FRONTIER

250 projects  50 countries  5 continents

Conservation
wildlife care & conservation projects

Education
teaching & community projects

Exploration
worldwide travel adventures

a non-profit
NGO
the ethical choice
“Frontier is awesome! Really serious about helping vulnerable communities and endangered wildlife and saving the planet and the fact that Frontier is non-profit and totally ethical means that more of my money goes towards supporting the projects. That means a lot to me!”

“The expedition was fantastic! I saw all of Africa’s “Big 5” and the Frontier staff were so inspirational, professional and fun to be with!”

This brochure contains a selection of the 250 projects available on our website.
“Not only was my Frontier project excellent value for money, but I held a fundraising night with a raffle and a male slave auction and raised £1900 in one night!”

What’s in here?

2 Where can I go and what can I do?
4 Frontier Group Projects
17 Multi-country Adventure Trails
20 Expedition Leadership training
22 Frontier Supported Projects
70 Life on a project
72 What qualifications can I get?
74 What makes Frontier different?
76 What does my contribution cover?
78 Choosing a project with Frontier
81 What’s next?

Check our website for the latest projects, volunteer reviews and special offers!
I want to...

Dive
- Scuba dive in clear tropical oceans, live on a paradise beach camp, and train up to PADI Divemaster. Free Training up to PADI Advanced Open Water on selected expeditions!

Work With Animals
- Care for sick or injured animals, work in a wildlife centre, at a zoo or a breeding centre, helping to improve animals’ living conditions.

Adventure Travel
- Surf, trek, climb, bike, dance, and horseback ride your way across a number of countries on an unforgettable ethical journey. You’ll also spend some time on a conservation or teaching project.

Medical & Journalism Internships
- Get a head start in the competitive fields of medicine! If you are looking for a career in either of these fields, look no further than Frontier to experience working in a foreign environment, challenging yourself on a daily basis!

Locations:
- Kenya
- Tanzania
- Mozambique
- Madagascar
- Fiji
- Caribbean

- Africa
- Asia
- Latin America
- Australasia
- South Pacific

- Mexico
- Belize
- Honduras
- Guatemala
- Nicaragua
- Costa Rica
- Trinidad & Tobago
- Dominican Republic
- Bahamas
- Cayman Islands
- Cuba
- Ecuador
- Peru
- Bolivia
- Brazil
- Uruguay
- Argentina
- Chile
- Egypt
- Morocco
- Senegal
- Cameroon
- Mali
- Ghana
- Namibia
- South Africa
- Botswana
- Zambia
Teach & Coach Sports

Teach subjects such as English and sports to children in poor community schools, who will be eager to learn and befriend you. TEFL teaching certificate available.

Learn a Language

Learn a foreign language on an unforgettable immersion course alongside students from around the world. You’ll be speaking like a local in no time!

Get Qualified

Dive train up to PADI Divemaster. Get a TEFL teaching certificate. Earn a BTEC in Tropical Habitat Conservation or Expedition Management. Gain a Field Guide qualification.

Track & Conserve Wildlife

Work alongside other explorers and volunteers as you track wildlife and help to save endangered species and threatened ecosystems.

Help Communities

Improve the lives of local people on health projects, AIDS awareness, in orphanages, on anti-child-trafficking projects, build water catchment systems, or help farmers plant organic crops.
Fiji

Picture an island where the tropical sun shines down on white sand beaches, sparkling blue waters, luscious green forests and smiling, laughing islanders. You have pictured Fiji. Follow in the footsteps of Captain Cook and explore these far flung tropical islands, famous for their natural beauty, laid back lifestyle, embracing locals and rugby sevens team! Discover what has enchanted visitors to the Fiji Islands since their first European contact by the Dutch explorer Abel Tasman in 1643. Join one of Frontier’s Fiji projects and fall in love with the country and her people, taking memories with you that will last a lifetime. Frontier-Fiji’s Marine Conservation & Diving operated in partnership with the University of South Pacific, is looking at the effects of overuse and Global Warming on reef health. Our Fiji volunteers spend their days diving in some of the best sites that Fiji has to offer and then relax in the evening on the beach, watching the sun go down. Later, you can party the night away under millions of bright stars, listening to the roar of the waves. Frontier-Fiji Teaching volunteers visit Fiji to experience the legendary warmth of the Pacific Islanders’ culture and to help teach deprived children in rural or urban areas. You will have a direct and lasting impact on the well-being of an impoverished community, teaching English or building environmental awareness. Frontier-Fiji Journalism volunteers will learn the ropes at a significant English newspaper in Suva, working alongside the professional journalists as they cover a range of topical issues. The Frontier-Fiji Red Cross Medical volunteers will spend time in the headquarters in Suva as well as in communities around Viti Levu. Work will be varied and will be an excellent introduction to the challenges facing the medical field in a developing country.

**Marine Conservation & Diving**

- Dive in the crystal clear water of the Pacific Ocean surrounded by sharks, turtles and rays
- Live with your team mates in paradise on an idyllic tropical beach camp
- Free dive training to PADI Advanced Open Water.
- Emergency First Response, Rescue Diver and Divemaster courses also available at unbeatable prices
- BTEC qualification available

From £1,695 for 4 weeks  free dive training worth £300

“The best part of my teaching project was when one of my students took me home to meet his entire family. They were so happy and grateful that I was helping their son that they made me stay for dinner!”
“I can’t decide which was better: learning to dive surrounded by rays and sharks or lying on the beach with a beer watching the sun going down after a full day of surfing!”

Fiji Red Cross Medical
- Gain a head start in the competitive field of medicine
- Experience working life in both the headquarters and in the community
- Contribute to the programme via a wide range of work activities, ensuring you get the most out of your placement

From £1,195 for 4 weeks

Teaching
- Get to know the smiling, laughing children of Fiji as you pass on your knowledge and experiences of life
- Learn about the fascinating islanders’ culture from the community that you live in
- Make friends for life with the children you teach
- Get a TEFL certificate worth £200 for free!

From £1,195 for 4 weeks

Fiji Journalism
- Work closely with local journalists and become substantially involved in the intricate day to day running of a significant English newspaper in Suva
- Bring your own creativity and perspective to the articles you contribute to, whilst constantly learning from professionals working alongside you
- Live in a clean and comfortable home with one of the staff from the Fijian newspaper

From £1,195 for 4 weeks

www.frontier.ac.uk  info@frontier.ac.uk  +44(0)20 7613 2422
Cambodia, the sacred kingdom, is a country truly in touch with its ancient roots. This is the home of the once-mighty Khmer Empire, which ruled over a vast area of land from its centre in Angkor Wat. One glance at its spectacular environment and you’ll see why they chose Cambodia for their base. Terraced rice paddies ring gently rolling hills, lush tropical forests are alive with the calls of jungle cats and gibbons, and miles upon miles of untouched beaches line the coast. Cambodia is a tranquil, welcoming place and you’ll feel immediately at home in this remarkable country. Frontier-Cambodia was one of the first conservation organisations ever to work in the country and we’re giving you a once-in-a-lifetime chance to explore Cambodia’s forests and help discover her exotic wildlife. You can also work in a Siem Reap teaching conversational English to children at a local school. The Cambodians’ attitude is contagious and before long you’ll be adopting the behaviour of these serene, wise teachers. Your children will love the chance to laugh and play with you and your time in Cambodia will be an experience that you’ll never forget. Best of all, you’ll have brought some joy into the lives of these deprived children.

“Even with the excitement of tracking endangered fishing cats nothing beats rolling out of my hammock in the bright early morning sunshine to the alarm calls of gibbons and macaques”

**Tropical Forest Conservation Project**

- Track wildlife including tigers & leopards, sun bears and Asian elephants through the lush Cambodian jungle
- Be amongst the first travellers to trek through uncharted rainforests and find endangered wildlife
- Discover Cambodia’s rich cultural heritage displayed in the amazing temples and sculptures of Angkor Wat
- Internationally recognised BTEC qualification available

From £1,095 for 3 weeks
Contribute to pioneering conservation and research at the forefront of protecting Cambodia’s diverse marine environment.

Train to Advanced Open Water in the clear warm waters of the Gulf of Thailand.

When not underwater you could be involved in a range of jungle surveys, community projects and beach clean ups.

Contribute to the protection of one of the last undeveloped marine areas in Southeast Asia.

For more projects in Cambodia see our website!

“The Buddhist monks who run the orphanage are so inspirational. They taught me so much about their religion and really helped me to be a caring helper for the children.”

- **Teaching**
  - Experience the heartbeat of Cambodia as you devote your time to teaching the future generation.
  - Learn about the fascinating Buddhist culture from the teachers at your school.
  - Make friends for life with the children you teach.
  - Get a TEFL certificate worth £200 for free.

- **Coral Reef Conservation & Diving**
  - Contribute to pioneering conservation and research at the forefront of protecting Cambodia’s diverse marine environment.
  - Train to Advanced Open Water in the clear warm waters of the Gulf of Thailand.
  - When not underwater you could be involved in a range of jungle surveys, community projects and beach clean ups.
  - Contribute to the protection of one of the last undeveloped marine areas in Southeast Asia.

- **Community Development**
  - Dig and construct water wells or dance, sing and play games with the lively children in the local orphanage.
  - Explore Cambodia’s lush rainforests and sandy beaches.
  - Catch a traditional ‘Aspara’ dance on your trip and after your project visit the marvel that is the 1,000 year old Angkor Wat temple complex.

From £995 for 4 weeks.

From £995 for 4 weeks.

From £1,595 for 4 weeks.

www.frontier.ac.uk info@frontier.ac.uk +44(0)20 7613 2422
Tanzania has it all: vast savannas teeming with exotic wildlife, Africa’s highest point in Mount Kilimanjaro, and south of Zanzibar on Mafia Island, pristine white sand beaches fringed with coconut palms. The coastal waters are warm and crystal clear, with a dazzling array of life including dolphins, whales, rays, sharks and brilliant coral reefs. Tanzania’s friendly, welcoming population is in touch with its fascinating tribal roots and there are enough bustling, maze-like markets to satisfy even the most avid curio hunter. It’s no wonder that Frontier’s groups of young adventurers have been exploring Tanzania for 20 years! You can see lions and elephants across African plains or learn to dive in the Indian Ocean while you search for whale sharks, rays, turtles and dolphins. Your efforts will support our long running African Wildlife Conservation project aimed at discovering new animals and protecting endangered wildlife. Our work plays a key role in setting up national parks and protecting threatened ecosystems as we advise Tanzania’s government and work with the WWF in Tanzania’s first multi-user marine park (which Frontier established). You’ll help make a massive difference! After a hard day’s diving and trekking you will party the night away under a starry equatorial sky or watch the flickering campfire as you sway in your hammock, listening to the exotic evening sounds.

“Ath the end of an exhilarating and exhausting day of trekking and tracking it was always a rush to get the lamps lit and the fires burning before the African night closed in and plunged us into utter darkness. Then we’d chat, drink and play cards until we fell into our hammocks to listen for the roar of the lions.”

African Wildlife Conservation

- Encounter magnificent African wildlife, from elephants to majestic lions and zebras to herds of wildebeest, as you explore Tanzania’s vast savannas
- Live in a remote camp surrounded by rolling hills and listen out for the roar of lions & the beat of distant drums
- Spot African wildlife on safari & game drives at the end of your ten week placement
- Work with local communities & leave a lasting legacy
- BTEC qualifications available

From £1,295 for 3 weeks
“Where do I start - seeing breaching mother and calf whales next to our sailing dhow, learning Swahili with local kids, being lulled to sleep by the gentle Indian Ocean waves, diving with dolphins - this was paradise!”

Highlights of Tanzania

- Kilimanjaro: Africa’s highest mountain
- Ngorongoro Crater: home to the world’s largest population of migratory animals
- Lake Victoria: the world’s second deepest lake
- Serengeti: Africa’s “Big 5” in abundance: lion, elephant, rhino, buffalo and leopard
- Two of the world’s top 100 dive sites
- The exotic island of Zanzibar
- The Olduvai Gorge: the origins of man

Tanzania Adventurer

- Combine teaching and living in a Tanzanian community with adventure travel
- Live and work on a teaching project in a small rural community on exotic Mafia Island, south of Zanzibar
- Go on an African adventure in search of Africa’s endangered wildlife and big game, and snorkel or scuba dive (extra cost) at some of the Indian Ocean’s most spectacular dive sites!

From £1,495 for 3 weeks

Free dive training worth £300

From £1,895 for 42 days

www.frontier.ac.uk
info@frontier.ac.uk
+44(0)20 7613 2422
Tanzania

Your teaching project begins with a thrilling journey as you fly south of Zanzibar to Mafia Island. Soaring above the sparkling blue waters of the Indian Ocean dotted with coral reefs and possibly even the formidable shadow of the giant whale shark, you will witness majesty like no other as you arrive into your new home. Your teaching will bring you into your host community as a welcome new member. You’ll teach children basic English and other subjects of your choosing and you’ll have ample opportunity to play sports and games with them, put on plays and concerts and do other fun activities. Tanzania, though beautiful and welcoming, is one of the poorest countries in the world. Access to basic education is limited and many people in rural areas rely on subsistence farming to sustain a living. This is your chance to change the lives of those around you for the better and leave a legacy that will last for decades to come. For those of you who just can’t decide between teaching and diving or wildlife conservation, you can combine all three on the Tanzania Adventurer Project or the Tanzania Dive, Teach and Wildlife Project: the best way to see all that Tanzania has to offer!

