



# Global Impact Report 2018





## **I am proud to present the 2018 edition of our Global Impact Report.**

Each year, I stand amazed at the impact achieved by our volunteers, interns and staff. 2018 is no different.

Across 30 locations, our dedicated and enthusiastic volunteers paid particular focus to the pressing global issues of equality, the environment and education.

With the United Nations Sustainable Development Goals in mind, we took active measures to combat these issues. Amongst other achievements, we helped 210 women start new businesses, removed 15 tonnes of litter, and supported the education of over 14,000 children.

In 2018, we also led the way against sending volunteers to work in orphanages and residential-based care centres. This wasn't a sudden decision, it was something we did gradually and responsibly, with the support of ReThink Orphanages. All our Childcare projects are now community-based and allow children to remain within a family setting. So far, we have seen great success in the communities and positive feedback from our volunteers.

At first glance, it is sometimes hard to measure the impact one volunteer can make in a few weeks. But when thousands of people spend a short amount of time working towards the same long-term goals, the impact can be tremendous, as our Global Impact Report shows.

We want to make even more of a positive impact in 2019 so we hope you can join us!

**Greg Thomson**  
Projects Abroad CEO





# Highlights

Thank you to all of our volunteers who joined us on our incredible journey in 2018. Together, you helped us:

Plant **over 57,700 trees**, including over 37,600 mangroves



Clean up **15 tonnes** of litter



Rescue and release **over 100,000** turtle hatchlings

Teach **over 3,500** students about protecting the environment



Discover **38 species** never before reported in the Amazon rainforest

Create the first ever **carbon-neutral resort** in Fiji



Support the education and development of **over 14,000** children

Provide focused literacy programmes to **100 children**

Build, renovate and improve the learning environment for **over 7,400** students



Run holidays camps for **more than 400** children

Feed **6,000** community members who are homeless or come from low-income communities



Do health screenings for **over 24,250** community members at medical outreaches

Conduct more than **800** malaria tests and **1,800** HIV tests



Provide **370** patients with physiotherapy, occupational therapy or speech therapy

Ensure access to clean water for **3,000** community members



Ran hygiene workshops for **more than 9,000** community members

Awarded interest-free loans to **210** beneficiaries to grow their business



Finalise **370** human rights cases in South Africa



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OUR

# Environmental Impact

With the rise of global warming and other environmental threats, the protection of our planet is vital. This is our home and we need to take action before it is too late. A key focus for us is to assist local NGOs and government agencies in the gathering of environmental data. This data will be used to formulate the top notch environmental policies that protect and conserve natural habitats.

On top of this, we are constantly working to educate communities on the importance of environmental protection. If everyone works together to make a small difference, our impact can be astonishing.

We work toward four UN Sustainable Development Goals at our Conservation Projects.

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## Responsible Production and Consumption

As a society, we are becoming increasingly conscious of the effect plastic has on our planet. In fact, 'single-use' was the Collins Dictionary 2018 word of the year! Projects Abroad has been committed to recycling and waste management for many years, and in 2018 we continued this valuable work.

### IMPROVED WASTE MANAGEMENT:

Clean-ups:



#### This year, volunteers:

Picked up **48,188 cigarette butts** in Thailand (this is equivalent to up to 234 cigarette butts per volunteer per hour of clean up work!)

Set up **30 bins** on beaches or in towns in Ecuador, Fiji, Madagascar, and Thailand

Put up **signs to discourage littering** on beaches and in wildlife reserves

Volunteers picked up  
**15 tonnes**  
of litter

#### Country highlight

### THAILAND

In Thailand alone, volunteers collected approximately **2.5 tonnes of trash** from local beaches. For this work, we've partnered with Trash Hero, a local organisation committed to creating a cleaner planet. This partnership has helped our initiative gain traction and local government has started putting up bins along the beachfront in support of our clean-ups.

With these bins and the bins set up by our volunteers, beach goers have a constant reminder to throw their rubbish away rather than littering. This has led to a **60% decrease in the amount of litter** found along the beaches.





Recycling:

In 2018, our volunteers helped with a number of different recycling and repurposing initiatives around the world. Their work helps reduce rubbish but, most importantly, it sets an example of eco-friendly living, which local people can continue to uphold even after volunteers have finished their project work. This year:



Volunteers in Belize repurposed **350 glass bottles** into drinking glasses, pencil holders, candle holders, and wind chimes

Conservation volunteers in Belize successfully convinced **9 restaurants** to stop supplying single-use plastic straws to their customers. This is part of our larger Zero Straws campaign which we're running throughout Placencia.



Volunteers in Thailand made **132 eco-bricks**

Volunteers in the Philippines co-hosted a **5-day event on waste management**. Representatives from 20 local government units attended and there were talks by representatives from the Philippines' Department of Environment and Natural Resources.



over **3,500 school students** took part in fun, educational workshops about the importance of proper waste management and recycling. Awareness is key!



RESPONSIBLE FOOD PRODUCTION AND CONSUMPTION:

Volunteers in Costa Rica and Fiji planted 5 organic vegetable gardens. These gardens provide a sustainable food source for community members and encourage healthier eating. What's more, the gardens in Fiji will reduce our own team's reliance on imported products, which in turn reduces our carbon footprint.



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Climate Action

COMBATING CARBON EMISSIONS:

We're committed to taking practical steps to tackle climate change. One of the biggest ways we do this is through our reforestation efforts around the world. By planting trees, and particularly mangroves, our volunteers help reduce carbon emissions.

Volunteers planted over **57,700 trees**, including over **37,600 mangroves**

Did you know?



The Amazon rainforest produces more than 20% of the world's oxygen! Despite this, it's faced with mass deforestation. Our team in Peru have been studying tree growth to find a suitable alternative to cutting down indigenous trees from this precious ecosystem.



This year, volunteers helped plant and study **100 ironwood trees**. We found this species to be particularly resilient to parasites and disease. We shared our findings with local farmers, who can use this information to grow their own resilient plantations. This way, they can focus on logging trees in manmade plantations rather than from the forest.

Country highlight

FIJI

2018 was the year we reached our goal of making Uprising Beach Resort **the first carbon-neutral resort in Fiji**. This amazing feat was only possible thanks to the hard work and dedication of our volunteers. In total, volunteers planted over 21,800 mangroves in Fiji this year.

We partnered with the resort a few years ago and set out to help them achieve carbon-neutral status. To do this, volunteers over the years planted **15 hectares of mangroves** across 10 coastal locations.

But our work doesn't stop there. Although we've achieved this major goal, we've also partnered with a sunglasses company and a dive centre to help offset their carbon emissions.



