



Raleigh
International

Raleigh Volunteer Manager Expedition Guide

Become a Volunteer Manager, supporting young people and local communities on sustainable development projects.



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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.

Volunteer Managers work at the heart of the volunteer experience, supporting volunteers to make change, both on their projects and within themselves.

On our programmes all volunteers are supported to gain new experiences which will enhance their lives.

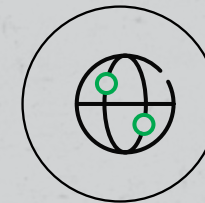
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“Raleigh friends for life! From all walks of life, coming together to overcome challenges and to accomplish their shared goals together. Absolutely life changing.”

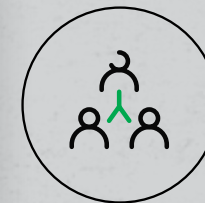
Alison, Raleigh Volunteer



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.

Volunteers can take part in up to three project phases:

Community

Environment

Adventure Leadership

Whether you are on a career/study break or are retired, you can support young volunteers to build skills for the future while living a world of adventure,

Volunteer in the heart of wildlife havens and rural communities, contributing to supporting people and nature. Venture across spectacular landscapes. Immerse into new cultures and embrace challenge.

“

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

**Amy, Raleigh Expedition alumni,
Costa Rica**

Why Raleigh?

For over 40 years, hundreds of Volunteer Managers have played their part in helping to transform the lives of young volunteers on Raleigh. Leading teams around the world, our VMs help create a sustainable difference while guiding our next generation to build skills and find the direction for their future lives.



Over 40 years experiences running expeditions



Real adventure in a safe environment



Develop your leadership and confidence



Contribute to different projects



Global, diverse and inclusive



Community-led projects = long-term sustainable impact

What does a Volunteer Manager do?

[Find out more](#)

Volunteer Managers are the driving force behind Raleigh Expeditions and come with a wealth of valued skills and experience. Volunteer Managers support our young volunteers and the programme in a variety of different ways.



Planning the trek

- ✓ You will work alongside and support our full-time staff on the ground in delivering the Expedition and our projects.
- ✓ You will facilitate groups of volunteers and guide young people through this incredible journey
- ✓ Manage group dynamics and support volunteers in personal development, including through one-to-one sessions.
- ✓ You will motivate and inspire young volunteers to deliver impactful and effective projects



I took three months out of my communications career in the UK National Health Service, to nurture my love of communications in a challenging new environment. Jaded with the impact I was making in my job back home, my biggest motivation was that, I wanted to feel that I was spending my days really making a difference.

Ursula, Content Creator Volunteer Manager



Volunteer Manager Roles

[Find out more](#)

Project Manager (Project based)

You and at least one other Project Manager will be managing a group of international young people, aged 17-24, in a cross-cultural environment out on the project sites. You will be supporting the team to deliver Raleigh International's project aims as well as monitoring and coaching them to help with their personal development.

[Find out more](#)

Logistics Officer (Office based)

As the Logistics Officer, you will be essential to the smooth running of the programme. Work alongside full-time staff in ensuring all food, equipment and materials are coordinated and supplied for volunteer teams at their project sites. You will be key to supporting the day to day running of projects, and will get the chance to visit project sites for any additional support required.

[Find out more](#)

Content Creator (Part office based, part project based)

You will capture the moments which make our Expeditions special. You will use skills in social media production to curate content for our channels, posting photos, creating videos, sharing reels and stories from your Expedition. You will support on blog writing and on gathering case studies from projects.

[Find out more](#)

Photographer (Part office based, part project based)

Bring Expedition to life for Raleigh's audiences through powerful photography and film which you will gather while on Expedition. From spectacular views on trek to special moments of team moment, you will play a vital role in creating memories from Expedition and inspiring others to get involved.

[Find out more](#)

A photograph of a woman and a young person looking at something in a forest. The woman is on the left, smiling, and the young person is on the right, looking down. They are surrounded by lush green foliage. A green banner with white text is overlaid on the left side of the image.