Teaching & Beaches

- Don’t forget your books and crayons, enthusiasm and sense of humour, as you’ll need all of these as you pass on your knowledge and experience to the cheeky children of Mafia Island, south of Zanzibar
- Live alongside the Frontier Coral Reef & Diving volunteers on an idyllic beach camp
- Get a TEFL certificate worth £200 for free!

From £895 for 4 weeks

“My teacher is called Miss Wilson. She has yellow hair and a pink face. She is beautiful and I love her!”
- Akili Mkebu, a 5-year old student at the school
Climb Kilimanjaro, Africa’s highest mountain and one of the world’s most spectacular icons

Track animals across the African savanna on a safari adventure

Learn to scuba dive in crystal clear water teeming with rays, turtles, dolphins, whale sharks and reef fish

Immerse yourself in traditional warrior life in a Maasai village

Trawl through Spice Island markets in search of exotic trinkets & Makonde carvings

Support the local economy by booking adventure activities directly in-country

Additional Activities

From £1,895 for 42 days

What better way to experience the heartbeat of a country than to spend time teaching and getting to know its mischievous children?

Chill out on the beach, snorkel or learn to scuba dive on our palm-fringed Indian Ocean island camp

Join our wildlife conservation camp on the vast African savanna and track game with guards in search of African wildlife as you explore the pristine wilderness

Tanzania Dive, Teach & Wildlife

Making it to the summit of Kilimanjaro was one of the best moments of my life. Seeing Tanzania spread out below me with all its beautiful colour is an image that I’ll carry with me for the rest of my life.”
Madagascar

Madagascar is a country unlike anywhere else on Earth. Places on this mysterious island have vegetation and animals so strange that at times you’d even think that you were on another planet! Here, you can find almost all of the world’s 63 types of lemur, dozens of types of chameleon including the world’s smallest and largest, and strikingly beautiful wild cats called fossas. The landscape varies from majestic mountains characterised by steep cliffs and dense tree coverage, to dry spiny forests filled with forbidding thorny trees. The coastal areas have no shortage of pristine white sand beaches. Offshore, in the clear blue waters around Madagascar, you can find brightly-coloured coral reefs, rays, humpback whales and sharks. Sadly, Madagascar’s fragile environment is under threat from deforestation and illegal poaching. On the Frontier-Madagascar Marine Conservation & Diving Project you can scuba dive in this pristine marine environment, where you’ll encounter dazzling fish and other marine animals and witness the devastation caused by Global Warming. On the Frontier-Madagascar Wildlife Conservation Adventure you’ll discover lemurs and other exotic species and trek across remote corners of Madagascar’s mountain and lowland regions. If you prefer, you can partake in our Teaching and Adventure Project – a great way to fight rural poverty through education while learning about a new culture. This incredibly rewarding experience will forever change you and you’ll leave knowing that you’ve helped the lives of the people of your host community.

“Alongside my students I played the local village team at football on Sunday afternoon, which was a thoroughly crazy experience, with a sand pitch complete with trees, zebu cattle, goats and crowds of laughing villagers.”

Wildlife Conservation Adventure Project

- Discover a massive variety of strange and exotic plants and animals in Madagascar’s lush tropical rainforests
- Trek across dramatic landscapes and volcanic massifs
- Explore Madagascar’s rich cultural heritage
- Spot lemurs and chameleons on this “Island of the Ancestors”
- BTEC qualification available

From £1,195 for 3 weeks
“Now I know why Madagascar has been isolated for so long. It felt like we were at the end of the Earth on our remote beach camp, diving all day and sleeping under a tropical sky at night.”

**Marine Conservation & Diving**
- Record sightings of whales, dolphins, turtles and dugongs as you scuba dive in the warm water of the Indian Ocean
- Live on an idyllic and remote beach camp, at one with the surrounding environment
- Free dive training to PADI Advanced Open Water
- Emergency First Response, Rescue Diver, & Divemaster courses also available at unbeatable prices
- BTEC qualification available

From £1,395 for 3 weeks free dive training worth £300

---

**Teaching & Adventure Project**
- Nothing can prepare you for the feeling of passing on your knowledge and experience to a sea of smiling children who will hang on your every word
- Learn about Madagascar’s fascinating culture from the friendly & hospitable community
- Practise your French and Malagasy with your newfound friends
- Get a TEFL certificate worth £200 for free!

From £895 for 4 weeks

---

www.frontier.ac.uk info@frontier.ac.uk +44(0)20 7613 2422
Costa Rica

Costa Ricans have an expression, “pura vida” (literally meaning “pure life”), that sums up perfectly life in this tranquil tropical paradise. It’s hard to imagine anywhere else on Earth that more embodies the appreciation of life’s simple delights. Covering just 0.1% of the planet’s landmass but home to around 5% of the world’s biodiversity, Costa Rica’s staggering wealth of animal and plant life holds no end of wonder for visitors. On the coast, you’ll find miles of unexplored white sand beaches and warm, clear waters filled with dolphins, rays and colourful fish that are ideal for swimming, scuba diving and surfing. Travel inland and you’ll find awesome volcanoes, rushing rivers, hidden waterfalls and vast tracts of rainforest filled with sloths, jaguars and monkeys. Costa Ricans, though poor, are a welcoming, vibrant people and the Frontier-Costa Rica Teaching Project is an excellent opportunity to immerse yourself in this wonderful culture and learn Spanish. You’ll live in a town or village and teach basic English to groups of friendly children or adults, helping to build a brighter future for them. If you’d prefer, you can help save critically endangered sea turtles on the Frontier-Costa Rica Primates, Turtles and Big Cat Conservation Project, many of which are hunted by local people for their eggs and shells or have their habitats destroyed by growing tourism along the coasts. This project will take you to areas of the country where, amidst spectacular beauty, you’ll help to save some of the world’s most fascinating animals.

Teaching & Community Development

- Cross cultural boundaries and spend your time with the future of Costa Rica - the young generation
- Participate in traditional local customs and colourful festivals and celebrations and learn Spanish
- Explore nearby San Jose, with its bustling markets full of fascinating sights and sounds, and the exciting nightlife in the capital’s bars and clubs
- Get a TEFL certificate worth £200 for free!

From £995 for 4 weeks
Primates, Turtles & Big Cat Conservation

• Take part in one of Frontier’s newest and most exciting conservation projects

• Carry out groundbreaking survey work, exploring the remote habitats of Costa Rica’s Osa Peninsula

• Live on a remote forest base camp with your fellow volunteers, relaxing in the evenings under a starlit sky and waking to the unmistakable sounds of the local howler monkeys

• Experiment with local produce as you and your new found friends prepare the camp’s meals, such as gallo pinto, the signature dish of Costa Rica

• Survey work could involve a range of activities such as sea turtle monitoring, big cat tracking, primate surveys and amphibian surveys

• Contribute to the conservation of a world of fragile beauty, and help safeguard Costa Rica’s precious wildlife and exceptional habitats for future generations

• Save endangered loggerhead, leatherback and olive ridley sea turtles by helping to monitor and release hatchlings into the wild

• Make friends for life as you relax around a campfire under a starlit tropical sky

• Explore Costa Rica’s rainforests and discover jaguars, sloths, monkeys and puma

From £795 for 2 weeks

www.frontier.ac.uk info@frontier.ac.uk +44(0)20 7613 2422
Central America Ethical Adventure Trail
6 weeks travelling or 10 weeks travelling & working across Central America

Mexico, Belize, Guatemala, Honduras, Nicaragua and Costa Rica

Engage the mystery and excitement of Central America with a journey through all of its hotspots, from climbing through the vine-shrouded ruins of the most magnificent Mayan and Aztec cities, to watching a Caribbean beach sunset with the company of a cool rum and a reggae soundtrack. Take a magical mountain horse ride, marvel at the underwater world of the coral reefs or just party the night away in a beachside club. Finish your trail with a 4 week placement on Frontier’s Primates, Turtles and Big Cat Conservation project in Costa Rica, where you can help to secure the future of these critically endangered species. Feed your wild side by whitewater rafting, going on canopy and quad bike tours, surfing, bungee jumping and sky diving!

- Mexico, Belize, Guatemala, Honduras, Nicaragua and Costa Rica
- Six weeks of travel and four weeks of conservation or teaching

From £1,999 for 6 weeks or £2,599 for 10 weeks, departs Jan, April, July, Oct
South East Asia Ethical Adventure Trail
10 weeks travelling & working across South East Asia

Thailand, Cambodia and Vietnam

Explore the ancient temples of the Khmer Empire nestled in the jungle and the famous beaches of South East Asia. Trawl through the floating markets and coconut plantations of Damnoen Saduak and Samut Songkh. Relax after a day of surfing or snorkelling off one of the white sand beaches of Koh Samet. Spend a month tracking Big Cats and Asian elephants in the Cambodian rainforest or teaching at an orphanage run by Buddhist monks.

- Thailand, Cambodia and Vietnam
- Travel with fun like-minded travellers who will become friends for life
- Visit must-see local cultural hotspots such as temples, museums and ruins
- Explore South East Asia’s famous rainforests and visit wildlife sanctuaries
- Sample the delights of the bars and clubs in the cosmopolitan cities en route

From £2,599 for 10 weeks, departs Jan, April, July, Oct

www.frontier.ac.uk  info@frontier.ac.uk  +44(0)20 7613 2422
From £1,699 for 4 weeks

Trek, climb, kayak, scuba dive and party your way across the most exciting countries in South America: Ecuador, Peru and Bolivia. Ecuador boasts dense rainforests, sublime islands, Mars-like volcanic landscapes and well-preserved, cosmopolitan colonial cities. Bolivia, sometimes called the Tibet of South America, has dazzling landscapes and remnants of mysterious, ancient civilisations. Peru, once the centre of the mighty Inca civilization, has magnificent monuments like Machu Picchu, colonial cities and lost villages where indigenous highlanders still speak only Quechua.

- Ecuador, Peru and Bolivia
- Adventure travel, cultural experiences and lifelong friendships

From £1,699 for 4 weeks
I had such an awesome time and made such great friends that the time just flew by. By the time that I left I was speaking Spanish like a native, and now I'm confident enough to speak the language to anybody.

Spend 30 weeks or more experiencing the ultimate fantasy gap year, visiting 10 countries on 3 continents. Combine an amazing worldwide journey with volunteering on teaching or conservation projects en route. Spend your days visiting cultural hotspots such as temples, museums or ancient ruins or trekking rainforest trails, visiting wildlife sanctuaries or relaxing on perfect white sand beaches. Then enjoy your evenings exploring the clubs and bars of the exotic and vibrant cities you visit.

Start your journey in Bangkok on Frontier’s 10 week South East Asia Ethical Adventure Trail, travel on independently via Australia or New Zealand before joining the 10 week Frontier Fiji Marine Conservation & Diving Project. Here in the soft coral capital of the world you can dive in the crystal clear waters of the Pacific Ocean with sharks and manta rays - we even offer you free dive training to PADI Advanced Open Water. From Fiji, travel to Mexico City and join the final 10 week leg of the journey on the Frontier Central America Ethical Adventure Trail which culminates in an amazing journey to Costa Rica - an ideal destination if you want to stop over in the USA on your way home!

The Frontier Fantasy Gap Year is flexible so you can vary the itinerary to suit your needs. You may decide to start your journey in Central America and travel via Fiji to South East Asia. You can customise the trail itineraries as you progress, varying destinations and activities on the journeys through South East Asia and Central America.

You can join this incredible 30 week adventure for the amazing discounted price of £6300! That’s a saving of over 20% and almost £1400 off the price of booking each ten week trail or expedition separately!

£6,300 for 30 weeks

www.frontier.ac.uk info@frontier.ac.uk +44(0)20 7613 2422

Mexico Honduras Guatemala
Belize Nicaragua Costa Rica
Fiji Vietnam Cambodia Thailand

Volunteering and Travel Combined

Spend 30 weeks or more experiencing the ultimate fantasy gap year, visiting 10 countries on 3 continents. Combine an amazing worldwide journey with volunteering on teaching or conservation projects en route. Spend your days visiting cultural hotspots such as temples, museums or ancient ruins or trekking rainforest trails, visiting wildlife sanctuaries or relaxing on perfect white sand beaches. Then enjoy your evenings exploring the clubs and bars of the exotic and vibrant cities you visit.

Start your journey in Bangkok on Frontier’s 10 week South East Asia Ethical Adventure Trail, travel on independently via Australia or New Zealand before joining the 10 week Frontier Fiji Marine Conservation & Diving Project. Here in the soft coral capital of the world you can dive in the crystal clear waters of the Pacific Ocean with sharks and manta rays - we even offer you free dive training to PADI Advanced Open Water. From Fiji, travel to Mexico City and join the final 10 week leg of the journey on the Frontier Central America Ethical Adventure Trail which culminates in an amazing journey to Costa Rica - an ideal destination if you want to stop over in the USA on your way home!

The Frontier Fantasy Gap Year is flexible so you can vary the itinerary to suit your needs. You may decide to start your journey in Central America and travel via Fiji to South East Asia. You can customise the trail itineraries as you progress, varying destinations and activities on the journeys through South East Asia and Central America.

