

The background image shows three volunteers working on a hillside. In the foreground, a man in a green Raleigh International t-shirt and orange gloves is using a shovel to dig. Behind him, a woman in a grey shirt is smiling, and another person in a green shirt is partially visible. The ground is rocky and reddish-brown, and there are trees and hills in the background.

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

[Watch our video](#)

Transformational. Impactful. The beginning of the rest of your life. This is how Raleigh volunteers describe Raleigh Expeditions.

At Raleigh International we create life-enhancing journeys and transformational experiences for young people aged 17-24 through Raleigh Expeditions.

Volunteers challenge themselves, disconnect from technology and connect with people and nature – all whilst making a long-lasting impact.

On our programmes volunteers are supported to gain independence and have new experiences to forge their own paths.

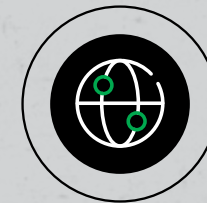
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“Raleigh friends for life! From all walks of life, coming together to overcome challenges and to accomplish their shared goals together. Absolutely life changing.”

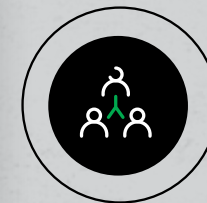
Alison, Raleigh Volunteer



Volunteers live a world of adventure and meaning in Costa Rica and South Africa.



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



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

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

Volunteer in the heart of wildlife havens and rural communities, contributing to supporting people and nature. Trek will show you what you are made of as you venture across spectacular, untamed landscapes. Immerse into new cultures and embrace the power of challenge. It's there that you will build confidence, resilience and a truly global outlook

“

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

Amy, Raleigh Expedition alumni,
Costa Rica

Why Raleigh?

For over 40 years, thousands of young people have transformed their lives on Raleigh. 55,000 young people around the world have joined projects which not only create a sustainable difference, but has supported them to build skills and find the direction for their future lives.



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](#)

On every Expedition, you will have the chance to take part in three different phases. The three phases are Community project, Environment project and Adventure Leadership Trek.

- ✓ 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.

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.

4 Weeks Summer Expedition

These special Expeditions run only between June and September. 4 weeks will allow you to participate in one full project and a shorter trek



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 in Nimaritawa indigenous community, Costa Rica**



Community phase

[Find out more](#)

Imagine a world where everyone has access to education facilities, so that they can build the skills they need to prosper in future life. Where everyone, even the most marginalised, have access to learning. 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.



Support school building in Costa Rica



Build educational facilities and a school garden in South Africa

Adventure Leadership phase

Find out more

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



Our Adventure Leadership phase take teams on challenging treks through rainforest, volcanic and mountain landscapes 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

Environmental phase

[Find out more](#)

TIANA'S STORY

“For my environmental phase we worked on fence line removal and erosion control work. We also helped remove snares that pose a threat to the animals. Removing fences actually allow the animals to have a bigger living area so they can walk freely and safely, it's so they won't get trapped and get caught on metal. I have learnt so much from our guide, gaining knowledge on things like tracking, identifying different animals and footprints.” **Tiana volunteered in South Africa**



Our natural world is underthreat, from climate change and human interaction. Our projects support conservation efforts to protect natural landscapes and precious wildlife.

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.
- ✓ Support conservation work in national parks by contributing to the work of park rangers and local environment experts.
- ✓ Plan awareness raising activities on the importance in preserving ecosystems.



Support trail building in Costa Rica



Tackle invasive plants in South Africa

Where you can go

[Visit our website](#)

Volunteer in Costa Rica

Costa Rica is one of the most biodiverse countries in the world, home to national parks, volcanoes and stunning landscapes. Be culturally immersed in an indigenous community while on projects supporting access to education, and conquer a whopping 250km trek across beautiful rainforest and mountain areas.



Volunteer in South Africa

There is nowhere better than Greater Kruger to walk in the footsteps of the world's most spectacular wildlife. Become one with local community life and the African bush on community and environment projects, and experience South Africa's highest mountains whilst trekking the incredible Drakensbergs.



South Africa

Known as the 'Rainbow Nation' for its cultural diversity, you will experience the beauty of community life and spectacular 'Big 5' wildlife as a volunteer.

[Download South Africa Guide](#)

“

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

James, Raleigh Volunteer



Protect wildlife removing snares



Work together, make friends for life

What will I be doing?

- ✓ Work on grassroots, community projects improve education facilities and a community garden.
- ✓ Help restore a healthy habitat on land bordering the world famous Kruger National Park.
- ✓ Explore true wilderness, forest and canyon landscapes 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.

Costa Rica

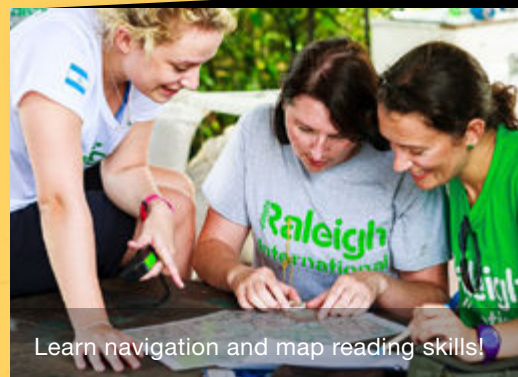
Volunteer in one of the most biodiverse countries in the world, home to national parks, volcanoes and stunning wildlife.

[Download Costa Rica Guide](#)

“

“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.
- ✓ Experience the life of Pura Vida living off the beaten track.

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.

Life on Raleigh Expedition

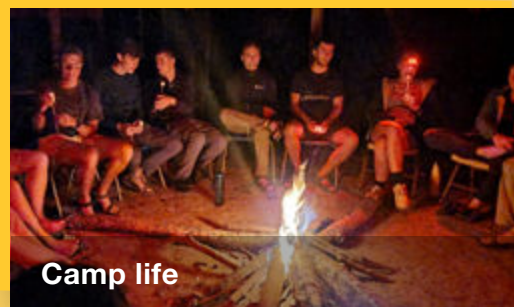
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“You think not having things like WiFi or TV will bug you, but it makes you really appreciate what you have and the people you care about.”

Sophie, Raleigh Expedition Alumni

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, such as collecting water for the showers, collecting firewood and clearing the area to discourage wildlife.

Our no phones and no alcohol policy means that team bonding and connecting with fellow volunteers is a priority.



Food

You will get to try local foods and will at times be cooking for yourself from 'Raleigh rations' while on project.



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](#)

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“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.

- ✓ All teams are supported by experienced operations staff 24/7, trained in incident management
- ✓ All project sites are risk assessed and have robust emergency incident plans in place
- ✓ 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](#)

A background image showing several people, mostly women, wearing hats and gloves, working in a garden. They are planting small green seedlings into the soil. The image is overlaid with a semi-transparent green filter. The Raleigh International logo is centered over the image.

Raleigh
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