

**INTERNATIONAL  
VOLUNTEER HQ  
CAMBODIA PREREGISTRATION  
INFORMATION BOOKLET**



# INTERNATIONAL VOLUNTEER HQ

## VOLUNTEER IN CAMBODIA PREREGISTRATION BOOKLET

This Preregistration Booklet provides some more information to help you decide whether you would like to volunteer in Cambodia with IVHQ. It is impossible to describe what it is like to experience volunteer travel in Cambodia – the harsh contrasts, the beautiful friendly people, working with other likeminded volunteers from all over the world and the amazing landscapes and scenery. However, this booklet provides you with general information on what to expect in Cambodia. When you sign up to volunteer to volunteer with IVHQ, we will send you out a full IVHQ Cambodia volunteer Booklet to help you prepare for your impending volunteer stint with us. Just remember if there is anything you want to know that is not answered in this booklet or on our website, feel free to contact us at anytime.

Get ready for one of the most amazing experiences of your life.

អរគុណ (Ah Kun – Thank you in Khmer)

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## **THERE ARE A LOT OF VOLUNTEER ORGANISATIONS OUT THERE..... WHAT MAKES INTERNATIONAL VOLUNTEER HQ SO SPECIAL?**

IVHQ offers a number of services you simply will not receive with any other organisation.

### **SERVICE**

How many times have you emailed a travel agent or volunteer organisation only to have them take weeks to get back to you? It can be an extremely nervous and anxious time preparing to go volunteering abroad and when you want an answer to a question you may have, you want it now! Not next week or the week after. At International Volunteer HQ we pride ourselves on our quick, accurate and efficient response time to emails and enquiries. If you email us with an enquiry you can expect to hear back within 24 hours (one working day). We challenge you to find a volunteer organisation with more efficient response time and better volunteer service than IVHQ!

### **AFFORDABILITY**

One of the main motivations behind the formation of IVHQ was to provide volunteers with high quality, safe and yet extremely affordable volunteering opportunities in developing countries. Many people associate low cost with low quality - not us. A lot of people believe our programs are the best there are. Don't believe us? Read our TESTIMONIALS. We want to provide you with the best volunteer experience possible at the cheapest price, so you have money to spend on other things while you are abroad. Why spend thousands on volunteering abroad when the best programs and prices are with IVHQ? Check out our great prices today.

[www.volunteerhq.org/programme-cost.html](http://www.volunteerhq.org/programme-cost.html)

### **FLEXIBILITY**

Every volunteer is different and everybody has different expectations from their volunteer placement. Therefore IVHQ has partnered with local organizations who are flexible and can help tailor volunteering placements for each specific volunteer. Some volunteers may want to work huge hours at their project while others may only want to spend a few hours each day working. Some volunteers may want to work in rural areas, others the city and some may even want a combination of the two. Our partner organization will work with you and do their utmost to ensure your volunteer experience is what you want, not simply what you are given.

### **QUALITY**

While we are prepared to sacrifice charging high fees, we will not sacrifice quality. We are not prepared to send volunteers to a placement that is unsafe or of low quality, and to this end all of the volunteer placements and home stays we offer, have been inspected and experienced by IVHQ. One of the reasons IVHQ does not offer as many programs as other organizations is that it takes a long time to find local organizations in host countries that are affordable and yet provide high quality volunteering placements. While IVHQ is in the process of opening a number of new programs, we will not surrender quality or affordability in order to increase our volunteer placement options. OUR TESTIMONIALS SPEAK FOR THEMSELVES - READ THEM AT OUR WEBSITE TODAY!

[www.volunteerhq.org/testimonials.html](http://www.volunteerhq.org/testimonials.html)

## **SUPPORT**

From the moment you pay your registration fee at IVHQ you will have support 24/7 until the day you finish your volunteer project. You will receive an informative online booklet detailing everything you need to know about your imminent volunteer placement specific to your country while you will also be assigned an IVHQ staff member as your program coordinator. This program coordinator is there to answer any questions you may have before you go whilst also putting you in contact with our local staff in Cambodia. During your volunteer placement you will always have support close at hand through our local team of experienced staff in Cambodia, while IVHQ will be in regular contact to ensure your volunteer experience is everything you expect it to be.

