

**What can be gained from a
Raleigh International
programme?**



Why do people volunteer?

Travel/ learn more about the world

Gain skills to help with your career

For a challenge

Meet people from around the world

Experience new cultures

Adventure

Time to think and reflect

Mental wellbeing



Raleigh
Raleigh
International

Let's gain some perspective...

**When you're 70 years old,
what would you have wished
you did?**

**How do you choose who to
volunteer with?**

Structured programmes

- **What are the things that you want to do?
What do you want to achieve?**

**Travel and make a difference
Create sustainable change
Contribute towards the Sustainable Development
Goals**



Raleigh
Raleigh
EXPEDITION

RE
GREEN



Raleigh
Raleigh

EXPEDITION



What's involved on a Raleigh Expedition?

Community



Environmental



Adventure Leadership Trek



- There are 4, 5, 7 and 10 week Expeditions
- Our 10-week Expedition is the most popular as you take part in every phase, each lasting 3 weeks
- On a 7 week programme you will do two different phases
- We only run the 4 and 5 week Expedition during the summer











BIENVENIDOS (AS)

SENDERO Q. BONITA













Expedition's impact

In Nepal:
Over 3,250 people
now have safe
drinking water
at home



In Costa Rica:
Indigenous communities
supported to create
businesses which protect
local environments



In Tanzania:
Access to
toilets and
handwashing
facilities for
over 7,000
young
people

My experience of

Expedition

has been

RE 
GREEN

What's involved?

2 and 4 week placements available.

2 week placement includes a conservation project and campaign training.

4 week placement includes a conservation project, campaign training and a remote leadership trek.



Conservation



Campaigning



Trek



Photo credit: Vivien Cumming



Action
excuses
Tomorrow
too late
raleigh

Photo credit: Vivien Cumming



IT'S
OUR
FUTURE

Raleigh
International









RE
GREEN

Raleigh
International







Expedition length	Fundraising targets
10 weeks	£3,800
7 weeks	£3,350
5 weeks	£2,590
4 weeks	£2,250

Re:Green length	Fundraising target
2 weeks	£695
4 weeks	£1,385

Fundraising Ideas

Sponsored runs/ bike rides

Coffee morning/ cake sales

Part time job

Raffles

Street collections

Put your talents to good use

Rotary Clubs

Online quizzes

**What will you gain from a Raleigh
International programme?**

Leadership



Teamwork



Self confidence





Friendships

Raleigh
Raleigh
Internat



Change in lifestyle

Discover new passions



Want to find out more?

g.walkden@raleighinternational.org

To conclude...

**Volunteering can open up
opportunities that you would have
never expected**

Volunteers have reported that taking part in our programmes...



Raises their aspirations

Builds their confidence

Helps develop character and resilience

Enhances employability

Broadens their horizons and outlook

Inspires further volunteering and active citizenship

Supports better academic performance

**“What we most want is a little
bit outside of our comfort zone”**

– Lewis Howes

Thank you!