

# WHO WE ARE ———



Founded in 1998 in Thailand, we specialize in creating community-focused travel programs that emphasize social development and building strong community connections. Our travel initiatives promote cultural exchange, understanding, and learning while supporting people and areas in need.

Grown to over 40 country destinations across the globe, our grassroots operations on the ground are still very much family-run by dedicated and passionate teams. We believe in putting in more than we can get out.









### WHAT WE OFFER

### **OUR PROJECTS**

Making an impact

Our projects span a broad spectrum of vital sectors, each designed to foster meaningful engagement and drive lasting change.

From Education and Environmental Conservation to Community Construction, Medical & Healthcare Support, Animal Welfare, and Women Empowerment, our initiatives are crafted to address critical needs and create positive outcomes.

Explore our diverse array of projects that we offer to our participants.



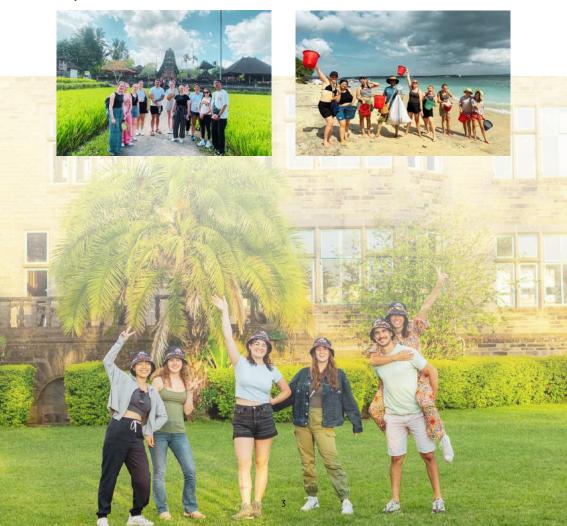


## WHAT'S INCLUDED

**Your Comprehensive Support** 

Our programs include everything that our participants need for a comfortable and successful stay, including;

- Airport Pick up
- Accommodation & Food
- Transportation
- English speaking Coordinator
- 24/7 In-country Support
- All year round start dates



## WHERE WE ARE

Having started over two decades ago, we have grown from a small organisation to offering programs across Asia, Africa, the Americas, Europe, and Oceania. Our journey has been one of relentless dedication, innovation, and a commitment to making a positive impact.

Throughout the years, our focus has remained steadfast on education, healthcare, and environmental conservation. Our programs have touched countless lives, providing opportunities for growth, health, and prosperity. Currently, we are present in over 40 countries across 5 continents.



300+ Projects



**40 Countries** 



65+ Locations

- Australia
- Brazil
- Cambodia
- Cape Verde
- China
- Colombia
- Costa Rica
- Croatia
- Cvprus
- Ethiopia

- Fiji
- Ghana
- Greece
- India
- Indonesia
- Japan
- Kenya
- Laos
- Madagascar
- Malawi

- Mauritius
- Mexico
- Mongolia
- Montenegro
- Namibia
- Nepal
- Peru
- Philippines
- Portugal
- Rwanda

- São Tomé & Príncipe
- South Africa
- South Korea
- Sri Lanka
- Tanzania
- Thailand
- Uganda
- Vanuatu
- Vietnam
- Zanzibar



### Sea Turtle Conservation & Rehabilitation



Nusa Penida

Every week (

1 week min

The Turtle Conservation project is in its early stages. Work alongside a local team and help protect the endangered sea turtles of Indonesia. Through this program, you will contribute to protecting the turtle population in Nusa Penida by working at our turtle conservation centre.



Ubud

Every week

( 1 week min

Our program is set in over 15 different kindergartens in Ubud. By working with young children, you will get a taste of the real Balinese lifestyle. Moreover, through informal teaching, we aim to plant the seeds of a lifelong learning habit and attempt to make the children enthusiastic about learning English.



Ubud



Every week



1 week min

In the beautiful setting of Pejeng, you will teach children a variety of subjects in English. The week will consist of preparing lessons with the help of the staff at a local school and teaching the students there. The subject matter and the lesson plans could follow the prescribed syllabus.

### Bali Environmental Education



Ubud

Every week

1 week min

For anyone with an interest in environmental issues, with these deep, historical and ongoing cultural ties,

this project will offer the best opportunity. Our environmental education program focuses on primary schools in Bali. Whilst education is the starting point, we encourage students to work together and do their part, emphasizing that every little effort counts.

### Bali Construction and Renovation



Ubud

Every week

( 1 week min

This project supports small village communities in and around Ubud. It aims to build and renovate buildings that are essential for the growth and development of the local community. Schools, playgrounds and public libraries are some of the places where you would make a difference to the local communities and their living conditions.

### Bali Culture Week



Ubud

Every week

1 week

Culture Week is packed full of exciting adventures, cultural excursions and interactions. It includes language lessons, visits to various temples around Bali, a walking tour of Ubud and the famous Monkey Street, local art and cooking classes, traditional dance shows and flower arranging classes.

## Bali Yoga & Meditation



Ubud

Every week

(1) 1 week

Yoga means the union of mind and body. There is more to yoga than physical exercises, learn about the different paths of yoga, do's and don'ts, postures, breathing techniques, and meditation to free you from stress, anxiety, and physical ailments. During this week, practice and learn from our experts, the healing techniques of Yoga and Meditation to have a healthy body and sound mind.



Ubud

Every week

(1) 1 week

The Bali Adventure week is the perfect way to experience the adventurous side of this beautiful little island. Go on a cycle tour, visit an active volcano, tread into spice plantations and rice fields, hike into the mountains and take part in Turtle conservation. The program will unleash the adventure in you.

### Flores Culture Week



Explore the beautiful island life in Labuan Bajo, a unique harbour city. Visit this beautiful Island town of Labuan Bajo in Flores in Indonesia. Explore the history, culture and traditions. Visit local markets. Learn the local language. Learn the cooking style of Flores. Visit a traditional village in Flores and witness the lifestyle of this beautiful island.

Every week

( 1 week min

# Flores Teaching Project



Flores

Flores



Every week



( 2 weeks min

Visit this beautiful Island town of Flores in Indonesia and teach children of various age groups to make a significant and worthwhile contribution. You will have the freedom to be creative and design your own lesson plans in a relaxed environment matching the local ways of doing things as you will be surrounded with the friendliness of the children

### Flores Adventure Week



Flores



Every week



Tread the rugged trails of Flores and explore its stunning ecosystems! Discover lakes, waterfalls, plantations, and scenic views while swimming, snorkeling, and more. Visit the unique habitat of Komodo Dragons, trek Mount Mbeliling, and enjoy fishing with locals and marine life explorations—a week full of unforgettable highlights.

### Flores Construction and Renovation



Flores



Every week

1 week min

Spend your time on a construction project and help make a positive difference in the living standards of a local community. We build and renovate buildings essential for the growth and development of local communities whose main livelihood is fishing. Schools, playgrounds and public libraries are some places where your time and effort would make a difference.

### Bali Lovina Culture Week



Lovina Every week It is an action-packed week full of exciting adventures, cultural excursions to learn about culture, and getting to know locals. You will get immersed in the local culture through language lessons, cooking classes, exploring temples, visiting rice fields, soaking yourself in Holy Water at the popular springs and much, much

morel

## Bali Lovina Yoga & Meditation



Lovina Every week 1 week Bali is identified by many travelers around the world as a unique place for reflection and contemplation. A week spent here promises to provide you with a lifetime of spiritual and physical benefits. Balinese Yoga is about feeling and appreciating the spiritual nature. A good combination of Balinese Meditation and

Yoga will make your body and mind feel more relaxed.

## Bali Lovina Teaching



Lovina

Every week (1) 1 week min

In this teaching program, in the beautiful Lovina setting, you will have the opportunity to teach children a variety of English based subjects.

The week will consist of preparing lessons and teaching children at a local school. You will also be able to teach whole classes on your own or with other participants at the local school and experience a different lifestyle.

## Bali Lovina Sports Coaching



Lovina

Every week

( ) 2 weeks min

In this program, you will have the opportunity to share your sports skills and knowledge with enthusiastic kids in Lovina in the afternoons. Share the value of sports to physical as well as mental health. Surround yourself with a bunch of enthusiastic kids who will eagerly wait for you to teach them.

### Lombok Sea Turtle Conservation



1 week min Discover the beauty of Lombok while making a difference in marine conservation. Our Sea Turtle Conservation Project offers you the chance to work

closely with our local team, protect endangered sea turtles, and increase public awareness on turtle conservation.

Every week



Lombok

Every week

( L) 1 week min

Work in local kindergartens in Lombok's surroundings by teaching the children basic English in an informal and fun way! By working with the children, you will get a real taste of the Balinese lifestyle. Through informal teaching, we aim to plant the seeds of learning as a lifelong habit in the children as well as inculcate an interest in them for learning English.

### Lombok Culture Week

Lombok



Lombok



Every week



1 week

Experience the unique culture of Lombok, and understand the local way of living! You will be able to understand the traditional culture of Lombok, take a city tour to find interesting places to hang out when you are free, learn the local language and cooking styles of the locals in Lombok and more.

### Lombok Construction and Renovation



Lombok



Every week



1 week min

This project supports small village communities in and around Lombok. We renovate buildings that are essential for the growth and development of the local community. You will work in schools, centers, playgrounds and public libraries, and support local families by improving living conditions.

### Hua Hin Culture Week



Hua Hin

Every week

1 week

Based in the seaside town of Hua Hin, our program offers the opportunity to immerse yourself in Thai culture through a variety of different cultural activities and sightseeing and free time to fully enjoy the gorgeous surroundings. Learn the culture, and explore nature while you prepare for your time in Thailand.

### Hua Hin Construction and Renovation



Hua Hin

Every week

( \) 1 week min

Your program is in Hua Hin - aims to build and renovate buildings that are essential for the growth and development of the local community.

You will work in schools, playgrounds and public places and support local families by improving living conditions. "get your hands dirty" approach where your hard work would create a positive change.

### Hua Hin Environmental Conservation



Hua Hin

Every week (1) 1 week min

Work at national parks and help the park with its day-to-day tasks and activities. Join work at a tree nursery and help with tree plantation activities. You will also get a chance to spread awareness and educate the students at a local school on environmental conservation. Help prepare the next generation to look after the planet.

