

Human Vitality

Foster Human Rights

- Ethically Traded
- Peacemaking & Equality
- **Volunteerism**

- Preserve Culture & Diversity
- Protect Health & Wellbeing
- Teach Your Kids

Step into Spring



Shop all step into spring



Foster Human Rights with a Voluntourism Holiday

Share:

Taking a voluntourism holiday – one that’s human rights focused – gives you the opportunity to travel the world and help people solve social problems issues along the way. These **volunteer vacations** allow you to work with organizations that are dedicated to preserving human rights and solving the problems that many nations face.

At Hearts, we think the more you know, the better you can make ethical lifestyle choices, and what better way to learn about human rights challenges than seeing them firsthand? Keep reading to discover some of the most important issues facing developing countries today, and then find out how you can turn your **next vacation** into a *socially-transforming* holiday.

Quick Guide: How Voluntourism Addresses Human Rights Issues

- **Up to 4.4 vacations annually:** The average middle-aged US resident takes between 3.5 and 4.4 vacation trips per year.^[i] Many of these annual trips involve international travel primarily for sightseeing.
- **\$1.5 billion spent on vacations by Americans:** \$1.5 billion is spent on leisure trips including money spent on airfare, car rentals, gas, lodging, and food costs for both domestic and international travel.^[ii]
- **64.3 million US volunteers – more needed:** Although 64.3 million U.S. residents volunteered for nonprofit groups last year, every nonprofit organization is in desperate need of volunteers to continue helping people throughout the US and the world.^[iii]
- **Numerous human rights issues yet to be solved:** So many causes, so little time! In Indonesia, 2.3 million children work 8+ hours per day.^[iv] 1.6 billion people globally have no safe drinking water.^[v] These are just two of the human rights issues – these people could benefit tremendously if you volunteer to help.

Take Action! Voluntourism Opportunities Focused on Human Rights

1. **US Peace Corps:** The United States Peace Corps sends volunteers to host countries all over the world to educate, promote awareness, increase agricultural production, and numerous other services that benefit human rights.
2. **Globe Aware:** For less than \$1,500, you can volunteer your services helping build schools and libraries, and building orphanage facilities with Globe Aware across the world through a volunteer vacation.
3. **i-to-i Volunteering:** This intrepid trusted voluntourism operator offers you the opportunity to work on building projects, educational initiatives, children-focused issues, sports, and conservation for a variety of lengths and costs.
4. **Global Exchange Reality Tours:** Reality tours educate volunteers about global issues, and offer solutions to those problems. A \$500 deposit will hold your place for one of these enlightening tours. Read more about Global Exchange here.
5. **International Rescue Committee:** Volunteering with this organization gives you the opportunity to mentor and tutor refugees, and assist with agricultural and job seeking skills.
6. **Travelocity’s Travel for Good:** The site you trust for cheap vacations also offers numerous signature trips for voluntourism in partnership with organizations such as Earthwatch Institute, Cross-Cultural Solutions, and Globe Aware. They even have some voluntourism grants for those who have the heart but need a little financial help getting there.
7. **Global Volunteer Network:** This organization has placed more than 16,000 volunteers and raised over \$1.8 million to help women and children focused projects. Check out their worldwide voluntourism opportunities.
8. **Health Right:** Health Right is dedicated to promoting and maintaining health and human rights all over the world and offers a few great voluntourism opportunities.

Dig Deeper: Volunteering for Human Rights

- Learn more about where and how to volunteer at the [World Volunteer Web](#).
- Search for information on volunteer vacations and sign up for the [VolunTourist](#) newsletter.

Images By: [familymwr](#)

References

References

Share:

Related Articles



Transform a Child's Life:
Create Social Equality in US
Schools

Comments

0 Comments

Sort by **Oldest** ▾



Add a comment...

 Facebook Comments Plugin

 Tweet
 Tweet