



**INTERNATIONAL
VOLUNTEER HQ**

Impact Report 2025



Certified



Corporation

[bcorporation.net](https://www.bcorporation.net)



Excellent



4.8/5

★ Trustpilot

Our Purpose

At International Volunteer HQ, creating positive change for people and the planet has always been at the heart of why we exist.

Every year, our volunteers and local teams work together to support communities in ways that are meaningful, responsible, and sustainable.

As a certified B Corporation, we hold ourselves to high standards of transparency and accountability, regularly assessing the impact of both our programs and our operations.

This report reflects what we have achieved together in 2025 and reaffirms our commitment to being a force for good in the world.

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 over 50 destinations around the world.





Dan Radcliffe Founder International Volunteer HQ

In 2007, International Volunteer HQ was launched from my family farm in New Zealand with a simple but stubborn belief: that volunteering abroad should be responsible, affordable, and truly impactful. Having seen firsthand the disparity between what volunteers paid and the value delivered to local communities, I was determined to build a model that prioritized transparency and genuine community needs. What started as a small operation across Kenya, Nepal, Thailand, and Vietnam has grown into a global community of dedicated people from every corner of the globe. At International Volunteer HQ, creating positive change for people and the planet has always been at the heart of why we exist.



Sam Morrah CEO International Volunteer HQ

As CEO, I am proud of the measurable impact our global community continues to make. From strengthening local partnerships to improving how we operate as a business, our focus remains on delivering responsible programs that create lasting value for communities while providing transformative experiences for volunteers. We are committed to continuous improvement, innovation, and transparency in everything we do. This Impact Report highlights the progress we have made over the past year and the steps we are taking to ensure our impact continues to grow in the years ahead.



Certified B Corporation



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.

In 2022, we were recertified as a B Corporation (something we do every 3 years) with a B Impact score of 93.5. The median score for ordinary businesses is 50.9.

The breakdown of our B Impact assessment is public and can be viewed [here](#).

IVHQ's Operations Are Carbon Neutral



IVHQ is proud to be certified Zero Carbon Business Operations. Since April 2019, we have measured and offset the carbon footprint of our business operations to ensure these have no negative impact on the climate. The solar panels in our head office provide most of our electricity requirements and we have purchased certified carbon credits with Ekos to offset non-renewable head office energy consumption and business travel undertaken by our staff.

These certified carbon credits are sourced from projects that grow and protect forests in our home country, New Zealand, as well as

other neighbouring Pacific Islands. These projects help to deliver climate resilience, waterways protection, erosion control, biodiversity conservation and community economic development.

In addition, we encourage all our volunteers to go 'carbon neutral' by enabling them to purchase their own carbon credits through IVHQ to offset the negative impact of their flights.



IVHQ Child Protection Policy

International Volunteer HQ is committed to upholding the security, rights and freedoms of children and vulnerable adults at all times. While assisting developing communities through providing international volunteers to local organizations, the first priority of IVHQ is the safety and protection of the children and vulnerable people they are working alongside. IVHQ is committed to ensuring that the children and vulnerable adults are not exposed to abuse, exploitation, violence or neglect.

As a responsible volunteer travel operator, we understand the importance of having effective policies and processes in place to protect the welfare and interests of the communities and individuals that our operations interact with. We know that particular risks exist in relation to how we interact with children and vulnerable adults. We're focussed on ensuring that those risks are mitigated through the effective implementation of this policy.

IVHQ Animal Welfare Policy

International Volunteer HQ is committed to upholding and improving the welfare of all animals involved in our wildlife conservation and animal care projects throughout the world. As a responsible volunteer travel operator, IVHQ ensures effective policies and processes are in place to protect the welfare of animals that our volunteers interact with. We believe animal welfare is a human responsibility that requires an active consideration of all aspects of animal wellbeing and we take this responsibility seriously.

The purpose of this policy is to outline the requirements we

have of all volunteer projects that involve providing care to animals or supporting wildlife conservation. It aims to define the expectations we have of the organizations we work with in each program location and summarizes the behaviours that we expect IVHQ volunteers to exhibit in order to promote animal welfare.

