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

Time to think and reflect

Adventure

Mental wellbeing
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
What’s involved on a Raleigh Expedition?

- 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
Expedition’s impact

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

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

In Costa Rica:
Indigenous communities supported to create businesses which protect local environments
My experience of Expedition has been
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.
IT'S OUR FUTURE
<table>
<thead>
<tr>
<th>Expedition length</th>
<th>Fundraising targets</th>
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<td>5 weeks</td>
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<td>4 weeks</td>
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<table>
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<th>Re:Green length</th>
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<tbody>
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<tr>
<td>4 weeks</td>
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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
Change in lifestyle
Discover new passions
Want to find out more?
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!