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Key findings from the IGLTA Foundation study:

Building Cultural Immersion, Connections and Confidence for 2SLGBTQI+ Travellers aged 18-35

How Do Travel & Work Programs Benefit 2SLGBTQI+ Young Adults?

Key stats

- 68% of former program participants said that traveling and working abroad had helped build their confidence.
- 63% of former participants reported being more self-reliant, while 57% said they'd made international friends and work contacts

Building connections and confidence at a key stage in life

- 50% of respondents said they'd be more confident to travel in the future thanks to their travel and work experience
- 34% said they'd learned new skills that would be useful in the workplace in their home country
- 32% said they felt more comfortable with their sexual orientation and/or gender identity as a result of having worked and traveled abroad

Key motivations

The top five reasons why 2SLGBTQI+ young adults would apply for a travel and work program include:

- Exploring multiple countries
- Enhance resume
- Flexibility to work or travel
- Discover new countries
- Cultural immersion

Opening hearts and minds

In a turbulent world, traveling for extended periods can create the ideal conditions for cultural immersion, overcoming anxiety and building friendships across borders. For many 2SLGBTQI+ young adults it also creates the context for exploration and reinvention:

“At home I already realized that it's very hard to actually let go of the expectation of who I am – or who everyone else says I am – but when you actually go and leave the country and start somewhere else, you are yourself.”

— Transmasc panel participant,
traveling in New Zealand

Expanding participation

Inspiration from former participants and bespoke advice can help 2SLGBTQI+ young adults (particularly from Black, Indigenous, racialized communities or varying socio economic backgrounds) to understand the lifelong benefits of doing a travel and work program.