challenges abroad

Supporting the futureSense FOUNDATION

HIMALAYA SOCIAL IMPACT CHALLENGE

Your Passport to Global Citizenship!



www.challengesabroad.co.uk

Certified B Corporation

CARBON NEUTRAL

About Us

Greater Social Equality.
A More Sustainable Environment.
A More Secure World for Everyone.

Challenges Abroad is a social enterprise that provides impactful, customised overseas learning programmes for students. Our mission is to develop the next generation of Global Citizens, who as future leaders will help shape a better future for everyone.

Through our programmes, we ensure that students not only develop a global mindset but gain vital life and employability skills, enabling them to have a positive impact on the world through their future endeavours.

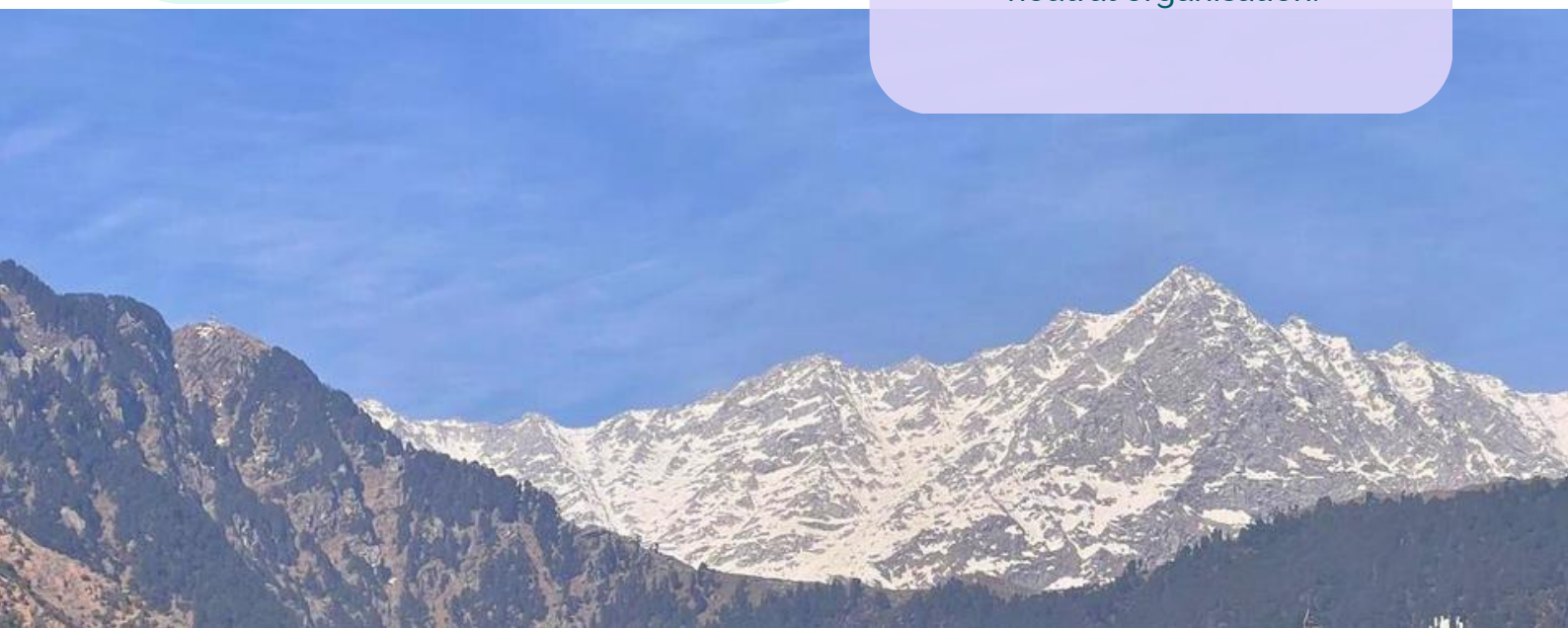
We are proud to be a Certified B Corporation!
It reinforces that together, we're delivering programmes that are not only transformative for students, but also beneficial for communities and respectful of the planet.

The Challenges Abroad Difference

Student Impact
Developing the next generation of Global Citizens.

Community Impact
Delivering long-term development projects that support local communities.

Environmental Impact
We're proud to be a carbon neutral organisation.



Short-Term Programmes, Long-Term Impact.

Our Education & Community Challenges enable students to step out of their comfort zone whilst developing global perspectives, learning about new cultures and fostering meaningful connections with the local community.



Global Citizenship:

Broaden your perspectives, embrace cultural diversity, and ignite a lifelong drive to make a difference in the world.



Cultural Immersion:

Discover, connect & experience - dive into vibrant local cultures, learning through meaningful cross-cultural exchange.



