

---

*Veggies Abroad* 🌿

# 2025 IMPACT REPORT

[veggiesabroad.com](http://veggiesabroad.com)

---

# Welcome from our Founder

When I first started Veggies Abroad, it might surprise you to know that I never set out to fully dive into the travel industry. It's not that I don't love the gift that travel provides, it's that I've always been aware of the complex challenges that come with it. At the time, I was looking to realign my career in a way that truly made a difference. I worried that working in travel might mean compromising my values, making choices I didn't agree with simply to survive.

But then I met someone who changed my perspective entirely. They reminded me that I had a choice — I could either accept the status quo, or I could use travel as a force for good. And that's exactly what I decided to do.

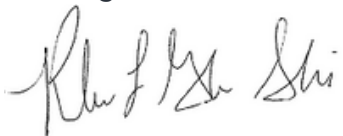
If you've joined one of our tours, worked with me on a private itinerary, or listened to the Veggies Abroad Podcast, you've probably noticed how intentional we are about every aspect of travel, from the suppliers and hotels we support to the activities we include. While those choices are important, I realized we needed to go further: to speak more openly about why these things matter, to track our progress, and to share it with you transparently.

This first impact report reflects that commitment. My hope is that it not only celebrates what we've accomplished but also keeps us accountable as we continue to grow. I'll be honest — creating this wasn't easy. At times, I felt like it wasn't enough, especially compared to larger companies with entire sustainability teams. But I know we have to start somewhere and that doing nothing isn't an option.

2025 has been a wild, transformative year. We've grown, learned, and connected with so many incredible people and places. I'm deeply grateful for everyone who has joined us on this journey.

Thank you for believing in our mission and for choosing to explore the world with us.

With gratitude,

A handwritten signature in dark ink, appearing to read 'Rebecca Gade-Sawicki', written in a cursive, flowing style.

Rebecca Gade-Sawicki  
Founder, Veggies Abroad

# Our Mission

At Veggies Abroad, we believe travel can, and should, be a force for good. That means exploring the world with compassion, intention, and a commitment to do no harm to people, animals, or the planet.

We know that tourism can create jobs, foster cross-cultural connections, and protect nature, but only when it's done responsibly. That's why our work is rooted in transparency, ethics, and local impact.

## Why This Matters

Travel has the power to uplift or exploit. While it connects cultures and supports livelihoods, it can also strain resources, deepen inequality, and leave local communities behind. You might be surprised to learn:

- Women make up over half of the global tourism workforce, yet fewer than 7% of CEOs in the leisure travel industry are women.\*
- In developing countries, just \$5 of every \$100 spent by tourists stays in the destination.\*
- Large cruises produce roughly 2x as much CO<sub>2</sub> per person as flying and staying in a four-star hotel, and one ship generates over a billion gallons of sewage each year.\*

It doesn't have to be this way.

Tourism can drive ocean conservation, economic growth, and climate action. In 2024, it contributed \$10.9 trillion to the global economy and supported 357 million jobs. Proof that your dollars matter.

\*Sources: Earth.org, The International Council on Clean Transportation, The Numbers Behind Women in Leadership: Leisure" report, & UN Tourism



# 2025 Highlights



**80**  
**TRAVELERS**

Our travelers visited 15 countries, and 13% were repeat travelers from 2024.



**16**

Trees  
Planted



**2**

Sanctuary  
Visits



**3**

Charity  
Partners

**COMMUNITY IMPACT**

**51**

**LOCAL PARTNERS**

*This includes local guides, accommodations, & activities.*

**53%**

**CERTIFIED B CORP.**

*Over half of our suppliers are Certified B Corp.*

**26 tons**

**CO2 OFFSET**

*From the land-based portion of all group tours.*

**100%**

**CRUELTY-FREE**

*World Animal Protection & PETA partnerships*

## Additional organizations supported via our travelers & partners

*We prioritize working with companies that ensure a portion of your trip dollars is reinvested back into their local communities. These are just a few of the organizations.*



**Second Harvest  
Japan**



**Intrepid  
Foundation**



**EXO  
Foundation**

# Annual Giving

*In 2025, we supported charities that reflect our values and directly benefit the communities we visit. Giving back isn't optional — it's part of doing business responsibly.*

## 2025 CHARITY PARTNERS



Fund Isaan works to improve access to education for children in Thailand's Isaan region. While Isaan is known for its stunning landscapes, it also faces some of the lowest educational attainment levels in the country.

- 98%+ of students in the program reach their educational goals and graduate
- Sustainable, long-term impact rather vs. short-term aid

### **Our impact:**

We supported two students' educational costs, giving them access to opportunities that can change the course of their lives.



APOPO is dedicated to saving lives by training African giant pouched rats, known as HeroRATs, to detect landmines and tuberculosis and to support wildlife trafficking efforts.

- Clears millions of square meters of land from land mines
- Detects tuberculosis faster and more accurately
- Uses animals only where other solutions are not effective, prioritizing life-saving impact

### **Our impact:**

We adopted HeroRAT Jane, who is helping protect some of the world's most threatened wildlife from trafficking.



The Amazon Conservation Team (ACT) partners with Indigenous and other local communities to protect tropical forests and strengthen traditional culture. Their approach centers Indigenous leadership while safeguarding biodiversity and cultural heritage.

- Supports sustainable, community-led livelihoods
- Strengthens resilience to climate change

### **Our impact:**

We supported ACT's overall operations, helping sustain their on-the-ground work in the Amazon and parts of Central America.

# Travel we Champion

## Keeps money in local communities

We prioritize locally owned accommodations, restaurants, and guides — ensuring travel dollars directly benefit the people who make each destination special.

## Reduces environmental impact

From advocating for plant-based dining to supporting low-impact activities, we encourage mindful choices that lighten our footprint.

## Protects wildlife & uplifts animal welfare standards

We avoid experiences that involve animal exploitation and instead highlight sanctuaries and organizations focused on rescue and rehabilitation.

## Celebrates cultures respectfully

We partner with locals to create immersive, educational experiences that honor traditions rather than exploit them.

### OUR GOAL

Create experiences that generate positive impact for people, animals, & the planet.

— “ —

*I travel to expand my boundaries, and this journey did just that and more. Although I'd been to Bali twice, this experience connected my heart more meaningfully than a typical tourist/travel journey. A large part of my connection to the land and people is because I didn't have to worry about details; instead, I could be present to myself, my fellow travelers, and the nuances of a fabulous destination. Thanks largely to the excellent pre-planning, passion, and flexibility of Rebecca and her Veggies Abroad tour. – Matthew K.*

— ” —



# Where We're Headed in 2026

In 2026, we'll continue building on the momentum of 2025 — expanding our trips, deepening our impact, and evolving our services to better support conscious travelers.

Here's what you can expect in the year ahead and beyond:

- **More immersive experiences** on our tours, offering a deeper connection to each destination.
- **Clearer tracking and prioritization** of partners & suppliers, along with greater transparency around why keeping tourism dollars in the destination truly matters.
- **Expanded travel planning services** designed to help you book meaningful, values-aligned trips.
- **Increased impact with every booking** — beginning in 2026, each trip booked will support **The Farm Sanctuary**. We're committing to donating 5% of our profits to charity.

Our growth and impact are only possible because of our community. You have countless choices when it comes to travel, and we're deeply grateful that you choose to explore the world with Veggies Abroad.



Thank you for being part of  
a community that believes  
travel can be thoughtful,  
compassionate, and a  
force for good.

  
*Veggies Abroad*  
VEGAN TRAVEL