

EXPEDITIONS

WORLD TOURS & LANGUAGE IMMERSION

antipodeans
ABROAD

DEVELOPING YOUNG AUSTRALIANS.

Educational travel for students and schools.







ABOUT ANTIPODEANS ABROAD

antipodeans (n) – inhabitants of Australia, the antipodes, the opposite side of the world.

Antipodeans Abroad is a pioneer in the field of educational travel and experiential learning opportunities for both young people and adults. Founded as a provider of personal and social development programs, Antipodeans Abroad offers unique travel programs with one aim – to broaden the horizons of its participants.

We are proud to be an Australian company, fully owned and based in Australia with over 15 years experience. We understand Australian schools and their students. Our trips are supervised by Australian based leaders, and we provide a comprehensive pre-departure Risk Management service for all trips with 24-hour back-up and assistance from our Sydney headquarters while groups are travelling.

Students experience the sights, sounds, smells and sensations of countries and cultures very different to their own. They may help build a village school in Africa, live with a host family in France, stay in a hill-tribe village in Vietnam, teach disadvantaged children in Peru, trek the mighty Himalayas, or visit historic sites like the Taj Mahal, Angkor Wat, and Machu Picchu.

We are passionate about personal development and equipping young people with skills for life. We encourage young people to explore and discover the world and themselves, developing attitudes and values, which aid them as global citizens.

Students are challenged to make decisions, show initiative and take responsibility for their actions whilst gaining a finer appreciation of their own country, learning more about themselves and above all else, having a lot of fun. These are not packaged holidays, but individually structured and professionally supervised programs ensuring a safe and memorable experience.

Come and meet the other tribes of the world, learn about their traditions and their culture, the essence of responsible travel. Outward looking people cultivate respect, value diversity and promote understanding.

These are once-in-a-lifetime journeys so pack a spirit of adventure, as you swap the comfort of home for the excitement of a distant land. The world is waiting for you. If life is about seizing opportunities, this is one of them.

HAVE A GO.

THE EXPEDITION PROGRAM

Antipodeans Abroad Expeditions provide students and teachers with the opportunity to travel as a school team on a 3-4 week supervised Expedition in a developing country with an emphasis on leadership, community service, adventure and cultural immersion.

WHAT IS AN EXPEDITION?

An Expedition involves a team of students from the same school on a journey of exploration and discovery in a developing country, engaging in a range of rewarding and fun learning experiences. Community projects, treks and cultural immersion are at the heart of the Expedition program.

Students will meet new challenges, take on leadership roles and are involved in the decision-making process, all under the careful supervision of their Antipodeans Abroad Leader. They will experience the exhilaration of personal achievement and learn the value of encouragement and laughter for team morale.

LEADERSHIP

Students will take an active part in the Antipodeans Abroad Leadership System. The team members are actively involved with the planning and forward movement of the Expedition.

Students rotate responsibilities and roles required to progress the Expedition while overseas. Every two or three days team members take turns in fulfilling the role of team leader as well as the responsibility for managing the team budget, organising transport, booking accommodation, choosing restaurants, writing the team journal, taking the team photos and video, managing first aid, team health and so on. The changing roles call on different skills and expand on the students' ability to adapt and lead.

TEAMWORK

Students learn the value of working co-operatively. In the pre-departure phase team members collaborate on the research and planning of their itinerary, as well as working to raise funds for the community project. While overseas, team members face the challenges of travelling together

and contributing to group morale. An increased awareness of group dynamics allows all team members to share in the success of the Expedition.

COMMUNITY PROJECT PHASE

A central focus of an Expedition is the 4-5 day community project. Students decide on the nature of their project during the pre-departure preparation and planning months. The project provides cultural insights no ordinary tourist experiences. During this total immersion, students mix with the people, learn about the culture and effectively contribute to local communities. Examples of community project work may include:

- Light construction, renovation and painting projects in a village school
- Teaching children basic English, improving maths & reading skills
- Assisting with solar hot water and heating installation projects
- Care work in an orphanage, reading books, playing games, sharing songs
- Environmental or conservation projects

Alternatively, we can set up your Expedition around an existing school relationship with a local community.

