The University of Sydney
FHS Abroad
2015/16

www.projects-abroad.com.au
1300 132 831
info@projects-abroad.com.au
FHS Abroad allows you to participate in a practical and educational placement unlike any in Australia. It is a unique way to connect with the world and with your studies. You travel with a purpose, find a role and learn to live in a culture vastly different from your own. You will learn about yourself, broaden your horizons and, with the right approach, be a useful and positive part of a developing community.

Projects Abroad arranges placements in Cambodia, India, Nepal and Vietnam; FHS students work in hospitals, clinics, care centres, schools and community health programmes. Over the years since FHS Abroad was established, their hard work, initiative, enthusiasm and drive have resulted in a travel experience with amazing rewards in addition to course credit.

Taking part in either a volunteer or internship placement you will gain great cultural insight and enhance your understanding of the world around you. You will learn to communicate with people from very different backgrounds and cultures, solve problems and add a new dimension to your studies. You will find throughout your placement that your contribution to sustainable and positive change will be both a challenging and rewarding experience.

Proactive students who engage openly with their surroundings will notice their horizons broadening and their perception of the world shifting - something that cannot be bought, taught or overestimated.

FHS Abroad opens many doors for students, it is an opportunity few universities offer and a chance to gain a new perspective, please contact Projects Abroad to discuss the options open to you.
Disciplines and Placements

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<thead>
<tr>
<th>Discipline</th>
<th>Cambodia</th>
<th>India</th>
<th>Nepal</th>
<th>Vietnam</th>
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This matrix indicates where placements are available directly related to the disciplines mentioned. Students are welcome to work on placements not directly related to their degree subject.

At some placements, OT for example, there are no qualified OTs present and students must be aware of their sphere of competence and be proactive in developing the role. Please contact us to talk over the nature of the role; we will be happy to put you in touch with students who have undertaken the placements in the past.

Safety in Country

At Projects Abroad we try to create a welcoming and safe environment from day one; we want you to be able to focus on your placement and make the most of your time away. Within this environment your safety is taken care of by:

- full time local staff whose role is to ensure your welfare;
- host family – local knowledge is the best knowledge and they will, if anything, be a little over-protective;
- student and volunteer community – whether you travel alone or with friends, you will be within a group of likeminded individuals from Australia and around the world.

Some more details on our care for students before departure and when overseas that you might find useful include:

### Pre-Departure Advice:

Once you’ve been accepted on to our projects you’ll be set up with a personalised website called MyProjectsAbroad which includes information about insurance, applying for a visa, packing lists, and cultural advice about the country you are visiting. You will be put in contact with the staff in your destination country along with staff in the Australian office who are always available to give advice and answer any question.

### Placement Details:

Before you go you will be allocated your placement details. These include addresses and phone numbers for your host family, and details regarding your placement and supervisor.

### Overseas Staff and Offices:

We believe our in-country support to be unparalleled. Every single one of the countries we work in has at least one Projects Abroad Office, and paid members of staff. They are trained to follow best practice procedures, including monitoring security, and emergency procedures. They are there to assist with any concerns, problems, advice, and general administration that may arise during your time away. They are available during the day at the office and directly contactable 24 hours a day by phone.

### Contact Between Staff and Volunteers:

Our overseas staff regularly visit host-families, volunteers, and placements to ensure everything is running smoothly. We maintain a cycle of monitoring all volunteer accommodation and placements. Staff are always available on the phone or by visiting the office.

### Supervisors:

Each volunteer, regardless of whether on a teaching, medical, conservation, or other placement is allocated a supervisor. The supervisor is not only responsible for enabling volunteers to carry out their work, but also for ensuring that they are happy and assisting with any problems or concerns.

### Meeting on arrival:

We will meet you at the airport (or local place of arrival) unless you request otherwise. You will be met by someone carrying a Projects Abroad sign, who will welcome you with your full name. They will carry some form of identification that you can validate. It is also our responsibility to help you get back to the normal international point of departure at the end of your placement, unless you are adding on extra independent travel time.

