International Gap year program

Restore rainforests. Learn from nature. Leave a legacy.



RESTORE THE LEGACY

What do *you* want to leave behind?

Applicable to 2026 intakes

restorethelegacy.world

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About Restore the Legacy

Restore the Legacy is a Dutch non-profit foundation dedicated to restoring and protecting rainforests in Indonesia.

“We restore and protect rainforests in Indonesia.”



We believe conservation can only succeed when healthy ecosystems and healthy communities grow together. Therefore, our projects combine rainforest restoration, biodiversity conservation, regenerative agriculture, environmental education, and sustainable livelihood development.

Our work takes place in some of Indonesia’s most beautiful landscapes, ranging from the mountains of Bali to remote rainforest regions in Borneo.

As an intern, you become part of that mission. Not observing from a distance, but actively contribute to real conservation projects while learning from the ecosystems, communities, and people working on the ground every day.

Gap year opportunities

A gap year at Restore the Legacy offers the opportunity to become part of our daily conservation work while living in one of Indonesia's most beautiful natural environments.

Whether you are taking time before university, between studies, or simply looking for a meaningful experience abroad, we welcome motivated individuals who are eager to contribute, learn, and grow.

No previous experience in conservation is required.
Curiosity, commitment, flexibility, and a willingness to get your hands dirty are far more important than existing knowledge.

We believe the most meaningful learning happens by becoming part of everyday life in the rainforest and the local communities we work alongside.

During your stay, you may contribute to activities such as:

- Rainforest restoration
- Tree nursery management
- Planting and maintaining native trees
- Sustainable agriculture
- Community projects
- Eco-tourism development
- Trail maintenance
- Environmental education
- Wildlife and biodiversity monitoring
- Hospitality and visitor support
- Content creation
- General project support

Every gap year is different.

Your experience will depend on the season, ongoing projects, weather conditions, and where support is needed most. This flexibility allows you to contribute where it matters most while gaining a broad understanding of rainforest restoration and community-based conservation.



Gap year Opportunities

Our gap year program is designed to provide structure while allowing enough flexibility to make the experience your own.

Duration & start dates

Our standard internship program runs for 20 weeks (approximately 5 months), although shorter or longer stays may be possible depending on project planning and availability.

Starting together allows participants to get to know one another, settle into village life as a group, and build friendships from the very beginning. To create a welcoming community, we offer two primary intake moments per year:

- February
- September

These intake periods allow us to organise onboarding, field introductions, supervision and student support effectively.

Unlike a holiday or volunteer trip with a fixed itinerary, you'll become part of our local team and contribute to the projects that are taking place during your stay. Some weeks may focus on rainforest restoration, while others involve community initiatives, eco-tourism development, or supporting the daily operation of our conservation projects.

Because nature doesn't follow a schedule, neither do we. The changing seasons, weather conditions, and project priorities make every gap year experience different.

If your preferred travel dates or duration fall outside our standard intake moments, feel free to contact us. Whenever possible, we're happy to explore alternative arrangements.

Nature & Culture

Indonesia is one of the most biodiverse countries on Earth.
Our projects are located in rural communities where nature and daily life remain deeply connected.

Students should expect:

- Tropical climates
- Mountain environments
- Remote locations
- Different cultural norms
- Simpler living conditions than in Europe
- A slower pace of life







Living and working in Indonesia is about far more than contributing to conservation projects. It is an opportunity to experience a different way of life, build meaningful connections, and develop a deeper appreciation for both nature and local communities.

The participants who gain the most from their experience are those who arrive with curiosity, respect, flexibility, and an open mind.

Support & guidance

Moving to another country can be exciting, but also challenging at times. Our goal is to provide enough guidance to help you settle into village life, become part of the team, and make the most of your experience.

From your first week onwards, you'll receive support from both our local and international team members. Whether you have practical questions, need advice, or simply want to check in, we're here to help.

Local Project Support

Our project leaders have extensive experience in rainforest restoration, conservation projects, and working with local communities. They are fluent in English and available to support participants throughout their stay.

Project leaders are regularly present at the project hub and provide guidance on:

- Daily project activities
- Practical questions
- Local culture and customs
- Conservation projects
- General support

Participants are always welcome to reach out between scheduled meetings whenever needed.

Forest safety guide

Whenever participants enter forest areas where guidance is required, they are accompanied by an experienced local field guide. The primary responsibility of the field guide is ensuring participant safety while working in and around forest environments.

Although we encourage independence, you'll never be expected to figure everything out on your own.



Accommodation

Accommodation is provided through carefully selected local homestays in Balinese compounds. Participants stay with local families who welcome them as a temporary part of the family during their time in Indonesia. This offers a unique opportunity to experience daily village life and gain a deeper understanding of local culture.

Participation in family activities is entirely optional. Some participants enjoy immersing themselves in local traditions, while others prefer more independence. Both approaches are perfectly acceptable. Accommodation is comfortable but simple.

Family Compounds
Many Balinese families live in family compounds: several small buildings surrounding a shared family courtyard. Participants typically stay in a private guest room within the compound.

Participants can generally expect a private space with a bedroom and bathroom, a small refrigerator, and access to shared outdoor spaces. This setup offers a unique balance between privacy, independence, and cultural immersion.



The hub

The hub is the heart of our local community: a shared space where participants can work, relax, enjoy a meal, and connect with fellow gap year participants, interns, and our local team.