## Hua Hin Teaching

Hua Hin



Give back to the local Thai community and spend time with local students as you teach English in schools in and around Hua Hin. You will help students to broaden their minds and have a cultural exchange as you teach English and assist local staff with your creative ideas.

Every week



Hua Hin

Every week

1 week min

In this program, you will prepare creative teaching lessons for children, help them with their daily activities and put them down for a nap. Alternatively, continue interacting with the children in the afternoon alongside the local teachers and staff.

## Hua Hin Sports Coaching



• Hua Hin

Every week



(以) 1 week min

( ) 1 week min

Engage in sports activities at local schools to introduce children from rural areas to new physical activities. Through team sports like soccer, volleyball, rugby, and basketball, children will develop socially, physically, and mentally, gaining valuable skills and discipline for lifelong benefits.

## Hua Hin Muay Thai Boxing

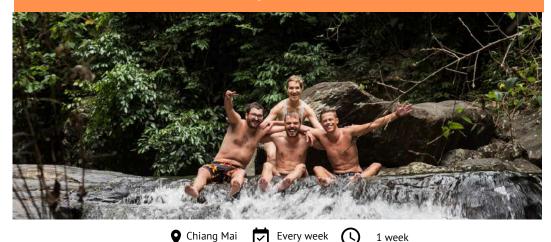


Hua Hin

Every week

1 week min

Muay Thai, or Thai Boxing, is the national sport in Thailand. It is dubbed the "art of the eight limbs," as it teaches you to combat your opponent using eight different points of contact on the body. Learn a skill for life while enjoying amazing Thailand.



From exhilarating walking tours and cycling adventures to bamboo water rafting and more, you'll experience breathtaking moments and adrenaline-pumping thrills. One of the highlights will be visiting an elephant sanctuary, where you'll have the chance to spend a full day with these magnificent creatures and much more.



Chiang Mai Every week 1 week min Join this program to work up-close with mahouts, the

ancient elephant caretakers of Asia, and get up close to the elephants as well as contribute to their well-being through various activities like bathing, trekking and assisting them at the elephant center and more!

## Chiang Mai Culture Week



Chiang Mai

Every week

1 week

This program offers the opportunity to immerse yourself in Thai (Lanna culture) through a variety of different cultural activities and sightseeing and free time to fully enjoy the gorgeous mountainous surroundings. Learn the culture, and explore nature while you prepare for your time in Thailand.

## Chiang Mai Thai Buddhism



Chiang Mai

Every week

( \ ) 1 week min

Our Thai Buddhism program offers the opportunity to immerse yourself in Thai culture through a variety of different cultural and religious activities ranging from helping monks with their daily chores to mediation practices. Join this program to learn the Buddhist culture and practices and improve your body and mind.

## Chiang Mai Teaching



Chiang Mai

Every week

(以) 1 week min

Teach children in local schools in the morning and in the afternoon you will prepare your lessons for the next day. You will help students to broaden their minds and have a cultural exchange as you teach English and assist local staff with your creative ideas, songs, games, and other fun activities.

## Chiang Mai Construction and Renovation



Chiang Mai

Every week



1 week min

Assist in the renovation of local schools, hospitals, temples, and poor housing conditions, as well as many local community areas and facilities that still require significant improvement. You will be continuing ongoing construction and renovation projects as well as participating in new projects to benefit the local community.

## Chiang Mai Kindergarten



Chiang Mai



Every week



1 week min

Experience the joy of nurturing young minds in Chiang Mai with our Child Care program. Work alongside local teachers to create a positive and engaging learning environment for children aged 2.5 to 6 years old. Your creative input will make a lasting impact on their education and development.

### Koh Samui Culture Week



This is an action-packed week full of exciting adventures and cultural excursions to learn about Thai culture! You will get to learn the basics of the Thai language, explore Koh Samui and its surrounding areas, and finally immerse yourself in Thai culture.

## Koh Samui Elephant Experience



Koh Samui

Every week

(以) 1 week min

This program offers the opportunity to work closely with these majestic animals, learning about their behavior, needs, and how to care for them responsibly. The program aims to provide a nurturing environment for the elephants, tailored to their specific needs based on age and health.



Koh Samui

Every week



1 week min

1 week

Spend time with local students as you teach in schools in and around Koh Samui. Teach youngsters in local schools in the morning and in the afternoon you will prepare your lessons for the next day. You will help students broaden their minds and have a cultural exchange as you teach and assist local staff with your creative ideas, songs, games, and other fun activities.

## Koh Samui Construction & Renovation



Koh Samui



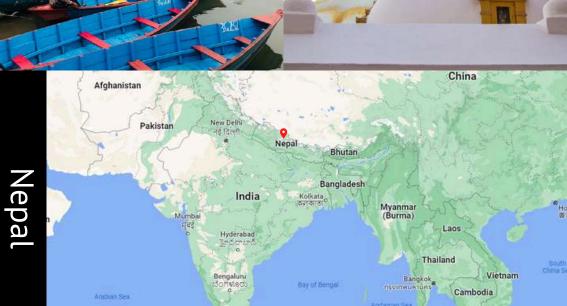
Every week



1 week min

Work alongside locals on tasks like painting, plastering, and roofing repairs, making a lasting impact on the community. This program offers a fulfilling experience, combining hands-on work with cultural immersion, all under the guidance of experienced coordinators to ensure safety and success in your efforts.







Experience and get an in-depth knowledge of the ancient traditions, culture, language, temples, and Buddhist monasteries in this Himalayan country. Our Culture Week will get you kickstarted into this amazing country located at the foothills of the mighty

Himalayas.

(J)

1 week

### Teaching at Buddhist Monasteries



Monasteries Every week ( 4 weeks min

This program is tailored for those who are interested in teaching English while at the same time learning something new themselves! You will be teaching monks of all ages at a monastery, which will give you the unique opportunity to immerse yourself in their day-to-day lifestyle and learn about Buddhism.

## Kathmandu Kindergarten



This project will have you teaching at a kindergarten particularly serving children from underprivileged communities. You can assist the teachers at the kindergartens with extracurricular activities and inspire children to achieve their full potential and broaden their perspectives through creatively structured lessons.

### Canine Rehabilitation



Kathmandu

Every week

1 week min

This is a chance to learn more about Nepal and a unique opportunity to learn about dogs, understand them, and learn how to handle and care for them. The streets of Nepal are often flooded with injured and/or starving dogs. You will help in a lot of different activities including rescuing the animals and in the process of bringing them back to health.

## Health Outreach Program



Join our efforts to help educate school children and adults on personal hygiene, health and sanitation, first aid, and impart knowledge on various important healthrelated topics. Encourage practicing a healthier lifestyle which would help them to reach their fullest potential which is also a key factor for a happy life.

Every week

### Kathmandu Construction and Renovation



Kathmandu

Every week (1) 1 week min

Join us in our efforts to construct and renovate public buildings that require to be upgraded to provide a better standard of living for the communities. Therefore, we have taken up rebuilding projects in various areas of Kathmandu to restore schools, hospitals, community centers and homes.

Kathmandu



Kathmandu





(以) 1 week min

The program will have you teaching at a school set up purposely to educate young and older women who cannot read or write. You will be assisting them with extracurricular activities and inspire them to achieve their full potential and broaden their perspectives through creatively structured lessons.

## Special Education Program



Kathmandu



Every week



1 week min

You will be working with kids of different age groups and different IQ levels. This program focuses on supporting schools with children who have special needs to provide equal opportunities for education with sufficient special attention and facilities. Your task would be to provide special education for these children and raise their knowledge and confidence.



Pokhara

Every week

1 week min

Support and assist the teachers in kindergartens where the majority of kids come from underprivileged families. You will teach the kids basic English, numbers, songs, dancing, games and various activities. Share your knowledge and encourage kids to learn better and help them to enhance their skills.

## Pokhara Education Program



Pokhara

Every week (1) 1 week min

Experience teaching at small local schools and fostering good relationships with the children as you assist with extracurricular activities and inspire them to achieve their full potential and broaden their perspectives through creatively structured lessons.



Pokhara

Every week

( 1 week min

Be a part of construction and renovation efforts in local schools in Pokhara. Join us in our efforts to construct and renovate schools in the charming city in the Himalayan mountains. Help us in making better and improved learning facilities for children. Our work includes renovating, restoring, construction tasks as well as gardening and beautification of the schools.

## Veterinary Medicine Internship



Work as an intern at a veterinary clinic in Kathmandu and gain hands-on experience in the field. Learn by observing the procedures at the clinic, get involved in the day-to-day tasks of the clinic staff, assist the veterinary doctors where required, and gather a valuable qualification for your resume.

Kathmandu

Kathmandu

Every week (1) 4 weeks min



Kathmandu

Every Week (1)4 weeks min

Work at a hospital in Kathmandu and gain work experience as an intern nurse. During the internship, you will gain practical experience and learn by observing the procedures and treatment in the hospital. This program is aimed at Nursing students who wish to kick start their career with a comprehensive experience.



Gain work experience in the medical field by shadowing doctors in hospitals in and around Kathmandu. During the internship, you will gain valuable experience and learn by observing the procedures of the in-house doctors. The internship can take place in either government, private or community hospitals in and around Kathmandu.

Every week



• Kathmandu Every week

3 weeks min

During the internship, you will gain valuable experience and learn by observing and taking part in therapeutic sessions and procedures under the quidance of expert doctors. This program is aimed at medical students or those with an educational background and qualification in any field of therapy and rehabilitation

4 weeks min

### Poon Hill Trek

Poon Hill



Poon Hill Trek is a wonderful opportunity to witness the beauty of the Annapurna region with a shorter trek. The trip starts from north of the city of Pokhara and winds through the Poon Hill area and passes through the mid-hill region of the Himalayas. You will explore Annapurna's most visited trail, and encounter different varied cultural regions in front of the Himalayas.

Every week

**(**\)

1 week

### **Everest Base Camp Trek**



Everest

Every Month (

Adventure Week

Set your foot at the base of Everest! This action-packed

program will get your hiking shoes dirty through rough treks and immersion into Nepalese culture. The trek goes through Namche and Tengboche, Dingboche and Lobuche then heads towards Mt. Everest Base Camp.

