



Age 17-25?

Where would you like to go?



**Empowering young people through
life-changing international
volunteering placements**



Immersive Placement

All In, Roots Deep, Grow Strong.

Go beyond visiting and truly become part of a community. Live and volunteer internationally, building lasting relationships and completely immersing yourself in a different culture. With time to travel and explore, it's a year of meaningful impact, connection and personal growth.

Time Scale: 10–12 months

Travel Periods: Around 6 weeks+

Departure Season: Summer (August/September)

Focused Placement

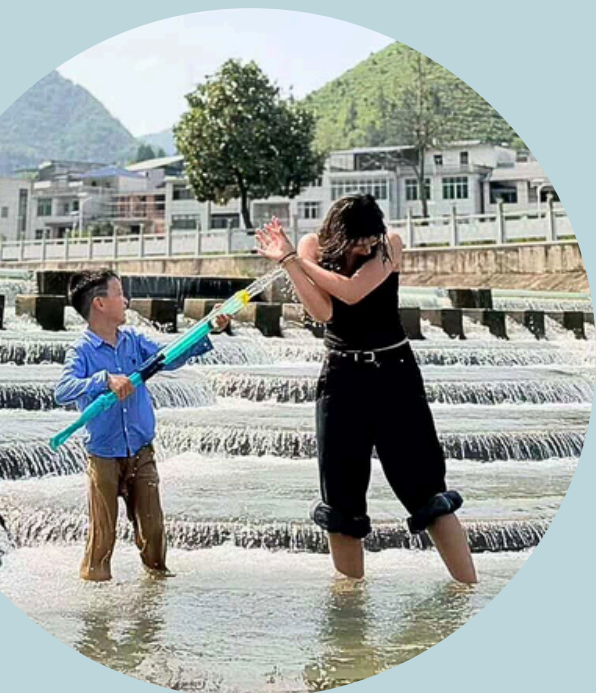
Dive in, Engage, Flourish.

Make your time count with a purposeful international experience. Volunteer within your host community, develop valuable skills and embrace a new culture, while still having opportunities for travel and adventure. A shorter commitment with plenty of time to make an impact.

Time Scale: 6–8 months

Travel Periods: Around 4 weeks+

Departure Season: Summer (August/September), Winter (January)



Discovery Placement

Discover, Explore, Develop.

Discover what international volunteering can offer in just a few months. Experience everyday life in another culture, contribute to a local community and challenge yourself to build new skills somewhere completely new. Ideal for fitting around university, work or other commitments.

Time Scale: 3–4 months

Travel Periods: Around 2 weeks+

Departure Season: Summer (August/September), Winter (January) Spring (June)

VOLUNTEER

Around the World



Why take a year out?

Taking a year out offers invaluable life experiences that can profoundly shape your future. It provides a unique opportunity to immerse in different cultures, develop global awareness, build new skills and contribute meaningfully to the world.



Why Project Trust?

We are the UK's leading charity providing sustainable international volunteer placements for 17-25 year olds for up to 12 months. Our unique support and training model, combined with strong partnerships with communities worldwide, provides an incredibly lasting impactful and transformative volunteer experience.



Where can I go?

We offer placements in a variety of countries in Latin America, Africa and Asia. Explore the world in a way you have never done before!



What can I do?

Our Volunteer experiences are based in Teaching, TESOL (Teaching English as a Second Language), Youth Development or Social Care.



How much will it cost?

Your fundraising target will be between £5,500 and £7,500, depending on your placement. This covers flights, accommodation, living costs, insurance, training and debriefing, plus full support throughout your journey. You'll receive 1:1 fundraising support to help you reach your target, with bursaries available for young people facing financial barriers.



WHAT'S NEXT?

Apply
online



Join our
Selection
Day



Start your
Fundraising



Welcome to
Training



Onto the
adventure of a
life time



When you return from your placement you'll join
our debriefing course and become part of a
8000 strong family of Project Trust Alumni



"In my case, my gap year might have been the difference between getting the job and still looking. My boss had done something similar to Project Trust so knew the kind of person you have to be to complete one. Even just having it on my CV helped get my foot in the door."

Jamie, Thailand 24/25



"I can't think of a better start to his adult journey or a better toolkit for success than his time with Project Trust."

Professor Sue Rigby

Vice Chancellor, Napier University



Stand out from the crowd.





FIND OUT MORE



@ProjectTrust



@Projecttrust1967



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www.projecttrust.org.uk

Parents and Guardians

Take a look at our Parent and Guardian Support Pack here:



FAQ

Application Stage



When is the deadline to apply?

We accept applications throughout the year, although there are cut off points for different programmes around 3 months before departure. This gives our staff team time to assign you a placement and get any Visa requirements and other preparations underway

Are there any medical restrictions to who can apply?

There is no restriction at the application stage. Candidates may be referred to a medical screening before a placement can be offered to determine how we can best support them while on placement. In some cases, this screening may mean we cannot offer a candidate a place. If you would like to speak to us about any concerns, please get in touch.

Do you need to know the language of the country you're volunteering in?