Located within approximately 10 minutes walking distance from the accommodation, the hub provides stable internet access, amazing views, a nursery, and a café and restaurant serving excellent coffee sourced from our own restoration projects alongside delicious local meals.

The hub is also where many team meetings, informal gatherings, and shared moments take place, making it a natural place to connect, exchange ideas, and build friendships throughout your stay.

As with many rural areas, internet quality may occasionally vary, particularly during adverse weather conditions. Participants should be prepared for occasional interruptions outside the hub.



Program fee

The participation fee for our gap year program is €250 per week.

This fee allows us to provide accommodation, project supervision, local support, and the resources needed to carry out our conservation work while creating a safe and meaningful experience for all participants.

Your participation fee includes:

- Accommodation
- Daily guidance and project supervision
- Orientation during your first week
- Participation in conservation and community projects
- Access to the hub
- Forest access where applicable
- Ongoing support from our local and international team

A typical 20-week stay therefore costs €5.000.



Costs Not Included

Participants are responsible for arranging and covering:

- International flights
- Airport transfers
- Local transportation
- Visa fees
- Travel and health insurance
- Personal expenses
- Optional meals*

**Participants are often welcome to join meals with their host families. These are simple home-cooked Indonesian meals and offer a wonderful opportunity to experience everyday village life.*

As a registered Dutch Public Benefit Organisation (ANBI), your participation fee supports not only your experience, but also the long-term conservation projects you become part of.

Arrival & onboarding

Every participant begins with a structured introduction week designed to help you settle into your new surroundings, get to know the team, and feel at home before joining our daily conservation activities.

During your first week, you'll be introduced to:

- The Restore the Legacy team
- Your accommodation and local community
- Safety procedures
- Local culture and customs
- The surrounding environment
- Daily life at our projects
- Fellow participants and interns

Before starting project activities, you'll have time to settle in, ask questions, and become familiar with your new environment.

Optional Arrival Support

Participants may choose to book an optional arrival support package. For Bali 2026 costs are €750, this includes:

- Visa assistance
- 180-day (6-month) visa
- Visa cover letter and sponsorship support
- 6-month eSIM
- Airport transfers to and from your homestay
- Access to our community of participants, interns, and professionals
- Business networking opportunities, where relevant
- Exclusive community discounts on selected activities, restaurants, and transportation

For Borneo, costs depend on the project location. Due to the remoteness of some sites, travel costs may be higher but generally do not exceed €1,000. Detailed information is available upon request.

Important Information

Before travelling to Indonesia, we recommend consulting your local public health authority or travel clinic for the latest travel advice, recommended vaccinations, and health requirements.

Furthermore please ensure you have the following:

Insurance

Participants are responsible for arranging appropriate insurance before travelling. We strongly recommend:

- Health insurance covering long-term international stays
- Travel insurance
- Personal liability insurance, where applicable

Driving

Some participants choose to use motorcycles during their stay in Bali. Please note that many vehicles commonly referred to as "scooters" in Indonesia are legally classified as motorcycles.
Restore the Legacy will only facilitate motorcycle rental for participants who can provide:

- A valid motorcycle licence
- An International Driving Permit covering the appropriate motorcycle category

Participants remain fully responsible for their own transportation choices.

Transportation

Participants are free to choose how they travel during their stay. Those without a valid motorcycle licence are encouraged to use ride-hailing services such as Grab or Gojek, which are widely available throughout most parts of Bali.

Upon arrival, we'll also share recommendations for trusted local drivers and transportation providers.

Many participants find these services to be a convenient, affordable, and safe way to travel without the responsibility of driving themselves.

Health & Safety

Participants should be comfortable with:

- Tropical climates
- Outdoor fieldwork
- Uneven terrain
- Forest environments
- Remote project locations

Some project locations require walking on steep terrain, muddy trails and uneven forest paths. A reasonable level of physical fitness is recommended.

We strongly recommend bringing:

- Lightweight long trousers
- Appropriate hiking shoes
- Lightweight field clothing
- Rain protection
- Sun protection
- Insect repellent
- Reusable water bottle
- Personal medication

We also advise participants to consult their local travel clinic or physician regarding recommended vaccinations and health precautions for long-term travel in Indonesia.

Conservation & research ethics

Participants are expected to respect all wildlife, local communities, and natural ecosystems throughout their stay. Any guidelines provided by our team regarding conservation activities, wildlife welfare, or responsible behaviour in nature must always be followed.

Emergency support

Upon arrival, participants will receive emergency contact information, including project staff details, local emergency services, nearby healthcare facilities, and relevant transportation contacts.

What we hope you take home

We hope you leave Indonesia with unforgettable memories, meaningful friendships, new skills, and the satisfaction of contributing to the restoration and protection of tropical rainforests.

More importantly, we hope you leave with a new perspective. A deeper appreciation for nature, a better understanding of how communities and ecosystems are connected, and the confidence that you can make a meaningful difference, wherever life takes you next.

Some of the most valuable lessons won't be planned. They'll be found in the conversations you have, the challenges you overcome, the people you meet, and the moments you spend immersed in nature.

Nature has a lot to teach us.

We look forward to learning together.



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Restore the legacy

Restore the Legacy restores and protects tropical rainforests by bringing together communities, science, and nature.

Questions?

Email us at:
internships@restorethelegacy.world



Scan for our website