A WORLD OF GOOD

Volunteering Abroad with IVHQ

INTERNATIONAL VOLUNTEER HQ

Safe Travel. Real Impact.
Purposeful Change.

PARENT & TEEN GUIDE



TOP RATED PROVIDER VOLUNTEER ABROAD 2025 · COMMUNITY CHOICE AWARDS VOTED BEST 2025 VOLUNTEER PROVIDER · COMMUNITY CHOICE AWARDS VOTED BEST 2024 VOLUNTEER PROVIDER · COMMUNITY CHOICE AWARDS VOTED BEST 2023 VOLUNTEER PROVIDER · TOP RATED PROVIDER VOLUNTEER ABROAD 2023 · COMMUNITY CHOICE AWARDS VOTED BEST 2022 VOLUNTEER PROVIDER · 2022 TOP RATED ORGANIZATION Volunteer Abroad · COMMUNITY CHOICE AWARDS VOTED BEST 2021 VOLUNTEER PROVIDER · COMMUNITY CHOICE AWARDS VOTED BEST 2020 VOLUNTEER PROVIDER · 2020 TOP RATED ORGANIZATION Volunteer Abroad · Certified B Corporation bcorporation.net · NET ZERO CARBON Organisation ekos

Excellent ★★★★★ 4.9/5 Trustpilot

Trusted by over 160,000 volunteers since 2007 **Ethical. Impactful. Safe. Life-changing.**



Because you're not just sending them abroad, you're helping them grow into who they're meant to be.

At IVHQ, we understand what it means to let your teen step out into the world. It's exciting, and it can be a little daunting too.

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.

Since 2007, more than 160,000 volunteers have joined us to create positive change across more than 40 countries.

We're proud to be a Certified B Corporation and rated 4.9 stars on Trustpilot from over 2500 verified customers.

You can be confident that families around the world trust IVHQ to deliver safe, meaningful, and life-changing experiences.

The best week of my life! I made so many friends from around the world which I never thought I'd be able to do. I learnt so much about myself and am 100% doing this again. The IVHQ application process was very simple, and the support received was amazing.

Om, United Kingdom | October 2025

Trustpilot **5/5 Review**



Transparency matters.
Here's exactly what your fees cover.

Registration Fee + Program Fee includes:

- Meals (varies per destination)
- Accommodation
- In-country program orientation
- Personalized preparation tools, guides and check lists
- Comprehensive in-country day-to-day support and guidance
- Access to tours and experiences
- Airport pick-up*
- 24/7 in-country emergency support
- Dedicated Program Manager
- Access to IVHQ's recommended insurance and flight partners
- Discounts on language lessons
- Certificate of International Volunteer Service

*Except for our Belize programs





Safety isn't a promise, it's our foundation.

We follow comprehensive approaches to health, safety, risk, and responsible volunteering.

Health, safety, and risk management

- ✅ All programs maintain an up-to-date risk assessment to identify potential hazards and implement mitigation strategies.
- ✅ Volunteers complete pre-departure preparation, an in-person orientation, and on-site training with a focus on health and safety.
- ✅ Placements and accommodation have been vetted and are regularly monitored for safety and security.

Emergency and serious incident response

- ✅ Volunteers have access to comprehensive in-country support and an emergency line. Local staff can provide access to necessary resources, including evacuation, in the event of a serious emergency or crisis.
- ✅ All incidents are reported within 24 hours and IVHQ Program Managers and senior staff can escalate support, as needed.
- ✅ Feedback from volunteers and local teams is continually reviewed and used to revise our approach to risk and emergency management.

Responsible volunteering policies

- ✅ We connect volunteers with local leaders who are best suited to identify the most pressing needs and ways to meaningfully get involved in their communities.
- ✅ Our responsible volunteer policies are in place to protect children, vulnerable adults, the environment, and welfare of animals.
- ✅ We identify the potential ethical issues that can arise when volunteering abroad and implement strict codes of conduct on-site.



It was the best experience ever! The Volunteers Coordinator was super kind and helpful when I needed her; she cares a lot about the volunteers so you are in good hands! I could write a book about Rio and my experience there and I'm sure that I'm not done with Brazil, I'll come back for sure!

Marica, Italy | October 2025

Trustpilot 5/5 Review

Advance your education while traveling abroad.

Academic credit is available on every IVHQ program, no matter your destination, placement type, or length of stay.

Make your time abroad count toward your degree. With IVHQ, you can earn academic credit for volunteering abroad through accredited US and UK institutions. Combine meaningful travel with recognized university credit and gain global experience that enhances your studies and career.

Whether you're volunteering for a week or a semester, IVHQ makes it simple and affordable to earn credit while making a positive impact overseas.

> For me, getting my dive certification was the most important aspect, but to also obtain academic credits along the way topped it all. I'm going on another internship with Intern Abroad, but this time to Greece. Thanks for 8 weeks of adventure!

Rachel, American, 21
Marine Biology in Costa Rica





Why earn credit with IVHQ?