IVHQ is committed to providing proper housing, nutrition and responsible care to animals in a manner which promotes their health, safety, comfort and ability to express natural behaviour.



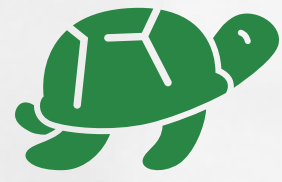
“

I had the opportunity to travel to Cusco, Peru for three weeks. Four other Siena students and I were able to volunteer in various locations throughout Cusco in our three weeks abroad. We met people from all around the world during our volunteering time, day trips, nighttime, hiking, you name it! During our time, we lived in a volunteer house that housed 16 young adults ages 18-26 who all lived in various countries. I went on this trip knowing nobody and left with so many friends and experiences. **This trip was easily one of the most memorable and developmental times of my life, and I'd encourage absolutely anyone to go!**

Brynn, from The USA
Peru - Cusco Program



Worldwide Impact



28,713

Turtles released



76,312

Trees or mangroves planted



44,414

Pounds of trash removed from beaches and oceans



10,859

Children taught



24,867

Patients served in medical clinics



260,385

Hours devoted to SDG 4: Quality Education across 36 countries

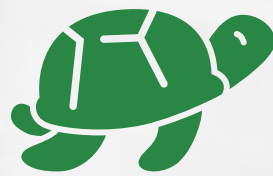


682,550

Total volunteer hours completed in 2025

2025 WRAPPED

Destination Specific Impact



17,000

Turtle eggs hatched protected in **Madagascar**



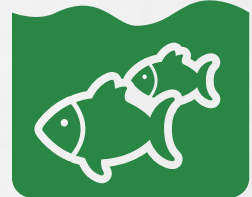
230

Miles of roads repaired in **South Africa**



1,260

Hours of free English classes in **Guatemala's** rural communities and local schools, benefiting over 400 children



7,471

Invasive lionfish removed from a reserve in **Belize**



22

Summer camps for 700 kids between 6 and 14 years old organized in **Romania**

2025
WRAPPED

“

I have gained so much inner courage and strength from volunteering with IVHQ. To anyone thinking about doing it I would say stop thinking and go for it immediately, you will have the best memories.

Trevor, 45 from The UK
Costa Rica program



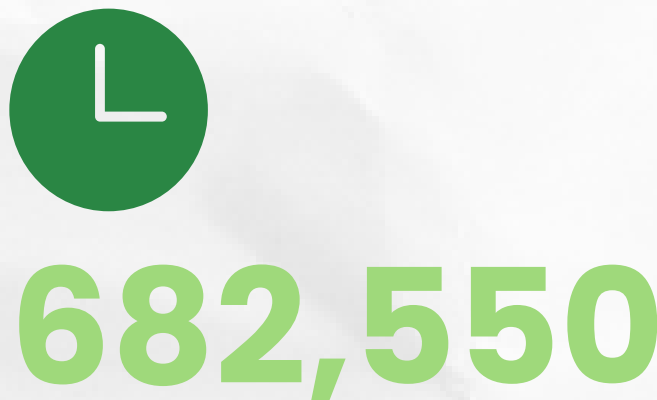
2025 In Review

IVHQ's Impact in Numbers

For over 18 years, IVHQ has been the trusted choice for volunteers worldwide, empowering more than **157,000** individuals from 100 nationalities to make a real difference. With **682,550 hours** dedicated to community projects, our impact speaks for itself.



Volunteers of 111 nationalities



Total hours our volunteers contributed to community projects around the world



Number of nationalities represented by IVHQ volunteers



Number of years IVHQ has been providing volunteer travel opportunities around the world



Our Trustpilot rating based on over 2,300 reviews



Percentage of Trustpilot reviews that were 4 or 5 stars

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

2025 In Review

IVHQ's Impact in Numbers

IVHQ volunteers create lasting global impact through sustainable projects that empower communities, promote cultural exchange, and drive meaningful change.