### Induction:

All volunteers have an induction to the country and area where they’ll be living. This varies from country to country but generally includes:

- **A Welcome Pack with details of the local office and other volunteers, maps, and other useful information (such as banks, doctors, and public transport);**
- **A tour of the area on local transport that you’ll need to use regularly (such as tuk-tuks in Cambodia);**
- **We’ll advise you on local customs and what to expect while you are away and help you feel confident in your new environment.**

### Health and Insurance:

All of our volunteers are covered by our comprehensive medical and travel insurance. If a volunteer falls ill, our overseas staff will be on hand to assist with hospital arrangements and insurance liaison, and will, of course, make sure that the patient is comfortable.
Cambodia

Arrangements

Students are met at the international airport in Phnom Penh and taken to their accommodation in the city. Accommodation is in shared townhouses which are comfortable and central. Students stay in rooms with one or two volunteers, each townhouse has room for 10-15 people.

A housekeeper comes in to cook for the students, a mix of Khmer and western food, and there is a communal lounge area with a TV. Students enjoy the shared accommodation and the ‘volunteer family’. Most of the apartments have a roof terrace which is a great place to relax after a day’s work.

The working week is Monday – Friday with between five and eight hours work per day depending on the placement.

Students are free to explore the city in the evenings, there are plenty of restaurants and bars as well as markets and numerous museums. Phnom Penh is a chaotic and crazy city with plenty to do even though just watching the world go by is just as fascinating.

At weekends students explore further afield, there are numerous places to visit including the beaches at Sihanoukville and the ‘must see’ Angkor Wat temple complex at Siem Reap.

Placements

Projects Abroad works with around 10 settings in Cambodia which may be appropriate for FHS Abroad students. These are a selection of the most popular placements among past students, please do not hesitate to contact us to discuss other options.

National Borei for Infants and Children (NBIC)

The NBIC is a state-funded centre for orphans, abandoned babies and children from Phnom Penh and surrounding provinces. There are around 120 children and babies living at the centre. Two thirds have physical and/or mental disabilities, and some are HIV positive. In most cases the children’s parents have not been able to cope with these conditions, and have brought them to the centre for permanent care. Most staff at the centre are volunteers, and there is a definite need for physiotherapy and OT support as well as work in general care.

This placement can be challenging for student volunteers, requiring you to adapt to local work practices and figure out how you can best help in supporting the children.

**LOCATION:** Phnom Penh

**ROLE:** Shadowing local professionals, assisting in basic treatments, possible casework and general care.

**DISCIPLINES:** Physiotherapy, OT, speech pathology, health sciences, nursing

Khemara

Established in 1991, Khemara was the first local NGO in Cambodia which played a significant role in working for the advancement of women and children in Cambodia by working directly with communities. Its goal is to support vulnerable people including women, children and disadvantaged families by providing them with consultation, life skill capacity, proper intervention to take part in reducing poverty and providing education to the children.

There are six running day care centres in Phnom Penh; each centre caters for 25 to 40 children who are aged from 3 to 6. They function as a day care centre in a local community, ideally, they provide the basic Khmer and English language, nutritious meals and appropriate constructive and educational activities. The families of these children are working in factories for very low wages, without these centres the children would be left at home, sometimes alone, all day long in the way of stimulation or development.

Projects Abroad has partnered with Khemara to open three further centres; there are five main goals that we expect to accomplish in the long term running of these centres:

- to improve Khmer and English language for children and local teachers,
- accelerated Early Child development,
- improve hygiene levels,
- increase the level of stimulation of each child, and
- to improve quality of life for those living with children with disabilities.

**LOCATION:** Phnom Penh

**ROLE:** Caring for children, organising activities, assisting in motor skills development

**DISCIPLINES:** All students of any discipline would be welcome to assist in the roles described above.

National Paediatric Hospital

This is a public hospital admitting up to 300 patients a day to its three main departments of general medicine, surgery and outpatients. FHS Abroad students would generally work in the OPD, unless they had a specific interest elsewhere.

Patients will come to OPD with a variety of conditions and there is a lot of scope to learn about the management of a healthcare system, the culture and the resources available to work with. Children often present conditions which are not often seen in Australia, or not seen at the stages that are common in Cambodia.

Proactive students will learn a lot and can develop some responsibilities.

The working week is Monday – Friday, from 8.30 to 16.30.

**LOCATION:** Phnom Penh

**ROLE:** Physiotherapy and OT, caring for children with disabilities, assisting in capability development, general assistance

**DISCIPLINES:** All. Students of any discipline would be welcome to assist in the roles described above.

Home of Hope

Home of Hope is a care home for boys and men with physical and intellectual disabilities, learning disorders and delayed development, as well as HIV. Most of the residents have either lost their families to the virus or have families who are unable to care for them. There are approximately 30 residents at present, 13 are younger boys who require almost full time care due to their disabilities.