## Annapurna Base Camp Trek



Various

Every Month



4 weeks

You will get an insight into the best Nepal has to offer through a week of immersing and learning, two weeks of trekking and a week of community service! The Annapurna Base Camp Trek starts from trailhead Nayapul, crosses river beds and terraced hillsides, on trails disappearing into blazing rhododendron clusters and oak forests, and to picturesque villages of the Gurungs!

Various

Every week

1 week

Hike the foothills of the Himalayas, explore the jungle, camp under star-covered skies and go white water rafting. All in one week! This program will not give you time to rest at all, but in exchange, you'll get to experience the best this mountain-lined country has to offer!

Galle

Laccadive Sea

### Sri Lanka Culture Week

Kandv



Travel around this amazing country to experience and get introduced to in-depth knowledge of the ancient traditions, culture, language, temples, and Buddhist Monasteries. Witness an ancient dance concert, taste amazing food, experience yoga, and much more!

Every week (1) 1 week

### Sea Turtle Conservation



Ambalangoda

Every week ( 1 week min

Our program focuses on the rehabilitation of wounded sea turtles by humans, garbage or trash. Sea turtles are found hurt on the beaches in Sri Lanka who are not able to survive on their own in the ocean. Our project rescues these turtles and takes them to the care of our centre under special supervision.



Kandy

Every week

1 week min

This program offers teaching at kindergarten schools, and special needs schools, teaching and tutoring village kids, and adults. This is your opportunity to join hands with us to ensure no one is left behind and has access to education in formal as well as informal means

## Kandy Renovation & Restoration



0

Kandv

Every week

( **L)**1 week min

This project will give you the opportunity to participate in efforts to bring temples, schools, and community centers in the city of Kandy back to their previous glory and get your creativity flowing to capture the imagination of the local communities.

Kandy



You will work at a Sri Lankan Hospital, and learn the medical system, medical techniques and procedures by observing alongside vastly experienced and knowledgeable hospital staff in one of the biggest hospitals in Kandy.

Every week



Kandy

Every week ( 1 week min

Contribute your time and effort to enhance the quality of life for local communities in Sri Lanka. You will provide care for children and impart fundamental

values and education. Additionally, you will dedicate time to engage with differently-abled individuals, making a positive impact on their lives.







1 week min

You will be working as a teacher for village kids and monks to help them improve their English language skills. Most of the students in rural areas in Sri Lanka do not have access to proper knowledge of the English language. Therefore, your main role would be to teach them English using fascinating teaching techniques to gain their attention.







Take part in renovating to bring back the glory of ancient temples, paintings and relics.

This project will allow you to participate in efforts to bring temples in the village of Hanguranketha back to their previous glory. You will work at ancient temples, and schools and help the renovation and restoration work taking place.

## **Elephant Experience**



Mawanella

Every week

1 week

This program is designed for proactive individuals and groups. That is prepared to adapt to the local environment and current needs. The program enables you to spend time engaging yourself with domesticated working elephants and their handlers in their day-to-day activities.

## Trekking Week



Kandy

 $\Box$ 

Every week (

1 week

Take time off for a week to experience the flora and fauna, take in amazing sights and surroundings from hilltops, taste local cuisine, kayak along the rivers surrounded by the greenery, and immerse yourself in this island culture and the tranquil nature and its beauty.



• Ambalangoda Every week (1) 1 week min

Spend your time joining a kindergarten teaching program in this beautiful beach location in Sri Lanka. You will have the opportunity to work at local kindergarten schools in Ambalangoda in the mornings, and spend your evenings on the beach or exploring the southern coast of Sri Lanka.



Kandy

Every week



4 weeks min

Boost your career while working as an intern nurse in a government hospital and network with nursing interns with local as well as international backgrounds.



Kandy

Every week ( 4 weeks min

You will have the opportunity to work at a hospital while earning your internship, you will have a valuable opportunity to share knowledge, network with professionals, and earn a recognized qualification to enrich your resume.

# Ella Education Project



Ella

Every week ( 2 weeks min



Contribute your time and effort in teaching children basic English, and early childhood education and also to assist in pre-schools with school activities. Join this Teaching project and also get an unforgettable experience while exploring the natural beauty of Ella

## Hikkaduwa Teaching

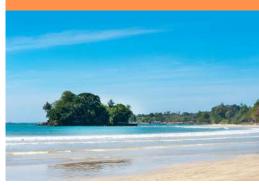


Join a kindergarten teaching program in the beautiful beach town of Hikkaduwa. You'll spend your mornings helping at local schools and your evenings relaxing on the beach or exploring the southern coast. Enjoy the culture, the scenery, and the chance to make a difference in young lives while experiencing the best

of Sri Lanka.

Hikkaduwa Every week (1) 1 week min

# Hikkaduwa Beach Week



Hikkaduwa

Every week (1) 1 week

Discover the highlights of Sri Lanka's southern coast during this week-long adventure. You'll visit top attractions, while also enjoying time to relax, immerse yourself in the local culture, and experience the natural beauty and vibrant coastal lifestyle of this stunning region.

## Hikkaduwa Diving Course



Hikkaduwa





Start your diving journey in Hikkaduwa, one of the top diving spots. Our course is perfect for beginners, quiding you through the basics and getting you ready to explore the vibrant underwater world of Sri Lanka's southern coast. Discover colorful coral reefs and marine life in clear, blue waters—an experience you'll never forget.

## Hikkaduwa Body and Mind



Hikkaduwa

Every week ( 1 week

Join us for a one-week program designed to refresh your body and mind. You'll enjoy meditation and yoga sessions, and Ayurvedic massages. In addition to the wellness activities, you'll have time to relax on the beach and explore local markets, and attractions. This program offers the perfect blend of relaxation and rejuvenation in a serene and beautiful setting.



Vietnam





# Foodshop



Ho Chi Minh

Every week ( 1 week min

The Food Shop program is NGO-run, partnering with local people to provide heavily subsidized, low-cost meals. Its success relies on donations, local assistance and our participants, whose efforts prepare and serve daily. Anyone and everyone who needs support is more than welcome to come in and enjoy these nutritious meals.



Ho Chi Minh

Every week (1) 1 week min

Make a lasting impact on young lives in our Child Care program. Help teach basic English, play games, and assist with daily activities at a local kindergarten. Your energy and creativity will enhance the learning experience for children aged 3-6, contributing to their growth and development.

## Medical Placement



Get your scrubs on for this rare opportunity to shadow local medical professionals and gain insight into the Vietnamese healthcare system. This program is based in a government-operated hospital, serving the community of Ho Chi Minh. Observation, recording, and analyzing will be a key part of this project.



 Ho Chi Minh Every week (1) 1 week min

Native and advanced-level speakers can help our students improve vocabulary, spelling, and pronunciation and fine-tune their overall knowledge of English. You will assist your peers - mostly hospitality and tourism students, 16-25 years old, in a mutually beneficial, two-way learning process and cultural exchange.

### Vietnam Culture Week



Ho Chi Minh

Every week

1 week

Participants can explore historic sites like the War Museum and Cu Chi Tunnels, immerse in Vietnamese customs and cuisine, and discover the country's profound cultural heritage during an enriching weeklong program.



Ho Chi Minh

 $\Box$ 

Every week ( ) 1 week min

Our kickboxing/MMA/Muay Thai training program is designed to focus on improving physical fitness, stamina, combat skills, and reflexes. By participating in this program, you will enhance your overall health, flexibility, and fighting capabilities. The program is conducted in a structured manner to provide a wellrounded training experience.

## La Gi Teaching



La Gi

Every week ( 1 week min

Work with students of different ages mostly from 6 to 18 years old, who will be happy to meet and learn from you! You will help students improve vocabulary, pronunciation, and sentence-building structure, as they practice with the use of basic, yet fun conversations.



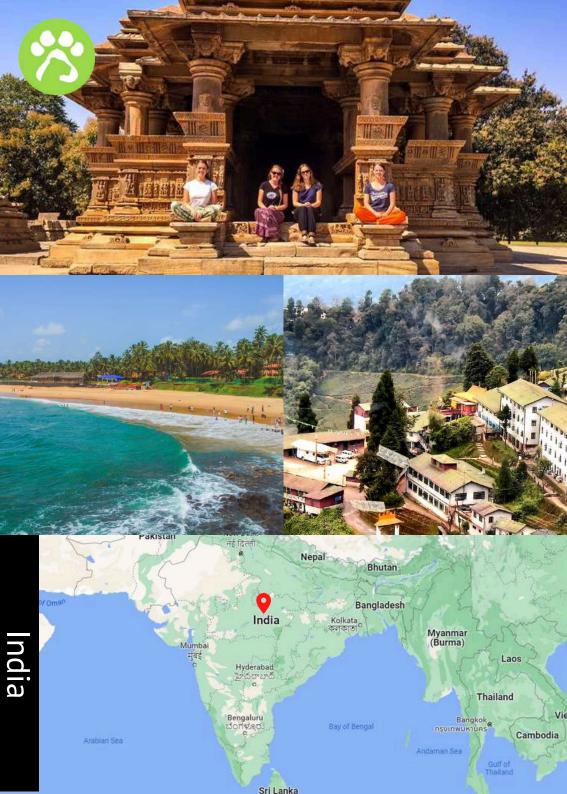
O Ho Chi Minh Every week 4 weeks min Teach English! Native and advanced-level speakers will help students improve vocabulary, spelling, and pronunciation and fine-tune their overall knowledge of English. You will assist your peers - mostly Hospitality and tourism students, 14-25 years old, in a mutually beneficial, two-way learning process and cultural exchange.

# Hospitality and Tourism Internship



• Ho Chi Minh Every week 4 weeks min

Engage with top hotels and tourism agencies, gaining valuable insights into customer service and event management. Surrounded by Ho Chi Minh's rich history and modern dynamism, this program offers a unique chance to refine skills, forge connections, and create lasting memories in a city renowned for its warm hospitality and thriving tourism sector.





Goa

Every week (1) 1 week min

Participate in our endeavor to empower the local women through education and life skills, assist in helping at a disability care home, and provide social support to elderly people at home for the aged. Join us in this program to inspire the less privileged and help the community to build on their own.

## Goa Kindergarten and Teaching



Goa

Every week

( V) 1 week min

You will have the opportunity to teach various educational subjects to migrant slum children from underprivileged backgrounds. You will teach the children, teach hygiene and sanitation knowledge and help in organizing educational workshops on various need-based aspects such as sports, arts, health awareness, environment, etc.