## **SAFETY**

Travelling to a different country and experiencing a different culture can be a scary experience at the best of times, but when you are immersing yourself right into the culture through volunteering and living amongst the local community, this apprehension can often be compounded. While safety can never be totally guaranteed wherever we are in the world, IVHQ and its partner organizations do all they can to ensure your volunteering project is as safe as humanly possible. You are placed in trustworthy institutions and reliable accommodation situations all of which have been inspected and experienced by IVHQ staff or directors.

## **FRIENDSHIP**

Volunteers on IVHQ's programs often form lifelong friendships with their host families and the people they assist on the volunteer programs. However they also form strong bonds with the other volunteers they meet, work and live with on their placements. Despite many volunteers coming from extremely dissimilar backgrounds, the experiences that these volunteers share forge strong ties that can last a life time in spite of their vastly different home cultures.

## **NEED**

There is nothing worse than investing your time and money into volunteer travel, then flying half way around the world simply to find that your presence is not really required. IVHQ actively seeks partner organizations that have a legitimate need for volunteers. Whether your stay is a short or a long one, our partner organizations will do their utmost to ensure you DO make a difference.

## **LOYALTY**

Loyalty is a crucial element to the foundations that IVHQ has been built on. Making the decision to invest your time and money to volunteer abroad is a difficult one and to this end we try to make it as easy for you as possible. We make the registration fee refundable so if you change your mind closer to the time (no closer than 2 months to your start date) you will receive your money back. Furthermore, if you decide to volunteer with IVHQ again within a 24 month period after your first volunteer experience we will waive the registration fee the second time. This means you can combine two volunteering experiences within a 24 month period and only pay the registration fee once!

## **EXPERIENCE**

Placing over 3000 volunteers abroad annually, the staff at IVHQ have been there and done that. We are former volunteers who know what it is like to arrive in a foreign country, knowing no-one and about to give up our time to help people we have never met before. We have experienced firsthand the programs we offer. We have lived in the accommodation and eaten the food you will. We have experienced the same trepidations and fears before travelling and we will be here to help you. Every year we spend approximately 3 months ourselves travelling our programs and experiencing what our volunteers are (chances are we will meet you!!). There is no higher form of quality control than experiencing the programs first hand and fixing any problems that you encounter. By living and volunteering alongside our volunteers we ensure our programs remain the very best!

## **ENJOYMENT**

There is much more to a top quality volunteer travel experience than simply volunteering day in, day out. Volunteering with IVHQ you get additional bonuses such as photo and video competitions where you can win money back for simply giving us feedback on your program or posting photos on Facebook. Furthermore, most volunteers are first time travellers to their host country and often wish to look around and explore. To accommodate this our in-country partner organizations have partner tourism companies or contacts that allow you to 'escape' from the rigors of day to day volunteer work, to spend a weekend or extended break, experiencing more of the country you are working in. Often the prices for these tours and trips are much better than you'll find anywhere else in that country as the trips are discounted for volunteers. Check out the experiences of past volunteers by visiting our Facebook page and looking at the multitude of videos and photos - <http://www.facebook.com/topic.php?uid=18532434512&topic=9818#/group.php?gid=18532434512>

## **PROGRAM OVERVIEW**

The IVHQ Cambodia program places volunteers in a variety of projects including teaching, orphanage work and human rights programs in urban and rural Cambodia. Before arriving in Cambodia volunteers should understand that resources are extremely limited in the institutions they will be working. Therefore, any supplies volunteers can bring, appropriate to their particular program are always very appreciated by the local people and staff. We provide some ideas of good supplies to bring relevant to your particular program in the WHAT TO BRING section of the information booklet you receive when you register into the program.

### **Location of Volunteer Placements**

IVHQ has volunteer placements in both Phnom Penh and the countryside. When choosing a volunteer placement we carefully consider the needs of the local institutions we work with, whilst taking into account the volunteer's wishes, background and skills. Therefore, if you choose to work in a human rights project, you may not work in Phnom Penh, but another city or in the countryside, because this is where support in this field is needed the most relative to your skills.