Spanish is required for some of our projects in Honduras and French is an advantage in Senegal. Otherwise, you absolutely don't need to know the language of the country that you are volunteering in! A Project Trust placement is the perfect way to be immersed in a new language and learn it through everyday experiences. **Many of our Volunteers return with new language skills they are very proud of.**

Do I get to decide where I go?

Along with your country preferences, Project Trust will look at a number of factors when deciding on a placement to offer you. We take into consideration where in the world you are interested in and the type of volunteering you would like to do as well as your skills, the needs of our partners organisations and our in-depth knowledge of our projects.

Can I apply to go with a group of friends?

While going through the application process and fundraising with a group of friends can be great, you are unlikely to end up on the same placement together. Our projects are as unique as you are from your friends and it's important for everyone that we find the right fit. This is also a great chance to make lifelong friends with people who you might not have otherwise met!

Do I need any specific qualifications to apply?

We take into consideration all relevant skills and experiences. Our minimum education requirements are 5 National 5s or 6 GCSEs, including English. However if you don't meet these requirements, please get in touch as we don't want young people to be excluded from our placements based solely on academic achievements.

You don't need any specific teaching or youth work qualifications or experience to apply. As long as you bring a **positive and hardworking attitude**, we will provide you with training for your project prior to departure.

Fundraising



What kind of fundraising support is there?

After accepting your place, you will be invited to a **Fundraising Workshop** that acts as an introduction for you and your parents or guardians, with everything you need to know to get started. While you are fundraising you will have access to our **dedicated support team**, with 1-1 chats available every week, an online fundraising pack, Whatsapp support groups, a fundraising mentor, fundraising volunteer socials and regular fundraising newsletters.

What would happen if I couldn't raise the full amount?

We will do our best to support you if you have the motivation and potential to volunteer with us, and we don't want finances to be a barrier for you. We have an **Access Fund Bursary** as well as a **Fully Funded Bursary** which are means-tested and can support those Volunteers who struggle with fundraising. We will also help you apply for grant funding and other means to reach your target. If more appropriate, we might encourage a Volunteer to defer their placement by one cohort, for example moving to another placement type or departure time, for more time to fundraise and a lower target. The full fundraising amount must be reached before a Volunteer can depart on their placement.

Are there any additional costs after fundraising?

There are a few additional costs after fundraising, such as vaccinations and anti-malarials; a health screening; visa and immigration costs. More details of these can be found on our website. Additionally, there is a £300 excess for any insurance claim and you may wish to purchase belongings insurance as this is not provided. Any travel within the UK, to Training, Debriefing or for departure from London Heathrow, as well as any holiday travel costs while on placement will also be additional.

Placement



Will I be taking jobs away from local people?

In collaboration with our international partners, we select placements designed to ensure our Volunteers' skills can be put to good use, make a **real contribution** in their host communities and do not take work away from local people.

Where will I be staying?

Accommodation varies by country and by project but Volunteers may live in their own apartment with their project partner, in school or on-site accommodation or with a host family.

How many hours a week will I volunteer for and how much free time will I have?

The number of volunteering hours per week will vary depending on the project but Volunteers should expect to be at their projects around 25 hours a week. Many Volunteers also get involved in other activities outside of their timetable, including setting up their own extra-curricular clubs.

What support will I receive whilst on placement?

- Volunteers will be in pairs at their projects and this **Project Partner** will be important for day-to-day support. There are usually multiple projects across the country and this wider **Country Group** are also a great support network to lean on.
- **Project Hosts** are members of the local community and are the Volunteers' 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.
- **International Representatives** are someone who lives in the country, understands the culture, speaks the language, and can offer expert advice. The Representative arranges the logistics of Volunteer arrivals in country, including a short induction, and assists Volunteers with onward travel to their placement. Representatives are also on hand to assist with an emergency or crisis.
- **Country Coordinators** are members of the International Programme team based in the UK. They will work with Volunteers during their Training Course, provide pre-departure support, and offer guidance during the Placement.
- We operate 24-hour Emergency Support via a **24/7 emergency phone line** so Volunteers and Parents/Guardians can always contact a member of our team for urgent matters or in a crisis.



1:1 Fundraising Support



Project Partner



Country Group



Country Co-ordinator



Host & Community



24/7 Emergency Support



In-Country Rep

Support

network

What is the recommended mode of contact with family members?

We encourage all our Volunteers to get a local SIM card once they arrive in their Placement Country. This allows Volunteers to access the local mobile data network alongside any WiFi facilities that may be present at their Project. Volunteers are therefore able to keep in touch with friends, family and Project Trust via email, WhatsApp and other digital communication methods.

What safety measures and insurance are provided?

All countries and placements where we allocate Volunteers are risk assessed with an incident response plan in place should any issues arise. All Volunteers are covered by comprehensive travel medical insurance policy, which covers the whole of their time abroad. Both our Medical Assistance Partner and Project Trust operate a **24/7 emergency phone line** so that we are always reachable in the event of an emergency. All Volunteers are provided with Smoke Alarms and Carbon Monoxide Alarms, to keep them safe at their accommodation and when travelling.

More Questions?

Join an Explorer session

