

Pauline BLIN

N° étudiant : 42005475

Année universitaire 2022-2023

Université Paris Nanterre

Master 1 M2i – Management interculturel et international

Session 1



Volunteer tourism: an increasingly popular form of tourism

What is the positive and the negative impact of this form of tourism on volunteers and local communities?



Dirigée par Fiona ROSSETTE



Table of Contents

Introduction.....	3
I. An increasingly popular activity.....	5
A. Where volunteer tourism comes from.....	5
<i>History of modern tourism</i>	5
<i>Alternative tourism</i>	6
<i>Volunteer tourism</i>	8
B. Volunteering organizations.....	8
<i>Projects abroad</i>	9
<i>International Volunteer HQ</i>	10
<i>Involvement Volunteers International</i>	11
<i>Globalong</i>	12
<i>Organisation's policies</i>	13
II. Impact for volunteers.....	16
A. Motivations for volunteer tourism.....	16
<i>Personal and altruistic reasons</i>	16
<i>Volunteer tourists' types</i>	17
<i>Volunteering on Maslow's hierarchy of needs</i>	18
B. Positives for volunteers.....	19
<i>A way to broaden cultural awareness</i>	19
<i>Skills development</i>	20
C. Negatives for volunteers.....	22
<i>Unfulfilled expectations as a source of frustration and deception</i>	22
<i>Dealing with cultural differences</i>	23
III. Impact for local communities.....	26
A. Positives for local communities.....	26
<i>Stimulation of the local economy</i>	27
<i>Improving the life quality of local communities</i>	27
B. Negatives for local communities.....	28
<i>Economic dependence and disruption</i>	28
<i>The white savior complex</i>	29
<i>Neocolonialism</i>	31
<i>The commodification of local communities</i>	31
<i>Endangerment</i>	35

Conclusion 39

Bibliography..... 41

 Books 41

 Articles..... 41

 Internet sources 43

Introduction

“Would you like to make a difference in local communities abroad while learning about a new culture and having fun?”¹. These are the first words in a Projects Abroad video that explains how to enrol in a volunteer tourism project with their organisation. In fact, having the opportunity to go on a trip in a foreign country for a few weeks and do something good sounds tempting. That is why every year, many people, whether they are students or have already begun their professional life, enrol in volunteer tourism programs. But what exactly is volunteer tourism? A shorter and common name for this form of tourism is “voluntourism”. According to the Oxford Advanced Learner’s Dictionary, voluntourism is “a form of tourism in which travellers work without pay, usually for a charity, in countries they are visiting”². This form of tourism started to gain popularity in the 1980s and has been evolving and growing ever since.³

The volunteer programs take place in various fields. Projects that involve working with children in kindergartens or orphanages and teaching are among the most popular ones. But there are also projects where volunteers get to work with animals (wildlife or marine), work in healthcare or even in construction. The projects mainly take place in developing countries in Africa, Asia and Latin America.

There are different reasons why people choose to spend their vacations doing voluntourism. Those motivations are either personal or altruistic⁴. The most common personal reason is that voluntourism is an opportunity to travel and visit a new place.⁵ That way, volunteers are able to experience the culture of a country and maybe learn some basics of the country’s language. Volunteers also seek personal growth and to get out of their comfort zone, as the projects take place in third world countries most of the time.⁶ Another factor that makes voluntourism so popular is that people can earn credits for college and even add an experience to their resume. This is supposed to help them to get into college or to find a job. But some people choose this form of tourism for reasons that are not so selfish. In fact, some volunteers are really interested

¹ “How it works”, ProjectsAbroad

² Definition of “voluntourism”, Oxford Advanced Dictionary

³ Hanson Pastran, Sasha, “Volunteer tourism: A Postcolonial Approach”, *University of Saskatchewan Undergraduate Research Journal*, Volume 1, Issue 1, 2014, p.47

⁴ Carvache-Franco, Mauricio, Carvache-Franco, Wilmer, Contreras-Moscol, Daniel, Andrade-Alcivar, Luis, Carvache-Franco, Orly, “Motivations and satisfaction of volunteer tourism for the development of a destination”, *GeoJournal of Tourism and Geosites*, Vol. 26, N° 3, 2019, p.715

⁵ Stainton, Hayley, “Why should you become a volunteer tourist?”, *Tourism Teacher*, 31 May 2022

⁶ Ibid

in helping local communities to develop. Most of the time, people enrol in voluntourism programs due to a mix of both personal and altruistic reasons⁷. They feel the need to play their part in a country's development and support local communities, but also want to get some benefits from their trip for their own personal life. They are not necessarily aware of the impacts their actions can have on local communities.

What is the impact of this form of tourism on volunteers and local communities? Who benefits most from voluntourism?

To answer these questions, I will first talk about this increasingly popular form of tourism by analysing the historical background and the evolution of this industry nowadays. In the same part, I will also talk about companies and NGOs that offer voluntourism programs. I will then talk about the positive and negative impacts such trips have on volunteers. And finally, I will analyse the positive and negative impacts of voluntourism on local communities.

⁷ Carvache-Franco, Mauricio, Carvache-Franco, Wilmer, Contreras-Moscol, Daniel, Andrade-Alcivar, Luis, Carvache-Franco, Orly, "Motivations and satisfaction of volunteer tourism for the development of a destination", *op.cit.*, p.715

I. An increasingly popular activity

A. Where volunteer tourism comes from

To have a better understanding of voluntourism and how this form of tourism appeared, it is useful to first know more about the history of tourism in general. In fact, the development of volunteer tourism is linked to the evolution of tourism throughout the centuries.

History of modern tourism

The history of tourism in Europe started in the 17th century⁸. Back then, only noble people had the financial capability to travel across the continent. Usually, they did it to expand their knowledge in arts, history and get to know more about different cultures. Their trips were usually tours called the *Grand Tour* that went through famous cities such as London, Paris and Vienna.⁹ But the highpoint of the tour were Italian cities¹⁰. In the United States of America, in that same century, some people travelled to spas and mineral springs for relaxation¹¹.

New social classes¹² were born in the 18th century. The Industrial Revolution in Europe caused an exodus from rural regions to expanding big cities where people were needed for industry.¹³ At that same time, infrastructures were improved such as the railway network, because people mainly travelled across the European continent and across countries by train.

Up until the 19th century in Europe, educational journeys gained popularity.¹⁴ In fact, people from the upper middle class wanted to imitate the journeys of poets and philosophers such as Rousseau, Goethe and Lessing.¹⁵ Their favourite destinations were France and Italy. The goal of these trips was to expand their knowledge and be able to write and share their experiences through books and journals. These educational journeys also started evolving and people went

⁸ Périz Rodríguez, Carmen, "Travelling for pleasure: a brief history of tourism", Europeana, 16 June 2020

⁹ Ibid

¹⁰ Gyr, Ueli, "The History of Tourism: Structures on the Path to Modernity", European History Online, 3 December 2010

¹¹ Gershon, Livia, "How American Tourism began", Jstor Daily, 13 June 2016

¹² Périz Rodríguez, Carmen, "Travelling for pleasure: a brief history of tourism", op.cit.

¹³ Ibid

¹⁴ Gyr, Ueli, "The History of Tourism: Structures on the Path to Modernity", op.cit.

¹⁵ Ibid

on shorter trips to cities with coaches to see nature, visit landmarks and discover new arts. Later, in the 19th century, the first travel agencies were created, such as Thomas Cook & Son.¹⁶ This agency played an important role in the development of mass tourism, because it also allowed the middle and lower middle classes to travel.¹⁷ In the United States of America, in the 19th century, some places became famous tourist destinations, such as the Niagara Falls¹⁸. This site even became so popular that people complained that the landscape in the Falls area was destroyed because of the commercialization around the destination.¹⁹ After the civil war, which took place between 1861 and 1865, the railroads were developed²⁰ and the cost of fares fell²¹. This allowed more people to go on trips.

In the 20th century, the European tourism industry continued to expand with the development of means of transport. This allowed more and more people to go on vacations by the seaside, such as the Mediterranean Sea by bus and car. Air transport started to progress as well. In the 1970s, the phenomenon called mass tourism²² really started, because the costs to go on vacations fell further. Travelling was not an exclusive activity only meant for wealthy people anymore. Ever since then, tourism has become an important part of a country's economy and has continued evolving with low-cost flights and new forms of accommodation²³. And with this came new forms of tourism.

Alternative tourism

With the emergence of mass tourism in the second half of the 20th century after the second World War, people became aware that they actually wanted to change the way they travel. According to Sopheap Teng, Xiao Qiong and Corina Tatar (2015),

¹⁶ Périz Rodríguez, Carmen, "Travelling for pleasure: a brief history of tourism", op.cit.

¹⁷ Gyr, Ueli, "The History of Tourism: Structures on the Path to Modernity", op.cit.

¹⁸ Gershon, Livia, "How American Tourism began", op.cit.

¹⁹ Weiss, Thomas, "Tourism in America before World War II", *The Journal of Economic History*, June 2004, Vol. 64, No. 2, p.297

²⁰ Gershon, Livia, "How American Tourism began", op.cit.

²¹ Weiss, Thomas, "Tourism in America before World War II", *The Journal of Economic History*, op.cit., p.302

²² Périz Rodríguez, Carmen, "Travelling for pleasure: a brief history of tourism", op.cit., p.4

²³ Ibid

Mass tourism is characterized by an extreme concentration of tourists in one place, like the tourist traffic in the streets of Santorini Island (Greek). Saturation of a place, and therefore its degradation and its loss of attractiveness are the result of massification.²⁴

During their vacations, some people want to experience things that not everybody gets to do. That is why, between the 1970s and 1980s, some people turned their back on mass tourism in favour of alternative tourism.²⁵ The Youth Travel Foundation defines mass tourism as “an umbrella term for all forms of tourism opposed to mass tourism. A special consideration is paid to economic, social, cultural and environmental considerations.”²⁶ This shows that alternative tourism is supposed to do the opposite of mass tourism, as it involves having either a neutral or a positive impact on the visited place.²⁷

There are different forms of alternative tourism. Some people decide to just travel to places that are less famous, and therefore less people are there and it allows them to have a deeper experience of the country’s culture. But other people decide to spend their vacations doing ecotourism, adventure tourism or responsible tourism. Ecotourism is about experiencing the natural environment of the visited area.²⁸ Adventure tourism is about experiencing more risky activities, such as mountain climbing and trekking.²⁹ The goal of responsible tourism is to fully support and respect the local community, their culture and their environment.³⁰

These forms of tourism offer advantages, but are not meant for everybody. Supporting a local community and economy, reducing the environmental impact and really experiencing a new culture sounds very tempting. But there are also some factors that might restrain some people from spending their vacations in a different way. The prices are not the same as for mass tourism destinations, the language barrier and cultural immersion can scare off some people, as well as the difficult access to some places³¹.