- ✅ Earn university-recognized credit through accredited US and UK institutions
- ✅ Affordable online courses starting from $125 USD per credit
- ✅ Study before, during, or after your program
- ✅ Build your resume or CV with hands-on international experience
- ✅ Connect classroom learning with real-world impact








More than travel. More than volunteering. A journey that changes everything.




When a young person volunteers abroad, they step into a world where connection matters more than comfort, and purpose replaces routine.

They'll learn resilience, empathy, and independence while being guided and supported 24/7 by our in-country support team.

Volunteering abroad isn't just about helping others; it's about unlocking potential and growing with purpose.



Truly a lovely experience with IVHQ...IVHQ ensure and support in every steps you take for your volunteering project. They also have strong connection with the local team, when you arrive you have every support you need the local team would do everything they can to assist you.

Veronica, Taiwan | October 2025

Trustpilot **5/5 Review**

Experience. Integrity. Impact. That's what sets us apart.

Five Reasons Families Trust IVHQ:

1



Safety-first approach

2



18+ years experience with over 150,000 volunteers

3



Certified B Corp
4.8/5 Trustpilot rating

4



Local partnerships + support local communities

5



Measurable impact

"I think it was an incredible experience for what it offered and what it taught, and I think it's great that they organize programs also for teenagers, giving us the chance to grow personally and in a very beautiful way. **Marta, Italy**

Excellent 4.9/5 Trustpilot

From curiosity to confidence, we're with you every step of the way.

1



Explore

2



Apply

3



Prepare

4



Experience

5



Return home changed

IVHQ made my volunteering dreams a reality! I am so grateful that they were able to organise this for me and my experience with these incredible ladies (and 1 man) will stick with me forever.

Sarah, United Kingdom | October 2025

Trustpilot **5/5 Review**



Explore the world with IVHQ with over 40 destinations

Endless opportunities to make a difference.



Project types:

- Arts & Music
- Childcare
- Christmas Volunteering
- Climate Action
- Community Development
- Construction & Renovation
- Dentistry
- Elderly Care
- Environment & Conservation
- Medical & Health
- NGO Support
- Refugee Support
- Sea Turtle & Marine Conservation
- Special Needs Care
- Sports
- Teaching
- Teen Summer Camps

Full supervised summer camps available for teens, check them out here

Real stories from real families.

Tonya F My son just returned from 10 weeks in Vietnam with IVHQ. He was well taken care of, made amazing friends, travelled and had a transformative experience. Your child is in good hands!

Chrissy M The program has it all set up. When she tells her coordinator her flight information, they make sure that someone is there to get her at that time and brings her to the airport. If you email the coordinator, they are very helpful!

Sarah J My 18 year old daughter went to Kenya on her own in the summer for four weeks. Yes I was apprehensive and concerned. But my worries were groundless. She had a fantastic experience and felt supported by the local team. They moved her from her first placement because she wanted to be nearer Nairobi with no fuss. Yes life there she said was basic. But she has great memories, fantastic photos and wonderful new friends. I made sure she had enough money and was vaccinated against every disease imaginable!!! Go have fun and tell your mum to try and stop worrying!

Amy V I was a concerned parent when my 19-year-old daughter wanted to go to Peru for two months. I'm so glad we let her go. It was one of the best experiences she has ever had.

Fern G I am a mother of two boys. They are 24 and 26. I went to Thailand last year with IVHQ and it was a wonderful experience and legitimate program. Tell your mom to relax. I would love to see my boys do something like this but they both work full time.

Mary C My daughter is an 18 year old college freshman. She will be traveling to Kenya on her own in June to volunteer! While I am nervous, I could not be more proud of her. She has raised $1,900 so far, and will use some of her savings to supplement the trip too. She convinced me that IVHQ is a safe, reputable organization.

Julie M My daughter is in Tanzania right now and she said it is amazing! She is an American girl travelling alone and is loving it!

Sarah J For all parents whose children are thinking of embarking on an adventure with IVHQ! My daughter went to Kenya last year. To say I was nervous was an understatement, she had only just turned 18 and, though she'd flown many times, this was her first solo trip! Ella was away a month and I was able to phone and Facetime on several occasions, which was very reassuring! Ella came home full of excitement from her adventures. She went on safari, did outreach and went to Mombasa. I am so glad I supported her through her adventures and know we cannot always protect them from harm, but at least I know I sent her away on her travels with a reputable agency.

Kelly Carey My daughter worked in Tanzania - absolutely life changing - in fact she is back there now 3 years after she first went!

Thomas M I too, was skeptical about my airport pickup. Turned out there were 3 uniformed local coordinators waiting for me upon arrival. We waited patiently in the airport cafe as 5-6 other volunteers flew in the same evening as me. As long as your daughter follows the instructions given to her about notifying the organization of her arrival time, they'll be there. Enjoy!

Trustpilot

Trustscore **4.9** | **2,500+** reviews

GO OVERSEAS

Rating **4.9/5** | **2800+** reviews

GoAbroad.com

Rating **4.7/5** | **2200+** reviews

Let’s plan a life-changing experience together.

Explore → Apply

Secure Your Spot

Prepare

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