

**PROJECTS  
ABROAD.**

# Impact Report

**2025**

Certified



Corporation





Throughout this report you'll see icons like the one at the top of this page. This highlights where our impact meets the United Nations Sustainable Development Goals. These are 17 Goals adopted by the international community aimed at addressing global challenges. For more info, visit: [sdgs.un.org/goals](https://sdgs.un.org/goals)



# A message from Greg Thomson, Chief Executive

**In 1992, Projects Abroad was founded on a simple belief that travel, when done with purpose, has the power to change people, and through them, the world.**

That belief has never felt more relevant than it does today. In 2025, we saw it play out in the data we collected, the stories our participants shared, and the tangible difference they made in communities across more than 20 countries.

The numbers in this report tell one part of that story. Thousands of children reached through education, tens of thousands of community health services delivered, and ecosystems monitored and restored. But behind every statistic is a person who chose to step outside the familiar, to challenge themselves in ways that classrooms and comfort zones rarely allow.

What stays with me, year after year, is what our participants bring home. Not just memories, but a measurably greater sense of confidence, independence, and resilience for whatever comes next.

- **91%** of those we surveyed in 2025 felt more capable of managing new situations.
- **93%** said they now have a broader understanding of the world.

These are not soft outcomes. They are the foundations of a generation better prepared to take on the challenges ahead.

This is what Projects Abroad is really for. The volunteering, the internships, the high school programmes are how we get there. Personal growth is the real destination.

I'd like to thank every participant, staff member, and partner who made 2025 what it was. Your commitment continues to move this mission forward, and I'm genuinely excited by what we'll achieve together next.



Greg Thomson, Chief Executive





# Highlights

## Community

**3,500+**

Children attended early education activities

**25**

Classrooms built or renovated

**13**

Learning environments decorated

**2**

School gardens built

**122**

Improving English lessons delivered

**1,861**

Children attended a hygiene workshop



## Conservation

**319**

Bird surveys

**2,664**

Coral health checks recorded

**15**

Anti-poaching activities

**786KG**

Waste collected from shorelines

**384**

Animal surveys

**62**

Marine survey dives



## Medicine

**13,298**

Community members screened

**2,752**

Free medicines given

**175**

Hours of medical education delivered

**26,150**

Free tests and assessments

**1,775**

Free vaccines given

**7,019**

Attendees to health education workshops



# Personal development

## Personal development is central to travel

Projects Abroad participants create lasting change, not just in global communities, but also within themselves. They bring home much more than just memories, developing their own personal and professional skills and becoming active global citizens.

This experience is a core part of international travel. By forging connections with people from different cultural backgrounds, and having the confidence to step outside their comfort zone, our participants learn, grow, and evolve while contributing to important causes. That allows travellers, communities, and the planet all to benefit at the same time.

**But don't take our word for it.**

## We surveyed our participants from 2025, and here's what they said:

**89%**

Feel more confident in themselves and their abilities

**78%**

Think it improved their ability to work as part of a team

**86%**

Of medical participants say their experience helped confirm or deny healthcare as a career path

**91%**

Believe they are more independent and capable of managing new situations

**93%**

Believe their experience helped develop a broader understanding of global issues, cultures, and perspectives

**95%**

Of medical participants believe that they could not have had their experience at home

**93%**

Report feeling more able to handle unfamiliar or demanding situations

**87%**

Feel more confident interacting with people from other cultural backgrounds

**86%**

Of medical participants report feeling more confident in healthcare and clinical environments



**JESS - USA**

“My 16-year-old son went to Peru for four weeks with Projects Abroad. I was nervous to let him go but he was taken care of every step of the way. His host family was very kind and helpful and the Projects Abroad staff did an amazing job.”



**AGATA - ITALY**

“My experience was really once in a lifetime, the best I've ever done and probably ever will. It really exceeded every expectations. The locals and the friends I made will be forever cherished in my heart.”



**RYUKI - JAPAN**

“It was just two weeks, but every day was fulfilling, and it became the best two weeks of my life. The staff and the members were all amazing, and I just had an incredibly fun experience.”



**DEREK - UK**

“Just finished 2 weeks in Cambodia for 15-18 year olds. The itinerary was super organised with buses for us all time and 3 free meals a day. The staff were all very friendly and helpful especially Sambath who went above and beyond into looking after us. Made a lot of lifelong friends and memories and the volunteering was super fun.”



**MARIOS - THE NETHERLANDS**

“My 16-year old learned a lot during her volunteering in Kenya. More than she ever would at school or in her own “rich” environment. Projects Abroad is a very good organization to trust my child to.”



