



**INTERNATIONAL
VOLUNTEER HQ**


2022 IMPACT REPORT



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A photograph of a group of people playing volleyball in a grassy field. In the foreground, a man in a blue t-shirt is jumping with his arms raised, reaching for a yellow and blue volleyball. A young boy in a blue t-shirt with 'FIJI' and a flag on it is also jumping, looking up at the ball. To the left, the back of a person in a pink shirt is visible. To the right, a man in a black t-shirt is partially visible. In the background, there are palm trees, a blue building, and hills under a clear sky.

"My favorite moment from my volunteer experience was playing volleyball with the Fijian kids and playing different sports with them and just seeing how happy they were to be there with us. The biggest impact on me was to enjoy the little things and not be so caught up in my phone to enjoy my friends and nature around me. I was hesitant before volunteering abroad but after my trip I couldn't be happier I did it. I made experiences and friends I'll never forget."

| Jimmy, Sports Education in Fiji



WHY IMPACT IS AT OUR HEART

At International Volunteer HQ, positively impacting people and the planet is at the core of everything we do.

We empower our volunteers to explore the world with kindness, give back to causes they care about, and leave every place better than they found it. As a certified B Corporation, the impact of our operations on our volunteers, local teams, communities, and the environment is externally audited every three years to ensure we continually uphold the highest standards.

Reporting on the impact of our volunteers, as well as the impact of our organization's operations, is important to us. It enables us to demonstrate complete transparency, celebrate the incredible work of our volunteers, and hold ourselves accountable to our commitment to being a force for good in the world.

This Impact Report is a summary of what we and our volunteers have collectively achieved to bring positive transformation to communities around the world in 2022.

Simon Birkenhead
Chief Executive Officer
International Volunteer HQ





"My time with IVHQ was unforgettable. I got to experience a new culture, meet lots of interesting people who became lifelong friends, and most importantly help communities that were in need. It is an experience that will stay with me for a very long time."

**Noah, Environmental Education
in Bali - Ubud**





OUR PURPOSE

We care about people and the planet. Our purpose is to create positive social, environmental, and personal transformation through regenerative travel. We facilitate life-enriching travel experiences that enable our volunteers to give back to causes they care about, while exploring the amazing world around them.

We connect volunteers with local leaders around the globe who are best suited to identify the most pressing needs in their communities and who can facilitate meaningful ways for volunteers to support responsible, sustainable projects.

Instead of placing IVHQ staff at program sites, we partner with local NGOs, non-profits, and community organizations to provide guidance, advice, supervision, and support to volunteers. This enables us to support long-term employment in host communities. IVHQ program fees go directly to these passionate local teams to cover the cost of accommodating and hosting our volunteers.

Our regenerative travel model creates opportunities for cultural exchange, personal growth, and impactful service, while boosting the local economies in 49 destinations around the world.

B CORPORATION CERTIFICATION

Certified B Corporations (short for 'Benefit Corporations') are businesses that meet the highest standards of verified social and environmental performance, public transparency, and legal accountability to balance profit and purpose. These standards are intentionally set high and are developed independently to measure a company's impact in five key areas: Governance, Workers, Community, Environment, and Customers.

Certification involves a comprehensive audit by B Lab, the nonprofit behind the B Corp certification, to verify each company's impact on all stakeholders as well as its governance practices.

The importance of operating a business for the benefit of every stakeholder, not just shareholders, has been at the heart of IVHQ's business practices since our foundation. This is why IVHQ was one of the first organizations in New Zealand to become a certified B Corporation in 2015.

As a B Corp, we are required to undergo the verification process every three years in order to recertify. In 2022, we were recertified with a B Impact score of 93.5. The median score for ordinary businesses who complete the assessment is 50.9. The breakdown of our B Impact assessment is public and can be viewed [here](#):



2022

YEAR IN REVIEW



IVHQ'S 2022 IMPACT IN NUMBERS

124
thousand

Total volunteers
since 2007

15

Number of years
IVHQ has been
supporting
volunteer travel

471
thousand

Total hours
our volunteers
contributed to
community projects
around the world

\$7.5
million

Amount in USD
invested into
communities abroad
through program fees

22

Number of new
volunteer projects
launched





Our TrustPilot rating
based on over 900
reviews

4.8
out of 5.0

Percentage of
volunteers' reviews
on TrustPilot that
were 4 or 5 stars

96%

Percentage of our
volunteers who offset
the climate impact of
their flights through
carbon credits

38%

Amount of CO₂ our volunteers
offset by purchasing certified
carbon credits

1,129,320
kilograms

Our B Impact Score when
we were recertified as a
B Corporation

93.5

THE DIVERSITY OF IVHQ VOLUNTEERS:



105

Number of nationalities
represented by
volunteers

86

Number of countries
our volunteers came
from

90%

Percentage of first
time volunteers

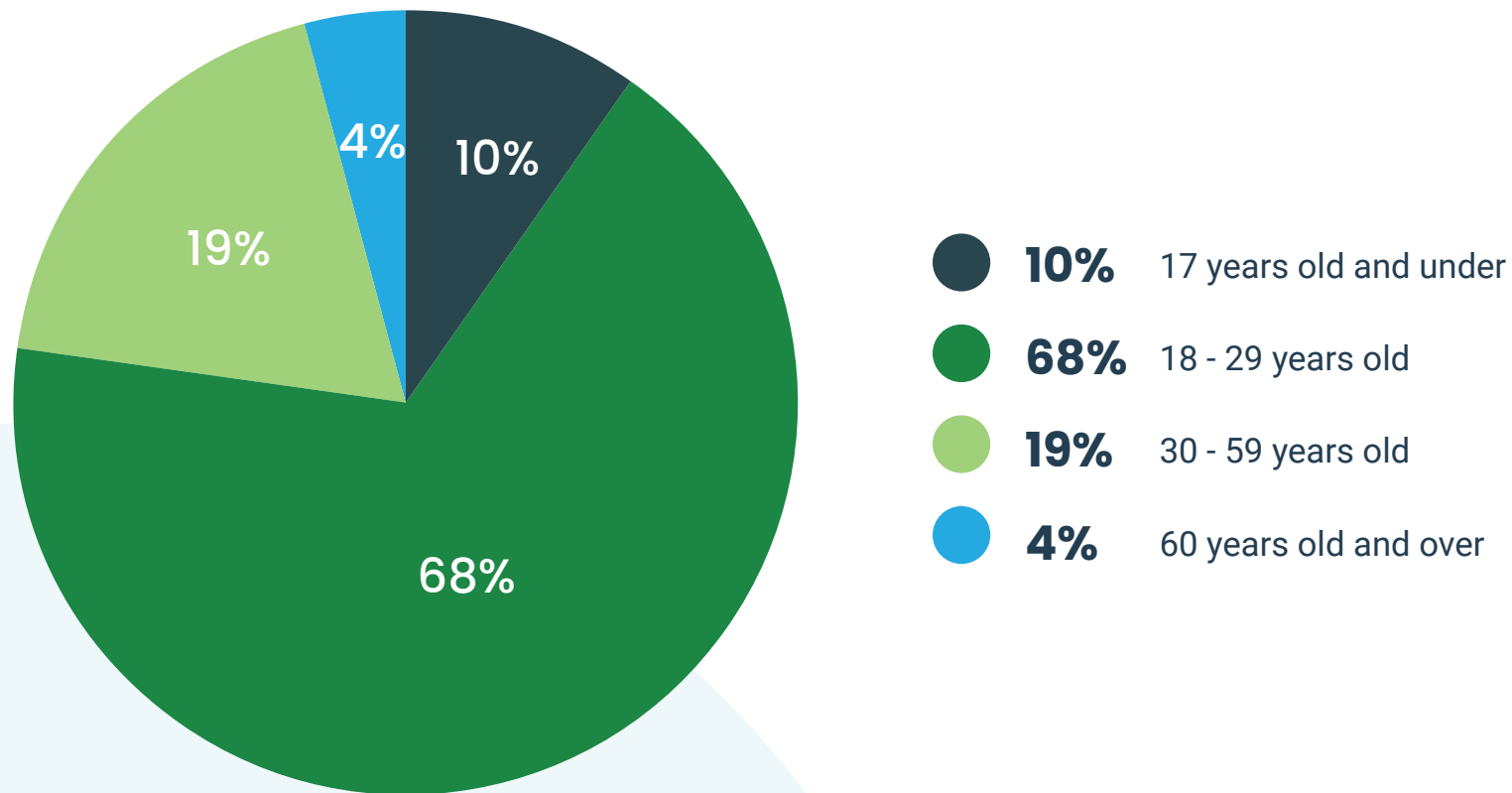
14

Total number of IVHQ
programs our most active
volunteer has joined

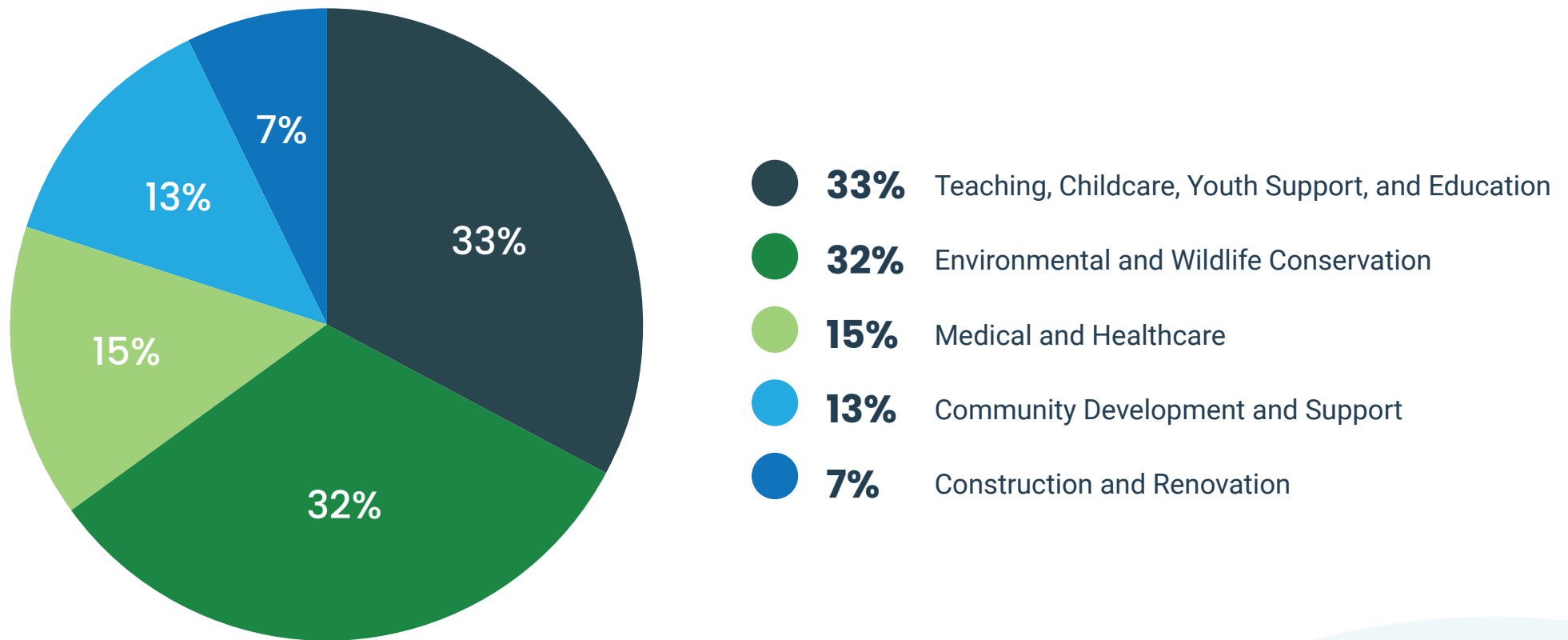
22

Number of volunteers
in 2022 who were
over the age of 75

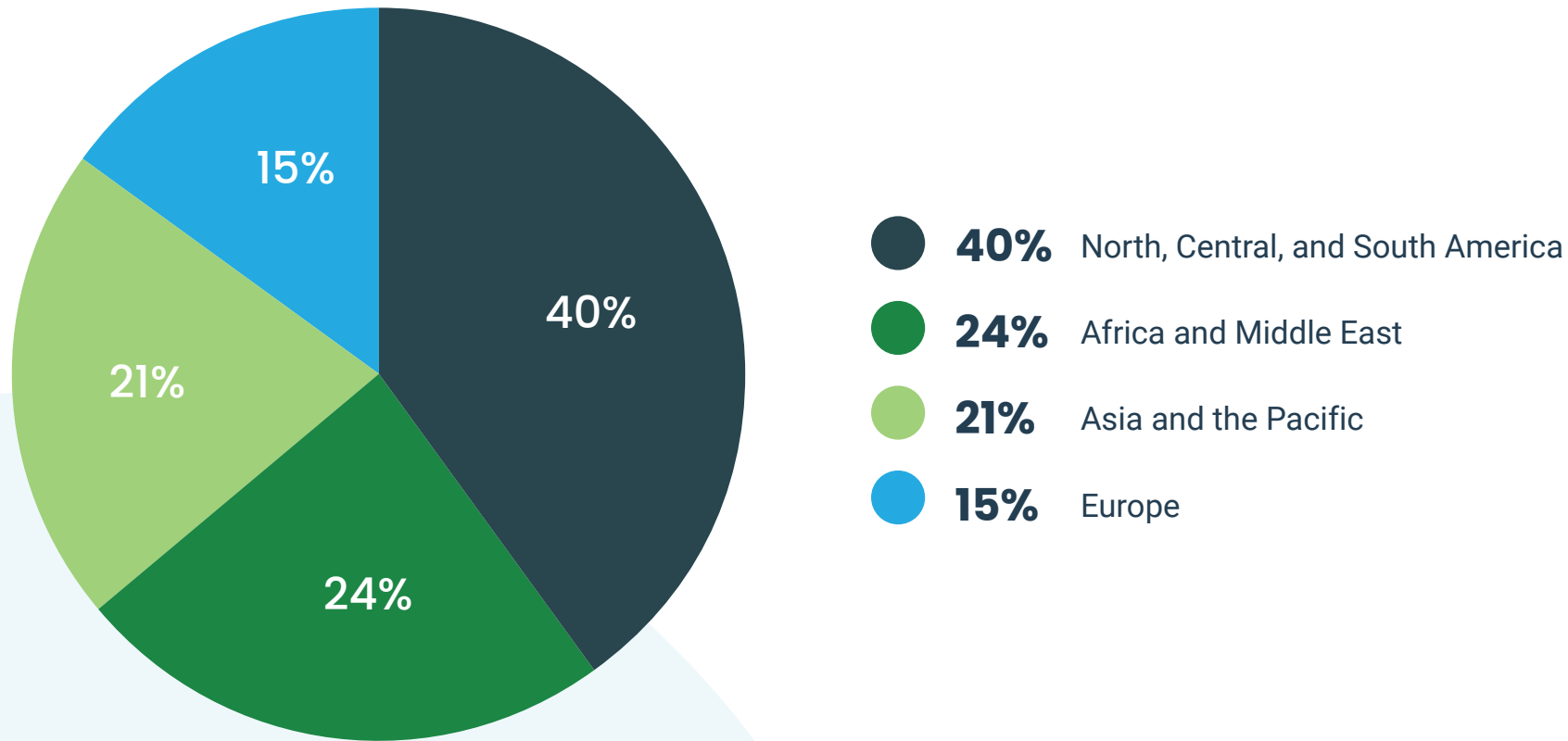
AGE PROFILE



PROJECT PARTICIPATION



DESTINATION PARTICIPATION





CLIMATE EMERGENCY

ACTION PLAN

OUR COMMITMENT

From our foundation in 2007, the mission of IVHQ has been to go beyond sustainable tourism by using travel to regenerate and rebuild the world we live in. This means leaving every place better than we found it. For the last fifteen years, IVHQ has been bringing volunteers together to protect the environment, regenerate threatened ecosystems, and fight climate change. But there is much more that needs to be done.

The world is in the midst of a climate crisis that requires immediate and radical action. In July 2021, IVHQ declared a Climate Emergency as part of the COP26 UN Climate Change Conference in Glasgow.

Our 2021 Climate Emergency Action Plan set out our intentions to reduce any negative environmental impact from our operations as an organization. This was a public commitment to play our part in helping limit global warming and work towards the net-zero carbon economy of the future.

Eighteen months later, we've achieved much of what we set out to do. Our Climate Emergency Action Plan, alongside our commitments as a [certified B Corporation](#), remains a framework that guides our investments and business decisions at all levels.

1. We commit to becoming a climate neutral organization by 2025

Why:

Becoming climate neutral means we're decarbonizing our business by reducing emissions from our volunteers' trips and our own global operations, as well as offsetting other greenhouse gas emissions beyond carbon.

Impact:

In 2022, IVHQ's New Zealand business operations were certified as 100% carbon neutral through a combination of:

- Reducing our greenhouse gas emissions by 15%
- Continuing to use renewable energy sources (including our own office solar panels)
- Purchasing certified carbon offsets through Ekos



BUSINESS OPERATIONS

2. We will continue measuring our greenhouse gas emissions

Why:

In order to become climate neutral, we need to know where our emissions are coming from so we can understand how to limit them.

Impact:

For our New Zealand business operations, we track every aspect of our greenhouse gas emissions, including the modes of transport our staff use to commute to work, the amount of air miles we consume to run our business, and the amount of waste our office produces. These metrics are independently checked and certified annually by Ekos.

3. Our goal is to offset 100% of our volunteers' flights by the end of 2025

Why:

We already offset carbon emissions for all staff flights, and we set a target of having 20% of our volunteers offset the carbon impact of their flights by the end of 2022, and 100% of volunteers by the end of 2025.