### Goa Culture Week



Goa

Every week



1 week

Experience the beauty and culture of Goa, get to know the people, explore its natural treasures, relax on its pristine beaches, visit local markets, historic forts and churches and learn about Goan history and heritage. Learn to cook an Indian meal and take home with you an unforgettable experience.

### Goa Construction and Renovation



Goa

Every week

1 week min

The renovation, beautification, and construction project takes place at a site that is carefully chosen by us where infrastructure development assistance is needed. While assisting the community through this project, you will gain valuable experiences by joining hands with the local communities.



This action-packed week in the Royal city of Udaipur in the state of Rajasthan will be filled with language lessons, markets and sightseeing! Through these activities, you will begin to get acquainted with this country and its culture, an important step into making your experience more enriching.

Every week

Rajasthan



Rajasthan

Every week



1 week min

Take part in teaching and imparting early childhood education to young kindergarten and school children willing to learn from you. Support their education and assist the teachers in improving the skills and knowledge of children.



Rajasthan



Every week



1 week

During this program, sport is utilized to create opportunities for children to develop physically, mentally, socially and academically. With team sports such as soccer, volleyball, cricket, hockey, athletics and gymnastics, the children will gain valuable teambuilding skills and a sense of discipline that will be of great assistance throughout their lives.



Rajasthan



Every week



( L) 1 week min

The project aims at supporting local schools allocated to the underprivileged society and in the community where construction assistance is needed. You will gain valuable experiences as well as cultural exchanges with the local people while joining this program.

# Darjeeling Culture Week



Darjeeling

Every week (

1 week

Explore Darjeeling's natural wonders, unwind on its pristine beaches, get to know the locals, experience the city's beauty and culture, and discover the city's past by going to local markets, old forts, and churches. Take home an unforgettable experience by learning to prepare Indian food.

# Darjeeling Teaching at Buddhist



Darjeeling

Every week ( 4 weeks min

Teach English and help improve the language skills and communication skills of monks in a Buddhist monastery. Experience the simple way of life practiced by the monks and get a unique opportunity to immerse in their day-to-day lifestyle and learn about Buddhism.

# Darjeeling Education Project



Darjeeling

Every week (1) 1 week min

Spend time to share your knowledge and skills to education in Darjeeling. Join the Education program in Darjeeling and make a difference. Assist teaching at small local village schools where you can foster good relationships with the children as you assist with extracurricular activities and inspire them to achieve their full potential.

# Darjeeling Canine Rehabilitation



Darjeeling

Every week (1) 1 week min

Through this program, you will be able to gain a basic understanding of how the animal shelter operates. Participants can help feed, care for, and nourish the animals, as the program also calls for community engagement through educational forums and veterinary clinics in Darjeeling's rural and urban villages.

# Siem Reap Culture Week



Siem Reap

Every week

1 week

Explore the lively Siem Reap, a backpacker's hotspot in the North of Cambodia with lots to do, a world-famous temple close by and a vibrant nightlife. This is your chance to experience Cambodia from a local perspective, while you see and feel how most of the population.



Samraong

Every week

( 1 week min

The Greenway School teaches English to children from poorer backgrounds. Our local teachers will help you with preparing lessons and taking charge of your class, following our structured curriculum and monthly testing cycles. You might teach alone or alongside other internationals, like yourself, as a team.



Samraong

Every week

1 week min

The main construction site for this project is located in a local school which is allocated to the poor, however, you can also expect to help elsewhere, in areas where construction assistance is needed. You can gain valuable experience, as well as have a great cultural exchange with the local Cambodian people!



**♀** Samraong

Every week

1 week min

Be part of an Agri-Tech learning center, engaging with locals about the importance of sustainable alternative technologies and farming practices. The goal of this program is to allow young people of rural communities to reverse the general trend in agriculture and show them that a rural economy can thrive and help them provide for their families.



Aborlan



This program offers the opportunity to work alongside the local villagers of Palawan in their authentic professions: fishing and agriculture. You will assist the local villagers by joining them in their fishing practices and by working in the fields/plantations, giving you an insight into the livelihood of the people of Palawan and their culture.

Every week (1) 1 week min

# Palawan Culture Week



Aborlan

Every week (

1 week

Our culture week is tailored to introduce you to (just some!) of the best things the island of Palawan has to offer. This week will get you learning the basics of the language, cooking at a class, tasting authentic food, visiting the most famous sites and discovering areas where tourists don't often go to!

# Palawan Kindergarten



Aborlan

Every week (1) 1 week min

Working alongside the local people on Palawan Island, in the caretaking of children at a kindergarten is a unique experience! You will get the chance to teach English to kids and care for them, but you will also enrich your perspective by working alongside the Philippine people on one of the most beautiful islands in the world!

# Palawan Teaching



Aborlan

Every week (1) 1 week min

This program will provide you with an insight into the Philippine educational system and specifically that of Palawan. You will be teaching English to children within all age groups at either a primary school, secondary school, or high school in a fun and practical way and give something back to this beautiful island community!

## Palawan Environmental Conservation



Aborlan

Every week (1) 1 week min

Spend your time conserving Palawan's mangrove plantations, a vital habitat for its marine life. This unique ecosystem area serves as a coastal barrier, slowing storm surge, and reducing beach erosion. Other eco-efforts include planting mahogany and moringa tree seeds for the local village.

# Palawan Construction & Renovation



Aborlan

Every week (1) 1 week min

In Palawan, there is a high demand for assistance in construction and renovation work. Many people on this Island don't have the funds to renovate their houses or upgrade communal places such as schools, healthcare facilities and community centres. This program is sure to bring you closer to the kind and friendly people of Palawan.



El Nido





Every week ( 1 week min

In this program, you will prepare creative teaching lessons, assist with daily activities, and engage in nurturing tasks like putting children down for a nap. From organizing classes and developing learning materials to playing games and engaging in practical activities, you'll quide children in feeding, hand washing, combing hair, and more. Join us for a fulfilling and impactful journey.

# Palawan Healtcare Education



Aborlan





Every week (1) 1 week min

Participants with a medical background who would like to gain more experience in rural healthcare practices will have the chance to exchange medical knowledge with local doctors and nurses. Each day is a new challenge to provide healthcare to the local people with very basic equipment and supplies.

# El Nido Experience

El Nido



Unwind and relax in a beautiful location and explore the beauty of El Nido, Palawan and get to know the Philippine culture and people. This program will get you diving, snorkeling, kayaking, enjoying a massage and spending hours relaxing under the sun and enjoying the white sandy beach around you!

Every week (

1 week

# El Nido Culture Week



El Nido

Every week (

1 week

Dive into the small town of El Nido which is surrounded by crystal-clear waters, stunning lagoons, white sand beaches, rocky islet, towering limestone cliff and grass like waters coupled with various marine species or rainforest. Moreover, El Nido, Palawan has a very rich diversity due to its vast numbers of culture groups and handicrafts.

# EL Nido Construction and Renovation



El Nido

Every week ( 1 week min

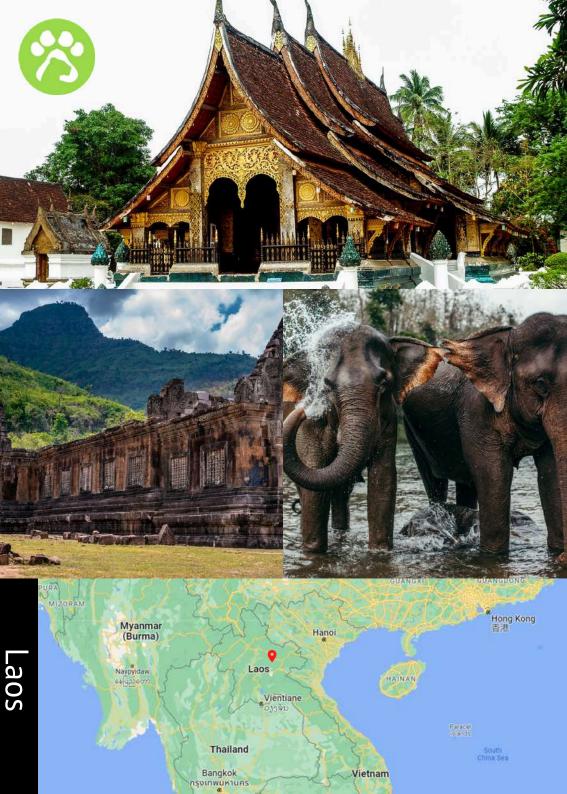
The primary focus and concern of this project vary from assisting the development, construction and renovation of communal infrastructures and institutions such as schools, healthcare centers, tribal halls, community centers, multi-purpose centers and many more.



El Nido

Every week ( 1 week min

The teaching program is organized as a formal English class which allows the participants to design and arrange simultaneous and various learning activities. You will not only teach and impart knowledge but inspire and motivate students/learners for life and take important steps in life.





A program designed for those who don't mind getting a bit sweaty and their hands dirty! You'll spend your time working in construction and renovation wherever it's needed at the time. The village we work in remains extremely rural, so there is always a lot of work to be done!

# Teaching English



• Luang Prabang Every week ( 1 week min

Teach English to these bright-eyed children in an informal way through engaging activities and games... feel free to get creative! Aside from teaching your students a new language that can impact their future, you will also get to interact with the kids, who might end up teaching you something back!

# Laos Culture Week



• Luang Prabang Every week 1 week

Get a taste of the real Laos with culture lessons, city tours, waterfall exploration, and more! Bond with other participants from around the world, immerse yourself in Laos' culture and beauty, and enjoy its delectable food, friendly people, unique traditions, and more!



• Luang Prabang Every week ( 1 week

Explore Laos in a fun-packed week where we take you to some of the must-visit places and experiences in Laos. This week includes a slow boat cruise and two days of Trekking and visiting a hill tribe village and exploring Rice farming Living land and Mekong River Sunset Boat cruising and more. Enjoy the adventure of a lifetime in Laos with us

# Seoul Culture Week



Come and get a taste of Korea, the trendiest country in Asia. Experience the fast-paced, modern city of Seoul firsthand. Discover Korea and its culture, beyond K-pop and K-movies, get a taste of real Korean food, take a walk in the royal palace, and chill out at the pubs in the coolest town in Seoul.

