

Università Cattolica del Sacro Cuore Summer 2025



## **About IVHQ**

At International Volunteer HQ, we organize international volunteer experiences in 45+ countries for students who want to make a lasting impact while learning from another culture.

We've supported over 143,000 participants since 2007.

We offer high quality and safe international experiences that deliver personal growth and help students become global citizens.

Our programs are run by local teams who are best placed to understand the pressing needs of their community.

All of our volunteer projects align with one or more of the UN Sustainable Development Goals.





# We arrange incountry logistics for you

- Accommodation
- Meals
- Airport pick up
- 24/7 in-country support
- In-country program orientation
- Personalized preparation tools, guides and checklists
- Certificate of Volunteer Service

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

## Health, safety, and risk management

- All programs maintain an up-todate risk assessment to identify potential hazards and implement mitigation strategies.
- First aid equipment and access to medical care is available.
  Placements and accommodation have been vetted and are regularly monitored for safety and security.
- Volunteers are given a thorough country guide, an in-person orientation, and on-site training with a focus on health and safety.

## Emergency and serious incident response

- Volunteers have 24/7 access to local staff who can provide access to necessary resources, including evacuation, in the event of a serious emergency or crisis.
- All incidents are reported within 24 hours; 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

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

## Cattolica Summer 2025 Cohorts

Volunteer for 2, 3, or 4 weeks next summer!



### Start dates for most programs:

July 14, 2025

July 28, 2025

August 11, 2025

Note: You will be expected to arrive in country the day before your program start date.







#### **Volunteer in Guatemala**

**Location:** Antigua

Accommodation type: Volunteer house

Meals provided: Breakfast and dinner

Start dates: July 14, July 28, or August 11







#### **Volunteer Projects**

- → Animal Care
- → Childcare
- → Construction & Renovation
- → Dentistry
- → Eco-Agriculture Conservation
- → Elderly Care
- → Medical & Healthcare
- → Special Needs Care
- → Teaching English

- → Tour a local coffee farm
- → Hike the nearby Pacaya Volcano
- → Spend a day at Lake Attitlan
- → Shop at the open-air markets







#### Volunteer in Indonesia - Bali

Locations: Lovina, Ubud, Nusa Penida

Accommodation type: Volunteer house

Meals provided: Breakfast, lunch, and dinner

Start dates: July 14, July 28, or August 11







#### **Volunteer Projects**

- → Construction & Renovation Loving or Ubud
- → Environmental Education Ubud
- → Health Education Loving or Ubud
- → Sports Education Lovina
- → Teaching Lovina or Ubud
- → Turtle Conservation Nusa Penida

- → Visit picturesque beaches
- → Explore the Monkey Forest
- → Shop at the local markets
- → Tour rice terraces
- → Admire the architecture and religious history of Balinese temples







#### **Volunteer in Peru**

**Location:** Cusco

**Accommodation type:** Volunteer house or homestay\*

Meals provided: Breakfast and dinner

Start dates: July 14, July 28, or August 11





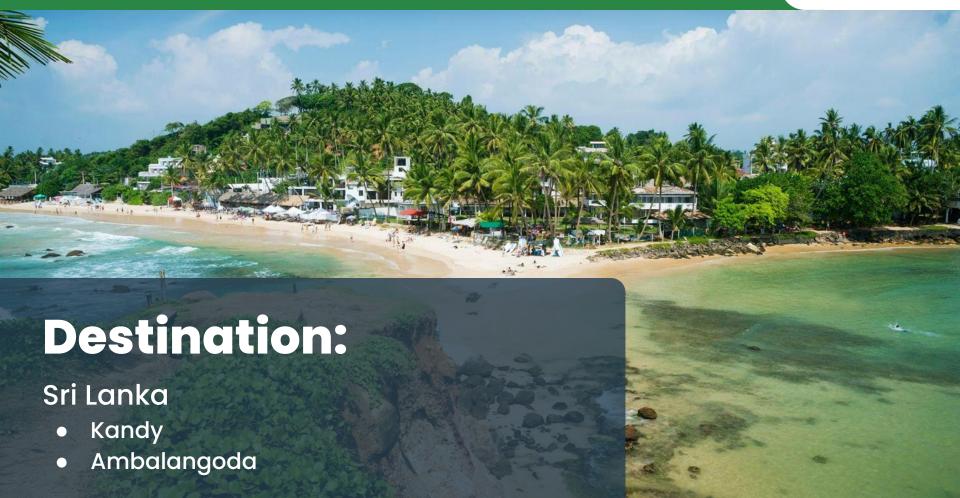


#### **Volunteer Projects**

- → Amazon Jungle Conservation\*
- → Archaeology\*
- → Animal Care
- → Childcare
- → Construction & Renovation
- → Dentistry
- → Eco-Agriculture Conservation
- → Medical & Healthcare
- → Special Needs Care
- → Teaching English

- → Explore Machu Picchu
- → Hike Rainbow Mountain
- → Visit an alpaca farm
- → Tour the Sacred Valley







#### Volunteer in Sri Lanka

Locations: Kandy, Ambalangoda

Accommodation type: Volunteer house

Meals provided: Breakfast, lunch, and dinner

Start dates: July 14, July 28, or August 11

\*The Turtle Conservation project is available for the following start dates: July 7, July 21, August 4. Volunteers on this project will spend their first week





