be part of real global change. That, I think, is something fairly unique to Raleigh International.”

Ali, from the UK