TREKKING PHASE

Expedition teams spend 4-10 days on an enjoyable and adventurous trek. The team actively choose the style, type and length of their trek in the pre departure planning activities. Our in-country trekking companies support the team by providing local knowledge, helping organise and carry the team food, extra bags, cooking equipment and tents. Students carry their own daily essential items in their





“It is the journey that matters in the end.”
Ursula Le Guin

backpack. Students and parents go through a comprehensive equipment list in collaboration with leaders and teachers at the pre-departure preparation and planning events. Treks include the Inca Trail to Machu Picchu in Peru, the hill-tribe villages of Vietnam or Thailand, Tiger Leaping Gorge or the Great Wall of China, the stunning Himalayas of India or Nepal, Mount Kinabalu in Borneo, and Mount Meru, Mount Kilimanjaro or Mount Kenya in Africa. The team treks through extraordinary landscapes, prepares for and overcomes challenges and experiences a sense of achievement.

INDEPENDENT TRAVEL PHASE

A major drawcard of an Expedition is the exotic beauty and character of the destinations. Expeditions visit sites of historical, cultural and geographical importance such as The Taj Mahal, Angkor Wat, Halong Bay, Machu Picchu or the Serengeti. To balance a challenging project and trekking phase, Expeditions have time for some rest and recreation. The team explores local markets, shops for a few bargains or relaxes in a street cafe with some local cuisine. This is all very much part of the cultural immersion process and a chance to enjoy the more leisurely side of travel.

LEADERS

Every Expedition team operates under the professional supervision of an Antipodeans Abroad Leader. Leaders facilitate much of the learning process and are selected for their experience and knowledge as well as their passion for working with young people. They play the role of educator, guide, mentor and traveller. Antipodeans

Abroad Leaders have extensive first-aid qualifications and work together with the team prior to departure. The Leader assists the students to face challenges, overcome obstacles, develop resilience and be team focussed. Antipodeans Abroad Leaders understand when to give direction but also allow the students to develop as leaders. After all, this is the students' Expedition.

PLANNING AND PREPARATION

Preparation is the key to a successful Expedition. Antipodeans Abroad has developed an extensive pre-departure planning and preparation timetable to ensure student input and responsibility from the outset. Activities focus on personal preparation and are accompanied by a regular flow of information. All team members meet, train with, and get to know their appointed Leader and are briefed on health & safety issues, destination, travel conditions, language, climate and environment via Information Evenings and a Team Handbook. Information about the project and the community is also provided.

Antipodeans Abroad can assist with fund raising through our Fundraising Guide which encourages students to take ownership of their project. We work with the school's priorities to ensure the project is worthwhile and successful. Team members develop their goals and the skills to achieve them on the weekend training course, other training days and planning meetings. Parents also have Information Evenings, an Equipment Night and a 'Meet-the-Leader' night before departure.

WHAT WILL STUDENTS GAIN FROM AN EXPEDITION?

An Expedition is a unique opportunity to see, hear, taste and smell an exotic culture, and most importantly to develop invaluable life skills. An Expedition develops a thirst for more...more travel, more adventure, more learning. Many Expedition team members participate in our GapBreak or UniBreak programs and continue to broaden their horizons. Here are just some of the benefits:

- Develop leadership and communication skills
- Learn financial management
- Experience the rewards of working as a team
- Develop self-confidence and resilience
- Gain a deeper understanding of other cultures
- Contribute to a worthwhile community project
- Travel to some of the most beautiful places in the world
- Learn about patience, humour, humility and generosity
- Learn the value of initiative, setting goals, and achieving them
- Fulfil elements of the Duke of Edinburgh Awards Scheme
- Better manage relationships with other people

WHERE CAN TEAMS GO?

