

i-to-i

# i-to-i TOURS

Africa, Asia & The Americas



# i-to-i TOURS ABROAD

## Travel on the inside

Imagine a travel adventure abroad... touring through different parts of the world where every stop offers you something unique and momentous. Our tours give you the chance to explore a country as a true local, visit areas untapped by the common tourist *and* contribute to vital volunteer projects along the way.

From the highest peaks of the Peruvian Andes to the sandiest beaches of Thailand, our tours let you see it all and make a difference.





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# TRAVEL WITH i-to-i

## The original Volunteer Travel company

Over 14 years ago, i-to-i took a step overseas to explore life-changing travel and today that one step has evolved into 500 partner-projects in 24 countries, 140 global travel experts and an extensive community spread all around the world...available just for you! When you travel with i-to-i, you can be sure that your adventures are genuine, responsible and meaningful.

## Responsible travel

We're committed to making sure our presence and influence abroad is always positive, beneficial and responsible. This is why our travel options serve to benefit the local communities and endangered environments worldwide while minimizing the negative environmental and social impacts of mass tourism.

## Local support teams and tour guides

Your in-country team and guide abroad will consist of local staff, so projects are based on the real local needs as identified by the team. Additionally, your local guide will be able to take you to the most exceptional parts of the country as well as our partner projects in need of your help.

## You're part of the bigger picture

No matter how long or short your volunteer time is during your tour, you can be sure that you've made a difference. We continue to send a steady stream of volunteers over the years, so that goals abroad are achievable and every bit of work truly counts. Even if you start something you don't finish, you can be sure that someone will...and more so, a massive community is looking after the project's success.

## Our 'Helping Hand'

The Helping Hand is designed to provide essential resources to projects that really need them. Rather than contributing toward the day-to-day running costs of the projects we work with, the Helping Hand provides resources that will help them move towards self-sufficiency. We hope that our donations will help these projects to stand on their own.

In the last year alone we have made significant donations to 20 of our most disadvantaged projects. These included:

- Renovation to an orphanage in Malaysia damaged by fire
- Equipping a community with teaching resources in Kenya
- Providing batteries for solar energy in Ecuador



### **No single supplement**

Unlike most major travel companies, we don't think that you should be penalized for choosing to travel by yourself. Travelling alone offers you the chance to reflect upon life, make new friends and experience a feeling of tranquility and relaxation that is often impossible when traveling with friends or partners.

### **Any emergencies? We're here 24 hours a day**

We have well trained people in every country we work in to ensure that all day-to-day realities are taken care of. We also retain the services of a world's leading crisis-management consultancy available to you 24 hours of the day through a dedicated helpline. They have helped us to implement a global safety plan, which ensures that in the unlikely event of something going wrong, we have all the bases covered.

### **A worldwide reputation**

Because of the quality of our overseas trips and the friendliness and dedication of our staff, we have a worldwide reputation as the leader in our field. This excellent reputation has led to our long-term partnerships with companies such as Lonely Planet, STA Travel and Opodo. We play an active part in the British Foreign and Commonwealth Office's "Know Before You Go" campaign which aims to ensure that travelers are well prepared for their time abroad. Because we love what we do, we are the very best at what we do, which means you can rest assured that everything that can be done has been done to ensure your overseas trip goes smoothly.

### **A travel company run by travelers**

We know about travel because we've traveled ourselves and have years of experience helping people get out there and do it. Our Managing Director got involved in the travel industry after leaving a well-paid job for a leading consultancy firm and traveling from Cape Town to London in a Land Rover! It took him 8 months and he hasn't stopped talking about it since. We are passionate about what we do and we truly believe that by working for i-to-i, we are doing something positive and worthwhile.



# AFRICA TOURS

## Travel on the inside

Africa offers a breadth of experiences unparalleled anywhere else on the planet. From safari adventures to meaningful community work, our African Tours offer you an amazing experience to explore different countries while contributing to vital projects. You'll have the chance to visit places off the beaten tourist track, meet new people, see the sights and experience Africa at its most inspiring and spectacular levels.

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## THE SOUTHERN AFRICA OVERLAND EXPERIENCE

ZAMBIA/BOTSWANA/NAMIBIA • 26 DAYS

**\$2990** US/CA

Volunteer at an HIV hospice, explore Elephant Sands Bush Camp, take a River Safari and visit Victoria Falls!

### Countries Galore!

Choosing which country to explore in Southern Africa is no easy task. Do you go for the traditional cultures of Zambia, Botswana's big game or Namibia's river safaris? How does one decide?! Luckily, you don't need to make that decision, as help is at hand—a 26 day tour that lets you experience the wonders of all three countries! You'll experience both urban and rural Africa, take part in exciting activities such as white-water rafting and game driving and visit the beautiful Victoria Falls. The best part? Amidst your adventure, you'll also have the opportunity to contribute to volunteer building and teaching projects!

### Itinerary:

#### Day 1 - Arrival in Livingstone (Zambia)

You will be met at the airport and transferred to a backpackers' lodge. After orientation you will have the rest of the day free to explore the city.

#### Days 2 – 11 - Mwandi (Zambia)

Transfer to Mwandi Mission/Village where you'll stay for 9 days taking part in both building and teaching projects. You'll help build houses for the local community and assist teachers in the classroom helping students to read or even playing sports with them! Other volunteer opportunities in the hospital may be available as well.

#### Day 12 - African Bush Camp (Botswana)

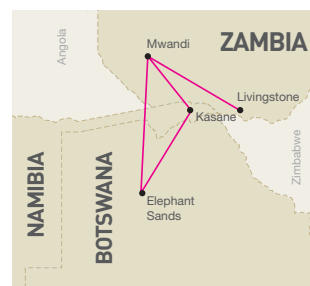
On your 12th day you'll sail down the river where you'll see where the four countries of Botswana, Zimbabwe, Zambia and Namibia meet. In the afternoon you'll arrive at the Elephant Sands Bush Camp.

