

## FAQS – Volunteer managers

### The expeditions

#### How does Raleigh work with young people?

We aim to inspire and empower young people to be all they can be. Our expeditions will develop key skills to help them in their personal, educational and professional lives. Young people will be working in teams in remote communities on community and environmental projects, plus an adventure challenge. As a volunteer manager you'll receive full training to inspire, encourage and support them on your expedition.

#### How long are expeditions?

As volunteer managers you'll receive full training in country before the venturers arrive, so expeditions last around 8 or thirteen weeks. Please read [training and expedition dates](#) for specific information.

#### What is expedition life like?

You'll be living and working in some of the most basic conditions, in remote areas surrounded by dramatic and beautiful scenery. You'll experience a true exchange of cultures and traditions with the local community and people from all walks of life. The experience is life-changing and you'll come away with lots of new skills and friends for life.

#### Where can I go?

Currently we offer expeditions to Borneo, Costa Rica & Nicaragua, India.

#### Do you plan to go to any other countries?

Not at the moment. We prefer to operate in a few countries and dedicate our time and resources to delivering much needed projects in partnership with the government, NGOs and local communities there.

#### Will I be doing work that takes away jobs from the locals?

Not at all. We work with [project partners](#) to provide materials and manpower to complete projects that wouldn't otherwise get done, either because of a lack of funds or direction. On our project sites we work alongside locals, often bringing communities together for the first time and inspiring them to achieve things they never thought possible.

#### Why should I choose Raleigh?

We are unique. Firstly our projects are worthwhile and sustainable. We have a permanent presence in every country we work in with a field base and permanent staff. This means we are constantly forming relationships with the government, NGOs and local communities there to ensure the projects are genuinely needed and are planned and delivered with long-term partners. Secondly, our volunteers come from a wide variety of backgrounds and nationalities so you'll be making friends with people from all walks of life. Finally, since 1984 we've been running structured expeditions that are safe, challenging and life-changing. So we know what we're doing. Read [more](#)

**reasons** why you should choose us.

## **Volunteer manager roles**

### **What do you look for in a volunteer manager?**

The volunteer management team plays an integral part in the smooth running of the expeditions. We look for volunteer managers with a range of skills and experience and you must enjoy working with young people from a range of backgrounds and nationalities, including those from the host country and disadvantaged young people from the UK.

### **Do I need any particular skills?**

Volunteer managers come from all walks of life and have a varied range of skills and experience. We particularly look for the ability to adapt to the expedition environment. This involves team-work, problem-solving, diplomacy and remaining calm under pressure. Read more about the **various roles** available.

### **What training will I get?**

You will get training both in the UK on a development weekend and in country before the venturers arrive. This will be a mixture of soft and hard skills training, including interpersonal and conflict resolution, leadership and organisational skills, first aid, risk assessment, camp craft and long-wave radio usage.

### **If my role is a field base role will I get to see any of the projects?**

Where possible the country director will ensure that every field base volunteer manager either gets to work as a project manager for one phase or visits some of the project sites.

### **Can volunteer managers take part in the adventure phase?**

On the 5 week expedition all volunteer managers will take part in the adventure challenge. On the 10 week expedition it is usually only the adventure project managers who will take part in the adventure phase

## **The people**

### **Who takes part in an expedition?**

We encourage people from all walks of life, nationalities and age groups. Venturers are aged between 17 and 24 and are usually taking a gap year between school, university or work. We do also have disadvantaged young people from the UK and host country participants. Our volunteer managers aged 25 up to 75 are usually taking a sabbatical, a longer-term career break, time out from their home life or simply enjoying their retirement.

### **Can I go with a friend, partner or spouse?**

Yes! Many couples have joined our expeditions in the past. However, if you

both apply as project managers we wouldn't usually place you on the same project group. During your induction period we assess different competencies and personalities to ensure that we have a good balance in each project group. You would see each other during the induction period and at the end of each project phase.

### **Do I have to be a UK resident to join an expedition?**

No. Our expeditions are open to all nationalities with a basic level of English. Before submitting your application, please check the relevant embassy for visa requirements. UK nationals will need to provide a CRB check to ensure they can work with young people. International applicants will need to provide professional references.

### **The cost**

#### **How much will it cost?**

For the 10 week expedition (plus in-country training) we ask you to fundraise £1,950. For the 5 week expedition (plus in-country training) we ask you to fundraise £1,350. Read more about [fundraising targets](#) and what your fundraising covers.

#### **Do I have to fundraise to join an expedition?**

You can raise the funds to join the expedition in any way you like. This may include traditional fundraising activities such as sponsored events, or writing off to companies, asking friends and family for donations or using money you have saved through working. We prefer you to do some traditional fundraising as it's a great way to raise awareness of our charitable activities, help you develop more skills and get in the spirit of Raleigh!

