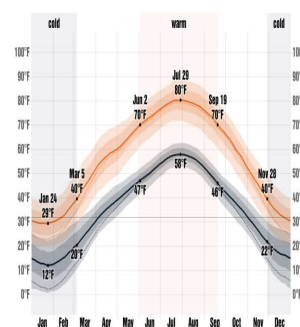




# Armenia - Water Festival Classic

**July 7, 2024 — July 13, 2024**

**Starting at: \$1,900**



## OVERVIEW

### The Need

Armenia faces multifaceted challenges in its healthcare landscape. Rural populations, vulnerable due to poverty exacerbated since the country's post-Soviet independence in 1991, encounter difficulties in accessing proper medical care. Earthquake-prone areas like the Shirak, Lori, and Kotayk Provinces stand as pockets of impoverishment.

Around one in three children grapple with poverty, while clean water accessibility remains scarce in villages. Our team will have a multi-disciplinary approach to care for the entire community.

IMR's goal is to help Armenians achieve global health security and improve access to health care services in rural areas. By joining the IMR team, you will be able to collaborate with the community to improve the overall health of the people in Armenia.

Healthcare reform has been gradual, resulting in gaps within the system, compounded by road closures affecting medical hubs' accessibility. The Armenian-Azerbaijani border conflict adds to healthcare stress, compounded by the impact of the COVID-19 pandemic. Infrastructure losses, such as hospitals and ambulances, further challenge medical service capabilities.

The Nagorno-Karabakh conflict has left scars, with broken ceasefires, wars, and humanitarian concerns. Non-Communicable Diseases (NCDs) and air pollution, especially in urban centers, contribute to health problems. While infectious diseases have seen improvements, disparities in maternal and child healthcare access persist. Armenia's aging population adds complexity, and lack of infrastructure remains a hurdle, particularly in rural areas.

To help provide quality medical care to all citizens, IMR sends volunteers to remote areas that are in the greatest need for quality health care and medical services. Our mobile clinics offer assistance to children, women, families, the elderly, and other in-need populations.

You and the rest of the volunteer team will educate the patients in our clinics on how to stay healthy and how to care for their loved ones. Together, we will treat a wide variety of acute illnesses while identifying and referring chronic illnesses. One of the main focuses of this mission is dentistry. Because all community members are encouraged to attend, the demand for dental care will be high. Another main focus of this mission is women's healthcare. We will provide general medical care and education to all members of the local communities, as well as strengthen the knowledge and skills of the local medical teams.

## Our Work

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

When you join the IMR team on our mission to improve the quality of life for the incredible people in Armenia, you will spend most of your trip in the Lori region, a captivating destination that offers a blend of natural beauty, historical significance, and cultural richness. Nestled in the northern part of the country, on the Georgia border, Lori boasts a diverse array of attractions that cater to a wide

range of interests.

One of the most prominent highlights of the Lori Region is the magnificent medieval monastery complex of Haghpat. This UNESCO World Heritage Site showcases exquisite Armenian architecture and craftsmanship, with its intricately carved khachkars (cross-stones) and well-preserved churches. Nearby, the Sanahin Monastery complements Haghpat's charm, forming another UNESCO-listed site. The harmonious blend of spiritual significance and architectural grandeur makes these monastic complexes a must-visit for history enthusiasts and those seeking a glimpse into Armenia's rich heritage.

## Lodging/Transportation

On this Classic Trip, you and your fellow team members will be staying at a 2-star accommodation with safe, clean, comfortable rooms. The lodging is simple, basic, safe, comfortable, and affordable. You will be able to enjoy the local food, museums, and Dendropark nearby. The stunning history of Armenia will come alive as you explore villages and UNESCO Heritage sites during your day off.

All transportation to and from the clinic has been arranged for you. Professional drivers, safe vehicles, and security are some of the many reasons to join IMR on a trip. Don't nap – there's a lot to see in the valleys and hills surrounding your home away from home this week!

## Highlights

You and your team will arrive on the day of one of the most popular traditional festivals in Armenia, Vardavar! This is a fun activity where people go outside, and drench each other with water. Friends, strangers, kids, elders, everyone gets drenched on this day. You can take a little tour of Yerevan City Center and take part in the fun.

For nature enthusiasts, the Lori Region offers stunning landscapes that include lush forests, serene rivers, and picturesque valleys. The Lori region is home to the Lori Protected Area, a nature reserve teeming with diverse flora and fauna, making it an ideal spot for hiking and wildlife observation. Additionally, Debed Gorge and Kobayr Monastery are not to be missed!