Antipodeans Abroad Expedition teams have visited many countries across Asia, South America and Africa over the years. Whether bargaining for trek supplies in a market in Lijiang, China, organising guides in Moshi, Tanzania, or haggling over the price of goods in the bustling markets of Kolkata in India, the challenges and rewards are similar. The Expedition journey takes you to new destinations and brings you new insights. Here's a taste of what can be achieved:

SOUTH AMERICA – PERU, ECUADOR, ARGENTINA, CHILE

Discover Peru or Bolivia, walk the Inca Trail to Machu Picchu the lost city of the Incas. Travel to Lake Titicaca, the highest navigable lake in the world, fly over the Nazca Lines or see the Ice Mummies in Arequipa, shop in the markets of La Paz, enjoy the cafes of Cusco, or help refurbish a village school in the Sacred Valley.

ASIA – INDIA, NEPAL, VIETNAM, THAILAND, LAOS, CAMBODIA, BORNEO, CHINA

See the Himalayas in India or Nepal and trek the stunning foothills of Everest, Makalu, Lhotse and Kanchenjunga, four of the five highest mountains in the world. Meet the local villagers and experience a traditional way of life. Take a camel safari in Rajasthan or teach English in a Tibetan school in Sikkim. Explore the bustling markets of Vietnam or trek the hills around Sapa and sail through spectacular Halong Bay. Stay in a village longhouse in the wilderness of Borneo's jungles or experience the smaller, individual communities of southern China and Tibet.

AFRICA – TANZANIA, KENYA, BOTSWANA, NAMIBIA, SOUTH AFRICA

Go on safari in the Serengeti, Masai Mara or Ngorongoro Crater and see the largest herds of wild animals in the world. Climb Mount Kenya, Mount Meru or even Mount Kilimanjaro. Visit the exotic island of Zanzibar, rebuild a village school and play soccer with the children.

THE VENTURERS EXPEDITION

Antipodeans Abroad Venturers program offers Expedition journeys to individual students from different schools in all states of Australia. The structure, format and benefits of a Venturers Expedition are the same as a school-based Expedition.

Venturers teams regularly visit countries like Vietnam, India and Borneo. Teams prepare at a training course, working together in a city environment navigating an 'Urban Challenge' activity. The Venturers Team uses a pre-allocated budget and utilise local transport to prepare for similar challenges they will encounter whilst abroad.

SAFETY & SUPPORT

Antipodeans has a strong commitment to health, safety and sustainability. We have over 15 years experience managing risk for students overseas. Key aspects are outlined here.

LEADERS

Antipodeans Abroad provide experienced, professional Leaders who ensure a safe and memorable Expedition. We select, train and match individual Leaders specifically for each team. Highly qualified outdoor educators are chosen. They have previous Expedition and relevant travel experience as well as Wilderness First Aid qualifications as a prerequisite.

The Antipodeans Abroad leader, with accompanying teachers, is responsible for the team's safety and welfare. They encourage all team members to take an active part in the Expedition's progress.

TRAINING COURSE

Antipodeans Abroad organises 1-3 day training courses generally held off-site at an outdoor education facility. The training course aims to develop confidence and self-sufficiency in Expedition routines and allows students to learn about basic travel skills and safety.

Antipodeans Abroad facilitates the course with the Expedition Leaders. A series of team building activities, scenario run-throughs, health and safety briefings are held. The Expedition itinerary, project and team roles are discussed with all participants. The training course is included within the Expedition's total cost.

INSURANCE

Travel insurance is mandatory for all participants of an Expedition. A full product disclosure statement and policy wording is provided to team members during the pre-departure planning activities. This policy has been tailored specifically to meet the unique needs of Antipodeans Abroad Expeditions.

IN-COUNTRY ASSISTANCE

Our local in-country representatives provide assistance to all Leaders and teams. They know the details of each team's itinerary and activities and provide current local knowledge. They are an important source of advice and work in conjunction with us and the travel insurance emergency services in the event of serious sickness or injury.

