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## Volunteering Abroad Factsheet

There are many ways to volunteer and many places to volunteer. There's no reason why international boundaries should be a limit when it comes to volunteering. There are many ways to make yourself a useful and welcome presence in a foreign country.

It's not just a great way to pass on the skills you have learned at home to others who desperately need them. It's also a great opportunity to pick up invaluable skills yourself such as another language. Whether you're still in education or are already working, it's never too late to have the adventure of a lifetime and volunteer abroad.

There are plenty of groups and charities where you can organize your trip. Please see our list below.

## How to Get Involved

If you want to volunteer abroad, your first point of call could be a national volunteering organisation who can talk through the kinds of opportunities that are available to you in your area first before travelling abroad.

Before making contact with an organisation, think about what you want to know from them and what they are likely to ask you. What are your interests? How much time can you give? At what time of day? What do you want to get from volunteering, e.g. meeting people or gaining new skills before going abroad? What skills or experience can you offer?

To volunteer abroad get in touch with one of the charities listed below.

## VSO

Voluntary Service Overseas (VSO) offer a huge range of opportunities in all professional walks of life, to share skills, ideas and experiences with communities in the developing world.

**Address:** Carlton House, 27A Carlton Drive, Putney, London SW15 2BS

**Tel:** 020 8780 7200

**Volunteering Advice Line:** 020 8780 7500 (9am-5pm, Mon-Fri)

**Email:** [enquiry@vso.org.uk](mailto:enquiry@vso.org.uk)

**Website:** [www.vso.org.uk](http://www.vso.org.uk)

## Raleigh International

Raleigh International is a youth development charity which inspires people from all backgrounds and nationalities to discover their full potential by working together on challenging environmental and community projects around the world. They run three-month expeditions that are part of a longer programme of training weekends and workshops prior to expedition. The training concentrates on personal development, cultural awareness, global issues and preparing people for expedition life.

**Address:** 3<sup>rd</sup> Floor, 207 Waterloo Road, London SE1 8XD

**Tel:** 020 7183 1270

**Email:** [info@raleigh.org.uk](mailto:info@raleigh.org.uk)

**Website:** [www.raleighinternational.org](http://www.raleighinternational.org)

### **Student Partnership Worldwide**

SPW is an international development charity that recruits and trains young adults (aged 18-28) as volunteer Peer Educators, to lead programmes that address urgent health and environmental issues in Africa and Asia. SPW currently has more than 800 volunteer Peer Educators in the field reaching 400,000 young people each year at an annual cost of just £5 per child.

**Address:** 2nd Floor, Faith House, 7 Tufton Street, London SW1P 3QB

**Tel:** 020 7976 8070

**Email:** [info@spw.org](mailto:info@spw.org)

**Website:** [www.spw.org](http://www.spw.org)

### **Year Out Group**

The Year Out Group is an association of leading year out organisations that was formed in 1998 to promote the concept and benefits of well-structured year out programmes, to promote models of good practice and to help young people and their advisers in selecting suitable and worthwhile projects. It does not organise programmes, but provides useful information. It is a not-for-profit organisation.

**Website:** [www.yearoutgroup.org](http://www.yearoutgroup.org)

### **Lattitude Global Volunteering**

Lattitude Global Volunteering, formerly GAP Activity Projects, is an international youth development charity which, for more than 35 years, has specialised in providing overseas volunteering opportunities for 17 to 25 year olds. It provides placements for young volunteers in the fields of teaching, caring, environment, outdoor activity, medicine and community development in Africa, Asia, Europe the Americas and Oceania.

**Address:** 44 Queen's Road, Reading, Berkshire RG1 4BB

**Tel:** 0118 959 4914

**Email:** [volunteer@lattitude.org.uk](mailto:volunteer@lattitude.org.uk)

**Website:** [www.lattitude.org.uk](http://www.lattitude.org.uk)

### **AidCamps International**

Provides grassroots development aid to local communities in developing countries. It offers interested people the opportunity to take part in a development aid project and make a significant contribution towards it, both personal and financial.

**Address:** 483 Green Lanes, London, N13 4BS

**Tel:** 0845 652 5412

**Email:** [info@aidcamps.org](mailto:info@aidcamps.org)

**Website:** [www.aidcamps.org](http://www.aidcamps.org)

### UNA Exchange / Cyfnewid

UNA Exchange is a large and dynamic organisation, supporting many hundreds of people to gain amazing international volunteering experiences each year. The majority of its work is in Wales, but UNA Exchange volunteers travel to more than 50 countries to participate in local development projects alongside local people.

**Address:** Temple of Peace and Health, Cathays Park, Cardiff, Wales, CF10 3AP

**Tel:** 029 2022 3088

**Email:** [info@unaexchange.org](mailto:info@unaexchange.org)

**Website:** [www.unaexchange.org](http://www.unaexchange.org)

Community Channel, 2ndFloor, Riverwalk House,156-161 Millbank, London, SW1P 4RR  
[www.communitychannel.org](http://www.communitychannel.org)    [info@communitychannel.org](mailto:info@communitychannel.org)

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