

Phase 1: Explore

10 WEEKS | ABROAD

Step outside your comfort zone, break your preconceived notions and gain a deeper sense of empathy and cultural sensitivity.



Dharamsala India

Perched in the misty highlands beneath the Himalayas, Dharamsala is a market town, lush farmland, and spiritual retreat all in one. The area is influenced by Tibetan Buddhism; the Dalai Lama resides in the next town over. In contrast to the bustle and crowds of most Indian cities, Dharamsala serves as a serene retreat where fellows can meditate, practice yoga, and make a difference in the community while exploring northern India.



LIFE IN DHARAMSALA

As soon as you land in New Delhi, your host will meet you at the airport and take you on a 10-hour bus ride to Dharamsala via bus. You will live in a volunteer house in a shared room with two to three other volunteers. Breakfast, lunch, and dinner will be provided every day—all vegetarian. All fellows will volunteer at two projects—one in the morning and one in the afternoon. Your host and team will provide transportation to and from your projects.

WHERE YOU'LL BE

Dense coniferous trees and low-lying clouds add to the serenity and ambience. The volunteer house is surrounded by fields and farmland. Wake up to the sun rising over the Himalayas, a cacophony of animal noises, Indian music playing in the background, and a hot glass of chai tea.

A TYPICAL DAY

7:00 AM Wake Up 8:00 AM Breakfast 9:00 AM Volunteer 1:00 PM Lunch 2:00 PM Volunteer 2:00 PM Coaching 5:00 PM Dinner 8:00 PM Free Time



Volunteer Projects



TEACHING ENGLISH

You will volunteer in schools or independent after school programs, teaching English, reading, and writing to schoolchildren while improving your teaching skills at the same time.

- Teach independently or with a partner
- Work in schools, community groups, or one-on-one
- Be a role model for the children
- Raise awareness of the need for regular schooling



CAREGIVING

As a child care volunteer in India, you have an opportunity to make a difference in children's lives by contributing to their overall health and happiness by providing care, support and attention.

- Set up fun preschool activities
- Provide an environment safe for play
- Engage positively with the children and be a role model
- Assist the children at meal times



YOUTH DEVELOPMENT

You'll make daily visits to the city's slums to deliver nutritious meals and develop educational activities and games for street children as they strive for a better life.

- Visit the slums with a local guide
- Assist in delivering nutritious meals
- Develop educational activities and games
- Show love, care, and affection



WOMEN'S EMPOWERMENT

As a volunteer, you'll help teach valuable job skills to rural women while seeing the struggles they face in their day-to-day lives. You will empower these women through education, skill building, and friendship.

- Teach independently, with a partner, or in small groups
- Teach English, IT, or career skills
- Be a friend and role model
- Share your experiences and skills



COMPUTER SKILLS

Learning computer skills is becoming an integral part of all societies. You will impart these priceless computer skills to students of all ages in small independent groups or schools.

- Teach independently or with a partner
- Teach in small independent groups or in schools
- Teach basic or intermediate IT skills



CONSTRUCTION

If you have a passion for art, creativity, or painting, use this opportunity to create bright and cheerful learning spaces for children in the village daycare centers and schools.

- Clean and clear out daycare centers
- Lay down a few coats of white paint
- Stencil child friendly designs on walls
- Fill your drawings with colorful paint