

Raleigh
International



RALEIGH EXPEDITION GUIDE

Volunteer on environmental and community projects, experience real adventure, build skills for the future 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 Venturers describe Raleigh Expeditions.

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

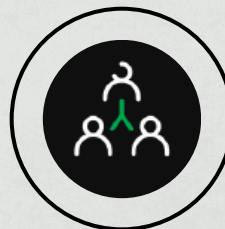
Venturers challenge themselves, disconnect from technology and connect with people and nature - all whilst making a long-lasting impact.

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

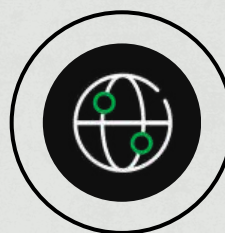
“

“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, Venturer



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



Raleigh Venturers have contributed to over 100 million volunteering hours on 600+ Expeditions.



Join a community of like-minded people. Venturers live a life of adventure and purpose in Costa Rica, South Africa and Borneo.



ABOUT RALEIGH INTERNATIONAL

Find out more



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

Venturers can take part in up to three phases:

COMMUNITY

ENVIRONMENT

**ADVENTURE
CHALLENGE**

Volunteer in the heart of wildlife havens and rural communities, contributing to supporting people and nature. Your adventure challenge will show you what you are made of as you venture across spectacular, untamed landscapes. When you 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, Venturer

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



Make friends from around the world



Build personal and professional skills



Join projects that contribute to the UN Global Goals

CHOOSING YOUR EXPEDITION

Find out more



Make your Raleigh Expedition work for you. Depending on where and when you want to travel, we have multiple options for you to choose from.

1

Choose where you go

Choose between three locations, Costa Rica, South Africa or Borneo.

2

Choose when you go

We run three cycles every year during the following times.

Cycle 1 - February – April 2025

South Africa, Costa Rica, Borneo

Cycle 2 - June – August 2025

Costa Rica, South Africa

Cycle 3 - October – December 2025

Costa Rica, South Africa, Borneo

Speak to a member of Raleigh for 2026 dates.

3

Choose how long you go away for

10 Weeks

The 10-week programme is the most immersive Expedition. You will take part in all three phases.

7 Weeks

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

5 Weeks

Our 5-week programme will give you the chance to engage in one meaningful project and a shorter adventure phase.



Our offerings of Expedition countries and Expedition lengths vary throughout in 2025.

You can read in more detail about each Expedition offering and dates on our website for [South Africa](#), [Borneo](#) and [Costa Rica](#).

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 Challenge.

- ✓ You will be in project groups of 12-14 Venturers and supported by staff and Venturer Managers.
- ✓ Teams change between each project, so you'll get a chance to work with lots of different people.
- ✓ When you aren't out 'on phase', you'll be at the Raleigh Fieldbase with the full Expedition team.

- ✓ Once you've completed your Expedition, you will join an amazing global community of inspiring and motivated Raleigh Venturers.





COMMUNITY PHASE

Find out more



Imagine a world where everyone has access to education and community facilities, so that they can build the skills they need to prosper in future life. Where everyone, no matter their background or where they live, have access to learning. Play your part in making this a reality.

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

- ✓ In South Africa support construction of school and educational facilities, such as playground jungle gyms and school community gardens.
- ✓ In Costa Rica support the building of classroom and school facilities in indigenous communities, working with local authorities to meet the need.
- ✓ In Borneo work alongside local indigenous people to construct key facilities for, such as a village hall, toilet block or drainage systems.

FLORIBETH'S STORY



“With the hard work of Raleigh’s Venturers, 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 is a school teacher in Nimaritawa indigenous community, Costa Rica



Build educational facilities and a school garden in South Africa

ADVENTURE LEADERSHIP PHASE

Find out more



The Adventure Challenge phase may take teams on challenging treks through rainforest, volcanic, jungle or mountain landscapes on a variety of stunning routes that tourists often don't get access to.

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

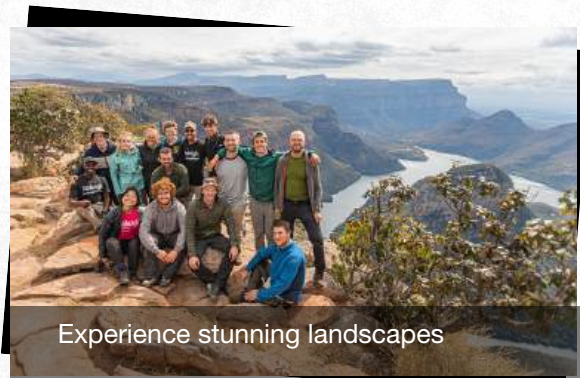
- ✓ Challenge yourself, develop your leadership skills and learn about the power of team effort.
- ✓ Build core skills, resilience and determination to drive change.
- ✓ Wild camp and sleep under the stars or set up camp in community buildings and schools.
- ✓ Learn survival, camp craft and map reading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