\$9.3m

Amount in USD invested into communities abroad



35%

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



12

Environmental projects around the world supported by purchasing certified carbon credits, including tree planting, renewable energy and clean cooking



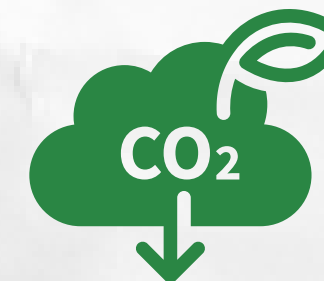
31

Number of new volunteer projects launched in 2025



93.5

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



1,179,969 kgs

Amount of CO² our volunteers offset by purchasing certified carbon credits in 2025

“

Volunteering abroad always teaches you many skills such as resilience, humility, patience, social interaction and invaluable knowledge about other cultures. Volunteering with a company such as IVHQ provides a safety net and support system that is invaluable for multicultural exchanges.

Georgina, 27 from The UK
Elephant Welfare in Thailand



The Diversity Of IVHQ Volunteers

United by Purpose, Diverse by Nature

At IVHQ, our volunteers are as diverse as the world we serve - hailing from different countries, cultures, genders, and ages, yet united by a shared passion for making a difference. Whether you're a student, professional, or retiree, our programs welcome everyone to contribute to meaningful, sustainable projects abroad. By volunteering with IVHQ, you'll join a global community that celebrates diversity, fosters cultural exchange, and creates lasting impact, all while embarking on a life-changing adventure.



111

Number of **nationalities** represented by volunteers



3

Youngest volunteer (with family)



88%

Percentage of **first time** volunteers



19

Total number of **IVHQ programs** our **most active** volunteer has joined



1,052

Number of volunteers who were **over age 55**



85

Oldest volunteer



Project Participation

In 2025, IVHQ volunteers are making an impact across a variety of meaningful projects, from Teaching and Childcare to Environmental Conservation, Community Development, Construction, and Medical Support. Each project reflects their diverse passions and commitment to creating positive change worldwide. Whether teaching children, protecting wildlife, or building stronger communities, their efforts are transforming lives and fostering sustainable development.



33%

Teaching, Childcare,
Youth Support &
Education



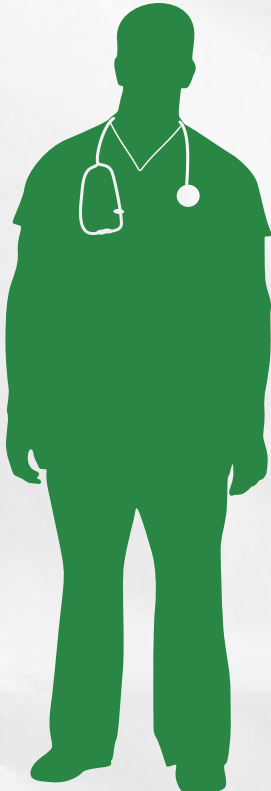
22%

Environmental
& Wildlife
Conservation



5%

Community
Development
& Support



11%

Medical &
Healthcare



15%

Construction
& Renovation

“

Me and my friends have lived the best three months of our life here, everything was amazing: the team, the volunteers, the culture, everything. It has been such a pleasure to do the construction program, we got to learn so many things with the different projects. We are so proud of what we achieved. Our coordinator always helped us, trusted us and made us work in the best conditions.

