

The Raleigh International logo is positioned in the upper right quadrant of the image. It features the word "Raleigh" in a large, white, sans-serif font, with a small "Raleigh" logo icon to its left. Below "Raleigh" is the word "International" in a smaller, white, sans-serif font. The background of the entire image shows three volunteers working on a hillside. A man in the foreground is wearing a green Raleigh International t-shirt and orange gloves, using a shovel. Two women in the background are also wearing green t-shirts; one is smiling. The terrain is rocky and reddish-brown, with trees and hills in the distance.

Raleigh
International

Raleigh Expedition Guide

Volunteer on environmental and community projects, experience real adventure, equip yourself with new skills and create long-lasting impact.

About Raleigh International

[Find out more](#)

At Raleigh International we empower young people from across the world to develop their skills, build confidence and take action on the issues they care about.

We do this through Raleigh Expeditions - challenging and fun international volunteering experiences.

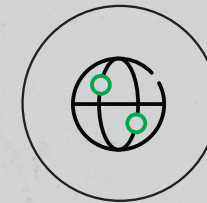
We are dedicated to working with young people and communities to create meaningful and long-lasting impact.

Our projects contribute to achieving the Global Goals for Sustainable Development (SDGs) and are developed alongside local communities to ensure our work is ethical, responsible, and relevant to the needs of these communities.

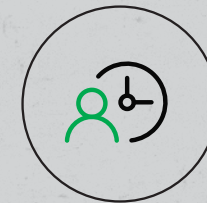
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“Raleigh friends for life! From all walks of life, coming together to overcome challenges and to accomplish their shared goals together. Absolutely life changing.”

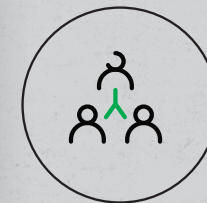
Alison, Raleigh Volunteer



Raleigh is a global community of over **55,000 alumni** and has supporters from over **100 countries**.



Volunteers have contributed to over **100 million** volunteering hours on 600+ Expeditions.



We have worked alongside **198 rural** communities reaching **100,000 people**.

About Raleigh Expedition

[Find out more](#)

Raleigh Expedition is an immersive, adventurous, one-of-a-kind volunteer abroad experience for young people.

Volunteers can take part in up to three project phases:

Community

Environment

Adventure Leadership

Whether you are taking a gap year or want to do something meaningful in your summer, equip yourself with new skills, work with communities to create lasting change and take urgent action on the world's most important issues.

Our volunteers often describe Raleigh Expedition as “absolutely life-changing” - it’s a journey you will never forget.

“

“It was the most amazing experience of my life.”

Amy, Raleigh Expedition alumni,
Costa Rica

Why Raleigh?

Raleigh International has over 40 years of experience running specialised Expeditions for young people. Develop endurance, resilience, and leadership skills. As well as the confidence and perspective to play a leading role in building a better world for everyone.



Real adventure in a safe environment



Be with people your age



Contribute to different projects



Global, diverse and inclusive



Become future ready.



Community-led projects = long-term sustainable impact

How does Expedition work?

[Find out more](#)

In every Expedition, you will have the chance to take part in three different phases, or projects. The three phases are Community, Environment and Adventure Leadership which you can read more shortly.

- ✓ You will be in project groups of 12-14 volunteers and supported by staff and Volunteer Managers.
- ✓ Teams change between each project, so you'll get a chance to work with lots of different people.
- ✓ Once you've completed your Expedition, you will join an amazing global community of inspiring and motivated Raleigh venturers.

Step one: Choose where you go

Choose between two locations, Costa Rica or South Africa.

Step two: Choose when you go

We run three cycles every year during the following times.

Cycle 1 - February – April

Cycle 2 - June – August

Cycle 3 - October – December

Step three: Choose how long you go away for

10 Weeks

The 10-week programme is the most immersive of our Expeditions. You will take part in all three project phases.

Prices from \$3,900

7 Weeks

If you don't have as much time, the 7-week programme is a great option. You can choose to take part in two of the phases.

Prices from \$3,600

6 Weeks Summer Expedition

This special Expedition runs only between June and September but allows you to take part in all three phases in a shorter time frame.

Prices from \$3,500



FLORIBETH'S STORY

“With the hard work of Raleighs volunteers, we can build the school up and provide the necessary tools for children of all ages to attend and learn. We have an 18-year old very keen to become a lawyer, and someone who wants to train as a chef. I want to help them achieve those ambitions. This is for the longer-term benefit of the community – we must invest in education for our children.” **Floribeth, school teacher and leadership member, Nimaritawa indigenous community**



Community phase

[Find out more](#)

Imagine a world where everyone has access to clean water, sanitation, and basic hygiene services. Where everyone, even the most marginalised have access to education. You can play your part in making this a reality.

Through a series of grassroots, community-led initiatives we aim to establish what works for the communities we work in. All projects are needed, impactful and ultimately make a long-term sustainable impact.

- ✓ Work on sustainable solutions to issues such as poverty, low levels of education, food insecurity, and unemployment.
- ✓ Building projects, such as community schools, are based on a community-specific needs assessment and relationship building between Raleigh, the local community and local authorities.
- ✓ Live and work alongside local people.