# Rescued Animal Care



Seoul

Every week

1 week min

Come to Korea and rescue the animals not being treated fairly or in danger for whatever reasons. The Animal Care Program works with various local animal shelters around Korea to help stray animals like cats and dogs, to be cleaned, fed, and generally taken care



Seoul

Every week



1 week min

Come and join the Soup Kitchen volunteer program in Korea and help serve food to hundreds and thousands of people struggling to make it through everyday life. You will be part of the movement to eliminate hunger and share free meals with people in need. The soup kitchen typically feeds 800 to 1,000 people every day.

# **Ecological Park Rehabilitation**



Seoul

Every week (1) 1 week min

The program operates in a park that is not meant to be used actively, people are asked to maintain a certain distance from nature to preserve the natural habitats and the general environment.

You will plant trees, monitor the wetland environment, build environmentally friendly fences, and pathways for animals, build bird nests, feed wild animals etc.



# Hospitality & Tourism Internship



Nagano

Specific weeks

1 week min

Help out in a local restaurant, campsite or hotel and organizing empty houses and support a local initiative to develop more sustainable tourism.

Otaki village, about 6 hours from Tokyo, offers an idyllic setting and an abundance of nature. Work with the locals to service Japanese quests, learn about tasks and routines in tourism and lend a hand to a group of locals who try to grow Otaki into a place for learning about sustainability and self- sufficiency.



O Nagano

Specific weeks

1 week min

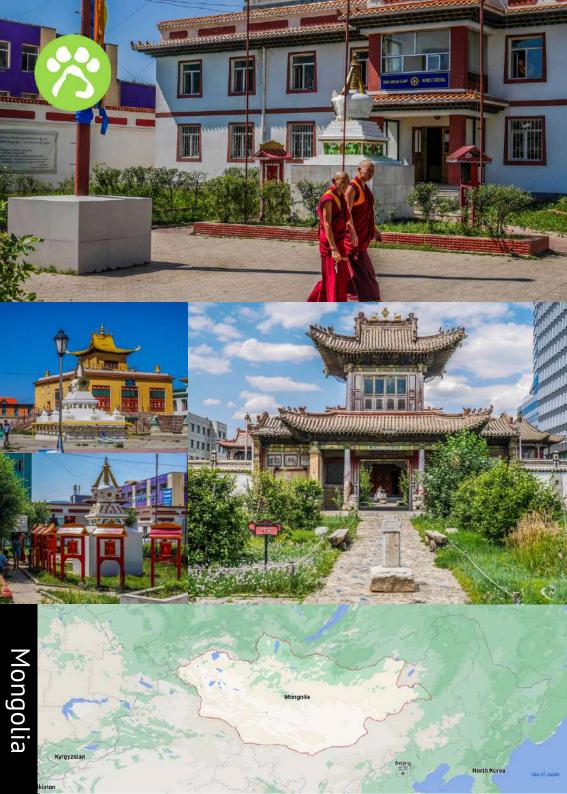
Work side by side with local farmers and learn from them how to plant and harvest crops, protect them from animals and preserve them for wintertime. Give the locals company and a chance to share their culture and experience and support them in their farming tasks



Nagano 🔽

Specific weeks

Organizing conversational afternoons would be an excellent approach to help the locals interact with foreigners, which is more than just practicing a language. This initiative can also provide you with the opportunity to learn about their lifestyle and culture.



# Restoration & Renovation

• Ulaanbaatar Specific weeks ( 2 weeks min

Take part in this noble way of helping to develop the local infrastructure for village communities. You will travel to remote locations and help set up basic infrastructure facilities in the villages and smaller towns

# Healthcare Education



Ulaanbaatar Specific weeks () 2 weeks min

Take part in a project designed to provide healthcare awareness and education at various schools. Get involved in teaching children and the local village communities good hygiene and food habits, the importance of keeping their surroundings clean, and also in providing basic health check-up.



Ulaanbaatar

Specific weeks (1) 2 weeks min

Contribute your sporting skills to young energetic children and train them to bring out their best such that they can develop their physical fitness, learn the sport and compete healthily.



O Ulaanbaatar Specific weeks (L) 2 weeks min

You will have the opportunity to teach children a variety of English-based subjects.

You will prepare lessons and teach children at a local school. You will also be able to teach a whole class on your own or with other participants at the local school and experience a different lifestyle.



# Guangxi Culture Week



This is an immersive cultural experience designed to introduce participants to the rich traditions and heritage of Guangxi, China. Throughout the week, you'll explore the region's unique customs, art, music, and cuisine. This program offers a deep dive into the vibrant culture of Guanaxi.



• Guangxi Specific Start Dates 1 week min

Immerse yourself in China's vibrant communities as a teacher. With English now a core subject nationwide, schools are eager for dedicated educators like you! You will mainly be teaching conversational English to children from 6 to 18 years old.

# Hainan Culture Week



Hainan Specific Start Dates (1) 1 week

This Week offers a unique opportunity to explore the vibrant culture of Hainan, China's southernmost province. During this program, participants will engage in activities that showcase the island's rich heritage, including traditional dance, music, and culinary experiences. You'll also visit local villages, historical sites, and natural landscapes, gaining a deep appreciation for the customs and traditions that make Hainan unique.



Hainan

Specific Start Dates (1) 1 week min

If you love teaching and being with children, experiencing China as a community teacher is something you will enjoy. You will mainly be teaching conversational English to children from 6 to 18 years old. This role is perfect for those who can speak

English fluently and for those who can also contribute their knowledge of life outside of China















Every week (



1 week min

Our education project is located in Tarrafal which is a small town in the northwest of Cape Verde, along with a Cobalt Blue Sea and lovely beaches. You will be teaching conversational English and other related subjects depending on the necessity of the children in this town.

Tarrafal



Every week (



1 week

Throughout the week, you will get to learn the basics of the Cape Verdean Creole language, explore Tarrafal and its surrounding areas and finally immerse in the Cape Verdean culture by receiving a real exposure to the communities and the local areas.



Tarrafal





Every week (L) 2 weeks min

Your participation in this program will have a longterm impact on the marine ecosystem with hands-on work with wild nesting sea turtles. You will get the chance to travel to an exotic destination, work on beaches famous for its splendid scenery and at the same time gain fieldwork experience in sea turtle conservation



Tarrafal

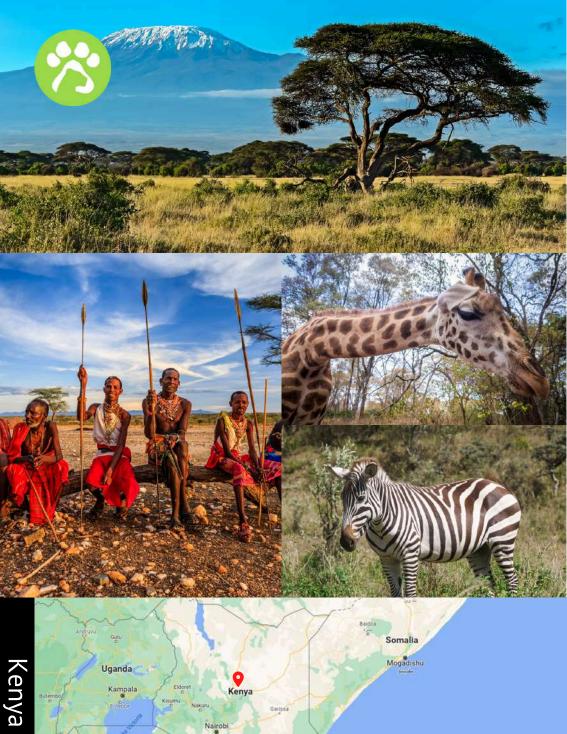


Every week (



1 week

Witness the green landscape of Cape Verde, meet its people and learn their culture, trek through green mountains and valleys, and cycle along the streets. This adventure is for hiking lovers who yearn for an experience off the beaten path on this beautiful island in the mid-Atlantic Ocean.







Nakuru

Every week

(以) 1 week min

Get involved in area reforestation efforts, teaching classes on environmental conservation, tree planting and more! This program is part of an effort to preserve the natural environment for the benefit of animals, and community, while offering important environmental awareness to the community in Kenya.



Nakuru

Every week ( 1 week min

Our healthcare Program is aimed at participants with a medical background. You will participate in a variety of tasks at a local medical center or hospital, assisting those with limited access to affordable and highquality healthcare. This program will allow you to shadow professionals and gain valuable insights into the healthcare system.



Nakuru





Every week () 1 week min

Participate in this program to contribute to educating students. Being immersed in the school, community, and culture empowers students who may not have otherwise encountered a global perspective, allowing them to broaden the horizons of their peers who may not have had access to such international experiences.



Nakuru





Every week (1) 1 week min

Join a local initiative with reforestation efforts to share your energy to get the word out in the community about the positive change that is possible and much needed to ensure a better tomorrow. Climate change will affect everyone globally, so the efforts put in here advance the cause for now and the future.



Accra

Every week (1) 1 week min

Assist with training sessions, organize matches with other clubs, and work in tandem with other participants. From enthusiastic beginner to licensed coach, whatever your background or level of sports coaching knowledge, we have a placement for you!



Accra



Every week ( 1 week min

You will be able to participate in a variety of activities with children, such as playtime, storytime, and assisting with basic care needs. Due to unfortunate circumstances, an increasing number of children and minors are being left to fend for themselves in many parts of the country.



Accra

Every week

1 week min

Our projects are dictated by community needs. As a result, you may be renovating a school, building a home, or constructing a community centre. No matter which phase of a project you join, be assured that your contribution will be lasting and greatly appreciated. No experience is necessary, as you will be working alongside locals with lots of experience using local materials.



Accra

Every week (

2 weeks min

Gain valuable insight related to medical care work in Ghana. Clinics, where we have placements, are also run by community outreach programs, where teams of medical staff may go into poorer communities to visit patients and families. During your stay, you will get the opportunity to shadow and assist medical staff in any of the clinics in these areas.





Tanzania



Monduli

Every week

1 week

This week will take you around to important locations related to Tanzania's culture and history. The week will feature orientation classes and visits to a Maasai Village and other places of interest, all of which will help you integrate into the local culture and give you everything you need to settle into this developing part of the world!

# Maasai Tribal Immersion



Every week

1 week

This program provides insight into the unique culture of the Maasai Tribe and the impact that is felt when the education of girls is not prioritized. The primary focus is on the development of basic skills and financial literacy of the local women, who are learning how they can earn funds to support themselves and educate their children.