### **Start and Duration of Programs**

Placements begin on the first and third Monday of each month. Volunteers can choose to volunteer for periods of two weeks to six months.

### **Requirements**

Volunteers must be 18 years or older and have finished high school when starting the program. To communicate with the host families and people within your placement, volunteers should speak English fluently. Volunteers wishing to work on the human rights program should be 19 years or older and already have some experience in the field they wish to work. This can either be university studies (a degree is not necessary) or relevant working experience.

## **Placement Descriptions**

### **Teaching English**

The education level in Cambodia still is very low causing large amounts of poverty and unemployment. English skills are required for most jobs in Cambodia, yet not everyone gets the opportunity to learn the language. Many young Cambodians looking for jobs get rejected because they speak very little or no English due to the fact that most parents simply cannot afford this type of education for their children. Our volunteers are placed in Phnom Penh and the surrounding communities. Many projects urgently need teachers who can help out with specific skills like English. Sometimes other skills (e.g. IT, mathematics or art) are also required. Volunteers will teach a whole class or small groups, working alone or alongside other teachers or volunteers. In some schools you will prepare tests and exams and even correct exams. The longer you stay the more responsibilities you receive. The volunteer should invest some time each day on preparing lessons carefully. A typical school year depends on the type of school. Orphanage and NGO schools run throughout the year and only have holidays during the public holidays. However, we work with a combination of schools (Orphanage and NGO) and for most of the year volunteers will be able to work in the schools without being affected by any long holidays. NB Volunteers DO NOT need to be a qualified or experienced teacher.

## Orphanage Work

Cambodia has an incredibly high number of orphans comparative to population. Many children have lost their parents due to HIV, while other parents cannot provide food, accommodation and education for their children. However, many “orphans” still have parents or relatives they may visit sometimes. Orphanage work ranges from cooking, administration, cleaning, painting, singing and sports to assisting with homework, feeding, caring for children and teaching. Alongside teaching, volunteers help with general work and will normally work 4-8 hours a day depending on the placement. The 2 hour lunch break can be spent at the orphanage or at home gathering energy for the rest of the day. You may also work in an orphanage or Center for HIV infected or disabled children, where the focus is less on teaching and more on childcare. Volunteers help to dress, feed and wash the children who are always happy to simply get your attention as in Cambodian society, disabled people are often rejected. In all our placements the children are attending the relevant public schools. Most orphanages also have fixed weekly activities, focusing mainly on education such as Khmer literacy classes, English language classes or more general teaching. Topics such as morality, hygiene or Khmer traditions are also discussed with the children. Many orphanages support creative activities like painting, drawing, origami or Apsara dancing (Khmer Traditional dance), and some orphanages organize visits to the beach or to villages.

## Human Rights Project

IVHQ's local organization cooperates with a network organization including 41+ local NGOs (Non-Governmental Organizations) in Phnom Penh and the provinces that focus on community and rural development, democracy development and gender issues. The organizations support the poorest of the poor and those who have become landless, offering capacity building opportunities and organizing advocacy for the reconstruction of the country. Local NGOs usually have very limited (if any) financial resources, and often struggle to run their programs and to raise funds from international donors. Many staff members are volunteers receiving no or a very small salary. All NGOs urgently need support in e.g. fundraising and proposal writing, organizational development, administration and research. For volunteers studying at a university it would be more of an internship experience as some professional development workers support some of our placements. Placements are offered in the following fields: Community development, Health/ HIV/Aids awareness, prevention and rehabilitation, Women and Child issues, Advocacy and Human Rights Issues, Environmental issues, and Education. The responsibility of the intern depends on his/her skills and interests and especially the length of the stay. The volunteer will work 3 to 8 hours a day also depending on the length of the stay. If you only stay a few weeks you will mainly help out with your English skills for a few hours (no less important and necessary) or write proposals for fundraising, case studies and reports. You may also help with IT skills, teach English to the staff or conduct research on the success of the programs or future plans. You would also visit the field and projects in the countryside to get a firsthand idea of the problems people are facing. If you stay longer than two months you will have the chance to work within the human rights programs. Volunteers with more specific skills, knowledge or experience may assist e.g. in arranging campaigns, meetings or public forums or implementing new projects as well as developing the internal structures and new initiatives within the human rights programs. Volunteers also might develop a newsletter or a website. NB In order to do this program volunteers must be staying for a minimum of 4 weeks. If you are staying for less than 4 weeks you can do the teaching or orphanage program.

