



MEANINGFUL TRAVEL

VOLUNTEER &
WORK ABROAD

2008

800-985-4864
www.i-to-i.com



INSIDE → Volunteer Experiences in Sri Lanka

meaningful travel



The i-to-i philosophy

We believe that travel should be beneficial to everyone involved, which is why we work closely with locally run projects and tour operators. Travel with i-to-i and you'll spend time with local people, work with locally run projects and live in locally run accommodation. You'll have a truly unique travel experience and return home knowing that you have made a real and lasting difference to the lives and futures of the friends you've made along the way.



i-to-i Travel Experiences

There are many ways to travel with i-to-i, and we realise that everyone who travels with us is looking for something different. To make it as easy as possible for you to find your perfect trip, the icons below will give you an idea of what each trip is all about. Look out for them throughout the brochure.



Teaching

Rewarding and fulfilling, these projects offer you the chance to work with schools and community groups in more than 20 countries worldwide.



Sports

Working with community groups and schools, you'll share your passion for sport with the next generation.



Work Experience

Health, media, marketing and tourism projects that are ideal for people looking for a career break or gap year.



Conservation

Join the fight for the future of the planet by working alongside local conservation projects worldwide.



Community Development

Caring and patient volunteers are needed to work with vital community projects that offer hope of a better future to people living in poverty.



Tours

Combining top quality overland tours with vital environmental and humanitarian volunteer work. Truly ethical tourism.



Building

Fun and physical building projects that make a real difference to the lives of underprivileged communities in the developing world.



TRAVEL WITH i-to-i

Responsible Travel

We've developed an ethical policy that guides every aspect of our business. We're committed to providing responsible travel experiences, which benefit local communities and endangered environments worldwide whilst minimising the negative effects of mass tourism.

Supporting Local Communities

By travelling with i-to-i you'll be helping to ensure the long-term sustainability of the local projects that we work with and the communities and environments in which they operate.

We do not give direct funding to the projects we work with. Many experts believe that the constant flow of financial aid into the developing world causes an over-reliance on foreign aid and actually harms the long-term stability of local economies. It is your time and effort (rather than cold hard cash) that makes a difference. What we do is ensure that the infrastructure is in place for you to make a difference. We truly believe that by working together and forging relationships with the developing world, we can make a real and lasting difference.

No Single Supplement

Unlike most major travel companies, we don't think that you should be penalised for choosing to travel by yourself. Travelling solo offers you the chance to reflect upon life, to make new friends and to experience travel in a way that is often impossible when travelling with friends or partners.

A Global Support Network

We have well trained people in every country we work in to ensure that all the day-to-day realities are taken care of. We also retain the services of the world's leading crisis management consultancy, Docleaf. 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.

Worldwide Choice

With over 500 projects and tours on 5 continents, we offer an unrivalled choice of responsible travel options. We haven't put all our projects in this brochure because it would have been the size of a phone directory and we'd have had to cut down a small forest to print it! To see our full range of products, visit our website - www.i-to-i.com

Worldwide Reputation

Because of the quality of our overseas trips and the dedication of our staff, we have a worldwide reputation as the leader in our field. This excellent reputation has led to long-term partnerships with companies like Lonely Planet, STA Travel and Opodo. 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 Travellers

We know about travel because we've travelled 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 travelling 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.

The i-to-i Foundation

The i-to-i Foundation (Reg.1099482) is a registered charity designed to provide essential resources to projects that really need them.

In the last year alone the i-to-i foundation has made significant donations to eight of our most disadvantaged projects. These included:

- Providing educational resources to schools and learning centres across India
- The renovation and refurbishment of a medical clinic in Tanzania
- The construction of a community centre in Brazil





ACCOMMODATION

When you travel with i-to-i, you will stay in locally run accommodation. By staying in local hotels, guesthouses and homestays, the money you pay for accommodation goes directly into the local economy, so before you've even lifted a finger you've already made an important contribution.

There are 100's of different accommodation options when travelling with us, so we can't list them all. The options below will give you a pretty good idea of the sorts of places you might stay.