Case study

# SPEAKING OUT AGAINST DEFORESTATION

Human Rights volunteers in Argentina joined a protest of 15,000 people, which focused on **fighting against the construction of a highway through a forest.** Not only would the construction of this highway destroy indigenous trees, but it would also likely increase pollution in the area, due to the uranium found in the surrounding mountains.

Volunteers also **worked with the Fundeps Foundation** on this issue. They wrote articles highlighting how this construction goes against provincial law and presented the articles to local authorities.

## ADDRESSING THE CONSEQUENCES OF CLIMATE CHANGE:

Climate change has already begun to have devastating effects on ecosystems around the world. Our volunteers have been working to understand these effects through research, and to mitigate them where possible. This year:

- Our Conservation Project in Belize became a **member of the National Coral Reef Monitoring Network of Belize.** As part of their work, volunteers study coral bleaching to better understand how to protect our reefs.
- Our Conservation Manager in Belize was selected to **represent the Belize Network of NGOs on the Sargassum Task Force.** Sargassum (type of seaweed) has been washing ashore in huge quantities, a consequence of warmer waters due to climate change. Our volunteers and staff have been doing research to better understand its cause and possible solutions.
- Conservation volunteers **built waterholes** at the reserve in Botswana to create a sustainable water supply for wild animals during the drought. They also built erosion barriers and planted grass and trees in a 2.06 km<sup>2</sup> area of the reserve to **prevent erosion** of top level soil during heavy rains.

## To reduce our carbon footprint, this year's volunteers also:

Installed **solar panels** at the Wild at Tuli camp in Botswana. The camp now uses no external power source.

**Reduced meat consumption** at the camp in Botswana by 50% to minimise greenhouse gases produced by large scale animal agriculture

**Built 123 energy-saving stoves,** which use 40% less firewood, in Kenya and Madagascar



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# Life Below Water

## SUSTAINABLE FISHING AND RESEARCH:

Overfishing and illegal fishing remain some of the greatest threats to marine ecosystems worldwide. By researching species distribution, volunteers provide data that local government can use to refine their fishing policies and better protect our oceans. In 2018:

- Our volunteers identified a major **nassau grouper** and **dog snapper breeding site** in Belize. Recommendations were made to the Fisheries Department to enforce regulations to protect these areas.
- Officials from the Galapagos National Park and volunteers ran a **lobster monitoring programme** to make sure fisherman's catch aren't egg-carrying females or juveniles.
- Local biologists designating **2 new protected marine areas** for snorkelling in Thailand.
- New acoustic tags used to tag juvenile sharks means we can **monitor sharks for up to 10 years.**
- The San Augustin Natural History Museum from Arequipa in Peru set up a research project with volunteers. Volunteers **identified 88 species of freshwater fish** in the water near Taricaya Ecological Reserve. Of these, 27 species have never been reported in Peru before!





## MARINE SPECIES PROTECTION:

Our volunteers have been working to protect marine species around the world. This work includes conserving natural habitats, protecting them from poachers, and raising awareness about how to protect species.

Sea turtles in particular are under threat from poaching and plastic pollution. In fact, there are only an estimated 2,300 adult female Pacific leatherback turtles left! And although their population numbers are higher, Olive Ridley turtles only have very few nesting sites, meaning that this species is extremely vulnerable as well.

In 2018, our volunteers played an important role in protecting turtles in Mexico and Peru. As part of this work, volunteers collect eggs from newly laid nests and relocate them to a conservation centre. This protects them from poachers.

This year, volunteers in Mexico and Peru collected eggs from over **1,600 nests** and released over **100,000 turtle hatchlings** into the ocean.

### Of these:

**298** were  
**Pacific leatherback**  
turtles

**445** were  
**black**  
turtles

**98,280** were  
**Olive Ridley**  
turtles

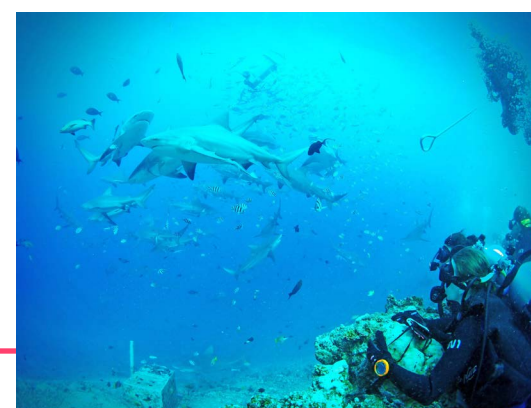
**1,000** were  
**yellow-spotted Amazon**  
river turtles

## Did you know?



Fewer than 10 people are killed by sharks each year. By contrast, a recent report in the Marine Policy Journal revealed humans kill an estimated 10 million sharks every year! As an apex predator, sharks are vital for maintaining the balance of the entire marine ecosystem.

Sharks are one of the most misunderstood animals in the ocean. To help protect them, volunteers in Fiji work to dispel myths about sharks. This year, they conducted **33 ecological knowledge surveys** to better understand people's perceptions of sharks. They then used this information to address these concerns during awareness campaigns.



## LIONFISH CULLING:

One of the ways volunteers protect marine species is through removing invasive species. In Belize, they do this by catching lionfish. Lionfish are native to the South Pacific and Indian Oceans, but the population has expanded to the Caribbean where they have no natural predators and threaten the balance of the ecosystem.

In 2018, our volunteers removed 2,000 lionfish from the reef off the coast of Belize. What's more, volunteers spoke to local restaurants about tasty ways to prepare lionfish to encourage them to start catching and serving this invasive species.

## Case study



### CULTIVATING CORAL COLONIES

Coral reefs are home to thousands of marine species. They act as an important breeding and nursery ground, and they protect coastlines from powerful waves. But climate change means our reefs are in danger! Rising sea temperatures lead to coral bleaching and eventually coral death. This has a massive knock-on effect for the entire ecosystem.

In partnership with Phi Phi National Park, our Conservation team and volunteers in Thailand have been addressing this issue in a practical way. We've established a **permanent coral nursery** area where volunteers work on coral propagation. Thanks to their work, the nursery is now **home to 600 coral colonies**.

We successfully had the area cordoned off by the national park this year and it is now completely off limits to boats. This will help coral growth. Because of our valuable work, we are the only organisation allowed to work directly with coral within the national park borders.







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## Life on Land

### WILDLIFE PROTECTION

In 2018, the world was shaken by major blows to wildlife populations due to poaching. The last male northern white rhino died and almost 90 elephants were found dead in Botswana. This devastating news pushes us to work harder to protect wildlife through anti-poaching initiatives and rescue and rehabilitation work.

#### Case study



#### ANTI-POACHING ACTION

One of the silent killers in a poacher's arsenal is wire snares. In Botswana and Kenya, our volunteers go on poaching patrols to find and remove snares.

Since the start of this initiative, **1,800 snares** have been removed. The numbers are decreasing every year, showing that poaching is declining in the area.