To delve into the local culture, consider visiting traditional villages like Odzun and Alaverdi, where you can immerse yourself in the authentic rural lifestyle and interact with welcoming locals. The Alaverdi Monastery, with its towering bell tower and historical significance, is a cultural gem that further enhances the region's allure. Another village to visit is Dsegh village with its museums of famous writer Tumanyan or Stepanavan Dendropark. Overall, the Lori Region is a harmonious blend of history, nature, and culture, making it an alluring destination for travelers seeking an enriching and diverse experience in Armenia.

With so much to experience, contact our partner Worldwide Navigators if you are thinking about extending your stay!

## 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@worldwidenavigators.com](mailto:flights@worldwidenavigators.com).*

*If you have any questions regarding flights, please contact [flights@worldwidenavigators.com](mailto:flights@worldwidenavigators.com).  
Thank you.*

### **Sunday, July 7, 2024**

#### Arrivals, Orientation, & Water Festival

You need to fly into Zvartnots International Airport (EVN), Yerevan's international airport by 12:00pm AMT (Armenia Time). Upon arrival to the airport, team members who have selected Airport Transfer will be transported from the airport to team lodging. Team members who have opted out of Airport Transfer will need to arrange transportation from the airport to team lodging. During orientation, your team leader will assign roles for the clinic, discuss our community health education efforts in detail, 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. Schedule an early flight if you are interested in joining the team at the Armenian Water Festival Vardavar! One of the most popular traditional festivals in Armenia is Vardavar. It is a unique festival which is celebrated all over Armenia in July. This is a fun activity where people go outside, and drench each other with water. Friends, strangers, kids, elders, everyone gets drenched on this day. It is associated with Armenian goddess Astghik. She is a goddess of water, fertility, beauty and love. In celebration of her, people offer roses. Rose in Armenian is "Vard", that's why the name of the festival is Vardavar.

### **Monday, July 8, 2024**

#### Clinic

Today is your first day of clinic! After enjoying a group breakfast full of native, Armenian delicacies and flavors, your team will transfer to the clinic location. Clinics begin in the morning and run into the evenings. Your days will be long and hard, but also incredibly rewarding. After the clinic, regroup with your team at your lodging facility for a team debrief and dinner. Although your meals are included, you are welcome to go into town with your fellow team members to enjoy the excellent cuisine that Armenia has to offer.

**Tuesday, July 9, 2024**

## Clinic

The clinic sites are small, rural health centers. You will be joined by local physicians, nurses and pharmacists who can consult on difficult cases or those who need a higher level of care.

**Wednesday, July 10, 2024**

## Community Education &amp; Cultural Day

International Medical Relief will bring sustainable community and public health education and training to vulnerable communities, local physicians, nurses and patient care technicians are eager to learn! Our hosts will share their needs and we will develop training that brings value longitudinally. 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.

**Thursday, July 11, 2024**

## Clinic

Some of the more common diseases in this area include skin disease and disorders, GI issues, dehydration, dental caries and infections, and pain. Your patients will welcome education on basic healthcare and hygiene that they can take with them.

**Friday, July 12, 2024**

## Clinic

Last Day – Best Day! Make today count! You are making a difference! After so much arduous work in clinic, today will be your final day to provide compassionate care to the people! At the end of the day, give your final thanks and goodbyes to our local partners and your new friends. They have worked incredibly hard with us for the success of this week.

**Saturday, July 13, 2024**

## Departures

On your last day in the country, enjoy a complimentary breakfast with your team. Take one final walk around town and say goodbye to beautiful Yerevan, Armenia. 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 journeying across the globe. Why not extend your stay in Armenia to experience some of its top tourist attractions?

On an exclusive trip extension provided by our partner, Worldwide Navigators.

Worldwide Navigators offers unique opportunities to extend your time and create an amazing vacation following your humanitarian work. Contact Worldwide Navigators to book one of these extensions or get more information.

## FLIGHTS AND PRICES

### Minimum Donation

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

Your generous donation of **\$1900** 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

\$1700 due by April 8, 2024

\$1900 due by June 9, 2024

### 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 you would like to extend your stay in the area to tour and explore, or if the routing from your 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@worldwidenavigators.com](mailto:travel@worldwidenavigators.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](mailto:office@imrus.org) or call at (970) 635-0110*

## 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 incountry arrival/departure or USA arrival/departure