Some are adults who found themselves homeless or lost their families, who are somewhat independent but require moderate care.

Student volunteers will assist local staff with basic care activities with the children.

The centre only has occasional visits from qualified therapists so student volunteers rarely have any local supervisory support on site. Any hands-on clinical work thus depends on your level of study and competency. You may be welcome to use your own judgment and initiative to develop treatment plans and provide basic therapy and stimulation techniques using limited resources.

The residents receive shelter, food, medication and regular check-ups and education where possible. There are full time staff at the centre who look after feeding, cleaning, medicating and generally giving the residents the support and attention they require. A doctor visits regularly to administer the medications which the adults and children rely on for their condition.

**LOCATION:** Phnom Penh

**ROLE:** Physiotherapy and OT, general assistance

**DISCIPLINES:** All. Students of any discipline would be welcome to assist in the roles described above.

KHMER AID

Khmer Aid is a local NGO in Cambodia working directly with communities. It aims to improve Khmer and English language for children and local teachers, accelerated Early Child development, improve hygiene levels, increase the level of stimulation of each child, and to improve quality of life for those living with children with disabilities.
Projects Abroad is based in Jaipur, capital of the state of Rajasthan and a popular destination for many travellers due to its beautiful setting, wonderful architecture, history and vibrancy.

After being picked up at the airport, students are taken to their host family to be introduced and relax after the long flight. Induction usually follows after a good night’s sleep and our local staff will give you a tour of the area, discuss cultural and safety issues with you and make sure you know your way to and from work, the host family and the Projects Abroad office.

Host families can accommodate between two and four students, so make sure you always have a housemate, of course if you are travelling together then you will be living together.

The working week is Monday – Friday with between five and eight hours work per day depending on the placement.

Students are free to explore the city after their day’s work finishes and in the evenings, there are plenty of cafés and restaurants as well as markets to explore and as with anywhere in India, just walking the streets is an experience in itself.

At weekends students explore further afield, the mountains surrounding the city, the numerous forts, palaces and temples make for great excursions and the Taj Mahal is five hours away by bus.

LOCATIONS: Jaipur, Rajasthan
ACCOMMODATION: Host families
PLACEMENTS: Disability care, clinics, hospitals, NGOs supporting slum families
SUITABLE FOR: Groups and Individuals
LANGUAGE REQUIREMENTS: None; a little Hindi would make you popular though
LOCAL GREETINGS: Hello, Namaste Thankyou, Shukriyaa
COST (FOR WEEKS): From $3280

Placements

Projects Abroad works with around 10 settings in India which may be appropriate for FHS Abroad students. These are a selection of the most popular placements among past students, please do not hesitate to contact us to discuss other options.

Disha

Disha is an organisation committed to improving the quality of life and services for people living with disabilities in Rajasthan. It was established in 1994 and has flourished, expanding its services and increasing the number of people it supports.

The organisation runs a school which maximises the learning capabilities of the children and adults, literacy, numeracy and vocational skills are all taught to nearly 200 people. In healthcare it provides physiotherapy, OT, speech therapy, hydrotherapy and some equine therapy. There are regular community outreach programmes aiming to provide early intervention services, screening newborns and infants as well as community-based rehabilitation and counselling.

This placement suits students of all disciplines as there are roles in education, many areas of allied health, general care work and arranging sporting activities for the adults and children.

LOCATION: Jaipur
ROLE: Shadowing local professionals, special education, sports, general caring, sensory integration, physiotherapy, OT and speech therapy casework
DISCIPLINES: Physiotherapy, OT, speech pathology, health sciences, nursing, exercise and sports science

JKSMS

This organisation has been working in urban and rural areas of Rajasthan for over 30 years, supporting poor families in many ways. The centres we work at are based in Jaipur, working with destitute children who live on the streets alone or with their families. There is both a home for girls and for boys aged around five to 18 years old.

The services provided for the children include accommodation, meals and education. FHS students can help with the day to day running of the centre, taking part in pre-school education and development, supporting the older children who go to school, teaching health, hygiene and life skills as well as sporting activities.

Many of the children at the homes will benefit from health and education input from students in areas of development such as reading and writing. The JKSMS organisation also manages a series of community support programmes which students can get involved in during the day if children are at school.