ANTIPODEANS ABROAD 24-HOUR BACK-UP

The staff at Antipodeans Abroad are on-call 24 hours during an Expedition. If additional or emergency assistance is needed, Leaders and teams can contact us on our normal office phone number, including outside business hours.



WHAT IS INCLUDED IN THE COST OF AN EXPEDITION?

Expedition costs include:

- Official school launch, Parent Information Evening, Planning Meetings, Equipment Evening and Meet the Leader Evening (applicable for School Expeditions)
- 3-day training course or Urban Challenge for Venturers
- Professional Expedition Leader & accompanying teachers/secondary leader
- Return international flights and domestic flights in-country
- Accommodation
- Meals
- Transport
- Fees for national parks and guides (where applicable)
- Community service project
- Team Expedition equipment & medical kit
- 24 hour emergency backup and assistance in-country and from Australia

TESTIMONIALS

“This experience has been one of the highlights of my life. It has taught me to cope in group situations, how to appreciate different cultures and it’s shown me that money and possessions aren’t everything. Thanks Antips for making this a great trip. I enjoyed the trip so much. I thought it was fabulous”.

Lucy C – Expedition student, Peru

“The best part was the trek! The so-called huts were fab. Our porters and guides were so much fun and everyone bonded heaps on trek. I’ve gained so much knowledge of Indian culture – Tibetan and Nepalese too, learned teamwork, leadership skills, gained some new sisters and great adult friends. Thank you soooooo much for providing us with such an organised, exciting, interesting, safe and FANTASTIC experience that we’ll never ever forget.”

Sarah J – Expedition student, India

“Our project was really worthwhile. You could see how appreciative the Munapata villagers really were. I think I have grown mentally and have a different view of life. It was my first visit to a third world country and it really opened my eyes. I feel I have matured, as we actually got to see how lucky we really are. The whole expedition was the best thing I have ever done.”

Frances M – Expedition student, Peru

“Vietnam I think has made an impression on me. I didn’t know what to expect and when we got there it was better than I hoped for. The people and culture were so friendly. I learned a great deal about being independent with money and with being away from my family. It was hard

in some bits but all the people I was with would support me, and I them. We really formed a great friendship. I think it’s changed my life for the better.”

Jessica M – Expedition student, Vietnam

“I would strongly encourage any boy to take up the challenge that an expedition such as this offers – the rewards are physical, emotional and spiritual. I hope that the school continues to offer opportunities such as this in the coming years.”

King’s parent, Peru & Bolivia

“She had the time of her life, and hasn’t stopped relating her experiences since she arrived home. She has gained confidence and become more independent. The travel bug has hit hard.”

Loreto Normanhurst parent

“Our son has matured enormously and gained skills no school education can possibly give a student. It has given him an insight, which he wants to pursue when he leaves school and a curiosity in travel.”

International Grammar School parent

“The group achieved a level of personal growth that can only arise from a learning which takes place outside the classroom and outside familiar zones. Many students came to redefine the ‘achievement’ as something invisible, more subjective than the usual school achievements which can’t be framed or inscribed on Honour boards... The Antipodeans Challenge provided an incomparable opportunity for our students to grow and to learn that with courage and a spirit of adventure, the world offers much inspiration and possibility.”

Julie C – Somerville House teacher, Nepal

LANGUAGE IMMERSION PROGRAM

Antipodeans Abroad Language Immersion program provides students with the opportunity to enhance their language skills, experience family life with a host brother or sister, and immerse themselves in the fascinating culture of Europe.

School students in Years 9 to 11 experience life in Europe by living and learning in either France or Germany during the Christmas holidays. Time abroad improves your language skills and broadens your knowledge and understanding of the culture by living it day to day with a host family. You gain independence, develop a world perspective and learn what it means to be a global citizen.

WHAT IS THE LANGUAGE IMMERSION PROGRAM?

This program is an opportunity to put into practice all the language skills you have studied in the classroom. It consists of a home-stay, the chance to attend school with someone your own age and the opportunity to go sight-seeing. Antipodeans Abroad provide Chaperones to supervise and monitor the program in-country.

