

GAPBREAK

antipodeans
ABROAD

DISCOVER THE WORLD. MAKE A
DIFFERENCE. TAKE A YEAR OUT.

Volunteer travel for high-school leavers.







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 educational and volunteer programs with one aim – to broaden the horizons of our participants. We encourage you to challenge yourself and discover a world full of opportunities where you can explore, dream and engage.

We are proud to be an Australian company, fully owned and based in Australia with over 15 years experience. We understand young people, the needs of Australian travellers, and we provide Australian back-up and assistance when our travellers are abroad.

Gapbreak participants will be introduced to the sights, sounds, smells and sensations of countries and cultures very different to their own. You may help build a village school in Africa, live in a hill-tribe stilt house in Vietnam, teach disadvantaged children in rural Peru, trek the mighty Indian Himalayas, or visit historic sites like the Taj Mahal, Angkor Wat or 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 character, attitudes and values, which will aid them as Australian and global citizens.

GapBreakers will be 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 professionally supervised and carefully structured programs to ensure 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.

GAPBREAK

WHAT IS A GAPBREAK?

The Antipodeans Abroad GapBreak program consists of a structured gap year undertaken between school and university or prior to entering the workforce. Take a whole year out or just a few months to work, earn some money then travel with GapBreak.

We arrange your placement and assist you in pre-departure preparation. The placement itself will be for a 3 month duration where you live with a host family or in a volunteer share house. During the week you will undertake volunteer work in your community, whilst weekends are for your free time.

Whether you're unsure of what to do after finishing school, need a break, or want an adventure, then the GapBreak program is for you. This is a unique opportunity for you to experience the sights, sounds and smells of Africa, South America or Asia while you immerse yourself in the culture.

Discover the world, stretch your boundaries, gain valuable life experience

and make a worthwhile contribution. Sometimes the best lessons take place outside the classroom.

THE PLACEMENT

GapBreak placements last for three months assisting sustainable community projects in developing countries. Projects may include basic construction, improvements to educational opportunities for children in rural villages, working with the local community in orphanages, assisting in health care centres, or conservation projects. Often the schools and facilities are basic, lacking in equipment and staff, so the contribution made by you to your host communities is taken seriously and is highly valued.

GapBreak volunteers are always placed in small groups, live with local families or in share accommodation where they learn about the customs, language and religions of local communities. Shorter GapBreak placements are possible in certain destinations between finishing school and the start of university or

college. You may also do a double placement for a longer GapBreak.

A GapBreak will take you out of your comfort zone and challenge you. You'll need an open mind, plenty of enthusiasm, a desire to make a difference and willingness to learn about another culture.

TRAINING COURSE

Antipodeans Abroad runs training courses for GapBreak students over several days to prepare you for the challenge of living in a developing country. Training consists of briefings on safety, health issues, cultural sensitivity, codes of conduct, scenarios, teaching, and country information. You'll meet past GapBreak volunteers, share their experiences plus meet fellow volunteers from your placement.

PLANNING

GapBreak placements occur throughout the year and vary with each country. We take applications up to four months prior to departure but do encourage you to apply early to secure your first choice destination. A structured gap year combining work then travel based on extensive pre-departure research is the key to a successful placement.





WHAT WILL YOU GAIN FROM A GAPBREAK?

Jump off the treadmill for a while by embarking on a structured GapBreak and gain some perspective on yourself and the world. Many universities in Australia and overseas actually encourage students to take a year out to enhance their personal development. We encourage participants to gain financial management skills by working beforehand to raise the necessary funds.

Our past Gapbreak participants have returned from overseas refreshed, inspired, and ready to take on the challenge of tertiary study or the work force.

WHERE CAN YOU GO?

GapBreak operates in destinations across three continents, Africa, Asia and South America. Students participate in a range of activities that aim to benefit disadvantaged communities, including teaching, care work, conservation, simple construction and refurbishment. Be placed with other Australian students of a similar age, and together become part of a community whilst working for the benefit of it.