Volunteer Manager Roles

[Find out more](#)

Expedition Medic (Office based)

Use your skills as a doctor, nurse or paramedic to support young people on Expedition . This role is for a qualified doctor, nurse or paramedic. You will learn about incident management and medical support in remote environments and will be responsible for completing incident report, delivering first aid advice, following up on reporting procedures and ensuring volunteer safety is at the top of the agenda.

[Find out more](#)

Wellbeing Coordinator (Project based)

Support young people with their mental and physical health through Expedition ensuring they feel safe and secure in an environment outside of their comfort zone as the Wellbeing Coordinator.

[Find out more](#)

Deputy Operations Coordinator (Office based)

Providing operational support,, DOCs are a key part of the duty manager system and the daily running of Expedition. You supports the delivery of training for volunteers, and providing them crucial support during Expedition. This role is for Raleigh alumni.

[Find out more](#)

A young man and woman are looking at a map outdoors. The man is pointing at a location on the map, and the woman is looking on. They are both wearing green shirts. The background is a blurred outdoor setting with trees and a building.

How does Expedition Work?

[Find out more](#)

Our Expeditions bring together people from all over the world, of all ages, backgrounds and nationalities. They are adventurous, impactful, exciting and challenging.

On every Expedition, volunteers have the chance to take part in three different phases, or projects. These are Community, Environment and Adventure Leadership.

Step one: Choose how long you go away for

13 Week (office based roles)

All office based roles (Logistics Managers, Photographers, Content Creators, DOCs) will arrive early for the specific office based role induction.

12 Weeks (Project based)

Project Manager and Wellbeing roles join Expedition two weeks before the volunteers arrive for specific induction training with the VM team. Project-based roles experience life on all phases of the Expedition.

11 Weeks Expedition (Project based, Cycle 2 only)

Project Manager roles supporting **two** short 4 week volunteer Expeditions, which run only between June and September. The 4-week Expedition allows volunteers to take part in all three phases in a shorter time frame.

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

Timeline



It all starts with team bonding

Training and induction

On arrival you will be greeted by the in-country team, and transferred to Fieldbase which will be your home for the next few months.

After some time to settle in and a chance to get to know each other and the staff team, you will be thrown straight into a series of sessions about your country, your upcoming projects and Raleigh. There will be lots to learn, but you will also get the opportunity to relax, get to know fellow Volunteer Managers and the local area.

You will then head out to some of the project sites on a project planning visit (PPV) for 2-3 days to build relationships with community leaders, gain a better understanding of where you'll be working, and ensure it is a safe, fun and rewarding project site for the volunteers. You will also likely get the opportunity to try out some of the trek routes on a practice trek!

Sample timeline

Volunteer Manager Induction

2+ Weeks of Induction, Training and Project Planning.

Volunteer (17-24) Induction

2-3 days - Young volunteers prepare for their first project supported by their Project managers.

Project Phase x3

19-21 days – Project Managers take their teams to their Project sites. Fieldbase staff support project teams and maintain Fieldbase.

Changeover

2-3 days – After each phase all Project teams return to Fieldbase for debrief and to mixed up into their next project groups.

Debrief at Fieldbase

3-6 Days – Young Volunteers prepare to leave the expedition, say their final goodbye. Volunteer Managers complete Project reports; tidy up Fieldbase, deliver Expedition presentations and celebrate everything that has been achieved.

Fieldbase Life

“

“It’s given me a lot more confidence about what to do next, just because you’re retired doesn’t mean you haven’t got those skills and experience. Something I do notice where I’ve perhaps helped younger people is it’s all new to them whereas I’ve seen it all before. That experience does count for quite a bit, so that has been validating.”

Kathy, Logistics Coordinator

The Raleigh Expedition experience begins at Fieldbase. It is the heart of Raleigh operations and is home for office-based Volunteer Managers. This is where volunteer induction takes place and will become a familiar setting for all on Expedition.