²⁴ Theng, Sopheap, Qiong, Xiao, Tatar, Corina, “Mass Tourism vs Alternative Tourism? Challenges and New Positionings”, *Etudes caribéennes*, 31-32, August-December 2015

²⁵ Triarchi, Eirini, Karamanis, Kostas, “Alternative Tourism Development: A theoretical Background”, *World Journal of Business and Management*, Vol. 3, No. 1, 10 May 2017, p. 36

²⁶ “Mass Tourism versus alternative tourism”, Youth Travel Foundation

²⁷ Nunes Medeiros, Heloïse Michelle, de Moura Guerreiro, Quêzia Leandro, Vieira, Thiago Almeida, Sousa da Silva, Sandra, da Silva Aço Renda, Ana Isabel, Oliveira-Junior, José Max Barbosa, “Alternative Tourism and Environmental Impacts: Perception of Residents of an Extractive Reserve in the Brazilian Amazonia”, *Sustainability*, 13, 2076, 15 February 2021, p.1

²⁸ “Alternative tourism”, CEopedia Management Online

²⁹ Ibid

³⁰ Ibid

³¹ Ibid

But ecotourism, responsible tourism and adventure tourism are not the only alternative forms of tourism. Some people want to give some of their time to others and do something good during their vacations, while being able to discover a new country and experience a new culture. These are the people who choose volunteer tourism.

Volunteer tourism

Volunteer tourism, or voluntourism, is one alternative form of tourism that appeared in the 1980s and gained popularity throughout the years.³² Voluntourism is an over 2-billion-dollar industry, according to the website Driving change.³³ This form of tourism allows many people, whether they are teenagers, college students, adults, seniors, or even families, to volunteer abroad. Another reason for voluntourism's popularity is that it includes a lot of destinations (Asia, Africa, Latin-America, some Pacific Islands and sometimes even Europe).³⁴ People who are interested in volunteering abroad also have a lot of choice regarding the activities, because the projects cover different fields, such as teaching, construction and healthcare. Organisations which offer projects usually do not require specific competences from the candidates, which means that anyone can decide to teach children or volunteer in the medical field.

B. Volunteering organisations

To be able to volunteer abroad, people who are interested have to enrol in a program that is offered by an organisation. There are lots of different organisations, some are big and famous worldwide, while others are smaller and only exist in certain countries. In this subpart, I will focus on two famous organisations and two smaller ones. This will show how these organisations work, and what similarities and differences might exist between them.

³² Hanson Pastran, Sasha, "Volunteer tourism: A Postcolonial Approach", op.cit., p.47

³³ Bansal, Sarika, "Do no harm: the dark side of voluntourism", Driving Change, 2 June 2021

³⁴ Ibid

Projects abroad

Projects abroad is an American company that was created over 30 years ago in 1992. They define themselves as a social enterprise. According to Investopedia, “social enterprises seek to maximize profits while maximizing benefits to society and the environment, and the profits are principally used to fund social programs.”³⁵ Since the creation of this company, 130281 people have volunteered through Projects Abroad.³⁶

This company offers a wide variety of volunteering and internship programs. They are for high school and college students, but also adults and even families. People who are interested in volunteering or completing an internship can choose programs between: childcare, animal care, teaching, building, women’s empowerment, sports coaching, archaeology, refugee support, youth and community development and also medicine and healthcare. Also, volunteers also have different options between a few geographical areas. Projects Abroad programs take place in some African, Asian, Latin American and Caribbean, European and South Pacific countries. After choosing the field where they want to volunteer or make an internship, volunteers need to choose the duration of their stay. Depending on the program, there is a minimum duration of the stay that is usually one or two weeks. They can then choose how many weeks they wish to stay, and this can go up to 52 weeks.

The prices for the programs are different as they depend on the program, the geographical area and the duration of the stay. The price that a volunteer pays includes the accommodation, the meals, airport pick-up and drop off, transport to the workplace, emergency assistance and visa assistance. Fees that are not included and that volunteers have to pay themselves are the travel and medical insurance, the flight costs and visa costs if a visa is required to enter the country. The fees include a 295\$ deposit.

To apply to a program, an online application form needs to be completed. The payment also has to be done right away. Within two weeks, the program participation is confirmed and the future volunteer will be contacted and given further information. Sometimes, an interview is part of the application process in case Projects Abroad has any concerns. When applying, a candidate also has to give the contact information of a reference to make sure that the candidate

³⁵ Barone, Adam, “Social Enterprise”, Investopedia, 11 June 2022

³⁶ “About us”, Projects Abroad

is compatible with the chosen program. Candidates who are over 21 years old and wish to volunteer in childcare need to provide a criminal record check.

International Volunteer HQ

International Volunteer HQ (IVHQ) is another famous organisation that offers programs for volunteering abroad. The company was founded in New-Zealand in 2007 by Dan Radcliffe, a former volunteer tourist. As he felt disappointed by his experience, his goal was “to make volunteering abroad more responsible, affordable and accessible for all - as well as ensuring it addressed the most pressing issues of the local community.”³⁷ Since the company’s creation, over 124 000 travellers have volunteered through them.³⁸

Just as Project Abroad does, IVHQ also offers a lot of different programs, such as childcare, teaching, healthcare, animal care, but also in the environmental field, sports, arts and music and even elderly care. Their programs are also for a lot of different people, because teenagers, college students, adults, families and even seniors can be participants. The candidates get to choose their program between different geographical areas. There is North-and Latin America, the Caribbean, Europe, Africa, the Middle East, Asia and the Pacific. The duration of the stay goes from one week to 12 weeks, depending on the time a candidate wants to spend on the project.

With IVHQ, the fees also depend on the program and the duration of the stay. They also include the accommodation, the meals, assistance, airport pick-up and the preparation documents as well as a participation certificate. A registration fee of 329\$ is added to the program fee. Volunteers have to pay for their flights, visa, insurances and provide their background check on their own.

I did some research to compare the prices between both companies, as they are both famous and offer a lot of programs. This chart shows the price difference between a childcare program in Nepal offered by Projects Abroad and another childcare program in Nepal offered by IVHQ for a 4-week participation.

³⁷ “The IVHQ Story”, International Volunteer HQ

³⁸ “Frequently Asked Questions”, International Volunteer HQ

	Projects Abroad	IVHQ
Duration of the stay	4 weeks	4 weeks
Participation fees	2 580\$	665\$
Registration fees	295\$ (included in the program fees)	329\$
Total cost	2 580\$	994\$

To apply to an IVHQ program, candidates have to fill in an online application form where they choose the duration of the stay and the program. Then, IVHQ makes sure that the candidate is compatible with the program and that there is availability during the time period the candidate wants to volunteer. When the application is accepted, the registration fee has to be paid and the candidate is enrolled in a program.

Involvement Volunteers International

Involvement Volunteers International (IVI) is an Australian non-profit organisation (NPO) that was established in 1989³⁹. They state: “Our mission is to Educate, fight poverty, improve health and empower change through sustainable volunteer work in developing communities abroad. As a Non-profit Org, we’re not motivated by profits, we’re focused on helping people.”⁴⁰ A non-profit organisation is “a business that has been granted tax-exempt status by the Internal Revenue Service (IRS) because it furthers a social cause and provides a public benefit.”⁴¹

This NPO offers volunteering and internship programs in the same fields as Projects Abroad and IVHQ, which means childcare and teaching, animal care, environmental conservation, construction, and healthcare. These programs are also meant for different categories of people. Teenagers, university students, adults and even families can enrol in a program. Once again, the candidates get to choose the destination. The programs take place in Asia, Africa, Latin-America, Europe and the South-Pacific. But this NPO has programs in less countries than bigger

³⁹ “Proud Charity & Non Profit Org”, Involvement Volunteers International

⁴⁰ Ibid

⁴¹ Kenton, Will, “Nonprofit Organization (NPO): Definition and Example, Investopedia, 15 March 2022

volunteering organisations. Depending on the project, for their stay, the candidates can choose a duration of one up to 20 weeks. But some programs have a minimum duration of two weeks.

The fees are different from one program to another and also vary from one country to another. They include the accommodation, the meals, the airport pick-up, assistance in the country, different given materials and preparation information and a certificate of participation. 275\$ of application fees are added to the total cost of the stay.

To enrol in a program, the candidates have to complete an online application and write a small cover letter so that IVI can get to know them better. After that, once their application is accepted, they receive an approval within the next 24 hours and have to pay an application fee of 275\$. Once this is done, they have to pay the participation fees 33 days before the departure and then receive further information for their volunteering project.

Any candidate that is interested in working in childcare has to provide a criminal background check.

Globalong

Globalong is a French NPO that was founded in 2017.⁴² This organisation's website states that the executive board fights voluntourism and that their goal is to enhance values such as solidarity, sustainable development and cultural exchanges. They offer volunteering, internship and workcamp programs in the same geographical areas as IVI except for Europe, and also the same fields except for healthcare projects. Their programs are for people who have a minimum age of 18. The duration of the stay varies from one program to another, but there usually is a minimum of two weeks. Depending on the program, volunteers can stay for 5 months maximum.

To apply for a program, candidates have to complete an online application form. They also have to send a resume and a cover letter.⁴³ That way, the organisation can know more about the candidate and his/her motivations. It then takes between a day and a week for the organisation to check the application and send the candidate an e-mail to let them know about the acceptance

⁴² "Statuts de l'association Globalong", Globalong

⁴³ "Foire aux questions de l'association Globalong », Globalong

into the program. People who are accepted for a program need to send the organisation their criminal record background check. To complete the application, the candidates pay their participation fees and their solidarity donation online.⁴⁴ Once this is done, they receive documents with information about the country they travel to and the local staff contact information.

The participation fees include accommodation, airport pick-up, local assistance, help to get a visa and a participation certificate. Depending on the project, meals, training days, security equipment and airport-drop-off are also included. Volunteers have to buy their flight tickets on their own and also pay for their insurance and meals. Globalong insists on the fact that a tax reduction of 66% is possible, because it encourages French people to make donations to charities. Candidates who enrol in a program receive a tax receipt.

I compared the participation fees for similar teaching programs in Nepal. This is the chart with the prices for Involvement Volunteers Internationals (IVI) and Globalong:

	IVI	Globalong
Duration of the stay	4 weeks	4 weeks
Participation fees	945\$	1 165€ (1 235\$) → after tax reduction: 396€ (420\$)
Registration fees	275\$	200€ (212\$)→ after tax reduction: 68€ (72\$)
Total cost	1 220\$	1 365€ (1 447\$) → after tax reduction: 464€ (492\$)

Organisation’s policies

All of these organisations have policies on responsible volunteering. Their websites always have a category where a candidate can find further information about the organisations’ policies, ethics and commitment to the projects. But on Globalong’s and IVI’s websites, it is not as easy to find this information as on the two other websites because they are a smaller organisation. The policies are an important element for a candidate when choosing an organisation. In fact, people who wish to travel abroad to volunteer want to do this through a

⁴⁴ Ibid

serious NPO or company. By giving further information and explaining the rules volunteers have to follow, organisations gain credibility.