## Accommodation and Meals

Volunteers can choose from two options for accommodation. It is important to note that regardless of your choice, there is a good chance you will be sharing a room with another volunteer.

**Guest House:** This is a good option for more independent volunteers. Our guest house is located in the centre of Phnom Penh City. Most of the rooms have a private bathroom. The house has a big roof terrace with hammocks, a sitting area, TV, a restaurant, Internet access and other services that will help you organize and enjoy your stay.

**Host family:** Staying with a family is a great way to learn the Cambodian culture and way of life, meet local people, eat local food and engage in local customs and traditions. Living is basic but all home stays have electricity and running water and accommodate volunteers in SAFE and SECURE homes (some rural home stays may not have electricity or running water during times of drought). Depending on the family you will receive two or three meals a day. All home stays have been inspected thoroughly by local staff and chosen because of their safety and security. Most volunteers love their home stays and feel that they get a more authentic Cambodian experience.

Cambodian food is incredible and volunteers tend to miss this after they leave. Bottled water is available everywhere in Cambodia and volunteers should budget approximately US\$5 per week for this (2 litres per day) - it is not safe to drink local tap water. Breakfast generally consists of fruits or rice, but baguette is widely available. A typical lunch will be rice or noodles with fried vegetables and meat. Soups are also very popular and fresh fruits such as mangos or pineapples are mostly served for dessert. If you have special needs relating to food, please let us know ahead of time so that we can make arrangements for you. However, you should not expect to eat as you normally do at home. We will do our best to see that you are well taken care of, but as a volunteer, there is also a need for flexibility.

## GENERAL PROGRAM INFORMATION

Programs begin on the first and third Monday of each month, but it is advised that volunteers arrive on the weekend before orientation to acclimatize to Cambodia before orientation on the Monday. Accommodation is provided from the night before your program starts (for example if your program starts on the 15th of June your accommodation is paid for from the 14th), however if you arrive earlier our staff will organize accommodation for you – normally the guesthouse or home stay you will be staying in so you get to meet volunteers immediately and do not have to shift a second time. This accommodation will cost extra but it is not expensive (expect to pay about US\$15 per night directly to the local staff when you arrive in country). Once you have booked your flights to Cambodia ensure you email your flight details to IVHQ to ensure you are picked up at the airport.

### Orientation

Orientation will begin on the first morning of your volunteer placement. Orientation will be conducted by the local IVHQ staff and cover everything you need to know for your volunteering placement in Cambodia – Introduction to Cambodia, Cambodian Customs, Language Training (Khmer), Rules and Expectations, Safety, Travel Opportunities in Cambodia, Introduction to your project and placement. The orientation will also give you a chance to meet other volunteers and swap contact details for weekend travel and socializing.

### Volunteer Week

Introduction to the workplace: On the first day of the volunteering placement, the volunteers will be escorted to the project and introduced to the staff at the project they will be working with.