#### **Where does my money go?**

76% goes towards running the expedition in terms of planning and delivery of projects, staff costs in country, running field base, food and accommodation, in-country travel, specialist equipment, training in the UK and in-country etc. 12% goes towards recruitment, marketing and PR, 11% towards head office overheads. 1% goes towards the governance for running a charity.

#### **Will I have to arrange my own flight?**

Yes. Read more about [recommended flights](#).

#### **How much will my flight cost?**

This varies depending on your expedition country, departure airport and how far in advance you book your tickets. However, departure prices from the UK usually range between £450 and £700.

#### **Are there any other expenses?**

Please read about other [costs](#) for things like kit and visas.

## **Health and safety**

### **When do I need to send the medical form back?**

The medical form must be sent in within four weeks of your application. If this form is not received it might affect your place on expedition.

### **Does my GP have to sign it?**

Yes. There are two sections on the medical form, one for you to complete and another for your GP. This section must be completed in order to secure your place on expedition.

### **Do you provide my medical insurance?**

Once the medical form has been completed and received by the medical coordinator your insurance is provided. All current and previous medical conditions must be on the form and all medications listed. If you suffer with a condition that you haven't put on your form this will void your insurance.

### **Are there any medical restrictions for expedition?**

We try to be as inclusive as possible but obviously need to ensure the safety of every individual on expedition. If you suffer with a long standing medical condition please ensure that you discuss this with the medical coordinator at head office as soon as possible.

### **What happens if I get diagnosed with a condition before I go?**

Please inform the medical coordinator as soon as possible. As long as the condition will not have an impact on your experience or the rest of the expedition we can usually work around it and ensure the insurance covers you.

### **What happens if I injure myself before I go?**

Please inform the medical coordinator to discuss the options.

### **Do I need any vaccines for the expedition?**

All expedition countries will require some vaccines to ensure you are protected against some common diseases. The list of essential and optional vaccines can be found in your welcome pack. The essential vaccines are required for travel with us and the completed vaccine form must be returned to the medical coordinator at least four weeks before departure. You will not be accepted on expedition unless you have had all of the essential vaccines.

### **Why do I need rabies vaccines for all destinations?**

All of the countries we work in have a risk of rabies. Part of the appeal of Raleigh is that we work in remote environments, which are often a drive from the nearest suitable medical facilities. Without the vaccine, treatment of immunoglobulin is required within 24 hours, however there is a worldwide shortage of this treatment. We cannot guarantee we can get you to a centre that stocks the treatment within 24 hours of being bitten licked or scratched by a potentially rabid animal. Current guidelines issued by the WHO, CDC and the NHS recommend that a rabies vaccine is required for travel to our

expedition countries for a stay of more than four weeks.

### **Does a doctor need to sign my vaccine form?**

Your GP doesn't need to sign your form but your practice nurse or travel clinic nurse can help you to fill it in correctly.

### **Will I need to take malaria tablets?**

Borneo and Costa Rica & Nicaragua are malarial areas and will require you to take malaria tablets. Please see your practice nurse, GP or travel clinic at least six weeks prior to departure date to discuss your options. You must also ensure that you have enough tablets with you on expedition to cover the whole duration.

### **Which malaria tablets do I need to take?**

There are a variety of different tablets available for malaria prevention. Your practice nurse, GP or travel clinic will be able to help you decide which one is most suitable for the area you are travelling to. There is a medical coordinator available at head office to answer these questions and run through the choices if needs be. If you travel on after your expedition the areas you visit may have different malaria tablet requirements.

### **When do I take them?**

All of the malaria tablets have different schedules so please check if the ones you are taking are daily or weekly. If you're on weekly tablets please make sure you take them on a Sunday for the duration of the expedition. All malaria tablets need to be taken before, during and after expedition for varying lengths of time, please make sure you're aware of these timescales.

### **Do we purify water that we drink?**

Water that has any risk of causing illness will be purified. On static sites we will provide the purification systems to purify large volumes of water for the whole group to drink and cook with. Whilst on the trekking phase you will require your own water purification tablets as you may have to fill up your water bottles in rivers and from local supplies.

### **What should we purify the water with?**

Over the years we have found that chlorine water purification tablets with filters are the most safe and effective way to purify water so it's safe to drink. Iodine tablets are also available for purchase.

### **What happens if I become ill during the expedition?**

We have a team of medics on every expedition and each site has an extensive medical kit available. We have good relationships with the local doctors and hospitals too and will ensure you get any medical care you need. Your insurance covers your medical expenses as long as all conditions have been put on your medical form. The insurance also covers repatriation to the UK should this become necessary.

**What do I need to consider if I am going to travel on afterwards?**

Please check the vaccine and malaria recommendations for the areas. You will need your own medical insurance from the day expedition ends. Our insurers can provide this cover, please see the insurance pack for details.

**Is alcohol allowed on the expeditions?**

No. An overseas expedition with us is not a holiday. Venturers and volunteer managers will be working in the local community on project sites and we have a strict health and safety policy and a reputable reputation to safeguard.