The first point about which all four websites talk is responsible volunteering. These four organisations state in what way they are responsible. They do this by describing their goals, such as not supporting the negative impact of voluntourism, and developing local communities abroad.⁴⁵ Some of them, such as Projects Abroad, even describe what a volunteering candidate should, in general, pay attention to when choosing a volunteering organisation. This actually helps Projects Abroad to gain credibility because the points they talk about are things they do. IVHQ also shows the way that their responsible volunteering policy makes them an organisation that is further ahead than others by writing down all of their commitments. These can be, for example, responsible and ethical marketing, verifying candidates' criminal background checks and assuring that a volunteer will not be replacing a local professional.⁴⁶

In addition, the organisations talk about their policies on childcare projects. One point they all have in common is that they require a criminal background check. This is to help protect children in kindergartens, schools and orphanages abroad, as there have been cases of sexual exploitation.⁴⁷ Projects Abroad also encourages volunteers for childcare projects to stay as long as they can, because children get attached quite easily. In their child protection policy, they explain everything a volunteer should pay attention to in order to protect the children. IVHQ also has a code of conduct on child protection.⁴⁸

As animal care projects are also popular, this is also a point about which they talk on their websites, except for IVI. Projects Abroad, IVHQ and Globalong talk about their animal welfare policies. In these, they talk about what they expect from the volunteers, like supporting the correct treatment of the animals.⁴⁹ In their policies, they also talk about what they pay attention to for animal care projects. In fact, the organisations ensure that the projects they offer go through local organisations that follow certain guidelines and that have expertise in animal care.⁵⁰ In the organisation's commitments, Globalong even writes that they only offer animal care projects where the priority is to reintroduce the animals into their natural environments.⁵¹

⁴⁵ "L'association Globalong s'engage pour le volontariat international !", Globalong

⁴⁶ "IVHQ Responsible Volunteer Travel Policy", International Volunteer HQ

⁴⁷ "Voluntourism, orphanages and child exploitation – what's the connection?", thecode.org, 7 April 2019

⁴⁸ "IVHQ Child protection policy", International Volunteer HQ

⁴⁹ "Animal Safety and Well-being while Volunteering", Projects Abroad

⁵⁰ "IVHQ Animal Welfare Policy", International Volunteer HQ

⁵¹ "Charte de l'écovolontariat", Globalong

Concerning healthcare projects, only Projects Abroad gives detailed information about their policy. They write about their expectations from volunteers and interns for an ethical treatment of the patients. These include only performing treatments that the volunteer or intern is qualified to do, always staying under the supervision of a local professional, and behaving professionally.⁵² Before a volunteer or intern starts his project, a document for medical ethics policy has to be signed. The organisations offer healthcare projects in various medical fields such as dentistry, emergency medicine, public health and midwifery.⁵³ None of them require specific qualifications from the volunteers, which means that even high-school students can be part of a medical project.

As we have seen in this section, volunteer tourism is popular due to the possibilities companies and organisations offer candidates. It is an inclusive form of tourism, as almost everyone can go on such a trip (teenagers, adults, families, seniors) and programs are offered in a lot of sectors. The prices vary from one company/organisation to another and is also a factor for the attractiveness of this alternative form of tourism. But even if the fact that no special skills or knowledge is required from the participants to take part in a program, this is something that can have far reaching consequences, as we shall see in the following section.

⁵² “Ethics and Code of Conduct for medical volunteering and internships”, Projects Abroad, 22 May 2019

⁵³ “Medical Volunteer Abroad Programs”, International Volunteer HQ

II. Impact for volunteers

As we already have seen in the introduction, there are different reasons why people decide to spend their vacations doing a volunteering program abroad. Before talking about the impacts these trips have on volunteers, I will have a deeper look at the motivations behind volunteer tourism to understand that some motivations and expectations can lead to a certain impact.

A. Motivations for volunteer tourism

The main reasons why people decide to volunteer abroad are divided into two categories: personal reasons and altruistic reasons.

Personal and altruistic reasons

Personal reasons are when volunteers decide to volunteer abroad for their own purpose. One of the most important reasons in this case is related to personal growth. In fact, a lot of volunteers feel the desire to develop and learn new social skills.⁵⁴ These can be skills such as team work, empathy and also getting more comfortable with talking to people from other cultures.⁵⁵ When people volunteer abroad, they do not only spend time with people from the local culture. They also get to exchange with other international volunteers that are from different countries. That way, volunteers can meet a lot of people and even make new friends.⁵⁶

Volunteers also feel the need to get out of their comfort zone and experience new things. They want to do something different and break the routine they have in their home country.⁵⁷ Volunteering abroad is a travel opportunity for these people.⁵⁸ They get to spend a few weeks or even a few months in another country, discover new places, new people and a new culture.

Another motivation for people to volunteer is the fact that it sometimes helps to get into college or to find a job. In fact, people who have participated in a program add it to their CV and that way they have the possibility to enhance it, as it is an important experience them. Some

⁵⁴ Salvador, Marta, “Volunteer tourists, which are their motivations?”, alba sud, 21. August 2019

⁵⁵ Ibid

⁵⁶ Ibid

⁵⁷ Ibid

⁵⁸ Stainton, Hayley, “Why should you become a volunteer tourist?”, op.cit.

organisations such as Projects abroad even offer an International Volunteering Diploma so that volunteers can earn academic credit for college and university.⁵⁹

There are also the people who volunteer for altruistic reasons. In order to understand these reasons better, I will first give the definition of “altruism”. According to the Oxford Learners dictionary, altruism is “the fact of caring about the needs and happiness of other people and being willing to do things to help them, even if it brings no advantage to yourself”.⁶⁰ These people are more concerned about helping others and local communities.⁶¹ The personal benefits they can gain from volunteering abroad are not the most important part to them. They also usually stay longer on the projects than other volunteers who do it for personal reasons. Volunteers also belong to different volunteer tourist’s types as we shall see in the next part.

Volunteer tourists’ types

According to research, volunteer tourists are also divided into three different volunteer type categories: the shallow volunteers, the intermediate volunteers and the deep volunteers. A shallow volunteer usually stays one or two weeks on a project and is more focused on their own interest and motivations. The reason for volunteering is personal. This type of volunteer is also more likely to choose a destination they like rather than finding a program that matches their skills.⁶² An intermediate volunteer stays a few weeks longer than a shallow volunteer and has a mix of personal and altruistic reasons. Their participation in a program has a bigger impact on local communities, as they dedicate more time to the project.⁶³ A deep volunteer decides to be part of a program for altruistic reasons and usually stays longer than other types of volunteers. The duration of their stay can be from a few months to a year. This is the volunteer type that dedicates themselves the most to the project and their participation is more likely to

⁵⁹ “Gain Academic Credit while Volunteering”, Projects Abroad

⁶⁰ Definition of “altruism”, Oxford Learner’s Dictionary

⁶¹ Carvache-Franco, Mauricio, Carvache-Franco, Wilmer, Contreras-Moscol, Daniel, Andrade-Alcivar, Luis, Carvache-Franco, Orly, “Motivations and satisfaction of volunteer tourism for the development of a destination”, op.cit., p.716

⁶² Abreu, José, Ferreira, Marisa R., Casais, Beatriz, “Empowering the Community or Escape Daily Routine- A Voluntourism Perspective”, *Sustainability*, 31 October 2021, p.8

⁶³ Ibid

have a positive impact on both the project and the local communities. ⁶⁴

Table 6. Volunteer Profile Classification.

	Shallow Volunteer	Intermediate Volunteer	Deep Volunteer
Importance of destination	very important	as much important as project	project is more important than destination
Duration of participation	less than 4 weeks	1 month to 6 months	6 months or more
Focus of experience (altruistic vs. self-interest)	self-interest	both	altruistic
Skill/Qualifications	minimal skills	generic skills	may offer technical/professional skills
Active/Passive participation	passive	mixture of passive and active	active participation
Level of contribution to locals	minimal direct contribution	moderate direct contribution	high level of direct contribution

Figure 1: “Volunteer Profile Classification” ⁶⁵

Volunteering on Maslow’s hierarchy of needs

Abraham Maslow’s hierarchy of needs was created in 1954 to rank humans needs. They are divided into 5 categories: physiological, safety, love and belonging, esteem and self-actualization. But these 5 categories can be divided into two different sets of needs: deficiency needs and growth needs. Physiological needs, safety needs, love and belonging needs and esteem needs belong to the deficiency needs. Self-actualization belongs to the growth needs.⁶⁶ In order to be able to fulfil growth needs, people first need to satisfy the physiological needs. People can only fulfil a need if the one before has already been fulfilled. In order to volunteer, the physiological needs and safety needs must already be fulfilled.



Figure 2: Maslow’s hierarchy of needs⁶⁷

⁶⁴ Ibid

⁶⁵ Ibid

⁶⁶ Mcleod, Saul, “Maslow’s Hierarchy Of Needs”, Simply Psychology, 21 March 2023

⁶⁷ Ibid

On Maslow's hierarchy of needs, volunteering belongs to the psychological needs which are belongingness needs and esteem needs.

People who volunteer to be able to meet new people and make new friends fit in Maslow's "belonging" category. Those who seek for personal growth belong to the "self-actualization" category, as it is about achieving their own self-fulfilment. It helps them to become the best version of themselves.

B. Positives for volunteers

As we have seen in the previous part about voluntourists' motivations, the most frequent reason they choose this form of tourism is the benefits they can get from this experience. This applies especially to shallow volunteers, a bit less to intermediate volunteers and not at all to deep volunteers.

