Côte d’Ivoire

October 22, 2023 — October 28, 2023

Starting at: $2,800

OVERVIEW

The Need

Côte d’Ivoire is a small coastal country in sub-Saharan Africa. It has a total population of nearly 30 million people. A developing economy, the gross domestic product (GDP) per capita is well under 3,627 U.S. dollars, indicating a very low standard of living. The total expenditure on health per capita is $131.00. There are continual shortages of necessary medical equipment, supplies, and medicine, and there are large regional discrepancies with most of the healthcare professionals found in Yamoussoukro, the political capital of Côte d’Ivoire, and Abidjan, the administrative center on the coast.

Our Work

Clinics for this mission will take place in small regions of Côte d’Ivoire. Our efforts are directed towards rural cities, villages of around 5,000 to 100,000 people. Most tropical-type diseases are common along with health-related issues
like respiratory illnesses, ulcers, etc. Patients are also in need of dental care and eye care. If and when the need arises for advanced care or wraparound services, the local staff will take the lead. You will have the opportunity to provide community health and hygiene education along with medical care and dental care to countless patients during the week.

With diligent planning and preparation, IMR is dedicated to ensuring that specific goals are met on our missions, each in correlation to the United Nations Sustainable Development Goals 3 and 17.

IMR works to elevate vulnerable populations through shoulder-to-shoulder care with our local partners, creating workforce density, and a cadre of future healthcare and public health leaders in association to UNSDG 3: Good Health & Wellbeing.

In correlation with UNSDG 17: Partnerships for the Goals, our organization works in collaboration and at the request of local hosts where we are under their direct influence and affluence. IMR never goes into a country without a formal invitation where there is a great community need for medical or dental care, and health education.

This Mission

IMR’s long-term plan is to create a sustainable model of affordable health care to serve rural populations in Côte d’Ivoire while working within the local healthcare system. This joint effort will increase the capacity of the local system via donations of medical supplies and materials, along with training for healthcare professionals.

The implementation of our plans to improve primary care and workforce capacity will require high-quality and scalable healthcare in these rural areas.

Good health is the cornerstone of self-reliance. We hope to bring one of the most pressing issues in development and resilience to a tipping point over the next 3-5 years. We hope that you value the chance to join us to act as catalysts for this needed change.

Lodging/Transportation

You and your fellow team members will be accommodated at a safe, clean, and comfortable lodging during the duration of your IMR clinical trip. Transportation will be provided to and from clinic each day. Airport transportation to meet up with the team can be purchased individually. Simply log in to your account and add it under Trip Add-Ons.

Highlights

Côte d’Ivoire is a stunner, shingled with starfish-studded sands, palm-tree forests, and roads so orange they resemble strips of bronzing powder. Côte d’Ivoire is a
country of extremes: a land of pulsating metropolises and pristine rainforests, vast churches and verdant hills, fancy restaurants and sprawling street stalls.

Côte d’Ivoire’s true beauty really shines through, though, when you get out of the cities. There are nine national parks in the country including Comoé, the largest protected area in West Africa, which boasts the most biodiverse savannah in the world. Expect to see anything from lions and leopards to aardvarks and African elephants. The pygmy hippos of Tai National Park are also a big draw for naturalists, while the beautiful beaches around the San Pedro Assine and Grand Bassam attract the crowds.
ITINERARY

This itinerary is subject to change without notice.

Please note: You will be notified about the group flight option prior to the Early Bird deadline. Domestic flight arrangements should not be made until after the group flight is booked.

If you choose to fly independently, transportation between your arrival airport and your IMR accommodation is not included. If you wish to arrange transportation, you can contact flights@worldwidenevigators.com.

If you have any questions regarding flights, please contact flights@worldwidenevigators.com. Thank you.

Sunday, October 22, 2023

Arrivals

You and your team will fly into Félix-Houphouët-Boigny International Airport, also known as Port Bouët Airport, in Abidjan, Côte d’Ivoire. Please plan to arrive by 5:00pm. After you check into your accommodation, you will join the team for dinner and orientation. During orientation, your team leader will assign roles for
the clinic, present IMR’s clinic protocols, and provide an overview of the communities your team will serve. Our partners will join us to explain the cultural components, medical landscape, and overview of the medical conditions prevalent in the area. You will also get to know your teammates as you organize medical supplies and get ready for your week ahead.

Monday, October 23, 2023

Training Day

After a team breakfast, your team will host a training session for local healthcare providers. Education is as important as medical and dental care for our patients. Each clinic includes basic health education according to the specialties and skills of the IMR volunteers, as well as the needs of the local people. When communities become empowered to take health and wellness issues into their own hands, they become self-sufficient. IMR provides learning opportunities for the local communities through classes and hands-on learning to sustain their well-being beyond our visit.

Tuesday, October 24, 2023

Clinic

Your first day of clinic! Clinics will be held in villages with the greatest need under the direction of the Ministry of Health. We are very excited to work with local medical personnel to help make strides in key areas of concern.

Wednesday, October 25, 2023

Clinic

Your days in clinic will be long and hard, but also incredibly rewarding. After clinic each day, you’ll regroup with your team at your accommodation for a clinical debrief and team dinner.

Thursday, October 26, 2023

Clinic

You will see patients of all ages, from the very young to the very old. The main causes of mortality in infants (0-12 months) are neonatal sepsis, premature deliveries, malaria, respiratory infections, diarrheal diseases and malnutrition. For child mortality, the main causes are malaria, pneumonia, malnutrition, and diarrheal diseases.

Friday, October 27, 2023

Clinic

Your last day in clinic will be bittersweet as you reflect back over the past week
and think about the people you met and the lives you touched.