#### Day 13 - Elephant Sands Bush Camp (Botswana)

Spend the day exploring the bush with an optional drive or bush walk. Alternatively you can stay at the camp and enjoy the sunshine. It's up to you!

#### Day 14 - Kasane (Namibia)

Today you will transfer to the Chobe Waterfront in Kasane. You will have the evening free to enjoy the local hospitality.



#### Day 15 - Kasane (Namibia)

In the morning you will set off on a game drive in the Chobe National Park. In the afternoon you will take a Chobe River Safari in an open air safari boat.

#### Day 16 - Mwandi (Zambia)

Today you will set off for a drive through Namibia's "Caprivi Strip" which will bring you back to Mwandi in the afternoon.

#### Days 17 – 22 - Mwandi (Zambia)

Back in Mwandi you will continue your work at the local projects.

#### Days 23 – 25 - Livingstone (Zambia)

Transfer to Livingstone where you'll spend the next three days exploring the city and the surrounding areas including the magnificent Victoria Falls.

#### Day 26 - Return home

### What's included:

- Airport pick-up
- Shared luxury tents
- Meals: Provided except for 3 days in Livingstone where you'll explore independently, so breakfast and lunch will be your own endeavor
- Training: In-country orientation
- Internal transport
- Support: Pre-departure helpdesk, local in-country team and 24-hour emergency support

### Highlights:

#### Exciting activities

Sailing, game drive, visiting Victoria Falls and optional adventure activities.

#### Meaningful work

Building basic homes, assisting in local communities and hospitals.



## THE SOUTH AFRICA ADVENTURE AND CONSERVATION EXPERIENCE

### SOUTH AFRICA • 15 DAYS

**\$1990** US/CA

Wine tasting and bungee jumping, amazing coastlines and volunteer work at the Cango Wildlife Ranch.

#### Are you feeling adventurous?

Take the adventure of your life exploring the real South Africa through this trailblazing tour. With beautiful beaches, wild coastlines and a diverse terrain full of colorful culture and native wildlife, you're sure to have an amazing time as you tour the country. You'll begin your journey in Cape Town where you'll travel through surrounding farmlands and stop for a wine tasting extravaganza en route to Swellendam. As you carry on your adventure, you'll be met by stunning views, breathtaking scenes and maybe a few wildlife creatures! At the Cango Wildlife Ranch, you'll get up close and personal with some of South Africa's many native animals... but don't worry you won't need to jump in the lion's den to make a difference! You'll help with the feeding and nurturing of animals with the expert guidance of the Wildlife Staff. This tour is the perfect way to live on the wild side and make a difference overseas!

#### Itinerary:

##### Day 1 - Arrival in Cape Town

You will be met at the airport and transferred to your hostel.

##### Day 2 - Swellendam

Wine anyone? On this day you'll set off on a wine tour with the chance to sample some of the best local South African wine.

##### Day 3 - Plettenburg Bay

Depart in the morning for a quad bike trail in a private game reserve. You will then head on to the Knysna area for some sight seeing. You'll also have the option of visiting the Knysna Elephant Park and the Monkeyland Rehabilitation Center.

##### Day 4 - Storms River Village

In the morning you can participate in some optional activities including a trip to the highest bungee-jump in the world! For the less extreme, you can take the opportunity to shop or just relax on the beach.

In the afternoon you will take a guided tour over rivers and waterfalls using a series of zip slides and stopping to do a 30m gorge drop.

##### Day 5 - Oudtshoorn

Today you will be free to explore the city at your leisure.



##### Day 6 - 13 - Cango Wildlife Ranch, Oudtshoorn

You will spend the next eight days volunteering at a wildlife ranch where lots of animals such as lions, cheetahs and pygmy hippos will need your help. You'll help to feed and nurture these animals along with the less glamorous, cleaning of the cages – but don't worry you'll also get to play with the animals!

##### Day 14 - Transfer to Cape Town (own arrangements)

Depart from Oudtshoorn. You will need to make your own arrangements for this journey back to town. Recommended you speak with our Travel Advisors in regards to day 14.

##### Day 15 - Return home

#### What's included:

- Airport pick-up
- Shared hostel accommodation
- Meals: Breakfast and dinner provided through the tour. During your volunteer time, only lunch is provided as you'll get to explore on your own! (budget approximately US\$50 per week).
- Training: In-country orientation
- Support: Pre-departure helpdesk, local in-country team and 24-hour emergency support

#### Highlights:

##### Exciting activities

Optional gorge drop, quad-biking, zip-slide and the highest bungee jump in the world!

##### Meaningful work

Various types of work with animals, including helping with feeding and facilities maintenance



## THE KRUGER TO MOZAMBIQUE VOLUNTEER ADVENTURE

SOUTH AFRICA/SWAZILAND/MOZAMBIQUE • 29 DAYS

**\$3145** US/CA

Game drives, wild animals, beach visits, whale sharks and work with HIV/AIDS orphans

### Want to do it all in Southern Africa?

If you're going to visit Southern Africa, you might as well do it all! Over the span of 29 days you can truly immerse yourself in South Africa, Swaziland and Mozambique through the Southern Africa Volunteer Adventure! You'll begin your journey in the Kruger National Park of South Africa, where you'll spend your days enjoying game drives and guided bush walks and spend your nights sleeping right under the stars. You'll then leave the many creatures of Kruger Park and head towards Swaziland, where you'll be able to put a smile on the faces of orphans and other children through a bit of tender love and care. After such a rewarding experience, you're off to Mozambique to spend some time on tropical beaches and maybe even enjoy an ocean safari! What else can happen? The choices are endless in Southern Africa; you could go horseback riding, go for a beach party or check out your surfing skills! It's up to you!

### Itinerary:

#### Day 1 - Arrival into Manzini (Swaziland)

You will be met at the airport and taken to your destination where you'll have time to relax and enjoy Swaziland. You'll also have your orientation and a presentation on your trip itinerary.