A way to broaden cultural awareness

Volunteer tourism is an opportunity for people to travel and discover new cultures. Staying in a foreign country for a few weeks or even months helps to gain cross-cultural experience.⁶⁸ According to Hernandez, Lapointe and Rayssa's (2018) research, McGehee and Andereck (2008) stated that "the cross-cultural interactions that take place in VT can foster mutual understanding, as well as understanding of international issues among volunteers."⁶⁹ The volunteers are from different countries in the world and this is an opportunity for them to exchange with people from somewhere else. That way, they get to know more about other cultures, other countries and it can help them to develop criticism towards what they might hear about other places and people in the world. Guttentag (2015) states that:

Cross-cultural exchange also has been lauded as a way to foment greater cultural respect and reduce stereotypes (e.g., Jones 2005; Lepp 2008). This outcome appears logical and it is supported by studies on 'intergroup contact theory,' which generally have found that intergroup contact reduces prejudices (Pettigrew and Tropp 2006).⁷⁰

⁶⁸ Hernandez-Maskivker, Gilda, Lapointe, Dominic, Aquino, Rayssa, "The impact of volunteer tourism on local communities: A managerial perspective", *International Journal of Tourism Research*, 2018(September/October), Vol.20, Issue 5, p.3

⁶⁹ Ibid

⁷⁰ Guttentag, Daniel, "Volunteer Tourism: As Good as It Seems?", *Tourism Recreation Research*, Vol.36(1), January 2011, p.71

It is also a way to become aware of cultural and social differences that exist. According to Lyons and Wearing (2008):

Other volunteers described how ‘by reflecting on my own culture, I’ve had spiritual growth’ and ‘our western society is so defined by materialism and I can see how I have been caught up in it’. The participant observer noted that ‘the issue of suffering came up in the conversation at the dinner table; why some suffer and others don’t; why some are lucky – you don’t choose the family you are born into’.⁷¹

Skills development

As we have seen before, enhancing the CV is one of the reasons and benefits volunteers get from their trip abroad. Some of them see their trip as an opportunity to gain skills and experience in the NGO-sector, because they wish to work in this sector.⁷²

Projects Abroad describes the benefits that volunteers can get from their volunteering experience. This is what they write on their website:

Teach around the world and expect to gain:

- Skills like teamwork, communication, leadership, resilience, organizing, planning, and time management
- Teaching experience in a real classroom environment
- A global mindset, from working and empathizing with people from different cultures and backgrounds
- Confidence from challenging yourself outside of your comfort zone

All of the above will improve your resume to give it the edge it needs for future applications. You'll experience personal development while teaching English overseas.⁷³

This shows that the projects offered by organisations can help volunteers to gain experience in the field they volunteer in. And as the volunteers get to work and receive support from trained local teachers and the local Projects Abroad staff, they receive help when it comes to planning

⁷¹ Lyons, Kevin D, Wearing, Stephen, *Journeys of Discovery in Volunteer Tourism, International Case Study Perspectives*, King's Lynn, Cabi, 2008, p.174-175

⁷² Daldeniz, Bilge, Hampton, Mark, “Charity-based Voluntourism Versus ‘Lifestyle’ Voluntourism: Evidence from Nicaragua and Malaysia”, *Kent Business School*, Working Paper No.211, May 2010, p.10

⁷³ “Volunteer English Teaching Abroad”, Projects Abroad

the work or any other issues.⁷⁴ A former teaching volunteer wrote about the outcome of her experience as an English teacher in Argentina:

As I had hoped, my time in Argentina shaped the direction of my future. While working at St. Mark's, I realised that the adult classes were my favourite ones to teach. Consequently, I decided to pursue a career in post-secondary education. Currently, I work with a global non-profit organisation that helps students from around the world develop the oral and written language skills necessary for studying, teaching or working in English-speaking countries. I'm grateful that my adventure in Argentina has led me down this path and I highly encourage you to pursue your international passions with Projects Abroad.⁷⁵

For some volunteers, the volunteering experience abroad is helpful to decide what they want to do in life. What makes it even more special is the fact that they gained experience abroad with people who aren't from the same culture. It also helps others to find out what they want to study in university.⁷⁶

Some volunteers choose this form of tourism because they can get academic credit. These volunteers usually have to participate in different seminars and some organisations also expect their volunteers to keep a daily field journal.⁷⁷ Projects Abroad is one of the organisations that offer an International Volunteering Diploma.⁷⁸ "Improve your resume while making an impact."⁷⁹ To be able to receive this diploma, candidates first have to pay 750\$. Then, they have to complete five modules that are on various topics and have different learning outcomes. Here is the list of the modules:

- Module 1: Preparing for an International Volunteering Placement
- Module 2: Planning for an International Volunteering Placement
- Module 3: Fundraising for an International Volunteering Placement
- Module 4: Undertaking your International Volunteering Placement
- Module 5: Evaluating your International Volunteering Placement⁸⁰

The first three modules have to be completed before starting the project, and the fifth has to be completed after the project. The work is examined by examiners and the criteria matches the

⁷⁴ Ibid

⁷⁵ "Review: Teaching in Argentina by Robin G", Projects Abroad

⁷⁶ Lo, Ada S., Lee, Candy Y.S., "Motivations and perceived value of volunteer tourists from Hong Kong", *Tourism Management*, 32, 2011, p.331

⁷⁷ Lyons, Kevin D, Wearing, Stephen, *Journeys of Discovery in Volunteer Tourism, International Case Study Perspectives*, op.cit., p.55

⁷⁸ "Gain Academic Credit while Volunteering", Projects Abroad

⁷⁹ Ibid

⁸⁰ Ibid

ones from the Department of Education from the UK.⁸¹ A total of 41 credit (Total Qualification Time) can be earned by the volunteers, which provides 16 UCAS points in the United-Kingdom or 20 to 21 European academic credits. It is also equivalent to 10 US high-school academic credits.

According to Lyons and Wearing (2008), the volunteers found this positive, because it helped them develop their reflection skills. In fact, a volunteer who volunteers abroad might not take the time to reflect on a deeper level about the work they achieve and their experience.⁸²

C. Negatives for volunteers

Volunteer tourists do not only choose this form of tourism because it is not mass tourism, but also because of the benefits they can get and the impact they expect to have on a local community. But some of them do not experience what they initially expected before leaving for their trip.

Unfulfilled expectations as a source of frustration and deception

Volunteers who leave for a program are usually not expected to already have skills. But this can be problematic for the volunteers and for the local communities. If volunteers do not have the necessary skills and knowledge for the project, their contribution to the project will be less significant. Hernandez-Maskivker, Lapointe and Aquino (2018) interviewed former volunteers and one of the respondents said that: “about 5% /10% of volunteers needed more training in the field, they weren't well prepared.”⁸³ This stems from the fact that not all companies and organisations offer training before the trips. Sometimes, the volunteers also do not already have experience in the field they volunteer in.

A study conducted by Strohmeier and Heleta (2020) shows that some of the interviewed volunteers were not well prepared before their trip to South Africa. In fact, some of them were unexperienced when it comes to working and volunteering with children, NGOs and vulnerable

⁸¹ Ibid

⁸² Lyons, Kevin D, Wearing, Stephen, *Journeys of Discovery in Volunteer Tourism, International Case Study Perspectives*, op.cit., p.55

⁸³ Hernandez-Maskivker, Gilda, Lapointe, Dominic, Aquino, Rayssa, “The impact of volunteer tourism on local communities: A managerial perspective”, op.cit., p.10

communities.⁸⁴ And once they arrived in South Africa, some of them wish they would have received more information about the work they had to do:

They said that nobody told them what to do with the children – neither when the teacher was around nor when they had to take care of the class by themselves. One voluntourist, who studied to be a social worker, also wished to have been better prepared for the work and the setting in order to know how to handle certain situations more appropriately and with respect for local circumstances and culture (Voluntourist 10). Only two voluntourists mentioned that they had somebody with experience who supported them while doing their volunteer job (Voluntourists 3 and 7).⁸⁵

Even people who are already used to teaching believe that it is important to give the volunteers instructions, especially if the teacher they are supposed to help is not there.

Although she is used to teaching, she pointed out that it was unprofessional that she did not get any instruction from the people working there and that she had to be creative to come up with things to do with the children without any guidelines or advice (Voluntourist 5).⁸⁶

As this volunteer already had experience in teaching in her home country, she was able to manage the situation. But for an unexperienced and unprepared volunteer, this would have been much more difficult. And this would also have affected the children because they wouldn't have been taught what they were supposed to.⁸⁷ This shows that there is a reason behind the fact that people have to study a few years before becoming a teacher in their home country. They need to learn how to teach and how to handle certain situations. The volunteer stated that she “had four years of school to be a teacher” and that her background helped her.⁸⁸

Dealing with cultural differences

There is also a lack of preparation about cultural differences between the volunteers' cultures and the local culture. In fact, they do not speak the same language and have the same traditions. And this can be difficult for volunteers to deal with if they are not well prepared enough before arriving at their project. Some volunteers are confronted with situations they do not know how to handle and can make them feel uncomfortable. This happened to one of the volunteers in

⁸⁴ Strohmeier, Carina, Heleta, Savo, “Improving the contribution of foreign voluntourists in South Africa: The importance of training and supervision”, *The Journal for transdisciplinary Research in Southern Africa*, 16(1), a 730, 12. February 2020, p.4

⁸⁵ Ibid, p.4

⁸⁶ Ibid, p.5

⁸⁷ Ibid, p.5

⁸⁸ Ibid, p.5

South-Africa, when children started saying “Mama” to her. She thought that they were seeing her as a mother figure. Because of this, the situation was not easy for her to handle. But according to a social worker, in the Xhosa culture, “mama” does not mean “mother”. It is just a term to show others respect.⁸⁹ Another unprepared volunteer who travelled to South Africa also had a bad experience with the language barrier.

Voluntourist 1, for example, said that she spent her first day at a crèche in a township feeling unappreciated and even had the feeling that they did not want her there. The following day, she asked her sending organisation whether she could change her project. Her feeling was based on the fact that the local staff only spoke in the local language, isiXhosa, which led her to assume that they were not interested in her at all. She was moved to another project the next day.⁹⁰

In both cases, it would have been helpful for the volunteers to receive preparation from the local coordinators of the program. Knowing a bit more about local traditions and the local language would already make a difference. But the cultural differences and the language barrier can go even further than making the volunteer feel uncomfortable. According to Guttentag (2011), a coordinator of a local project in Argentina said that volunteers who do not have sufficient Spanish skills are “unavoidably going to be a burden”.⁹¹

Another problem that exists is the fact that volunteer tourism can contribute to reinforce volunteers’ cultural stereotypes. Volunteering programs usually take place in third-world countries, where poverty is common. But people usually have pre-conceived ideas about these places and communities. “Such reinforcement may occur if the volunteers witness behaviours confirming pre-existing stereotypes, and even disconfirming observations may be discounted.”⁹² It makes volunteers feel superior and perpetuates neo-colonial assumptions.⁹³ This is not necessarily a deliberate behaviour and they are usually not aware that they are doing this. These stereotypes and behaviours can romanticize poverty. Guttentag (2011) talks about a volunteer that travelled to Ghana and said that “These people lack of lots of things financially, but the riches they’ve got inside themselves is priceless.”⁹⁴

As we have seen in this part, there are lots of different reasons why people choose this form of tourism. Moreover, volunteering has an impact on the volunteers. Sometimes it has a positive one, and sometimes it has a negative one. This usually depends on the project and the

⁸⁹ Ibid, p.5

⁹⁰ Ibid, p.4

⁹¹ Guttentag, Daniel, “Volunteer Tourism: As Good as It Seems?”, op.cit., p.70

⁹² Ibid, p.72

⁹³ Hanson Pastran, Sasha, “Volunteer tourism: A Postcolonial Approach”, op.cit., p.3

⁹⁴ Guttentag, Daniel, “Volunteer Tourism: As Good as It Seems?”, op.cit., p.71

organisation or company volunteers choose, but also on the destination and the people they meet abroad and get to work with. And most importantly, the knowledge voluntourists have of the destination they travel to and the preparation they receive are important factors that lead to the impact their experience has on themselves, but also on the local communities.

