

# How Volunteering Abroad Can Change Your Life



Many of us tend to get entangled with the details of everyday life. That sale we missed, the party we didn't get invited to, that outfit we could've done better. But once you take a step back and immerse yourself in a different environment, these things will become trivial to you.

Volunteering abroad can give you the needed break from everyday realities and a chance to see things from a new perspective. If you ask those who have volunteered to Belize or Guatemala, most of them will say that their excursion was a life-changing experience. According to a 2018 study, volunteering can increase the [life satisfaction rate by 7.35%](#).

Here are the reasons why should consider volunteering abroad as soon as possible:

## A Chance to Make a Difference

Sometimes, we feel like we're not making any real difference in this world. As a result, our confidence and motivation dwindle. But you don't have to be a multimillionaire to make a lasting impact on the lives of many.

Volunteering abroad offers a [chance to make a difference](#). Whether through education, medical care, or community development, there is always a need for your help.

One excellent example is refurbishing schools to provide a safe and pleasant learning environment for children. In Belize, the schools also serve as hurricane shelters, so volunteers collaborate with community members to build double-purpose structures.

## Find A Cause That You Want to Support



No matter how big or small, any volunteer work can give a sense of fulfilment. And if a project connects with you on a personal level, you're more likely to do participative. Many volunteers became involved with local projects for the cause they supported while abroad. The excursions gave them clarity and helped them find their real calling.

Some people also volunteer for causes that speak of their experience. Those who've had difficult childhood work on centres that provide shelter for the vulnerable. Others are determined to provide remote areas with access to quality healthcare because they had a medical condition. Find excursions [here](#).

It doesn't mean you have to choose a volunteer program to which you can relate. But if you feel that you'll be able to give more for this specific cause, it can be just as life-changing.

## Experience Other Parts of the World

*"Volunteering abroad is an opportunity to experience other parts of the world. Although it doesn't involve luxurious hotel rooms, exciting water sports, and quaint cafes, it will help you*

*get to know the place better. You will still enjoy the sights, sounds, nature, and culture, but just like a local.”*, shares Lola Hood, CEO of [Rapidbiz](#).

While joining the Guatemala excursion, you'll witness the delightful blend of the colonial influence and Mayan ruins. The expansive landscape adorned with diverse wildlife will serve as a backdrop as you teach children how to use a computer or assist in medical missions.

[4 the World](#) offers volunteer programs to create an impact on communities in Belize and Guatemala. We focus on sustainable initiatives in health and education to ensure that these communities can support themselves in the future.