



Returning from Your Volunteering Experience

- 1. Stay involved by continuing to support the project you volunteered with.**
 - Many organizations have long-term goals that can be difficult to see in a short-term trip.
 - Keep yourself updated on the progress being made and continue to monitor the approach and impact by following along with their communications.
 - Continue to ask questions and continue to learn about the issues and areas they support.
- 2. Continue to take action!**
 - You do not need to be overseas to take action on issues that are important to you.
 - There are probably many organizations working towards positive change in your local area and many groups working on educating others and creating action for change around the world.
 - Volunteer, start a campaign, fundraise for a cause you believe in, get involved in politics, and become an activist for the change you want to see. The options are endless!
- 3. Remember the choices you make everyday can have a wider impact throughout the world.**
 - Some people return from their travels and they want to consume less or consume differently but the important thing to remember is we vote with our money. Every time we purchase something we are voting for more of that in the world.
 - We are also supporting the system that produced it, whether that's an organic farm or a factory with dangerous working conditions.
 - We are responsible for the energy we use, how we travel, how we use our careers, and how we treat others on a daily basis.
 - So when you are making choices about how to spend time and money make sure you are choosing consciously and wisely!