Our team in Botswana also report suspicious activity to authorities which led to the arrest of a major poacher in 2018.



#### Case study



#### WILDLIFE REHABILITATION

From our base at the Taricaya Ecological Reserve in Peru, our Conservation volunteers protect the Amazon Rainforest. They work at the rescue and rehabilitation centre, caring for rescued animals and releasing those who are fit into the wild.

In 2018, they released over **40 species**, including ocelots, margays, capuchin monkeys, toucans, macaws, sloths, and tortoises.

The most significant were our 6th and 7th group of Peruvian spider monkeys. We now have a total of **35 spider monkeys released** since 2010. This species was extinct in the area for almost a century due to hunting. Our internationally recognised reintroduction programme helps re-establish wild populations. In 2018, we saw the birth of **7 baby spider monkeys** in the wild!

*"Personally I consider the project a success, as we now have wild spider monkeys back in the area for the first time in over 50 years. However, if the populations do not breed then the project will eventually falter and that is why I am thrilled to report a 7th baby born in the wild. This figure is beyond my original expectations and it reflects that the monkeys feel completely safe and at home in the forest. Generally animals that are stressed will not mate and breed and the fact that we have 7 monkeys born free and wild is a testament to the success of the rehabilitation process."*

Stuart Timson,  
Conservation Director in Peru



### BIODIVERSITY STUDIES

We partner with local conservation organisations to help them collect valuable data on plant and animal species. They use this data to create reports, which flag vulnerable species and give insights into how to best protect the different animals we study. These are just some of the highlights from the species monitoring volunteers did in 2018:

- Volunteers monitored **1,500 adult marine iguanas** and **220 newborns** in the Galapagos.
- Volunteers surveyed over **2,600 sea lions** in the Galapagos. While monitoring, they identified and treated 52 pups who had eye infections.
- Volunteers removed 50% of the invasive black rat population in a petrel nesting area in the Galapagos. Since the removal, **142 petrel chicks** and **32 nests** were recorded.
- Footage of **a leopard cat and three cubs was caught on a camera trap** in Nepal. This is the first time this species has been recorded with cubs in the Annapurna Conservation Area.



#### Country highlight

#### BOTSWANA

Since its inception 12 years ago, our Conservation Project in Botswana has had one major long-term objective: to form a protected conservancy in partnership with surrounding farmers. By forming a conservancy, this large area will have legislative protection.

In 2018, we took a huge step towards this goal. We wrote up a **report from the data volunteers gathered over the last five years**. We'll use this report as the basis for our application to local government to create a conservancy.

The report shows that many animal populations have grown since the initial results five years ago. For example, in 2014 zebras were reported in less than half of the total surveys. In 2018, zebras were reported in every mammal survey volunteers conducted. A pride of 9 lions has also moved into the area for the first time.

The success of this long-term goal will help us better protect indigenous species, while also increasing tourism in the area. This is a very exciting step towards an important milestone for Wild at Tuli reserve.

### NEW SPECIES DISCOVERIES

Our biodiversity surveys have helped us discover a number of species never before reported in our research areas. This year, volunteers discovered:

**A new species of butterfly** at Barra Honda National Park in Costa Rica

**2 species of bird** at Palo Verde estuary in Mexico

**8 species of bird, a new species of bat, and 2 new species of frog** at Taricaya Ecological Reserve in Peru

The 8 new birds discovered in Peru brings our total count so far up to **507 different bird species** at Taricaya Ecological Reserve. This represents 5% of all known bird species on the planet!





OUR

# Social Impact

Since the beginning of 2018, we made impactful changes to the way we work. With the help of child protection specialists like ReThink Orphanages Network and others, we withdrew from orphanages and residential childcare responsibility.

Instead, we focus our resources on community-based childcare programmes that allow children to remain within a family. This approach to childcare is a more sustainable and long-term solution to caring for vulnerable children than orphanages.

Since the beginning of this initiative, we have seen great progress in the protection of children and the awareness surrounding our move:

- Orphanage directors in Kenya were invited by child protection specialists, Lumos, to attend related workshops run by NGO, Home of Hope. Since the workshops, several children who were living in an orphanage in Kenya have been successfully reintegrated back into families.

We also continue to support the health and wellbeing of local communities. A poor quality of life and a lack of services and opportunities can hold a community back. By providing these communities with education, skills and resources, we can help them move towards a brighter future.

Our work here links directly to several UN Sustainable Development Goals.







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## Quality Education

At Projects Abroad, we believe that everyone has the right to education and a healthy development. Our volunteers make this possible through educational activities that enabled students to learn basic literacy, math, English and more.

Volunteers supported the education and development of over  
**14,000 children**



*"The activities are really helpful and since the volunteers' cooperation, teachers have learned many different teaching techniques and creative activities to do with the children. The children have become more open and are more active in participating in the activities and can now use simple words to communicate in English."*



Ms Binh,  
Kindergarten principal in Vietnam

### Case study



## CLASSROOM ACHIEVEMENTS

Childcare volunteer Alyssa worked with a group of **18 students** aged 5 to 6 year-olds at a primary school in Samoa on basic literacy and English. She assessed all of the children against certain skills and re-assessed them at the end of her project. After her months of work, the whole group could confidently identify all letters of the alphabet, in upper and lowercase, identify the phonic sound of each letter, and write them in cursive.

## PROVIDING LEARNING OPPORTUNITIES

A number of our Teaching and Childcare Projects target neglected groups who have not had the same educational opportunities.

- Remedial classes were started in Jamaica for **60 students** under 6 who were not performing at their grade level.
- **Two supervisors** from our early childhood development (ECD) centre in Andasibe, Madagascar, received training to improve their skills.
- At the end of the 2018 school year in Madagascar, **13 children** graduated from the ECD centre and will have their primary school sponsored by local NGO, Handasibe.
- Volunteers sponsored **two of the top performing students** at our ECD centre in Madagascar so that they could attend a private school in Andasibe.
- Volunteers taught French, English and math to up to **60 street children (talibés)** at our care centre in Senegal. Since the children don't attend everyday, our volunteers plan creative lessons to teach skills in a short space of time.



### Case study



## IMPROVEMENTS IN EARLY CHILDHOOD DEVELOPMENT

Five-year-old Antoine seems to come from a dysfunctional family in Jamaica. This makes it difficult for him to learn, socialise with other children without misbehaving, and conform to rules. His school attendance was very poor and he lacked the necessary textbooks. Based on his assessment with our Early Childhood Development (ECD) checklist, he needed **support in his social, but mostly in cognitive development**, ahead of his move to primary school. He took part in individual sessions for an hour each day for three weeks and different techniques were used to engage him in learning the alphabet. After that short time, he was then able to recite the alphabet, identify letters, and has seen vast improvements criteria on the ECD Checklist.