Moita

Every week (1) 1 week min

This program provides insight into the Maasai Tribe's distinct culture and the consequences of not prioritizing girls' education. The primary focus is on the development of basic skills and financial literacy among the local women, who are learning how they can earn funds to support themselves and educate their children.

# Arusha Environmental Conservation



Monduli

Every week

1 week min

Get involved in area reforestation efforts, teaching classes on environmental conservation, tree planting and more! This program is part of an effort to preserve the natural environment for the benefit of animals, and the community while offering important environmental awareness to the community in Monduli



Monduli

Every week

( \ ) 1 week min

Assist teachers in local schools in the district of Monduli and help students broaden their minds. It will also be a fulfilling experience for you! Friendly school teachers will provide guidance based on their curriculum as you create lesson plans. Use informal group activities involving games and toys, all to improve the English of local children.



Monduli



Every week



1 week min

This is an excellent opportunity for medical professionals and prospective medical/nursing students to expand their knowledge of healthcare provision in Tanzania. Depending on your qualifications, you may also be able to provide medical assistance to members of the community who have limited access to resources



Monduli



Every week



1 week min

This project supports schools in and around Monduli by restoring and renovating their infrastructure in order to create better learning conditions for the students. We also help the schools by providing learning facilities where and when needed.



Monduli



Every week



(以) 1 week min

During this program, you will coach children between the ages of 7-12 years to help them develop their social, physical and mental skills through sports and play. The children will learn team-building skills, fresh and brand-new sports skills and a sense of discipline, that will assist them in developing sports skills.



O Dar Es Salaam Every week (1) 1 week min

Teach English and help Tanzanian children at a government owned primary school with your advanced English Communication skills and other sets of skills in a two - way teaching - learning process that will allow for greater cultural exchange!



• Dar Es Salaam Every week • 1 week min

Help us work towards a better future for Tanzanian women by participating in this meaningful project. You will have the opportunity to work with underprivileged village women in Dar es Salaam, and provide them with a variety of activities and training sessions in batik and handicraft making that will help them for a brighter future.



• Dar Es Salaam Every week 1 week min



Join us in renovating schools, community centers, and mosques, and assisting in the construction of new homes. Engage with the local community and make a meaningful impact. This is your chance to get involved, make a difference, and experience the beauty of this city located on the stunning Indian Ocean. Pack your bags and be part of the positive change in this incredible community.



• Dar Es Salaam Every week 1 week min

You will have a wonderful time teaching the kids in Madale, Dar es Salaam about music appreciation, arts, and playing various instruments. Inspire the young talents to discover their potential as future musicians and artists, and help them develop a deep love for music and arts.





Be part of a sea turtle conservation project that is working towards helping sea turtles grow up in a safe environment where every year the endangered species are released into the ocean. This is where you can contribute to this project through a wide range of activities such as checking the water quality, maintenance of juvenile nets and much more!

Makunduch Every week (1) 1 week min



Stone town Every week

2 weeks min

This is a great opportunity for medical professionals and some prospective medical/nursing students to hone their medical knowledge about healthcare provision. Depending on your qualifications, you may also provide medical assistance to people from the community with limited access to healthcare resources.



Stone town



Every week



1 week min

Enjoy the opportunity to assist local teachers and students in one of the most breathtaking locations on the planet! Zanzibar is much more than spices and beaches. It is an amazing blend of cultures and traditions, and the young people of this archipelago have a lot to learn from you as well as a lot to offer!



Stone town



Every week



1 week

Get lost in the fascinating maze-like layout of Stone Town, see the turtles of Prison Island, and learn about Zanzibar's history and culture. This is an exploration opportunity that will provide you with both insight and appreciation for Zanzibar, an island known and loved for its spices and unique atmosphere.

# Zanzibar Childcare Placement



In this program, you will be assisting teachers and staff at local primary schools and kindergartens in Zanzibar. Besides sharing your knowledge of basic English, numbers, colours, etc., you will also help out with caretaking in the classroom and creating educational activities for the children such as drawing, singing, and more

Stone Town Every week



Stone town

Every week (1) 1 week min

This project supports schools in and around Stone Town in Zanzibar by restoring and renovating their infrastructure to create better learning conditions for the students. We also help the schools by providing learning facilities where and when needed.



1 week min

Stone town Every week \(\mathbb{\lambda}\) 1 week min

Get involved and dedicate your time to helping the historical town of Stonetown in Tanzania to bring back to its original beauty and build a whole new world for future generations. Other Eco-efforts include community centers and coastal clean-ups, planting trees and seeds, school gardening, and environmental conservation awareness campaigns.



Stone Town Every week (

1 week min

Assist in the healthcare of the residents of one of Tanzania's most beautiful towns. Work while learning about a new culture and world! Under this program, you will be able to contribute to the development of healthcare in Stone Town, Zanzibar, by working as a professional or by teaching basic first aid and personal hygiene methods to locals, and children.



Stone Town Every week 1 week min

Dedicate your time to making a difference in the lives of the island children of Stonetown through play and sports! Share your love for sports and enjoy every minute of your time while spending it with the kids, the community and other participants.



Land an internship in a foreign setting and build a global network of medical professionals that will undoubtedly have a significant impact on your new nursing career while enjoying and exploring the rich culture and scenic views of one of Tanzania's most visited attractions, the sleeping giant town of Stone Town.



Madagascar Zambia Malawi Lusaka Mozambique Zimbabwe Botswana



Mauritius Réunion

British Indian Ocean Territory

Nosy be

Every week

1 week

You will dive into the local culture and learn the Malagasy language. Discover the charm of the city, visit colorful markets, explore the city, and taste exotic and cosmopolitan cuisines. Walk around the foot of Mont Passot and hike to its peak, tour Hell - Ville and much more.

Nosy be

Every week (1) 1 week min

You will be teaching and supporting the teaching staff at a state-managed school. You can also assist with extracurricular activities and inspire them to achieve their full potential and broaden their perspectives through creatively structured lessons.



Nosy be

Every week



1 week min

The lemur experience and conservation project aims to educate the public about the importance of protecting lemurs and their habitat, especially the Nosy-Be lemur population. Participants who are interested in ecological research and conservation work should take advantage of this project.



Nosy be

Every week (

1 week min

Work alongside our experienced conservation team, learning new skills, experiencing new cultures, and making a real difference to the environment and the lives of local communities. This is an opportunity to travel off the beaten path, immerse your-self in a new way of life, and make memories that will last a lifetime.







Cape Town

Every week ( 1 week min

Assist the teachers in the classroom with various tasks and activities while helping the early childhood development of the children. Your care and attention would play a major role in the classroom in terms of teaching and interacting with the children.



• Cape Town

Every week

1 week min

Be around children from various backgrounds and help them to achieve their full potential in the academic area of their lives. Encourage education in the class by creating innovative learning experiences while assisting the teachers in the day-to-day tasks and responsibilities.

# Child Care



Cape Town

Every week

1 week min

Help the local team to look after the children at the daycare centre, and spend time with women with difficult backgrounds. Create a friendly and respectful environment for them to make their lives better. Encourage the children to improve their skills and knowledge while helping them with their homework.

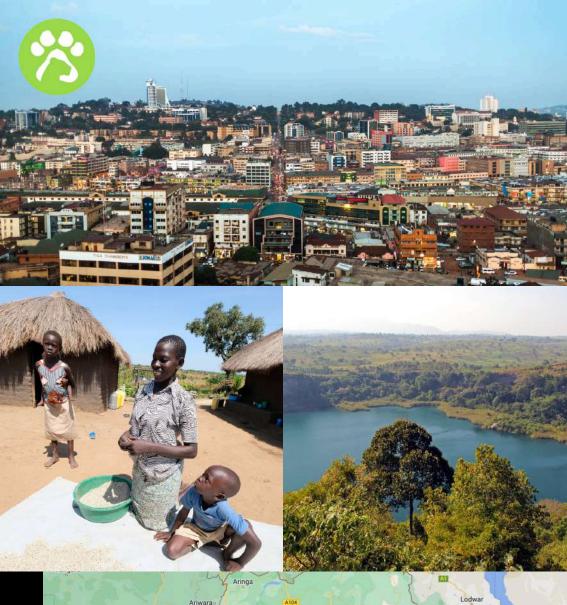


• Cape Town

Every week

2 weeks min

Work closely with a local organization that rehabilitates captive-born and bred Cheetahs and releases them back into the wild. Get an incredible opportunity to learn about this amazing species while supporting their survival on the face of the planet.







Kajjansi

Every week ( 1 week min

Assist local teachers of kindergarten and early primary school-aged children with basic English and other fun activities! Use songs, games, activities and other creative methods to engage local children in learning as they improve their English skills, academic performance and expand their worldview.

#### Construction & Renovation



Kajjansi

Every week (1) 1 week min

Support the sustainable development of schools, churches, health care centers, and more in a small Ugandan village through construction and renovation work! In this program, you will be working in a village that receives minimal support from the government to

maintain its infrastructure.



Kajjansi

Every week (

1 week

This program offers deep insight into another culture's languages, food, beliefs, traditions, and community. It is very different from the non-stop, tick-box type of travel.

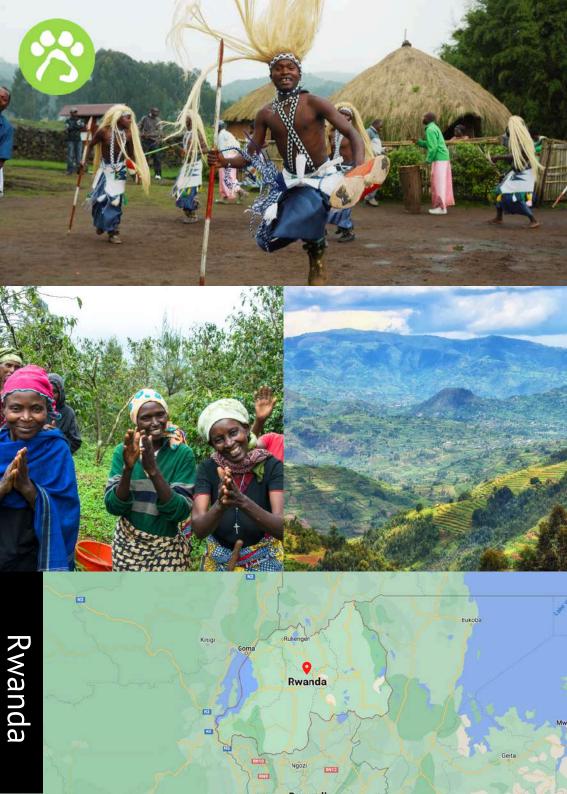


Kajjansi

Every week (1) 1 week min

In Uganda's rural regions, schools do not provide proper sports lessons due to a lack of manpower. During this program, you will coach two sports lessons per day and introduce proper training to children and teenagers at the school. Moreover, we aim to improve the English of the students through consistent practice

during their training sessions.