Help improve access to education



Learn practical skills such as building and farming

Environmental phase

[Find out more](#)

SHOEHEI'S STORY

“In Lulanda people depend on the forest as a source of income and for their livelihoods. We worked with the Tanzania Forest Conservation Group to increase awareness of deforestation and built a tree nursery containing 30,000 tree saplings, creating a forest line to prevent forest fires spreading. The tree nurseries will provide a sustainable way for the community to harvest wood and increase biodiversity of the area.” **Shoehei volunteered in Tanzania**



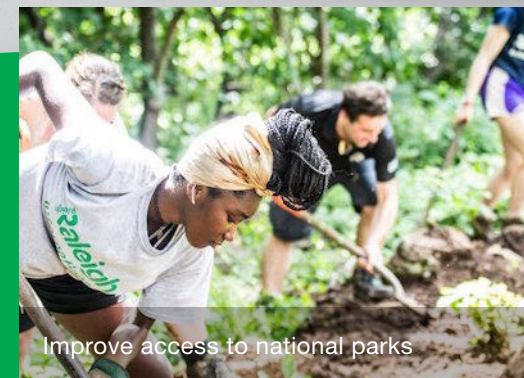
We don't need to tell you that our world is facing unprecedented environmental challenges. Our projects make small steps toward long-term impact.

You will take an active role in protecting natural resources and vulnerable environments.

- ✓ Take an active role in protecting natural resources and vulnerable environments: alien plant removal, indigenous tree planting, snare sweeps, road clearing.
- ✓ Help communities adapt to climate change and sustain rural resources.
- ✓ Support conservation in national parks or on reforestation projects.
- ✓ Plan awareness raising activities on the importance in preserving ecosystems.



Protect biodiversity



Improve access to national parks



MADELEINE'S TREK

"I learnt so much about myself on trek. To be physically and mentally resourceful, whether that be finding the will to push myself to climb a mountain at the end of a challenging day, or working out how we were going to cook without shelter in the rain. I had the opportunity to be a day leader twice and gained the deep satisfaction of having achieved something incredible, while having the adventure of a lifetime!"

Madeleine volunteered in Costa Rica



Adventure Leadership phase

[Find out more](#)

Our Adventure Leadership phase take teams on challenging treks through rainforest and up volcanoes on a variety of stunning routes that tourists don't get access to.

This will be an experience that brings you together with other volunteers, an one you'll never forget.

- ✓ Challenge yourself, develop your leadership skills and learn about the power of team effort.
- ✓ Build core skills, resilience and determination to drive change.
- ✓ Wild camp and sleep under the stars or set up camp in community buildings and schools.
- ✓ Learn survival, camp craft and map reading skills; navigate your group through incredible landscapes.
- ✓ Go back to basics and become self-sufficient.



Start and finish the trek together



Experience stunning landscapes

Where you can go

Visit our website

Volunteer in Costa Rica

Despite making up only 0.03% of the world's landmass, Costa Rica is home to nearly 5% of the planet's biodiversity.

It is naturally rich in ecosystems and species; however, many environmental NGOs consider the country's natural environment fragile and vulnerable.



Volunteer in South Africa

The Greater Kruger area lies between Mozambique, Eswatini and the world-famous Kruger National Park. This area encapsulates Africa at its heart. It is a wildlife haven with natural beauty unlike anywhere else.



Costa Rica

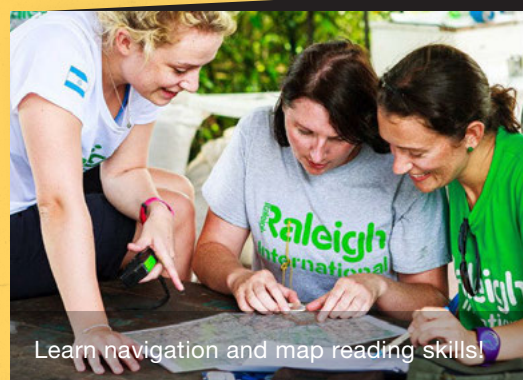
Volunteer in one of the most biodiverse countries in the world, home to national parks, volcanoes and stunning

[Download Costa Rica Guide](#)

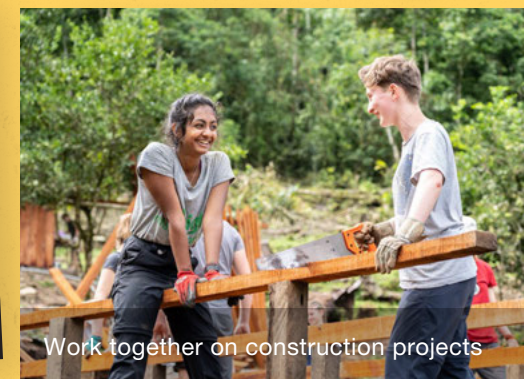
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“33 years on from Expedition I still feel the positive impact.”

Terry, Raleigh Volunteer



Learn navigation and map reading skills!



Work together on construction projects

What will I be doing?