Community Engagement:

Lead, inspire & create change - deliver hands-on projects, building skills and leaving a lasting impact on local communities.

Every Challenges Abroad programme supports the goals and objectives of our international development charity, the FutureSense Foundation.

Participants on a Challenges Abroad programme are therefore, not only directly impacting the community through their project, but are part of a sustainable community development initiative that will have a long lasting, positive impact.

futureSense
FOUNDATION

India: Land of a Thousand Cultures

India is unlike anywhere else in the world. From vibrant colours and lively streets to ancient temples, incredible food, and welcoming communities, every moment reveals something new. India is more than just a destination, It offers an opportunity to step outside your comfort zone, experience one of the world's most diverse cultures, and create memories that will stay with you long after the journey ends.

Day 1
Arrival

Touch down in India! Here the pace, colour, and energy are felt from the very first moment. From busy streets to the scent of spices in the air, everything feels new and alive. After being welcomed at the airport by your group mentor, transfer to nearby Palampur and settle into your accommodation.

As evening settles in, explore the town and gather for a welcome dinner. Tomorrow, the real adventure begins.



Whilst this is a **sample two-week itinerary**, a **four-week option** is also available. See the **dates here.**

Week 1

Days 2-3
Programme & Cultural Orientation

The first couple of days are about building confidence, connection and excitement. You'll dive into Indian culture and language, get to know our Hub team supporting you throughout your challenge, learn more about the communities you'll be working alongside and how your programme contributes to long-term development projects. This is where the real impact of your journey begins to take shape!

Days 4-7
Palampur

Spend four immersive days embedded in the local community, contributing your skills, knowledge and passions to our long-term education and community development initiatives. With dedicated time to plan as a team, we'll help to make sure you're ready to contribute in a meaningful way - learning just as much from the community as you share. This hands-on experience builds confidence, uncovers new strengths, and leaves a lasting, sustainable impact.

Beyond your workshops, switch off and soak up Palampur's unique charm and experience local culture in the most authentic way - think local temples, bustling local markets, and walks surrounded by snowcapped mountains.

Potential workshop topics:
Conversational English, STEM Education, Creative Arts, Sports Education, Environmental Awareness, Social & Emotional Well-Being and Life Skills







Week 2

Days 8-9
Your Free Weekend to Explore!

This is your time to make the most of everything India has to offer:

👉 Sample local restaurants
👉 Wander through bustling markets
👉 Visit peaceful monasteries
👉 Join local thangka painting classes
👉 Relax with yoga and meditation sessions

There are endless ways to soak up the culture!

Spend your free weekend in Dharamshala, discovering its rich history and heritage. Visit iconic sites like Kangra Fort and the Tibetan Museum, the perfect mix of culture, adventure and discovery!

Known as the "Mini Tibet of India," Dharamshala is home to His Holiness the Dalai Lama and the Tibetan Government-in-Exile.



Days 10-14
Palampur

These five days follow a similar rhythm, contributing to community projects, leading educational workshops, and reflecting together on the impact you're making. You'll return with stronger skills, growing confidence and deeper connections, stepping back into the community with a clearer sense of purpose. Somewhere along the way, you'll recognise your growth as a Global Citizen.



Day 15
Departure

The final day is a chance to reflect on the skills you've developed, experiences you've shared and perspectives you've gained. Our team will then drop you at the airport for your journey home or onwards travels.

The Essentials

Accommodation & Meals

You'll be staying in dorm-style accommodation, sharing your room with up to 3 other participants. There are western showers and toilets, as well as communal spaces for relaxing. While the amenities are basic, the accommodation is safe, clean, and in a great location for exploring the surrounding area!

We provide 3 vegetarian meals per day Monday-Friday (weekends being your free time to explore local restaurants!).