You can join this incredible 30 week adventure for the amazing discounted price of £6300! That’s a saving of over 20% and almost £1400 off the price of booking each ten week trail or expedition separately!

£6,300 for 30 weeks

www.frontier.ac.uk info@frontier.ac.uk +44(0)20 7613 2422

Mexico Honduras Guatemala
Belize Nicaragua Costa Rica
Fiji Vietnam Cambodia Thailand
Accredited Expedition Leadership Training

You and a group of fellow adventurers will trek across some of the world’s most remote, wild and spectacular locations on an incredibly challenging but highly rewarding journey. Under the guidance of one of our field experts you’ll learn how to lead your own expedition, including campcraft, navigation, leadership and field safety. Along the way, you’ll pass through dramatic landscapes, spot exotic animals and discover remote communities. If you’re ready to test your limits of endurance and resourcefulness and blaze a trail into uncharted territory then sign up today!

Expedition Management: Madagascar, Tanzania

• Trek across an uncharted corner of the world, on the move everyday, as you learn to run an expedition and survive in the wild. You’ll even spend some time leading the expedition by yourself, an incredibly challenging but rewarding experience
• Learn how to make a fire, build a shelter, navigate by day and night and survive in the wilderness - essential skills for any adventure traveller or outdoor enthusiast
• Discover animals never seen before and interact with communities that have remained isolated for thousands of years
• You can even gain an internationally recognised BTEC Advanced Certificate in Expedition Management. Ask us how!

From £1,795 for 4 weeks, departs Jan, Jul, Aug
From £795 for 4 weeks

• Climb or mountain bike up Ometepe, a lush volcano situated in beautiful Lago de Nicaragua
• Kayak across the magnificent crater lakes
• Go zip-lining across the rainforest canopy
• Surf some of Central America’s best waves & spot dolphins and turtles
• Horseback ride along a white-sand beach
• Learn to speak Spanish like a local

www.frontier.ac.uk
info@frontier.ac.uk
+44(0)20 7613 2422
Honduras
Guatemala

Guatemala is a country with a fascinating and intriguing Mayan legacy, overlaid with a classic Spanish and Portuguese heritage. This is a country of dark, enigmatic rainforests, ancient crumbling ruins and colourful, exotic birds swooping through leafy canopies. Contribute to the protection and conservation of some of Guatemala’s rarest and most precious animal inhabitants, including elegant jaguars, vivid scarlet macaws and elusive caimans. Alternatively, work with the sea turtles that nest on Guatemala’s beaches as they have done since the dawn of time. You can be part of the conservation solution by joining our environmental education programme in this enchanting Central American location. Learn Spanish at a top language academy and engage in adventure activities and cultural excursions.

Honduras is a land of precious natural resources, including the Río Plátano Biosphere Reserve, ‘the last lungs of Central America’. Spend any length of time in this astounding country of natural beauty and you cannot fail to fall in love with its vibrant culture and laid back locals. Nestled in the heart of Central America, Honduras is a biological hotspot, home to an astounding array of rare and endemic species. Immerse yourself in the Honduran lifestyle on a language exchange learning Spanish, or teach English and other subjects of your choice to children.

“I was overwhelmed by the generosity of the local communities who had virtually nothing to give but still insisted on sharing what little they had”

Guatemala Turtle or Crocodile
Conservation

- Help sea turtle hatchlings find their way to the sea along stunning coastlines and spread awareness of their fragile status and precarious future
- Work closely but safely with powerful and majestic crocodiles and help to protect their precarious future
- Explore a country once plagued by political instability and now positively rebuilding both its economy and community

From £795 for 2 weeks
Guatemala Animal Rescue & Environmental Education Project

• Immerse yourself in your surroundings and engage with vibrant local communities
• Accompany children on beach clean ups to help teach them about the problems of waste disposal
• Care for orphaned or maltreated animals and help them lead a more comfortable life
• After your project, visit giant Mayan temples and lost rainforest cities

From £995 for 4 weeks

Honduras Teaching & Adventure

• Provide local children with the start in life they crave and deserve and form lifelong bonds of friendship
• Become the student and take the time to learn about the lives and loves of the people you encounter
• Explore one of the friendliest and most beautiful Central American countries
• Gain a TEFL certificate worth £200 for free!

From £1,095 for 4 weeks

www.frontier.ac.uk info@frontier.ac.uk +44(0)20 7613 2422
Close your eyes and imagine the Caribbean – you may picture yourself lounging on white sand, sheltering from the tropical sun under a coconut palm, a cool drink in your hand. You can smell spices in the air and music drifts on the breeze. But the Caribbean is so much more than dreamy coastlines, rum and reggae, it is a rich tapestry of dramatic history and melting-pot culture, breathtaking scenery and exotic creatures. The Caribbean’s whirlwind past has included gold plundering, swashbuckling pirates and slavery, and famous figures such as Christopher Columbus, Che Guevara and Fidel Castro. This diverse history is to this day prevalent in Caribbean culture and everyday life, and you can be a part of that by joining one of Frontier’s fantastic projects, in Trinidad and Tobago, Dominican Republic, Bahamas, Cuba, or the Cayman Islands. You can explore some of the world’s most spectacular creatures and environments from active volcanoes to cactus scrublands, or learn to dive with Frontier and explore the famous coral reefs. Help maintain the incredibly diverse ecosystems and unusual creatures here, or picture yourself teaching English in a vibrant rural village. The Caribbean’s fascinating past and stunning surroundings, combined with the friendliness and laid back attitude of the local people, create a magical diverse location in which you can immerse yourself whilst on your project. You’ll never want to leave!

Teaching & Community Development

• Teach English to local communities and gain a TEFL certificate worth £200 for free!
• Help underprivileged children build a better future for themselves and contribute towards sustainable development projects whilst experiencing traditional practices
• Live amongst friendly communities and learn to cook, dance and party Caribbean style

From £1,095 for 4 weeks

“My experience gave me everything - excitement, exhilaration and a huge confidence boost - I feel like a different person and I’ll never forget the things I saw and the people I met”
**Habitat & Wildlife Conservation**
- Help combat deforestation and Global Warming by taking part in habitat projects in breathtaking scenery
- Monitor a diverse range of tropical wildlife in dense tropical forests, mountains and lagoons
- Rescue and care for orphaned and maltreated animals and help counter the illegal pet trade and animal cruelty

From £1,095 for 4 weeks

**Marine Adventure & Training**
- Gain valuable dive qualifications including PADI Open Water or Advanced Open Water
- Explore underwater caverns and tropical reefs, spotting rays, sharks and a host of colourful underwater species
- Spend your evenings relaxing on the beach, watching the sun set with new friends and a cooling cocktail

From £1,295 for 4 weeks

“I’ll never forget watching the sun set over the ocean from our beach camp after a day of diving with tropical fish and rays - what a life!”

www.frontier.ac.uk  info@frontier.ac.uk  +44(0)844 5763676
Ecuador has enough mystery and wonder to satisfy even the most intrepid explorers. Explore lush Amazonian rainforests - a haven for exotic jungle wildlife including jaguars, ring-tailed coatis, spider and howler monkeys, toucans and sloths. Follow in the footsteps of Charles Darwin and unravel the mysteries of evolution as you travel throughout the Galapagos Islands. Trawl through vast markets for brightly coloured cloths and mysterious magic amulets aimed at warding off evil spirits. Aside from quenching your thirst for adventure, Frontier-Ecuador's projects will give you the chance to do something positive for Ecuador’s poorest communities and endangered wildlife. Whether working alongside local farmers on an organic farming project in a rural village, caring for Big Cats, monkeys and birds at a wildlife rescue centre, teaching children from poor communities or building trails through a remote rainforest, you'll leave a lasting legacy while having the experience of a lifetime!

From £1,450 for 4 weeks
“Luisa and Miguel were such great hosts and they taught me so much about Ecuador. Best of all, they were young and fun and introduced me to lots of friends around town!”

From £795 for 2 weeks

Teaching, Child Care or Community Development

- What better way to experience the heartbeat of a country than to spend your time teaching its laughing and playful children?
- Nothing can prepare you for the feeling of passing on your knowledge and experience to a sea of smiling children who will hang on your every word

From £1,195 for 4 weeks

Organic Farming, Community Development, Ecotourism or Forest Trails

- Work on an organic farm which pioneers alternative agriculture techniques and renewable energy sources
- Help save one of Ecuador’s magical forests by setting out new trails through the bush to help develop ecotourism
- Learn about organic farming, reforestation and environmental issues in Ecuador

From £795 for 2 weeks

Amazon Wildlife Sanctuary

- Work in a sanctuary for rescued and confiscated wild animals from the Amazon basin region of Ecuador and help give these animals a second chance
- Carry out basic tasks such as feeding the animals and cleaning their living areas, as well as park maintenance and building enclosures
- Volunteers with relevant experience may get to work closely in animal care or promotional material

Please see our website for even more projects available in Ecuador!
Guatemala Turtle or Crocodile Conservation

Help sea turtle hatchlings find their way along stunning coast lines and build awareness for their insecure future. Work closely but safely with powerful and majestic crocodiles and help to protect their precarious future.

Explore a country once plagued by political instability and now positively rebuilding both its economy and community.

From £795 for 4 weeks

Adorned by the ancient ruins of the once mighty Inca Empire, Peru’s emerald mountains are filled with mystery and majesty, where nestled in lush hidden valleys you can find communities so isolated that they’ve encountered few outsiders ever before. Live in one of these remote communities, teaching English and other subjects of your choice to groups of friendly children or work on development projects that could involve a range of activities such as building or tree planting. You’ll also have the opportunity to engage in a range of adventure activities that will introduce you to the wild side of Peru, such as trekking to the world famous Machu Picchu!

Visit a country steeped in mystery and take a piece of the Bolivian culture home with you in the form of lifelong friendships and new skills. In an ever-shrinking world, the need for multi-lingual individuals is greater than ever before. Volunteers play an important role in strengthening the understanding and cooperation between cultures. Working alongside villagers you will become immersed in the daily life, enjoying local delicacies such as chicha, the sacred corn drink of the Incas. In your spare time you can try learning some moves of cuecca, the national dance, fly over the Andes or venture into the Amazon rainforest.

“I love my English lessons. They make me happy! I like singing songs about knees and toes and blind mice.”

- Juanita Chávez, one of the students at the school

Peru

Bolivia
“Roaring down a mountain river on a raft was the most exhilarating experience of my life. I’m glad that I got to share the experience with some of the children that I worked with at the village school.”

### Bolivia Street Girls
- Make a positive impact on the lives of young women living on the streets by empowering them to take control of their lives and become active members of society
- Provide shelter for those who have left home
- Offer counselling and psychological aid, as well as legal, educational and health services

**From £1,095 for 4 weeks**

### Peru Adventure & Community Development
- Fill the role of mentor, parent, friend and so much more for underprivileged youngsters
- Engage with the community on a daily basis and contribute towards building a brighter future
- Strap on your hiking boots and trek to the world famous Machu Picchu, unlike any other place on Earth

**From £1,095 for 4 weeks**

### Peru Teaching
- Cast your inhibitions aside and immerse yourself in your welcoming host community as you teach the next generation of Peru
- Be enchanted by the cheeky children and you will probably learn as much from them as they you
- Take away a lifetime's worth of memories and friends
- Get a TEFL certificate worth £200 for free!

**From £995 for 4 weeks**

Visit [www.frontier.ac.uk](http://www.frontier.ac.uk) for more information.

+44(0)20 7613 2422

info@frontier.ac.uk
Brazil Rainforest Adventure

- Discover one of the world’s most exciting and rapidly diminishing rainforests in the world
- Trek, climb, raft and kayak your way through the most famous rainforests in the world, home to a staggering variety and number of species
- Protect Brazil’s endangered wildlife and precious rainforests

“Frontier gave me the opportunity to make a lasting difference to the beautiful children I met and to be able to contribute meant so much to me.”

Uruguay is a country of untouched wilderness, distinctive colonial towns, passionate and hospitable people and deserted white beaches stretching to the horizon. Enjoy visiting a country where few Westerners are found in the smaller rural towns and where you can enjoy a truly magical and ancient Mayan heritage. Help in the conservation of one of its most endearing and endangered inhabitants - the sea turtle.

Embrace the passion and colour of Brazil, when you visit this country of heartbreaking beauty and exotic wildlife. Carry out crucial practical conservation work in the Brazilian rainforests that will contribute towards protecting endangered wildlife and threatened habitats and you may even discover a new species! The violence of widespread poverty has claimed the lives of thousands of Brazilian children, and those that are on the streets as a consequence of losing their parents are most vulnerable. Teach and help with development and healthcare projects or help bring love and hope to the lives of those who have been taken into a local orphanage.

From £1195 for 4 weeks
From £695 for 2 weeks

**Brazil Healthcare or Orphanages**
- Make a difference to the health and happiness of the Brazilian favela dwellers
- Design exciting projects to occupy and stimulate disadvantaged street children
- Get involved with the international event of the year and experience the unique sights, sounds, colours and music of the Rio Carnival!