### Case study



## FROM STREET CHILD TO MECHANICAL ENGINEERING STUDENT

Salif, 16, had been visiting the care centre for street children for over a year. He originally came from a rural town and was forced to leave school after both his parents passed away. He was taken to live in a daara nine years ago, a quranic school which is meant to teach students about the Quran and important life skills. However, this is not the case and many students live in deplorable conditions. Thanks to the **French and English lessons at the centre, he acquired a good enough language level to apply for a mechanical engineering course and has now started studying towards a two-year diploma**. This is an unique opportunity for a boy of his background. This formal education will increase his chance at employment. We continue to support Salif with educational supplies for his studies and pep talks! He has also served as an inspiration to some of the other boys at the centre.



LITERACY PROGRAMMES

Reading and writing are considered the basic foundations to further learning and development. Childcare and Teaching volunteers in Belize, Jamaica and South Africa ran structured literacy programmes in the form of remedial lessons to help students reach the required level for their class.

- Volunteers ran literacy programmes for **46 students** in two low-income primary schools in Belize. It has proven such a success that several schools are now building their own literacy rooms to replicate it.
- In Jamaica, basic literacy classes were conducted for **15 previously illiterate mothers** of the students who attend our literacy programme. We taught the parents literacy and parenting skills so they are better able to support their children with homework and reading.



More than **100 students** took part in our literacy programmes.

IMPROVING THE LEARNING ENVIRONMENT

Studies have shown that the learning environment can have a dramatic impact on students' engagement and learning. With the aim of offering a positive learning environment, over the course of 2018, volunteers helped:

Volunteers built, renovated and improved the learning environment for over **7,400 students.**

*"The most important message that Projects Abroad volunteers give to our community is the power of example and involvement towards a better society"*

**Mr. Mircea Sorin Mircea,**  
Prejmer Elementary School principal in Romania.

Build **two schools** and five classrooms

Paint and renovate **20 schools** and **10 care centres**

Paint and renovate a **playground**

Renovate **two libraries**



TEACHING ENGLISH

English language skills can open up many employment opportunities as well as advance the careers of many adults. English-speaking volunteers therefore contribute significantly to the English levels and pronunciation of both local teachers and students. In countries like China, Costa Rica and Vietnam, for example, there is a lack of strong English language teachers, so native speaking volunteers are appreciated.

- Over **1,500 students** at 10 primary schools in the more rural areas of China were taught lessons in conversational English.
- English lessons were run for **38 employees** at archaeological parks in Peru.
- A weekly English club was run for **38 young people** aged 12 - 21 in Madagascar to improve their chances of being hired in the tourism field. Of those attending the club, 8 have already found jobs.

HOLIDAY CAMPS

In several of our destinations, we ran camps for children during their school holidays. The camps aim to keep the children stimulated and busy while their parents are still at work. Through fun educational activities, we help the children learn skills that will benefit their schooling.



TEACHER TRAINING

In many rural communities, the resources available for further training are often limited. With many teachers being eager to advance their English language skills and teaching techniques, our volunteers have been running training programmes for them to attend.

- In Peru, **207 teachers** attended our teacher training programme in collaboration with the Ministry of Education. This four-week programme takes place annually during the school holidays and covers lessons such as English and classroom teaching techniques.
- In Jamaica, one of our volunteers, who is a professional psychologist, ran a workshop on child psychology for **8 teachers**.

Holidays camps were run for more than **400 children** in countries like Belize, Ghana, Kenya and Sri Lanka.





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## Zero Hunger

### FEEDING PROGRAMMES

Our volunteers offer much-needed nutritional support to vulnerable group to prevent malnourishment, learning difficulties, and other health issues. These groups included:

- **Young children** from rural or slum communities in Argentina, Kenya, Madagascar, Senegal, South Africa and Sri Lanka;
- **Homeless communities** in Argentina, Jamaica, Mexico and South Africa;
- **Low-income families**, including parents of young hospital patients in Argentina;
- **Families who were displaced** from a township in South Africa after a fire;
- **Elderly people** and rehabilitation homes in Jamaica.

More than  
**6,000**  
community  
members  
benefitted from our  
feeding programmes



### Case study



#### REDUCING “HUNGER RELATED” PETTY CRIMES

Over 9,000 meals were provided to talibés, street children aged 2 to 29 years old, at the Projects Abroad care centre in Senegal. These meals improve their nutritional health and limit the risk of “hunger related” petty crimes. Our volunteers also interact with the children and encourage them to attend the care centre for educational purposes as well.

### NUTRITIONAL HEALTH PROGRAMMES

Nutrition and Public Health volunteers have led ongoing nutrition monitoring and health programmes to educate and support families, with the aim to improve child and maternal nutrition in particular. This year:

- In Madagascar, **33 children** under the age of five were identified as being at risk of malnutrition. They receive porridge twice a week to subsidise their diet. In addition to this, they attend monthly nutrition classes with their parents and receive a full check up at the clinic.
- In Samoa, 37 antenatal sessions were held for **555 expectant mothers**. They presented on topics like gestational diabetes, breastfeeding and important nutrients.
- Among the **170 community members** assessed in South Africa, 8 were found to be undernourished and were referred to a clinic for further assessment.
- Home visits and nutrition assessments were conducted in Kenya for **1,113 children** under the age of 5 in three slum communities, in order to identify any cases of malnutrition and offer guidance to parents.
- Maternal and child health programmes were run for **540 individuals** in the Philippines. This was in line with UNICEF’s campaign on “the first 1000 days of life” focusing on good nutrition and health.
- **Cooking classes** were hosted in Madagascar, the Philippines and South Africa to teach locals basic recipes, using local ingredients, as affordable and healthy alternatives to the meals they prepare at home.

### Encouraging local production

One way to discourage the consumption of heavily processed foods has been to encourage communities to grow and produce their own food. Our volunteers did the following in 2018:

- In Fiji, Samoa and South Africa, **12 vegetable gardens** were planted for low-income communities, early childhood institutes, a school, elderly home, and a soup kitchen.
- In Tanzania, our volunteers built a **chicken coop** at a daycare centre for children with special needs. They also donated **30 chickens**, along with vegetable seeds for the garde. Any excess produce could also be sold to generate income for the centre.



### Case study



#### IMPROVING HEALTH MARKERS

Nutrition volunteers in Peru ran workshops for the mothers of **90 children** under three in San Jeronimo. This is a large district with a high level of malnutrition, anemia and poverty. The volunteers taught the parents about the importance of healthy food and how to prepare it. As a result, we noted a 30-35% decrease in the number of anemia and malnutrition cases among the children.