**Saturday, October 28, 2023**

**Departures**

After one final team breakfast, the day is yours to recharge and prepare for your departure. You may depart at any time. If you’re interested in extending your stay, our partner Worldwide Navigators offers exclusive trip extensions just for IMR volunteers! See the extensions tab on this page for details.
EXTENSIONS

You’re venturing across the globe. Have you considered extending your stay a few additional days to explore Senegal? Join IMR on an exclusive three-day extension! Rich with colonial heritage and many natural attractions, Senegal is known for its exciting safaris, nightlife, and historical museums.

Highlights:

Itinerary:

Day 1: Arrive Gorée | House of Slaves

Arrive at Île de Gorée, or Gorée Island, by ferry and check in at the bed and breakfast. Spend the day exploring the narrow streets lined with pastel-colored French colonial buildings, eating lunch at a coastal African restaurant, and visiting the Henriette Bathily Women’s Museum that considers the role of women in West African society.

Gorée Island is known for its role in the Atlantic slave trade in the 15th to 19th centuries. Though its dark history has passed, the shadow of the slave trade still haunts this island. After lunch, set out to discover the House of Slaves — a museum and memorial to the Atlantic slave trade on Île de Gorée.

Day 2: Dakar | Lake Retba

After enjoying a local breakfast served at the bed and breakfast, take the ferry to Dakar to check into your hotel. Then, hop on a shuttle for a quick drive to Lake Retba, or Lac Rose, a lake that lies north of the Cap Vert peninsula northeast of
Dakar. The lake is named for its pink waters caused by Dunaliella salina algae and is known for its high salt content — reaching up to 40% in some areas.

Upon returning to the capital, grab dinner from a local, African grill restaurant and spend the night out to experience West African nightlife firsthand.

Day 3: Departure Home

Awake to an early morning breakfast served at your hotel and spend your free time leading up to your departure exploring the capital city of Dakar.

What’s Included:

You Will Need to Provide:

3-Day, 2-Night All-Inclusive Tour starts at $950. Contact Worldwide Navigators to book this extension or get more information, or to learn about other extension opportunities.
FLIGHTS AND PRICES

Minimum Donation

*Your generous donation helps to save and change lives every day*

Your generous donation of **$2800** will go toward the ongoing global relief to care for the underserved and vulnerable people of this community. As a member of this medical mission team, you will elevate the long-term impact of sustainable, capacity-building efforts that improve the health, wellness, and quality of life of those most in need. A small portion of your donation includes:

- Clinic supplies and medications for patients
- Clinic participation
- Transportation, accommodations, and meals as outlined in the itinerary

**Donation Payment Deadlines**

$2600 due by July 24, 2023

$2800 due by September 24, 2023
Early Bird Savings Opportunity

To be eligible, upload all your required documents and forms, and make a minimum of 50% of your donation payment by .

FLEXIBLE FLIGHT OPTIONS

Volunteer with Airfare

You may choose to book a flight with us for an additional fee. Details on the available flight routing and US departure city will be announced on . Airport transportation to and from the team’s accommodations are also included with this option. Depending on your departure city, you may still need to purchase another flight in addition to this one. After this flight has been booked, you may contact our travel agent, Worldwide Navigators, for assistance booking any necessary additional flights.

Benefits of Flying at a Group Rate

- Travel with other members of your team on select routing
- Fly on a group ticket at a guaranteed rate
- Transport to and from the airport included

Volunteer without Airfare

Many team members choose to book their flight(s) to and from the mission location independent of IMR. This is a great option if would like to extend your stay in the area to tour and explore, or if the routing from you home airport is more feasible for you. If you choose to fly independently, please note that your transportation in between the airport and the team’s accommodations will not be provided. This will need to be arranged separately. Our partner for travel, Worldwide Navigators, would be happy to assist you in coordinating flights and/or transportation. You can contact them at travel@worldwidenaavigators.com.

Benefits of Flying Independently

- Extend your stay and customize your dates of travel
- Choose your departure location
- Customize your class of service
**Featured Enhancements**

**Airfare & Airport Transfer:**
Starting at $50+ each way plus airfare that is subject to availability at the time of booking.

**Single Supplement:** $100 per night
**Airport Transfers (for independent flyers):** $50 each way
**Malpractice Insurance:** $129.50 to $279.50
**Continuing Education (CE/CME) Credits:** $350
**Personalized Scrubs (2 sets):** $50
**IMR T-Shirt:** $15
**Partner Program:** Starting at $25 per month

**To purchase any of the above Featured Enhancements for your mission please contact our office at office@imrus.org or call at (970) 635-0110**

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**Your Donation to IMR for Your Mission Cost Includes:**

All group costs from the time you arrive at the team meeting point in country until you separate from the team or when the team arrives at the departure airport, including:

- Transportation
- Lodging
- Costs associated with the clinic
- Food
- Tips for services provided to the IMR team
- All logistics, including translation services and security as needed

**Additional Costs That You Are Responsible For:**

All group costs from the time you arrive at the team meeting point in country until you separate from the team or when the team arrives at the departure airport, including:

- International and Domestic flights to the country. You have the option to
fly independently, or on a group flight with IMR

- Passport fees, visa fees, and transit fees, including baggage or overnight accommodations/meals while in transit
- Required or recommended insurance
- Vaccinations and medications common for travel
- Spending money for souvenirs and personal purchases
- Required or desired mission supplies, personal equipment, or small gifts for the special people you meet
- Any lodging, meals, and transportation outside of the scheduled team mission, payable at the time of service to the local vendor
- COVID-related fees such as testing, vaccinations, and quarantines as required by in-country arrival/departure or USA arrival/departure