#### Days 2 – 5 - Kruger National Park (South Africa)

Today you will set off on a five day tour into the heart of Kruger Park. The tour includes unlimited game drives exploring the vast wilderness with the expert guidance of one of our wildlife experts.

#### Day 6 - Ezulwini (Swaziland)

Pack up camp in Kruger and head for the Kingdom of Swaziland to meet friendly locals and see breathtaking landscapes.

#### Days 7 – 22 Community project, Ezulwini (Swaziland)

You will spend the next fifteen days working with one of the many small care centers in the Ezulwini valley who are assisting orphans and vulnerable children. You will get involved with hands-on projects that may involve painting educational murals, planting fruit trees and vegetables or installing much needed water systems. On some mornings you will assist with the teaching of the young children.



#### Days 23 – 27 - Tofo Bay, Inhambane (Mozambique)

You will have five days to experience the laid-back beach lifestyle of Mozambique. You'll take an ocean safari to snorkel with the magnificent whale shark and if you have a diving license you may have the opportunity to explore the coral reefs and dive with huge manta rays! There are plenty of optional activities including horse rides, ocean and mangrove kayaking and maybe a beach party or two for those who just want to hang out on the beach!

#### Day 28 - Manzini (Swaziland)

Today you will depart from Mozambique and transfer back to a backpacker lodge in Swaziland where you will have time to relax, pack up and make preparations for your departure the following day.

#### Day 29 - Return home

### What's included:

- Airport pick-up
- Shared safari tents and hostels
- Meals: You will get to prepare your own meals from food provided
- Training: In-country orientation
- Support: Pre-departure helpdesk, local in-country team and 24-hour emergency support

### Highlights:

#### Exciting activities

Camping in Kruger Park, game drives, guided walks through the bush, night drive looking for wildlife, ocean safari to snorkel with whale sharks, diving with manta rays and more!

#### Meaningful work

Provide general care and assistance in looking after local children. This will involve playing games, teaching English & basic life skills

# SOUTH AFRICA GAP EXPERIENCE - 16-24 yrs

## SOUTH AFRICA • 15 DAYS

**\$1990** US/CA

Beach BBQ's, surfing, baboons and teaching local children

### Ready for the ultimate summer?

Join up to 34 other volunteers for the most unforgettable summer of your life...exploring South Africa, relaxing on the beach and helping to make a difference in the lives of underprivileged children. You'll have the chance to help the community by educating local children and renovating local community centers. Your efforts as a group will help the community greatly and you'll also have fun while you do it! From beach barbecues to surf lessons, you'll get to enjoy the beach and make new friends. Wondering what other excitement is in store for you? African drumming sessions, getting up close with wildlife creatures (baboons most likely!) and anything else you've got the energy for!

### Itinerary:

#### Day 1 - Arrival into Cape Town

You will be picked up from the airport and taken to your accommodation where you can enjoy a traditional braai (BBQ) along with an African drumming session.

#### Day 2 - Orientation

Today you'll take a tour of the camp and a visit to the white-sand beach before beginning orientation and team-building exercises.

#### Day 3 - Community work training

Participate in sessions that will train you to effectively work with the local children.

#### Days 4 - 5 - Community re-generation (painting)

Time to get involved! The next two days are all about getting your hands dirty and working with your team to get a local community center back into shape.

#### Day 6 - Local environment day

See a range of flora and fauna around a local environmental center - a day to remember with loads to learn.

#### Day 7 - Table Mountain and Cape Town

Spend the morning at the top of one of the world's most iconic sites, Table Mountain. You can spend your afternoon exploring Cape Town.

#### Day 8 - Surf's up!

Head to the beach to take part in a surf lesson and spend the rest of the day sampling South Africa's beach life.



#### Day 9 - Animal and community Day

Take a walk with wild baboons, followed by a visit to the Penguin colony of Boulders and a tour of a local township.

#### Days 10 - 11 - Community work

The next two days you will be putting your training to good use. You can help local children to read and accompany them on a fun beach walk.

#### Day 12 - A bit of history

Visit the District 6 Museum where you'll learn about Cape Town's history and then head to the V&A Waterfront to experience a totally different insight into modern day Cape Town.

#### Day 13 - Sightseeing

Today you will visit Cape Town's Simonstown and the Naval Museum.

#### Day 14 - Conservation

You will help support local animal life by building kennels, which will then be used in some of the poorest townships in Cape Town.

#### Day 15 - Return home

### What's included:

- Airport pick-up
- Accommodation: Dormitory room on site
- Meals: All meals which will be sourced from delicious local ingredients and will include traditional South African braais (BBQs)!
- Training: In-country orientation
- Internal transport
- Support: Pre-departure helpdesk, local in-country team, 24-hour emergency support and local group leader

### Highlights:

#### Exciting activities

Beach BBQ's, surf lessons, African gumboot dancing lesson, hiking through the stunning hills, and other adventure activities!

#### Meaningful work

Volunteer with the local community holding educational sessions with students and helping to renovate a community center.



# KRUGER SAFARI AND COMMUNITY EXPERIENCE

## SWAZILAND/SOUTH AFRICA • 15 DAYS

**\$1990** US/CA

Help vulnerable children, plant trees, explore Kruger Park

### Adventure and meaning wrapped up in one tour!

As you journey through Swaziland and South Africa, you'll be able to make a difference abroad while experiencing a remarkable personal journey yourself. Beginning in Swaziland, you'll mingle with friendly locals and immerse yourself in their rich culture as you work with orphans. Your time and devotion to the project will contribute greatly to these children orphaned by HIV/AIDS along with local communities. Your time in Swaziland will be full of meaning, but you'll also get to have some fun as the country offers you anything from white-water rafting to mountain biking! After your valuable experience in Swaziland, you'll head to South Africa to spend the second half of your tour in one of the greatest parks in the world...not one with a swing set and slide but Kruger Park, where you'll meet Africa's big game and camp under the stars!

