

## Who is Break Free Expeditions?

Break Free Expeditions was established in 2008 by Diana Judge and since this time she has taken over 400 volunteers overseas to assist the poor by building homes, schools, toilets, delivering aid and looking after the orphaned.

A quality safe experience is planned in conjunction with local schools. Break Free Expeditions provides the trip organisation, leaving school staff, students and parents to concentrate on fundraising.

## Testimonials

*"The trip was extremely valuable for the students, everything went to plan and we achieved building the houses in the required time."*

Julie Eagle, teacher  
2013 Otumoetai College team of 34.

*"By the end of the build all the kids had matured and taken some responsibility and pride for what they had achieved. I would recommend a Break Free Expedition for other schools, parents and teachers."*

Adrienne Gordon, parent  
2013 Otumoetai College team of 34.

*"Everyone who has attended the two Otumoetai College trips to Mexico has had an experience that has positively affected their lives. The students who formed the group have all been faced with challenges outside their comfort zones and grown as young adults developing skills and confidence they did not know they had."*

Paul King, parent and building lecturer BOP Polytechnic  
Otumoetai College 2011 team of 18 & 2013 team of 34.

*"International Service provides a great opportunity to instil in young people the understanding that each of us has a responsibility to help others. Students can experience first-hand the effect service and assistance can have on those less fortunate than themselves; they get to demonstrate the qualities of care, compassion, generosity and humility in an international context. Working with Break Free Expeditions has enabled the HIBS International Service team to concentrate on raising funds while Break Free ably take care of the organisation to ensure we are well looked after while in Mexico and all safety measures are in place."*

Karen Churchward  
Director of Events & Communications,  
Hutt International Boys School, Upper Hutt.



## No building experience required!

Yes that's right – no prior building experience is required on Break Free Expeditions as our local building foremen teach you everything you need to know.

## Need to fundraise?

We have some great ideas to help you fundraise quickly and easily. Check out our website [www.breakfreeexpeditions.com](http://www.breakfreeexpeditions.com) for more details.

## Need more information?

Contact Diana Judge at Break Free Expeditions now to discuss how we can assist your school with organising an international service trip to help build better lives together.

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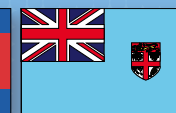


TRAVEL  
VOLUNTEER  
HELP THE POOR

## International Service Trips For Schools



Cambodia



Fiji



Mexico



Peru



Uganda



Vanuatu



Vietnam





**Break Free Expeditions provides fully escorted turn key trips for schools**

- International Service Trips
- Language Immersion trips for students (Spanish, French)
- Destinations with historical and geographical significance
- Team building
- Student personal leadership skills development
- An introduction to the issues around global poverty
- Cross cultural awareness and interaction
- Range of budgets and destinations
- No building experience required
- Clear deliverables at the end of the project - a home built.

**We assist schools by providing**

- Fully vetted long standing, well respected projects that deliver value to the communities they operate in.
- All transport, accommodation, airfares, travel insurance arrangements
- Assistance with parental consent documentation, emergency planning and RAMS
- Comprehensive pre trip briefings including what to bring, vaccinations, building site safety, managing expectations, culture shock, etc
- Tried and proven fundraising ideas that raise large amounts of funds with minimal effort.

**Current project destinations include**

Country	Duration	Budget from	Project Type	Team Size	Optional Excursions
Fiji	9 days	\$2000	B, A, S	12 – 15	Beach activities
Cambodia	15 days	\$4,500	B, A, S, O	12 – 15	Angkor Wat
Cambodia & Vietnam	15 days	\$5,000	B, A, S, O	12 – 15	Angkor Wat, Halong Bay, Cu Chi Tunnels
Mexico	12 days	\$4,300	B, A, O	15 or 30	Disneyland
Peru	15 days	\$4,100	B, A	10 – 15	Machu Picchu
Vanuatu	15 days	\$3,300	B, A	12 – 15	Beach activities

Key: B = Building    A = Aid Distribution  
 S = School visit    O = Orphanage visit

1. Costs above include allowance for air fare, daily breakfast, 3 star accommodation, ground transportation, trip escort lunches on building days, building materials contribution
2. Costs exclude lunches not on building days, dinners, optional excursions, travel insurance
3. Budget amounts are a guide only. Trip costing will be provided once an itinerary has been agreed between the school and Break Free Expeditions.