This placement suits students of all disciplines as there are roles in education, many areas of allied health, general care work and arranging sporting activities for the children.

RAYS Ashaa Ki Ek Kiran

This NGO supports children living with HIV. The children mostly live at the centre where they are cared for and provided with medication. The age range at the centre is between three and 18 years old, there are around 50 children supported through the organisation.

FHS students will work in the general care and support of the children and the centre, taking part in pre-school education and development, supporting the older children who go to formal school during the day, teaching health, hygiene and life skills as well as sporting activities. Students can also attend the local schools with the older children and provide classroom assistance.

It is also possible to help with administration at the centre, for example writing website content or promoting the NGO and fundraising through social media.

This placement suits students of all disciplines as there are roles in education, many areas of allied health, general care work and arranging sporting activities for the children.

Shrestha Street & Working Children

Shrestha is an organisation working to support working and destitute children in the city of Jaipur. Each day they collect children from the slums of the city and bring them to the centre for care and education.

The children are fed and given medical support if needed. The families of the children often make a living from begging or very menial work. Shrestha gives them an opportunity to enjoy their childhood a little more as well gaining an education of sorts and getting medical attention, counselling and education.

FHS students will get involved in most aspects of the daily work of the centre, in caring and educational roles as well as using any skills and experience you can bring – music, dance, art and sports for example are all very popular – particularly sport, a major focus of the centre which believes that many skills and qualities are learned through sports. One volunteer recently formed a cricket team at the centre for example.

LOCATION: Jaipur
ROLE: Caring for children, organising activities, assisting in skills development and education, health education, general work in supporting HIV+ children
DISCIPLINES: All. This placement suits students who are confident in finding ways to be useful working in a care and educational capacity. The placement will give an education in working with children with HIV and their needs. Health education and possible allied health roles. It will suit individuals or groups working together.

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Arrangements

After being picked up at the airport, students are taken to Thamel, the centre of Kathmandu to settle in and start their induction. Students working in Kathmandu will live with host families in the suburbs of Kathmandu but will always gravitate to Thamel where there are plenty of restaurants, ATMs and shopping.

All students will spend their first night in a hotel in Thamel. Students working in Chitwan will take the coach journey the next day, be met by our local Chitwan staff and taken to their host families.

Host families can accommodate between two and ten students. We make sure you always have a housemate. The working week is Monday – Friday with between five and eight hours work per day depending on the placement.

Students are free to explore the city in the evenings, this usually means a taxi ride to Thamel to enjoy dinner with other students or use internet cafes.

At weekends students explore further afield, there are numerous places to visit including the world famous Chitwan National Park, the foothills of the Himalayas and many temples. Many students arrange a longer trek at the end of their placement.

Placements

Projects Abroad works with around 20 settings in Nepal which may be appropriate for FHS Abroad students. These are a selection of the most popular placements among past students, please do not hesitate to contact us to discuss other options.

Nutritional Rehabilitation Home

Poor nutrition is a leading cause of illness and delayed development for young Nepalese children. Many of those who survive severe malnutrition suffer permanent physical disabilities and delayed mental development. In response to this issue, the Nepal Youth Foundation has established a network of Nutritional Rehabilitation Homes to support severely malnourished children and their carers, most often their mothers.

The homes offer 24 hour nursing care and the services of dieticians and paediatricians who clinically restore the health of the children and, at the same time, educate their mothers about nutrition and child care, thus helping ensure that the children stay healthy.

This placement offers first-hand exposure to the effects of malnutrition and a practical opportunity to assist in the recovery of the children. Students can attend periodic outreach campaigns which educate communities about malnutrition, monitor discharged children and look for early signs of malnutrition among the population.

Chitwan Spinal Injury Centre

The Chitwan Spinal Injury Centre (CSIC) is located in the Chitwan Medical Teaching Hospital in the Chitwan Valley, around 6-hours bus ride from Kathmandu. The Centre opened in June 2012 and offers medical treatment, physiotherapy, and counselling for patients with spinal injuries. It employs six staff trained in the care of people with spinal injuries, as well as a counsellor and physiotherapist.

Doctors who consult at the centre volunteer their time. Many of the patients are inpatients at the hospital but there is also a six-day per week outpatient service for patients with other back conditions. Student volunteers will spend the majority of their time shadowing and assisting local healthcare professionals.

Displaying a proactive approach and developing good relationships with the supervisors may lead to practical involvement and a caseload for some students.

