



Uganda

July 14, 2024 — July 20, 2024

Starting at: \$3,300



OVERVIEW

The Need

In Uganda, 16 women die every day in childbirth. In 2016, there was a doctor to patient ratio of 1 doctor to 24,000 patients. Hygiene in public hospitals is among the worst in Africa. There is no free medical or dental care for the poor, in a country where 20% of the people live below the poverty line and many, especially in the north, live without toilets of any kind. One-third of children under five years old are stunted. Undernutrition is an underlying cause of 60 percent of deaths for children under five and micronutrient deficiencies, including in vitamin A and iron, are highly prevalent in women and children. Uganda's population is the second youngest in the world, with half the country's population younger than fifteen years old. The country has grown by more than 10 million people in the past ten years. Four out of five Ugandan youth (21% of the total population) are unemployed—the highest rate in Africa. For all of these reasons and more, Uganda is a country greatly in need of the acute medical and dental care and community health education provided by IMR. Malaria, respiratory infections, and

diarrheal disease are among the most common causes of premature death in Uganda. You will play an important role in the treatment and prevention of these common infections.

A 2016 study found that there is only one physician for every 24,000 patients. Needless to say, the work that you and the IMR team will perform in Uganda will make a lasting difference on the lives of your patients.

During clinic, you will help to treat conditions related to common infections, malaria, respiratory conditions, dihedral diseases, HIV/AIDS, and tuberculosis. Since many diseases are treatable, your team will administer vaccinations and provide education on how to remain healthy. Another main focus of this mission is dentistry. Because all community members are encouraged to attend, the demand for dental care will be high.

Our Work

International Medical Relief began its partnership with Uganda in 2013. Since then, we have deployed nearly 150 IMR volunteers and staff and served more than 12,500 patients. We will continue our efforts to serve Uganda, working alongside local officials to provide medical and educational supplies to reach our goal of delivering sustainable healthcare to the community.

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

Uganda is the second-largest landlocked country in the world and features a wide variety of terrain. From her snow-capped mountains, low-land savannas, and large lakes to the largest mahogany forest in East Africa, Uganda is a beautiful nation. Because of the diverse topography found throughout the country, unique wildlife is abundant in all regions of Uganda. Here, you can find curious chimpanzees, elusive Nile crocodiles, high-reaching giraffes, speedy cheetahs, and intriguing gorillas. Uganda is home to a renowned gorilla sanctuary called Bwindi Impenetrable National Park. To the north, the Murchison National Park boasts a magnificent 141-foot waterfall and an abundance of hippopotamuses.

Despite Uganda's abundance of beautiful wildlife and glorious terrain, her people are suffering. As one of the poorest countries in Africa, Uganda faces problems with underemployment, poorer living conditions, and food insecurity. But, despite these challenges, Ugandans are rich in culture, heritage, and friendliness. The people who live here belong to over 300 tribes, speak many languages, and celebrate different traditions. However, all of Uganda's people share a love for dance and drama, and their arts, cuisine, and family traditions are inspired by these forms of self-expression. While visiting, you will surely find yourself grinning from ear-to-ear as you are warmly greeted by local children and smiled upon by community elders. In clinic, you will notice that many of your patients are young. Because healthcare in the country is incredibly expensive, many of the young people in Uganda simply cannot afford imperative preventative care. Your team will provide this much-needed care, and connections that you instantly form with the people of Uganda will inspire you to passionately serve and will likely make you want to return for another relief trip!

Lodging/Transportation

Your team will fly into Kigali, Rwanda and then you will transfer via vehicle to the community in Uganda. You will be hosted by our Ugandan partners in clean, comfortable modest accommodations. All transportation to and from the clinic has been arranged for you. Professional drivers and safe vehicles are some of the many reasons to join IMR on a trip.

Highlights

In clinic, you will find that your efforts make a tangible difference as you treat many patients with infectious disease, large wounds, and a great deal of mosquito and water-borne illness. You'll be able to do house calls for homebound elders, provide acute care for the large Albino community in the surrounding area, and work in a village that will welcome your care with open arms and giant hearts.

After a busy clinic schedule, the team will see some of the world's most amazing animals "up close" on your one-day safari, which is included in this trip! Uganda is an excellent place to spot the "big five"– the African lion, African elephant, Cape buffalo, African leopard, and rhinoceros!



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.

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

Sunday, July 14, 2024

Arrivals

You need to fly into Kigali International Airport (KGL), in Rwanda. The team will overnight in Kigali and then transfer to Uganda via vehicles the next day. Please arrive at the airport by 2:00pm and then transfer to your hotel. 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. Once you've arrived at team lodging, settle in and join your team for dinner. After dinner, you will attend the team orientation to prepare you for the upcoming week of clinic. 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 be serving in Uganda. Our partners will join us to explain the cultural components, medical landscape and overview of the medical conditions prevalent in the area.

Monday, July 15, 2024

Clinic

Today is your first day of clinic! Wake to enjoy a hearty breakfast with your team. Clinics begin early in the morning and run into the evenings. Your days will be long and hard, but also incredibly rewarding. Your team will work at several clinic sites, local communities that do not have reliable access to health care. You and your team will provide training for local healthcare providers to continue IMR's long-term, sustainable education efforts. 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. After closing clinic, you and the team will go back to your lodging for a thorough team debrief and dinner.

Tuesday, July 16, 2024

Clinic

Breakfast will be provided at your lodging each morning. You'll help pack the IMR supply bags and depart for clinic!

Wednesday, July 17, 2024

Clinic

At the clinics in Uganda, there is a great need for acute medical and dental care. Malaria, respiratory infections, and diarrheal disease are among the most common causes of premature death in Uganda. IMR clinics play an important role in the treatment and prevention of these common infections.