III. Impact for local communities

People and volunteers often think about the impact a trip has on their own lives. But what they usually less reflect about is the impact their trip has on local communities that host them. Thoughts that are stereotypes are, for example, thinking that it will necessarily make local communities’ lives better and that it will improve how they live. But this is not what always happens to local communities. Of course, depending on the organisations that host volunteers, voluntourism can have a positive impact.

According to Abreu, Ferreira and Caseis (2021), these are the impacts volunteers think volunteer tourism has on local communities:⁹⁵

Table 5. Volunteer Program Impacts on the host communities.

Impacts	Mean	Min	Max
A growth of the social, economic, environmental and political conditions of the communities.	3.11	1	5
A growth of the knowledge, skills and intercultural understanding of the communities.	3.71	1	5
A growth of the global engagement of the communities.	3.32	1	5
A growth of the organizational capacity of the communities.	3.34	1	5
A growth of feeling like paternalism or dependency of the communities.	2.58	1	5
A growth of the environmental conservation perception.	2.86	1	5
A growth of the perception of the communities’ needs and desires.	3.63	1	5
A growth of an abusive use of the people suffering with the purpose to receive funds or support of the volunteers.	2.22	1	5

Figure 3: “Volunteer Program Impacts on the host communities.”⁹⁶

As we can see, volunteers think that volunteer tourism has more positive sides for local communities than negative ones.

A. Positives for local communities

Researchers say that if it is done the right way, voluntourism can actually have a positive impact for local communities on different aspects.

⁹⁵ Abreu, José, Ferreira, Marisa R., Casais, Beatriz, “Empowering the Community or Escape Daily Routine- A Voluntourism Perspective”, op.cit., p.7

⁹⁶ Ibid

Stimulation of the local economy

According to Abreu, Ferreira and Caseis (2021), “when organized correctly, voluntourism may increase revenues to the host communities, activate the local economy, and generate employment opportunities”.⁹⁷ A manager that works in this industry was interviewed by other researchers and said that “a lot of volunteers go into the town and spend money at the local grocery store, local restaurants, local shops and souvenir stores. I think we brought a tremendous amount of money to the community, which has created new jobs.”⁹⁸ In fact, some volunteers stay for a few weeks or even months and that way, they have the opportunity to travel around and spend money. And some projects take place in places that are more remote. Normal tourists might not travel much to places that are less famous, so this is the opportunity for these communities to increase their economic welfare.

Improving the life quality of local communities

Some projects are in the construction field. This means that volunteers travel there to help build new houses, schools, libraries and even sanitation facilities. They are built in places where natural disasters happened or that lack infrastructure. One of the organisations’ managers who was interviewed by Hernández-Maskivker, Lapointe and Aquino (2018) states that their organisation “has created around 6 000 permanent housing communities”.⁹⁹ And on Projects Abroad’s global impact report for 2019-2020, it is noted that the volunteers built sanitation facilities that benefit over 100 people. In fact, two bathrooms were built for households in Jamaica.¹⁰⁰ Seven sanitation facilities that are also adapted for people with disabilities were built in the Philippines and benefit 137 people.¹⁰¹

⁹⁷ Abreu, José, Ferreira, Marisa R., Casais, Beatriz, “Empowering the Community or Escape Daily Routine- A Voluntourism Perspective”, op.cit., p.9

⁹⁸ Hernández-Maskivker, Gilda, Lapointe, Dominic, Aquino, Rayssa, “The impact of volunteer tourism on local communities: A managerial perspective”, op.cit., p.8

⁹⁹ Ibid, p.9

¹⁰⁰ Projects Abroad, “Global Impact Report 2019-2020”, p.32

¹⁰¹ Ibid

B. Negatives for local communities

More research has been conducted on the negative impact of volunteer tourism for local communities than for volunteers. And some volunteers do not think about these aspects and behaviours before or during their trip abroad. In fact, this industry and the behaviour of some volunteer tourists have a deeper and more harmful impact than expected.

Economic dependence and disruption

During their research, authors found out that economic dependence can occur because of volunteer tourism. They were able to find out about this negative impact during interviews with managers from local organisations. Tourism researchers Hernandez-Maskivker, Lapointe and Aquino (2018) interviewed the manager of a volunteer organisation who said that “sometimes the locals become accustomed to receiving everything from the organizations. They think it’s your responsibility to give them everything.”¹⁰² Other authors such as Abreu, Ferreira and Caseis (2021) even talk about the disruption of the local economy that can occur when volunteers do a job that locals could do themselves.¹⁰³ In some cases, the volunteers do not even have the skills for the jobs. Because of the fact that unskilled volunteers do local people’s jobs, it hinders the actual development of the local community.

Another negative impact is the increase of the prices that can occur.¹⁰⁴ In fact, this can happen when organisations do not understand the local communities needs and do not adapt to them. And the excessive use of resources such as water, energy and food can also harm local communities, as they also need them to live.¹⁰⁵ Most projects take place in areas that do not have an abundance of these resources. If hundreds or thousands of volunteers visit this place each year, it causes an excessive use of these and this can negatively affect the environment. Some “noted a use of local resources exceeding their capacity.”¹⁰⁶

¹⁰² Hernandez-Maskivker, Gilda, Lapointe, Dominic, Aquino, Rayssa, “The impact of volunteer tourism on local communities: A managerial perspective”, op.cit., p.17

¹⁰³ Abreu, José, Ferreira, Marisa R., Casais, Beatriz, “Empowering the Community or Escape Daily Routine- A Voluntourism Perspective”, op.cit., p.17

¹⁰⁴ Ibid

¹⁰⁵ Hernandez-Maskivker, Gilda, Lapointe, Dominic, Aquino, Rayssa, “The impact of volunteer tourism on local communities: A managerial perspective”, op.cit., p.17

¹⁰⁶ Ibid

An increase of other undesirable activities such as gambling and prostitution were discovered during some studies.¹⁰⁷ Researchers found out that volunteers can introduce smoking, alcohol, drugs and prostitution.¹⁰⁸ Local communities sometimes abandon their traditions because organisations give a lot of attention to the volunteer's desires and local communities have no other choice than adapting to them. This shows why it is very important for organisations to work along with local communities to find out their needs and to manage to get them more involved. Local communities would benefit more from volunteer tourism if they played a bigger role in this industry. One volunteer tourism organisation manager said that the projects should be led by members of the local community. "If there's a board of directors that consist of engaged community residents, then I think there certainly are opportunities for volunteer tourism to be effective. It has to be driven by the community".¹⁰⁹ Another manager said that "They're the best ones to tell us if we're doing our job well, if they value our work or not".¹¹⁰ This shows how crucial it actually is to imply local community members in the programs.

The white savior complex

The white savior complex is "an ideology that is acted upon when a White person, from a position of superiority, attempts to help or rescue a BIPOC person or community."¹¹¹ BIPOC means Black, Indigeneous and people of colour. The white savior complex is also known as white saviorism. This is behaviour that harms BIPOC people or communities, especially in developing countries. It is a concept that already existed a few hundred years ago but continues. And it also often occurs in the voluntourism industry and during humanitarian crises.¹¹²

¹⁰⁷ Ibid

¹⁰⁸ Ibid

¹⁰⁹ Ibid

¹¹⁰ Ibid

¹¹¹ Murphy, Colleen, "What Is White Savior Complex- And Why Is It Harmful?", Health, 9 February 2023

¹¹² Ibid



Figure 4: Voluntourism Cartoon¹¹³

In this cartoon, we can see a tourist going down the stairs of an airplane in Africa. He is holding a book under his arm that says: “Save Africa for dummies”. And in front of the house, there is someone sitting and saying “not again...”. This illustrates that volunteers come and go, thinking that their trip will not only benefit them, but also the BIPOC community. But this cartoon shows that people from local communities are tired of people coming and wanting to help and save them, as they do not know much about the local culture and the problems they face.

The White saviour complex is problematic because it makes the hegemony of western countries perpetuate.¹¹⁴ Southern countries do not have much control over their resources and land.¹¹⁵ “the Global South is now portrayed as a place waiting for salvation from the Global North [...] whiteness is associated with progress, power and domination.”¹¹⁶ In fact, the voluntourism industry is an industry that is adapted to volunteer tourists, but rarely to local communities. Voluntourism is an idea that is often sold as something that will give developmental solutions to unskilled volunteers.¹¹⁷ The white savior complex is also linked to neocolonialism.

¹¹³ Darby, Matt, “Voluntourism is Neo-Colonialism”, Medium, 6 December 2018

¹¹⁴ Buckley, Tess, “Sa fari Animals, Nature Hikes and Children: How International Voluntourism Perpetuates the White Savior Complex”, Catalyst, 23 September 2019

¹¹⁵ Bandyopadhyay, Ranjan, “Volunteer tourism and ‘The White Man’s Burden’: globalization of suffering, white savior complex, religion and modernity”, *Journal of Sustainable Tourism*, 27:3, 5 March 2019, p.5

¹¹⁶ Ibid

¹¹⁷ Buckley, Tess, “Sa fari Animals, Nature Hikes and Children: How International Voluntourism Perpetuates the White Savior Complex”, op.cit.

