



INTERNATIONAL VOLUNTEER HQ

The World's Most Trusted & Affordable
Volunteer Abroad Programs For Groups

A woman with blonde hair in a red shirt and olive shorts, and a young child in a white shirt and grey shorts, are walking away from the camera on a dirt road. The woman is carrying a large black pot on her head, and the child is carrying a yellow bucket. They are surrounded by lush green trees and a blue sky with some clouds. The text is overlaid on the left side of the image in three green boxes.

SEE THE WORLD.

IMMERSE YOURSELF.

MAKE A DIFFERENCE.



INTERNATIONAL VOLUNTEER HQ



GUATEMALA

Note: This is a general proposal. Program fees are subject to change based on your group's specific requirements and preferences.

Why Volunteer as a Group with IVHQ?

Volunteering abroad as a group is easy with IVHQ! We offer the world's largest range of customized group volunteer programs from just \$275 for 1 week, including accommodation, meals, and 24/7 in-country support. This is backed by over 16 years of expertise in group volunteer travel.



"If you ever want to make a real impact in a time of need, this is your time."

Marc, 21
NGO Support Project in Romania

Our programs are designed for volunteering groups of 8 or more. We create customized itineraries that provide a safe environment for group members to make positive contributions to community projects, foster cross-cultural learning, expand personal perspective, and bond as a team. Groups choose to volunteer with IVHQ because of our affordable fees, tailored approach, unrivalled support and safety and our commitment to ethical and responsible volunteering.



**300+ projects across
40+ countries**

Volunteer programs
running in more countries
than anyone else



**Most affordable &
flexible**

Award-winning, fully
hosted experiences from
only \$275 for 1 week



**Impact driven programs
run by locals**

Supports long-term
employment for local
communities



**Ethical, responsible &
regenerative**

We're a Certified B
Corporation

How it works



STEP 1

Schedule a call with us

Book in a time that suits you to chat with our dedicated Group Support Team.



STEP 2

Share your objectives, logistics, and budget

We will find a destination and placement best suited to your group's preferences.



STEP 3

Let us know your university's requirements

We can provide all the documentation needed to meet your university's travel policies.



STEP 4

We create a custom proposal for you to review

This includes any accommodation requirements, daily schedules (including non-volunteering activities), local transportation, and tours.



STEP 5

We help your group prepare for the experience

We provide support throughout the application, payment, pre-departure, and feedback process.

IVHQ Volunteer Program in Central America

Guatemala

 Medical and Healthcare



Guatemala Medical Campaign Project

A special project for groups of eight or more, this is an opportunity designed for groups who want to do specific health outreach work in Antigua. You can help to treat and educate patients, provide check ups and help with health education. *If your group has a medical speciality, then your campaign can be tailored to provide particular specialist services.*

Medical campaigns are mostly situated in very rural communities where medical care is either extremely limited or nonexistent. While you may sometimes be performing very basic tasks, you are providing a service to a community that otherwise does not have access to this type of treatment.

Each patient receives a general checkup (height and weight, BMI, fluoride treatment of teeth, blood pressure, O2 levels) and a local doctor is on site to quickly examine each patient individually. What volunteers typically see and can treat are very basic issues such as chronic pain and infected cuts. More than anything they are providing the patients a sense of peace of mind by being seen by a professional for the first time in a very long time or sometimes for the first time in their life.

All patients are given vitamins and a toothbrush. Any patient who needs more care than basic procedures such as surgery, suspected cancer, diabetes, broken bones, etc is recommended to a clinic for follow up.



As these projects are designed based on the experience, language level, and skills shared by volunteers in their application, the specific tasks will be established closer to the trip but are likely to include:

- Providing basic check ups
- Distribution of medication
- Healthcare education
- Providing treatment where suitable

A Medical Campaign includes transportation to and from the placement daily, as well as airport transfers with licensed drivers in registered and safe transport (typically vans) and there will be a member of the local team with the group during transportation and at the Medical Campaign for support.

Guatemala, Antigua – per person

Medical Campaign

**DISCOUNTED
REGISTRATION
FEE
US\$333**



**PROGRAM
FEE
US\$590
for 1 week**



Accommodation for the duration of your program – homestay



Airport pickup & drop off and transportation to placement daily



In-country program orientation



24/7 in country support



Organization of your volunteering placement



Supports the local community



Discounts on language lessons & tour and activity add-ons



Meals – breakfast and dinner

ADD ONS include

Extra Nights

US\$31/person/night shared

US\$37/person/night private

Spanish Language Lessons

From \$65 per week

El Paradon Beach

US\$120 – full day

Volcano Tour

US\$49 – half day

US\$99 – full day

Iximche Archaeological Ruins

\$80 – half day

Private Room Upgrade (homestay)

US\$62/person/week

Coffee Farm Tour

US\$79 – half day

Antigua Street Food Tour

US\$42 – half Day

Hostel and Hotel upgrades

On request

Extended project hours

US\$100 per person

Prices are valid for 30 days and subject to change based on final itinerary and group size. A 5% transaction fee applies to all payments. Prices quoted are per person. IVHQ [Groups Terms & Conditions](#) apply.