Costa Rica

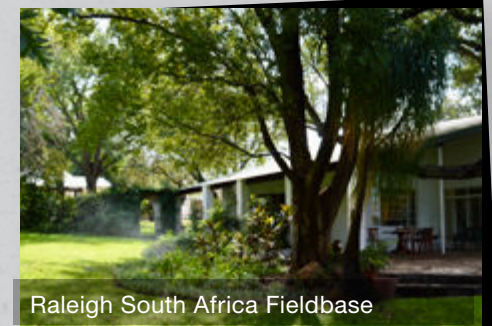
- ✓ Fieldbase is found in Turrialba 2hrs drive from the airport.
- ✓ Situated on a farm, there are cows in neighbouring land and there is a view of Turrialba Volcano.
- ✓ Fieldbase is an office and house that serves as accommodation for office-based VMs, with WIFI available.
- ✓ Shared bedrooms with bunkbeds and common living areas.
- ✓ Working toilets and showers. The water is not hot, but Costa Rica sun means this is not usually a problem.
- ✓ Water is drinkable from the tap.



Raleigh Costa Rica Fieldbase

South Africa

- ✓ Located a short drive from Hoedspruit airport.
- ✓ Found on a road lined with lemon trees, you cross the Blyde River to reach Fieldbase.
- ✓ Located outside of the Kruger National Park, much wildlife roam free around the area.
- ✓ Shared bedrooms with bunkbeds and common living areas.
- ✓ Limited WIFI may be available.
- ✓ Opportunity to go into town during training and between phases.
- ✓ Can be cold at night and early morning.



Raleigh South Africa Fieldbase



SARAH'S STORY

"A highlight of my Expedition was when we were high in the Chirripo, in the rainforest. On our project there we had built a hall and events room for a new school. I was with the headmaster of the school and head of the indigenous community, cutting the ribbon at the opening ceremony of this new classroom. It was such a privilege to be there on behalf of Raleigh and with the volunteers. We danced, sang, read poetry. It was a privilege to be part of that." **Sarah, Volunteer Manager in 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 can have access to learning. Support your volunteer teams to play their 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 volunteers with school building in Costa Rica



Guide your team to build educational facilities and a school garden in South

TIANA'S STORY

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“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**



Environmental phase

[Find out more](#)

Our natural world is under threat, from climate change and human interaction. Our projects support conservation efforts to protect natural landscapes and precious wildlife. Support young volunteers to make real impact on their projects.

- ✓ Support volunteers to 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.
- ✓ Guide your team to plan awareness raising activities on the importance in preserving ecosystems.
- ✓ Learn more about the local environment and gain knowledge in nature conservation.



Support trail building in Costa Rica



Tackle invasive plants in South Africa

Adventure Leadership phase

Find out more

NICK'S TREK

"I feel I've gained loads of new skills. Trek pushed me to the limit and let me know what I'm capable of. I feel like it's given me the tools to face life and just take on anything. I don't think that there's much that I wouldn't be able to do now. You could put anything in front of me and I'd say, OK, let's have a go. I learned that I'm able to motivate people, when were struggling up mountains, I learned I could lift morale and boost the team's spirits."

Nick, Volunteer Manager and Photographer in South Africa



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.

You will support your volunteer team to build leadership skills while having the adventure of a lifetime.

- ✓ Guide your team to embrace the challenge of trek, develop leadership skills and learn about the power of team effort.
- ✓ Motivate volunteers to 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

Changeover and Debrief

Changeover

Changeover is a busy three-day period where all the Project teams return to Fieldbase, where teams are debriefed, kit and equipment is exchanged by Logistics teams and any necessary admin or medical needs are completed in preparation for the next phase. It is a time to celebrate achievements made in the last phase, but also for new teams to be formed for the phase ahead. Project Managers and Volunteers will have time to bond with their new team, and will also have a well earned chance to rest, recuperate and freshen up before the next stage of their Expedition.