Participate in assisting the local doctors and nurses at a local private clinic established to treat local communities with various medical issues. You will also have the opportunity for to treat the children who get injured while playing sports or even help in giving advice on better nutrition for the children playing sports.

Muhanga Every week 1 week min

Muhanga Every week 1 week min

Assist staff at a local preschool providing quality education for community children. Help local staff with managing the classrooms and providing educational activities in English to some of the community's youngest learners.



Muhanga very week \( \bar{\cup} \) 1 week min

Work alongside a local organization as a sports coach aiming at supporting the local children in developing their talents, encouraging them for a brighter future from a young age. It started in 2008 with 20 children and now it has more than 300 children who are taught to play football where they welcome children aged 5 to 16.



Mangochi

Every week (  $\Box$ 

1 week

Enjoy your cultural immersion, learn how to cook a few of Malawi's popular dishes, and how to make your own Malawian tribal bracelet! Through fun visits to local sights and walks around the city center, you will get to bond with the locals and learn why Malawi is called "The Warm Heart of Africa".



Mangochi

 $\overline{\mathbf{A}}$ 

Every week ( 1 week min

Embark on an enriching journey with our environmental campaign in Mangochi, Malawi! Make a difference through tree planting, community engagement, and workshops on permaculture, waste management, and alternative energy. Gain invaluable teaching experience while helping Malawi become

more sustainable.

#### Construction and Renovation



Mangochi



Every week ( 1 week min

Our projects are tailored to meet community needs. You could be renovating a school in an underprivileged area, assisting children from disadvantaged families, or constructing a community center. Whether you're involved from the project's onset or join later, your contribution will create a lasting and invaluable impact.



Mangochi

Every week ( 1 week min

Teaching in a rural village or local school in Malawi will not only broaden its children's minds, but it will also be a fulfilling experience for you too! These local kids are eager to engage and you will have the chance to take part in conversations, organize games, and lead group activities, all to improve the English level of these young villagers.









This program provides a unique opportunity for enthusiastic individuals to make a positive impact on the lives of young children. As a participant in the Kindergarten Teaching Program, you will contribute to the education and development of kindergarten students, fostering their growth, creativity, and social skills.



Quatre Bornes Every week 1 week min

This program aims to provide a safe and nurturing environment for children while also providing them with valuable experience in early childhood education. As a participant, you will be able to participate in a variety of activities with children, such as playtime, storytime, and assisting with basic care needs.



Ouatre Bornes



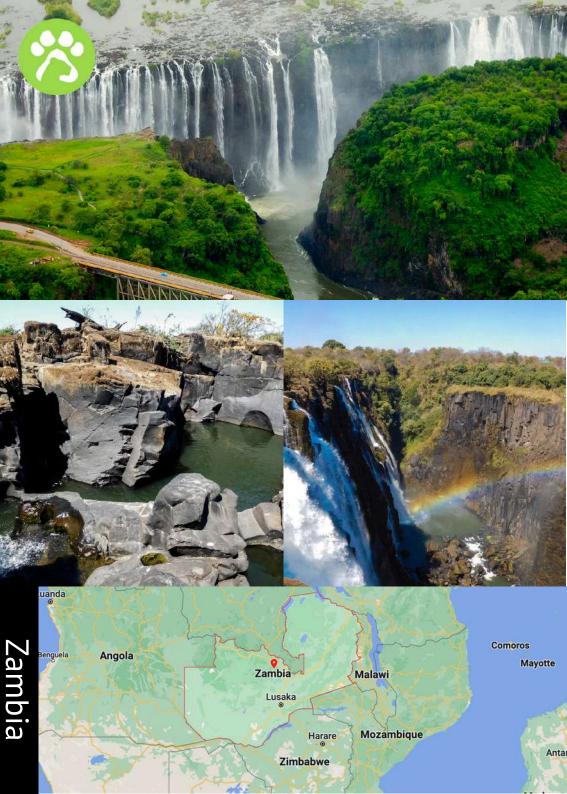


The Culture Week is designed especially for you to get a clear understanding of the culture of Mauritius, and find out the do's and don'ts during your stay while visiting several beautiful locations in La Goulette where the projects will be held! This week would come in handy for you to prepare yourself for the big adventures coming your way in this country.



Quatre Bornes Every week 1 week min

Our program is committed to providing compassionate care, support, and companionship to the esteemed members of our Mauritian community during their golden years. As a participant, you will have the opportunity to make a significant difference in the lives of our Mauritian elderly residents at the convent by fostering a warm and loving environment that honors their wisdom, experiences, and dignity.





Learn more about Zambia, bond with fellow participants, and immerse yourself in the local culture. This is your kick-start week into a new country and its way of life! This week will take you around to important locations related to Zambia's culture and history.



Livingstone Every week (1) 1 week min

To help better the future of vulnerable children by teaching them how to read and write English, Math and other creative subjects. You will give an opportunity to teach children who are from local communities whose parents might not be able to afford to send them to school but you will allow their children to access quality



• Livingstone Every week 1 week min



A good facility/infrastructure is a good learning and playing environment for children and youth. The construction and renovation of the facility will accommodate more children as we construct new structures and renovate the old ones. We are focusing on the school structure as well as the soccer pitch that needs some landscaping as well as adding some structures.

## Permaculture



• Livingstone Every week 1 week min





Work on the measures to protect the environment through the support of natural resources preservations. We work with the schools and communities to grow and maintain natural habitats through growing green and natural foods and addressing the challenge the food insecurity among vulnerable communities.



# Language Teaching



Esparza

Every week

1 week min

Teach in one of the many rural schools around Esparza and get an inside track on the Costa Rican educational system. Teach English (or French, German, or Mandarin if qualified) to the children in a fun and practical way. Create real-life situations, games, and other activities. There is a lot of freedom for your creativity and ideas in the classroom!

#### Marine Park and Animal Rescue



Esparza Every week ( 4 weeks min

You will also work behind the scenes in the aquarium, cleaning and feeding animals, including docile sharks and sea turtles. You will get closer to rare marine animals than most people ever do. Not many people can say that they have cleaned a shark!

#### Construction



Esparza

Every week

1 week min

Many local government and community projects need help to maintain buildings and gardens and to build new facilities. Depending on funding, you may even be involved in bio-gardening projects, biogas projects, and river or beach cleaning. Some of what you do will cross over with the activities of participants on other projects.

#### Childcare Placement



Esparza

Every week ( 1 week min

You will either be in a bilingual private institution, a government daycare, or a charity-run daycare. This placement is all about cultural interchange and fun, helping the children to grow up happy, inquisitive, creative, and unique.

## Wildlife Sanctuary



Puntarenas

Every week ( 3 weeks min

Care for birds, mammals and reptiles in an animal sanctuary before they are released into the wild or kept within the sanctuary. You will assist the local staff in caring for animals of various species, including jaguars, macaws, tapirs, sloths and anteaters. These animals will later be released into the wild if possible.

#### Turtle and Marine Conservation



• Limon 🛱 Every week 🗘

3 weeks min

Assist with the conservation and protection of up to four of the seven different species of sea turtle. These include loggerhead turtle, hawksbill turtle and green turtle, but especially leatherback turtle. You will assist the biologist in residence in caring for injured animals, moving eggs to safe hatcheries, and collecting and processing biometric data.

# Physical Education Training



Esparza

Every week ( 1 week min

Teach Physical Education in one of the schools around Esparza and get an inside track on the Costa Rican educational system. This is a chance to step up to a challenge well suited to your skill level. Since many of the schools have no formal sports equipment, regimen, or sports hall, you'll have a chance to be creative in your use of the space outdoors for training.



Every week 12 weeks min Limon

Care for birds, mammals and reptiles in an animal sanctuary before they are released into the wild or kept within the sanctuary for protection. Assist the resident biologist and the rest of the team with the conservation and protection of up to four of the seven unique species of sea turtles. During your time at the project, you will assist the resident biologist in caring for injured animals, moving eggs to safe hatcheries, and collecting and processing biometric data. Your tasks will vary depending on your level of experience and the time of year.



These intensive Spanish courses were tailored either as standalone courses or as pre-placement courses prior to joining one of our projects. The courses are taught in Spanish and are very intensive - you will be amazed by how much progress you can achieve in just two weeks! The four-week course will take you even further



Immerse yourself in the authentic rural life of Costa Rica by helping local farmers tend to their livestock and diverse crops, such as coffee, cacao, avocado, and more! Experience hands-on participation in farming activities involving horses, cattle, and fowl while also working with crops like coffee, avocado, and some cacao.

Esparza

#### Mexico Culture Week



Immerse yourself in the vibrant culture and have a fantastic week full of activities that will introduce you to the spirit of the warm of Mexico. Visit some of the most amazing places of Mexico City, and experience the

culture, history, and life in Mexico.

Puerto Escondido 🔂 Every week 🗘 1 week

#### Teaching Project



Puerto Escondido Every week (1) 1 week min Make a change in the lives of many children in Mexico

by spending quality time with them while teaching them English and allowing them to have better chances in their education. This program is meant to connect low-income resource children with folks who spend time with them and shape their futures forever.

#### Construction & Renovation



Puerto Escondido very week \(\) 1 week min Several areas in Puerto Escondido are many years old and need some serious improvement, our effort is to help this overall community by improving spaces like schools, community spaces, and even churches and homes! Experience getting your hands dirty while exchanging and interacting with the local community and the overall Mexican culture.



Puerto Escondido Every week (1) 1 week min

Plant trees for community benefit, conserve beaches from plastics, raise local environmental awareness, aid in development and protection, and support nature preservation in the community. Join our program to positively impact the environment and local community.

Quito Ecuador

Guavaguilo

#### Teaching Experience



Cartagena



Every week (



1 week min

Share your love for teaching with local students, as you assist teachers in primary or secondary schools located in less fortunate areas of Cartagena.