Impact:

In 2022, 38% of our volunteers offset the carbon emissions of their flights by:

- Purchasing certified carbon offsets through our partner CarbonClick
- Purchasing certified carbon offsets through another partner, such as their airline



4. We will continue using 100% renewable energy in our head office

Impact:

Solar panels power IVHQ's head office, and in 2022 we contracted with a certified 100% renewable energy supplier for any excess power needed.

We also recycle all office waste (where possible), including electronics and materials from events. IVHQ employees are encouraged to walk or cycle to work and we have bike storage in our offices.



5. We're committed to opening 10 more Climate Action volunteer projects by the end of 2022

Why:

As of July 2021, we had over 40 **Environmental**, **Marine**, and **Wildlife** Conservation volunteer projects worldwide to help protect endangered species and address the devastating effects of climate change. All of these volunteer projects were designed to work towards one or more of the United Nations' **Sustainable Development Goals**. We committed to opening an additional 10 volunteer projects by the end of 2022 that align with the Sustainable Development Goal #13: **Climate Action**.

Impact:

As of January 2023, we have 65 volunteer projects in 27 countries spanning environmental protection, climate action, and marine and wildlife conservation.

New projects that enable volunteers to take action specifically to counter the effects of climate change include:

- Climate Action in **Rome**
- Forest Conservation in **Portugal** and **Spain**
- Environmental Sustainability in **San Diego**
- Rainforest and Coastal Conservation and Turtle Conservation in **Zanzibar**
- Wildlife Conservation in **South Africa** and **Portugal**
- Sustainable Agriculture in **Jamaica** and **Tanzania**
- Environmental Conservation in **Thailand**



6. We will continue to partner solely with small, local organizations in the delivery of our volunteering services

Why:

From the start, we've **partnered with local people** to run our volunteering programs across Africa, Latin America, Europe, Asia, and the Pacific. This reduces the need for staff travel, supports long-term employment within the local community, and ensures that our volunteer projects make a real difference.

We are committed to continuing to partner solely with small, **local organizations**, and prioritizing other **B Corporations** where possible.



7. Our target is to get 11,000 volunteers to contribute to our Environmental, Marine, and Wildlife programs over the next three years

Why:

We are committed to recruiting large numbers of volunteers for our environmental and conservation volunteer programs as that is how we can **make the greatest collective impact**.

Impact:

In 2022, we had over 2,200 volunteers join one of our climate and conservation-focused projects. We will prioritize climate-focused programs in our marketing and communications, so that IVHQ volunteers can continue to support these impactful initiatives across the globe.