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## Good Health & Well-being

### OFFERING FREE HEALTHCARE SERVICES

A lack of funds and transport means that many communities aren't able to get the medical care they need. That's why we run medical outreaches in remote or rural communities.

During these outreaches, interns work with local doctors and nurses on basic healthcare screenings and treatments like deworming and wound cleaning. If tests show any abnormal results, interns flag them and healthcare professionals refer patients for further treatment.

Some examples of the outreaches interns helped with in 2018 are:

- **Health fairs** in Belize, where we partner with local healthcare organisations to offer a variety of free health advice and healthcare services, including rapid HIV testing, kidney urinalysis, and blood grouping
- Weekly outreaches to treat the 30 patients of a **leprosy camp** in Ghana
- **Screening** outreaches at a home for the elderly in Jamaica
- **Vaccination** programmes in remote villages of Madagascar
- Regular **health checks** for homeless communities in Mongolia
- Monthly **neurology evaluations** for students in a low-income community of Nepal
- **Wound care** and treatment for the street children (talibés) in Senegal



Volunteers screened over  
**24,250**  
community  
members  
during outreaches



### Case study MR KUMI'S SUCCESS STORY

In Ghana, medical interns working in a leprosy camp on a weekly basis. Members of the camp struggle to find employment because of the stigma around leprosy. This makes it difficult for them to find the funds to seek treatment, which can have devastating effects. In extreme cases, a lack of treatment can lead to infection and ultimately limb amputation.

Our interns help with cleaning and dressing patients' wounds at the camp to prevent this. One particular stand-out case is that of Mr Kumi. Doctors had recommended Mr Kumi's limb be amputated, but he declined. Over the 4 years since this recommendation, our interns have been treating Mr Kumi's wounds. In 2018, this **long-term, consistent treatment helped the wounds finally heal, meaning Mr Kumi won't need an amputation.**

### Mosquito-borne diseases

Did you know, mosquitoes are the deadliest animal on the planet to humans? Mosquito-borne diseases like malaria, dengue fever, and yellow fever cause millions of deaths each year. In 2018, our medical interns around the world joined our global mosquito-borne diseases campaign to help tackle this issue. As part of their work, interns:

Conducted over **800 malaria tests** during medical outreaches

Ran **awareness campaigns** about prevention, symptoms, and treatment for over 6,100 community members

Destroyed potential **mosquito breeding grounds** throughout local communities



### HIV

Interns played an important role in providing early diagnosis and raising awareness about HIV. They also helped combat the stigma about this disease through educational campaigns. In 2018, they:

Administered over **1,800 rapid HIV tests** during medical outreaches

Ran **educational campaigns** for over **4,700 community members**





Case study

THE POWER OF REGULAR CHECK-UPS

Ruben V has been a regular patient at our mobile clinics in Belize since January 2018. He has type II diabetes and hypertension. On his first visit his blood sugar reading was 264 mg/dL and his blood pressure reading was 149/70 mmHG. Local healthcare professionals immediately referred Ruben to a doctor for treatment. Continuous monitoring during outreaches combined with the awareness work by our interns helped Ruben stick to his medication and keep track of his progress. Because of this, by the end of April, **Ruben's readings were within the normal range.** His blood sugar level dropped massively to 172 mg/dL and his blood pressure reading reached 129/64 mmHG. Future interns will continue to help Ruben monitor his health.

Mental health:

This year, interns helped de-stigmatise mental illnesses and increase awareness of psychological support available. These are just a few of the highlights:

- Public Health interns in the Philippines ran a mental health awareness campaign for **300 community members.**
- Human Rights volunteers in Argentina joined the fifth **local Mental Health march** to demand more comprehensive public policies around mental health.
- In Jamaica, Psychology interns ran workshops on stress management, emotions, and bullying for **300 students.**
- Interns in Mexico joined a local NGO in organising fun activities for **children with cancer** at a local hospital.
- Social workers from Australia visited a dental hospital in China to run fun games and activities for **33 patients** with a cleft lip or palate.

Non-communicable diseases

With lifestyle changes in developing countries, non-communicable diseases, like diabetes and heart disease, are a rising threat. Combined with infectious diseases, this has led to a double burden of disease in many countries.

Our medical interns ran non-communicable disease awareness campaigns and tested blood sugar and blood pressure during medical outreaches. In 2018, interns:

Ran non-communicable diseases awareness campaigns for more than **5,900 people**

Conducted more than **16,000 free blood pressure tests**

Conducted more than **11,500 free blood sugar tests**

Calculated **body mass index** for more than **14,600 people**



IMPROVING THE QUALITY OF SPECIALISED HEALTHCARE

With healthcare placements being understaffed, our Physiotherapy, Speech Therapy, and Occupational Therapy interns play an important role in supporting local staff and the patients who have varying disabilities. These are a few of their highlights from 2018:

Physiotherapy, Speech Therapy, and Occupational Therapy interns worked with over **370 patients** around the world.

- Building volunteers extended the rehabilitation centre in the Philippines which will **increase capacity by 50%.**
- Speech Therapy volunteers trained local rehabilitation centre staff in Tanzania on basic speech therapy techniques to help identify early speech disorders in children. This will benefit the **70 children** who visit the centre.
- Physiotherapy volunteers donated **shower chairs** and installed **grab rails** in the showers so patients could become more autonomous when using the bathroom in Vietnam.
- Occupational Therapy volunteers in Vietnam trained **10 caregivers** on how to react and the intervention techniques that should be used in the case of a defensive patient.
- Speech Therapy volunteers in Vietnam created **33 personalised communication books** to allow non-verbal patients to communicate through visuals.
- In Cambodia, Physiotherapy interns helped a patient go **from being wheelchair bound to walking** 20 steps in 3 weeks.
- Physiotherapy interns in Cambodia used TheraBands to **help a young girl sit up on her own.** The local staff have started using Therabands in their therapy sessions as a result of the success of this technique.

"We only have a 3-month training course to become a therapist so we lack some knowledge. When volunteers come, they always try to show us as much as possible. I appreciate that a lot. I feel I am more gentle, more patient when I work with the kids. The knowledge that I gained from volunteers here has been very interesting and useful. Most of the kids here are in very severe conditions. We sometimes just try to help the condition not to worsen because we don't have much time, but I saw that when volunteers stay longer, the condition got better, even just a bit."

Ms Hoa,  
a therapist at Thuy An Rehabilitation Centre in Vietnam.

Case study

SINDRA'S SUCCESS STORY

A local elderly patient, Sindra, spent six months in a wheelchair after a stroke in Cambodia. With the support of our Physiotherapy and Occupational Therapy volunteers, **Sindra was able to walk again.** He began to walk with the assistance of twin rails to hold, then a four legged walking frame, then he was able to go on 30-minute walks with the volunteers using a single stick. This took place all within a matter of months.