From £1,195 for 4 weeks

**Uruguay Turtle Conservation**
- Contribute to the protection of some of the most well recognised yet endangered species on the planet
- Work will be varied but exciting as you patrol beaches, collect data, rescue and rehabilitate sick or injured individuals, and engage with the local community
- The perfect first step for a career in conservation or a chance to experience a different culture and way of life

From £1,395 for 4 weeks

**Brazil Teaching and Community Development**
- Be sure to pack your football boots when you head to Brazil, and don’t forget your enthusiasm and sense of humour either!
- A whole new world will open up to you as you immerse yourself in the local community
- Explore all that Brazil has to offer and leave a lasting legacy with the children you teach and get to know
- Gain a TEFL certificate worth £200 for free!
Argentina
Chile

Argentina, meaning “land of silver,” is a rich and vast land, where there is an enthralling juxtaposition of European culture and the magical heritage of Latin America. Learn one of the most widely spoken languages in the world or help a local community defeat poverty by educating and caring for the local children. Try learning some dance moves such as the tango, the national dance. In your spare time, you can enjoy some of Argentina’s adventure and cultural activities, from rafting and visits to remote mountain villages, to modern day cowboy ranches!

“In the beginning of time, God created the wonders of the world. When he was finished, however, he saw that he had many leftover pieces. He had parts of rivers and valleys, of oceans and lakes, of glaciers and deserts, of mountains and forests and of meadows and hills. Rather than let such beauty go to waste, God put them all together and cast them to the most remote corner of the Earth. This is how Chile was born.” Travel to the source of this beautiful Chilean legend, to a country of incredible contrasts: the world’s driest and highest desert, the snow capped Andes, the icy glaciers and the turquoise lakes of Patagonia.

Teaching in Buenos Aires

• Help a local community defeat poverty by helping educate and care for local children
• Working alongside local teachers you will become integrated into daily life and live like a local
• Join the portenos of Buenos Aires and explore the most exciting of nightlives in the cosmopolitan cafes and bars of the sparkling city
• Get a TEFL certificate worth £200 for free!

From £1,195 for 4 weeks

“Just thinking about Argentina brings back the memory of the best beef I’ve ever had cooked over an open fire, with the Andes looming large in the distance and my friends lying on the grass beside me.”
Experience the European influenced café culture, view classic architecture or simply enjoy the football of Buenos Aires

Learn to tango or play polo

Visit the astonishing Glacier Perito Moreno

Raft spectacular rivers, climb the peaks of Patagonia, horse ride on Argentinian ranches, sail or surf the Chilean coast

Additional Activities

Horse ride through deserts and snowcapped mountains, past geysers and smoking volcanoes, beholding some of nature’s most incredible sights

Explore vibrant cities and enjoy local nightlife, live with local communities and enjoy the Andean lifestyle

Take part in a wide variety of adventure sports, from skiing to surfing

From £895 for 2 weeks

Horse Riding or Andean Adventure

From £995 for 2 weeks

Learn Spanish and Community Development in Buenos Aires

• Raise health awareness amongst local women and help to transform the lives of disadvantaged children
• Experience the life and culture of Latin America while building on your conversational Spanish skills
• Explore all that Argentina has to offer, including trekking, the best steak in the world, and the all night cafes frequented by the porteños
• Get a TEFL certificate worth £200 for free!

From £995 for 2 weeks

“My teacher is called Jessica Hughes. She gave me a picture of a red bus and a dinosaur. I hope she stays here forever!”

- Enrique Hernandez, a student

www.frontier.ac.uk info@frontier.ac.uk +44(0)20 7613 2422
Egypt Teaching

- Teach subjects such as English, music and sports to groups of lively children
- After your project experience, Egypt offers trekking across the desert on a camel to see the pyramids, scuba diving in the Red Sea or surfing down massive sand dunes
- Step into history as you explore the cradle of civilisation
- Get a TEFL certificate worth £200 for free!

From £1,095 for 4 weeks

Morocco

Morocco is a mysterious country with breathtaking desert landscapes, a rich and fascinating culture and an evocative music scene. Stimulate your senses in Marrakesh, visit Fez for a taste of Moroccan culture including the World Music Festival, transport yourself back to ancient times and places on a teaching and adventure project or go trekking to unknown oases.

“I have been teaching my father English and it is helping him to get even better prices from tourists for his fruits. Thank Allah for my teacher!”

- Ahmed Mousa, student
“Even with all of the amazing sights to see, my favourite part of the project was our weekend football games against the rival school and the parties afterwards. I really made some great friends!”

---

**Morocco Trekking**

- Explore the lunar-like landscape of the High Atlas mountains
- Admire the views from the summit of North Africa’s highest peak, Toubkal
- Discover the culture and traditions of the local berber tribespeople
- Relax in Marrakesh after your trek and enjoy a traditional massage

**From £695 for 2 weeks**

**Additional Activities**

- See the Great Pyramids and the Sphinx
- Dive the world’s top sites such as Ras Mohammed
- Explore the mysterious Coloured Canyon
- Trawl through markets and visit one of Cairo’s legendary nightspots

---

**Morocco Teaching & Adventure**

- Teach subjects such as English, music and sports to eager children in rural berber villages
- Explore the historic streets of Marrakesh and lose yourself in the souks
- Watch the sun set over the Atlas mountains after a hard day’s camel trekking
- Get a TEFL certificate worth £200 for free!

**From £1,095 for 4 weeks**

www.frontier.ac.uk  info@frontier.ac.uk  +44(0)20 7613 2422
Sub-Saharan Africa is a vast wonderland of exotic wildlife, with magnificent natural landscapes found nowhere else on Earth and countless ancient cultures. You’ll discover some of the Dark Continent’s most spectacular features on an unforgettable journey. At the same time, you’ll make a lasting contribution to alleviating poverty in an area of the world where people need it most. Although Sub-Saharan Africa contains only a fraction of the world’s population, it is sadly home to over 60% of AIDS sufferers. Its countries are also consistently ranked lowest in terms of access to basic education, healthcare and sanitation, making the plight of AIDS victims even more severe. In Senegal and Cameroon, you can teach local children, giving them essential life skills or help with crop planting on local farms and forests. You can even coach football and discover the next generation of football stars, giving these children a real opportunity for a bright future. In your spare time you can experience the tremendous natural beauty of these countries, surrounded by mountains, rainforests, waterfalls, lakes and mile upon mile of untouched coasts and pristine beaches, or enjoy the vibrant African music of Cameroon.

Senegal Teaching or Healthcare Projects

- Don’t forget your football boots, school books, stethoscope, enthusiasm and sense of humour, as you’ll probably need all of these in Senegal!
- The knowledge that you have contributed to better prospects and the provision of healthcare for the smiling and laughing children of the community will stay with you forever
- Sub-Saharan Africa is the alternative destination, with beautiful landscapes, art work and architecture and an internationally renowned music scene
- Get a TEFL certificate worth £200 for free!

“My students were so happy and excited about everything. It’s so uplifting to see that no matter how hard life is they are still optimistic about everything!”
“Miss James told us a story about the famous Queen of England and
the Princess Diana who lived in a
tower”
- Kaele Nda, a 6-year old student
in Cameroon

Cameroon Teaching
• Whether teaching English, music or sports, or simply being a friend, the children will be eager to learn from you and your personal experiences
• Learn to dance to makossa music
• After your project, visit some of Africa’s best wildlife parks or relax on endless, white sand beaches
• Get a TEFL certificate worth £200 for free!

From £995 for 4 weeks

Senegal Football Coaching
• Work with local teams and coaches to deliver a football development programme
• Coach kids of different ages and make training fun
• Plan and coordinate coaching sessions to develop skills and techniques and plan match strategies
• You don’t need any previous coaching experience!

From £1,095 for 4 weeks

www.frontier.ac.uk info@frontier.ac.uk +44(0)20 7613 2422
Ghana

Ghana is a land of dense rainforests, wild savannas and spectacular beaches. Experience a true Ghanaian welcome from the children of Ghana, surrounded by the natural beauty of Africa, and truly integrate yourself into a friendly and hospitable culture. You’ll have the opportunity to help **educate communities** on the importance of health and environmental issues or help with **tree and crop planting** on local farms and forest sites. Teach underprivileged children and help them escape the cycle of poverty and destruction in which they are trapped. Develop the talents and **fulfil the potential of neglected and impoverished children through football**! Help the young women of Ghana to take control of their lives, continue their education and give them opportunities to improve their prospects through **health education**. Or, get up close and personal with the monkeys of Ghana, long revered by the local communities, through conservation work in **monkey sanctuaries**. Immerse yourself in true Ghanaian culture, learn some of the indigenous languages and **live with the local communities** to experience a lifestyle like no other. In your spare time you can canoe to a village built entirely on stilts in the middle of a lake, spot elephants and antelope on the plains, traverse the canopy 100ft above the breathtaking Kakum National Park or dance and socialise to the Ghanaian beats.

“My children survived on a paltry diet of a bowl of rice, lived in tiny bare huts, but yet they were never dispirited, gloomy or unhappy!”
Orphanage, Teaching and Community Development

- Frontier’s new project in Ghana is aimed at having the greatest effect possible in the local community and providing an all round volunteer experience.
- Participate in a number of activities that will enable you to contribute positively to the community in a variety of capacities.
- Show us your skills! Grab your boots and bring sports, exercise and fun to local youngsters.
- Lose your inhibitions and immerse yourself completely in the classrooms of your welcoming host community.
- Work in an orphanage and help to secure a positive future for the endlessly smiling children.
- TEFL certificate available.

From £695 for 2 weeks

Teaching

- Nothing can prepare you for the feeling of passing on your knowledge and experience to a sea of smiling children who will hang on your every word.
- Whether teaching English, music or sports, or simply being their friend, you will find the children eager to learn from you and your experiences.
- Leave a lasting impression on the children, as they no doubt will on you.

From £695 for 2 weeks

www.frontier.ac.uk info@frontier.ac.uk +44(0)20 7613 2422
Guatemala

Turtle or Crocodile Conservation

Help sea turtle hatchlings find their way along stunning coastlines and build awareness for their insecure future.

Work closely but safely with powerful and majestic crocodiles and help to protect their precarious future.

Explore a country once plagued by political instability and now positively rebuilding both its economy and community.

Medical Internship

Help bring vital primary healthcare to remote Namibian communities on this pioneering outreach project.

Occasional opportunities to get involved with fascinating and groundbreaking research into drivers of disease.

Work at the forefront of primary healthcare provision and increase your skills and confidence as you participate.

Book early to avoid disappointment!

From £1,795 for 4 weeks

"Camp life was so much fun, volleyball in the crystal-clear stream surrounded by baboons and kingfishers was like paradise!"

Namibia

The “Land of Sunshine” is an apt name for this vast land of desert and brush, where even the sparsest vegetation holds more colourful birds and animals than you can count and where ancient tribal villages sit in the shadow of towering, international cities. 

Namibia is home to some of the greatest wildlife viewing spots on Earth and you can help protect this diversity on our wildlife conservation projects or even start a career in guiding with a Field Guide qualification.

Travel across the country and be transported through a land of startling diversity, from vast deserts to immense gorges and naturally occurring hot springs bubbling up from the depths below. Home to the colossal Fish River Canyon, numerous national parks and dramatic seascapes, Namibia is also a colourful nation of interesting and diverse peoples speaking a variety of African languages. Sadly, human spread in this area is causing increasing strain on the environment and many species are suffering as a result, but you can help rehabilitate and care for orphaned and maltreated wildlife at our wildlife orphanage.

For the adventurous, Namibia offers world class walks and the world’s largest sand dune, as well as enjoying a legendary 300 days of sunshine a year!
See our website for further projects in Namibia!

**Field Guide Course**
- Gain the accredited FGASA Field Guide Level 1 qualification online, helping you to gain work as a guide throughout Africa
- Learn bushcraft and survival skills, practical wildlife conservation and monitoring techniques
- Help protect livestock by predicting predator movements

£250 for Online Course

**Wildlife Conservation & Sanctuary**
- Immerse yourself in one of Africa’s most hospitable countries and help protect their wildlife
- Observe and work with some of the most fascinating and majestic creatures on Earth
- Help save Namibia’s precious wildlife and even hand feed some of the world’s greatest predators
- Learn first hand about the wildlife of this region

From £1,595 for 4 weeks

**Leopard and Cheetah Conservation**
- Contribute to the reduction of human-wildlife conflict and take advantage of the rare and exciting opportunity to work closely with leading researchers, expert trackers and African wildlife
- Work may include carnivore capture and collaring, tracking, monitoring and construction of enclosures
- Book early to avoid disappointment!

From £1,495 for 4 weeks

www.frontier.ac.uk  info@frontier.ac.uk  +44(0)20 7613 2422
South Africa

As soon as you set foot in the captivating country of South Africa you will become imbued with the energy and excitement this land and its people exude. It is a land of contrasts, not only in the landscapes but also in its people, hence it being known as “the Rainbow Nation”. This country offers breathtaking spectacles such as Table Mountain, Kruger National Park, Cango caves and the Addo Elephant National Park. South Africa plays host to some of the few remaining wonders of the animal kingdom: lions, elephants, cheetahs and wildebeest roam the plains and the waters are inhabited by hippos and crocodiles. Cape Town is the electrifying hub of the country and its nightlife and swanky night spots are unrivalled across Africa. During the day the cities are alive with street markets and shops to explore and pick up a bargain or two. For the more adventurous there are a plethora of adventure sports and activities on offer, including cage diving with great white sharks. When it’s time to relax, take a trip along the stunning coast to the vineyards, and sit back and sample some of the best wines in the world! You can work in a wildlife park caring for animals or do township community work and teaching to raise environmental awareness. You can even get a Field Guide qualification on our accredited course.