Here are some of the countries and activities to inspire you to take a Gapbreak. For updated details of destinations and when you can go, check our website at www.antipodeans.com.au

AFRICA

GHANA – TEACHING ENGLISH

Ghana is home to the friendliest people in Africa. Enjoy traditional dancing and drumming classes and experience the vibrant culture of this fascinating country. You will be teaching English to

eager school students aged 6 to 12. The most rewarding part of this experience is living with a welcoming Ghanaian family.

KENYA – CONSTRUCTION, CONSERVATION, TEACHING

Go on safari with elephants, rhinos and lions, scuba dive the Indian Ocean and climb Mount Kenya or Mount Kilimanjaro. Enjoy living in a safari-style camp with students from Australia & Great Britain and take part in building projects to benefit the local village school.

TANZANIA – CONSTRUCTION, CONSERVATION

Live in a safari-style camp, build and renovate schools at the foothills of Kilimanjaro, or live in volunteer housing and teach in a Masai village school just outside Arusha. See the “big 5” and the famous Serengeti National Park in your free time.

SOUTH AMERICA

ARGENTINA – TEACHING, BUILDING

Live in western Patagonia with its stunning and rugged natural landscapes. Get involved with construction and teaching to help fight poverty in the local Mapuche communities. Live in a volunteer house, learn Spanish, dance the tango, and explore the mountains in your free time.

PERU – TEACHING, BUILDING

Live near Cusco in the Sacred Valley – the gateway to the Andes and trek the Inca Trail to Machu Picchu. Teach English to children aged 4-14 in local schools. Live with a local family. Learn Spanish and dance the salsa.

ECUADOR – CARE WORK, TEACHING

Visit the Galapagos Islands or the Amazon Jungle in your free time. Live in a comfortable family home in Quito and assist with social work with poor children, orphans, or disabled

children. You could also teach English, sports, music or art at local schools.

ASIA

INDIA – TEACHING, COMMUNITY WORK

Be based in the beautiful city of Udaipur. Live in volunteer accommodation and teach English to local children in poor village schools or day care centres. Explore the colourful region of Rajasthan on weekends or enjoy a camel safari.

NEPAL – CARE WORK, TEACHING, CONSERVATION

Live in either Kathmandu or Pokhara in the foothills of the Himalaya. Work with children in an orphanage, teach English in a primary school, or be involved in a conservation program that may include building or renovation. Trek in the most spectacular mountains in the world.

VIETNAM – CARE WORK

Be based in Hanoi and explore the lively streets of the Old Quarter or head east to explore stunning Halong Bay. Enjoy the delicious Vietnamese cuisine. Live in a local guesthouse and work in a centre caring for children aged 2-12 with disabilities.

THAILAND – TEACHING, COMMUNITY WORK

Live in the colourful hill tribe region beyond Chiang Rai. Work in small villages assisting with community work and teaching English to the minority tribes of the area. Stay in volunteer accommodation and spend your free time on elephant treks or bamboo rafting.

CHINA – TEACHING

Teach English to the ethnic minority children of Lijiang in Yunnan Province in the south west of China. Stay in volunteer or guesthouse accommodation while you explore this beautiful part of the world.

SAFETY & SUPPORT

Antipodeans Abroad 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:

ANTIPODEANS ABROAD STAFF

Antipodeans Abroad employs experienced office staff to provide advice and information in the lead-up to your placement. We are well aware of the types of issues and concerns students face when preparing for departure. Staff are on-call 24 hours during your placement and you are provided with our Emergency Card listing key telephone numbers.

MEDICAL SCREENING

All students are required to fill out an Antipodeans Abroad medical form screened by our medical consultant, The Travel Doctor Travel (TMVC). We strongly recommend all our volunteers to see their doctor or a TMVC clinic anywhere in Australia to get relevant up-to-date advice on vaccinations and travelling with existing medical conditions.

We strongly recommend Gapbreak participants seek current medical advice concerning vaccinations and existing medical conditions. Participants may visit one of the offices of TMVC or access their own medical professional.