### Itinerary:

#### Day 1 - Arrival into Manzini (Swaziland)

You will be met at the airport and taken to your destination where you'll have time to relax and enjoy Swaziland. You'll also have your orientation and a presentation on your trip itinerary.

#### Days 2 – 7 - Community project, Ezulwini (Swaziland)

Assist orphaned and vulnerable children in small day centers in the Ezulwini Valley. The centers provide disadvantaged children with basic food, care and education. You can also help with hands-on projects like painting murals, planting trees and installing water systems at orphan day care centers. In your own time you'll have the chance to take on exciting excursions like rafting or biking!



#### Days 8 – 12 - Kruger National Park (South Africa)

Begin your five day tour into the heart of the park, which includes camping and exploring the vast wilderness on a game drive. You'll have the chance to go on guided walks through the bush in search of big game on foot as well as taking part in a night drive – a real experience!

#### Days 13 – 14 - Ezulwini (Swaziland)

For the last two days of the adventure you will return to the Ezulwini Valley in Swaziland where you can relax.

#### Day 15 - Return home

**Note:** The order may change due to the needs of projects in Swaziland.

### What's included:

- Airport pick-up
- Shared safari tents and hostels
- Meals: You will get to prepare your own meals from the food provided to you
- Training: In-country orientation
- Internal Transport
- Support: Pre-departure helpdesk, local in-country team and 24-hour emergency support

### Highlights:

#### Exciting activities

Camping in Kruger Park, game drives, guided walks through the bush and your choice of mountain biking, horse riding through game reserves, tandem paragliding, white-water rafting and more!

#### Meaningful work

Spend 7 days volunteering to provide general care to children.



# ASIA TOURS

## Travel on the inside

You're sure to experience the different spices of Asia through our tours. From the ancient cities of Angkor buried deep in the jungles of Cambodia to the crystal clear beaches of Thailand, you'll travel on the inside and experience the wonders of Asia as a true local.

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# THE THAILAND AND ISLANDS EXPERIENCE

## THAILAND • 15 DAYS

**\$1990** US/CA

Volunteer at an HIV hospice, cruise the Chao Phraya and explore the beaches of Koh Tao

### Ever wondered what paradise looks like?

Beneath Thailand's vibrant modern exterior lies a country steeped in culture, history and ancient traditions, and this tour gives you the opportunity to get right to the heart of it! Arriving in Bangkok, you'll explore the country's city life before beginning your exploration into the country's unique history in Ayutthaya, Lopburi and Kanchanaburi. There you'll visit ancient temples, religious shrines and floating markets. What else can you expect during your time in Thailand? You'll contribute to local communities, as you teach and play with children at an orphanage and help to care for patients at an HIV/AIDS hospice. After your valuable time here, you'll head to Koh Tao, a beautiful tropical island off the Thai coast, where you can relax on the beach, go scuba diving and still take part in valuable work with orphans. It will definitely be a proper Thailand and Islands Experience!

### Itinerary:

#### Day 1 - Arrival into Bangkok

You will be met at the airport and taken to your guest house. You will then go to a local restaurant for dinner and explore the Lumpini Night Market.

#### Day 2 - Ayutthaya

Explore the Grand Palace, experience a traditional Thai massage and enjoy a dinner cruise on the Chao Phraya River.

#### Day 3 - Lopburi

Visit the Reclining Buddha, an elephant camp and explore the old town of Lopburi.

#### Day 4 - Lopburi

Help local children and patients at an HIV/AIDS home and hospice. You can then relax as you explore ancient temples and feed the local monkeys!

#### Day 5 - Kanchanaburi

After saying farewell to the monkeys, you'll arrive in Kanchanaburi to visit "The Bridge" on the River Kwai, the War Museum and WWII cemetery.

#### Day 6 - Kanchanaburi

Board the "Death Railway" en route to the Sai Yok Noi waterfall. You'll visit an elephant camp and take part in bathing them before you raft down the river!



#### Day 7 - Kanchanaburi

Take a boat ride in the dam and an afternoon swim in the Erawan Waterfall. You're then off to "Tiger Temple" to observe the tigers!

#### Day 8 - Hua Hin

Visit the famous Damneon Saduak Floating Market and enjoy a scenic route to Hua Hin.

#### Day 9 - Hua Hin

Cook lunch for local tribal villagers, present them with gifts from your home and then relax by the beach.

#### Day 10 - Chumphon

Enjoy beautiful scenery en route to Chumphon where you'll have a wonderful dinner right on the beach.

#### Day 11 - Koh Tao

Play with children who have autism and Down's syndrome. You'll then sail to Koh Tao where you can hang out on the beach and just relax!

#### Day 12 - Koh Tao

After breakfast, you will take a tour of the island by boat and have the

option of snorkeling and having lunch by the sea!

#### Day 13 - Chumphon

Travel back to Chumphon by boat and take an overnight train to Bangkok.

#### Day 14 - Bangkok

Back to Bangkok to relax by the pool and celebrate the success of your tour with dinner and live music in the Kao-San Road area.

#### Day 15 - Return home.

### What's included:

- Airport pick-up
- Shared accommodation
- Meals: All meals provided
- Training: In-country orientation
- Internal transport
- Support: Pre-departure helpdesk, local in-country team and 24-hour emergency support

### Highlights:

#### Exciting activities

Enjoy a traditional Thai massage and dinner cruise, feed turtles, visit an elephant camp and explore the Grand Palace.

#### Meaningful work

Help children at an HIV/AIDS orphanage, play with disadvantaged children and cook lunch for local tribal communities.