Accommodation varies from place to place, so the exact details will vary depending upon location and not all the choices below are available in all destinations. But one thing remains certain... you'll receive a warm welcome wherever you lay your head.



Homestays

We think that the best way to really get under the skin of a foreign country is to live with a local family. You'll stay in a comfortable home and get a taste of local specialities.



Hotels and Guesthouses

The locally-owned and locally-run hotels and guesthouses we work with offer a safe and comfortable place to lay your head. They are also a great place to meet fellow travellers.



Tented Camps and Jungle Camps

These camps are often pretty basic and offer our more adventurous travellers the chance to experience outdoor life in some truly stunning locations.



Volunteer Houses

These places are owned and run by our in-country teams. You'll be staying in a house full of other volunteers, which makes them a great place to swap stories, make friends and start parties!



Premier Accommodation

If you want a more comfortable and relaxing place to lay your head after a long day of making the world a better place, this may be the perfect solution. Our premier accommodation options offer things like cable TV, en-suite bathrooms and air-conditioning.



WHAT TRIP SHOULD I CHOOSE?



Teaching

Many of the projects we work with offer children from poor backgrounds the opportunity to attend school and gain a vital education. Full Teaching English as a Foreign Language (TEFL) training is included for all teaching trips.



Conservation

Join the fight for the future of our environment by working with vitally important ecology and conservation projects across the planet. Projects include Orang-utan conservation in Borneo, reforestation on Mount Kenya and many more.



Community Development

Work with community groups in some of the poorest parts of the planet. Join forces with local projects and help them grow in a sustained and manageable way. Full TEFL training included.



Building

If you want a hands on volunteer experience our building projects may be just what your after. Projects include building community centres in the favelas of Rio and house building projects across Africa, Asia, Latin America and the Caribbean.



Work experience

Ideal if you're looking for a constructive way to spend your gap year or career break. Use the skills you have and learn a few more. Media, Health and Journalism are available.



Sports

Working with community groups, schools and orphanages, these trips offer you the chance to pass on your passion for sport and get a little exercise into the bargain. Projects available worldwide.

SRI LANKA



Marco Polo considered Sri Lanka to be 'the finest island of its size in all the world'. And he wasn't wrong! A small tropical island with stunning natural diversity, Sri Lanka offers travellers a whole host of opportunities.

From the surfer's paradise of Arugam Bay in the south east to the bustling capital of Colombo in the west, the golden beaches of the far south to the archaeological

sites of the 'Cultural Triangle' in the north, the many sights of Sri Lanka have to be seen to be believed.

Why Sri Lanka needs volunteers

The effects of the 2004 Asian Tsunami can still be seen on the southern coast of Sri Lanka and although life is getting back to normal, there is still work to be done. There is still a large community of international volunteers on Sri Lanka's south coast and regeneration work continues apace.

Sri Lanka: Top Tips

➔ Head up to Kandy in the hill country. It's the most beautiful town in Sri Lanka and home to the 'Temple of the Tooth'; one of the holiest sites of Theravada Buddhism.

➔ Explore the archaeological sites of Sigiriya, Polonnaruwa, Anuradhapura and Dambula. No trip to Sri Lanka would be complete without a good look around the 'Cultural Triangle'.

➔ Take a few days to relax on the beach at Unawatuna on the south coast. A stunning palm lined bay of golden sand and turquoise sea. Great beach parties, a whole community of international volunteers and really friendly locals.

Sri Lanka: Top Trips

Community Work in Coastal Sri Lanka

This project works with communities affected by the 2004 tsunami. The wave caused terrible damage in the area and volunteers are still needed to help with regeneration efforts.

Community Work with Children in Sri Lanka

We work with children's homes and orphanages in Colombo and around Kandy. Many of the projects we work with receive

little state funding so the work of i-to-i volunteers is vital.

Sea Turtle Conservation

Sri Lanka plays hosts to 5 species of migrating turtle and this project in the small beachside town of Kosgoda helps to monitor their movements and conserve their breeding grounds.