8. IVHQ staff support a diverse range of social and environmental organizations locally in New Zealand

Why:

We believe that every organization has an active role to play in supporting the community in which they operate. In 2022, we established a charitable donations committee comprising employees from all levels of the company to recommend worthy recipient organizations for IVHQ support across our home country, New Zealand.

Impact:

Here are just a few of the awesome local community organizations and charities that **IVHQ team has supported** in 2022 with cash donations:

- Taranaki Womens Refuge
- Box Office Boxing - Youth Academy
- Gabby's Starlit HOPE Charity
- Marfell Community Trust
- Taranaki Academy of Brass
- Blue Santa (Christmas initiative by local police)
- Oakura Junior Sports Club
- On The House
- Wild for Taranaki
- New Plymouth Food Bank
- Mellowpuff Charitable Trust

IVHQ staff also contributed their time and skills towards a number of charitable activities, including the New Plymouth Food Bank food drive (annual food collection and sorting), and the Mellowpuff Christmas break-in. IVHQ staff will support a local New Zealand climate action organization in the next year.

ENVIRONMENTAL AND CONSERVATION

VOLUNTEER IMPACT





ENVIRONMENTAL IMPACT STORIES

During 2022, we helped over 2,200 volunteers support environmental and conservation projects around the world. Here are some of their amazing achievements:

ENVIRONMENTAL CONSERVATION & REFORESTATION:

- Planted 800 casuarina trees and 3,800 mangroves to prevent erosion, support marine life, and contributed to sustainable wood sources in **Zanzibar**
- Supported conservation and reforestation initiatives in the **Peruvian** Amazon Rainforest, planted seedlings to restore mangroves in the **Philippines**, planted thousands of trees in **New Zealand**, and established a tree nursery in **Thailand** to supply local communities with plants to prevent soil erosion
- Designed and constructed a new plant nursery using only local, natural resources in the **Peruvian** Jungle. This nursery is used to stock and reforest more than 200 threatened tree species at the jungle reserve

[Read more](#)

MARINE & TURTLE CONSERVATION:

- Contributed more than 60,000 volunteer hours measuring, tagging, rehabilitating, and protecting sea turtles in **Bali, Costa Rica, Madagascar, Sri Lanka, and Zanzibar**
- Supported the hatching of 808 turtle eggs and released 6 adult sea turtles back to the ocean after rehabilitation in **Bali**
- Rehabilitated 20 adult turtles and supported the hatching of 600 baby turtles in **Sri Lanka**
- Helped support environmental scuba dives and marine conservation efforts in **Portugal and Spain**
- Removed over 8,500 invasive Lionfish, surveyed Caribbean Lobster and Queen Conch through conservation dives, and conducted coral bleaching analysis in **Belize**
- Measured, counted, and tagged more than 9,000 sea turtles and released over 1,000 turtle hatchlings into the sea and helped to lead more than 5,705 night patrols to control turtle egg poaching in **Costa Rica**
- Surveyed 4,000 corals over 200 reef visits in **Australia**, which contributed to global coral reef monitoring
- Released 1,041 hatchlings to the ocean in **Zanzibar** from 12 marine turtle nests, in addition to 17 marine turtles who were caught by fishermen

[Read more](#)





WILDLIFE CONSERVATION:

- Conducted multiple large-scale forest clearing exercises and fire patrols to support the protection of Iberian Wolves in **Portugal**
- Contributed more than 13,800 volunteer hours supporting ecosystem and wildlife conservation efforts in **Victoria Falls, Zimbabwe** and in **Kruger National Park, South Africa**

[Read more](#)

SUSTAINABLE AGRICULTURE:

- Planted over 1,000 trees in urban gardens and produced 2,500 pounds of fruit, vegetables, herbs, and medicinal plants for the community of **San Juan, Puerto Rico**
- Maintained a community garden and greenhouse that provides fruit and vegetables for people in need in **Romania** and contributed to sustainable farming initiatives in **Italy** and **Nepal**
- Dedicated more than 2,900 hours to helping local coffee farmers grow, harvest, and process their coffee in **Costa Rica**
- Assisted community members in the rice planting and harvesting season and established a dirt path to provide a safe roadway to help with the processing of crops and fruit in **Chiang Rai, Thailand**

[Read more](#)

CLIMATE ACTION & WASTE MANAGEMENT:

- Removed more than 14,500 pounds of plastic and trash through volunteer beach cleanups in **Belize** and more than 4,000 pounds of trash from the bottom of the sea and along the **Croatian** coastline
- Created over 500 eco-bricks from trash collected through beach clean-ups and established a waste management system to dispose of, reduce, reuse, and prevent waste in **Madagascar**
- Removed more than one tonne of rubbish through volunteer clean-ups and delivered an environmental education program to more than 100 students in the village where our **Bali** program is based
- Collected and sorted 2.3 tons of trash, brought appropriate materials to recycling centers, and taught 136 environmental lessons at 11 different schools, reaching 2,500 local students, in **Zanzibar**
- Helped to protect the Great Barrier Reef by sorting two tonnes of marine debris in **Australia**

[Read more](#)





"I had such an awesome time here! Everyone has been so welcoming and passionate. I really enjoyed the Environmental program. I learned a lot about the mangroves and enjoyed collecting and planting the mangroves seeds. I also really appreciate how much awareness the local team is bringing to the community and especially the children. Empowering them about how they can help their own community keep the beaches and community clean from litter has been inspiring to see and be involved with."