Neocolonialism

According to the Cambridge Dictionary, neocolonialism is the “political control by a rich country of a poorer country that should be independent and free to govern itself.”¹¹⁸ Usually, when people think of volunteer tourism, they think of helping, giving back and making a difference. According to Hanson-Pastran (2014):

The discourse that brings volunteers to developing countries is underpinned by a powerful neocolonial assumption that even unexperienced and unskilled Westerners can bring “development” to developing countries. This assumption is revealed in rhetorical statements such as “teach a man to fish” – a phrase that implies that a Westerner, with little knowledge of the local contexts and resources, is somehow in a position to “teach” the local people how best to engage in development.¹¹⁹

This assumption harms local communities because it perpetuates the superiority of Western countries and people. But this assumption should be questioned by voluntourists and volunteer tourism agencies. And their use of “some powerful labels such as ‘expert’ or ‘teacher’” should come to an end, because someone doing a gap year after high school cannot be compared to a real, experienced teacher.¹²⁰

The commodification of local communities

Volunteers pay thousands of dollars to volunteer abroad and participate in projects supposed to help local communities to develop. The result of this is the commodification of local communities.¹²¹ Commodification is “the act or process of treating something as a product that can be bought and sold”.¹²²

¹¹⁸ Definition of “neocolonialism”, Cambridge Dictionary

¹¹⁹ Hanson Pastran, Sasha, “Volunteer tourism: A Postcolonial Approach”, op.cit., p.3

¹²⁰ Ibid

¹²¹ Hernandez-Maskivker, Gilda, Lapointe, Dominic, Aquino, Rayssa, “The impact of volunteer tourism on local communities: A managerial perspective”, op.cit., p.17

¹²² Definition of “commodification”, Oxford Learner’s Dictionaries

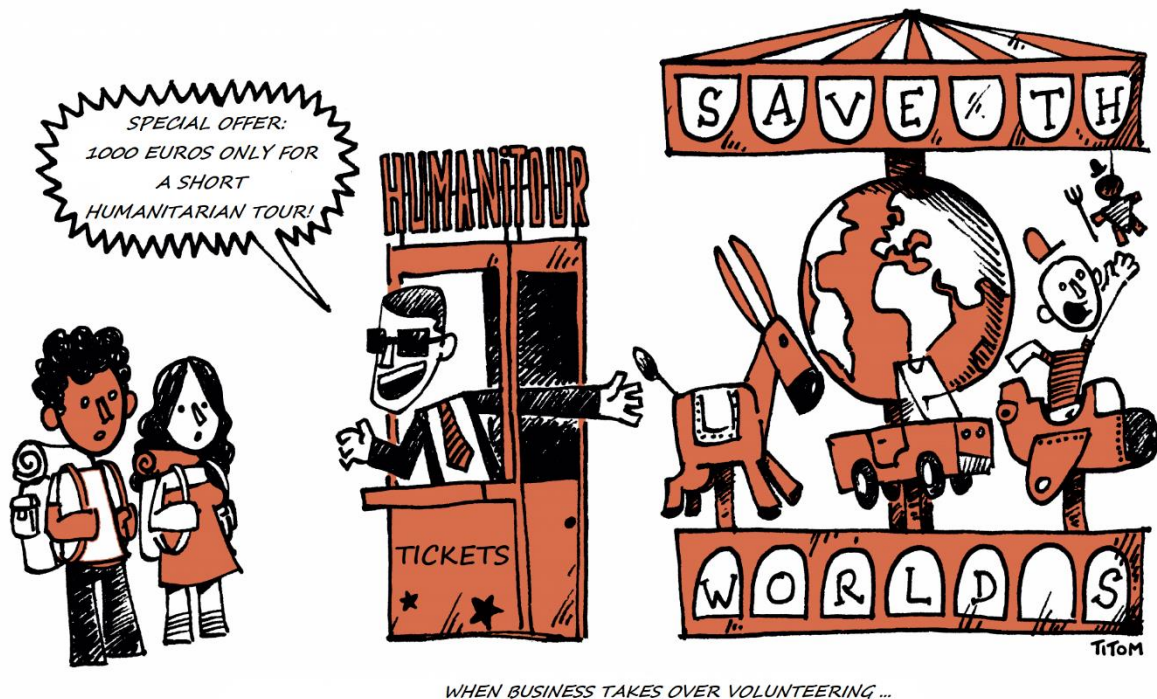


Figure 5: Cartoon “When business takes over volunteering”¹²³

This cartoon illustrates commodification. It shows two young people standing in front of a cash desk. Over the cash desk, it is written “HUMANITOUR”, and the cashier turns his hand to a carousel that says “SAVE THE WORLD”. And he says “Special offer: 1000 euros only for a short humanitarian tour”. It denounces the fact that volunteer tourism trips can be bought very easily and quickly. The cartoon also shows that often, volunteer tourism is about companies and organisations wanting to make profits and satisfying the desires volunteers have. Ultimately, volunteers buy an experience in a third-world country

Commodification also takes place on social media and dating apps. Volunteers pay for their trip and take pictures to have the memories. Some of them take pictures with children or other people from the local community. Later, they post the pictures on social media or dating apps such as Tinder. These people are called “The humanitarians of Tinder”. In her research, Toomey (2017) refers to the people from local communities as “the Other”.¹²⁴ With the humanitarians

¹²³ “When business takes over volunteering”, Service volontaire international

¹²⁴ Toomey, Nisha, “Humanitarians of Tinder: Constructing Whiteness and Consuming the Other”, *Critical Ethnic Studies*, Vol.3, No.2, Fall 2017, p.160

of Tinder, “the cheap and easy commodity is the body of the Other”.¹²⁵ Through the photos that are taken,

The body of the Other is proliferated, fetishized, and commoditized in these photos as a medium through which the cleansing of guilt can take place in an “iteration of the humanitarian relation of care . . . an encounter that is crucial to the making of whiteness and eliteness.” These photo posters gain a kind of eliteness or social capital through the sharing of travel experiences framed as unique or caring, where the photo subject “is figured as modern and benevolent through an expression of care towards another who is figured as pre-modern and in need. Both these figures take shape through the relation of care.” A striking part of the representations on Humanitarians of Tinder is that the care always flows one way: from active white subject to racialized Other as passive object. The former decides who is cared for, when, and how. In exchange, racialized Others give up their bodies and images as commodities.¹²⁶

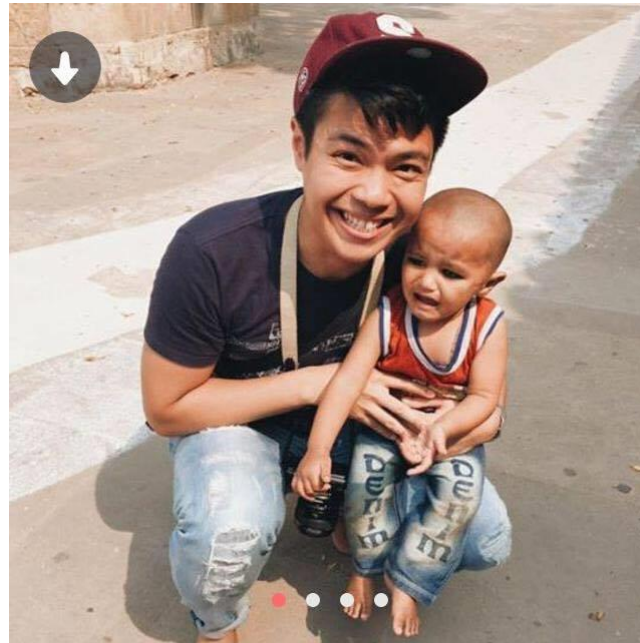
Such pictures can be found on *Humanitarians of Tinder* which is a meme account on Tumblr, Facebook and Instagram.¹²⁷ The pictures that are posted are screenshots from Tinder profiles that other users send. Around 95% of them have children or babies on them.¹²⁸ Here is an example:

¹²⁵ Ibid, p.160

¹²⁶ Ibid, p.161

¹²⁷ Laywine, Nathan, “Selfies or self-development? Humanitarians of Tinder (HoT) and online shaming as a moral community”, *First Monday*, Vol.26, No.4, 5 April 2021

¹²⁸ Ibid, p.163



Haikal, 25

3 kilometers away

A thriller on what's life have to offer.



Figure 6: Screenshot of a Tinder profile¹²⁹

In the picture, we can see a 25-year-old boy called Haikal crouching on the floor and holding a little boy on his lap. Haikal looks very happy with his big smile, but the little boy looks like he is crying. It almost looks like the little boy was forced to be on the picture. And this is something that Toomey (2017) points out:

In many cases, the other people in the photos are not looking at the camera, or they appear miserable; this testifies to how little regard the photo subjects give to the other people in the photos. They are props, scenery, spectral Others, and background objects.¹³⁰

¹²⁹ Screenshot of a Tinder profile, Humanitarians of Tinder

¹³⁰ Ibid, p.161

This practice is questionable, because they are posting pictures of themselves with minors whose consent on being on the picture was probably not asked for. And they are probably unaware that they are using other people's poverty to make themselves look like they are good people because they went abroad to volunteer. The commodification can lead to safety problems.

Endangerment

When many volunteers from all over the world come to volunteer in local communities and leave a few weeks after, it represents a danger for the locals, especially for children. The dangers can be psychological and/or physical. This is why volunteering in schools and especially in orphanages can be criticized.

Biddle (2021) is one of the authors that bring these negative aspects to light. In *Ours to explore: privilege, power, and the paradox of voluntourism*, she writes about the harm voluntourism can have on children. She has also been one of those tourists who pay thousands of dollars to volunteer abroad and who experienced the less glamorous side of this industry. Some of the chapters of her book describe what happens in schools and orphanages.

As I have previously mentioned, many volunteers decide to spend a few weeks or months to teach children in schools. But many of them are unexperienced and have no teaching background. And even if they do have a teaching background, they notice the impact voluntourism can have. One of the people Biddle (2021) writes about is an American teacher called Aaron Reddecliffe who volunteered in Tanzania in 2012.¹³¹ He quickly became aware that his experience would not be what he initially expected. In fact, local schools do not have the same resources as schools in more developed countries. And volunteers might not teach what the children are supposed to learn, because they do not have sufficient knowledge about topics such as local history, culture and traditions.¹³² Another problem that is often encountered is that lots of volunteers do not stay long on the projects in school.

¹³¹ Biddle, Pippa, *Ours to explore: privilege, power, and the paradox of voluntourism*, Nebraska, Potomac Books, 2021, p.117

¹³² Ibid, p.118

They would come in for a day or two and want to play and hand out snacks and teach the same 1-2-3, a-b-c lesson because that was all they were equipped to teach. Their intentions were good, but every day that short-term voluntourists came in was a day lost.¹³³

This shows how harmful the volunteer turnover can be, because in the end, the children do not get to learn what they are supposed to. Aaron says that “As the customer, the voluntourists had gotten what they had paid for—affirmation, immersion, and the appearance of impact. The students had paid the price.”¹³⁴ This statement also confirms the fact that most of the time, voluntourism is about satisfying the volunteers’ needs and desires, and that less focus is put on the local communities.