Wildlife Field Guide Course Kruger

- Follow a fully accredited FGASA field guide training course, led by qualified and experienced assessors
- Develop a greater appreciation for the natural environment and be able to communicate that knowledge effectively
- Visit the Rainbow Nation and explore all that the country has to offer, from bustling cities to breathtaking surf beaches

“One day the rangers brought home a bushbaby that had been hit by a car. Over the next month we were able to nurse him back to health and he is now really playful. Whenever I visit he jumps on my neck and won’t let go!”

From £1,495 for 4 weeks
**Wildlife Adventure**
- Visit a game reserve that is home to all of Africa’s Big 5
- Work will be varied and no two days will be the same
- Learn about the care and rehabilitation of animals including lions and elephants
- Make new friends and discover more about your host country’s traditions and indigenous communities

From £1,495 for 4 weeks

**Community Care Work**
- Work in various care centres in the Port Elizabeth area
- Bring love and stability into the lives of underprivileged and marginalised members of the community
- Whether you are teaching or playing or just being a friend and mentor, your influence will be greatly appreciated and your experiences will stay with you forever

From £1,295 for 5 weeks

**Baboon Orphanage or Great White Sharks**
- Help in the daily care of baboons of all ages in a well established local sanctuary
- Work closely with the individuals as you earn their trust and develop close bonds of friendship
- Play your part in the conservation of one of the most recognised, misunderstood and now endangered species on the planet
- Raise awareness of the plight of the ocean’s greatest predator

From £1,295 for 4 weeks

www.frontier.ac.uk  info@frontier.ac.uk  +44(0)20 7613 2422
Zambia Botswana

Follow in Dr Livingstone’s footsteps and explore deepest, darkest Africa by travelling to Zambia. Here you can see the mighty Zambezi River, dramatic cascading waterfalls including the world famous Victoria Falls, and dusty copper mines. Help to lessen the damage that the cruel bushmeat trade is having on the wildlife of this part of Africa by working closely with maltreated and orphaned wildlife. Zambia is undoubtedly an inspiration for the soul, a wonderful cultural adventure and an unforgettable experience for the eco-traveller.

Alternatively, travel further south to discover the beauty of Botswana, a wilderness of savannas, deserts, wetlands and salt pans. Botswana is famous for the Okavango Delta, the world’s largest inland delta, as well as the endless horizons of the Kalahari Desert, one of the richest wildlife regions in all of Africa. Wildlife conservation projects focus on protecting and assessing large populations of lion and wild dog. Kalahari bushmen, or San, share the land with the Bantu Tswana peoples and there is a need for teachers to give local children the opportunity to forge a life for themselves in this rapidly changing country.

“As I sat on the savanna under the stars, the only sound other than the crackling of the campfire was the occasional roar of lions”

Zambia Wildlife Rescue

- Work in a wildlife orphanage that counters a range of threats such as the illegal pet and bushmeat trades and habitat destruction
- No two days will be the same as you prepare foods, carry out enclosure maintenance, hand feed individual animals and anything else that is required at the time
- Play your part in the protection of animals such as chimpanzees, baboons and antelopes

From £1,295 for 4 weeks
Visit the famous roaring Victoria Falls and the Zambezi River, the Okavango Delta and the Kalahari Desert.

Try rafting, canoeing, kayaking or scuba diving.

Relax in the evening at one of Africa’s most abundant fishing spots.

Take a walking safari with experienced game rangers and track a herd of elephants on foot.

Check out Drotsky’s Caves: a labyrinth of passages, caverns, stalactites and stalagmites with an enormous yet totally harmless bat population.

---

**Botswana Wildlife Conservation**

- Work closely with conservation experts as you track and monitor herds of kudu, impala, wildebeest and gemsbok.
- Carry out general reserve work and maintenance, putting your hand to anything required.
- Spend your evenings relaxing around a campfire and watching the sun set and the stars round off another African day.

From £1,895 for 4 weeks

---

**Botswana Teaching**

- Contribute to Botswana’s economy and community with the stimulus that inspirational teaching can have on health and happiness.
- Provide local children with the start they deserve in life.
- Take the time to learn about the lives and loves of the people you meet in this vibrant African country.
- Gain a valuable TEFL certificate worth £200 for free.

From £1,695 for 4 weeks

---

www.frontier.ac.uk  info@frontier.ac.uk  +44(0)20 7613 2422
Mozambique evokes images of pristine coastlines, beautiful terracotta tiled towns and fascinating Arab influenced culture. As well as providing a home for an incredible range of exotic wildlife, Mozambique’s cultural heritage is an amalgamation of Portuguese, Asian and indigenous origins and traditions. A tumultuous past has yielded social and economic challenges, and many of the more deprived citizens have suffered as a result.

Experience the ‘warm heart of Africa’ when you visit Malawi, a country of benevolent, friendly people, vast expanses of sun drenched wildlife reserves and lake plains, and the eponymous Lake Malawi, with its abundance of tiny tropical fish and silky sanded beaches stretching as far as the eye can see.

Visit Swaziland, a unique haven where an ancient monarchy rules a land of amiable people and bountiful and striking national parks. Delve into the intriguing culture, with its witch doctors, tribal dances and fascinating festivals. The wildlife here is breathtaking in its variety and exists in steamy, fertile mountain forests and vast savanna plains.

Mozambique Whale Shark Project

- Snorkel or dive to witness the majesty of the largest fish on Earth, the magnificent whale shark
- Promote awareness of the threats facing the whale shark and spread the message of its plight
- Be in awe of the gentle giant of the sea as you explore a habitat unfamiliar to most

From £1,995 for 4 weeks

“Watching the sun set over the ocean, getting up close to amazing underwater life, playing volleyball on the beach, experiencing traditional ceremonies - I can’t pick my favourite moment because the list is endless!”
Swaziland African Wildlife Sanctuary

- Prepare for a hands on experience in a sanctuary that cares for injured and orphaned animals
- Be involved in all aspects of a working sanctuary, from food preparation and general animal husbandry to enclosure and sanctuary maintenance
- Take the time to learn about your host country’s traditions and people, while sharing your own experiences with them

From £1,595 for 4 weeks

Malawi Teaching Adventure

- Pack your football boots, your enthusiasm and your initiative then head off to teach in Malawi
- Immerse yourself in community life as you reach out to disadvantaged children, sharing your knowledge and life experiences with them
- Their smiles and laughs will stay with you forever, as will your unique experiences in this enchanting country
- TEFL certificate available

From £1,195 for 4 weeks

Mozambique Horse Safari

- Visit a land of pristine coastlines, beautiful terracotta tiled towns and fascinating Arab influenced culture
- Spend your days developing your riding skills, caring for and learning about these majestic and elegant creatures
- Make great friends and meet fascinating people against the beautiful backdrop of the African landscape
- See wildlife up close and personal on horseback

From £1,295 for 4 weeks

www.frontier.ac.uk info@frontier.ac.uk +44(0)20 7613 2422
Travel to **Kenya**, the perfect destination for those with an adventurous spirit and an interest and passion for wildlife. Nothing can prepare you for the sight of animals migrating across the epic plains of the Maasai Mara, and for even the most seasoned divers no experience compares with that of **swimming with the massive whale shark**! At night, you’ll watch the sun go down over the horizon or party the night away under millions of stars!

**Kenya Hospital & Beaches**
- Work in poor communities to aid those suffering from food shortages and malnutrition
- With only one to two doctors per 100,000 people, your work will be vital and will really make a difference
- Promote health education and awareness
- Help in vaccination programmes against common childhood diseases

From £1,295 for 4 weeks.

**Kenya Journalism**
- Work behind the scenes at a Kenyan newspaper, interview local people and learn about Kenyan traditions
- Like photography? Try your hand at capturing Kenya’s vibrant colours, stunning landscapes and character of the local people
- Get your name in writing! Do some research and produce articles for the newspaper

“I got to work with the experts who taught me so much about these amazing animals. They said that when I finish my marine biology degree I can even come back and do an internship with them!”

From £1,595 for 4 weeks. Departs monthly, October - March
“After spending a month snorkelling and diving with whale sharks I went on a safari and even learnt to kite surf. This was the best two months of my life!”

<table>
<thead>
<tr>
<th>Project</th>
<th>Duration</th>
<th>Price</th>
<th>Departure Period</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kenya Whale Shark Discovery</strong></td>
<td>4 weeks</td>
<td>£1,295</td>
<td>October - March</td>
</tr>
<tr>
<td>Snorkel and swim with the gentle giants of the ocean</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Perform groundbreaking research on migration patterns and breeding habits and raise awareness</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>After your project, go on dolphin safaris, mountain bike, go kite surfing, jet skiing or search for the ‘Big 5’ on safari</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **Kenya Wildlife Conservation Projects**     | 2 weeks           | £795                |                                    |
| Contribute to all important conservation efforts, working with the magnificent yet endangered wildlife of Kenya |                   |                     |
| Work alongside experienced conservationists in natural habitats |                   |                     |
| The aims of the project include developing long term monitoring systems, updating identification practices, and habitat mapping and demarcation |                   |                     |

| **Kenya Teaching & Beaches**                 | 2 weeks           | £595                |                                    |
| Help to build a better future for the children of Kenya as you reach out to pass on your knowledge and experiences to a sea of smiling faces |                   |                     |
| Don’t forget to pack your enthusiasm and sense of humour |                   |                     |
| Learn local traditions from your host community and immerse yourself in a fascinating traditional culture |                   |                     |
| TEFL certificate available                     |                   |                     |

See our website for even more projects in Kenya!
One of the world’s oldest nations and arguably where humankind was born, Ethiopia is one of the most populated countries in Africa. With more than 70 million people in over 80 tribes, Ethiopia’s rich tapestry of culture has produced art, music and traditions dating back over 3000 years. Ethiopia’s cultural diversity is mirrored in its varied environment. From great mountains and the plateaus of the Rift Valley to wide plains and semi-deserts, Ethiopia has it all. This variety of terrain creates a range of climates and habitats across the country, hosting several endemic species. Sadly, the beauty of the country and largely tropical climate comes at a price. Over half of Ethiopia’s population live below the poverty line and agriculture suffers from frequent droughts, resulting in famine. While Ethiopia continues to receive food aid from the West, the memories of the 1984-1985 famine that prompted Live Aid are still painfully prominent. Through your Frontier-Ethiopia Teaching and Community project you will get to see for yourself the sadness that the country has suffered. You can really make a difference in helping these unique people by immersing yourself in their welcoming communities.

Home to mountain gorillas, Lake Victoria and the Nile, Uganda is often called the “Pearl of Africa”. It is a land where you can experience a truly welcoming culture and natural beauty. Whether you’re exploring Uganda’s mountain forests, its island-dotted lakes or its colourful, vibrant cities you’re sure to have an unforgettable experience.
Immerse yourself in your surroundings and engage with
- vibrant local communities
- Accompany children on beach clean ups to help teach them about the problems of waste disposal
- Care for orphaned or maltreated animals and help release them back into the wild
- Visit giant Mayan temples and lost rainforest cities

Lose your inhibitions and immerse yourself completely in your welcoming host community
- Involve yourself in a range of activities, such as teaching English, computer support and sports coaching
- Experience the warmth of the Ethiopian people as you pass on your knowledge and experience to a sea of smiling children hanging on your every word
- A TEFL certificate worth £200 is included!

“The children I worked with were patient and plucky - they were a revelation to teach and I loved my time in Ethiopia!”

Uganda Village Construction
- With a drop of elbow grease and plenty of enthusiasm, you will work alongside skilled local craftsmen in the construction of a children’s village
- With plans for a school, library, accommodation and a medical facility, there is plenty of work to be done, all that is needed are the volunteers
- Rest assured that you have contributed a great deal to a brighter and more secure future for Uganda’s disadvantaged children

From £1,195 for 4 weeks

Ethiopia Teaching & Community Project
- Lose your inhibitions and immerse yourself completely in your welcoming host community
- Involve yourself in a range of activities, such as teaching English, computer support and sports coaching
- Experience the warmth of the Ethiopian people as you pass on your knowledge and experience to a sea of smiling children hanging on your every word
- A TEFL certificate worth £200 is included!

From £1,095 for 4 weeks

Uganda Teaching Project
- Teaching a range of ages, many of whom may be orphans, you will experience the heartbeat of Uganda
- Whether teaching English, music or sports, or simply being a friend, the children will be eager to learn from you and your experiences
- Be sure to leave Uganda with bonds of friendship and wonderful memories that will last a lifetime

From £995 for 4 weeks

www.frontier.ac.uk  info@frontier.ac.uk  +44(0)20 7613 2422
Nepal

It’s not hard to understand why the Himalayas are the origin of both the Dalai Lama and the Lord Buddha. Surrounded by Mount Everest and the rest of the world’s fourteen highest peaks you are forever looking heavenward to the massive towers of rock and ice that rise above you. If you can bring your gaze earthward, you’ll see a land rich in wildlife and bright with valleys filled with tropical forests and fragrant flowers. Civets, flying foxes, snow leopards and even tigers can be found within the mountain kingdom’s borders. The Nepalese are incredibly friendly and their fascinating culture brings together Hinduism, Buddhism and Islam in a colourful mix, typified by elaborate temples, monasteries and frequent festivals. City and village streets are exciting places and you’ll be amazed at the number of people (and animals) socialising on every corner of the narrow lanes. Sadly, Nepal has one of the fastest rising AIDS rates in the world. This has left many children orphaned and in the care of their village where they are often neglected or abused. As a result, dozens of orphanages have been built throughout the country to care for these vulnerable children, but in many cases there aren’t enough staff to be able to do so properly. Play games, sing songs and bring smiles to the faces of the children that you work with: a rare treat for them and a chance for you to make lifelong memories.