Weekdays: Depending on the workplace a working week might look different from the following example:

- 7.00 am: Breakfast with the host family or in the Guest House
- 7.45 am: Volunteer leaves home, catches a Moto or Tuk Tuk, walks, or takes his/her bicycle to the project.
- 8.00 The volunteer joins the local staff and starts working.
- 12.00-2.00PM Lunch Break. In Cambodia all workplaces have a lunch break for about 2 hours. Some start earlier, some later. You are welcome to stay with the children in the orphanage or in the office. Some placements will offer you food.
- 5.00PM End of your work day, you will go/drive home (some placements do finish earlier than this).
- 7:00PM Dinner at the host family (if staying in a host family)

Weekends: During the weekend and on public holidays volunteers have free time. You can explore Phnom Penh, meet other volunteers, go sightseeing or shopping or of course travel. There are many interesting and beautiful places around Cambodia, such as the Temples of Angkor Wat, a world culture heritages site, different National Parks, or the beaches in the South. Buses connect all major towns and beaches. During the long public holidays in April, September and November you can also discover the neighbouring countries: Laos, Vietnam or Thailand. If volunteers wish to volunteer over the weekends they can join local teams and visit other orphanages (or other organizations helping children) to spend time simply playing with and entertaining the children.

## CAMBODIA VOLUNTEER FEES

One of the biggest advantages of volunteering is our great fees! We pride ourselves on our incredibly good prices. IVHQ – Making Volunteer Travel Affordable!

Volunteer Period	Registration Fee US\$	Program Fee US\$	Total Cost US\$
2 Weeks	220	350	570
3 Weeks	220	440	660
1 Month	220	550	770
6 weeks	220	720	940
2 Months	220	940	1160
10 Weeks	220	1130	1350
3 Months	220	1280	1500
4 Months	220	1670	1890
5 Months	220	1980	2200
6 Months	220	2360	2580

To convert these prices to your local currency [click here](#).

### What do my fees pay for?

Registration Fee (Refundable if you choose not to go) – 24/7 support from IVHQ staff, program marketing costs, information pack, administration costs, travel costs to inspect programs and communication costs with volunteers.

Program Fee – Airport pick up, orientation, program supervision, accommodation and meals during volunteer placement period (meals are not provided during the weekend), In-country 24/7 support and In-country administration costs.

### What additional costs will I have?

Visa, flights, travel insurance (recommended), transfer back to the airport at conclusion of program, vaccinations, souvenirs, spending money (volunteers in Cambodia generally find US\$30 to be sufficient for basic weekly expenses).

## QUESTIONS VOLUNTEERS WANT ANSWERED THAT ARE NOT ON OUR WEBSITE (AND SOME THAT ARE).

### Do I need a visa to go to Cambodia?

On arrival in Phnom Penh International Airport visitors of almost all nationalities will receive a visa. For this you will need 2 passport photos and US\$20 for a tourist visa or US\$25 for a business visa. Both are valid for four weeks. We recommend that volunteers staying for longer than 4 weeks buy a business visa as this can be extended officially for long periods. A tourist visa on the other hand can be extended only once and only for a month. **Both visas are fine for the volunteer work you will be doing. You do not need any extra documentation for the business visa than for the tourist visa.**

### What is the currency in Cambodia?

The Cambodian economy is a little different to most countries in that it operates on two separate currencies - the US dollar and Cambodian Riel. US\$1 is the equivalent of approximately 4000 Cambodian Riel. There are exchange bureaus where you can change your money. While it is safer to carry traveller's checks (which can be changed at local banks) than cash you can also carry a debit or a credit card for ATM transactions. ATMs accepting international DEBIT and CREDIT cards are widely available throughout Cambodia. Our recommendation is to take a small amount of cash (such as US\$200) for "emergencies" but ideally take a debit or credit card (such as MasterCard or Visa) and withdraw money from ATMs as needed. This is the easiest and most cost effective way of withdrawing money and much safer than carrying a large amount of cash with you to Cambodia. Traveller's checks (cheques) are also fine but the exchange rates are very bad comparative to withdrawing money or exchanging cash and volunteers have found them difficult to change in some instances.

### I want to get cheap flights! Can you help me?

Although IVHQ does its utmost to ensure you get affordable volunteer fees, quite often the most expensive part of the journey can come in flights getting to and from the country you will be volunteering in. In order to get affordable flights we recommend taking a number of steps:

- If possible try and book in advance. Often airlines will offer cheaper seats on the first few seats sold to encourage sales.
- Use airlines that are based in the country that you are going to. Quite often (but not always) the national carrier of the country you are flying to will provide the most affordable flights. To see a list of low cost airlines visit [http://en.wikipedia.org/wiki/List\\_of\\_low-cost\\_airlines](http://en.wikipedia.org/wiki/List_of_low-cost_airlines)
- Get quotes from a variety of sources such as local travel agents, online search engines and direct from the airlines themselves.
- If you are travelling to a number of countries, look into getting an "Around the World" ticket. Visit the websites below for more information or enquire at a local travel agent such as STA travel.