Find out more

In an attempt to save a few trees, we haven't included all our trips in this brochure. To check out the full range of projects in Sri Lanka, visit www.i-to-i.com/srilanka



Teach English in Sri Lanka

Want to see why small is beautiful? You can do more than just teach English on this project; you can be a sports coach, actor, entertainer and a friend too as you become fully immersed in community life. The great thing about staying on an island is that it is usually small enough to be explored (and you won't get too lost if you lose your way). The project is based in Colombo which not only provides a great backdrop to your time here but is also a handy place from which to explore the rest of the island. Children on the project range from 7 to 18 and will all be eager to make the most of having a native English speaker around! Having you there will mean they can develop knowledge of the language through more varied means such as conversation classes, games and songs.

→ 8-12 WEEKS

FROM **\$159-**
\$100 PER EXTRA WEEK
0



Fast facts

Learn more: www.i-to-i.com/sri-lanka 800-985-4864

• Project Information

Project Duration: Min 8 weeks - Max 12 weeks

Project Costs: US\$ 1590.00 for 8 weeks, US\$ 100.00 for every week thereafter

Location of project: Various locations around Colombo and hill country in central Sri Lanka

Arrival Airport: Colombo (airport code CMB)

Activities: Teaching English and other subjects

Working Hours: Flexible; usually five days per week your schedule may include evening and weekend classes, all other time is free

Getting to the project: Dependent on location; normally 10-30 minutes tuk-tuk ride (budget approximately US\$20 per week)

Requirements: Minimum age 18

• What's Included

Accommodation: Dependent on location; shared room in homestay or at project

Food: Breakfast and dinner

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation and Online TEFL course

Support: Pre-departure helpdesk, Local in-country team and 24hr emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport, Food (lunch not provided)



Rena Patel
gives this project **9/10**

Hot country, fiery food, gentle people - a land of sunny smiles





Community work with children in Sri Lanka

Want to visit one of the best islands in the world? Marco Polo described the island of Sri Lanka as the finest of its size in the world and he obviously knew his stuff. Legend has it that it's shaped like a tear drop because the mainland was so upset to see the island become cut off, and we can understand what they mean. But their loss is your gain because left to its own devices it has developed a unique natural environment full of surprises for you to enjoy. Save some energy for the project though because you can make a real difference to young people's lives by providing support with homework and English language lessons, as well as generating creative play through games, sports, singing, dancing and drama. Our TEFL certification is included to help you make a big difference.

→ 2-12 WEEKS

FROM **\$990**

\$100 PER EXTRA WEEK



Fast facts

Learn more: www.i-to-i.com/sri-lanka 800-985-4864

• Project Information

Project Duration: Min 2 weeks - Max 12 weeks

Project Costs: US\$ 990.00 for 2 weeks, US\$ 100.00 for every week thereafter

Location of project: Various locations around Colombo and hill country in central Sri Lanka

Arrival Airport: Colombo (airport code CMB)

Activities: Providing general care and assistance in looking after the children. This will involve playing games, teaching English & basic life skills

Working Hours: Flexible; usually Monday to Friday 4 to 8 hours a day, all other time is free

Getting to the project: Dependent on location; normally 10-30 minutes tuk-tuk ride (budget approximately US\$20 per week)

Requirements: Minimum Age 18

• What's Included

Accommodation: Dependent on location; shared room in homestay or at project

Food: Breakfast and dinner

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation and Online TEFL course

Support: Pre-departure helpdesk, Local in-country team and 24hr emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport, Food (lunch not provided)

Tish Bennett
gives this project **10/10**

the most incredible 3 week holiday ever



Sea turtle conservation in Sri Lanka

Why not explore Sri Lanka and help protect the turtles? Sri Lanka is separated from the Indian sub continent by a few miles of sea, but the water hasn't dampened the vibrancy found on the mainland. Sri Lanka offers the traveller a similarly stunning experience in a handy, fun-size package. Its diminutive stature allows you to explore the whole island with relative ease, where you'll find golden beaches, mountains and lush jungle as well as a really welcoming people. Our partner project on the island monitors and protects the 5 different species of sea turtle found in Sri Lanka. Unfortunately when the island was badly damaged by the 2004 tsunami the project lost important equipment, resources and tanks, meaning your support will be even more valuable as it continues to grow.

