ProjectsAbroad

High School SPECIALS

Volunteer Abroad

Trips for teenagers

Discover what you're capable of.

/ProjectsAbroad

@projectsabroadglobal

www.projects-abroad.net

Step out of your comfort zone, push your boundaries, and do something extraordinary over your summer holidays! At Projects Abroad, we help you realise your full potential, broaden your horizons, and work towards a better world.

We run volunteer projects and internships for teenagers across the globe. You'll work closely with a group of volunteers your age. Together, you'll set and achieve goals that support community development. In the process, you'll make lifelong friends, develop your skills, gain experience, and prepare yourself for a bright future.

We can't wait for you to discover what you're capable of, join our global community, and contribute to our impact worldwide.

Why we're the gold standard in volunteering abroad

> Visit
> www.projects-abroad.se/gold
> www.projects-abroad.no/gold
> www.projects-abroad.dk/gold
>
> With our experience running High School Specials, we know exactly how to make your time abroad meaningful and hassle-free.

The gold standard of staff support

Safety is everything to us and has been for over 25 years. We would never dream of contracting-out your safety to agents and third parties, as some do. Instead, we employ, thoroughly vet, and train all our own staff. Together, we provide a world-class support network to help you thrive.

Make a real impact

We don't leave our positive impact up to chance. Every one of our projects is carefully planned and monitored, so we know we're making the positive change we're committed to.

Hassle-free approach

We take care of everything, so you don't have to. Shopping around for insurance, organising airport pickups, and finding safe, clean accommodation all takes time and extra money. We take care of it all for you, and it's included in the price as standard.

What are High School Specials?

Our High School Specials are set volunteer trips organised specifically for groups of 15-18 year olds.

The projects are designed to fit into your school holidays. They give you just the right amount of independence as you step out of your comfort zone whilst still being under the guidance of our dedicated staff.

The projects have set itineraries so you'll always know what to expect. This includes all project work, planned social activities, and weekend trips supervised by Projects Abroad staff.

You'll also be working on projects proven to have a sustainable, positive impact on the local community.

Whichever destination or project you choose, it will be an experience like no other.

Experiential learning

Get a head-start for your future career! Our internships abroad give you practical experience to boost your CV. You'll develop skills like teamwork, communication, and perseverance. But you'll also learn specialised skills, depending on the project you choose.

Fields like medicine and law have competitive career paths so it's extra important to stand out for university applications. Our internships give you the edge. They set you apart as independent, willing to learn, adaptable, and committed to expanding your knowledge of your chosen field.

Tick these countries off your bucket list

Do volunteer work you're passionate about

Visit www.projects-abroad.se/volunteer-abroad/
www.projects-abroad.no/volunteer-abroad/
www.projects-abroad.dk/volunteer-abroad/ for details.

It was a wonderful experience; each volunteer was unique in their own way. They were all doubtful in themselves at first, but as the days progressed, they all became confident and hard-working. They all looked out for each other, nobody got left behind. They made me laugh every day, there was never a dull time around them. They have learned a lot from me as I have learned from them as well.

Joshua Borland,
Conservation Project Coordinator and Field Scientist in Belize

Join an internship for experience

Visit www.projects-abroad.se/intern-abroad
www.projects-abroad.no/intern-abroad
www.projects-abroad.dk/intern-abroad for details.

Learn through cultural exchange

Visit www.projects-abroad.se/cultural-exchange/
www.projects-abroad.no/cultural-exchange/
www.projects-abroad.dk/cultural-exchange/ for details.

I was particularly pleased that although it meant going to South Africa rather than Ghana, she was going on a project specifically for younger people. I felt that this meant that she would be more supported whilst she was out there, because of the fact that she had a planned timetable and people that would be with her all the time.

Mother of Megan B,
Law & Human Rights in South Africa

What does *all-inclusive* mean?

To make your trip as smooth as possible, we plan everything for you. We want you to concentrate on what really matters: discovering what you're capable of.

You'll get:

- Unrivalled staff support
- A worthwhile placement
- A detailed itinerary
- Organised social activities
- A welcoming host family or accommodation
- Home-cooked meals
- Medical and travel insurance
- Visa support
- In-destination transport
- Your own personal webpage

Visit www.projects-abroad.se/all-inclusive/ | www.projects-abroad.no/all-inclusive/ | www.projects-abroad.dk/all-inclusive/ for details.

How we keep you safe

- 24/7 staff supervision
- Safe and comfortable accommodation
- Regular risk assessments
- Medical and travel insurance
- 24-hour emergency line

We believe no other provider offers the safety and security to their volunteers and interns that we do. Every single one of our projects are safe and our staff is trained to high standards. Safety and support are at the heart of everything we do.

Visit www.projects-abroad.se/safety/ | www.projects-abroad.no/safety/ | www.projects-abroad.dk/safety/ for details.

"Within five minutes of landing, I had completely made my way through the airport with my bags. My first words, verbatim, to Cheikh, the Projects Abroad representative who was waiting outside with a big smile, were "Wow... that was so easy!" And that's the way things seemed to go for my entire stay in Senegal."

