



INTERNATIONAL VOLUNTEER HQ

Università Cattolica del Sacro Cuore

Summer 2025

About IVHQ

- ✓ At [International Volunteer HQ](https://www.volunteerhq.org), 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 in- country 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-to-date 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!



Guatemala



Indonesia



Peru



Sri Lanka



Tanzania



Vietnam

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.



Destination:

Guatemala

- Antigua

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

Free Time Activities

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

Destination:

Indonesia – Bali

- Lovina
- Ubud
- Nusa Penida

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** - Lovina or Ubud
- **Environmental Education** - Ubud
- **Health Education** - Lovina or Ubud
- **Sports Education** - Lovina
- **Teaching** - Lovina or Ubud
- **Turtle Conservation** - Nusa Penida

Free Time Activities

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

Destination:

Peru

- Cusco



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

Free Time Activities

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



Destination:

Sri Lanka

- Kandy
- Ambalangoda

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 on the Introduction (cultural immersion) week in Kandy.



Volunteer Projects

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

Free Time Activities

- 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

Destination:

Tanzania

- Arusha

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

Free Time Activities

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



Destination:

Vietnam

- Ho Chi Minh City

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

Free Time Activities

- 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
travel

Work at the placement usually ends. Volunteers are free to 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 (<https://studenticattolica.unicatt.it/volontariato>).
- ✔ 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 makayla@hqtravelgroup.org.

For questions about program costs, scholarship opportunities, and application process, contact programmi.internazionali@unicatt.it.

Learn about the student experience.

Read our [volunteer reviews & testimonials](#) on the IVHQ website.

Join our Facebook Groups:

[Bali - Lovina](#) [Bali - Ubud & Nusa Penida](#) [Guatemala](#) [Peru](#) [Sri Lanka](#) [Tanzania](#) [Vietnam](#)