**AMELIA - UK**

“Had the best 5 weeks, I felt so comfortable the entire time and loved every second! I had such a close relationship with my host families and cant wait to go back and visit them all.”



**NATE - AUSTRALIA**

“Absolutely life changing, the only complaint I have is that it wasn't longer. Volunteering in Cambodia and meeting like-minded individuals is an absolutely priceless experience. I absolutely encourage you to attend a project or, even better, send your kids here.”



**FABRIZIO - ITALY**

“When my son came back, after just two months, I saw a new Francesco: motivated, eager to take initiative, and ready to engage with the working world.”



# Where we worked

## AFRICA

Botswana, Ghana, Kenya,  
Morocco, South Africa, Tanzania

## ASIA

Cambodia, Japan,  
Maldives, Mongolia,  
Nepal, Philippines,  
Sri Lanka, Thailand,  
Vietnam

## EUROPE

Greece, Romania,  
Spain

## LATIN AMERICA & CARIBBEAN

Argentina, Costa Rica,  
Galapagos Islands,  
Jamaica, Mexico, Peru

## PACIFIC

Fiji





# Conservation & Environment

Our conservation and environment projects attract motivated participants who are passionate about wildlife to tackle key environmental issues like climate change, human-animal conflict, and biodiversity loss.

Our participants travel to some of the most unique and beautiful ecosystems on Earth, including tropical islands, the Amazon Rainforest, and the African savannah. Here, they gain hands-on experience in conservation techniques, research methods, or learn new skills like diving, data analysis, and camera trapping.

It is also an excellent opportunity for them to develop their confidence, independence, teamwork, and many more key life skills. Participants tell us that their experiences make for great talking points in their applications and interviews.

Our projects are built to work collaboratively with local experts and communities, allowing

local stakeholders to guide our priorities. This means our resources can be utilised where they are most needed, including planting trees, tracking and monitoring wildlife, or collecting plastic pollution from our oceans.

This approach increases local capacity, rather than creating a culture of dependency, and also facilitates the sharing of skills and knowledge to ensure long-term, sustainable solutions.

It allows local communities to engage with the environment in a way that provides a sustainable income, actively promotes protection and restoration, and removes the need to exploit nature in order to survive.



## Activities our participants took part in during 2025 include:

### Wildlife monitoring and research

Conducting animal surveys, tracking wildlife (such as elephants), monitoring nesting sites (sea turtles), and collecting data for research purposes.

### Habitat restoration

Such as reforestation efforts, removing invasive species, planting trees or mangroves, and restoring damaged ecosystems.

### Marine conservation

Engaging in coral reef monitoring and restoration, conducting underwater surveys (often picking up a certified diving qualification in the process), participating in beach cleanups, protecting sea turtle nesting sites, and contributing to shark conservation efforts.

### Animal care and rehabilitation

Working in wildlife rescue centres or sanctuaries, assisting with animal care, feeding, and rehabilitation, potentially leading to release.

### Community based conservation

Installing eco-friendly solutions like eco-stoves, educating local communities on conservation practices, and participating in waste management projects.

### Data management and mapping

Utilising skills like geographic information system (GIS) mapping, database management, and surveying to support conservation planning and monitoring.



 **KETAN - UK**

“I was treated very well by the co-ordinators, incredibly friendly and helpful, which made my journey and overall experience straightforward with no stress. The rhino conservation project will be a memory to never forget. Being in the forest seeing all the mammals and birds in their natural habitat was a privilege.”

 **NOA - TAIWAN**

“Shark conservation in Fiji was a spectacular experience to me, especially being amazed by how I become really close friends with other fellow volunteers, and got to dedicate a lot of effort onto mangrove restoration, coral/species identification, and the renowned shark dive.”

 **AXEL - AUSTRALIA**

“I went to Thailand for the marine conservation and diving. Right from when I arrived the people/staff at every stage were friendly and highly helpful. The dive instructor Kelvin was the best and made learning a breeze. The marine life at the various dive sites was beautiful and I’m pretty sure I’m still hyped and grinning from ear to ear. Signing up to the project was easy and all questions were answered within the day.”

 **ELIN - UK**

“We joined the shark conservation project in Fiji. We were made to feel extremely welcome by the staff running the project and they went above and beyond to make sure that we were able to make the most of our time. The Shark dives were incredible as well as the fish survey dives, maintaining the coral nursery and planting mangroves. We learnt so much and enjoyed every minute of it. We would come back in an instant.”