Occupational Therapy volunteer, Casey, also worked with Sindra on his hand that he was no longer able to use properly. After four weeks of exercises, he was able to hold more than 2kg.

He has since started to use stairs and has learned simple exercises he can do independently so he can improve even without the presence of volunteers.

"I remember getting asked by a student if I could help him use his hand better. I designed a therapy programme which consisted of lots of stretches to both his arms and shoulders. Only after I had discussed with him that you need to work on the shoulder and arm in order to strengthen the hand did he realise you cannot make a hand better by just exercising the hand. This was explained to the therapists who were then able to assist him through a long-term programme. I would highly recommend this placement to any physiotherapist or occupational therapy student or qualified therapist as they can make changes and assist the therapists in new practice and skills."

Michele M,  
Occupational Therapy volunteer in Vietnam.





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## Clean Water and Sanitation

Clean water and sanitation are vital for overall health but it's not always readily available in vulnerable communities. This can result in contaminated water which can cause illness and infection. These issues are preventable with basic hygiene and improved sanitation facilities.

### ACCESS TO SANITATION FACILITIES

In 2018, our volunteers helped:

- Build or renovate **20 bathrooms and toilet blocks** for schools or families
- Manufacture **257 toilet bowls** in the Philippines
- Design **four hand washing stations** for schools in Cambodia, the Philippines, Tanzania, and Vietnam
- Install tippy taps as an affordable way of improving hygiene for **1,285 people** in the Philippines
- Repair **three public taps** in Madagascar

Over **3,000** community members received access to clean water which will help improve hygiene levels.



"The contribution Projects Abroad made to us is something none of the local councillors were able to achieve, although many promises were made".

Mrs S.A. Siriawathe, head teacher at a preschool in Sri Lanka



## Case study



### HEALTH HAZARD TO HEALTHY LIVING

Mr Smith, a 71-year-old man in Jamaica, lived in a one-room house without a kitchen or bathroom. He was often ill, suffering from frequent stomach pain. To improve his sanitation issues, his local church started funding and building a bathroom for him but were unable to complete the project.

Mr Smith later contracted a bacterial disease and was hospitalised. The church contacted Projects Abroad seeking assistance to complete his bathroom. **Building volunteer, Marc-Olivier, completed the work** including tiling, installing windows and a door, and building a passage area from the house to the bathroom to guarantee more sanitary living conditions.

Marc-Olivier went above and beyond, working hard and fast - sometimes in excess of 10 hours a day - to get the project completed. "This is one experience of my life that I will never forget", explained Marc-Olivier.

The new bathroom will improve the sanitation issues in Mr Smith's home and benefit his health. "This new bathroom will be of great value to me because it improves my way of living and gives me the privacy a man of my age should have in his own home", said Mr Smith.

In the Philippines, our team and volunteers continue to work hard to provide toilet facilities to 3,000 households in the region that don't have their own. In 2018:

- An additional **257 toilet bowls** were built and distributed to 9% of the target population.
- Over **70 community members** benefited from the 14 toilet blocks built by our volunteers. The blocks were built specifically for families who have members with disabilities.



### GENERAL HYGIENE EDUCATION

Alongside the provision of improved sanitation facilities, our volunteers are teaching and encouraging best hygiene practices globally.

Volunteers reached more than **9,000 community members** through hygiene workshops and lessons.

Volunteers have targeted young children who are most at risk of diarrhoeal diseases.

- Due to the rise in illnesses among school children in Belize, Public Health volunteers taught the students at **three preschools** and **two primary** schools how to wash their hands effectively.
- Childcare volunteers in Cambodia, Madagascar and Vietnam, taught the children simple gestures like **washing their hands** before meals. Half the children's parents in Cambodia said their children ask them to wash their hands before eating meals at home too.







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## Decent Work & Economic Growth

To promote sustained economic growth we have been empowering community members through skill building and income-generating activities. We provide entrepreneurs with interest-free loans to encourage the development of their businesses. With this extra bit of help, we aim to grow household incomes, increase savings and make community members more self-sufficient.

### ▶ ENHANCE ACCESSIBILITY OF FINANCIAL SERVICES

- The first group of beneficiaries at a **leprosy camp** in Ghana, have expanded their business and repaid their loans.
- A group of **women in a local fishing village** in Ghana repaid the loan on their gari processing and fish smoking businesses. They increased their initial stock to benefit from lower unit costs and maximised on sales. They are now better able to support their families.
- A **women's group** in Tanzania initially saw slow progress since several of them started their businesses from scratch or had just started them. After several loans, the final loans were repaid in full throughout the course of 2018.
- Microfinance volunteers in Senegal offered loans to mothers and talibés. This year, **25 new businesses** were started and **35 new jobs** created, with the majority of beneficiaries seeing an average **60% increase** in their household income.

210 beneficiaries received interest-free loans to support their businesses.



### Case study



#### FROM STREET CHILD TO ENTREPRENEUR

Ibrahim, a young talibé, used the money he had earned on a rice farm to buy a kiosk and a small quantity of fruit to sell. He used his loan from Projects Abroad to increase his stock and its quality. He received training in business development and management from our volunteers, and ended up receiving three loans as a result of his reliable repayments.

He has now completed his repayments, is debt-free, and the proud operator of a successful kiosk selling fruit, coffee, nuts and sweets. He is **financially independent** and **able to support his family**. He has used the increased profit to set aside savings in the hope of expanding his shop in future.



- Beneficiaries of our interest-free loans in Cambodia have thrived. They have **improved their living standards** and now serve as ambassadors in their communities, leading by example and advising their peers.

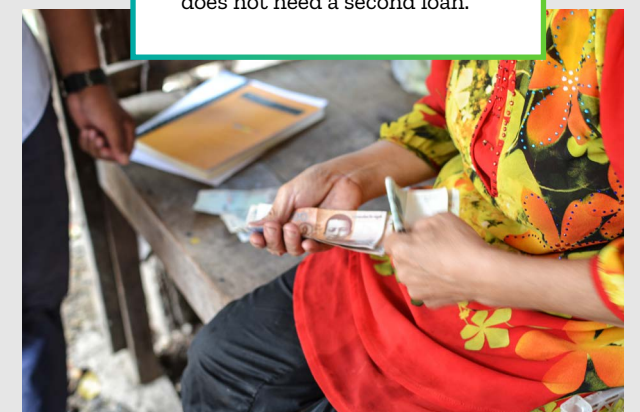
### Case study



#### EXPANDING BUSINESSES AND CREATING JOBS

Buntheoun had a small stand selling noodle soup near the road in Cambodia. With the loan we provided, she improved her business by building a roof over her stand, installing an electrical fan, and buying tables and chairs. She also expanded her business to include sweet soup and fried rice.

