Contents

Acknowledgements	vi
Foreword by Lord Nigel Crisp	i
Foreword by Professor Parveen Kumar	:
Introduction	xi
Who this guide is for	xii
How to use this guide	xi
Authors' biographies	X
Abbreviations	xv
Section 1 Is international work for me?	2
1 The global perspective	
2 Why do it?	27
3 The rewards and challenges	35
4 Is it possible?	51
Section 2 Making it happen	74
5 What work could you do?	77
6 Where could you work?	93
7 Planning your placement	123
8 Humanitarian relief	165
9 Before you go	177
Section 3 In the field	194
10 Settling in	197
11 At work	215
12 Getting the most out of it	243
13 Making an impact	253
Section 4 Homecoming	268
14 Returning home	27
15 What now?	283

Appendices

Appendix 1 Useful contacts	294
Appendix 2 Useful resources	300
Appendix 3 Useful courses	308
Index	317