

# Volunteer & Intern Abroad



*Discover what you're capable of.*

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**Step out of your comfort zone, push your boundaries, and do something extraordinary. We'll help you realise your full potential, broaden your horizons, and work towards a better world.**

We run volunteer projects and internships across the globe where you help uplift communities, protect the planet, and develop your own skills. You'll also connect with people, learn about different cultures, and explore the world around you. We've been doing this for over 25 years. So we know just how to ensure you make the most of your trip while feeling completely supported.

We can't wait for you to discover what you're capable of, join our global community, and contribute to our impact worldwide.

# Our mission

**To provide the gold standard of support and safety, so our volunteers and interns can fulfil their potential, discover themselves and create positive change in the world.**

## Why we're the gold standard in volunteering and interning abroad

We've been doing this since 1992, making us experts when it comes to volunteer trips and internships abroad.

### The gold standard of staff support

Safety is everything to us and has been for three decades. We would never dream of contracting-out your safety to agents and third parties, as some do. Instead, we employ, thoroughly vet, and train all our own staff. Together, we provide a world-class support network to help you thrive.



### Make a real impact

We don't leave our positive impact up to chance. Every one of our projects is carefully planned and monitored, so we know we're making the positive change we're committed to.

### Hassle-free approach

We take care of everything, so you don't have to. Shopping around for insurance, organising airport pickups, and finding safe, clean accommodation all takes time and extra money. We take care of it all for you, and it's included in the price as standard.



Visit [www.projects-abroad.co.nz/gold/](http://www.projects-abroad.co.nz/gold/) for details.

## Our values

### Realising potential

We're committed to helping you discover what you're capable of. We want your passion and dedication to be put towards making the world a better place.

### Transforming through travel

We want to empower you to explore the world, experience different cultures, and truly understand the specific issues in the places you visit.

### Building meaningful connections

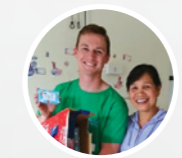
We have the biggest and longest standing international network of people who work together to make the world a better place. Real connections are at the heart of what we do.

### Changing individuals & communities

We work closely with local communities as we plan, run and evaluate our projects so we can guarantee that all our projects add significant value. This means that you can truly contribute while you learn and grow.

# Tick these countries off your bucket list

"The Projects Abroad staff could not be a friendlier group of people, and in many respects, they made my time here as enjoyable as possible. Whenever I had any questions or concerns, they were always there to offer assistance, which always put me at ease."



Jeffrey H,  
Medicine in Vietnam



"If you're like me and this is your first time in a new country or your first time traveling alone, you have nothing to be afraid of! The staff at Projects Abroad will show you around to make sure that you know everything that you possibly need to know."



Emily E,  
Childcare in Argentina

## Choose from one of our trip formats:



Projects with flexible dates and duration for volunteers and interns aged 16+



Fixed date projects with set itineraries for volunteers and interns.



Specially tailored projects for 5 or more people.



Fixed-date projects with set itineraries for volunteers aged 12-15.



Fixed-date projects with set itineraries for volunteers and interns aged 15-18.



Fixed-date projects with set itineraries for volunteers aged 50+

Do **volunteer** work you're passionate about



Visit [www.projects-abroad.co.nz/volunteer-abroad/](http://www.projects-abroad.co.nz/volunteer-abroad/) for details.

Join an **internship** for experience



Visit [www.projects-abroad.co.nz/intern-abroad/](http://www.projects-abroad.co.nz/intern-abroad/) for details.

Learn through **cultural exchange**



Visit [www.projects-abroad.co.nz/cultural-exchange/](http://www.projects-abroad.co.nz/cultural-exchange/) for details.

# What does *all-inclusive* mean?

To make your trip as smooth as possible, we plan everything for you. We want you to concentrate on what really matters: discovering what you're capable of.

You'll get:

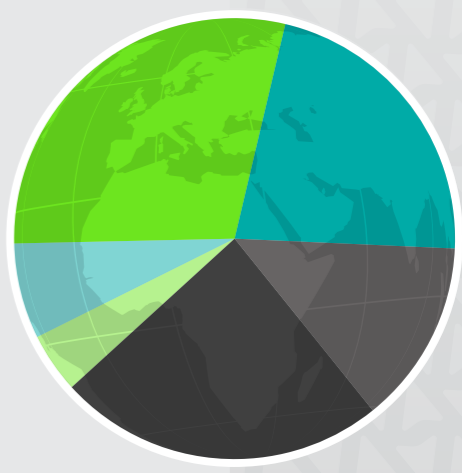
- Unrivalled staff support
- A worthwhile placement
- A detailed itinerary
- Organised social activities
- A welcoming host family or accommodation
- Home-cooked meals
- Medical and travel insurance
- Visa support
- In-destination transport
- Your own personal webpage

Visit [www.projects-abroad.co.nz/all-inclusive/](http://www.projects-abroad.co.nz/all-inclusive/) for details.

# Why pay to volunteer or intern?

The fee you pay keeps vital volunteer projects and internships running across the globe. Your fee covers your meals, accommodation, transport, and medical and travel insurance. But there's more to it than that.

It includes the training of dedicated staff around the world and the funding of projects. With your fee, we put rigorous safety and security measures in place, which is just another reason why we're the world leaders in volunteering and interning abroad.



32%	Direct costs of volunteer and intern experience	24%	Indirect costs of volunteer and intern experience	4%	Taxes
24%	Recruitment and communication	13%	Organisational costs	3%	Excess of revenue over costs

Visit [www.projects-abroad.co.nz/prices/](http://www.projects-abroad.co.nz/prices/) for details.

# Our impact

All of our projects and internships support communities in need, encourage cultural exchange, and develop important skills that'll advance your future.

We set short and long-term goals to ensure we're meeting the needs of the community. They allow us to structure our work and focus resources on the most important goals which are in line with the United Nations Sustainable Development Goals.

To achieve our goals, our staff, volunteers and interns monitor overall progress using specialised checklists and profiles.

Here are a few of the highlights that we've tracked:

Visit [www.projects-abroad.co.nz/impact/](http://www.projects-abroad.co.nz/impact/) for details.

## Our accreditations:



## Last year we:

Planted over **57,700 trees**, including mangroves

Released over **100,000 turtle hatchlings**

Supported the education of over **14,000 children**

Built, renovated and improved the learning environment for over **7,400 students**

Performed health screenings for over **24,250 community members** at medical outreaches

Ensured access to clean water for **3,000 community members**

Awarded interest-free loans to **210 beneficiaries** to grow their business

If you're ready to *discover what you're capable of*, get in touch with one of our Project Experts now!

**ProjectsAbroad**



/ProjectsAbroad



@projectsabroadglobal

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