Program fee for sample 10 day itinerary:

- **US\$1,214 per person shared**
- **US\$1,350 per person private**

Includes

- ❖ Homestay accommodation (hotel accommodation on tour)
- ❖ Breakfast & dinner (breakfast only on tour)
- ❖ Airport transfers
- ❖ Private transport to/from project site daily
- ❖ Hospital visit, including private transport
- ❖ Dental and Medical Specialist during Campaign
- ❖ Sightseeing as indicated, includes transportation

Excludes private room upgrade for overnight tour - I can request a price for this if you'd like to move forward with this option.

*The itinerary for your group will be determined closer to your start date and is subject to change.

Saturday: Arrival & orientation subject to flight timings

Sunday: Full day excursion to El Paradon Beach

Monday: Campaign + Half day Mayan Cultural Experience

Tuesday: Campaign + Salsa Classes (optional)

Wednesday: Campaign + Cooking Class (optional)

Thursday: Campaign + hospital visit

Friday: Campaign + Half day coffee farm tour

Saturday & Sunday: 2 day/1 night Lake Atitlan - Village Tour & Chichicastenango

Monday: Depart for home

Accommodation



In Antigua volunteers are accommodated in volunteer house or in homestays with local families - it's an immersive experience that connects you with an authentic insight into the Guatemalan way of life. You will find living conditions are comfortable and you can expect your accommodation to have electricity, drinkable running water and western bathrooms. Low pressure showers are common and the water is not always heated. Bedrooms have single and bunk beds with bedding provided.

You can expect to share a room with up to six other volunteers of the same gender in most homestays. It is possible for volunteers to upgrade to a private room (shared washroom) for \$62 per person, per week.

Groups can typically be accommodated together in a large homestay however this will be subject to final group size, gender split and private room requirements.

WiFi is available at homestays.

Meals



Volunteers are provided breakfast and dinner at their accommodation. Breakfast will be bread or tortillas, spreads, fruit and eggs with tea or coffee. Dinner commonly consists of meat, beans, starches and vegetables.

Lunches are not provided to Antigua-based volunteers as they are usually away from their accommodation around midday. We recommend budgeting between \$3 and \$5 per day to buy lunch at local restaurants recommended by staff. Tap water in Guatemala is not potable but homestays have filtered drinking water and you should bring a refillable water bottle with you. Bottled water is easy to purchase and inexpensive throughout Guatemala. Tap water can be used for showers and brushing your teeth.

When you apply for the program, please be sure to notify us of any special dietary requirements so we can make arrangements for you.

Academic Credit

You could save thousands of dollars in tuition fees by gaining course credit toward your degree through an international volunteer or internship experience!

To earn academic credit, you can choose from the following options:

Option 1: Complete volunteer hours and additional coursework during your IVHQ program to earn US credits through IVHQ's School of Record partnerships

Option 2:

Complete IVHQ's online Diploma in International Volunteering to earn UK or US credits for short duration programs

Option 3:

Combine a longer period of volunteering with our online Diploma in International Volunteering to earn up to 16 US credits during a semester abroad

Option 4:

Complete an international internship with our sister organization, Intern Abroad HQ

More details about Academic Credit



Providing comprehensive support from start to finish

Before you leave home

All IVHQ volunteers receive access to pre-departure online training when they register for one of our programs. Our training has a strong focus on risk areas that are not in the direct control of IVHQ or our local teams and how volunteers can mitigate such risks.

During your program

- Volunteers are met by a member of our local team when arriving at their program destination and receive an airport transfer to ensure they arrive safely at their volunteer accommodation.
- Volunteers complete a Program Orientation, which includes a detailed briefing about risks that are specific to your location and helps you get to grips with the local culture and program objectives.
- Local teams are available 24-hours a day to provide support.
- IVHQ staff also regularly check-in with volunteers at the accommodation to ensure everything is going well.
- All IVHQ programs are required to adhere to our Risk Management Policy.



Emergency response

- Every volunteer is provided with detailed briefings about what to do in the unlikely event of an emergency, and local teams have evacuation plans in place as well as support networks of skilled professionals that they can call upon should a need arise.
- Volunteers are given emergency contact phone numbers so they can get help quickly if they need it.
- Our local teams are required to log every health and safety related incident on IVHQ's global incident management database within 24 hours, regardless of how large or small it is, so that we can rapidly escalate support if necessary.
- Emergency response procedures in each destination are reviewed, audited and refined on a regular basis and we're constantly making improvements.