Before the loan, she had an average daily income of \$30 with a daily profit of \$7. She now has an average daily income of \$75 with an average daily profit of \$15. She plans to hire someone to work for her in the future, therefore offering employment to another community member. With a **stable income and growing savings**, Buntheoun has made the decision that she does not need a second loan.



"The project's impact was very obvious, which made it very rewarding to be a part of. Visiting women and talibés who had already received loans helped demonstrate the positive impact the project was making."



Harry B,  
Microfinance volunteer in Senegal



## CAPACITY BUILDING FOR ECONOMIC DEVELOPMENT

Education is key when it comes to the development of new businesses and the support of future employment opportunities. Volunteers ran the following workshops and training:

- Quarterly **networking events for women's groups** in Tanzania. Attendees got to listen to presentations from expert guest speakers on business-related topics.
- A six-week **computer course** to teach basic IT skills in South Africa.
- An employment skills programme in South Africa which **8 women** have graduated from.
- Volunteers trained **300 staff and trainees** on how to update the business website and social media, and design content in Vietnam. Their online traffic has since increased by an average of 10%.
- Vocational training for disadvantaged youth, including basic English lessons for up to **600 students**.
- Human Rights volunteers in Argentina taught **19 juvenile detainees** to build their CVs conducted mock job interviews so the girls could practice.
- Volunteers in Thailand launched a **"Young Tourism Ambassador" programme** that train primary school children on English and tourism skills that will benefit future careers.



## FACILITATING BUSINESS OPPORTUNITIES

Beyond offering business loans, Projects Abroad has also successfully introduced new income-generating activities, specifically to benefit people with disabilities, through capital investments.

- Volunteers in Kenya built more than **40 beehives** for **20 bee farmers** in Doldol, in partnership with the United Disabled People of Laikipia (UDPL) cooperative. The farmers will then collect the honey to sell to UDPL.
- Physiotherapy and Occupational Therapy volunteers in the Philippines are supporting an initiative started by local partners to offer income-generating activities for **people with disabilities**. These include:
  - » A water filling station which employs four people and provides **5,000 community members** with affordable and safe drinking water.
  - » Two sewing machines were donated to the Solid Waste Management's social enterprise, Waste Turns Trash to Cash that will benefit up to **3,000 community members** with educational campaigns and training.



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## Gender Equality

According to the United Nations, providing women and girls with equal access to education, healthcare, decent work, and representation in political and economic decision-making processes will fuel sustainable economies and benefit societies and humanity at large. Implementing new legal frameworks regarding female equality in the workplace and the eradication of harmful practices targeted at women is crucial to ending the gender-based discrimination prevalent in many countries around the world.

## EMPOWERMENT THROUGH FINANCIAL INDEPENDENCE

Financial independence is the best means by which women can become self-reliant. Through our Microfinance projects, we are providing women with business opportunities that will enable them to contribute to their family's income.

- In Cambodia, we educate women in **business skills** and support them in the growth and **development of their businesses**.
- In Tanzania, through surveys, we found that 80% of women from our partner women's groups did not have full control of the profit generated from their own businesses. And even the few who did, needed financial decisions approved by their husband. Human Rights volunteers therefore held quarterly events for all the women, to which facilitators were invited to encourage them in **promoting equal rights**.





▶ EMPOWERMENT THROUGH AN UNDERSTANDING OF RIGHTS

In 2018, Human Rights volunteers in Tanzania worked with eight women’s groups of 120 women from different villages around Arusha. Many of these women are single mothers, separated, divorced, widowed or deserted.

- Volunteers ran **educational campaigns and seminars** on women's rights, notably land ownership rights, and offered free legal aid in areas such as divorce, land ownership, child maintenance, and inheritance.
- These women were made aware of other **law and human rights organisations** close to their homes in case of future legal issues.
- One woman had been deserted by her husband who refused to pay child maintenance. Our staff and volunteers helped her file for divorce with a case for child maintenance. Her husband failed to attend court, and **the court ruled in her favour**.
- A **“Will writing week”** campaign was started by our staff and volunteers to encourage women to write their will. We used this campaign to explain laws such as the Marriage Act and Land Act to clarify women’s ownership in shared property.
- Volunteers ran another **“HeForShe Land Rights”** campaign in a secondary school to encourage young men to fight for women’s equal rights.

In Ghana, Human Rights volunteers engaged more specifically with the Islamic Community Centre.

- They organised **meetings between Muslim leaders and Muslim women** from Nima, a slum community of Accra. The better their relationship, the easier the women could present the challenges they faced. The women continue to call these meetings, without the need for our involvement and mediation.

**Did you know?**

**Female Genital Mutilation (FGM) remains a common practice in certain societies in Tanzania**, traditionally performed, but endangering young women with several health risks. The country’s average prevalence rate of FGM is estimated to be around 10%; however, Arusha, where most of our projects are based, is one of the regions where it is most widespread, with a **prevalence estimated to be as high as 41%**.

Human Rights volunteers speak with women’s groups and youth groups about this harmful practice and its potential effects. They also invited a medical team to provide further clarification so that the women could understand the health implications.



▶ EMPOWERMENT THROUGH EDUCATION

Projects Abroad continues to promote equal access to education for young women globally.

- Journalism volunteers in Ghana took part in the weekly meeting of Voice of the World, in a slum Muslim community of Nima. The programme provided young girls with **basic creative writing and journalism skills**. By the end of the year, there was an increase in the number of parents encouraging their daughters to register for the programme. Some of the girls have since taken part in TV shows focusing on promoting issues concerning Muslim girls, sharing from their own experience.
- In Madagascar, volunteers identified **10 girls** at the local private Catholic school who could not continue their studies due to financial restrictions. In partnership with the school, volunteers ran a twice-weekly programme, teaching them additional subjects like maths, science, languages and vocational skills such as sewing and embroidery, to be able to equip them as best possible for their future employment.



▶ STANDING UP FOR WOMEN’S RIGHTS

Human Rights volunteers in Argentina joined in various marches and protests in support of women’s movements, including:

- The **Women’s Day march** claiming for the rights and protection of women. Our volunteers carried signs made by teenage girls from a correctional facility with their messages requesting justice and women’s rights.
- The **“Ni Una Menos” (“Not one less”)** march, asking for an emergency law to eradicate extreme cases of violence, but also seeking real changes in gender issues, with public policies for prevention and education.
- **Three protests** urging the Argentinian Congress to pass a law legalising abortion, as the bill was being debated in the Senate Chamber.
- **World Day of Action march** on the 28th September, for access to legal and safe abortions, following the loss in the Senate vote for abortion rights. Thousands of pregnant women in Argentina are thought to still risk their lives with illegal and unsafe abortions.