## ULTIMATE THAILAND THAILAND • 29 DAYS

**\$1590** US/CA

Meditate, Thai lessons, snorkeling and beautiful beach conservation

### Experience all the thrills of Thailand

Combine your cultural immersion with a bit of sightseeing, traditional lessons and valuable community work on this 4 week tour. You'll begin your journey exploring the modernity of Bangkok's city life, the famous Chatuchak Market and two of the greatest Thai temples. Next you'll head to Lopburi where you'll spend a few days practicing Thai meditation and taking lessons in Thai cooking and language. In addition to your cultural experiences, you'll also get to mingle with local communities and take part in conservation work or relax on the beaches. Amidst this all, you'll relax on a floating guesthouse (yes, floating!), practice meditation in temples and experience a Thai massage! Now do you see why this is called the Ultimate Thailand tour?

### Itinerary:

#### Day 1 - Arrival into Bangkok

You will be met at the airport and transferred to your guesthouse. Then it's off to the night market for an evening of exploration and noodles!

#### Day 2 – 3 - Bangkok

Spend the next two days in Bangkok where you'll visit the Chatuchak Market, the Grand Palace and the Wat Pho temple before traveling up the Chao Phraya River for lunch.

#### Days 4 – 7 - Lopburi

You will spend the next few days exploring Lopburi, taking lessons in Thai cooking and the Thai language.

#### Days 8 – 10 - Three Day Temple Experience near Lopburi

You will enter the temple to spend three days learning meditation and the art of a traditional Thai massage.

#### Day 11 – 13 - Kanchanaburi

Travel to the beautiful town of Kanchanaburi in the west of Thailand where you are free to explore Kanchanaburi and the local area.

#### Day 14 - Bangkok

Travel back to Bangkok by bus and either relax at the guesthouse or explore the city further.



#### Day 15-17 - Chumphon

Travel to Chumphon and spend the next day relaxing by the beach. You can also work on a Thai community farm where you'll learn how the community live and might even help harvest!

#### Day 18 - Koh Tao

Transfer by boat to the stunning island of Koh Tao – famous for its diving and beautiful beaches.

#### Day 19-26 - Koh Tao

You can participate in a conservation project or relax on the beach. The project works with the local community to ensure that this island remains beautiful for generations to come.

#### Day 27 - Bangkok

After an amazing week, you'll travel back to Bangkok.

#### Day 28 - Bangkok

You will have the day free to go shopping, sightseeing or just relax by the pool at the guest house!

#### Day 29 - Return home

**Please note** that the return transfer to the airport is not included in the fee – we're pretty sure you may want to carry on exploring Thailand!

### What's included:

- Airport pick-up
- Shared accommodation
- Meals: Provided except for your time in Koh-Tao where you'll be working on the project (budget US\$10 a day)
- Training: In-country orientation
- Support: Pre-departure helpdesk, local in-country team and 24-hour emergency support

### Highlights:

#### Exciting activities

Take Thai cooking and language lessons, practice meditation while exploring the temple life and relaxing on beautiful beaches.

#### Meaningful work

Join beach conservation projects on the beautiful island of Koh Tao.



## TEACHING AND TEMPLES TOUR OF CAMBODIA

### CAMBODIA • 14 DAYS

**\$1390** US/CA

Work with children, explore ancient temples and floating markets

### Make a real difference in Cambodia

Explore the mysteries of Cambodia while contributing to valuable community projects with children. From ancient temples to royal palaces, Cambodia has a plethora of history and mysticism just waiting for you to discover. In the capital and largest city, Phnom Penh, you'll be able to visit museums and ancient temples and really immerse yourself in the country's past and culture. Siem Reap will be your second destination where you'll explore the largest temple complex in the world and spend many days working with Cambodian orphans and street children. Your responsibilities will shift from nurturing activities to extra curricular activities in order to improve their lives and provide them with a safer and more productive environment. After your time with these children, you'll have the opportunity to visit floating markets, help teach English and enjoy a beautiful sunset atop the famous Phnom Bakeng Mountain.

### Itinerary:

#### Day 1 - Arrival into Phnom Penh

You will be met at the airport and taken to your accommodation where you'll receive an orientation explaining the city, culture and way of life in Cambodia.

#### Day 2 - Phnom Penh

Visit the most beautiful spots the capital has! Explore the Royal Palace and the most important temple in Phnom Penh, the Wat Phnom. During this enlightening day, you'll also visit the Toul Sleng Genocide Museum and The Killing Fields.

#### Days 3 – 8 - Volunteering in Phnom Penh

In the next 6 days you'll help improve the conditions and opportunities of Cambodian street children and orphans by teaching English, cooking, cleaning and washing. These duties will help to provide a safe shelter for these children.

#### Day 9 - Phnom Penh to Siem Reap

On day 9, you'll take an early morning bus from Phnom Penh to Siem Reap where you'll take a tour of the city by tuk tuk.



#### Day 10 - Siem Reap

Today you'll visit the ancient temples of Angkor, including the most famous and important building: Angkor Wat. At the end of the day you'll climb Phnom Bakeng Mountain and overlook several beautiful temples.

#### Day 11 - Siem Reap

As Angkor is the largest temple complex in the world, you'll have more jungle temples to explore. Your guide will provide you with fascinating information on the ancient history of the Khmer Empire and temples.

#### Day 12 - Siem Reap

In the morning you will visit the Lolei temple and the Rolous group. In the afternoon you will take a trip to the floating village where you can see how people live on the lake and you might even get a chance to feed crocodiles!

**Day 13 - Siem Reap.** You will spend today at the Sangkheum Center for Children where you will help the children with English or handicraft classes. You will also visit Artisan Angkor where you will see Khmer handicrafts.

#### Day 14 - Return home

### What's included:

- Airport pick-up
- Shared accommodation
- Meals: Breakfast is provided (budget approximately US\$70 per week)
- Training: In-country orientation and Online TEFL Course
- Support: Pre-departure helpdesk, local in-country team and 24-hour emergency support

### Highlights:

#### Exciting activities

Explore the ancient temples of Angkor, historical museums and the fascinating cities of Phnom Penh and Siem Reap.