### Here’s a look at how we made a positive impact on wildlife and local environments in 2025:

**1,298**  
Mangroves and  
treesplanted

**2,664**  
Coral health checks  
recorded

**15**  
Anti-poaching  
activities

**50**  
Alien plant removal activities

**62**  
Marine survey dives

**319**  
Bird surveys

**786 kg**  
Waste collected from  
shorelines

**83,667**  
Total animals recorded

**384**  
Animal surveys



# Community Development

Community Development projects take participants into the heart of local communities, supporting existing efforts to tackle real challenges. These projects attract participants interested in total cultural immersion, as they live and work in new environments alongside the local people.

In doing so, our participants develop important skills necessary for their future career and education. These development opportunities are primarily personal, providing an excellent opportunity to build confidence, cross-cultural communication skills, and leadership.

Professional development is a feature of all of our internships, helping participants to sample a career before fully committing to it. For example, volunteer teachers will learn how to manage the classroom and teaching techniques, while builders will learn core construction concepts and processes.

These projects often have an immediate and tangible outcome, meaning participant contribution provides a real sense of satisfaction as they can quickly see the results of their work. Whether you're in the classroom or building it, your skills positively benefit others.

Our operations are guided by local stakeholders in communities around the world, ensuring that our priorities are relevant and our resources

are allocated where they can have the biggest impact.

Our projects and goals being locally-led is non-negotiable. We cannot have the impact we strive for if we do not prioritise the needs of our partners in-destination, and it is crucial to avoid stepping in where it is unnecessary. Our contributions should support the local labour market, not replace it.

Using that local expertise, we also aim to focus on long-term, achievable goals that support the UN Sustainable Development Goals (UN SDG) - the globally recognised framework for building a better and more sustainable world.

We adhere to strict policies, follow robust processes, and conduct extensive background checks on everyone involved in our projects, including participants, staff, host families, and local partners. This protects not only everyone mentioned, but also any vulnerable groups who benefit from our work, like children.



Community Development provides a more traditional volunteering experience. It encompasses a wide range of different projects all aimed at supporting local initiatives which improve the social and economic wellbeing of the host community.

## We offer a range of community development activities, which include:

### Infrastructure and Building

Construct or renovate vital community facilities such as schools, classrooms, and sanitation systems. This involved bricklaying, painting, and related work.

### Education and Childcare

Teaching various subjects, including English, IT, and Sports. In addition, providing support to improve literacy, assisting in childcare centres, and working with children who have additional needs, plus organising educational activities such as hygiene workshops.

### Social support

Provide support to individuals with disabilities, assisting refugees, empowering women, and introducing youth development programmes.

### Healthcare outreach

Participate in community health outreach, measure vital signs, and deliver educational workshops such as how to brush your teeth. Our extensive impact regarding healthcare and medicine is covered separately in this report.

### Economic empowerment

Support micro-finance initiatives, assist in the development of small businesses, and contribute skills such as marketing, finance, and IT.

### Cultural preservation

Engage in volunteer work focused on preserving local culture, such as archaeology.



 **SASAKI - JAPAN**

“It was a truly unforgettable, enriching, and joyful experience. As part of the activities, I joined the Microfinance team to visit women’s groups, conducted business interviews, and gave presentations to support their group enterprises. We also had opportunities to teach at local schools and juvenile detention centers, offering diverse and meaningful encounters.”

 **ABI - UK**

“I volunteered in a children’s daycare centre out in Cusco for a month and it’s been one of the best experiences I’ve ever had! My project allowed me to enjoy my time volunteering but meant I also had free time to explore the area which was great. The Projects Abroad staff help you get to know other volunteers by organising social events like cooking, dancing etc, so it’s a great way to meet other people.”

 **ANGELINA - TAIWAN**

“We joined the women empowerment project in Tanzania and we had an amazing experience immersing ourselves in the local culture. We enjoyed leading the trainings of women groups and interviewing them about their business and personal life. We learned a lot about personal stories of their lives and business ventures in the market. We were a bit nervous before joining the trip but returned with such memorable experiences, new friends and family!”

**Here’s a look at how we made a positive impact on communities in 2025:**

**25**

Classrooms built or renovated

**8**

Libraries renovated

**1**

Playground refurbished

**2**

School gardens built

**13**

Learning environments painted

**112**

Teaching aids created

**3,084**

Children attended numeracy lessons

**2,984**

Children attended literacy lessons

**1,861**

Children attended hygiene workshops



# Medicine & Healthcare

Our Medicine & Healthcare projects offer the opportunity for participants of all ages and career stages to observe and assist in real clinical environments while increasing access to basic healthcare services.

They are popular with both those looking to gain experience working in a variety of hospital departments and those who want to get clinical hours in the field they are passionate about.

There are many situations in which a participant might want to gain clinical exposure. It can strongly support university or medical school applications or allow someone to experience different specialisms before committing to a dedicated path in their medical career.