**Troy, Environmental
Conservation in the Philippines**



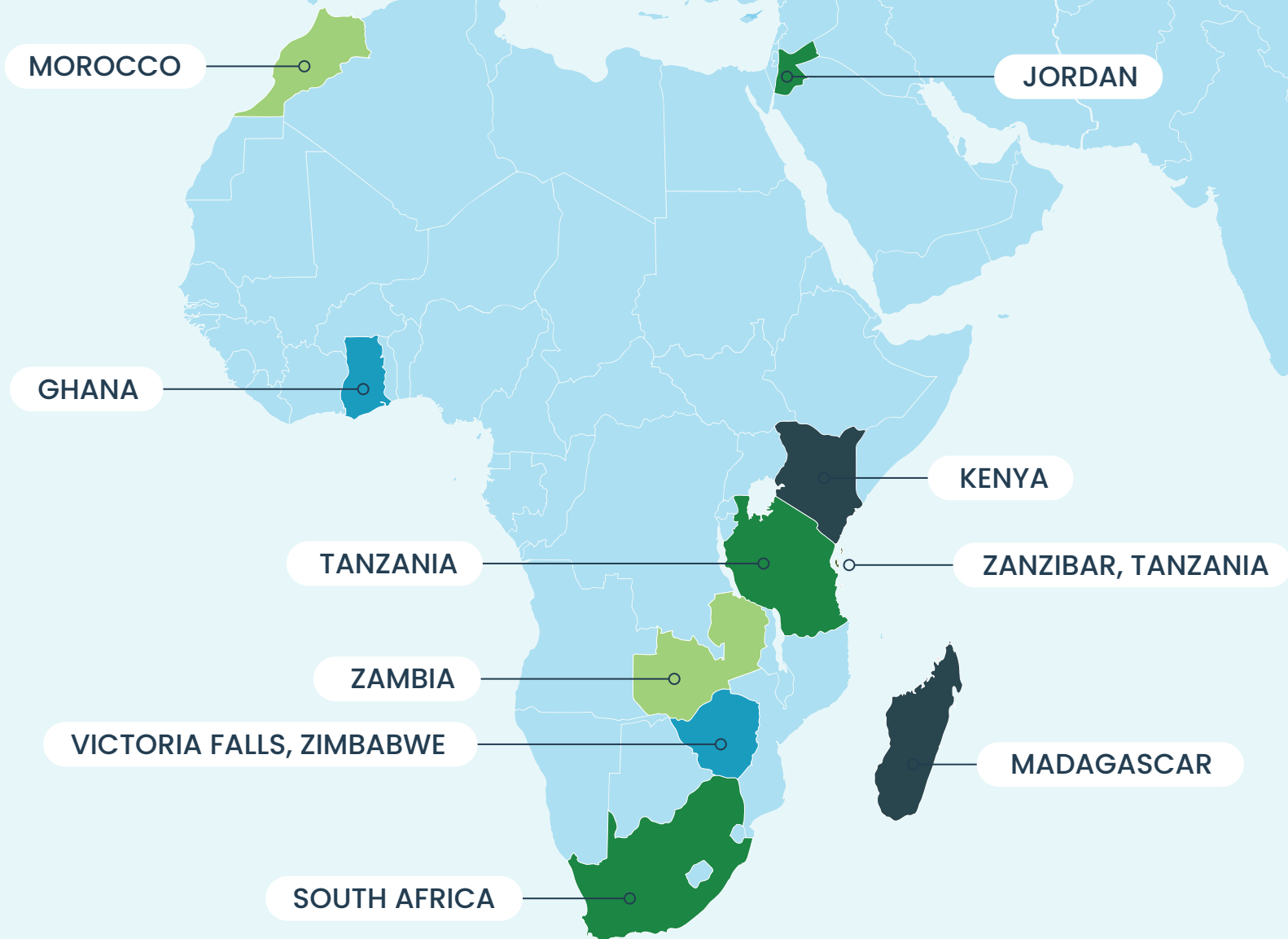


GLOBAL IMPACT

- 6,987 participants of 105 nationalities from 86 countries
- 471,267 hours volunteered in 49 locations
- Over \$7.5M USD contributed to local host communities*

*Estimate based on IVHQ program fees paid to local communities to cover the cost of volunteers' meals, accommodation, transportation, etc., plus additional spent on tours and activities, as well as the average additional weekly amount spent by volunteers while in country.

AFRICA AND THE MIDDLE EAST



Over 133,000 Volunteer Hours in 2022

AFRICA AND THE MIDDLE EAST 2022 REGIONAL IMPACT SUMMARY

Here are just a few examples of the impact our volunteers made in Africa and the Middle East during 2022:

- Devoted more than 4,850 hours to supporting youth and women's empowerment initiatives in **Jordan** and **Morocco**
- Renovated 25 classrooms and built an entire school from the ground up, in addition to five playgrounds, one library, four classrooms, eight toilet blocks, two school kitchens, and two security walls to create cleaner and safer environments for students in **Tanzania**
- Contributed more than 6,675 hours to supporting medical staff who provide accessible healthcare services in **Ghana** and **Zambia**
- Supported education projects in **Kenya**, of which more than 30% of children graduated into higher education (secondary school or colleges and universities)
- Provided free medical and dental treatment to over 1,200 community members and completed over 100 home visits to families living in absolute poverty and supplied food bags to all families containing essential food necessities in **Tanzania**
- Contributed more than 8,500 hours toward improving access to physical education through sport and surf development programs in **South Africa**

Over 133,000 Volunteer Hours in 2022

AFRICA AND THE MIDDLE EAST

2022 REGIONAL IMPACT SUMMARY

- Established a clean water and energy project for a childcare placement in **Kenya**, which provided safe and sanitary drinking water and electricity for the center, as well as the surrounding community
- Created and deployed six artificial reefs in **Madagascar** to increase habitat space for reef fish and coral to thrive
- Supported the building of a school including 12 classrooms in **Zambia**, which increased the capacity for teaching by 50%, from 300 to 450 students
- Established a tree nursery and planted seeds as part of agroforestry initiatives in **Nosy Komba, Madagascar**, which has improved the island's forest coverage by 30%
- Devoted more than 7,000 hours toward teaching and early childhood education for disadvantaged families in **South Africa**
- Dedicated 9,280 hours toward teaching in **Tanzania**, including more than 100 hours of menstrual education and period empowerment lessons to secondary education girls
- Facilitated a women's education project in **Morocco**, which provided opportunities for women to learn English alongside their children and family
- Supported the construction of a borehole in **Ghana**, which provided an entire community with access to free and clean water