“\textit{We all cried when Mr. Rubio went home. He was our friend and we want him to come back next year and play more games with us!}”

\textit{Kisha, a Nepalese orphan}

\textbf{Teaching & Temples}

- Based in Kathmandu, live and work in a Buddhist monastery teaching English to young monks
- Gain an insight into the mysteries of this ancient religion and enjoy an enriching cultural exchange
- Go sightseeing in the exotic city of Kathmandu or live in the temple alongside the monks
- Get a TEFL certificate worth \textsterling 200 for free!

From \textsterling 995 for 4 weeks
“My greatest challenge and reward was putting a smile on the faces of the children that I worked with. I’ll cherish my memories of Nepal & Tibet forever!”

See our website for even more projects available in Nepal

Nepal Medical Centre
- Aid in the provision of a complete medical and healthcare service to the local community
- Working alongside local staff your duties will be varied, challenging, and extremely worthwhile
- Gain valuable experience and a head start in the competitive world of medicine
- Nepal’s fascinating culture will change your outlook on life forever

From £795 for 2 weeks

Teaching, Orphans & Adventure Activities
- Touch the lives of Nepal’s marginalised children as you share your knowledge and life experiences with a sea of smiling faces hanging on your every word
- Explore wild Nepal and enjoy exhilarating activities such as trekking, whitewater rafting and jungle safaris
- Stay in a friendly homestay, with welcome dinners and farewell parties!

From £1,295 for 4 weeks

Community Development & Construction
- Respond to current local need on a wide range of practical village-based projects
- Help with improving sanitation, water supplies, clinics, teaching English or promoting health awareness
- Learn a new language and cultivate lifelong friendships in a warm and hospitable community

From £995 for 4 weeks

www.frontier.ac.uk info@frontier.ac.uk +44(0)20 7613 2422
From the moment that you set foot in India you are on the way to one of the most rewarding experiences of your life. Bounded by the majestic Himalayan ranges in the north and edged by a spectacular coastline surrounded by three seas, India is a vivid kaleidoscope of landscapes, magnificent historical sites and royal cities, golden beaches, misty mountain retreats, friendly people, and rich cultures and festivities. Imagine that you’re a maharaja in the rich ambiance of royal forts and palaces, luxuriate in the serene beauty of a coral island with its turquoise lagoon, participate in the exuberance of a village fair or a colourful festival, or simply float down a lazy river in the bright afternoon sunshine. Although in recent years India has experienced a high rate of economic growth, millions of its citizens still live in abject poverty. This is especially hard for India’s poorest classes and its street children, many of whom never reach adulthood. On our India Street Children Project you can work on environmental issues with needy children in a government-run school or with a low-caste group. If you’d like to combine your volunteer activities with adventure or culture you can sign up for additional India adventure tours: the best way to have the rewarding experience of volunteering and also see all the best that Southern India has to offer!

Teaching & Street Children

• Choose from schools or orphanages in Bangalore or Goa
• Work with kids from some of India’s most impoverished and disadvantaged areas
• Nothing can prepare you for the feeling of passing on your knowledge and experience to the mischievous kids who will really open up and respond to you
• Indulge in a host of tours visiting ruins, palaces, beaches, national parks, jungles and temples
• Get a TEFL certificate worth £200 for free!

“...The street children that I worked with were so friendly and welcoming, I can’t believe that anyone could harm them. It was such an amazing experience to explore ancient temples with my students as my guides, smiling and eager to show me everything!”
“My India time was such great value for money - I got to see more sights than I dreamed of, I stayed in fantastic accommodation during my project and I had an experience that I’ll cherish forever.”

Goa Orphanage
- Journey to the shores of Goa on the west coast of India
- Work in a small village orphanage caring for impoverished children, staying in a local homestay or volunteer house
- Help out cooking, teaching and playing with some of the most underprivileged children in the world, lacking in even the most basic levels of care and affection
- Get a TEFL certificate worth £200 for free!

From £995 for 4 weeks

Adventure Travel & Cultural Experiences
- Work with neglected or outcast children at a school or street children shelter in Bangalore
- Produce plays and shows, make music and art and play games and sports with marginalised children
- Experience a fantastic adventure trekking in India, and explore the best of the country’s culture, customs, wildlife, history and landscapes

From £895 for 2 weeks

Community Development & Construction
- Respond to current local need on a wide range of practical village-based projects
- Help with improving sanitation, water supplies, infrastructure development, clinics, teaching English or promoting health awareness
- Learn a new language and cultivate lifelong friendships in a warm and hospitable community

From £995 for 4 weeks

www.frontier.ac.uk  info@frontier.ac.uk  +44(0)20 7613 2422
Sri Lanka

Discover Sri Lanka, a glittering jewel of an island nestled in the aquamarine waters of the Indian Ocean famous for the production and export of tea, coffee, coconuts and cinnamon. Sri Lanka’s natural beauty is breathtakingly evident in its diverse landscapes of tropical forests and beaches, and its rich cultural heritage is seen in the prevalence and maintenance of traditional customs and practices.

Elephants hold a special and sacred role in the culture and heritage of Sri Lanka, while leopards steal through the depths of her fertile jungles and five species of sea turtle inhabit the coastal waters. Conserve the potential for future generations to enjoy the lush forests or address the consequences of climate change by conserving coral reefs on Sri Lanka’s wave washed coastline.

“I have just returned from a memorable trip with Frontier in Sri Lanka - I think about my children from the village every day and I’m already planning my return!”

Guatemala Turtle or Crocodile Conservation

Help sea turtle hatchlings find their way along stunning coast lines and build awareness for their insecure future. Work closely but safely with powerful and majestic crocodiles and help to protect their precarious future.

Explore a country once plagued by political instability and now positively rebuilding both its economy and community.
<table>
<thead>
<tr>
<th>Program</th>
<th>Duration</th>
<th>Description</th>
</tr>
</thead>
</table>
| **Sri Lanka Elephant or Leopard Conservation** | From £1,395 for 4 weeks | - Trek and monitor leopards in Sri Lanka’s jungles  
- Collect data on elephants and help increase their numbers in an ever shrinking habitat  
- Make a meaningful contribution to the protection and conservation of the magnificent yet endangered wildlife of Sri Lanka |
| **Sri Lanka Sea Turtle Conservation**       | From £595 for 2 weeks | - Help with the protection and monitoring of five species of sea turtle - leatherback, loggerhead, green, olive ridley and hawksbill   
- Meet new friends as you enjoy this spectacular country and its friendly people  
- Experience Sri Lankan culture, customs, wildlife, history and landscapes |
| **Sri Lanka Teaching & Adventure**          | From £995 for 4 weeks | - Contribute to a local community with the impact that a good education and inspiring teachers can have on all aspects of people’s lives   
- Complement your trip with a visit to the famous surf breaks of Arugam Bay, the Yala National Park, home to the native Sri Lankan leopard, and the bustling markets and cosmopolitan nightlife where the ancient and modern meet in the cities  
- Explore this unique culture whilst making friends with the local children and other volunteers |

www.frontier.ac.uk  info@frontier.ac.uk  +44(0)20 7613 2422
The jewel of Asia, Thailand is a magnificent country of idyllic beaches, tumbling forest landscapes, hospitable people and an ancient and fascinating historical heritage. Experience this incredible destination whilst working in a gibbon sanctuary on the rescue and rehabilitation of these playful primates. Thailand’s waters support a fantastic array of marine creatures and snorkelling and scuba diving is a truly unforgettable experience. However, some of the islands’ most charming marine creatures, sea turtles, are under threat and you can join a conservation project to save these endangered animals. Teaching English to children will give you an insight into Thai culture. Explore Thailand’s complex cultural heritage, which is steeped in mystical Buddhist origins.

**Orphanage & Construction Project**
- A varied work programme could have you helping with the subsistence lifestyle of the orphanage, carrying out workshops for cultural exchange and environmental issues, and building and renovation work
- Make a positive contribution to the lives of children who will respond to your efforts with smiles and enthusiasm
- The bonds you develop will make leaving the hardest part

From £995 for 4 weeks

**Rural Teaching Project**
- Help inspire rural children and build their confidence and interest in learning and speaking English
- Experience Thai traditions and culture and ancient civilisations, trek through dense jungles, laze on wave washed beaches, discover Thailand’s amazing wildlife and meet her ancient tribes
- Get a TEFL certificate worth £200 for free!

From £995 for 4 weeks

“I want to visit London to see Big Ben and David Beckham!”

- Ratana Choonhavan, a student
“Every day, we’d wake up and trek far into the rainforest, surrounded by monkeys and listening to strange jungle calls. It was paradise. We even had a tropical waterfall to swim in!”

Hill Tribe Community Development
- Visit Thailand’s mysterious hill tribes and take part in a varied work programme that could include village construction and teaching amongst other activities
- With plenty of enthusiasm and flexibility you will enjoy a way of life unfamiliar to most, and take away valuable life experiences that will certainly change your outlook

From £695 for 2 weeks

Thailand Gibbon Sanctuary or Elephant Conservation
- Step off the beaten track and contribute to the conservation of two of Thailand’s most enigmatic animals
- Your work will be varied, including maintenance duties as well as hands on work with the animals themselves
- Take the opportunity to explore Thailand’s beautiful islands, intriguing culture, and ancient temples

From £700 for 2 weeks

Thailand Sea Turtle Conservation Adventure
- Experience some of the best marine life that Thailand has to offer as you help work towards saving the critically endangered turtle species of the world
- Depending on the time of year, you could be patrolling beaches, protecting and releasing hatchlings or monitoring nesting adults
- Develop close bonds with like-minded volunteers as you work on the sun-drenched tropical Thailand beaches

From £1,295 for 4 weeks

For PAID teaching placements see our website
Guatemala Turtle or Crocodile Conservation

Help sea turtle hatchlings find their way along stunning coast lines and build awareness for their insecure future.

Work closely but safely with powerful and majestic crocodiles and help to protect their precarious future.

Explore a country once plagued by political instability and now positively rebuilding both its economy and community.

Track orangutans and spot fascinating native species like the sun bear, clouded leopard, and slow loris.

Survey nest sites and orangutan population numbers, and maintain and repair orangutan islands.

Discover traditional indigenous villages and camp deep in the remote rainforests of Sumatra.

Indonesia
Malaysian Borneo

As the world's largest archipelago, Indonesia's constellation of islands straddles the divide between the Asian and Australian continental plates. As a result, the islands offer a stunning variety of topographies and ecologies, mist-shrouded volcanoes and mountains, unexplored rainforests, thousands of miles of beaches and endless offshore reefs. Sadly, Indonesia's unique flora and fauna are threatened by deforestation, poaching and human encroachment. This tragedy is greatest for the country's highly endangered orangutans, the gentle "men of the forest" who are rapidly approaching extinction. However, with your help we can ensure that these magnificent creatures have a more secure future. Choose from one of the orangutan conservation projects aimed at research, habitat preservation and conservation. You'll work deep in the jungles on these exciting projects, at the forefront of worldwide efforts to save them. Alongside a small team of your newfound friends, you'll discover an astonishing landscape of beauty and wonder. Join our Borneo Wildlife, Coral Reef and Orangutan Adventure for a once in a lifetime experience that blends an exhilarating jungle expedition with a tropical ecology field trip and practical biodiversity surveys. This unique opportunity will give you a lifetime of memories, whilst significantly expanding your understanding of the tropical rainforest and giving you essential field skills for your future. Learn jungle survival skills on a jungle adventure. Work on reforestation projects to help preserve and enlarge Indonesia's remaining forests or work with local communities on development projects, immersing yourself in an ancient culture and learning their traditional rituals and practices.