- ✓ Work alongside local people to improve their access to education on the indigenous Community project.
- ✓ Work with rangers to help conserve Costa Rica's biodiversity and improve access to national parks on the Environmental project.
- ✓ Trek through rainforest and up volcanoes on a variety of stunning routes that tourists don't get access to.
- ✓ Work with Costa Rican youth to help create a more inclusive society.

Did you know?

- ✓ Costa Rica is leading the international fight against climate change.
- ✓ Despite making up only 0.03% of the world's landmass, Costa Rica is home to nearly 5% of the planet's biodiversity.

South Africa

Volunteer in a country that is as diverse and colourful as it is exciting and adventurous! South Africa is a country that welcomes, and needs, volunteer support.

[Download South Africa Guide](#)

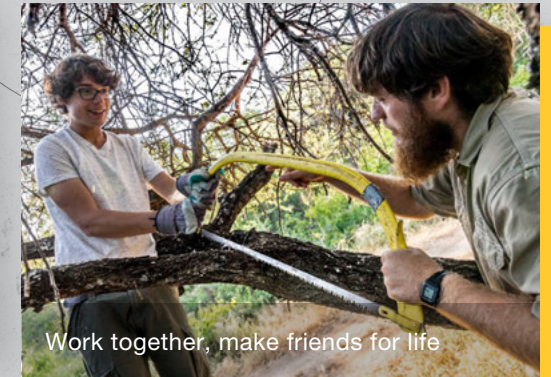
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“Raleigh isn't just ‘building a school on a gap year’. It's so much deeper than that.”

James, Raleigh Volunteer



Spot incredible wildlife



Work together, make friends for life

What will I be doing?

- ✓ Work on grassroots, community projects to build sustainable food gardens.
- ✓ Help restore a healthy habitat on land bordering the world famous Krugar National Park.
- ✓ Explore a true wilderness, with no marked trails on the adventure leadership trek.
- ✓ Learn to cook traditional food and understand local traditions.

Did you know?

- ✓ You could learn some of the Xitsonga language - one of the 11 official languages of South Africa!
- ✓ The Greater Kruger area is a wildlife haven with natural beauty unlike anywhere else.

Life on Raleigh Expedition

“You think not having things like WiFi or TV will bug you, but it makes you really appreciate what you have and the people you care about.”

Sophie, Raleigh Expedition Alumni, 2022

Raleigh Expedition is culturally immersive volunteer experience. You will be living and working alongside local people so you can learn about their lives.

Conditions will be more basic than you are used to, but it will soon become normal. Don't expect tourist hotspots, five-star hotels and 24/7 WIFI, expect a memory-making adventure full of fun and rewarding experiences.



Camp life

Expect to sit around the fire, tell stories, play cards and gaze at the stars.

Everyone will have responsibilities around camp, which could include collecting water for the showers, keeping fires going to heat water and to cook, collecting firewood and clearing the area to discourage wildlife.



Food

You will eat what the locals eat, try new foods and expand your sense of taste. Learn to cook traditional food.



Accommodation

You might be staying in a different place for each phase of your Expedition, this could be in a tent or a community building.

Safety

FAQ's

“

“My 10 week Expedition when I was 18 was transformative. It was the first time that I was part of a community of passionate people who gave everything to better themselves and others. My life would have taken a very different turn without that experience.” **Tom, Raleigh Alumni**

Safety is at the heart of everything.

This starts with selecting the appropriate places to volunteer, all the way to providing comprehensive safety training to all volunteers. Our Safety Management Systems are robust, practical, and effective.

- ✓ Every programme has qualified medical staff supporting the volunteers.
- ✓ Every team is accompanied by an experienced tour leader who is with the group 24/7.
- ✓ In the event of emergency, professional and skilled operators such as medical air rescue services and medical practitioners are available as part of our support network.

Experienced in-country staff and Volunteer Management team on every Expedition

Our full-time staff in each country are highly experienced, committed and resourceful individuals selected and trained to ensure they uphold our high safety standards.

In addition to our full-time staff, we are supported by Volunteer Manager team who undertake support roles in our office and leading project teams on the ground.

Volunteer Managers come from various backgrounds; all have broad basic skills and where necessary, we recruit volunteer managers with technical or recognised national governing body qualifications such as medics or mountain leaders.

Feeling inspired?

Apply now



Step 1 – Apply online

To confirm your place on Expedition.



Step 2 – Screened

Our team will review your application and may get in touch to ask any questions.



Step 3 – Confirmation

Your volunteer coordinator will send you all the information you need to get started.



Step 4 – Pre-Departure Preparation

Get ready for Expedition – book flights, vaccinations and so on. We are here to support you!

Find out more

Online monthly information events

Events are run by expert Raleigh staff who have been on Expedition, they will tell you everything you need to know and answer your questions.

[Sign up here](#)

Book a consultation call

Schedule a one-to-one call to discuss your options and which Expedition is right for you.

[Book a call](#)

Email us with an enquiry

[Enquire](#)



Raleigh International

[Apply online here](#)

If you still have questions, there are lots of ways you can find out more

 info@raleighinternational.org

 Join an information event at raleighinternational.org/information-events