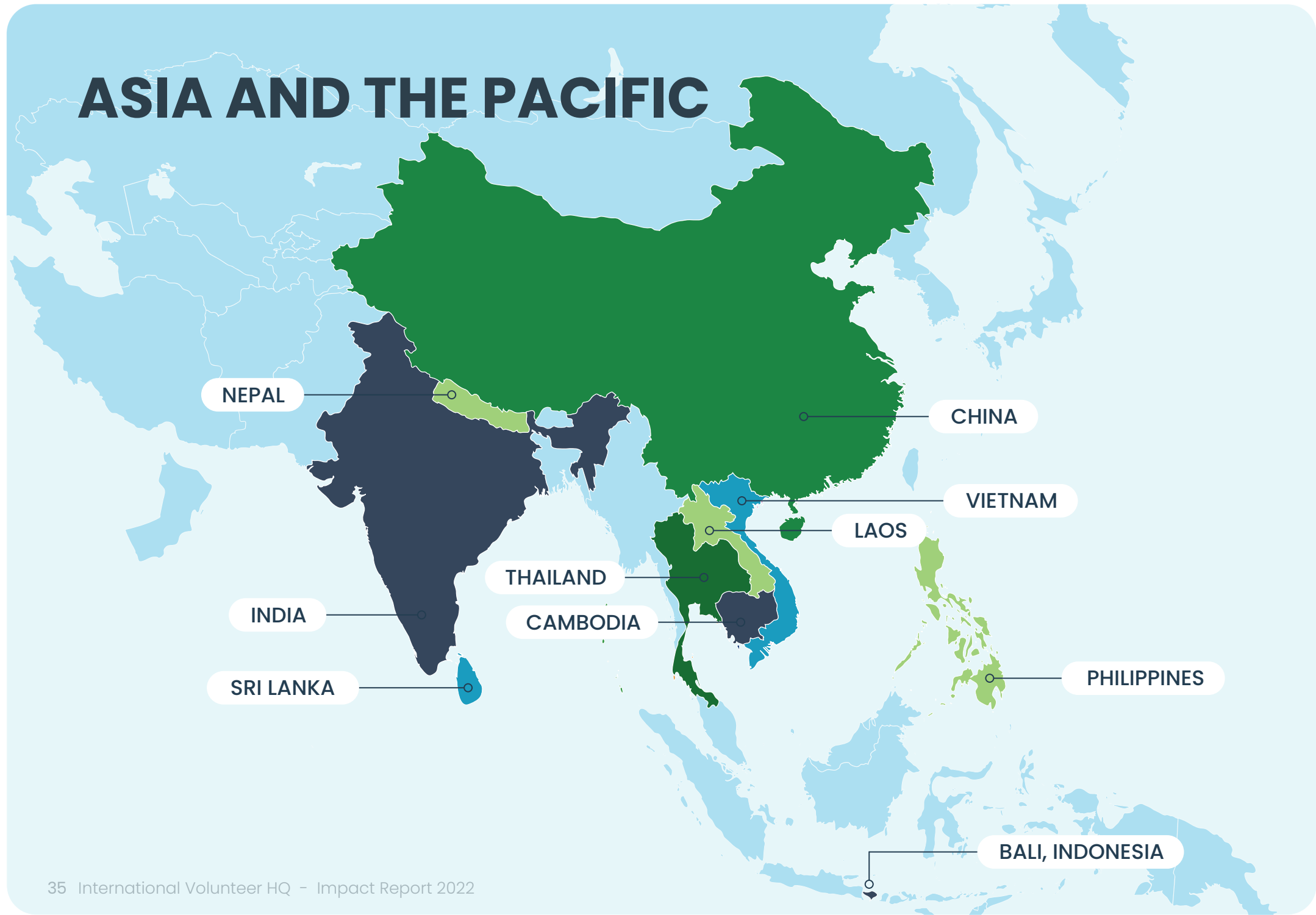


"It is important to feel that you are making a contribution as a volunteer, and I absolutely did. I always felt I was needed and capable of providing positive assistance. The staff at my placement were incredible, and the aged whom I was taking care of became very near and dear to me. My experience was amazing. Volunteers are really needed on this project because they provide companionship for the aged residents, which prevents them from being lonely or isolated."

| Briar, Elderly Care in Zambia



ASIA AND THE PACIFIC



ASIA AND THE PACIFIC



Over 106,000 Volunteer Hours in 2022

ASIA AND THE PACIFIC 2022 REGIONAL IMPACT SUMMARY

Here just a few examples of volunteer impact across Asia and the Pacific region during 2022:

- Taught 200 students at a primary school and organized after school programming for more than 300 kids in **Fiji**
- Served more than 35,000 portions of food and taught 576 classes to 1,500 students in **Ho Chi Minh, Vietnam**
- Provided medical first aid training to 48 parents of primary school children, facilitated English teaching sessions for 68 women, and conducted a summer camp for 80 children in **Kerala, India**
- Improved access to language learning for local children in **Hua Hin, Thailand** by devoting more than 4,000 hours toward teaching English and providing childcare
- Improved sanitation and access to clean water in **Laos** by rebuilding bathrooms in schools and providing new water pipes to surrounding villages
- Surveyed 144 turtles in **Australia** with unique identifying markings and contributed the data to an image capture research project for artificial intelligence training
- Contributed ideas and campaign support to NGOs in **Nepal** with various social focuses, including women empowerment, reducing inequality, people with disabilities, environment awareness, and leadership building

Over 106,000 Volunteer Hours in 2022

ASIA AND THE PACIFIC 2022 REGIONAL IMPACT SUMMARY

- Conducted dental checkups and organized workshops to educate 108 children and 32 women about hygiene and health in **Kerala, India**
- Supported two women's education centers by teaching more than 100 women English and technology classes in **Nepal**
- Distributed dry ration packs with enough supplies for two weeks across two villages in **Sri Lanka**, which impacted 700 people who were experiencing difficulties as a result of the economic crisis
- Delivered English language lessons to 800 students in **Cambodia** and to more than 400 students at a government school in **Bali**
- Constructed a two-toilet bathroom for disabled and special needs students at a government school in **Chiang Rai, Thailand**
- Built a concrete septic tank to prevent water contamination at a kindergarten placement in **Fiji**, in addition to supporting classroom and playground renovations
- Conducted free health checks and distributed medicine for over 8,000 people in **Delhi, India**
- Contributed more than 6,000 hours toward accessible healthcare initiatives in **Ho Chi Minh, Vietnam**
- Provided free education to more than 60 students in **Bali** through a kindergarten funded by the program fees of volunteers



"I had an incredible journey teaching women in Nepal. We spent time practicing written and spoken English, teaching them how to use a calculator, mathematics, understanding cultural barriers and dance sessions! It is really humbling to have been able to support women in such a variety of ways. The experience has cemented my belief that education really is the key to alleviate poverty and I can't wait for my next adventure with IVHQ!"

**Calon, Women's Education
in Nepal**



NORTH, CENTRAL, AND SOUTH AMERICA



NORTH, CENTRAL, AND SOUTH AMERICA



Over 173,000 Volunteer Hours in 2022

NORTH, CENTRAL, AND SOUTH AMERICA 2022 REGIONAL IMPACT SUMMARY

Here just a few examples of volunteer impact across North, Central, and South America, as well as the Caribbean during 2022:

- Shared health advice with over 5,000 community members and helped to prepare thousands of meals for the local community in **Lima, Peru**
- Delivered 15 business workshops to 57 local entrepreneurs through the Business and Community Development project in **Jamaica**
- Devoted 1,925 hours to animal care and sustainable development in **Mexico**, which supported the re-homing of five cats and six dogs in **Canada** and the **USA**
- Facilitated sport and life skills programs in **Argentina** and **Brazil**, which provided healthy, fun, and constructive recreational activities in a safe and supportive environment
- Devoted more than 6,500 hours to supporting children through teaching, sports, music, and childcare initiatives in **Ecuador**
- Supported four groups of volunteers to provide medical assistance to more than 500 patients over five weeks of medical campaigns in **Guatemala**
- Helped to build 16 apartments, which now support 40 low-income single mothers and their families in **Costa Rica**

