High School Volunteer Programmes
Cambodia / Fiji / Nepal / Philippines / Sri Lanka / Thailand

Overseas Volunteer Trips for High School Students
Projects Abroad offers a range of exciting two-week programmes for high school students in years 10 and 11. The summer projects for 2016/17 are based in Cambodia, Fiji, Nepal, Philippines, Sri Lanka and Thailand. These projects give Australian students 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.

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 Australian and overseas offices.
• Accommodation in Fiji, Philippines and Sri Lanka is with local host families with small groups of students placed in each household. The families are carefully chosen and have hosted many volunteers before. In Cambodia, Thailand and Nepal, 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 are provided in the lead-up to the project.
• 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.

2016/17 Summer Projects
December 10 - 23 & January 8 - 21

CAMBODIA | Care & Community
FIJI | Community Village Project
NEPAL | Care & Community
NEPAL | Disaster Relief
PHILIPPINES | Medicine & Healthcare
SRI LANKA | Care & Community
THAILAND | Conservation & Community
CAMBODIA: Care & Community
December 10 – 23 & January 8 - 21
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.

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

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<th>PROJECT</th>
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<tr>
<td>CAMBODIA: Care &amp; Community</td>
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SRI LANKA: Care & Community
December 10 – 23
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 be. 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.

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THAILAND: Conservation
December 10 – 23
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.

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FIJI: Care & Community Village Project
December 10 – 23
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 Fijian culture such as mat weaving, dancing and cooking. At the weekend, students explore nearby islands.

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NEPAL: Disaster Relief
December 10 – 23
Since the devastating earthquake in Nepal in April 2015, volunteers have helped with valuable reconstruction work in Kathmandu. Over 24,000 classrooms were destroyed or damaged by the earthquake and there is a need to set up alternative learning spaces for children. While focusing on building temporary schools and housing, you will work under the supervision of a civil engineer and a skilled mason. Volunteers should be prepared to work hard mixing cement, painting and digging trenches. Over the weekend, volunteers travel together to Chitwan National Park, a World Heritage Site.

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

“...

The experience was very enriching for our daughter and we would highly recommend it to young people looking to broaden their views of the world and be a part of making it a more compassionate place. As well as an insight into the Cambodian culture she was able to experience first-hand the circumstances in which many people live.

Clare P - Parent

The village has its own guesthouse.

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Projects Abroad Australia & New Zealand
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www.projects-abroad.com.au

Projects Abroad International
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PHILIPPINES: Public Health
December 10 – 23
For students planning to pursue a career in healthcare, this programme will give them an invaluable first insight into developing world medicine, health conditions and response. The programme also gives students the opportunity to learn, observe and gain a greater insight and understanding of healthcare practices in Nepal.

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 get involved in educational outreaches at a local school. Accommodation is at a guesthouse.

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PROJET FACTS
SUPERVISION: Full-time supervision from Projects Abroad staff.
WHO: Year 10 & 11 students (typically age 16 & 17).
INCLUDED: Accommodation, meals, full travel, medical and indemnity insurance, local transport, pre-departure support and advice, airport transfers, cultural activities and weekend excursion.

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