You are encouraged to interact with the local people in French or German. You will be amazed at the speed your language skills improve by being immersed in a new environment.

HOME-STAY

The Language Immersion program is a home-stay experience for students. Travel to Europe as part of a group of Australian students and be introduced to your own host family. Attend school with your host brother or sister and join in the holiday activities of the family, visiting museums, galleries, churches or ski fields.

The host families welcome Australian students into their homes as a cultural exchange experience. Antipodeans Abroad carefully selects and screens

host families on the basis of their experience and enthusiasm with young visitors for hosting. More importantly, we select families on the basis of compatibility of ages and interests making your stay more comfortable and rewarding.

SIGHTSEEING

Europe is famous for its art, history architecture and culture. Our Language Immersion program includes visits to some of the highlights of France and Germany, including The Alps, Paris, Lyon, Geneva, Munich, Heidelberg and Berlin.

CHAPERONES

Antipodeans Abroad makes the safety of our young participants paramount. Experienced Australian

language teachers are selected to travel with the students to closely supervise the groups. The Chaperones are experienced French or German speakers with experience in travel and working with young people. A minimum of one Chaperone is always on hand during the home-stay to oversee the program. Antipodeans Abroad organises a Preparation Day where parents have the opportunity to meet the Chaperones well before departure and ask any questions.

This personal supervision enhances your placement and gives parents peace of mind that their sons or daughters have a familiar face to help them through any challenging times.





WHERE CAN STUDENTS GO?

FRANCE

In France Antipodeans Abroad has hosted families in Paris and the beautiful city of Lyon. Lyon is ideally located near Geneva, the Alps and the Cote D'Azur. The final 5 days are spent touring Paris as an Antipodeans Abroad group.

GERMANY

In Germany you will be based in Karlsruhe, situated on the Rhine River in the south west of the country near the picturesque Black Forest and beautiful city of Heidelberg. Munich and Berlin are both within visiting distance. The final 7 days are spent touring Berlin and Munich as an Antipodeans Abroad group.

INFORMATION EVENING

Our annual Information Evening is held at the beginning of Term 2 of the school year and placements are typically finalised by the end of June. Enquiries are welcome at any time so please call us to find out more about the program or to arrange a meeting. We also have interstate representatives who can arrange a meeting with you.

Each year student groups on our Language Immersion program depart from Australia in early December and return in mid-January. The standard placement is for five weeks but an extended seven week program is also very popular.

SAFETY & SUPPORT

Antipodeans Abroad focuses on the individual student to ensure each participant is safe, happy, and benefits

fully from the program. Our policy of using Chaperones ensures safety and allows ease of communication with parents. Our colleagues in Europe are well known to us and have many years of experience organising home-stays. They operate with the welfare of each student uppermost in their minds.

Group numbers are purposely kept small, allowing an individual focus and personalised service to be provided. This allows the Chaperone ease of group management.

Antipodeans Abroad hosts a Pre-departure Preparation Day to brief participants on what to expect whilst overseas. Staying safe and basic travel skills are discussed as well the program procedures and itinerary. Our in-country partners provide invaluable local support while Australian Antipodeans Abroad staff are on call 24-hours in case of emergency.

TESTIMONIALS

"My host family was always friendly and treated me like one of the family. I always felt right at home. My host sister was a champion... she made a real effort to include me in everything she and her friends did."

Anna C

"This has been the most fantastic and worthwhile experience for me. I went over speaking a little French and came back with a much improved vocabulary. My family was wonderful and the school was interesting and lots of fun. I met so many other French teenagers and everyone was so welcoming. Thank you so much – I had the most fabulous time."

Georgie M

"I found it was one of the best things I have ever done – completely unforgettable! Antipodeans matched me perfectly with my host family. I had so much in common with my host sister we ran like clockwork!"

Sarah A

"The selection of host family for Matthew just could not have been better. We are so impressed. They are to be much commended on their warmth, hospitality and generosity."