Here you can both Teach and Learn by assisting a local Cartagena teacher in the classroom.

#### Spanish Course



Cartagena



Every week



1 week min

Experience tailored coaching from our skilled educators in an exciting learning environment, all while honing your linguistic prowess. These programs include a curriculum aimed to improve not just your command of Spanish but also your overall Colombian experience.

#### Kindergarten Teaching Experience



Cartagena



Every week ( 1 week min



This program provides a unique opportunity for enthusiastic individuals to make a positive impact on the lives of young children in a vibrant and multicultural setting. Contribute to the smooth operation of the kindergarten and impart English language skills to enthusiastic children aged 2-5. Infuse creativity and employ enjoyable activities to deliver a rewarding educational experience.

# Culture Week



Cartagena



Every week (1) 1 week



Delve into the city's captivating past with two enthralling days of Old City tours, then hop on a bike to explore the contrast between the Old and New City.

For a taste of Caribbean paradise, embrace the tranquility of Islas del Rosario before embarking on a truly unique adventure to El Totumo Volcano, where mud baths, beach lounging, and poolside relaxation await.

Lima



Local people are enthusiastic about learning English through sports and getting to know the foreign cultures that you will bring along. You will assist the school's PA teacher in both school and after-school programs as well as in community centers if required.

Every week ( 1 week min

#### Construction and Renovation



Lima

Every week ( 1 week min

This project involves the restoration and construction to help low-income families have a better living situation. Whether it's a home, a community centre, or a church, renovation counters will help assist in the construction painting, and caring of different areas around town.

#### Childcare



Lima

Every week ( 1 week min

Help staff members in different facilities to provide care and attention to young children in the community. You will provide individual and group attention to the children with games and age-appropriate tasks. This is also a great opportunity for the local children to get in touch and learn the English language.

#### Peru Culture Week



Lima

Every week (

1 week

Dive into the vibrant essence of Peruvian culture right in the heart of its bustling capital. Throughout the week, you'll explore the rich history, diverse traditions, and dynamic arts that define this incredible city. Visit some of the highlights, try some local dishes, and learn some basic Spanish phrases to help you feel at ease during your time here.

Suva

# Coral Coast Kindergarten Teaching



• Coral Coast Every week 1 week min Participate to teach younger children in age groups of 4 to 6 years. These Fijian children are enthusiastic to meet and learn from foreign nationals. Their kindergarten schools are beautifully set up and made by our past participants. You are sure to have some of the best moments with the kids

## Coral Coast Teaching Program



You will have the freedom to be creative and design your own lesson plans in a relaxed environment matching the Fijian way of doing things as you will be surrounded by the friendliness of the children. You can help them to learn and grow and enhance their confidence to make a brighter future for themselves.

#### **Coral Coast Sports Education**



Coral Coast



Every week (1) 1 week min

This new and proactive project is designed to create a relationship between children and you through recreational activities. Visit this lovely island country and coach children in a variety of sports. Participate in this exciting and action-packed program by coaching children and teaching educational concepts.

#### Coral Coast Culture Week



1 week

These tropical islands are home to some of the happiest people on Earth. The unique blend of culture and nature can be seen throughout Fiji and in virtually every aspect of your stay - from the food, festivals, rituals and the arts



The Fiji Road Trip is an unforgettable adventure through the heart of Fiji. This journey combines scenic drives, cultural experiences, and outdoor activities, taking you to stunning beaches, lush rainforests, and hidden gems. Along the way, you'll visit local villages, markets, and historical sites, providing a deep dive into Fijian culture and the island's natural beauty.



This is an exciting adventure that takes you across some of Fiji's most stunning islands. You'll explore pristine beaches, vibrant coral reefs, and charming local villages. Each island offers its own unique experiences, from snorkeling in crystal-clear waters to discovering the rich Fijian culture and traditions.



# Suva Kindergarten Teaching



Visit this beautiful island to teach basic English, arts and craft to the toddlers. Bring lots of creativity along with you and make some great friends. You will teach them English alphabets, numbers and rhymes including creative arts and crafts and games which can strengthen their knowledge and intellectual capacity.

Every week (1) 1 week min

## Suva Teaching Program



Suva

Every week (1) 1 week min

Teach English to primary school students. As a teaching assistant, you will follow a customized timetable. If you have artistic skills, you have the opportunity to teach music or arts and crafts. You will be spending part of your day in a formal teaching setting.

#### Suva Sports Education

Suva



Suva

Every week ( 1 week min

Take part in this fun filled and action packed program coaching children and imparting sport education based concepts. Create an impact in their physical health as much as in their intellectual health.

#### Suva Culture Week



Suva

Every week (1) 1 week

Experience the heart of Fiji in Suva, where you'll immerse yourself in the local culture and traditions. Over the week, you'll join a Kava ceremony, explore Fijian markets, attend a weaving class, and learn the basics of the Fijian language and cooking. The week concludes with a visit to your project site.



Wallis and Futuna American Samoa

Fiji New Caledonia Tonga

# Culture Week

Vanuatu provides you with a first-hand experience of what the ancient Melanesian culture of the South Pacific islands has always been about - and what it still stands for even in our fast-changing world of the 21st century.

O

1 week

Port Vila Every week

# Construction and Renovation

Port Vila Every week (1) 1 week min Under this project, you will support building and renovating public buildings such as schools, community halls, etc. which would truly benefit the underprivileged communities in Vanuatu who have been affected not only by poverty but also by natural

disasters such as cyclones.



Under this project, you will have the opportunity to work either at a preschool or a primary school teaching small kids. You may assist a qualified teacher who is running the class activities for 15-20 children 5 days a week. Also, share your enthusiasm or experience through activities in English language, sports, hygiene, or arts & and crafts.

# Marine Conservation



Port Vila Every week ( 2 weeks min

Throughout your time under this project, you will be supporting the supervisors to correctly place the materials and complete planting a coral reef to protect sea life. Your time at the project will not only benefit conserving marine life but also give you one of the most memorable experiences in your life.

Córdoba

Jaén Übeda

#### Lisbon Childcare Placement



Lisbon Every week ( 2 weeks min

You will provide education, assistance, and childcare during the day to young children between the ages of 2 and 6 years old. Our childcare project is located in Lisbon, the capital of Portugal, where you can explore the historical places and enjoy the view of the river. You will provide education, assistance, and childcare during the day to young children between the ages of 3 and 5 years old.

#### Lisbon Food Shop



Lisbon Every week ( 2 weeks min

Food waste is a real problem on a global scale and the number of people in need has been increasing for the last few years, so let's do something about it! Our food

shop project is located in Lisbon, the capital of Portugal, where you can explore the historical places and enjoy the view of the river. You will fight against food waste and at the same time help those in need, by delivering the good food that would be thrown away in the trash.

## Lisbon Culture and Community Adventure



Lisbon

Every Week



2 weeks

Discover the captivating city of Lisbon and immerse yourself in its rich culture, architecture, gastronomy, and idyllic beaches on our 14-day Lisbon Culture and Community Adventure. This carefully curated program is ideal for groups of 12 or more participants seeking an unforgettable getaway filled with exploration, community engagement, and relaxation.

# **ROAD TRIPS**

Our Road Trips combine culture, adventure, nature, and community engagement in 2 to 4-week trips.

# India Road Trip



From the capital to the Himalayan foothills, the Golden Temple, and the Taj Mahal, you'll experience the country's rich history and culture. Take a camel

safari in the Thar Desert, hike in the Himalayas, and engage with communities in Goa.

# Thailand Road Trip



This road trip will take you on a journey through some of the most iconic and beautiful places in the country, giving you a glimpse into the heart of the Kingdom. It is the perfect way to experience the best of Thailand.

Every month

Various



Various



Every month



( 4 weeks

During this four-week road trip, you will get to experience places in and around Kathmandu, Kavre, Pokhara, Annapurna, Lumbini and Chitwan through varied and action-packed activities.

# Bali Road Trip

Various



Various



Every month



( 3 weeks

( 3 weeks

See the best of Bali while on your journey and learn the Balinese culture, and traditions, and explore its natural treasures and white sandy beaches. Experience the amazing Balinese culture, and explore the landscape through thrilling activities and adventure.

# Sri Lanka Road Trip



Explore Sri Lanka's cultural tapestry in a three-week journey. Start in Kandy, discovering spice gardens and temples, mountains and end with a week at the turtle conservation project.

Every month

# Laos Road Trip



Various

Every month

( 3 weeks

Under this project, you will support building and renovating public buildings such as schools, community halls, etc., which would truly benefit underprivileged communities.

# Kenya Road Trip



Various

Various

Every month (3 weeks

( 3 weeks

Explore the magnificent Maasai Mara, encountering wildlife on exhilarating game drives. Engage with Maasai communities, hike to the stunning Thompson Falls, and venture into the floor of a historic volcano.

# Zanzibar Road Trip



Various

Every month (3 weeks

Discover the rich history of Stone Town and visit Prison Island, then venture along the captivating east coast, exploring spice farms and the charming village of Makunduchi. Embark on a captivating dolphin tour, snorkel near The Rock, and unwind on Nungwi's pristine beaches.

#### **GROUP TRAVEL**

Unlock new opportunities for your participants with our tailor-made group programs.



We design tailor-made itineraries and accommodate groups of all demographics, sizes, durations, itinerary requirements, and service levels. During the last 20 years, we have successfully hosted a wide range of groups inside our projects, trips and tours, such as: Teen groups, Primary School Groups, Middle School Groups, High School Groups, Social Service Learning Groups, University Groups, Faculty-Led Groups, Family Groups, Sports Team Groups, Girl Scout Groups, Corporate Groups, 50+ Groups and more.

# Our Popular Group Programs

- 1. Social Service Learning Groups
- 2. Teen Groups
- 3. School Groups
- 4. Summer Camp Groups
- 5. Family Groups
- 6. Corporate groups/CSR Projects





# **GROUP TRAVEL**

#### **Features and Services**

- 1. Customized itinerary
- 2. Flexible dates for arrival and departure
- 3. Premium Accommodation Options
- 4. Flexibility in Extracurricular Activities
- 5. Expert Guidance
- 6.24 x 7 Coordinator Support
- 7. English Speaking Coordinator throughout the program
- 8. All-Inclusive package









# Pioneers in Impactful Tourism

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