Rachel T,
Childcare & Community
Work in Senegal

"Our host family were so welcoming and helped us feel settled in straight away. I'm so grateful to my host parents for making us feel like part of their family."

Melike O,
Childcare & Conservation
in Ecuador

"The other volunteers came from all over the world: Italy, France, England, Ireland, Belgium, Denmark, America and Nigeria. Having such a multicultural family made the experience extremely fun and interesting, as we shared things about our own cultures and taught each other different languages."

Jenny G,
Childcare & Community
Work in South Africa

"I can most definitely say that I have acquired medical knowledge I would have never thought of experiencing at the age of eighteen."

Owen M,
Medicine & Spanish
in Argentina

"When my departure date arrived, I didn't want to leave and I still frequently think fondly of my time there. If you love animals, care for the environment, are eager to learn new things, and aren't afraid to get dirty, then this project is definitely for you!"

Sarah K,
Conservation in Peru

Sample Itinerary

Childcare & Community work in Cambodia

**The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, needs of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the High School Special programmes.*

DAY No.	DAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL
2	Monday	9:00am-11:30am	Cultural Workshop and Language Lesson
		12:00pm-1:00pm	LUNCH
		1:30pm-2:30pm	Induction
		6:30pm-8:00pm	WELCOME DINNER
3	Tuesday	9:00am-12:00pm	Playing with Children at the Care Placement
		12:00pm-1:30pm	LUNCH
		1:30pm-4:00pm	Gardening at the Care Placement
		6:30pm-8:30pm	DINNER
4	Wednesday	9:00am-12:00pm	Arts and Crafts with the Children
		12:00pm-1:30pm	LUNCH
		1:30pm-4:00pm	Painting at the Care Placement
		6:30pm-8:30pm	DINNER
5	Thursday	8:00am-12:00pm	Cooking Class
		12:00pm-1:00pm	LUNCH
		2:00pm-5:00pm	Visit Royal Palace
		6:30pm-8:30pm	DINNER
6	Friday	9:00am-12:00pm	Gardening at the Care Placement
		12:00pm-1:30pm	LUNCH
		1:30pm-4:00pm	Teaching English at the Care Placement
		6:00pm-8:30pm	DINNER AND ART AND CULTURE SHOW
7	Saturday	ALL DAY	Trip to Siem Reap
8	Sunday	ALL DAY	Explore Angkor Wat Temples
9	Monday	9:00am-12:00pm	Return to Phnom Penh
		12:00pm-1:30pm	LUNCH
		1:30pm-4:00pm	Return to Phnom Penh
		6:30pm-8:30pm	DINNER
10	Tuesday	9:00am-12:00pm	Painting at the Care Placement
		12:00pm-1:30pm	LUNCH
		1:30pm-4:00pm	Storytelling with the Children
		6:30pm-8:30pm	DINNER
11	Wednesday	9:00am-12:00pm	Educational Games with the Children
		12:00pm-1:30pm	LUNCH
		1:30pm-4:00pm	Gardening at the Care Placement
		6:30pm-8:30pm	DINNER
12	Thursday	9:00am-12:00pm	Painting at the Care Placement
		12:00pm-1:30pm	LUNCH
		1:30pm-4:00pm	Singing with the Children
		6:30pm-8:30pm	DINNER
13	Friday	9:00am-12:00pm	Playing with the Children
		12:00pm-1:30pm	LUNCH
		1:30pm-4:00pm	Gardening at the Care Placement
		6:30pm-8:30pm	DINNER
14	Saturday	ALL DAY	DEPARTURE

Our impact

All of our projects and internships help communities in need, encourage cultural exchange, and provide you with skills to advance your future.

We have developed personalised project Management Plans to ensure we are meeting the needs of the community. These plans list the short and long-term goals we are aiming for and are in accordance with the United Nations Sustainable Development Goals. They allow us to structure our work and focus resources on the most important goals. They also mean that even a short-term volunteer contributes to long-term impact.

Visit www.projects-abroad.se/impact/ www.projects-abroad.no/impact/ www.projects-abroad.dk/impact/ for details.

Here are a few of the highlights that our High School Specials achieved last year:

Worked with over **4,800 children** around the world

Screened over **7,650 people** during medical outreaches

Built **3 playgrounds** and **2 multi-sensory gardens**

Painted **5 schools** and **21 classrooms**

Picked up over **2,850 pounds** of litter

Planted over **5,800 trees**

Collected eggs from over **180 turtle nests** to protect them from poachers

From the moment I arrived, I could hardly contain my excitement. As I stepped off the plane, the Projects Abroad team greeted me. Being the first to arrive out of the volunteers, I sat restlessly in awe at the fact that I travelled all the way to Fiji on my own. Despite my parents initial apprehension of the distance, all the help from my volunteer advisor in the weeks before made getting to Fiji a breeze.

Nina R, Shark Conservation in Fiji

In cooperation with:

YEAR OUT GROUP · travel aware gov.uk/travelaware · IVPA · DofE APPROVED ACTIVITY PROVIDER · ASDAN · epa EXPEDITION PROVIDERS ASSOCIATION · Quality Badge awarded by CIQ Council for Learning Outside the Classroom

If you're ready to *discover what you're capable of*, get in touch with one of our Project Experts now!

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