#### Meaningful work

Spend 4 days teaching English and basic life skills to local children.



# LATIN AMERICA TOURS

## Travel on the inside

Latin America's magical mix of rainforests, rivers and riotous nightlife has captivated globetrotters for generations. From the cloud city of Machu Picchu to the spectacular peaks of the Andes, this is a continent of breathtaking extremes, frenetic energy and awe-inspiring beauty. With so much natural beauty and history, there are loads of volunteer opportunities for you...whether you want to help wildlife, local communities or the environment!

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## THE PERUVIAN ANDES EXPERIENCE

PERU • 15-22 DAYS

FROM **\$1720** US/CA

Trek through the Andes, plant trees in the rainforest, live as a local

### Have you seen the real South America?

Boasting lush jungles, snow-capped mountains and a vast array of native wildlife, Peru is one country that you will not want to miss and this tour is the perfect opportunity to explore it! Nestled in the foothills of the Andes, the traditional village of Chota is sure to provide you with breathtaking views and an authentic cultural experience. You'll work closely with local communities and families, as you'll help to improve their lives by building cooking stoves. Additionally, you'll be able to do meaningful environmental work by educating locals on the importance of forests and planting trees. These hands-on activities will help local communities but you'll also have the chance to work closely with children and play a positive role in their lives at a local center. What better way is there to explore Peru while adding value to your experience?

### Itinerary:

#### Day 1 - Arrival into Lima

You will arrive into Lima for your orientation and then travel by bus to Chota. This 6 hour overnight journey will give you a chance to get to know your tour group!

#### Days 2 - 7 - Chota

The first week is a Stove Trek project. In this hands-on placement, you'll help improve the health and lifestyles of local communities by building fuel efficient cooking stoves. These stoves will provide families with clean and economical cooking facilities. You don't need to be a technician!

#### Days 8 - 14 - Chota

The second week will focus on reforestation, as you'll educate local children about the importance of trees and forests. You can also support and develop an environmental awareness program and demonstrate how to plant trees.



#### Days 9 - 21 - Chota

If you've signed up for the 3-week program, you'll spend your last week working with street children in the local education center. You'll be a positive influence in these children's lives by playing with them, reading to them and helping the center with other general duties.

#### Day 22 - Return home

### What's included:

- Airport pick-up
- Shared accommodation
- Meals: All meals are provided in weeks 1 and 2, but only breakfast in week 3 (budget approximately US\$50)
- Training: In-country orientation
- Internal transport
- Support: Pre-departure helpdesk, local in-country team and 24-hour emergency support

### Highlights:

#### Exciting activities

Experience the beautiful scenery of the Andes, spend time with local communities and checkout other tourist attractions!

#### Meaningful work

Build stoves for local families, help with reforestation programs and assist in a local education center.

### Options:

**2 weeks - \$1720** US/CA  
15 days total

**3 weeks - \$2050** US/CA  
22 days total



# THE INCA AND MACHU PICCHU EXPERIENCE

## PERU • 15 DAYS

**\$1990** US/CA

Conserve the forests, visit the sacred ruins of the Incas, explore Peruvian culture

### Explore the past and present of Peru

From the bustling city of Lima to the ancient ruins of the Incas, this tour lets you truly experience Peru's "must-see" and "rarely-seen" treasures. You'll visit the legendary Machu Picchu, the stunning Sacred Valley and the lively cities of Lima and Cusco along with venturing off to the lesser known Lucre-Huacarpay Wetlands. There you'll assist with reforestation and conservation activities alongside a group of experts. Along the way you're sure to try local delicacies, visit ancient ruins and wander through local markets.

### Itinerary:

#### Day 1 - Arrival into Lima

You will be met at Lima International Airport and transferred to your accommodation.

#### Day 2 - Lima

Today will begin with a brief introduction to Peru. Then you'll have a "get-together" lunch and an afternoon to explore the city.

#### Day 3 - Fly from Lima to Cusco (own arrangements - morning flight recommended)

You will be transferred to your accommodation from Cusco Airport and enjoy a tour of the city center. The rest of the day will be for relaxation and acclimatizing.

#### Days 4 - 8 - Lucre-Huacarpay Wetlands

For the next few days, you'll help at the Lucre-Huacarpay Wetlands, doing conservation and reforestation activities with a group of experts.

#### Day 9 - Cusco

Travel from Lucre to your accommodation in Cusco.

#### Day 10 - Tipón and Pikillacta

Today you visit the beautiful site and ancient ruins of Tipón and Pikillacta, south of Cusco. You'll also have the chance to try the local delicacy, "chicharrón," before returning to Cusco.

#### Day 11 Cusco

After lunch, you'll visit the major sites in Cusco, the Cathedral and the Qoricancha. You'll then get to see the ruins of Qenqo, Puca Pucara, Tambomachay and Sacsayhuaman.

#### Day 12 - Sacred Valley of the Incas

Visit the "Sacred Valley of the Incas" and the markets and the ruins of Pisac and Ollantaytambo - a unique



town built on Incan ruins. Your last stop today will be Chinchero where you'll go to the local market and a 16th century church built on an ancient Inca palace.

#### Day 13 - Machu Picchu

Today you will catch a train to the town of Aguas Calientes where you will take a short bus ride to the amazing ruins of Machu Picchu and have a guided tour of the ruins. After lunch you will head back to Cusco.

#### Day 14 - Cusco

A free day to rest, go shopping or enjoy the other sites in the city.

#### Day 15 - Return home

### What's included:

- Airport pick-up
- Shared accommodation
- Meals: All meals are provided except for a few dinners when you travel independently
- Training: In-country orientation
- Internal transport\*
- Support: Pre-departure helpdesk, local in-country team and 24-hour emergency support

\*See website for current details

### Highlights:

#### Exciting activities

Visit the legendary Machu Picchu, the Sacred Valley of the Incas, and other hotspots!