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



Experience stunning landscapes

ENVIRONMENTAL PHASE

Find out more



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

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

- ✓ In South Africa protect local wildlife in the Kruger area. Work may involve: alien plant removal, indigenous tree planting, snare sweep clearing and road clearing.
- ✓ In Costa Rica support conservation work in national parks by contributing to the work of park rangers and local environment experts.
- ✓ In Borneo take action to protect some of Southeast Asia's most precious natural landscapes through mangrove rehabilitation and reforestation activities.

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



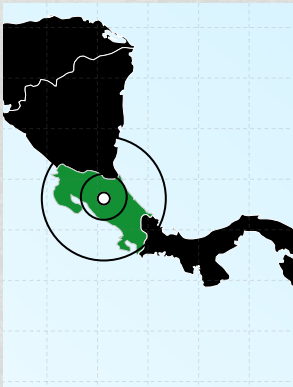
Support reforestation in Borneo

WHERE YOU CAN GO

Find out more

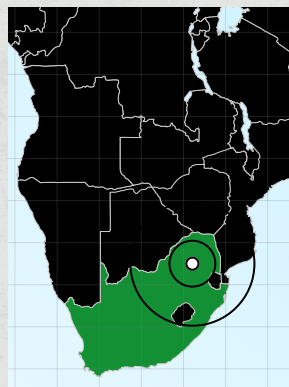


VOLUNTEER IN COSTA RICA



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



Live in a local community and the African bush on community and environment projects, and experience South Africa's highest mountains whilst trekking the incredible Drakensbergs.

VOLUNTEER IN BORNEO



Experience life in Borneo's indigenous areas while working on a community project in rural Sabah, and embrace the magic of the jungle on your environment project and adventure challenge.



SOUTH AFRICA

Download South Africa Guide



KRUGER

Known as the 'Rainbow Nation' for its cultural diversity, you will experience the beauty of community life and beautiful nature as a Venturer.

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 Krugar National Park.
- ✔ Explore true wilderness, forest and canyon landscapes on the adventure leadership trek.
- ✔ Learn to cook traditional food and understand local traditions.

“

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

Tiana, Venturer

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.



Protect wildlife on environment project



Work together, make friends for life

COSTA RICA

Download Costa Rica Guide



SAN JOSÉ



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

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.

“

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

Terry, Venturer

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.



Learn navigation and map reading skills!



Work together on construction projects



BORNEO

Download
Borneo Guide 

Home to some of the world’s most unique wildlife, on Expedition in Borneo you will embrace jungle life while volunteering to support indigenous communities and the growth of rainforest landscapes.

What will I be doing?

- ✔ Work in an indigenous Dusun community, supporting construction of important facilities such as toilets, community halls or drainage systems.
- ✔ Work with local experts to rehabilitate precious mangroves, helping to support nature and tackle environmental degradation.
- ✔ Trek across the Salt Trail of the Crocker Range on your trek and support an eco project during your Jungle Adventure.

“

The time I shared will forever be cherished and I would gladly put myself forward to do it all over again.

Gabrielle, Venturer

DID YOU KNOW?



At 140 million years old, the Borneo rainforest is one of the oldest in the world and the largest in Southeast Asia.

Malaysian Borneo is home to over 100 endemic species, including the Proboscis Monkeys, Sunda Leopard and Pygmy Elephant.



Work as a team to protect Borneo’s nature



Explore Borneo’s Crocker Range

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, Venturer

You will immerse yourself into new cultures and landscapes on Expedition. Whether in a rural community, camping or at Fieldbase, this will be true Expedition living.

Food

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



Camp life

Accommodation

You will be staying in different places for each phase of your Expedition, this will be in a tent while on project and in bunk beds at Fieldbase. Facilities will be basic - expect cold showers.

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. Instead 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 Venturers is a priority.



At times you will be camping

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 Venturers. 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.



"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 took a very different turn without that experience."

Tom, Raleigh Alumni

Experienced in-country staff and Venturer 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 a Venturer Manager team who undertake support roles in our office and leading project teams on the ground.

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





FEELING INSPIRED?

APPLY NOW

1

Sign up online

Fill out the application form to sign up for a place on Expedition.

2

Screened

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

3

Confirmation

Your Venturer Coordinator will send you all the information you need to get started.

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](#)





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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