Responsible Volunteer Policies and Procedures



Child & Vulnerable Adult Protection Policy

IVHQ is committed to upholding the security, rights, and freedoms of children and vulnerable adults, at all times. We are committed to ensuring that children and vulnerable adults are not exposed to abuse, exploitation, violence, or neglect through volunteer projects. Please see the [Child and Vulnerable Adult Protection Policy](#) to view the Code of Conduct and safeguarding practices, as well as [Guidance for Selecting Childcare Volunteer Placements](#).



Animal Welfare Policy

IVHQ 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. Please see the [Animal Welfare Policy](#) to view principles and expectations of volunteers.



Medical Projects

IVHQ medical projects are primarily observational. Volunteers should not complete any task or provide care they have not been trained to do. As a general principle, if a volunteer is not qualified in their home country's medical system to carry out a specific procedure, they should also not be completing the task while volunteering abroad. On-site training and guidance is provided, and volunteers are supervised by local medical personnel.

Our volunteer programs are set up to positively impact people, the planet, and wildlife. We are committed to ensuring our programs meet strict social and environmental standards and are run in a responsible, efficient, and sustainable way.

Managing Health, Safety, and Risk

The safety and wellbeing of volunteers is our number one priority. We know that having the right processes, procedures and culture in place to manage and mitigate risks is of the highest importance. **This is based on 3 key areas:**

1. Making sure all local teams have the appropriate practices and procedures for reducing risk and resolving incidents quickly and safely, including emergency response procedures.
2. Ensuring participants understand the steps they can take to keep themselves safe and healthy while they are on an IVHQ program.
3. Providing comprehensive support, through pre-departure training, airport pickup, 24/7 in-country support and orientation, and regular check-ins from IVHQ staff.

As part of our [B Corporation](#) certification process, we regularly review and optimize our impact on volunteers, in-country teams, and local communities.

[Travel insurance](#) is required on all programs to ensure volunteers are supported in the unlikely event of an incident occurring.

Local Partner Practices:

- Detailed risk assessments for every program and location
- Thorough incident and emergency management plans
- First aid equipment available and first aid trained local staff
- Clearly displayed evacuation and emergency information
- Onsite security measures
- Support available for mental health concerns
- Comprehensive in-country orientation provided to volunteers, with broad site-specific safety briefings
- All incidents are promptly logged in the IVHQ incident management system

**Click [here](#) to review IVHQ's
Terms and Conditions of Service**

Planning a trip? Helpful hints and tricks



Come with a **positive mindset!** A positive outlook will enable you to cope better with any new or surprising situations, which will contribute to a more positive overall experience.

When budgeting for your trip, keep in mind that you might like to take part in local tours, go out for a meal, or purchase souvenirs!

Other costs to consider include flights, COVID-19 test, visa, travel insurance, [background check](#), additional meals, transport, and spending money.

Most of the time your volunteer trip abroad will go smoothly, but sometimes luck just isn't on your side and things go wrong. That's why [travel insurance](#) is **compulsory** for all IVHQ volunteers.

Once you have registered for your IVHQ program, one of the first things you should do in planning for your trip is to **check whether you require a visa** or any other relevant documents to travel abroad and return home.

Don't miss out! Your spot on an IVHQ program is not confirmed until you have submitted payment of your registration fees. Over 70% of IVHQ volunteers complete their registration within 7 days of applying, so we recommend you secure your place to avoid missing out.

Every group member is encouraged to **get involved** and submit an application, pay the fees, and complete their pre-departure checklist with IVHQ. This ensures everyone is well prepared and ready to volunteer abroad.

Next Steps

Prior to group deposit or individual registration, IVHQ are unable to reserve space on a program and prices are subject to change.

While we recommend securing your spot as soon as possible to ensure yourself adequate time to prepare, please consider the following deadlines your trip:

- 90 days in advance of trip: Group applications due
- 90 days in advance of the trip: Registration fees due
- 60 days in advance of the trip: Program fees, travel insurance details, criminal background check due

*Please read our terms and conditions [here](#)

Ready to begin your life-changing volunteer adventure?

Apply online: www.volunteerhq.org



Groups Support



www.volunteerhq.org



groups@hqtravelgroup.org



+64-6-758-7949 (International)
1-877-342-6588 (USA/Canada)



Thousands of Independent Reviews



4.9 out of 5 rating
From over 2,111 reviews



9.56 out of 10 rating
From over 1,653 reviews



4.8 out of 5 rating
From over 1,268 reviews

Multi-Award Winning Organization



Who Partners With Us



Education Abroad