Over 173,000 Volunteer Hours in 2022

NORTH, CENTRAL, AND SOUTH AMERICA

2022 REGIONAL IMPACT SUMMARY

- Led a 2-week dental campaign providing dental care for 1,070 patients in rural communities around the Cusco area in **Peru**. This was in addition to three medical campaigns which provided check-ups and care to more than 2,000 patients in 20 different communities around **Cusco**
- Delivered healthcare and treatment to 240 elderly patients at a primary clinic for the elderly in **Guatemala**. Without this help, the clinic would have closed down in 2022 due to staffing shortages
- Responded to damage from Hurricane Fiona by reconstructing roofs, in addition to supporting the demolition and reconstruction of homes for dozens of residents in **Puerto Rico**
- Increased capacity at a primary healthcare center in **Argentina**, which resulted in 50% higher patient attendance per day
- Facilitated summer camps for children in **Jamaica** by developing and delivering workshops on emotional wellbeing, arts and crafts, science, and sports
- Led four medical campaigns reaching 1,000 patients, in addition to providing medical check-ups to 300 political refugees from Venezuela and Nicaragua in **Costa Rica**
- Built a library from the ground up with a capacity for 100 people in a community just outside **Cusco, Peru**. The library is now being used as a community center for the neighborhood

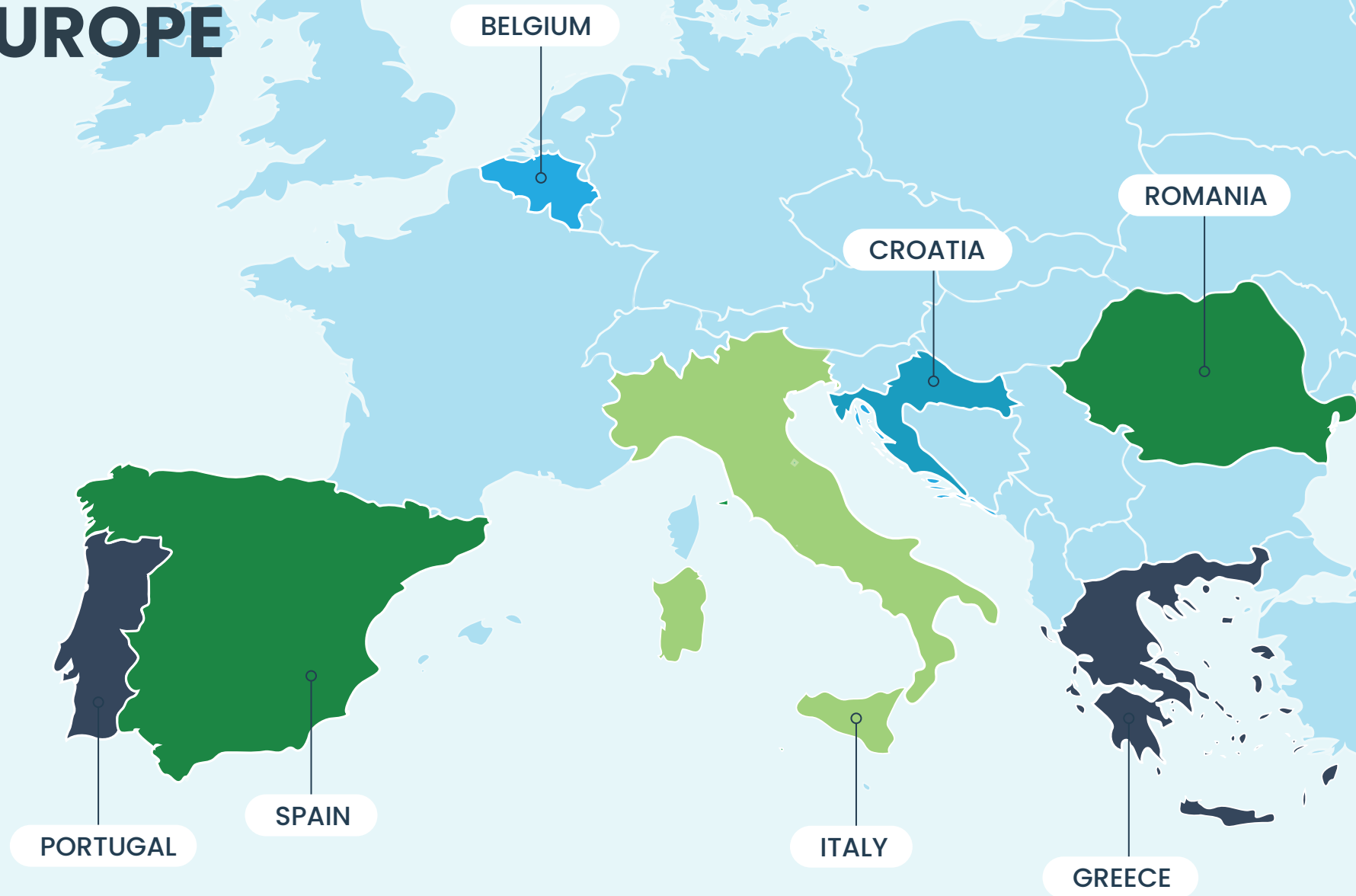


"This was everything I hoped for and more! We set the foundation up for future volunteers to build from. I felt my time was very appreciated. The project is absolutely worthwhile and is in need of more volunteers! We made so much initial progress and so much growth can happen! I absolutely feel I have grown as a person as a result of volunteering. I made a large impact on the reserve's future. I am inspired to continue!"

**Kyra, Sustainable
Agriculture in Mexico**



EUROPE



Over 60,000 Volunteer Hours in 2022

EUROPE

2022 REGIONAL IMPACT SUMMARY

Here just a few examples of volunteer impact across Europe during 2022:

- Dedicated 7,000 hours to caring for, feeding, and socializing stray animals in shelters across programs in **Greece, Italy, Portugal, and Spain**
- Facilitated creative-based workshops focused on improving motor skills and wellbeing for people with mental disabilities in **Croatia**
- Organized summer camps in **Romanian** villages, which provided opportunities for children from disadvantaged backgrounds to access English classes and develop life skills
- Provided over 1,800 hours of support to local NGOs in **Brussels, Belgium**
- Assisted in the construction and maintenance of new animal shelter facilities in **Croatia**, which resulted in the ability to provide appropriate care to an increased number of stray cats and dogs

"I prepared and distributed the food and every time I had contact with the homeless I felt really appreciated. The local team made me feel safe, happy and conscious about the realities faced in different parts of the world and how I can help and make a difference. They taught me that the help you give doesn't matter if it's big or small. If you make a difference, they won't be disappointed at all."

María, Homeless Support in Portugal



UNITED NATIONS' SUSTAINABLE DEVELOPMENT GOALS



SUSTAINABLE DEVELOPMENT GOALS

All IVHQ volunteer programs contribute to one or more of the Sustainable Development Goals (SDGs), which were developed by the United Nations as a blueprint for achieving a better and more sustainable future for all. They address the global challenges we face – including poverty, inequality, climate change, environmental degradation, peace, and justice. To highlight the ways our volunteers support the Sustainable Development Goals, we pair each project with one specific SDG.