<http://www.aroundtheworldtickets.com>

<http://www.roundtheworldflights.com>

- Get quotes from two or three local travel agents. If you are under 26 it is always worth getting a quote from STA travel as they can often get discounts on flights for younger travellers.
- Have a good look online to try and get a good estimate of what you should be paying. You will find that the prices you can get online are often hard to beat. Some great flight search engines include.

[www.kayak.com](http://www.kayak.com)

[www.bargainbox.com](http://www.bargainbox.com)

[www.travelzoo.com](http://www.travelzoo.com) (For US residents)

[www.travelzoo.com/international](http://www.travelzoo.com/international) (For non US travellers)

Cambodia has several Airlines flying in and out of the country. Major airlines flying to Phnom Penh or Siem Reap include; Aeroflot, Air France, All Nippon Airways, Asiana Airlines, Cathay Pacific, China Airlines, China Southern Airlines, Emirates, Eva Air, Garuda Indonesia, Japan Airlines, Korean Air, Lao Airlines, Lufthansa, Malaysian Airlines, Pacific Airlines, Philippines Airlines, Qantas, Shanghai Airlines, Singapore Airlines, Thai Airways Intl, Tiger Airways, United Airlines, Uzbekistan Airlines and Vietnam Airlines.

Most Asian countries, including China, Japan, Korea, and Russia have direct flights to and from Phnom Penh or Siem Reap. Cheap airlines are limited to Air Asia operated between Phnom Penh/Siem Reap and Bangkok, between Phnom Penh/Siem Reap and Kuala Lumpur, Tiger Airway between Phnom Penh/Siem Reap and Singapore. Comprehensive travel agents in your home country will check all these options to find you the best deals.

### **I have never been to Cambodia before and am worried! How safe is it?**

Travelling abroad is always an exciting yet nervous time. However, when you are immersing yourself right into the culture through volunteering and living amongst the local community, this apprehension can often be compounded. If you have not done much travelling before it is really hard to know what to expect and many volunteers (and their loved ones) are concerned for their safety and security. Although it would be foolish of us to try and “guarantee” anybody’s safety, we do everything in our power to ensure your volunteering trip is as safe and secure as possible.

As alluded to earlier in this information booklet, an organization such as ours gets requests everyday from organizations around the world requesting partnerships, yet one of the strengths of IVHQ is our selection process. It is a sad fact that there are many volunteer programs with sub-standard accommodation and services even though they charge a small fortune to volunteers to allow them to ‘help’. Every program that IVHQ offers has been personally inspected and selected by the directors from International Volunteer HQ. We have lived in the home stays, experienced the orientations, worked on the projects and built strong trusting relationships with our staff in each of our project countries. If we did not believe the placements were safe enough to send our own children on, we would not offer them.

In the unlikely event that something was to happen, volunteers have various layers of support that they can go through (and people who will help them in the case of an accident).

1. In Country Project Coordinator.
2. Project Staff
3. Host families
4. International Volunteer HQ Program Coordinator. Although we are located in New Zealand, we are here to help you.

Projects are monitored on an ongoing basis to gauge volunteer’s experiences and we are continually improving our placements and projects through this feedback. Security and safety is constantly being reviewed and we have never had any major incidences involving any of our volunteers. During orientation project staff will provide guidance in this area and if you have any questions, do not hesitate to ask. Listed below are some general safety tips.

- Don’t wear much jewellery on the streets – especially gold neck chains.
- Handbags are always a temptation. However if you must carry one, keep it in front of you.
- Be alert.
- Be cautious of street kids, beggars or crowds. Incidents of theft often occur when there are crowds and confusion to distract you.