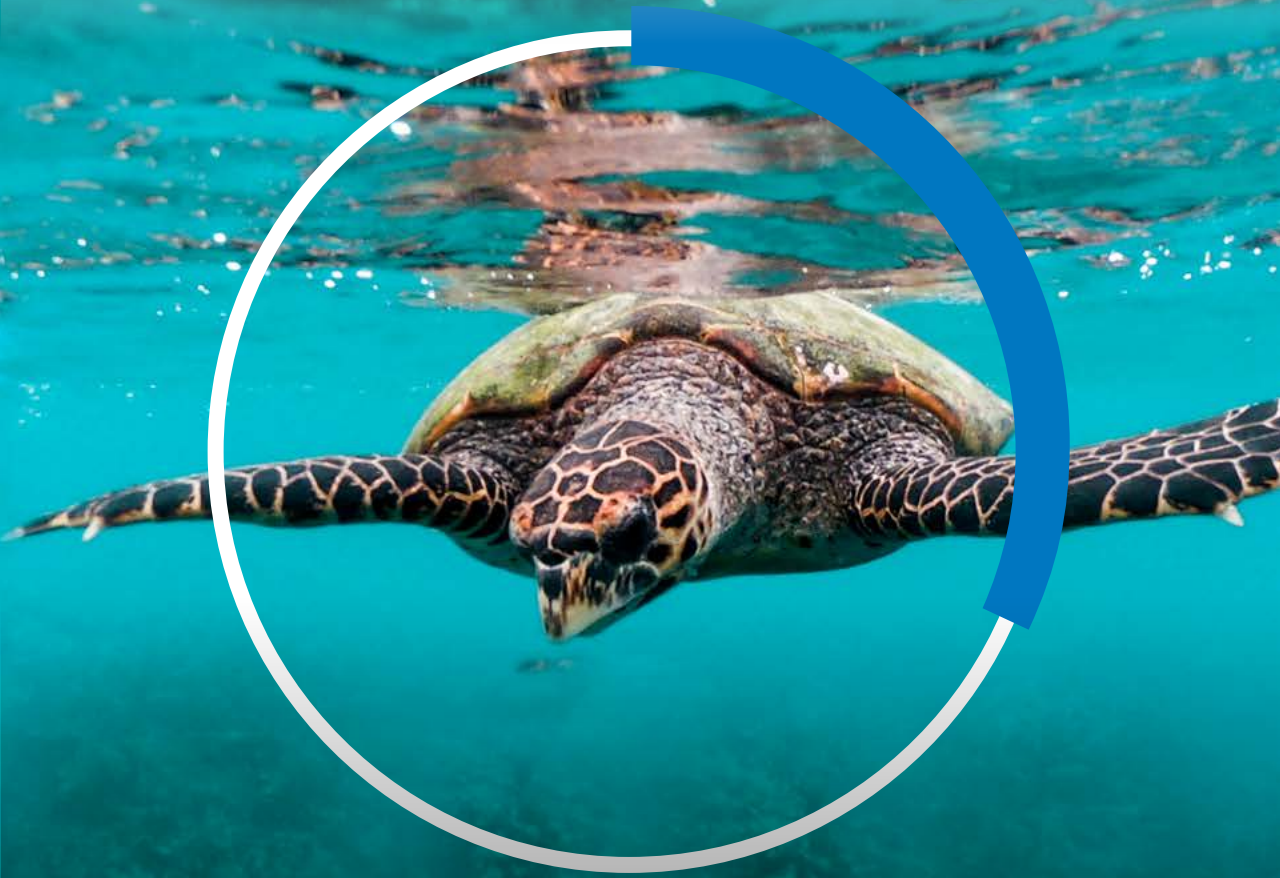
Heide, 21 from France
Construction and Renovation in Bali



Destination Participation

IVHQ offers volunteer programs in more than 40 destinations across every continent, giving you the freedom to choose a location that suits your goals, whether it's close to home or a dream destination far away. With such a wide range of options, you can immerse yourself in diverse cultures, experience new environments, and make a meaningful impact wherever you go. Volunteering abroad not only allows you to give back but also fosters personal growth, builds global connections, and provides unforgettable travel experiences that create lifelong memories.