Orphanages are also a popular place to volunteer and show the rapid turnover of volunteers. In an orphanage run by the organisation Hope of Life in Guatemala, “during summer and school vacations, about 400 volunteers come every week, and, on average, 150 during other weeks. Volunteers then, bring at least \$9m a year to Hope of Life”.¹³⁵ It is an orphanage that hosts 195 children.¹³⁶ But one of the problems with orphanages is that often, the children are not even orphans. Some of them have at least one living parent. And quite often, families put their children in orphanages hoping that they will have a better life. Orphanages even sometimes promise the families to give them money in exchange. What also sometimes happens is that:

These recruiters convince the children’s parents that they are taking the children to cities for educational purposes and that the children will be able to return for visits. Instead, the recruiters sell the children to orphanages that profit from their commodification through voluntourism, donations, international funding, or intercountry adoption.¹³⁷

And most volunteers do not know that “the children they are purchasing access to have families”.¹³⁸

In order to attract volunteers that want to see poverty and feel needed, orphanage directors have some unethical practices. If the children look too “clean”, or if it looks like they have many toys, the volunteers might not want to stay. To make the voluntourists and any other visitors

¹³³ Ibid, p.119

¹³⁴ Ibid, p.119

¹³⁵ Rosenberg, Tina, “The business of voluntourism: do western do-gooders actually do harm?”, *The Guardian*, 13 September 2018

¹³⁶ Ibid

¹³⁷ Baron, Lily, “No Child Should Feel Left Behind: The Illegality of Orphanage Voluntourism under Article 19 of the United Nations Convention of the Rights of a Child”, *American University International Law Review*, Vol.36, Issue 3, 2021, p.610-611

¹³⁸ Biddle, Pippa, *Ours to explore: privilege, power, and the paradox of voluntourism*, op.cit., p.126

stay, the children walk around with “dirty faces, ripped shirts, skinny wrists”¹³⁹, and sometimes have dirty sheets.¹⁴⁰ It also happens that children are “kept malnourished to attract greater sympathy and donations”.¹⁴¹

But this is not the only way these children are exploited and abused. Voluntourism in orphanages or even schools are also the source of emotional abuse that can result in attachment disorders and low self-esteem. As I have previously mentioned, there is a rapid turnover of volunteers. This means that they stay for a few weeks, sometimes only two weeks, and when they leave, other volunteers do the same. A volunteer who stays in an orphanage is considered as a caregiver. But with the turnover of caregivers, the children do not have the opportunity to develop a healthy attachment style.¹⁴² And the favouritism of some volunteers also has an impact on the self-esteem of the children who are left behind and can make them feel “unworthy, rejected, and alone”.¹⁴³

Another form of abuse that these children suffer from is physical through sexual abuse and exploitation. In order to volunteer with children, volunteers usually need to provide a criminal background check during their application process. But even if volunteers provide a clear criminal background check, it does not mean that they only have good intentions. While most volunteers wish to work with children for good reasons, voluntourism is still an opportunity for sexual predators to get what they want.

In her book, Biddle (2021) explains that when she was a volunteer, the volunteers’ bunkhouse was close to the house where the children lived.¹⁴⁴ And apparently, it is common in this industry. This means that anyone has access to the children whenever they want to, so it makes it easy for the minority of volunteers who are not well-meaning.¹⁴⁵ Even if orphanage directors are supposed to protect the children, they easily let volunteers and visitors do whatever they want. A journalist experienced this:

In 2012 journalist Juliana Ruhfus and a colleague decided to put orphanages’ boundaries (or lack thereof) to the test. Undercover and without verifying their identities and intentions, they asked the director of the Children’s Umbrella Centre Organization orphanage in Phnom Penh, Cambodia,

¹³⁹ Ibid, p.133

¹⁴⁰ Ibid, p.133

¹⁴¹ Baron, Lily, “No Child Should Feel Left Behind: The Illegality of Orphanage Voluntourism under Article 19 of the United Nations Convention of the Rights of a Child”, op.cit., p.612

¹⁴² Biddle, Pippa, *Ours to explore: privilege, power, and the paradox of voluntourism*, op.cit., p.132

¹⁴³ Ibid, p.129

¹⁴⁴ Ibid, p.134

¹⁴⁵ Ibid, p.135

whether they could take a few kids on a field trip. He quickly organized a group of children into a lineup. The unknown visitors could take their pick. [...] In this case, the orphanage director facilitated strangers' driving out of the gates with handpicked kids he was supposed to be protecting. The journalists were there to prove a point on camera—at orphanages, you can get away with almost anything if you are Western and willing to pay.¹⁴⁶

It is no surprise that people with bad intentions can easily get what they want if there is no proper control. In 2016, Matthew Durham, an American volunteer from Oklahoma, was sentenced to 40 years of prison because he abused at least seven children during the time he stayed at the Kenyan orphanage in 2014.¹⁴⁷ He was 21 years old and some of the children he abused were only four years old.¹⁴⁸ Unfortunately, he is not the only one to have committed such crimes. Even an American orphanage director called Gregory Dow was sentenced to prison for abusing young girls who lived in the orphanage he opened up with his wife. The girls were between 11 and 13 years old.¹⁴⁹ His wife Mary Rose had taken these girls to the hospital to insert them birth control implants without the girls knowing what that was and without their consent.¹⁵⁰ He was arrested in 2019 and in 2021, the orphanage director was sentenced to 188 months imprisonment.¹⁵¹

When applying to a volunteering program abroad, candidates should always keep in mind that their experience can have a really strong impact on local communities. Candidates should also be careful when choosing an organisation, because not all of them are run by honest people.

¹⁴⁶ Ibid, p.135

¹⁴⁷ Ibid, p.135

¹⁴⁸ “Ex-US missionary jailed for abusing Kenyan orphans”, BBC News, 8 March 2016

¹⁴⁹ Biddle, Pippa, *Ours to explore: privilege, power, and the paradox of voluntourism*, op.cit., p.136

¹⁵⁰ Ibid, p.136

¹⁵¹ Bearak, Max, Ombuor, Rael, “A child sex abuser evaded justice in Kenya. Then an ‘ordinary woman’ took matters into her own hands.”, *The Washington Post*, 4 February 2021

Conclusion

The evolution of tourism allows our society to spend vacations in a lot of different ways and in many different places in the world. The new forms of tourism that have appeared not only allow us to travel to further and more unfamiliar places, but also to satisfy our needs. People who have already fulfilled their physiological and safety needs might feel the desire to do something good to help others, but mostly to fulfil another need. Volunteer tourism is a form of tourism that appeared in the 1980s and made it possible for people to travel and help other people. Ever since then, it is an industry that keeps evolving. In fact, a lot of people choose this form of tourism every year, and more and more different projects and destinations arise.

In order to be able to volunteer abroad, people have to apply to a program offered by an organisation or a company. There are many different organisations and companies, some are big and have a presence in different countries. Others are smaller and only exist in certain countries, especially when it comes to NPOs. All of these companies offer different programs, but definitely not for the same prices. Even though some organisations offer very similar programs, the prices can be very different. Between Projects Abroad and IVHQ, there is a difference of 1 500\$.

Although there are people who choose to volunteer abroad for altruistic reasons, most people choose this form of tourism for personal reasons such as fulfilling their needs, having the opportunity to travel to a new place or even to help them to find a job or to get into college. In fact, the volunteers are the ones that benefit most from this form of tourism. They are the ones that get the opportunity to enhance their CV, get out of their comfort zone and make new friends from all over the world, as volunteers come from many different countries.

The personal reasons tend to lead to a positive impact for the volunteers. But there can still be negative impacts for them. Volunteers can be disappointed from their experience for different reasons. A voluntourism experience can be expensive, so if a volunteer does not feel comfortable on the project or does not have the skills for the work, it can be frustrating. The cultural differences can also be an issue for volunteers, because they are not always well prepared, and it can lead to misunderstandings with the local communities.

The problem that appears with the personal reasons is that the volunteers often do not see further than their own interest. It happens frequently that people outside of a local community think

that they know what is best and what they need. But they do not know, because local communities are not always involved in the decision-making processes. In the end, the projects that take place might not fulfil a real need. And as voluntourism organisations and companies sometimes create projects just to satisfy the volunteers' desires, some projects might be useless for local communities. This is especially the case with the creation of new orphanages to satisfy the volunteers' desires.

The voluntourism industry is often harmful for local communities. There is a dark side of it that not all people are aware of. Even though voluntourism can have a positive impact such as helping local communities to develop, improve their quality of life and stimulate the local economy, this is not what always really happens. In order to have a positive impact on local communities, voluntourism has to be done the right way. But the lack of awareness often leads to the commodification of local communities and the white savior complex that make white supremacy perpetuate. Because of the high risk of endangerment that exists for local communities and especially children, voluntourism is often criticized. The impact that it can have is something that anybody should be aware of before volunteering abroad.

Bibliography

Books

Biddle, Pippa, *Ours to explore: privilege, power, and the paradox of voluntourism*, Nebraska, Potomac Books, 2021

Lyons, Kevin D, Wearing, Stephen, *Journeys of Discovery in Volunteer Tourism, International Case Study Perspectives*, King's Lynn, Cabi, 2008

Articles

Abreu, José, Ferreira, Marisa R., Casais, Beatriz, “Empowering the Community or Escape Daily Routine- A Voluntourism Perspective”, *Sustainability*, 31 October 2021

Bandyopadhyay, Ranjan, “Volunteer tourism and ‘The White Man’s Burden’: globalization of suffering, white savior complex, religion and modernity”, *Journal of Sustainable Tourism*, Volume 27, Issue 3, 5 March 2019, p. 327-343

Baron, Lili, “No Child Should Feel Left Behind: The Illegality of Orphanage Voluntourism under Article 19 of the United Nations Convention of the Rights of a Child”, *American University International Law Review*, Vol.36, Issue 3, 2021, p.605-649

Bearak, Max, Ombuor, Rael, “A child sex abuser evaded justice in Kenya. Then an ‘ordinary woman’ took matters into her own hands.”, *The Washington Post*, 4 February 2021

Carvache-Franco, Mauricio, Carvache-Franco, Wilmer, Contreras-Moscol, Daniel, Andrade-Alcivar, Luis, Carvache-Franco, Orly, “Motivations and satisfaction of volunteer tourism for the development of a destination”, *GeoJournal of Tourism and Geosites*, Vol. 26, N° 3, 2019, p.714-725

Daldeniz, Bilge, Hampton, Mark, “Charity-based Voluntourism Versus ‘Lifestyle’ Voluntourism: Evidence from Nicaragua and Malaysia”, *University of Kent, Working Paper No.211*, May 2010

Guttentag, Daniel, "Volunteer Tourism: As Good as It Seems?", *Tourism Recreation Research*, Vol.36(1), January 2015, p. 69-74

Hanson Pastran, Sasha, "Volunteer Tourism: A Postcolonial Approach", *University of Saskatchewan Undergraduate Research Journal*, Volume 1, Issue 1, 2014, p.45-57

Hernandez-Maskivker, Gilda, Lapointe, Dominic, Aquino, Rayssa, "The impact of volunteer tourism on local communities: A managerial perspective", *International Journal of Tourism Research*, 2018 (September/October), Vol.20, Issue 5, p.650-659