- Always try to know where you are going before you attempt long journeys. Be especially careful at night.
- Try to keep in groups at night and never walk alone along dark, empty streets.
- The recognized tourist areas can be considered potentially high risk areas for pickpockets and thieves.
- Leave your valuables behind before a night out in the town, or going to the beach.
- For traffic safety, always keep looking to the left and right and walk slowly when crossing the road!

### **Is it easy to keep in touch with friends and family at home?**

Many parts of the country have good communications infrastructure. You will be able to easily send and receive emails and call internationally. You can also use a mobile phone. If you bring a mobile phone that is SIM card compatible you can get a SIM card and a Cambodian mobile number for approximately US\$2 which is great for keeping in touch with other volunteers and also home. Both International and local/long distance calls can be made. NB: The country code of Cambodia is +855. You will be guided on this during orientation.

### **Do I require vaccinations to travel to Cambodia?**

Yes, we provide you with more information regarding this when you register with us, but below we have the list of recommended vaccinations.

Immunizations – Legally Required (ONLY: If you are coming from a Yellow Fever endemic area)

- Yellow Fever

Immunizations – Recommended

- Polio
- Hepatitis A
- Diphtheria/Tetanus
- Typhoid
- Malaria
- Hepatitis B
- Rabies
- Tuberculosis (when epidemic)
- Cholera (when epidemic)

## VOLUNTEER PHOTOS

They say that a picture speaks a thousand words which is why we post (and get our volunteers to post) pictures for you to see

- Where you will be going
- What you will be doing
- Program coordinator's and their staff
- Volunteer's in the field
- Volunteer's travelling.



International Volunteer HQ has a range of photos taken from the volunteering placements at

<http://www.volunteerhq.org/gallery.html>

Furthermore we encourage volunteers to post their photos on our Facebook group page. There are thousands of photos and videos on our group page

<http://www.facebook.com/group.php?gid=18532434512>

## WHERE DO I GO TO FROM HERE IF I WANT TO VOLUNTEER WITH INTERNATIONAL VOLUNTEER HQ?

To get placed on an IVHQ project and receive all the information that goes with it we recommend you do the following as soon as possible:

1. Browse our great range of amazing volunteer placements at [www.volunteerhq.org](http://www.volunteerhq.org)
2. Select a program that you wish to volunteer on and apply online using our online application form [www.volunteerhq.org/apply.html](http://www.volunteerhq.org/apply.html). (This lets us get some more info from you)
3. Within 48 hours, you will receive an email from IVHQ, letting you know whether there is space on the project you wish to volunteer.
4. If you are successful, you can then pay the registration fee (refundable if you choose not to go) of US\$220. This payment confirms your place on the project and means you won't miss out or have to be shifted to a different project! Your spot on a placement cannot be confirmed until you pay the registration fee. It is also necessary for IVHQ, so we know that volunteers are serious about partaking in the program they have applied for. Once you have paid this registration fee, you will receive a BUMPER sized info booklet detailing everything you need to know for your upcoming placement.

IVHQ is the most affordable international volunteering organisation you will find, however some people associate low price with low quality - not us. A lot of people believe our programs are the best there are - better even than the programs that people pay thousands for! Don't believe us? Read what our past volunteers say about our amazing programs <http://www.volunteerhq.org/testimonials.html>

If you would like to see our volunteers in the field, check out our galleries at <http://www.volunteerhq.org/gallery.html>

If there is anything else we can help you with, do not hesitate to get in contact with us. If you require more information on a specific program check out the website [www.volunteerhq.org](http://www.volunteerhq.org) or email the team and request a preregistration booklet on the specific country you are interested in. If you want us to phone you, simply email us your country, phone number (calling code inclusive), and appropriate time to call and we will get in touch as soon as possible. We look forward to hearing from you.

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PS Join the IVHQ Facebook group - <http://www.facebook.com/group.php?gid=18532434512> This group allows you to network with other future, current and past volunteers. Remember you will need a Facebook account to join this group. If you don't have one you can get one easily and best of all - FREE!