#### Meaningful work

Spend 6 days helping with reforestation and conservation work



## TURTLE TOUR THROUGH COSTA RICA AND PANAMA

### COSTA RICA/PANAMA • 22 DAYS

**\$1750** US/CA

Join nocturnal turtle patrols, monitor manatees by canoe, explore the beaches of Latin America

#### Fancy meeting turtles in Latin America?

Central America is becoming a popular travel spot, as it offers history, adventure and vital volunteer opportunities. Through this tour, you'll be able to help two beloved residents of the sea, the leatherback turtle and the manatee. You'll begin your adventure in San Jose where you'll get to explore the town and do some sightseeing for a few days before you start your important volunteer work. In Gandoca, you'll lend a hand on a world renowned turtle conservation project helping with nocturnal beach patrols and turtle hatcheries! You'll also get to visit the manatees in Panama, where you'll travel through canoes to help monitor this endangered species. Your last task will be deciding which coast you preferred...Costa Rica's or Panama's?!

#### Itinerary:

##### Day 1 - Arrival into San Jose (Costa Rica)

You'll be met at the airport and transferred to your accommodation in Alajuela.

##### Day 2 - Alajuela and San Jose (Costa Rica)

The day will start with orientation. You'll then be able to explore some sightseeing in San Jose.

##### Day 3 - 9 - Gandoca (Costa Rica)

You will spend the next few days volunteering at a project working with leatherback turtles. Part of the meaningful work and fun will be nocturnal beach patrols and working in the turtle hatcheries!

##### Day 10 - 11 - Bocas del Toro (Panama)

You will travel to Panama and stay in Bocas del Toro for two nights. You can spend your time relaxing and exploring the area.

##### Day 12 - 19 - San San Pond (Panama)

For the next eight days you'll be able to work with both leatherback turtles and manatees. From midnight beach patrols to monitoring manatees by canoe ... you'll definitely have an adventure.



##### Day 20 - Puerto Viejo (Costa Rica)

On the 20th day of this tour, you'll travel back to Costa Rica and stay in Puerto Viejo for one night. If you're up for it, you can visit a local bar for a Reggae night!

##### Day 21 - Alajuela (Costa Rica)

You can spend the final day relaxing or wandering in Alajuela.

##### Day 22 - Return home (Costa Rica)

\*See website for current details

#### Highlights:

##### Exciting activities

Enjoy tourist activities through Panama and Costa Rica, explore different beaches and take on any other activities you fancy!

##### Meaningful work

Help protect leatherback turtles and manatees through nocturnal beach patrols and canoe rides.

#### What's included:

- Airport pick-up
- Shared accommodation
- Meals: All meals are provided at the volunteer projects but meals will not be provided during your independent strolls through town
- Training: In-country orientation
- Internal transport\*
- Support: Pre-departure helpdesk, local in-country team and 24-hour emergency support



## TURTLE AND TREETOPS EXPERIENCE

### COSTA RICA • 8 DAYS

**\$1025** US/CA

Help preserve turtles, zip through jungle treetops and enjoy time on the beach

#### Explore the jungle from 90 feet in the air!

Looking at these ponderous little things clumsily crawling over the sand, we have no idea how turtles have managed to survive for millions of years, but they have, and anything that got here that long before us definitely deserves our help. Combining a full itinerary of volunteer work and adventure in Costa Rica, you can be part of the global effort to help preserve turtles and their hatchlings before enjoying the white-knuckle wild side of Costa Rica. Based on the Caribbean side of the country, your duties will include nocturnal beach patrols, working in the turtle hatcheries and even releasing new hatchlings into the ocean! After such a tranquil experience, you're off to leap from 90 ft treetops using zip wires and platforms. Along with the adrenaline rush, you'll get an unforgettable view of the jungle!

#### Itinerary:

##### Day 1 - Arrival into San Jose

You will transfer from the airport to your accommodation in Alajuela.

##### Day 2 - Turtle project near Sixaola

Early to bed... early to help the turtles? You'll awake early to transfer to the turtle project in the south of Costa Rica. During your journey, you'll have your orientation introducing you to life in Costa Rica.

##### Days 3 - 5 - Turtle project near Sixaola

You'll spend 3 full days working at the turtle projects helping with nocturnal beach patrols and turtle hatcheries. You'll also help build and monitor turtle nests, where the turtle eggs will safely rest. If you're lucky enough to have new hatchlings, you may get to see them released into the ocean!

##### Day 6 - Pozo Azul tented camp

You'll leave the little turtles in the morning and arrive at the Pozo Azul Tented Camp in the afternoon. The rest of the days will be yours! The surroundings will be stunning and definitely worth the venture.



##### Day 7 - Treetop tour and return to Alajuela

You'll take on the full jungle experience zipping through tree top canopies! With experienced guides and safety features, this truly is the best way to see the jungle... Costa Rican style! Along the way, you'll see spectacular wildlife along with incredible jungle vegetation...keep in mind this will all be while you're suspended in the air zipping away!

##### Day 8 - Return home

#### What's included:

- Airport pick-up
- Shared accommodation
- Meals: All meals are provided
- Training: In-country orientation
- Internal transport\*
- Support: Pre-departure helpdesk, local in-country team and 24-hour emergency support

\*See website for current details

#### Highlights:

##### Exciting activities

Tour the jungle through a 90 foot treetop zip-wire route, see animals in the wild and explore great vegetation.

##### Meaningful work

Work at a turtle project to help with nocturnal beach patrols and turtle hatcheries.



# HOW TO BOOK

## Need help planning your travel adventure?

Our Travel Advisors have wrestled lions in South Africa, climbed Mount Kilimanjaro and even taught English in Thailand...but nothing compares to their ability to help! Call us to get all your questions answered or visit [www.i-to-i.com](http://www.i-to-i.com) to book your spot.

**Please note:** Some of our tours require a minimum number of participants in order to run. Find out more from our Travel Advisors!