In 2022, volunteers devoted a total of 471,267 hours to:



Contributed through youth support, community outreach, and homeless support projects in **10 countries**.



Contributed through food rescue and outreach projects in **6 countries**.



Contributed through medical, health education, special needs and elderly care, dental, and sports development projects in **26 countries**.



Contributed through teaching, education, and childcare projects in **30 countries**.

SUSTAINABLE DEVELOPMENT GOALS



Contributed through women's education and empowerment projects in **6 countries**.



Contributed through construction, renovation, and sustainable agriculture projects in **19 countries**.



Contributed through community development and NGO support projects in **18 countries**.



Contributed through environmental education, cultural immersion, and sustainability projects in **6 countries**.

SUSTAINABLE DEVELOPMENT GOALS



Contributed through eco-agriculture, climate action, and environmental conservation projects in **10 countries**.



Contributed through marine and turtle conservation, environmental scuba diving, and coastal conservation projects in **12 countries**.



Contributed through animal care, veterinary, and wildlife conservation projects in **17 countries**.

DIVERSITY, EQUITY, AND INCLUSION



DIVERSITY, EQUITY, AND INCLUSION

Since IVHQ was first established we've had **affordability** and **flexibility** at the core of our practice. Our goal is to make meaningful international experiences accessible to all. Less than 2% of university students are able to access traditional study abroad experiences due to their high cost and time demands. This compounds the inequality gap at a time when demand for international exposure in the job market continues to grow.

Universities around the globe have been turning to IVHQ as a solution to address these inequities in their programming. Our university partners have identified the following reasons our programs support their Diversity, Equity, and Inclusion efforts:

AFFORDABILITY:

Our international volunteer experiences are priced to ensure that they are accessible to all, irrespective of socioeconomic status.

- 1-week programs, including accommodation, start at just US\$250
- 4-week programs, including accommodation, start at just US\$560
- 12-week programs, including accommodation, start at just US\$1,520



FLEXIBILITY:

Our programs have flexible start dates and program durations. With weekly start dates year round, students can choose the duration that works best for them, with options ranging from 1 week to 24 weeks. This enables students with family or work commitments to select the dates that work best for them, even if that doesn't fit into the traditional study abroad timeframe.

CUSTOMIZATION:

We offer customizable faculty and student-led program options. Non-traditional study abroad students (and their parents) tend to prefer to travel in groups with trusted faculty or close friends. Our dedicated Groups team can work with them to plan the program of their dreams.

ACADEMIC CREDIT:

Academic credit is available on all of our programs and facilitates eligibility for federal financial aid and can reduce the cost of tuition fees.

VOLUNTEER EXPERIENCE



IVHQ ON TRUSTPILOT

Excellent  ★ Trustpilot

Trustpilot is a review platform that's open to everyone. People share their experiences to help others find the perfect program for them. Since 2018, volunteers have left more than 900 reviews about their experiences with IVHQ. Over those four years, 89% have been 5-star and 7% have been 4-star, with an overall TrustPilot Score of 4.8. [Read more](#)



Wonderful!

"I travelled with IVHQ to Nepal for the Women's program and it was the most wonderful and enriching trip I have been on. As a solo female traveller, I was nervous to be in a foreign country on my own. But from the first day I felt supported and safe, there was not one day I was alone! My homestay family welcomed me with open arms and the women at the centre were beyond kind welcoming me into their classroom. This is a trip that I will never forget, and could not recommend IVHQ enough!"

| **Liv from Australia**

Dec 19, 2022



Great First Volunteer Experience

"We were looking for an organization that could offer different programs for a family. IVHQ was that organization! They offered programs in a medical group for my daughter, sustainability group for my son and teaching group for myself - all this and we could stay in a private room in a homestead. We booked several outings with IVHQ. They listened to our concerns and everything went very smoothly. Our 1 week in Arusha, Tanzania was a great experience, only wish we would have stayed longer."

| **Catharina from the United States**

Sept 1, 2022



The Most Memorable Month of my life! Thank You IVHQ – Asante Sana Kenya!

“For my 30th birthday I decided to join IVHQ to achieve one big dream: volunteering in Kenya. I joined the kindergarten and special needs program in Nairobi, Kenya, where I spent the most memorable and amazing month of my life teaching the most kind and happy kids. IVHQ is an amazing organization for volunteer starters, they offer 24/7 guidance, a wide range of countries/programs, they guide you through the whole process and make sure you are placed in the best program, host family/home and with the best projects. Traveling to a new country to volunteer can be a scary decision, however IVHQ makes the process super friendly and believe me you will have the most amazing time of your life. volunteering is a once in a lifetime experience, where you will learn and experience not only a new culture/community but also a place that will become your home away from home.”

| **Fabiana from Venezuela**

April 17, 2022



Health Education in Bali

“This was an extremely fulfilling and enjoyable experience that allowed me to gain so much insight into Balinese culture and immerse myself in the volunteer experience. There was so much opportunity each day, from meeting new people, exploring Bali, and creating as much of a positive impact as possible in each program. The support provided was amazing and enables so much insight and advice into how to approach your project so that you were never left questions what your next steps should be. Additionally the food, accommodations, and transportation was amazing. Overall, this was an incredible experience that allowed me to leave with a great sense of accomplishment and motivation to do more!”

| **Emma from Canada**

Aug 18, 2022



IVHQ Puerto Rico

“The project that I was assigned to was clearly outlined before I arrived at the destination. I enjoyed the hostel and the local community. The environment of the location was pleasant and I was able to be immersed in their culture. The volunteering projects had a short and long-term impact on the future of the organization's mission. I had a good work-life balance and the organization I was working for was very accommodating to the volunteers' needs. I was able to explore the community and the coordinator provided excellent trips to see the authentic community. I highly recommend IVHQ for planning and I feel comfortable in the future booking with IVHQ. The company does the heavy lifting and planning to make sure you are with the best local team to walk you through the ropes of the program. The team also goes above and beyond and cares about all the volunteers.”

| **Justin from the United States**

May 4, 2022



The Most incredible Experience of a Lifetime!

"I would urge and advise anyone to use IVHQ to travel abroad and do volunteering. The coordinators made the experience of a new place and culture so smooth and that much more amazing! They have so much care and love for their volunteers and my experience would not have been the same without them! I made friends for life and the Vietnamese trip has been nothing short of life changing. I am now planning to move there to work for 6 months next year as I fell in love with the country and the people. I can't thank the IVHQ staff enough for all their support, organisation and advice! If you are a first time solo traveller like me the IVHQ programmes are the one for you. It has given me the skills and experience so that I now have the confidence to travel to more places alone!"

| **Josie from Great Britain**

June 25, 2022



LET'S COLLABORATE

Feeling inspired and want to contribute to our collective impact?

Head to our website to see where you could give back to communities on a meaningful volunteering abroad trip:



Alternatively, you can get in touch with us directly:





**INTERNATIONAL
VOLUNTEER HQ**

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