→ 2-12 WEEKS

FROM **\$169-**
\$200 PER EXTRA WEEK
0



Fast facts

Learn more: www.i-to-i.com/sri-lanka 800-985-4864

• Project Information

Project Duration: Min 2 weeks - Max 12 weeks

Project Costs: US\$ 1690.00 for 2 weeks, US\$ 200.00 for every week thereafter

Location of project: Kosgoda, on the west coast about 70 kms south of Colombo

Arrival Airport: Colombo (airport code CMB)

Activities: Various types of conservation work, including monitoring turtle activity, creating information resources and rebuilding damaged facilities. Please note that you may also get involved in the community project too

Working Hours: Flexible; Volunteers will work 8 hour shifts starting at varying times during the day and night, all other time is free

Getting to the project: Accommodation on site or 15 minutes walk

Requirements: Minimum age 18

• What's Included

Accommodation: Shared rooms in volunteer house

Food: Breakfast and dinner

Airport Pickup: Included on arrival date. Ask us for details if you're arriving early!

Training: In-country orientation

Support: Pre-departure helpdesk, Local in-country team and 24hr emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport, Food (lunch is not provided)

Jennifer Bennett
gives this project **9/10**

An ambition realised and a dream come true!



Community work in coastal Sri Lanka

Fancy helping a paradise lost? Some of the most beautiful places in the world often have the biggest problems and nowhere is that more evident than in Sri Lanka, where the tropical peace was ended by the 2004 tsunami. Our partner projects work in a variety of settings from temporary houses to community centres helping to rebuild and support tsunami-affected communities. You'll get the chance to use a wide range of skills from tree planting to painting as you help the environment and the people get back on their feet. You also have the unforgettable chance to see the island's stunning natural diversity and spectacular sapphire seas up close by helping out the turtle project in the area. This is a project for the flexible amongst you who don't mind pitching in, but the chance to make a difference in such a beautiful island is ample reward for your efforts. Our TEFL certification is included to give you ideas for fun educational activities.

→ 2-12 WEEKS

FROM **\$169-**
\$200 PER EXTRA WEEK
0



Fast facts

Learn more: www.i-to-i.com/sri-lanka 800-985-4864

• Project Information

Project Duration: Min 2 weeks - Max 12 weeks

Project Costs: US\$ 1690.00 for 2 weeks, US\$ 200.00 for every week thereafter

Location of project: Kosgoda, on the west coast about 70 kms south of Colombo

Arrival Airport: Colombo Bandaranaike (airport code CMB)

Activities: Various activities including general care and assistance in the local community. This will include playing games with children, teaching English & basic life skills to all ages

Working Hours: Flexible; Monday to Friday 5 to 8 hours per day, all other time is free

Getting to the project: Accommodation on site or 15 minutes walk

Requirements: Minimum age 18

• What's Included

Accommodation: Shared rooms in volunteer house

Food: Breakfast and dinner

Airport Pickup: Included on arrival date. Ask us for details if you're

arriving early!

Training: In-country orientation and Online TEFL course

Support: Pre-departure helpdesk, Local in-country team and 24hr emergency support

• What's not included

Flights, Insurance, Visas, Return Airport transfer, Local Transport, Food (lunch not provided)

Angela Bingley
gives this project **8/10**

This has been an incredibly rewarding, educational and humbling experience.



WHAT'S INCLUDED

Because travelling with us is a little different from taking a traditional holiday, we thought it best to let you know what's included in the price.

Expert Travel Advice

- Help and guidance to find the right project for you
- Inoculation and vaccination advice
- Information and advice on obtaining the right visa for your trip

Pre-departure support

- Full project information and personal support from our travel team
- Advice on preparation and fundraising
- Free DVD 'Going Abroad with i-to-i'. This DVD is filled with information from travel safety experts, kit advisors and returned volunteers. It's the perfect preparation for your time overseas and will help ensure you have a safe and rewarding trip.