Patan Community Based Rehabilitation (Patan CBR)

Patan CBR is a residential and day care centre providing treatment and respite for children and their families coping with disabilities such as cerebral palsy. Patan CBR is one of a number of similar organisations which Projects Abroad supports. These centres are generally underfunded and understaffed hence any kind of constructive engagement with the children, respite for the parents, treatment or simply helping the centre to function at mealtimes is valuable help.

Student volunteers will assist local staff with basic care and skill based activities with the children. The centre only has occasional visits from qualified therapists so student volunteers rarely have any local supervisory support on site. Any hands-on clinical work thus depends on your level of study and competency. You will need to use your own judgment and initiative to develop treatment plans and provide basic therapy and stimulation techniques using limited resources.

Services the centre provides include day care respite for parents, physiotherapy clinic, educational and developmental activities, vocational skills development, counselling and disability awareness and prevention.

Sahara Physiotherapy Rehabilitation Hospital

Sahara Hospital is a private physiotherapy and rehabilitation hospital in Kathmandu. It provides physiotherapy and rehabilitation services to people with a wide range of physical and mental disabilities. The hospital provides a wide and growing range of services to its patients which include the services of consultants in cardiology, paediatrics and psychiatry as well as an acupuncturist. The hospital employs full time physiotherapists and other rehabilitation staff.

Students will come into contact with patients presenting many conditions and spend time with the staff understanding the nature and causes of the conditions as well as the treatment plans. Displaying a proactive approach and developing good relationships with the supervisors may lead to practical involvement and a caseload for some students.
Arrangements

Students are collected at Noi Bai airport, around 45 minutes from Hanoi and taken to the city.

Accommodation is in shared townhouses which are comfortable and central. Students stay in rooms with one or two others, each townhouse has room for 10-12 people. A housekeeper comes in to cook for the students, a mix of Vietnamese and western food, and there is a communal lounge area with a TV.

The working week is Monday – Friday with between five and eight hours work per day depending on the placement. Students are free to explore the city in the evenings, there are plenty of restaurants and bars as well as shopping and numerous museums. Hanoi is very old and has rich layers of history from the ancient, through colonial times and to independence; it is a fantastic city to explore.

At weekends students explore further afield, there are numerous places to visit including the stunning Halong Bay or the mountain beauty of Sa Pa.

Placements

Projects Abroad around 15 settings in Vietnam which may be appropriate for FHS Abroad students. These are a selection of the most popular placements among past students, please do not hesitate to contact us to discuss other options.

Hanoi Friendship Village

The Hanoi Friendship Village is an international reconciliation project that cares for disabled children and adults, some of whom suffer from the legacy of the Vietnam war (Agent Orange poisoning for example) and those in the community with disabilities who need care and support. It was founded by a former US soldier in 1998 together with his former enemies and other veterans in the spirit of reconciliation.

The Village has ten family houses, a health centre, a school, professional educational classes, organic fruit and vegetable gardens, animals and fish ponds. It is around an hour from the centre of Hanoi.

The Village employs teachers and physiotherapists among its staff and this means students can take a varied role in the activities of the setting. Many of the classes will include children with hearing impairments and intellectual disabilities meaning individual care is very important. Proactive and open minded volunteers who try to learn a little Vietnamese will find themselves busy and welcomed by the staff, patients and children.

LOCATION: Hanoi
ACCOMMODATION: Shared townhouse (10-12 students in each house)
PLACEMENTS: Disability care centres, clinics, hospitals, schools
SUITABLE FOR: Groups and Individuals
LANGUAGE REQUIREMENTS: None although a little Vietnamese goes a long way
LOCAL GREETINGS: Hello, xin chao
THANK YOU: gahm uhn
LOCAL CUISINE: Vietnamese
ATTENDANCE: Flexible
COST (FOUR WEEKS): $3480

National Institute of Haematology

The centre is a Projects Abroad initiative to provide educational support to children who are long term inpatients. Many of the children suffer from Thalassemia, a genetic disease which can cause significant complications and needs on going specialist care.

The number of children varies between 30 and 100 and they are largely left unstimulated in-between treatments. This placement aims to create a constructive, fun and educational set of activities for the children each day including basic lessons, arts, crafts and educational games.

Due to the demands of the long term care of the children, many have dropped out of the educational system and while they are eager to take part in activities and will benefit from the attention students can give them, the treatment takes its toll on them and they may be significantly behind healthy children their age in terms of development.