TRAINING COURSE

A key part of ensuring the safety of our participants is to educate them on how to be responsible travellers. The GapBreak Training Course is an integral part of the program as it places a heavy emphasis on safety issues. We draw on the experience of staff and past participants to teach students on how to minimise risks and handle unexpected situations. The students will run through various scenarios to prepare them for real-life situations they may be confronted with whilst in-country. This helps to build awareness of the consequences of their actions as individuals and as a group.

INSURANCE

Travel insurance that covers emergency medical and associated travel costs is mandatory on all our journeys. Antipodeans Abroad offers insurance to all travellers through Cover-More Travel Insurance. You may have an alternative travel insurance policy but comprehensive travel cover is mandatory in order to

participate in our programs. Please ensure that you have a policy number and a 24 hour emergency assistance number.

ARRIVAL IN-COUNTRY & ORIENTATION

An Antipodeans Abroad in-country representative will meet you on arrival at the airport and arrange an orientation phase after you arrive. You will meet other volunteers on your placement. Orientation will cover in more depth issues such as health and safety, culture shock, language, living with local families and general adjustment issues specific to your country.

IN-COUNTRY ASSISTANCE

Our local representatives in each country are on hand to provide assistance to all GapBreak participants. They know the details of each student's itinerary and activities and are the source of local knowledge on the ground. They form a safety net for all our programs and can provide help and advice in the event of sickness or injury.

WHAT IS INCLUDED IN THE COST OF MY GAPBREAK?

The cost of the GapBreak program varies according to destination, length of placement and time of year. Typically the cost covers all your meals and accommodation, and money goes back into the local community where you are living and working.

Your cost includes:

- 2 to 3 day GapBreak Training Course
- Antipodeans Abroad advice on fundraising and teaching
- Parent Information Evenings
- Placement Handbook and In-Country Manual
- Assistance with flights and travel insurance
- Discounts on outdoor gear and travel vaccinations with our preferred providers
- Meet and greet on arrival in-country
- Arrival and departure airport transfers
- In-country orientation course
- Board and lodging with a host family or in local accommodation
- Pre-screened community project placement
- In-Country Agent support for duration of placement
- 24 hour emergency back-up from Antipodeans Abroad Australian office

Gapbreak fees do not cover the cost of flights, departure taxes, visas, vaccinations and travel insurance.

WHAT NOW?

Visit our website www.antipodeans.com.au or call us on (02) 9413 1522. We can advise you on which destinations and placements would suit you best.

INFORMATION NIGHTS

We hold monthly GapBreak Information Nights – the last Tuesday of each month at 6.30pm in our Sydney office, as well as regular evenings interstate, or we can set up a meeting with one of our interstate Antipodeans Abroad representatives.