In-country Support

- Airport pick-up (except in Australia - it's just too big)
- Full cultural orientation
- Accommodation (and meals on most projects)
- Experienced and fully trained co-ordinators
- Emergency back-up teams available 24 hours a day, 365 days a year
- Crisis response support from docleaf, the world's leading crisis response specialists

Free TEFL Certification

All teaching and community development trips include FREE Teaching English as a Foreign Language (TEFL) training. This certificate will enable you to live and work as an English teacher in thousands of destinations worldwide.

WHAT'S NOT

An i-to-i Holiday Rep

We don't think that our travellers need their hands held every minute of the day, (we're guessing that you wouldn't be reading this if you wanted a package holiday). So there won't be an annoying holiday rep following you around, pointing out what you should be taking pictures of or telling you where to have lunch. Our in-country teams will be there to help you sort out your travel plans, offer a little local insight and generally make your time overseas as hassle free as possible. The rest is up to you!

Travel Insurance

Travel insurance is compulsory when travelling with i-to-i, and we can offer comprehensive travel insurance with one of our world-class suppliers. Unlike many insurance providers this policy covers volunteer work and many adventure activities.

The policy covers:

- Medical insurance
- Luggage cover (low excess)
- Cancellation cover in case of medical emergency
- Flights home in case of a medical emergency

Call one of our expert Travel Advisors for more information.





EARN MONEY OVERSEAS



What is TEFL?

If you can speak and write English, then you already have the most important skills you'll need to Teach English as a Foreign Language (TEFL). Once you are fully qualified (which can take as little as two days with our weekend courses), you'll be in a position to find well paid teaching work worldwide.

You don't need any previous teaching experience; our internationally recognised courses will give you all the skills, confidence and qualifications you'll need to fund your future travels or start a new life and a lucrative career living and working overseas as an English teacher.

The TEFL lifestyle

Teaching English abroad is one of the last truly authentic cultural adventures around. You'll experience a complete immersion into the daily life of the local community; you'll shop in the same markets, eat the same food, take the same buses and live in the same neighbourhoods... you'll be welcomed into the community as a friend and a colleague.

And you'll be making a real and lasting contribution to the lives of your students by improving their educational and career choices.

i-toi TEFL Courses

We have been running TEFL courses for more than 12 years and in that time we have trained more than 50,000 people to teach English abroad.

Our TEFL courses are accredited by the Open and Distance Learning Council (ODLQC). The ODLQC is one of the UK's most respected accreditation bodies, so you can book with complete confidence that you're getting the best possible course at the best possible price. Because of the quality of our courses language schools the world over actively seek out i-to-i TEFL graduates for teaching jobs abroad.

Online TEFL Courses

Enrol today, start today. Our Online TEFL course was the first of its kind and remains the most innovative and respected Online TEFL course available. All you need to become a fully qualified TEFL teacher is access to the internet and a little determination.

Online TEFL: The benefits

- Study from anywhere on the planet
- Enrol today, Start today
- The original Online TEFL Course
- Internationally recognised qualification
- Interactive audio and video course modules
- Take up to 6 months to finish the course
- 8000+ job contacts when you pass

Go to www.i-to-i.com/tefl/online-tefl for more information.

Weekend TEFL Courses

Get qualified in just 2 days! We've been running Weekend TEFL courses for more than 12 years and in the last year alone we have trained more than 5,500 new TEFL teachers. You can do a Weekend TEFL Course in the UK, USA, Australia, Canada, Ireland and Greece.

Weekend TEFL: The benefits

- Get qualified in just 2 days
- 12 years experience
- Courses worldwide
- Help finding work overseas
- 8000+ job contacts when you pass

Go to www.i-to-i.com/tefl/weekend-tefl for more information.

The Experience

"The i-to-i Online TEFL Course is a perfect online course for busy people aspiring to become English teachers, for those who would like to expand their professional knowledge of English teaching, and especially for those near-native or non-native speakers who would like teaching English as their profession.

I'm so thankful to my tutor for giving me a lot of practical suggestions for activities in the course and for being so considerate when I was beyond my course deadline."