## What happens after booking?

After booking your tour, you can count on some goodies in your mail box. We'll send you a "Welcome Pack" containing information on your destination, how to make the most of your tour and how to stay safe. You'll also receive an e-mail containing your log-in details to your personal i-to-i account.

## Visa

We're always happy to advise you on the type of visa you need as well as how to apply for it. Your "Welcome Pack" will also include this information.

## Flights

Unless specifically stated, flights are not included in our trips. Our Travel Advisors can help you arrange the best value flight prices with an ATOL licensed flight provider. Just make sure you have all your details confirmed before booking your flight!

## Insurance

Travel insurance is an important part of any overseas trip and is compulsory when traveling with i-to-i. We can offer you a comprehensive policy that will cover you for most things... even working with lions! You can view the policy details at [www.i-to-i.com](http://www.i-to-i.com) or arrange your cover through our Travel Advisors.

## Travel with confidence

We're a proud member of the Association of British Travel Agents (ABTA), the Year Out Group and the World Youth, Student and Educational Travel Confederation. We adhere to the operational guidelines of all of these associations to ensure we deliver the best and safest experience to our customers!

## Terms & conditions

The terms and conditions are available on our websites and it's valuable to read them, as you can learn more about the exact service we provide and what to do if things don't go as planned.

## Cancellations

If we cancel your trip for any reason, you will receive a full refund if we are unable to provide a suitable alternative. If you cancel your trip for any reason, we can issue a refund under certain circumstances. Look at the Terms and Conditions for more information or contact our Travel Advisors to find out more.

## Know Before You Go

i-to-i is a proud member of the UK Foreign and Commonwealth Office's 'Know Before You Go' campaign. This campaign aims to ensure that travelers are properly prepared for their trip before they leave the country and that they seek impartial, independent advice.

The "Know Before You Go" campaign emphasizes the need to:

- Seek advice from the Foreign and Commonwealth's Office before departure
- Have adequate travel insurance
- Abide by local laws and customs
- Avoid taking unnecessary risks while away

Visit the FCO website ([www.fco.gov.uk/travel](http://www.fco.gov.uk/travel)) or speak to one of our expert travel advisors for up-to-date travel information.

## The fine print...

All prices and information are correct at time of print. For the most up-to-date pricing and information call us or visit [www.i-to-i.com](http://www.i-to-i.com).

## ANY QUESTIONS?

Call 800 985 4852 Visit [www.i-to-i.com](http://www.i-to-i.com)



# LIFE CHANGING TRAVEL

Fancy taking a look at your other travel options? We have programs to suit most travelers' plans abroad... whether you want to dedicate your time to supported volunteer projects, earn abroad teaching English or work with a team to achieve a common goal! Check out all your exciting opportunities for life changing travel today.



## Supported Volunteering... lending a hand abroad

From building homes to working with children...teaching English to caring for lion cubs...your choices for volunteer travel are astounding!

We work with over 500 partner project in 24 countries within 5 continents, so you'll definitely be able to find your perfect volunteer project abroad and contribute to local communities abroad.

We work with local charities, government bodies and community organizations across the world, helping them to find volunteers to work on a wide range of worthwhile and vitally important projects.

We send more than 5,000 people overseas every year to work alongside these projects and help them continue their good work. By volunteering through i-to-i, you'll have an amazing travel experience, gain a unique insight into a foreign culture and make a positive contribution to the world we live in. Trips can last from 1 to 12 weeks, so whether you're planning a year out, a career break, a long anticipated adventure or you're just looking for a more interesting summer holiday, we've got the perfect trip for you.

## Want to find out more?

You can give our Travel Advisors a ring or visit us online at [www.i-to-i.com/volunteer/](http://www.i-to-i.com/volunteer/) to find out about your volunteer opportunities abroad.



## TEFL Courses: the secret to teaching English abroad

Did you know that if you speak English, you can pick up paid work teaching English as a foreign language all around the world? It's the perfect way to earn while traveling abroad and let your adventures last as long as you want! The best part? It only takes a TEFL course.

In the last 14 years more than 60,000 English speakers have chosen to get TEFL qualified through our internationally recognized Weekend and Online TEFL Courses. Our short and



intensive courses will help you find paid teaching work in 1000's of language schools worldwide and give you all the skills and confidence you need to take the first step towards a successful and lucrative career teaching English overseas. Want to take it a step further? We can even help you find your job abroad!

Visit [www.i-to-i.com/TEFL](http://www.i-to-i.com/TEFL) to find out more!

### TEFL Jobs Abroad

If you're looking for your dream job abroad, i-to-i can help you through our expert job placement service and reputable contacts all around the world. When you sign up for a TEFL course, you instantly gain access for free! Our service is the perfect hassle-free way to find your job abroad.

### Want to find out more?

You can give our Travel Advisors a ring or visit us online at [www.i-to-i.com/teach-english-abroad/](http://www.i-to-i.com/teach-english-abroad/) to find out about your TEFL opportunities.



### Team Challenges – One Team...One Challenge... Two Weeks!

You'd be surprised how much can be achieved when a group of people combine their abilities and talents and work as a team. Join up to 30 other like minded volunteers and work as a team to achieve one common goal abroad!

If you like using your hands and working with a group, team challenges are perfect for you. Our Team Challenges focus on working to restore the environment and refurbish buildings in the areas that need your help the most.

## WANT TO BROWSE MORE BROCHURES?

Give our Travel Team a call or visit us online to request detailed brochures on your other travel options!

You can figure it all out right from home!



What makes these challenges unique is that you and your team have 2 weeks to start and complete a tangible project: renovating a school building or planting trees. Your entire team will know exactly what needs to be done to achieve your goal...and at the end of it all, you'll see the fruits of your labor!

### Want to find out more?

You can give our Travel Advisors a ring or visit us online at [www.i-to-i.com/challenges/](http://www.i-to-i.com/challenges/) to find out more.



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