LOCATION: Hanoi
ROLE: Caring, educating children with disabilities, teaching, assisting in capability development, general assistance
DISCIPLINES: All. This placement suits groups of students from a similar or multi-disciplinary teams

Tue Tam Centre

Tue Tam Centre focuses on rehabilitating and educating children with disabilities. The children are excluded from mainstream education and generally do not have access to the level of support that children with similar conditions could expect in Australia. Children here are aged between two and 15 years and their conditions include delay in the development of language skills and comprehension, attention deficit hyperactivity disorder and wider special educational needs.

Special education and rehabilitation programs are designed for each student and they will benefit from the additional attention students can give them as the teacher to student ratios will be reduced. In addition to special education activities, children are provided with speech therapy, physiotherapy and OT services although the staff do not have qualifications recognised in Australia and students will need to be confident in their sphere of competence and proactive in developing a practical role for themselves in these areas.

There are 35 children at the centre and the wide range in ages means there are a lot of varied activities for students to get involved in. We encourage students to develop their own ideas and their own roles, the children will benefit from new activities and increased attention and focus on their needs.

LOCATION: Hanoi
ROLE: Physiotherapy, SP and OT, caring for children with disabilities, teaching, assisting in capability development, general assistance
DISCIPLINES: All. This placement suits students who are confident in providing a role in therapy as well as those working in a care and educational capacity. It will suit individuals or groups working together.

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Placement Costs & Dates

Dates - All the placements are ongoing with no set start dates, you can choose the dates that suit you.

<table>
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<tr>
<th>Destination</th>
<th>Cost (4 weeks)</th>
<th>Extra Week</th>
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<tbody>
<tr>
<td>Cambodia (from)</td>
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<td>Nepal</td>
<td>$2455</td>
<td>$220</td>
</tr>
<tr>
<td>Vietnam</td>
<td>$3480</td>
<td>$320</td>
</tr>
</tbody>
</table>

The price includes:

- Accommodation & meals
- Comprehensive medical and travel insurance
- Placement arrangements and support
- Transfers to and from the airport by a Projects Abroad staff member
- Full city, placement and accommodation orientation.
- 24 hour support from our Projects Abroad staff who will be with you in your host country.
- Cultural activities
- Personal webpage

Not included in the price are:

- Flights
- Vaccinations
- Visas
- Spending money
- National Police Check

Steps to Booking Your FHS Abroad Placement

TALK TO US

The first step in planning your time away is to talk to us, we are here to help you every step of the way! To start, have a look at our website and really get a feel for which placements or destinations appeal to you. We have stories from past volunteers, videos, blogs and newsletters to make sure you have all the information you need. All our team members have been volunteers in the past and understand how you’re feeling and what information you’re after. We also run regular open days, information evenings and webinars so make sure you check those dates out as well!

TAKE THE PLUNGE – HOW TO APPLY!

Applying for one of our placements is easy. You can either complete the forms online or post them in to us. To start with, we require a $495 deposit which will be deducted from the total programme fee. This shows your commitment to the project and allows us to start your preparations.

Once you’ve sent the form off it should take no longer than a few days for our in country staff to secure and confirm your placement.

LET THE PREPARATIONS BEGIN

Preparing for a trip like this can be a little overwhelming and most people experience stress at some point (it’s completely normal!).

Don’t worry, we are always here to answer your questions! Once your place is confirmed you will need to start thinking about a few things, particularly booking your flights, arranging visas, police checks, and taking advice on any necessary vaccinations. You can either book flights yourself or our travel team can organise them for you. Whichever option you choose, our staff will be waiting at the airport when you arrive. Insurance is covered in the programme fee so that’s one less thing to worry about!

For many countries you will need a visa; the cost and difficulty of getting these will vary.

We will give you all the information and paperwork you need on applying and when to do it.

CONNECT WITH OTHERS

By joining the Projects Abroad Australia/New Zealand Facebook page you will also be opened up to a whole new forum of information. Each destination country also has its own page and it’s a great way to connect with past, present and future volunteers. The sites are also a useful way to get some handy advice about things such as language, history, culture and customs!
Frequently Asked Questions

Can I go with a friend?
Friends and significant others are certainly welcome and, if you like, we can arrange placements where you can live and work together.