From £700 for 2 weeks

“\-I really felt like I was doing something important for the amazing animals that live in Indonesia. We helped to build paths through the rainforest and put up signs that informed tourists about the dangers that the animals faced.”
Cross cultural boundaries and spend your time teaching the future generation of Indonesia

- Lose your inhibitions and immerse yourself fully in a community and make some amazing friends
- Work in some of the most impressive rainforests in the world, filled with enigmatic species including orangutans
- TEFL qualification available

From £1,195 for 4 weeks

---

Borneo Wildlife, Coral Reef & Orangutan Adventure

- Trek through Borneo’s rainforest whilst undertaking a new, ongoing biodiversity survey project
- Learn about the ecology of the rainforest through interpretive boat cruises, jungle walks, practical skills sessions, lectures and seminars, and swim, snorkel or dive in warm tropical coral reef seas
- Visit a world renowned Orangutan Sanctuary

From £1,295 for 15 days

---

Sumatra Jungle Adventure

- Go on rainforest treks and carry out conservation work including surveying orangutan nest sites
- Learn bushcraft, jungle and survival skills
- Eat delicious local food and bathe in clear jungle waterfalls
- Discover traditional indigenous communities deep in Sumatra’s rainforests

From £400 for 9 days

“\[I\first\ saw\ a\ family\ of\ orangutans\ when\ we\ trekked\ far\ into\ the\ jungle\ to\ work\ on\ a\ nesting\ site.\ They\ were\ really\ shy\ but\ stayed\ around\ long\ enough\ for\ us\ to\ get\ a\ good\ look.\ It\ was\ awesome!\]”

www.frontier.ac.uk  info@frontier.ac.uk  +44(0)20 7613 2422
Mongolia

Think about Mongolia and what comes immediately to mind is the image of fierce warriors charging across vast, featureless plains on horseback. Genghis Khan's Mongol Empire was once the largest land empire in history, covering over 33 million square kilometres and it is alive today as a rich tapestry of tradition and culture. Here you'll find the Gobi Desert, one of the driest spots on Earth and home to nomadic tribes and wandering camels despite the forbidding climate. However, Mongolia isn't all stark plains—animals such as moose, otters and bears inhabit thick pine forests, magnificent mountains and luscious valleys. The Frontier-Mongolia Teaching Programme is an ideal opportunity to immerse yourself in this magnificent land and wonderful culture. With such an intriguing landscape and welcoming hosts you'll have no trouble taking up some of the local pastimes like horseback riding, trekking, wrestling and archery.

Tibet is a magical combination of stunning landscapes and spirituality. It is home to some of the friendliest people in the world and you will find yourself welcomed into the community wherever you go. Visit the monasteries and observe the serenity of the monks in prayer and explore sacred Buddhist temples, letting tranquility wash over you as you drift through the incense-filled rooms. Everywhere you go you will find colour, from the attractive markets to the intense red-orange clothing of the monks rippling in the breeze.

“Mongolia was straight out of ‘Crouching Tiger, Hidden Dragon’. I got to ride horseback with all of the village men across the plains during a festival. I’ll remember it forever!”
Immerse yourself in your surroundings and engage with:

- Vibrant local communities
- Accompany children on beach clean ups to help teach them about the problems of waste disposal
- Care for orphaned or maltreated animals and help release them back into the wild
- Visit giant Mayan temples and lost rainforest cities
- Environmental Education or Animal Rescue

From £700 for 2 weeks

Help combat deforestation and global warming by taking part in habitat projects in breathtaking scenery.

- Monitor a diverse range of tropical wildlife in dense tropical forests, mountains, and lagoons
- Rehabilitate orphaned and maltreated animals, and help counter the illegal pet trade and animal cruelty

Habitat & Wildlife Conservation
From £795 for 2 weeks

Explore Tibet, the ‘Roof of the World’

- Trek in the Himalayas and visit Everest Base Camp, with stunning views and striking landscapes
- Explore spiritual Lhasa, Tibet’s capital, one of the world’s highest cities and home of the Dalai Lama
- Absorb the atmosphere of sacred Buddhist temples

Tibet Ethical Trail
From £795 for 2 weeks

Teaching on the Mongolian Steppes

- Explore the culture and lifestyle of Mongolia as you stay with a welcoming local host
- You will be an important part of the community, teaching and sharing your experiences with local children, your new friends, and everybody else you meet on your travels
- Discover the country’s spectacular national parks on horse or camel back, and the mystery of Mongolia’s heritage

From £995 for 1 month

“`In England the Queen has a big crown and red guards with big hats!”
- Sukh Borjigin, a 5-year old student

Genghis Khan: The Universal Ruler
- From his late teens to age thirty-eight in 1200, a Mongol named Temujin rose as Khan. In 1206 he took the title Genghis Khan, translating as Universal Ruler
- Although better known for his military prowess, Khan also created a strong body of law, outlawed the kidnapping of women and made it illegal to sell women into marriage
- One in every 200 men alive today is a relative of Genghis Khan and a team of geneticists has made the astonishing discovery that more than 16 million men in central Asia have Khan’s genes
China

China’s magnificent ancient civilisation is alive today in its friendly population and many of the world’s most celebrated treasures, such as the Great Wall, Terracotta Warriors and Horses and the Forbidden City and Imperial Palace. It is one of the oldest surviving civilisations and a mighty empire that at one time stretched from the Pacific Ocean to the Caspian Sea. It’s hard to sum up this vast nation in a few words, but certain icons stand out: magnificent pagodas, orange and red-robed monks practising wu shu, pandas, tigers and bustling, neon-lit cities alive with the roar of a billion people. On the **Frontier-China Teaching Project** you’ll travel to a terraced green velvet landscape of rolling hills dotted with peasant women in straw hats busily planting crops, or teach in the bustling city of Beijing. Here, you’ll live and teach English to groups of friendly children, learn Mandarin and make lifelong friends. At the **Frontier-China Panda Breeding Centre** you can help save the world’s cuddliest creatures by working alongside breeders to feed and care for adults and cubs. In your spare time, you can explore this fantastic countryside, visiting ancient temples run by Kung Fu-practising monks, speeding down a mountain river on a whitewater raft or trawling through bustling markets for exotic trinkets.

“Chinese children are so friendly and eager to learn. I made such good friends with all of them that when I left it felt like leaving behind my family. I can’t wait to go back and be with them again!”

---

**Teaching or Orphanage**

- Play games and bring hope to children in an orphanage in the lively city of Beijing
- Or teach English and other subjects in a school in Beijing
- Choose to teach poorer communities in a rural school in an old fishing port in Yantai province in NE China
- Learn Mandarin and stay in a comfortable apartment, hostel or homestay
- Get a TEFL certificate worth £200 for free!

From £1,095 for 4 weeks
“Nothing could have prepared me for what it was like to be face to face with a panda. The cubs were especially cute and loved to play with me!”

### Panda Breeding Centre
- Care for adult and panda cubs at a world renowned panda breeding centre
- Help save pandas by conducting workshops and visitor presentations
- Work alongside experienced keepers and specialists and help this endangered species to survive
- Stay in a comfortable local hostel close to the centre

From £1,445 for 4 weeks

### Traditional Medicine & Acupuncture
- Work in a large modern Chinese hospital in Beijing
- Learn acupuncture, traditional Chinese herbal cures and massage techniques
- Accompany doctors and nurses on ward rounds and learn about patient care and treatments
- Add on some Mandarin lessons to be able to talk directly to your patients

From £1,195 for 4 weeks

### Journalism
- Work with experienced journalists on a local English language newspaper based in Beijing
- Shadow journalists, editors and photographers
- Discover all aspects of working for a reputable news agency, immersing yourself in the Chinese work ethic
- Stay in a comfortable local hostel and pick up the basics of Mandarin from your hosts and work colleagues

From £1,295 for 4 weeks

www.frontier.ac.uk info@frontier.ac.uk +44(0)20 7613 2422
Get Down Under with Frontier and experience the best of Australia and New Zealand on an unforgettable conservation trip. Pick and choose from a series of conservation projects all over Australia and New Zealand to create your own tailored Antipodean experience. You’ll be helping to conserve endangered and unique wildlife like koalas and kangaroos, as well as seeing highlights such as the majestic Uluru (Ayers Rock) and the Great Barrier Reef. Experience the friendly and laid back culture of the Aussies and Kiwis with beach BBQs and cold beers, and take part in surfing, bungee jumping, whitewater rafting and scuba diving. Conserve, protect and restore the natural environment and indigenous heritage of these fabulous lands on conservation projects that each last a week, adding meaning to your travels and giving you plenty of time to experience a place before moving on.

Imagine a beach of ivory sand, stretching as far as the eye can see. As the crimson sun sets over a vast horizon, tropical birds dip and soar through an arcadian sky, skimming the tranquil waters of the crystalline Pacific Ocean. The Cook Islands really are paradise on Earth and by joining our Teaching and Community projects you will be able to make a significant difference to the lives of deprived youngsters and the local communities of these far flung islands.

**Australia Wallaby Rescue**
- Spend time in the wild outback, as you care for adorable baby and adult wallabies injured through human activity
- Experience hands on animal care with wild animals that have been rescued from injury or abandonment
- Care for minute joeys barely out of the pouch, or those that have lost their mothers through road traffic accidents or hunting

From £1,095 for 4 weeks
“Forget the routine and the ordinary, every day was full of drama, exhilarating and eventful. I will be reliving these moments for the rest of my life!”

**Australia or New Zealand Ethical Conservation Experiences**
- Visit the ever popular Antipodes for your taste of the good life enjoyed by the Aussies and the Kiwis
- Work in national or state parks and other areas of environmental significance
- Be involved in a range of activities that could include tree planting, track construction, habitat restoration and environmental protection

From £1,100 for 4 weeks

**Cook Islands Teaching / Communities**
- Experience the tropical paradise and staggering beauty of the Cook Islands in the South Pacific
- Teach local children subjects such as English, science and maths and take time out to learn about the lives of this friendly and welcoming local community
- Get an invaluable TEFL certificate worth £200 for free!

From £1,295 for 4 weeks

www.frontier.ac.uk info@frontier.ac.uk +44(0)20 7613 2422
Language Courses

China Mandarin Academy / Language Schools

Travel to a mysterious outpost on China's northeast border that is home to one of the world's oldest surviving civilisations, or experience the hustle and bustle of Beijing. Remnants of China's ancient history can be found in magnificent stone cities, tranquil villages governed by traditional customs, and colourful festivals, and on the Frontier-China Mandarin Programme you'll get the chance to experience all of this! Studying about 4 hours a day at a prestigious university or a language academy you'll undertake an intensive Mandarin course, learning not only the language but also the history and culture of your host country. Your module will help you develop your written, verbal, and reading abilities, and working alongside experienced native teachers will ensure that you pick up authentic pronunciation and comprehension skills. Aside from your language course, you can choose an elective such as Chinese calligraphy or Taiji, an ancient martial art.

- Degree programmes also available
- Learn martial arts, calligraphy, and ancient Chinese ceremonial practices

From £1,495 for 4 weeks
“I had such an awesome time and made such great friends that the time just flew by. By the time that I left I was speaking Spanish like a native, and now I’m confident enough to speak the language to anybody.”

Latin American Spanish Schools

Immerse yourself in Latin America’s most fascinating culture as you study Spanish at a top language school in either Costa Rica, Ecuador, Peru or Argentina. Guided by excellent teachers and surrounded by young, friendly students from all over the world you’ll be amazed at how quickly you learn this beautiful language, spoken by over 400 million people worldwide! Your school will be located in cities such as the beautiful colonial city of Buenos Aires, where tree-lined cobblestone streets, sidewalk cafes and romantic public parks bustling with live music will provide you with endless fun activities or in San Jose, a sophisticated international city alive with music, colour and no end of exotic sights and sounds. If that’s not enough, you can climb active volcanoes, explore ancient ruins set in forests alive with monkeys, colourful birds and other exotic animals or swim in warm tropical seas.

• One-on-one classes, staying with a friendly local family or in a local hostel
• Learn Latin dancing, visit Tango clubs, museums and festivals and climb volcanoes

From £595 for 2 weeks
Frontier: Life on a project

Giving hope to Africa’s street children
“I signed up for my Frontier teaching project in Africa because I wanted to bring some happiness into the lives of Africa’s poorest children. I never realised how much working with them would actually affect me! The most rewarding part was when we put on a play for my students’ whole community. Seeing them so happy on stage in their costumes, with the whole village crowded into the village square, I couldn’t help starting to cry!”

Greek gods & goddesses visit Fiji
“Last night we had the BEST fancy dress party! The theme was Greek mythology and we really put a lot of effort into our costumes. A bunch of university students came over from the University of South Pacific and we had a big barbecue around the campfire and then danced the night away under the stars! The best part of the evening was when we did karaoke (after quite a few Fiji Gold beers). The girls’ rendition of “Dancing Queen” definitely blew the crowd away!”
A magical safari with elephants & lions

“Today we all piled into the back of a truck and went for a game drive. We left before sunrise, so we watched the sun come up over the plains, drenching everything in magical golden light. Jostling along in the back of the truck with the wind in our hair, we were all on the lookout for our first animal sighting and then suddenly, we came across a pride of lions lounging around under a baobab tree. They were so relaxed we managed to get really close in the truck and all they did was yawn at us! It was such an amazing experience, to be so close to such awesome creatures. We felt so privileged to be there!”

Swimming with whale sharks

“We just swam with whale sharks! I can’t believe it! Eight of us went out today in the boat to do some routine surveys of the bay and we couldn’t believe our eyes when we came across some massive dark shapes just below the surface of the water. The Frontier staff immediately identified them as whale sharks and since we all had our masks and fins we spent the next hour swimming with the giant fish! Floating in the warm ocean next to a 30 foot giant was an experience that I’ll never forget!”
What qualifications can I get?

By now you’ll probably have had a look through our projects and found (we hope!) something that looks interesting, but did you know that on nearly all of our projects you can gain formal qualifications? Imagine spending ten weeks in paradise having the time of your life and then returning home with an internationally recognised BTEC qualification! Not only will it look great on your CV or university application, but it’ll give new meaning to your time away with Frontier. Perhaps teaching is more of your thing? Join a Frontier teaching project and get a TEFL certificate, helping you to teach anywhere in the world. Join a marine project and you can even get free PADI dive qualifications! If African wildlife is your interest, gain a FGASA accredited Field Guide Level 1 qualification, enabling you to work as a field guide anywhere in Africa.
Conservation Projects: Gain an internationally recognised qualification in Tropical Habitat Conservation. This qualification is designed and written by Frontier and accredited by the examining board Edexcel. Participants on 10-week projects can gain a BTEC Advanced Diploma in Tropical Habitat Conservation and participants on 4-week projects can gain a BTEC Advanced Certificate.