33%



Asia & Pacific

31%



Africa & Middle East

26%



North, Central & South America

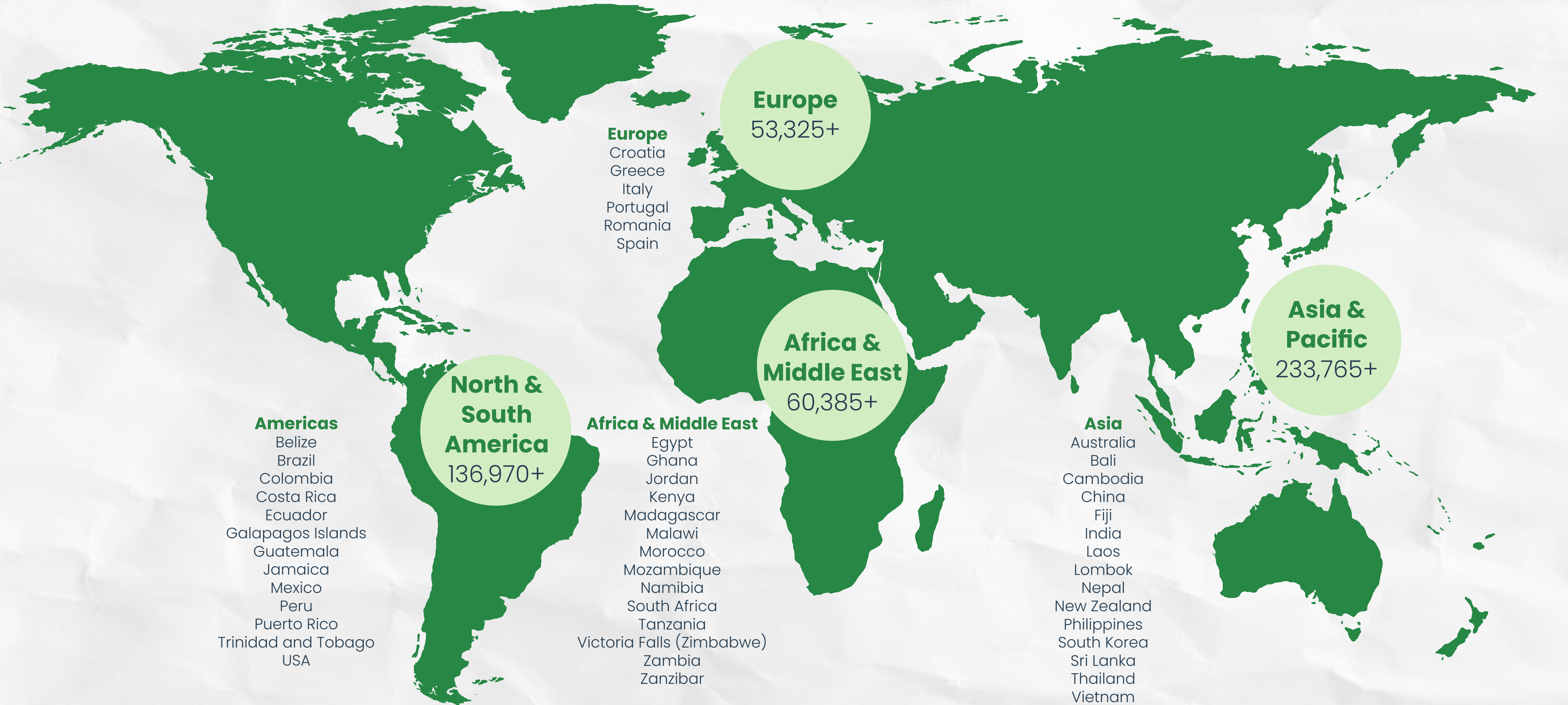
10%



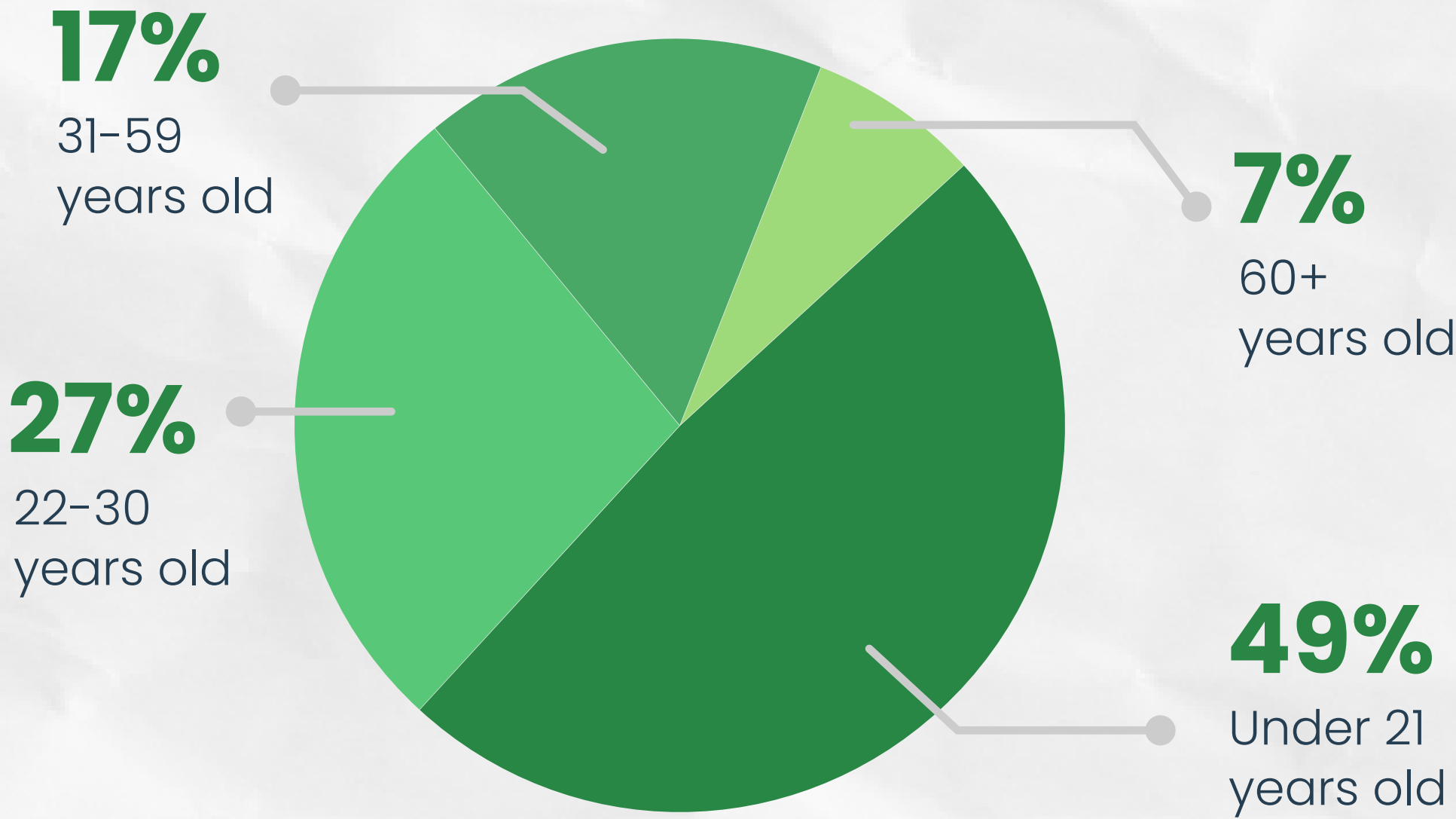
Europe

Hours Volunteered

In 2025 volunteers participated in more than 330 projects across 50 countries.



Age Profile



IVHQ volunteers come from all age groups, from students and young professionals to retirees looking to give back. This diverse mix creates a dynamic and enriching environment where people of different generations learn from one another, share unique perspectives, and contribute their skills in meaningful ways.

Whether it's young travelers gaining valuable life experience or seasoned professionals offering their expertise, this diversity strengthens our global impact and fosters deeper cultural exchange within the communities we support.



“

As nursing students, we learned so much with the projects! It's unbelievable that as a group we helped over 1,000 Peruvians. The project was more than I could have ever imagined! I came back a more confident nursing student because of the IVHQ program. Thank you! Our host family was outstanding. Very accommodating. Meals were great and the housing that we stayed in was more than what was expected. I couldn't say more amazing things about this program. So thankful that there are programs like this. It was an eye opening experience and I am so thankful for it.

Rebecca, 25 from The US
Medical Campaign in Peru - Cusco



Our Commitment To The United Nations 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 2025, volunteers devoted

675,590 HOURS

to the UN Sustainable Development Goals



Volunteer Hours Dedicated To The United Nations Sustainable Development Goals



9,530

Contributed through youth support, community outreach, and homeless support projects in 7 countries.



8,885

Contributed through food rescue and outreach projects in 6 countries.



106,915

Contributed through medical, health education, special needs and elderly care, dental, and sports development projects in 27 countries.



