



project
TRUST since 1967

A YEAR with NO GAPS

Your guide to international volunteering with Project Trust,
for young people aged 17-25

50+ years
of inspiring young people to
explore their potential

We offer young people aged 17-25 in the UK and Europe the opportunity to explore their potential through a year long teaching or youth development placement in either Africa, Asia or Latin America.

Since 1967, over 8000 Project Trust Volunteers have developed new skills, learned from another culture and contributed to a community abroad.

Find out more at www.projecttrust.org.uk

#AYearWithNoGaps





This is our Vision

Our vision is generations of empowered young people who are responsible and active global citizens.

This is our Mission

Through a long-term international volunteering experience, Project Trust empowers young people to develop their confidence, resilience, awareness and leadership skills. Engaging in cross-cultural exchange, our Volunteers have a positive impact within host communities and share their learning and understanding when they return.

Sustainable Development Goals

Project Trust strives to offer volunteering opportunities contributing to the United Nations' Sustainable Development Goals, specifically in the promotion of Quality Education.

Find out more at www.projecttrust.org.uk

A Year with No Gaps

Are you ready to explore the world, experience new cultures, and learn more about yourself?

CHALLENGE yourself

A Project Trust placement is a unique opportunity to learn, contribute and explore. The challenge will help you develop independence, confidence and resilience.



LEARN about the World

A long-term, international placement allows you to become fully immersed in your new culture and community.

You will learn about languages, religions, foods and lifestyles completely different from those you are used to. You will have a positive impact on the community you are living in, as well as having time to explore the country.



Learn about yourself

Volunteering with Project Trust will push you out of your comfort zone. You will be challenged to explore your potential, building on your existing skills as well as learning new ones.

Be a **POSITIVE** force within it

Working with partner organisations around the world, our projects are carefully chosen to ensure your skills can be put to good use and will not take work away from local people.



Teach, Learn and Share

Each year our Volunteers support thousands of children, young people and adults in teaching or youth development projects in **Africa, Asia** and **Latin America**.

You will make a real contribution to your host community and develop a deeper understanding of different cultures, countries and issues. You will gain the skills to be able to make a valuable contribution towards global learning and understanding upon your return.



Inspire the next generation of Global Citizens

Share your experiences and the topics you have become passionate about whilst volunteering, reaching out to people across the UK and beyond.

Where can I go?

Since 1967, over 8000 young people have volunteered with Project Trust in more than 67 countries.

Project Trust placements are always delivered in partnership with local organisations and are only available where there is a need for our Volunteers. Wherever in the world that is, being immersed in a completely different culture as a valued member of the community is an unforgettable, life-enhancing experience.

Countries and placements available are subject to change.

For the latest information regarding our programmes, please visit www.projecttrust.org.uk

Latin America

Project Trust has been active in Latin America since the late 1960s and locations have included **Honduras, Chile, Brazil, Dominican Republic and Peru.**





Asia

Project Trust has been active in Asia since the early 1970s our locations have included **China, Japan, Nepal, Cambodia and Thailand.**

Africa

Our international programme began in Africa in 1967 and locations have included **Ghana, Senegal, Malawi, South Africa, Zambia and Namibia.**

What can I do?



Teaching

Early Years &
Primary TEACHING

Do you have bags of enthusiasm, plenty of patience and good communication skills? We are looking for Volunteers with the energy and imagination to motivate younger pupils with fun, engaging and informative lessons.



Secondary
TEACHING

Do you have an aptitude for science, maths or ICT? We are looking for Volunteers with the confidence and skills to deliver dynamic and interesting lessons to students from a variety of backgrounds at our secondary school placements.



TESOL

(Teaching English to speakers
of other languages)

As a fluent English speaker you are in an excellent position to help others develop their English language skills, from early years to adults. Through interactive lessons, you will support students to build confidence and proficiency in spoken and written English.



YOUTH Development

Project Trust Volunteers play an important role in supporting the development of young people outside formal education. While relevant experience is helpful, it is more important that you are a caring and creative person, with the emotional intelligence to support others.