This practical experience, along with the knowledge they gain by working in a different healthcare environment to their home country, can elevate a participant above the competition.

Medical interns pick up new practical and personal skills, observe a wide range of health conditions that may significantly differ from their home country, and learn to adapt in clinical settings with limited resources.

In doing so, our participants assist local doctors in providing easier access to healthcare services around the world, including screening, health education, and free medication. Participant support can also allow doctors to provide more specialist care to those most in need, while experienced participants may even be able to transfer knowledge and treat patients themselves.

All our medical projects are clearly defined, fully supervised, and follow our strict medical ethics policy to ensure everyone benefits.

## Activities undertaken by participants include:

### Observation and shadowing

Following doctors and other healthcare professionals during their rounds and consultations to understand the demands of the job.

### Basic clinical tasks

Assisting with tasks like taking vital signs (blood pressure, temperature), checking blood sugar levels, wound dressing, and administering basic first aid (under supervision).

### Community outreach

Participating in health screenings, vaccination drives, and health education workshops (such as hygiene, nutrition, and sexual health) in areas with limited healthcare access.

### Data collection and record keeping

Assisting with collecting and organising patient records or public health surveys.

### Specialised support

Depending on qualifications, potentially assisting in specific departments like surgery, paediatrics, or physiotherapy.

### Department rotation

Experiencing work in a variety of departments (depending on destination) while supervised and mentored by experts to help determine preferences and passions.

## A survey of our teen medical participants in 2025 revealed:

**96%**

Believe they could not have had their experience at home

**88%**

Now feel more confident in healthcare or clinical environments

**87%**

Feel their experience helped confirm or rule out medicine or healthcare as a career path

**75%**

Think their experience gave them the skills needed to succeed in further education



**LUCIA - AUSTRALIA**

"I firmly believe that the high school medical internship in Nepal was an incredible and transformative experience. It offered not only valuable hands-on medical exposure but also the opportunity to immerse myself in Nepal's rich culture and build lifelong friendships."



**KATHLEEN - USA**

"My daughter had such a great experience with Projects Abroad! She felt safe, made new friends, and received tremendously valuable exposure to the medical field, with hands-on learning in several different specialties."



**JODEE - AUSTRALIA**

"My daughter had a wonderful time on the program. She learned so much and formed some great friendships along the way. I was initially hesitant to send her overseas on her own, but she has returned home with a real sense of maturity and a strong drive to pursue both medicine and future travel."



**TATSUYA - JAPAN**

"The food and accommodation was great. The experience that I spent in the hospital and outreach was so valuable. I learnt many things that I cannot learn in Japan. Weekend activities are also great!"

## Here's a look at how we made a positive impact on medicine and healthcare in 2025:

**1,207**

Malaria tests

**3,762**

Blood sugar tests

**2,752**

Free medicines given

**5,479**

Vital signs measured

**2,415**

Malnutrition assessments

**7,019**

Attendees to health education workshops

**5,446**

Blood pressure tests

**1,775**

Free vaccines given

**20,317**

People helped through outreach

# Climate action

**With thousands of individual trips across more than 20 countries every year, it is vital to understand and manage the carbon footprint of our organisation. Doing so correctly is a key step in supporting our sustainability commitments.**

In 2025, we calculated our carbon emissions using the most up-to-date emissions factors across business operations and project activities in Scope 1, Scope 2, and Scope 3 emissions. This provides a more accurate perspective of our carbon footprint than ever before.

## Our commitment to climate action

We are a founding member of the Glasgow Declaration on Climate Action in Tourism and a Certified B Corporation, meaning that environmental responsibility is at the forefront of our operations. This updated methodology aligns with the GHG Protocol Corporate Accounting and Reporting Standard, and will help us more effectively find ways to reduce business emissions for 2026 and beyond.

## How we will adapt moving forward

Our new emissions reporting methodology allows us to closely track emissions across two broad areas of activity:

**Business operations** - emissions tied to Projects Abroad's organisational operations, including (but not limited to) office-based emissions, employee commuting, and business travel

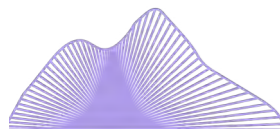
**Project operations** - emissions associated with the successful operation of projects in-destination, including (but not limited to) activities, transport, and accommodation

This approach will allow us to comprehensively analyse our emissions across every office and destination, highlighting specific areas for improvement at a much faster rate.

We will also continue with our existing climate pledges, including planting a tree for every participant and our ongoing partnerships with climate-centric organisations. Since 2014, we've planted over **238,700 trees**, including **185,279 mangroves**. We've also installed **1,396 efficient cookstoves** in Kenya, which help reduce carbon emissions.



## Our sustainability partners





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