In-Country Transport

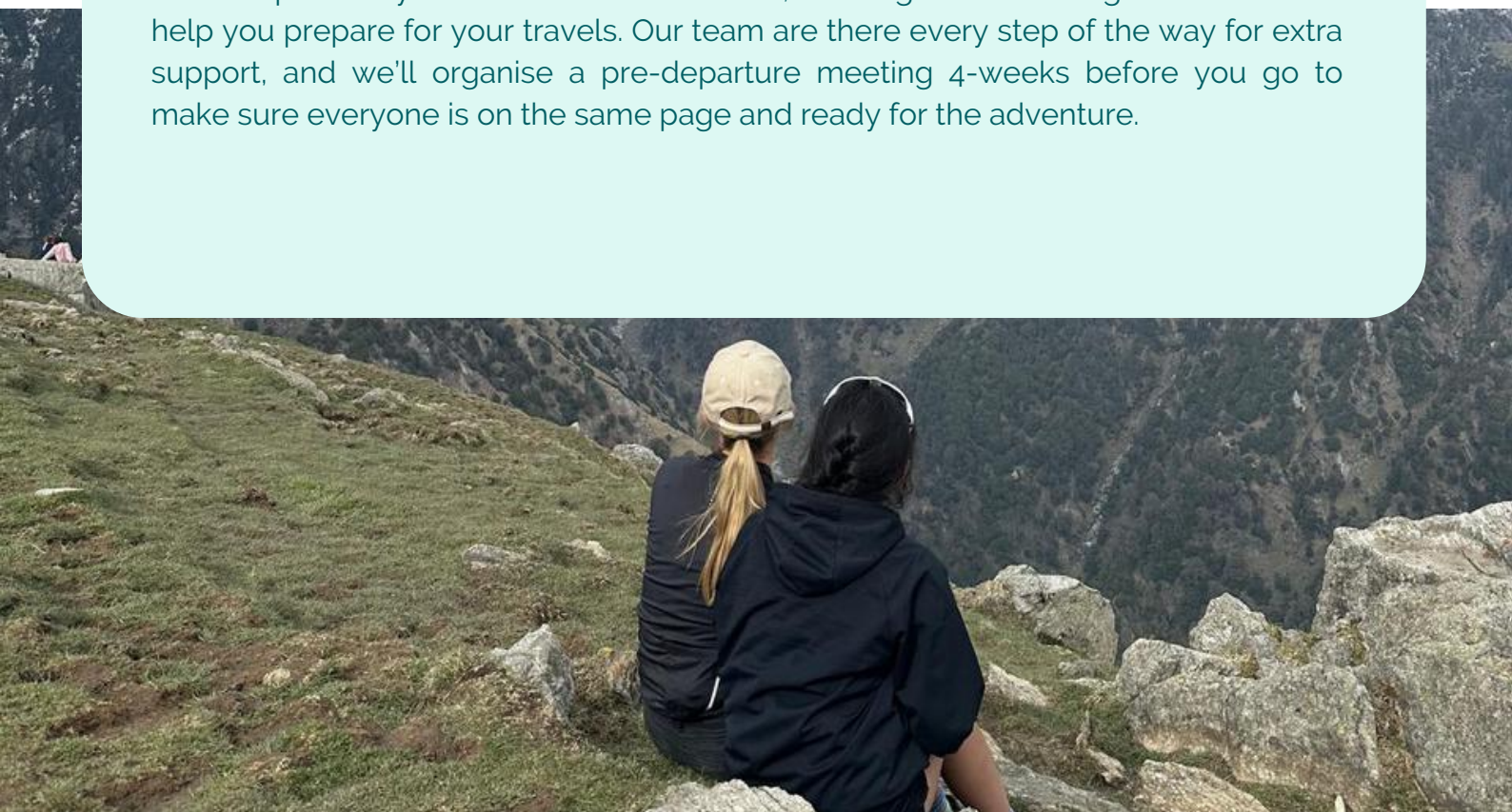
Any required transport for project work and airport pick-up and drop-off. Our team can also help you organise transport so you can explore the area in your free time.

In-Country Support

As well as supporting you in your project work, our team will provide 24/7 support during your time overseas... they'll also have the best recommendations on how to spend your free time!

Pre-Departure Support

We will provide you with a Welcome Pack, Packing List and Programme Brief to help you prepare for your travels. Our team are there every step of the way for extra support, and we'll organise a pre-departure meeting 4-weeks before you go to make sure everyone is on the same page and ready for the adventure.



What's Next?

Sign up!

Choose between a **2-week or 4-week** challenge. You can apply on our **website** and pay a **£390 registration fee** (or three monthly payments of £130). Once registered, you can then pay the remaining balance monthly, with the final payment due 8 weeks before departure.

If you have any questions or need any further support, please get in touch with our team:

info@challengesabroad.co.uk

We can also add you to a group chat on WhatsApp so that you can connect with others who are interested in joining the challenge or are even signed up and preparing to travel!

Things to start considering:

- **International flights**
- **Travel insurance**
- **Visas**
- **Vaccinations**

Elevate your Experience

If you're keen to take on an extra challenge, becoming a Challenge Leader will help you develop your leadership and team management skills, as well as a whole heap of other qualities that will set you up for your career or future study.
Ready to become a global leader? Find out more **here!**

Read our reviews!

Trustpilot

"The whole experience was unbelievably incredible. I was worried about not making friends and feeling alone in a new country but that wasn't the case. I made so many friends and together we did amazing things that we just wouldn't be able to do as a tourist."

Global Citizen, Kristina


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