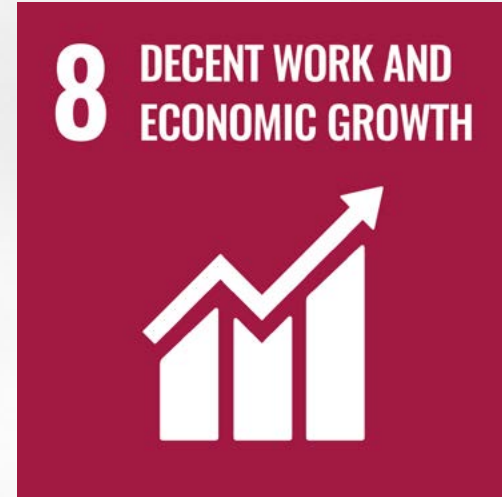
253,295

Contributed through teaching, education, and childcare projects in 36 countries.



12,655

Contributed through women's education and empowerment projects in 9 countries.



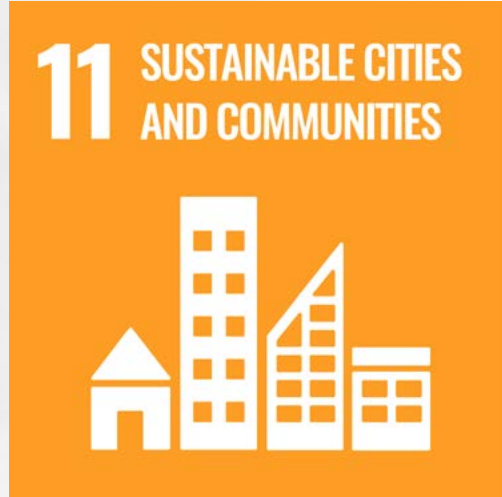
42,540

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



26,710

Contributed through community development and NGO support projects in 16 countries.



4,675

Contributed through environmental education, cultural immersion, and sustainability projects in 4 countries.



15,345

Contributed through eco-agriculture, climate action, and environmental conservation projects in 12 countries.



113,945

Contributed through marine and turtle conservation, environmental scuba diving, and coastal conservation projects in 13 countries.



81,095

Contributed through animal care, veterinary, and wildlife conservation projects in 24 countries.



Trustpilot Testimonials

Trustpilot is a review platform open to everyone. People share their experiences to help others find the perfect program. Since 2018, volunteers have left more than 2,360 reviews about their experiences with IVHQ. Over those six years, 89% have been 5-star and 6% have been 4-star, with an overall Trustpilot Score of 4.8.

Excellent  4.8/5  Trustpilot

“ I went to Zanzibar to do marine conservation through IVHQ and it was the best one week of my life, I had so much fun and im so glad I chose IVHQ to do this through, it was especially good for me as I didnt have to contact them to ask any questions because all of the information was in their programme guide which was extremely helpful as it included everything from preparations for pre journey to post, details of visa requirements, training, and everything. If anyone were to do this, i would recommend them to do it through IVHQ
Alfred, USA

“ Doing childcare in South Africa was one of the best experiences of my life, I’m still in contact with so many of the other volunteers and locals! We sang with the children, I helped them with their maths and English and lunch time meals. Outside of the volunteering, the house was based in a lovely location right near the beach and there was always something in the area to do! I cant wait to go back **Amber, UK**

“ This experience volunteering in Arusha has certainly been the best of my life. I didn’t only learn valuable skills but I learnt that it is a privilege to be able to bless others. (you are blessed to bless) as our teacher always said. The three weeks volunteering was so valuable and I have learnt so many things about myself and the world we live in. I will definitely be retuning in the near future and can’t wait to continue to make a difference **Louis, UK**

“ Travelling with IVHQ was an unforgettable experience. I learnt so much about Thai culture and made friends and connections that have continued after I left the program. The in-country coordinators were all so welcoming and kind to us, the accommodations were amazing and the volunteer work fulfilling and enjoyable. I will definitely be volunteering with IVHQ again! **Lucy, NZ**

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:

 www.volunteerhq.org

Or get in touch with us:

-  info@volunteerhq.org
-  [@ivhqvolunteer](https://www.facebook.com/ivhqvolunteer)
-  [@ivhq](https://www.instagram.com/ivhq)
-  [@ivhq](https://www.tiktok.com/@ivhq)
-  [@International-Volunteer-HQ](https://www.linkedin.com/company/International-Volunteer-HQ)



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