Expedition Management Projects: Gain an internationally recognised BTEC qualification in Expedition Management. Projects last 4 weeks and give you great experience in planning and implementing your own expedition.

Teaching Projects: Join any teaching project and receive a training handbook and Frontier TEFL certificate to record your experience and achievement. Or why not sign up for our new BTEC Advanced Certificate in Teaching English as a Foreign Language? This new level 3 qualification, accredited by Edexcel and offered exclusively by Frontier, includes a full training weekend, a training handbook, and support before and during your placement to complete the necessary evidence which will result in you being awarded an internationally recognised qualification that can help you teach English around the world.

Diving Courses: Want to join a diving project but don’t have any diving qualifications? We’ll dive train you to PADI Open Water or Advanced Open Water (depending on project length) at no additional cost: saving you up to £300! Already have PADI qualifications? You can get your Emergency First Response, Rescue Diver and Divemaster on all of our diving projects at a huge discount.

Field Guide Courses: Gain a Field Guide qualification, accredited by the Field Guide Association of South Africa. Courses last a minimum of 4 weeks and can include a work experience placement at a safari camp.
What makes Frontier?

Today there are more organisations than ever before offering volunteer and travel opportunities. You want to make sure that the organisation you choose is experienced, reputable and knowledgeable enough to deliver exactly what you want. Here are a few questions that you should consider to help gauge an organisation’s suitability:

- Is the organisation commercial, non-profit or a charity?
- How long has the organisation been established?
- What tangible deliverables such as contracts, reports or scientific papers has the organisation produced?
- Who are its partners and who funds its work (apart from you)?
- Can it offer you any formal qualifications?
- Will it offer you a variety of project types where you can choose from being on a group project, being on your own or being in a small team?
- How old will any fellow volunteers be?

Professional capacity

When organisations like WWF and DFID want specialised consultants to carry out key research on their most important projects, they turn to Frontier over any other organisation. This is an incredibly exciting opportunity for our volunteers to work alongside top scientists and policymakers on some of the world’s most pressing environmental and development issues.
"I had such an awesome time and made such great friends that the time just flew by. By the time that I left I was speaking Spanish like a native, and now I’m confident enough to speak the language to anybody."

Experience: We’ve been going for over 20 years, we have 5 offices worldwide, we employ development professionals and experts in nearly every branch of natural sciences and we’ve published over 400 articles in well known peer-reviewed journals, many of which you can download from our website.

Achievements: We set up Tanzania’s first marine park, we produced the world’s most comprehensive forestry data set, we’ve trained over 1000 host country partners & community members and we’ve discovered hundreds of new species.

Health and Safety: Frontier has achieved corporate compliance with the British Standard for overseas expeditions, fieldwork and adventurous activities (BS8848) as independently assessed and endorsed by the Young Explorers Trust. All Frontier’s operations conform to this standard for the safe running of valuable projects.

Qualifications: We’re one of the only gap year organisations to offer internationally recognised BTEC qualifications. This is an invaluable qualification for those seeking a professional career in development or conservation and the fact that we’re accredited by Edexcel attests to the high quality of training that we offer.

Training: We assist communities in developing sustainable alternative forms of income, such as a medicinal plant-culturing in Vietnam, which led to a tenfold increase in local incomes. We have built numerous visitor centres to educate local communities, we hold hundreds of environmental education and capacity building workshops and have launched numerous local NGOs and community-based organisations.

Professional Development: We have an unrivalled reputation for building the careers of top conservation and development professionals. You can find ex-Frontier volunteers and staff at the highest levels of the world’s leading institutions including the WWF, UN, IUCN, CI, Action Aid, FCO, DFID and VSO.
What does my contribution cover?

- Extensive pre-departure support
- Full travel and medical documentation kept securely by Frontier
- UK residential briefing weekend* or
- UK training weekend or TEFL training day**
- Medical, travel and visa advice
- Comprehensive pre-departure documentation
- Comprehensive BTEC guidance
- Advice on project or expedition equipment
- Frontier T-shirt
- In-country airport pick-up by Frontier staff or local representative for most projects
- Orientation, field briefing and training in tropical health and safety and field survival
- Field training in all research methodologies, scientific techniques and teaching methods#
- Food and accommodation for most projects
- Ground transfers to camp, field base, orphanage, school or project for most projects
- Training materials and group and science equipment#
- Dive training to PADI Advanced Open Water (including PIC Cards) worth £300 (on marine projects)
- TEFL certificate (available on most teaching projects)
- New and exclusive to Frontier; TEFL BTEC available on selected projects
- FGASA Field Guide Level 1
- Park and reserve fees and research permits
- Emergency support from local Frontier staff or representatives and 24 hour international headquarters support and backup
- Participation on satellite camps#
- Free game drive and safari on selected projects
- Job references and inclusion in the Frontier Jobs Database

- BTEC Advanced Diploma in Tropical Habitat Conservation (optional - course fee applies)
- BTEC Advanced Certificate in Tropical Habitat Conservation (optional - course fee applies)
- BTEC Advanced Certificate in Expedition Management (optional - course fee applies)

* Subject to availability
# if appropriate
What extras can I get?

We offer at heavily discounted rates:

- Medical kit and dive equipment
- PADI Rescue Diver, PADI Emergency First Response and PADI Divemaster courses
- Whitewater rafting, ice climbing, kite surfing, snorkelling, surfing, fishing, trekking, horseback riding, elephant and 4x4 safaris, game drives, zip-lining, moonlit hikes, mountain biking, cultural tours, local cooking lessons, whale watching, visits to animal sanctuaries, museum and market visits, canoe and kayak trips, dhow sailing, language courses, jungle survival training, clubbing, trips to monuments, temples and ruins and scuba diving
- Discounted travel and accommodation for post-project excursions

Support the local economy and our partners by booking extra tours and adventure activities directly in-country!
Choosing a project with Frontier

When choosing a project with Frontier, it is important that you think carefully about what type of project will best match the type of experience you are seeking and how you would prefer your contribution and investment to be allocated.

For those wishing to contribute to an established group project working alongside similar, like-minded Frontier volunteers, living and working on a typical Frontier field camp, located either on the beach, in the forest or on the open savanna with a dedicated group of staff on hand 24 hours, a Frontier Group project is probably perfect for you. If you want to contribute to a world class research and conservation project undertaking pioneering biodiversity surveys in remote, uncharted environments, then a Frontier Group project is almost definitely for you.

If, on the other hand, you want an opportunity to immerse yourself fully in the culture of a carefully chosen host country and live like a true local, then you should choose a Frontier supported project.

Some things to consider when choosing a project are:

Do you envisage yourself living and working amongst a group of Frontier selected volunteers or would you prefer to be contributing in a more personal and independent way as an individual or part of a small group, integrated in the host country community?

Do you want to sleep in a simple field camp (beach, forest or savanna), in a local style dwelling or tented longhouse, in a remote location or would you prefer accommodation with a bed and a shower in a volunteer house or homestay?

Do you want to be supported by a group of Frontier field staff or would you prefer to be guided and mentored by the local community specialists or workers of our partner organisations or be supported by your homestay family?

Do you want to be very much off the beaten track, in a remote location, isolated from the tourist or backpacker trail in a pristine environment or would you be happier in an urban or semi-urban setting with possible access to bars or cafés or even clubs and discos?

Remember that every project is different and some may vary from season to season. Arrival destinations and project locations may alter with seasons and project activities may vary reflecting the changing needs of the project and local community. A degree of flexibility is obviously essential with overseas volunteering especially since this will enable the local project to derive the maximum benefit from your valuable volunteer work. To help you choose, take a look at the table opposite for a quick reference guide to choosing a project. If you have questions about a particular project or need help in deciding which project might best suit you please look at the project information on our website, call one of our gap year travel advisers with no obligation on 020 7613 2422, or request a call back through our website for their expert top tips!

“Our teaching was fun, relevant, appreciated by the friendly kids and truly rewarding. At the end of the day we chilled out with the finest Nicaraguan rum watching the sun set over the sea.”
“Watching baby leatherback turtles crawling to the sea for the first time was so adorable! I’m really glad that I had the chance to save these amazing creatures.”

<table>
<thead>
<tr>
<th><strong>Frontier Group projects</strong></th>
<th><strong>Frontier supported projects</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Staff</strong></td>
<td><strong>Local community specialists or workers and officers of our partner organisations or host community representatives, along with advice and support from your homestay family or volunteer housekeeper or volunteer landlady</strong></td>
</tr>
<tr>
<td>A dedicated group of full time Frontier staff recruited by Frontier head office: on hand 24 hours a day, 7 days a week, providing mentoring and dive and research training (if appropriate), leading treks and introducing you to life in the field</td>
<td></td>
</tr>
<tr>
<td><strong>Food</strong></td>
<td>You may be offered nutritious, authentic, home cooked meals, prepared by your homestay family or volunteer housekeeper or cook, sample local specialities from a street market or cook along with other project volunteers in the volunteer house</td>
</tr>
<tr>
<td>You will cook and enjoy simple and nutritious meals of beans, rice, noodles, pancakes and other staples, along with fruit and vegetables, cooking over an open campfire helped by other volunteers</td>
<td></td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>You will be welcomed by the local community and encouraged to adopt the local customs, culture and traditions of your host country. We have a wide variety of both rural and urban locations to choose from so there is something for everybody</td>
</tr>
<tr>
<td>You will be off the beaten track, in a remote location, isolated from the tourist or backpacker trail and surrounded by staggering landscapes and pristine environments</td>
<td></td>
</tr>
<tr>
<td><strong>Accommodation</strong></td>
<td>You will have a bed in a volunteer house or carefully selected homestay with access to a shower and other amenities</td>
</tr>
<tr>
<td>You will live in a simple field camp, in a local style eco-dwelling or longhouse with a group of other carefully selected Frontier volunteers</td>
<td></td>
</tr>
<tr>
<td><strong>Entertainment</strong></td>
<td>You will have free time to explore the sights, sounds and smells of your host country and enjoy the hospitality of your hosts</td>
</tr>
<tr>
<td>You will take part in organised camp activities, sports and games, and themed parties along with a group of like-minded Frontier volunteers</td>
<td></td>
</tr>
</tbody>
</table>
About this brochure

This brochure is designed to give you ideas and inspiration for your project abroad with Frontier. It is intended as a guide only and although details are correct at time of print, all projects are subject to change.

Part of the excitement of a gap year experience is the unpredictability of life in a remote location and the thrill of the unknown. Changing weather conditions may mean you need to relocate in order to avoid floods or cyclones. Seasonal variations in wildlife populations may affect what animals and plants you are likely to encounter. The immediate needs of a local community may affect what types of community development work is a priority. Term times and local festivals and holidays will affect the number of children in schools. Accommodation arrangements may vary depending on availability.

After reading through the brochure, look through our website at www.frontier.ac.uk where you will find all the most up-to-date project information and perhaps even discover a new project you hadn’t considered before. Remember, if you’re having difficulty deciding, our travel advisors will be more than happy to help you - you can even request a call back through our website so you don’t have to pay for the phonecall!

As the time of your project approaches, we will inform you of any alterations to your activities so you can be well prepared for your adventure of a lifetime. Remember, whilst on your project you are there to provide help and skills wherever they are needed most rather than to impose what you want to do upon the local people. With this in mind, you can be sure to have a rewarding gap experience and be confident that all your efforts really have made a difference.

“Make a difference - if you want to do more than simply travel, if you’re interested in conserving wildlife, teaching local children or combining volunteering with travel to have the ultimate experience, then Frontier has something to offer you.”
“What with sat-camps, bat netting nights, campfire watches to guard against marauding jackals, bird-watching and snake and lizard catching, it’s difficult to find time to write up my BTEC diary!”

What’s next?

Want to find out more? One of our expert gap year travel consultants will be happy to answer any questions that you might have. Call us on +44 (0)20 7613 2422 now or request a call back from our website!

Twice a month, usually on the first Wednesday and the second Saturday, we have an information session in our London office where we’ll tell you all about the exciting projects that you can join. Bring along your friends and family!

I’ve heard enough... I want to book now!

Ok. You’ve had a look through the brochure, you’ve checked our website www.frontier.ac.uk for latest projects and special offers and you’re ready to apply. Fill out the online application form on our website and we’ll be in touch within a few days to talk over your choices and to get to know you a little better.

Remember: places are limited and fill up quickly so secure your chosen project as soon as you can by paying your deposit and returning your completed Booking Form.

You’re one step away from the adventure of a lifetime!
Please be ethical and help us to reduce our carbon footprint, pass this brochure on to a friend once you have finished with it!

Guardian.com
The better prepared you are when you travel abroad, the safer you will be. The Foreign and Commonwealth Office offers ‘Know before you go’ travel advice, including simple precautions you can take before and during your trip. To find out more, check out their website: gogapyear.com

We support the aims of the Year Out Group and we adhere to the Code of Practice and the Member’s Charter

The information in this brochure is correct at time of print