ProjectsAbroad



## Peace, Justice & Strong Institutions

Our staff and volunteers play an active role in addressing human rights issues in order to guarantee justice for some of the more vulnerable groups around the world. Depending on their experience, they provide pro bono legal services and assist with legal clinics in the community.

### RECOGNISING REFUGEE RIGHTS

Human Rights volunteers in South Africa notably assist refugee clients. They help with applications for certification which, if obtained, allows them to apply for permanent residency. They have helped over 200 refugees, with some applications still awaiting finalisation. In March 2018, our team and volunteers demanded that the Standing Committee for Refugee Affairs (SCRA) provide outcomes. Within the next week, we received 10 outcomes, 8 of which were successfully approved.



In 2018, 974 cases were opened, with 585 new cases, and 370 finalised in South Africa

"Most of my time I spent working on refugee cases, whereby I had to go through hundreds of clients files who had applied for certification through the Standing Committee for Refugee Affairs (SCRA) and who had not received feedback from them in years. I had to sort through the files and sort them according to the year of application, reference number, no reference number and according to individual and family applications. After I sorted through the files, we compiled a list to present to the High Court of Cape Town, which compelled the SCRA to provide our clients or our office with feedback regarding their application. Through working on these files, I learned so much as each client's case was unique, and I was fortunate enough to meet most of the clients face to face, which made my whole experience surreal"

Nicole H,  
Law & Human Rights volunteer in South Africa.



### Case study



## A HAPPY ENDING FOR RWANDAN COUPLE

Our Human Rights team in South Africa has been working on a case relating to a Rwandan family since 2012. The husband and wife come from opposite tribes in Rwanda: the Hutus and Tutsis. In 1990, the Rwandan mass genocide by the Hutu-led government took place against the Tutsis, forcing the couple to flee the country and come to South Africa to avoid persecution. While there, they faced xenophobic attacks as well as attempts on their lives from other Rwandans who disagreed with them being together.

Our Human Rights team and volunteers facilitated their application for a protection order from the UN Human Rights Council (UNHRC). This couple had already tried relocating to several regions within South Africa only to face the same persecution. By 2016, the family moved to an informal settlement and the husband moved out of the family home to avoid his family being targeted. A move to Australia was made impossible by a change of administration, however, after years of applications, emails, and help from our team, **the family was finally able to settle in the United States** on 23 October 2018.

"Being a volunteer with Projects Abroad Argentina was a tremendously rewarding experience. The Human Rights Project was a great balance of different responsibilities and it is run by admirable, compassionate people who believe strongly in the work they do. I learned a lot during my volunteering time, and was particularly motivated by the project's conscious integration of Argentine history into its activities--which offered very real context for the work we were doing. I formed memorable friendships during my project and will miss everyone I worked with!"

Anneke C,  
Human Rights volunteer in Argentina



### CARING FOR CHILDREN'S RIGHTS

Child trafficking and a lack of trained legal aids for juveniles are still serious concerns in countries around the world.

- Human Rights volunteers reached **3,560 children** and over **50 adults** during a children's rights and anti-bullying educational campaign in Jamaica.
- Human trafficking workshops** were coordinated with parents in Jamaica. They also learned about parent patrol systems (where parents oversee the children's journey to and from school to ensure their safety).
- Human Rights volunteers **educated juvenile offenders** in Tanzania about their rights. They assisted them with their defense pleas, coached them on court behaviour and accompanied them on their court dates to see if they could assist further.

of the 56 juveniles assisted in Tanzania, 21 were released and 15 were released on bail.



### A LASTING LEGACY

Argentina suffered a rough history of military coups and a dictatorship. With 30,000 people having disappeared during that time, both the search for missing children and human rights trials are ongoing.

- Human Rights volunteers attend the **annual march** on 24 March in remembrance of the victims who disappeared.
- Volunteers learned more about the country's history and legal process by **attending two hearings from crimes against humanity** committed during the dictatorship.





ProjectsAbroad



## Sustainable Cities & Communities

We aim to protect cultural and natural heritages around the world. We partnered with local governments, ministries, conservation organisations and experts to ensure they have the resources required for this work.

### SAFEGUARDING CULTURAL HERITAGE

Archaeology volunteers help preserve important cultural heritage sites.

- In Romania, volunteers are based in Alba Iulia, a city with important Roman, medieval and modern features. Volunteers helped on **five rescue excavations** and uncovered stone mace, two graves, painted pottery, an almost entire painted lid and plate from the Foeni cultural group, clay statuettes, ceramic fragments, and animal bones.
- The focus in Peru is on Incan and Wari excavation sites, in partnership with the local Ministry of Culture. Throughout their stay, volunteers:
  - » Did maintenance works at **two archaeological parks**, which included cleaning Inca terrace walls and shrines.
  - » Identified and registered **ten Inca burial chambers**
  - » Identified and registered **eight groups of petroglyphs**
  - » Assisted at an **excavation site** where fragments of Inca ceramic were unearthed, to then be cleaned and classified.
  - » Cleaned more than **50 pre-Colombian textile artefacts** such as quipus, slings, clothing and small bags at the Acamama museum
  - » Were involved in a unique and exclusive **cataloguing programme** which involves working with rare, ancient Inca and pre-Incan artefacts from a private collection.



Existing small rural communities can also come under pressure and threat of modern development, in the search for land and resources.

- International Development volunteer in Mexico, Felix, worked with a civil organisation to **help rural communities** defend their lands, resources and lifestyles, notably protecting water resources. He revised legal documents, presented on legal procedures, and participated in a few peaceful protests to defend cultural heritage and rights.

The ongoing threat of human impact on natural heritage sites is also being tackled through our conservation projects.

- Our Conservation volunteers support local institutions in their conservation efforts to **protect UNESCO World Heritage Sites** like the Belize Barrier Reef Reserve System in Belize and the Galapagos Islands in Ecuador.
- In Belize, we work with the Belize Fisheries Department in **two Marine Protected Areas** (MPAs). Our volunteers collect data on marine species which is then used to improve policies and management of the areas. Through our involvement in the campaign against offshore oil, including a public forum, peaceful protests, reef clean-ups, and advocacy campaigns, we also supported the removal of Belize from the UNESCO World Heritage Site Endangered List.







Partnerships for the Goals

THANK YOU TO OUR VOLUNTEERS


The UN SDGs, as well as our own goals, can only be achieved through a strong commitment and cooperation between everyone.

We'd like to say a big thank you to everyone for your hard work and support over the years! From our dedicated teams around the world, the thousands of volunteers who joined us this year, the host families who went above and beyond to offer a home to them, to all of our project partners, none of these achievements would have been possible without you.

If you would like to learn more about helping, learning, and exploring with Projects Abroad, please visit [www.projects-abroad.net](http://www.projects-abroad.net).



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