Can I speak with other students who have already completed this project?
There are lots of ways that you can connect with past volunteers. Check out our volunteer stories and have a read over what others have done in some of the destinations or projects you’re interested in. You can also connect via our Facebook page where past, present and future volunteers can go and chat, compare, ask questions, answer questions and discuss. We also have plenty of past volunteers who are happy to answer emails or chat over the phone.

Give us a ring at the office to get these details – 1300 132 831.

When can I start? When should I apply?
As our projects run year-round the start and end dates of your placement are completely flexible. This means you can choose your own dates and we work around your schedule! Thanks to our full-time Projects Abroad staff employed in all of the countries in which we work, we take on volunteers every-day of the year so there will always be other volunteers either on your placement with you or staying with you at your host family, whenever you choose to travel.

In terms of the best time to apply, we generally need three months to comfortably process an application. However, the longer the time between applying and departing the better chance we have at securing a programme that is tailored to your needs and preferences, so once you’re set on exactly what you want and have had all of your questions answered, this is when you should apply! On the other hand, if you decide at the last minute that you would like to volunteer overseas give us a call and we may be able to make a quick arrangement for you but there are no guarantees on this!

What happens if I become unwell or injured before my trip and cannot go abroad?
Full comprehensive medical and travel insurance is provided as a part of the project fee. This means, once you have paid the full balance of your trip, in the event of injury or illness you are, under some circumstances covered for medical, cancellation and personal incident, provided you have the required medical certificates and documentation. You also have the option to postpone your placement until a later date.

Can I pay by instalments?
Once you have applied and been accepted onto your placement you can pay the remainder of your balance through instalments at intervals that suit you via card or bank transfer. You can organise this via your personalised MyProjectsAbroad webpage or, you can call us and we can set something up for you.

Can I fundraise?
Of course you can but there is no obligation to do so. Request a Fundraising Guide once you’ve applied to get some ideas. As the Projects Abroad charity is not registered in Australia any donations you are given are not automatically tax deductible for the donor, however this doesn’t seem to stop most people from supporting good fundraising.

Will I need injections?
Vaccinations will depend on your chosen destination. We are happy to guide you along the way but as we are not medical experts it is best to talk to your doctor or visit a travel specialist who will be happy to advise on what you will and won’t need.

Do I need a visa?
The visa you need will depend on the country in which you choose to volunteer. Either way, we will give you all the guidance and documentation you need and tell you when to do things.

Do I need to speak the local language?
The vast majority of our projects do not require specific language skills and few volunteers speak the local language before they go. It is an advantage to learn a few basic phrases but it is certainly not necessary to be fluent. All of our local Projects Abroad staff members speak English and of course the local language and there will be at least one member of your host family who will speak English too.

Will there be someone to pick me up from the airport?
There will absolutely be a member of the Projects Abroad team there to welcome you at the airport when you touch down in your host country. All you need to do is ensure you have entered all of your flight details into your MyProjectsAbroad page so that we know when your flight is landing.

Who manages the project I will be working with?
Our in-country staff have two main roles, to look after you and to maintain relationships with our partner organisations. Whilst in your host country, you will have a Medical Supervisor who manages all of your project details and arrangements and who will be there to answer any questions or concerns you have about your placements. Your placement is run by the local charities, NGO’s, community centres and government institutions that we partner with and with whom we have close working relationships.

Will I be safe?
The safety and security of our volunteers is our top priority and something that we are unreserved in. All of our local Projects Abroad staff are directly employed by us and because they are not employed by a third party we have control over who they are, how they are trained and how they do things. This ensures that your safety and security is of the highest quality. All of our placements and host families have undergone risk assessments and met specific criteria, which is reassessed continuously. We also receive all of the up to date advice from government travel advisory bureaus and work in countries in which our local staff are confident of assuring your safety and wellbeing.

What if I don’t get along with my host family?
In the unlikely event that you don’t get along with your host family, we can arrange for you to be moved. All of our host families have been hosting with us for years and all love having volunteers however if you are struggling in your living environment you can contact our staff 24 hours a day who will be there to help.
FHS Abroad is a fantastic opportunity to learn and contribute while getting to know a new country as someone there with a purpose. It is a memorable experience and a privilege, challenging and rewarding but also a big decision. Please take your time to look over this brochure and our website, ask us plenty of questions and together we will work out the best placement for you and your friends. We are very flexible and will do our best to meet any requirements or preferences you have.

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