Laywine, Nathan, "Selfies or self-development? Humanitarians of Tinder (HoT) and online shaming as a moral community", *First Monday*, Vol.26, No.4, 5 April 2021

Lo, Ada S., Lee, Candy Y.S., "Motivations and perceived value of volunteer tourists from Hong Kong", *Tourism Management*, 32, 2011, p.326-334

Nunes Medeiros, Heloise Michelle, de Moura Guerreiro, Quêzia Leandro, Vieira, Thiago Almeida, Sousa da Silva, Sandra, da Silva Aço Renda, Ana Isabel, Oliveira-Junior, José Max Barbosa, "Alternative Tourism and Environmental Impacts: Perception of Residents of an Extractive Reserve in the Brazilian Amazonia", *Sustainability*, 13, 2076, 15 February 2021

Rosenberg, Tina, "The business of voluntourism: do western do-gooders actually do harm?", *The Guardian*, 13 September 2018

Strohmeier, Carina, Heleta, Savo, "Improving the contribution of foreign voluntourists in South Africa: The importance of training and supervision", *The Journal for transdisciplinary Research in Southern Africa*, 16(1), a 730, 12. February 2020

Theng, Sopheap, Qiong, Xiao, Tatar, Corina, "Mass Tourism vs Alternative Tourism? Challenges and New Positionings", *Etudes caribéennes*, 31-32, August-December 2015

Toomey, Nisha, "Humanitarians of Tinder: Constructing Whiteness and Consuming the Other", *Critical Ethnic Studies*, Vol.3, No.2, Fall 2017, p.151-172

Triarchi, Eirini, Karamanis, Kostas, "Alternative Tourism Development: A theoretical Background", *World Journal of Business and Management*, Vol. 3, No. 1, 10 May 2017, p. 35-54

Wearing, Stephen, Gard McGehee, Nancy, "Volunteer Tourism: A review", *Tourism Management*, 2013

Weiss, Thomas, “Tourism in America before World War II”, *The Journal of Economic History*, Vol. 64, No. 2, June 2004, p.289-327

Internet sources

“About us”, Projects Abroad [Retrieved 22 February 2023] <https://www.projects-abroad.org/about-us/>

“Alternative tourism”, CEOpedia Management Online [Retrieved 16 February 2023] https://ceopedia.org/index.php/Alternative_tourism

“Animal Safety and Well-being while Volunteering”, Projects Abroad [Retrieved 23 February 2023] <https://www.projects-abroad.org/about-us/working-with-animals/>

“Association Globalong”, Globalong [Retrieved 22 February 2023] <https://www.globalong.com/statuts-association-globalong.html>

Bansal, Sarika, “Do no harm: the dark side of voluntourism”, Driving Change, 2 June 2021 [Retrieved 15 February 2023] <https://drivingchange.org/do-no-harm-the-dark-side-of-voluntourism/>

Barone, Adam, “Social Enterprise”, Investopedia, 11 June 2022 [Retrieved 24 February 2023] <https://www.investopedia.com/terms/s/social-enterprise.asp>

Buckley, Tess, “Safari Animals, Nature Hikes and Children: How International Voluntourism Perpetuates the White Savior Complex”, Catalyst, 23 September 2019 [Retrieved 12 April 2023] <https://catalystmcgill.com/safari-animals-nature-hikes-and-children-how-international-voluntourism-perpetuates-the-white-savior-complex/>

“Charte de l’écovoltariat”, Globalong [Retrieved 23 February 2023] <https://www.globalong.com/blog/dossiers-globalong-information-supplementaires-astuces-difference-question-stage-langues-missions-benevolat-sejours-linguistiques-humanitaire-etranger-projet-annee-sabbatique/charte-de-lecovoltariat/>

Darby, Matt, “Voluntourism is Neo-Colonialism”, Medium, 6 December 2018 [Retrieved 15 April 2023] <https://darbymatt.medium.com/voluntourism-is-neo-colonialism-56b6a25f6924>

Definition of “altruism”, Oxford Learner’s Dictionaries [Retrieved 25 March 2023]
https://www.oxfordlearnersdictionaries.com/definition/american_english/altruism

Definition of “commodification”, Oxford Learner’s Dictionaries [Retrieved 13 April 2023]
<https://www.oxfordlearnersdictionaries.com/definition/english/commodification>

Definition of “neocolonialism”, Cambridge Dictionary [Retrieved 13 April 2023]
<https://dictionary.cambridge.org/dictionary/english/neocolonialism>

Definition of “voluntourism”, Oxford Advanced Dictionary [retrieved 22 December 2023]
<https://www.oxfordlearnersdictionaries.com/definition/english/voluntourism>

Dubay, Alicia, “Voluntourism: the good and the bad”, World Vision, 21 June 2021 [Retrieved 3 January 2023] <https://www.worldvision.ca/stories/voluntourism-the-good-and-the-bad>

“Ethical Volunteering”, Involvement Volunteers International [Retrieved 23 February 2023]
<https://www.volunteering.org.au/about/ethical-volunteering/>

“Ethics and code of conduct for medical volunteering and internships”, Projects Abroad [Retrieved 23 February 2023] <https://www.projects-abroad.org/about-us/medical-ethics-code-of-conduct/>

“Ethics and Code of Conduct for medical volunteering and internships”, Projects Abroad, 22 May 2019 [Retrieved 23 February 2023]
https://vimeo.com/337686452?embedded=true&source=vimeo_logo&owner=94518008

“Ex-US missionary jailed for abusing Kenyan orphans”, BBC News, 8 March 2016 [Retrieved 15 April 2023]
<https://www.bbc.com/news/world-africa-35752565>

“Foire aux questions de l’association Globalong », Globalong [Retrieved 23 February 2023]
<https://www.globalong.com/faq-globalong.html>

“Frequently Asked Questions”, International Volunteer HQ [Retrieved 21 February 2023]
<https://www.volunteerhq.org/faq/>

“Gain Academic Credit while Volunteering”, Projects Abroad [Retrieved 15 March 2023]
<https://www.projects-abroad.org/how-it-works/academic-credit/>

Gershon, Livia, “How American Tourism began”, Jstor Daily, 13 June 2016, [Retrieved 16 February 2023] <https://daily.jstor.org/how-tourism-began/>

“Global Impact Report 2019-2020”, Projects Abroad [Retrieved 6 April 2023] <https://docs.projects-abroad.co.uk/uk/global-impact-report/global-impact-report-2019-2020.pdf>

Gyr, Uli, “The History of Tourism: Structures on the Path to Modernity”, European History Online, 3 December 2010 [Retrieved 15 February 2023] <http://ieg-ego.eu/en/threads/europe-on-the-road/the-history-of-tourism>

“How it works”, Projects Abroad [Retrieved 3 January 2023] <https://www.projects-abroad.co.uk/how-it-works/>

“IVHQ Animal Welfare Policy”, International Volunteer HQ [Retrieved 23 February 2023] <https://www.volunteerhq.org/ivhq-animal-welfare-policy/>

“IVHQ Child protection policy”, International Volunteer HQ [Retrieved 23 February 2023] <https://www.volunteerhq.org/ivhq-child-protection-policy/>

“IVHQ Responsible Volunteer Travel Policy”, International Volunteer HQ [Retrieved 23 February 2023] <https://www.volunteerhq.org/ivhq-responsible-volunteer-travel-policy/>

Kenton, Will, “Nonprofit Organization (NPO): Definition and Example, Investopedia, 15 March 2022 [Retrieved 23 February 2023] <https://www.investopedia.com/terms/n/non-profitorganization.asp>

“L’association Globalong s’engage pour le volontariat international!”, Globalong [Retrieved 23 February 2023] <https://www.globalong.com/association-globalong.html>

“Mass Tourism versus alternative tourism”, Youth Travel Foundation [Retrieved 20 February 2023] <https://ftj-ytf.org/blog/mass-tourism-versus-alternative-tourism#:~:text=Alternative%20tourism%20is%20an%20umbrella,positive%20impact%20on%20its%20destinations.>

McLeod, Saul, “Maslow’s Hierarchy Of Needs”, Simply Psychology, 21 March 2023 [Retrieved 25 March 2023] <https://simplypsychology.org/maslow.html>

“Medical Volunteer Abroad Programs”, International Volunteer HQ [Retrieved 23 February 2023] <https://www.volunteerhq.org/volunteer-abroad-projects/medical-and-health/>

Murphy, Colleen, “What Is White Savior Complex- And Why Is It Harmful?”, Health, 9 February 2023 [Retrieved 15 March 2023] <https://www.health.com/mind-body/health-diversity-inclusion/white-savior-complex>

Pérez Rodríguez, Carmen, “Travelling for pleasure: a brief history of tourism”, Europeana, 16 June 2020 [Retrieved 16 February 2023] <https://www.europeana.eu/en/blog/travelling-for-pleasure-a-brief-history-of-tourism>

“Proud Charity & Non Profit Org”, Involvement Volunteers International [Retrieved 23 February 2023] <https://www.volunteering.org.au/>

“Review: Teaching in Argentina by Robin G”, Projects Abroad [Retrieved 15 March 2023] <https://www.projects-abroad.org/reviews/en-uk/robin-g-argentina/>

Stainton, Hayley, “Why should you become a volunteer tourist”, Tourism Teacher, 31 May 2022 [Retrieved 5 January 2023] <https://tourismteacher.com/reasons-why-people-volunteer/>

“Statuts de l’association Globalong”, Globalong [Retrieved 23 February 2023] <https://www.globalong.com/statuts-association-globalong.html>

“The IVHQ Story”, International Volunteer HQ [Retrieved 22 February 2023] <https://www.volunteerhq.org/history-ivhq/>

Salvador, Marta, “Volunteer tourists, which are their motivations?”, alba sud, 21. August 2019 [Retrieved 15 March 2023] <https://www.albasud.org/blog/en/1132/volunteer-tourists-which-are-their-motivations>

Screenshot of a Tinder Profile, Humanitarians of Tinder [Retrieved 15 April 2023] <https://humanitariansoftinder.com/image/149090404254>

“Volunteer English Teaching Abroad”, Projects Abroad [Retrieved 25 March 2023] <https://www.projects-abroad.org/volunteer-abroad/teaching/>

“When business takes over volunteering”, Service volontaire international [Retrieved 15 April 2023] <https://www.servicevolontaire.org/mission-volontariat/en/against-voluntourism-2/>

“Voluntourism, orphanages and child exploitation – what’s the connection?”, thecode.org, 7 April 2019 [Retrieved 23 February 2023] <https://thecode.org/voluntourism-orphanages-child-sexual-exploitation-the-connection/>