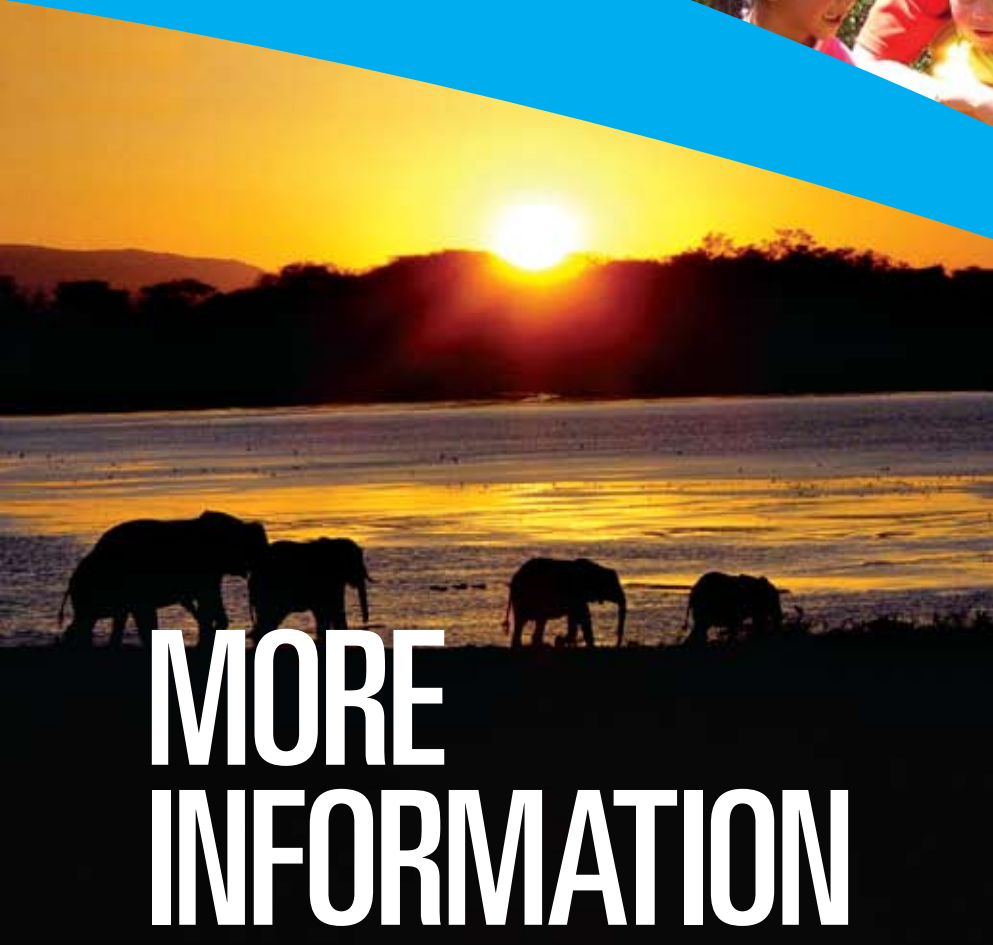
INTERVIEW

Make a time to see us. Download an Interview Request Form from the website. The aim of the interview is for us to better understand your motivation and interests. Interviews can be arranged face-to-face or by phone in all states.

BOOKING

If you're successful at interview, we'll offer you a place in the program. Fill out a Booking Form and send us your 1st Instalment to secure it. That's it. Start planning your year out on GapBreak.





MORE INFORMATION

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

Expeditions – 3-4 week supervised expeditions for school teams which consist of a journey, a trekking phase and community project work. The emphasis is on developing leadership and teamwork skills, promoting cultural awareness, and contributing to a needy community.

Language Immersion – a 5 or 7 week program for French and German language students to experience life in Europe over their Christmas break, and improve their language skills at the same time. Students live with a host family and attend school with their host brother or sister.

World Tours – educational travel programs for school groups tailored to meet curriculum requirements. Enhance your students’ understanding of the world through visiting historical sites and experiencing cultural immersion.

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 other programs we provide, visit our website at www.antipodeans.com.au

Come to us with your ideas and allow us to make them work for you. We can custom make an itinerary or provide you with advice on travel planning.

TESTIMONIALS

“There’s so much that I’m going to miss about this place. The intoxicating smells. The sunsets. The buffalos. But most of all, I’m going to miss the people... amazing people who have let me into their lives, and in doing so, have helped to create what I believe to be a better me.”
Helen F – India

“I learnt so much about myself and how to deal with what life throws at you. It made starting university a breeze as I was previously unexcited by the new experience, now I am really looking forward to it!”
Melanie H – Nepal

“I found it very satisfying because our teaching seemed absolutely beneficial to these kids. The school was poor and definitely in need of volunteer help. The decision to teach in Peru has been the best choice in my life!”
Ingrid P – Peru

“It is one thing to know there are places like this out in the world. It is another thing completely to actually come out and just immerse yourself in the society, culture and community.”
Cory B – Ghana

“I felt the work was fantastic, especially if you approached it with an enthusiastic attitude. The work done is invaluable to the community, and although it’s hard to stay motivated it is particularly rewarding in the end, when you have provided the community you know so well with something that will really add to their life.”
Wal B – Kenya

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