Debrief

At the end of the final phase everyone returns to Fieldbase to complete the Final Review or Endex. This will involve returning all kit, equipment and left-over food to the logistics team, complete Project reports that will aid future project managers, and finally a period of celebration where everyone gets together to enjoy one final party before it is time to go home.



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?

- ✓ Support work on grassroots, community projects improve education facilities and a community garden.
- ✓ Help restore a healthy habitat on land bordering the world famous Krugar 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

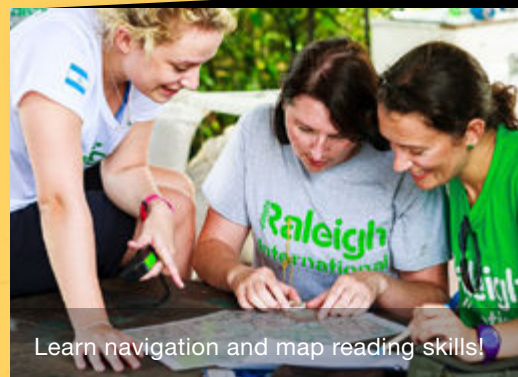
Volunteer in one of the most biodiverse countries in the world, home to national parks, volcanoes and stunning wildlife.

[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?

- ✓ Guide your team to 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.
- ✓ Support leadership building while on trek through rainforest and up volcanoes on a variety of stunning routes that tourists don't get access to.

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.



Safety

FAQ's

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.

Volunteer Managers are vital in driving safety

Members of the Volunteer Manager team will support the staff team to deliver safety training. You will play a key role in upholding systems and protocols on project sites.

Experienced in-country staff 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.

“

“Leading a team of young international volunteers on a summer-long expedition to one of the most vibrant and awe-inspiring places on earth is without doubt the most worthwhile experience of my life to date. Without putting too fine a point in it, it was probably my only experience of living outside of the bubble we call home and now not a day goes by without me feeling immensely grateful for my place in the world and energised to actively participate in it's improvement.”

Ross, Raleigh Costa Rica VM Alumni

Life on 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.

Food

- ✓ Volunteers cook their own meals, eat what the locals eat, try new foods and expand your sense of taste.
- ✓ In Costa Rica expect to eat rice and beans a lot. If you are lucky, some of the community members may cook some local delicacies for you. On the environmental projects and trek, you will be cooking Raleigh Rations on gas stoves.
- ✓ During VM induction, you will have access to the Raleigh kitchen to cook some family style meals for your VM team.
- ✓ In South Africa meals might involve maize meal (Miele Meal) and Chakalaka supplemented by rice or pasta.
- ✓ You will also be given a food budget for your team, to buy some extra fruits or veggies to spruce up your Raleigh rations. Be prepared to experiment and use your food budget to create a variety of new recipes.



Meal time in Fieldbase

Accommodation

- ✓ In Costa Rica, at Fieldbase Volunteer Managers can expect to share a room sleeping in bunkbeds. Once on project accommodation will be either be a shared tent with another Volunteer Manager or a classroom where the entire group sleeps. Showers and toilets are likely to be a welcome addition.
- ✓ In South Africa, Fieldbase accommodation is shared rooms and bunkbeds, while accommodation on project will involve sleeping in tents for the duration of the Expedition.

Camp life

- ✓ Our no phones and no alcohol policy means that team bonding and connecting with fellow volunteers is a priority. Volunteer Managers will have access to their phones.
- ✓ 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 and collecting firewood.

Feeling Inspired?

Apply now



Step 1 – Apply online

To confirm your place on Expedition.



Step 2 – Invited to Online Assessment

Our team will review your application and invite you to attend an online assessment.



Step 3 – Offered place on Expedition

Your assessment and application will be reviewed by our team, and if successful you will be offered a place on Expedition and asked to pay your deposit.



Step 4 – Pre-Departure Preparation

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

Find out more

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](#)

“

“Whatever your background or motivation, if you’re looking for inspiration, challenge, camaraderie, and unique experiences with lifelong friends then this is for you.”

Raleigh VM Alumni



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