Youth at Risk

With support from experienced youth workers, you will be a mentor and role model for young people who have had a difficult start in life. You will help deliver informal education, sports and other extra-curricular activities.

Community Development

In collaboration with partners across the globe, we work with young people with additional support needs. This could include helping with school work as well as running fun extra-curricular activities.

A person wearing a yellow polo shirt is seen from the side, painting a globe onto a large blue circular wall. The word "Project" is painted in large white letters across the wall, with the globe serving as the letter 'o'. Below "Project", the word "TRUST" is partially visible in white capital letters. The scene is lit with warm, golden light, suggesting an indoor setting with a textured wall.

Project
TRUST

Developing your Skills

Project Trust's skills framework enables you to track your personal development throughout your Volunteer experience.



Communication & Collaboration

Communicating effectively and listening to others will be key to your success as a Volunteer. You will be a team-player, willing to work together to achieve a common aim. You will have a positive and encouraging attitude and be sensitive to the needs of others.



Leadership

You will motivate, influence and lead others, demonstrating your leadership potential whilst respecting and acknowledging contributions from others. You will be organised and behave responsibly. You are trustworthy, aware of your obligations and willing to see them through.



Resilience

You will have a positive mindset and persevere with determination to reach a goal. This will require you to be adaptable and open in your opinions and actions, reaching solutions through problem-solving. Your resilience will enable you to respond effectively to challenges.



Self-Confidence

Having confidence in your potential will be shown through your maturity in all situations, your ability to show initiative and put yourself forward to make the most of opportunities.



Awareness

This is your sense of global awareness and interest in the world around you. You will also show commitment to your personal development through self-evaluation, looking at your strengths, weaknesses and opportunities.

How it WORKS

The first step towards your international volunteering experience with Project Trust is to apply online at www.projecttrust.org.uk. If your initial application is successful, you will then set out on your journey as a Global Volunteer that could last a lifetime.



Selection Course

Volunteering with Project Trust is a challenge and adventure. The first step after applying online is taking part in a Selection Course.



Fundraising

Fundraising to support your placement abroad is an opportunity to learn and develop skills for life. Our dedicated Fundraising Support team will help you reach your target.



Training

Before departing for your placement you will attend a four-day residential Training Course. This prepares you for the specifics of the country and placement you are going to.

During your online application you will be invited to provide information on your skills, interests and education, plus your motivation for applying.

Before applying, check you meet the following requirements:

- 17-25 years old when you volunteer abroad
- UK or EU passport holder
- Minimum education standard of five National 5s or six GCSEs, including English, at grade C or above

Project Trust strives to offer our volunteering opportunities to all young people with the desire, motivation and aptitude to realise their potential through a long-term, international volunteering experience.

If you are keen to apply and hold the relevant skills and experience without the minimum grades, please contact us.



Placement

You will spend up to 12 months volunteering in Africa, Asia or Latin America, teaching or in youth development, learning about the wider world as well as discovering more about yourself.



Debriefing

On your return, our two-day residential Debriefing Course gives you the opportunity to reflect on your experiences and celebrate your achievements.



Global Community

Through living abroad, you will have developed a deeper understanding of global citizenship and will become part of our global network of Returned Volunteers.



The Selection Process

Our Selection process gives you the chance to get to know Project Trust and the opportunities we offer. Once your online application has been accepted, you will be invited to join a Selection Course. Taking part in small group activities, individual tasks and an interview, you will have the opportunity to share your skills and interests and demonstrate your strengths. This will help us to assess which volunteering experience from our range of placements could be right for you. Our online Selection Course runs over two days, including weekends. Five-day, in-person Selection Courses take place during some school holidays.

Booking onto Selection

Once your online application has been accepted, you will be invited to book onto a Selection Course, either online or in-person.

Communication & Collaboration

Working as part of a team you will take part in a variety of activities facilitated by Project Trust's experienced staff. You will have the opportunity to ask questions as well as discussing topics you feel passionately about.