Elvira Okabe



TEFL COURSES AND JOBS WORLDWIDE



TEFL Jobs Abroad

Recruiting Now!

If you're looking for a hassle free way to find well-paid teaching work overseas, look no further. i-to-i TEFL Jobs Abroad offer full training and a guaranteed teaching job overseas. Because of our excellent reputation, we will find you a job at a well respected and well-resourced language school at one of 12 destinations worldwide.

We are currently recruiting for TEFL jobs in:

- Latin America: Brazil, Ecuador, Honduras
- Asia: China, India, Indonesia, South Korea, Taiwan, Thailand
- Europe: Czech Republic, Greece, Hungary

Go to www.i-to-i.com/jobs-abroad to find out more.

Specialist Certificates

Our TEFL courses will give you comprehensive training, but it can be really beneficial to hone your skills to suit the teaching position that you're looking for. Our Specialist Certificates give you the opportunity to do just that. Not only will these courses improve your skills and build your confidence, they'll help you stand out from the crowd in the competitive English teaching market.

Specialist Certificates are available in:

- Teaching English to Young Learners
- Teaching English to Large Classes
- Teaching English with Limited Resources
- Teaching Business English
- A Full Day of Lesson Planning and Teaching Practice

Go to www.i-to-i.com/specialist-certificate to find out more.

Extra Training for Volunteers

All volunteers travelling to community development or teaching projects receive full TEFL training. However, our Specialist Certificates in Teaching with Limited Resources and Teaching English to Large Classes are a really useful addition to your skills. They'll help you prepare for your classes and ensure that your students get as much out of the experience as you do.

Go to www.i-to-i.com/specialist-certificate to find out more.

The i-to-i TEFL Promise

Because we know that our TEFL courses are the very best short courses available, we'll make you the following promise so that you can book with complete confidence.

1. If you find an equivalent course at a lower price, we will refund the difference plus 50%.
2. If you're not entirely satisfied after the first 7 days, we'll give you a full refund: no arguments, no hidden charges, just a cheque in the post!
3. Our experience, our high academic standards and the quality of our courses means that i-to-i TEFL certificates are recognised by 1000's of language schools worldwide.

10% OFF Travel with i-to-i

All TEFL graduates receive 10% off all i-to-i community development and teaching volunteer trips. These trips not only make a real and lasting difference to people lives, but they give newly qualified TEFL teachers the chance to gain invaluable experience of teaching overseas. Experienced teachers benefit from better job offers and higher wages.

Call us now for more information about volunteer teaching and community projects in more than 20 countries worldwide.

MEANINGFUL TRAVEL

VOLUNTEER &
WORK ABROAD



Meaningful Tours

These trips combine the very best bits of a traditional tour with vital volunteer work.



Teach English Abroad

Internationally accredited TEFL Courses and jobs worldwide. A passport to live and work overseas.



Employee Volunteering

A range of overseas volunteering options for businesses. Ideal for team building.

i-to-i UK

Woodside House
261 Low Lane
Leeds
LS18 5NY
UK
Tel: 0800 011 1157
Fax: +44 (0) 113 205 4619
Email: uk@i-to-i.com

Office hours:
Monday to Friday, 24-hour opening
Saturday, 10am to 5pm
Sunday, 10am to 4pm

i-to-i Ireland

Exploration House
32 Grattan Square
Dungarvan
Co Waterford
Ireland
Tel: +353 (0) 58 40050
Fax: +353 (0) 58 40059
Email: ireland@i-to-i.com

Office hours:
Monday to Friday, 24-hour opening
Saturday, 10am to 5pm

i-to-i Australia

Level 4, 380 Lonsdale Street
Melbourne
VIC 3000
Australia
Tel: +61 1300 556 997
Fax: +61 1300 667 385
Email: australia@i-to-i.com

Office hours:
Monday to Friday, 24-hour opening

US Customers

Tel: 800 985 4852 (TOLL FREE)
Email: usca@i-to-i.com

Office hours:
Monday to Thursday, 24-hour opening
Friday 3am - 2pm (MDT)



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