Mike and Debbie H – Parents

"The first weeks in France have given her more maturity and independence. She has gained more knowledge of the 'living' French language including vocabulary and teenage colloquialisms."

G. Hill – Parent

"It was great for her, mainly because she got on so well with her family. They were fantastic to her. Antipodeans were always helpful and accommodating any time I contacted them."

Sarah H – Parent

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

Mark Twain

THE WORLD TOURS PROGRAM

Many schools today are looking beyond the standard school trip to create in their students a global awareness, to connect with other people and cultures. Antipodeans Abroad has developed World Tours, a program where we tailor an international travel journey to suit your school's aims, objectives and curriculum.

Make the world your classroom by taking a cultural tour to a foreign land. Antipodeans Abroad will tailor school tours to fit with various curriculum or learning requirements. Our tours are based on authentic cultural immersion through visits to sites of historical, geographical and cultural interest. We create a multitude of diverse programs, anything from a 12-day cultural immersion through the hilltribe region of Northern Thailand to serene Laos via a cruise down the Mekong River; to a 20-day Italian History and Cultural Tour visiting the glorious art and architecture of Florence to the intact Roman splendour of Pompeii and Rome.

We provide English speaking local guides on our fully escorted tours. Most meals, entry to local attractions and centrally located, moderate accommodation are organised in advance leaving students and teachers time to get the best out of the destination.

Community project work is a unique speciality of Antipodeans Abroad.

Many schools are incorporating a community project within their History or cultural immersion tour. The students benefit by gaining a deeper understanding of how other people live while setting and achieving goals in a small worthwhile community project. Possible projects include assisting in orphanage work with hill tribe communities of northern Thailand, or decorating a local school near Hanoi in Vietnam. We aim for students to return home more informed about the world and their place as global citizens.

Destinations are limited only by your requirements. We can arrange 10-20 day World Tours to Vanuatu, Borneo, Thailand, Cambodia, Laos, Vietnam, China, India, Nepal, Turkey, Egypt, Morocco, Italy, Greece, France, Germany and the UK.

We work with the school and co-ordinating teachers to define your requirements and look after the itinerary planning, travel arrangements and preparation leading up to departure. Knowledgeable

guides accompany the group and share their special local knowledge.

We can bring your school tour alive. At Antipodeans Abroad we have extensive experience working with schools and students. We organise all details of the tour with expertise in travel insurance, flights, superior itineraries and projects. Antipodeans Abroad places the safety of students first. We monitor government travel advisories, provide a thorough Risk Assessment of the planned tour, and our in-country agents, combined with on-call Australian staff, provide a safety net of 24-hour back-up support.

We are happy to visit you to discuss and plan a World Tour. Let us handle the paper work, travel logistics, risk management and finances for you. We can help with information sessions for students or parent evening presentations.





“Heroes take journeys, confront dragons, and discover the treasure of their true selves.”

Carol Pearson

MORE INFORMATION

Antipodeans Abroad also arrange educational and volunteer travel programs for high-school leavers, university students and adults.

GapBreak – for Year 12 high school leavers who want to broaden their horizons on a 3-month volunteer placement prior to starting University or entering the workforce.

UniBreak – provides tertiary students with a 1-3 month placement gaining invaluable personal and professional experience in a global context that may or may not be related to their degree. Students can contribute to a developing community as a UniBreak Volunteer or achieve hands on industry experience on the UniBreak Professional Internships program.

Detours – for adults wanting a career break, corporate groups or families wanting a holiday with a difference that allows them to be fully immersed in the culture and contribute to the community they visit.

To find out more information about Antipodeans Abroad and the other programs we provide, visit our website at www.antipodeans.com.au.

We also hold regular free information nights that are an excellent way to learn more about some of our programs and to answer any questions. For information on upcoming info nights, dates and venues, please visit our website; www.antipodeans.com.au

Please feel free to contact Antipodeans Abroad with your ideas or requirements.

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