Leadership

You will have the opportunity to demonstrate and develop your leadership skills, for example by teaching a lesson, delivering a presentation and engaging in team-building exercises.

Awareness

You will learn more about the countries we are partnered with and the types of placements available and will discover more about how to become an effective global citizen abroad.



Resilience

Our Fundraising Support staff are on hand to provide you with advice and tips to help you plan your fundraising activities.

Self-Confidence

Selection Course activities are designed to help you grow in confidence through taking part in individual and small group activities.



Volunteer Fundraising

Fundraising to support your volunteering placement is an important part of your Project Trust experience. It provides an opportunity to learn and develop skills for life and encourages you to take ownership of the experience.

Volunteer fundraising donations are an essential part of our charitable income and are what enables us to support your volunteering experience.

Over more than 50 years, Project Trust's fundraising staff and Returned Volunteer Mentors have supported over 8000 young people to achieve their target.

What's INCLUDED

Your fundraising target contributes towards the costs of:

- Return flights from London to the country where your placement is based
- Comprehensive travel medical insurance, including 24-hour emergency response
- Accommodation and a living allowance
- A four-day residential Training Course
- A two-day residential Debriefing Course
- UK-based support by the Project Trust team before and during your placement
- 24-hour Project Trust emergency support
- Local support by a Project Trust Country Representative
- Any immigration costs (Visas, permits, ID cards, etc) exceeding £250



What's NOT INCLUDED

- Vaccinations and anti-malarial tablets
- Pre-departure health screening with HealthLink360 and the cost of any specialist follow up
- Basic Disclosure application fee
- Personal belongings insurance, if required
- An insurance excess for each claim
- Any costs relating to personal travel for holidays, etc (this will vary according to the country and your travel plans)
- Any immigration costs (Visas, permits, ID cards, etc) up to a maximum of £250 (the immigration costs are substantially less for many countries)



Fundraising Support

Project Trust prides itself on having a dedicated Fundraising Support Team, supporting you to become a confident fundraiser.

During the Selection Course you will discover how to fundraise strategically, where to begin and how to make the most of support available.

Once you have been offered a place, you will be assigned a Volunteer Fundraising Support Officer who will provide tailored ideas, advice and support. You will also receive fundraising newsletters highlighting key dates and further opportunities.

Mentoring Programme

You will be matched with a Returned Volunteer Fundraising Mentor, a young person who has recently returned from their international volunteering placement after successfully fundraising. Your Mentor will be available to listen, advise, encourage and share inspiration.

Access Fund

We are committed to ensuring that our volunteering opportunities are accessible to young people of all backgrounds. An Access Fund bursary is available to those who fit the criteria for financial support.

Why Fundraise?

Communication & Collaboration

You will be encouraged to research and write to Charitable Trusts for funding. Writing a creative and compelling application will develop your written communication skills.

Leadership

You will take responsibility for your own fundraising progress. You will learn to organise events and co-ordinate support of friends, family and your local community.

Awareness

Researching the culture and traditions of the country you are going to will enable you to speak knowledgeably and persuasively to others about your fundraising.



Resilience

Fundraising is a learning process. There will be times when an initiative does not develop as hoped, and you will develop resilience by persevering with your efforts.

Self-Confidence

During your fundraising activities you will approach and interact with new people, perhaps to book a venue or organise an event. This will increase your confidence in your own abilities.



Training

Just before you travel to your international placement you will attend a four-day residential Training Course to ensure that you are prepared for your year abroad. You will receive training in the type of voluntary work you will be doing, detailed information on the country you will be living in, plus how to travel responsibly and keep yourself safe. You will also meet your placement partner and other Volunteers in your country group, as well as further developing your skills.

Training is a busy and fun few days where you will meet new people and take part in a variety of activities. You will learn how to get the maximum benefit from your international placement while having a positive impact on the community you will be volunteering in.

Communication & Collaboration

You will get to know your partner, your country group and the staff team who will be supporting you. You will learn how to communicate and collaborate effectively in your role abroad.