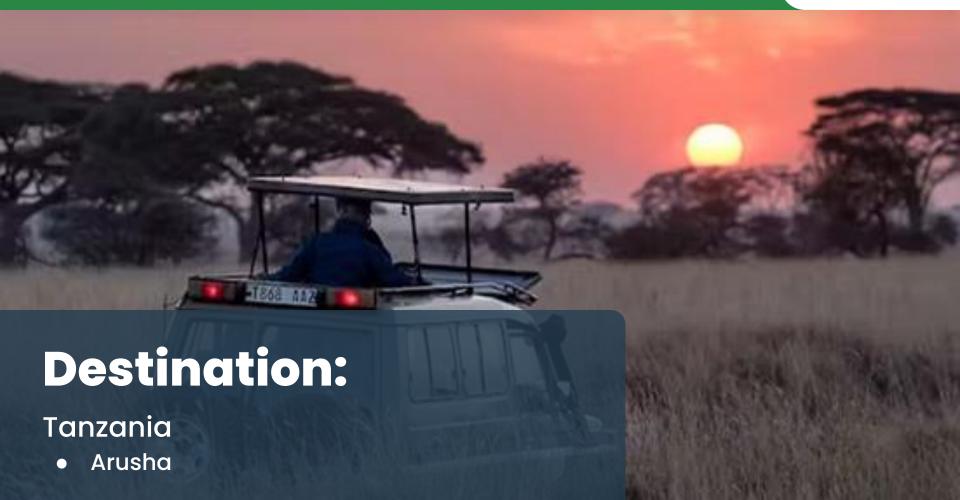


#### **Volunteer Projects**

- → Childcare Kandy
- → Construction & Renovation Kandy
- → Medical Care Kandy
- → Special Needs Care Kandy
- → Teaching Kandy
- → Turtle Conservation\* Ambalangoda
- → Women's Education Kandy

- **Explore historic Buddhist temples**
- Go on a safari in Yala National Park
- Climb the ruins of Sigiriya rock fortress
- Relax on the beaches or go surfing
- Take a picturesque train ride through the country's tea plantations







#### **Volunteer in Tanzania**

**Location:** Arusha

Accommodation type: Volunteer house

Meals provided: Breakfast, lunch, and dinner

Start dates: July 1, July 15, or August 1







#### **Volunteer Projects**

- → Animal Welfare
- → Childcare
- → Construction & Renovation
- → Medical
- → Sustainable Agriculture
- → Women's Education

- → Spot the Big 5 on a safari in one of Tanzania's National Parks
- → Relax at the Chemka Hot Springs
- → Climb Mt. Kilimanjaro







#### **Volunteer in Vietnam**

Location: Ho Chi Minh City

**Accommodation type:** Volunteer dormitory

Meals provided: Breakfast, lunch, and dinner

Start dates: July 14, July 28, or August 11







#### **Volunteer Projects**

- → Childcare
- → Food Outreach
- → Medical Care
- → Special Needs Care
- → Teaching English

- → Eat your way through street food markets
- → Visit the local temples and beaches
- → Explore history museums and colonial architecture
- → Learn about the Vietnam War at the Cu Chi Tunnels historical site



## **Comparing Medical volunteering projects**

Destination	Guatemala	Peru	Sri Lanka	Tanzania	Vietnam
Academic level	All students	All students	1st & 2nd year	3rd year+	1st & 2nd year
Type of experience	Hands-on	Hands-on	Observational	Observational	Observational
Placements	Hospitals, clinics, elderly homes, special needs facilities		Training hospital	Healthcare centres, hospitals	Orthopedic & rehabilitation hospital, general hospital



## **Typical Weekday Schedule:**

**7:00 - 8:00 AM** Breakfast at the volunteer house / dormitory.

8:00 - 9:00 AM

Volunteers travel to their placements. Work and hours are dependent on the project and placement (usually range from 3-6 hours per day).

**12:00 PM** Lunch break.

**2:00 - 5:00 PM**Work at the placement usually ends. Volunteers are free to travel
home, prepare for the next day, or do some shopping and sightseeing.

**6:00 - 8:00 PM** Dinner at the volunteer accommodation.

During the weekends, volunteers have spare time to relax or explore other parts of their host city / country.



## **Next Steps:**

- Step 1: Choose your preferred destination, volunteer project, start date (July 14, July 28, or August 15), and duration (2, 3, or 4 weeks).
- Step 2: Attend the IVHQ virtual info session on November 20.
- Step 3: Submit your application on the Cattolica website (<a href="https://studenticattolica.unicatt.it/volontariato">https://studenticattolica.unicatt.it/volontariato</a>).
- Step 4: Once approved, you will receive an invitation to register on the IVHQ student portal.
- Step 5: Pay your registration fee at least 60 days before you travel to confirm your place on the program.
- Step 6: Complete IVHQ checklist items including flights, criminal background check, visa, etc.
- Step 7: Pay your program fee 30 days before you travel.
- Step 8: Volunteer and make memories in your host country!



# **Questions?**

For questions about program experience and in-country logistics, contact <a href="mailto:makayla@hqtravelgroup.org">makayla@hqtravelgroup.org</a>.

For questions about program costs, scholarship opportunities, and application process, contact <a href="mailto:programmi.internazionali@unicatt.it">programmi.internazionali@unicatt.it</a>.

## Learn about the student experience.

Read our volunteer reviews & testimonials on the IVHQ website.

Join our Facebook Groups:

<u>Bali - Lovina</u> <u>Bali - Ubud & Nusa Penida</u> <u>Guatemala</u> <u>Peru</u> <u>Sri Lanka</u> <u>Tanzania</u> <u>Vietnam</u>