Leadership

You will receive guidance and advice from experienced staff on effective ways to manage activities at your volunteering placement. You will have the opportunity to get hands-on practice in teaching.

Awareness

You will learn about the culture and country you will be living in. You will learn about the responsibilities of your role as a Global Citizen.



Resilience

You will learn about the realities of living away from home, how to stay safe and keep healthy. You will find out how to recognise signs of culture shock and homesickness and learn about effective problem-solving to help overcome these challenges.

Self-Confidence

The activities aim to build self-confidence so that you feel prepared for your international placement.



International Placements

A Project Trust placement empowers Volunteers to challenge themselves, learn about the world, and be a positive force within it. Immersed in cultural exchange, every Volunteer's experience is individual to them. There is always plenty of opportunity to positively impact, and use initiative to benefit, their host community.



International Placement SUPPORT

Volunteering with Project Trust is the adventure of a lifetime. The challenges and experiences you face will give you the opportunity to learn and grow with support as you need it.



Whether you are looking for guidance and advice, help with a practical problem or in an emergency, Project Trust has an extensive support network and over 50 years' experience working with young people.



Project PARTNER

You will live and volunteer with another Project Trust Volunteer, your Project Partner. Together you will share the experiences and challenges of your international placement and support each other as you learn about your new environment.



Project HOST

Your Host is responsible for your day-to-day welfare, where you live and the volunteering you do. Hosts are members of the local community and are your main point of contact for guidance on everyday matters and concerns, as well as being a good source of information on the local area and community.



In Country REPRESENTATIVE

Your Representative is someone who lives in the country, understands the culture and speaks the language, and can offer expert advice. The Representative arranges the logistics of your arrival in country, including a short induction, and assists you with onward travel to your project location. Representatives are also on hand to assist with an emergency or crisis.



Country CO-ORDINATOR

Your Country Co-ordinator is a member of the International Programme team based at our headquarters in the UK. They will work with you during your Training course, provide pre-departure support, and offer guidance during your placement. Your Country Co-ordinator will visit you at your placement during your time abroad



Debriefing

At the end of your international placement, Project Trust invites you to a two-day Debriefing Course. This is a fantastic opportunity for you to share what you have learned, spend time with your country group and celebrate your achievements.

Debriefing offers the opportunity to reflect on your incredible time abroad and provides Project Trust with invaluable feedback. Also, and just as important, it is about looking forward to the future, planning how to make the most of your experience.

Communication & Collaboration

This is an opportunity to reflect on your entire Project Trust experience, and to give us feedback so that we can continue to develop. You will hear about the ways you can stay involved with the Project Trust Community.

Leadership

You will learn how to engage with schools to share the benefits of an international volunteering experience with other young people. You will also find out how you can continue to be an active Global Citizen and learn more about getting involved in our Mentoring Scheme.

Awareness

During your international placement, you will complete a Community Study, researching a particular aspect of your community abroad. You will have the opportunity to share what you have learned and observed during your placement.



Resilience

You will have the opportunity to reflect on some of the challenges you have faced, and how you managed to overcome them.

Self-Confidence

You will learn about how to transfer the skills you have developed, whether in CV-building workshops or in the form of advice from fellow Returned Volunteers about future opportunities.

Stay INVOLVED

Becoming a Global Citizen



A global citizen is someone who sees themselves as part of a global community. Someone who appreciates and has knowledge of cultures, countries, religions and peoples from around the world. Someone who wants to have a positive impact on those living around them, both locally and globally.

Through your long-term, international volunteering experience with Project Trust you will become a global citizen.



Global Community

The Project Trust Community is open to all generations of Project Trust Volunteer. It is an incredible network of thousands of Returned Volunteers from all walks of life and sits at the heart of Project Trust.

As an active part of the Project Trust Community you can connect with others through your shared experience, participate in a variety of events and activities, and inspire the next generation of global citizens.



"In a time of cultural ignorance and rising hate, I think it is so important for the younger generation to see more of the world."

Innes | Honduras



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