Thursday, July 18, 2024

Clinic

You'll also participate in community health education, addressing preventative

measures & sustainability. After clinic, you'll head back to team lodging for dinner and free time in the evenings.

Friday, July 19, 2024

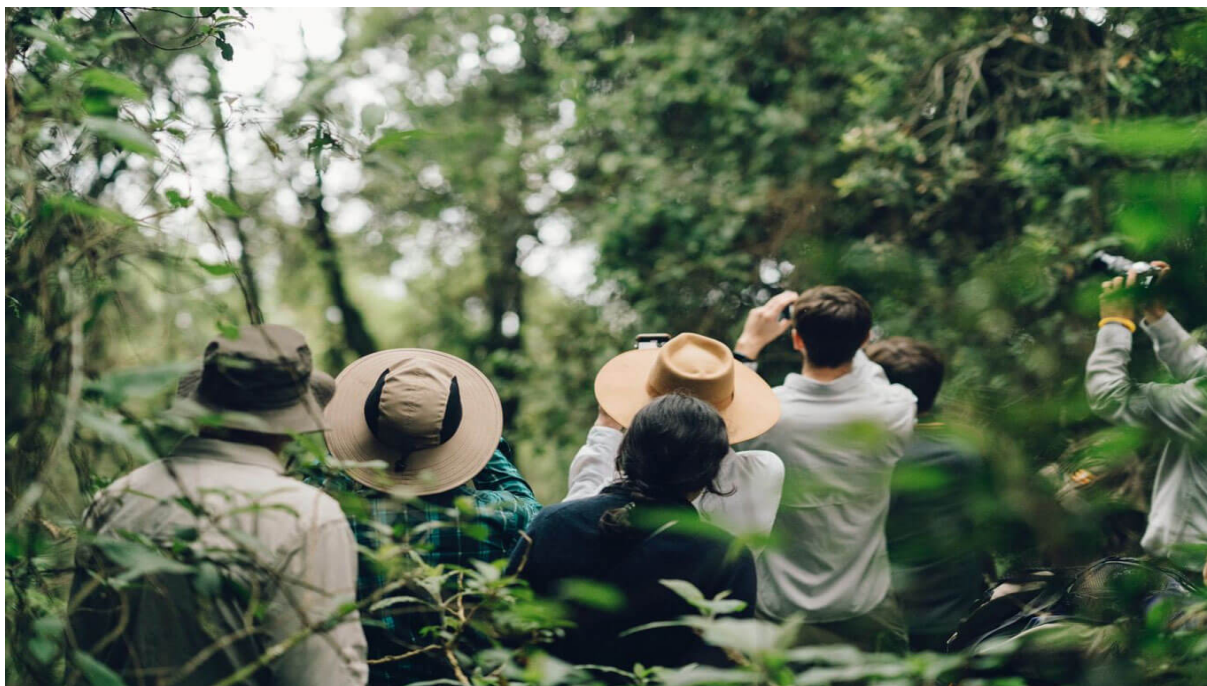
Safari Day!

After days of working in clinic, you'll depart for a day of safari! Although no sighting is promised, your safari will take you a little closer to spotting Africa's classic "big five" – the African lion, Cape buffalo, African leopard, African elephant, and rhinoceros!

Saturday, July 20, 2024

Departures

Enjoy one last Ugandan breakfast with your team and bid farewell to the beautiful country. For those who have selected transfers you will be brought back to Rwanda to the Kigali International Airport for your return home. Interested in extending your stay to see more of Uganda's wildlife, including the elusive silverback gorilla? Our partner, Worldwide Navigators, offers two exclusive trip extensions just for IMR volunteers! See the extensions tab on this page for details.



EXTENSIONS

Since you're journeying across the globe, have you considered extending your stay to visit some of Uganda's top spots? Join International Medical Relief on an exclusive trip extension provided by our partner, Worldwide Navigators!

Worldwide Navigators offers four fantastic safari opportunities to extend your time in Uganda and view some of Africa's most majestic animals. Contact Worldwide Navigators to book one of these extensions or get more information.

Trek into the mountain rainforest as you search for the famed gorillas in the mist on this day trip to Bwindi Impenetrable National Park.

Itinerary:

After an early breakfast, you will get a crash course on the rules and safety procedures for gorilla trekking. Afterward, travel with your guide through the thick forest as you learn how to track the mountain gorillas. You may also come upon other wildlife along the way like other primates and rare tree species before finding a gorilla family.

Once you have successfully found the gorillas, you will then get to spend some time watching and learning their natural behaviors. Quietly pull out your camera and snap a picture or jot down notes of their unique habits before heading back to the headquarters.

What's Included:

You Will Need to Provide:

Full-Day All-Inclusive Tour Starts at \$1,200. Contact Worldwide Navigators to book this extension or get more information.

Highlights:

Itinerary:

Day 1: Arrive in Entebbe | Bwindi Impenetrable National Park

Board a flight from Entebbe to Kisoro Airstrip, the most direct route to Bwindi Impenetrable National Park. Weave your way through scenic tea plantations and terraces as you make your way to the local Batwa.

Day 2: Bwindi Impenetrable National Park

Begin your trek into the mountain rainforest as your search for the famed gorillas in the mist. For those with a little extra energy, a guided waterfall hike or village tour can be arranged.

Located in southwestern Uganda, the Bwindi Impenetrable Forest is said to be Africa's oldest rainforest. It is world-renowned for its excellent gorilla-sighting opportunities. The rugged landscape features dense jungle, cascading waterfalls, sparkling mountain streams, deep valleys, and steep ridges. This untouched forest has been declared a UNESCO World Heritage Site because of its breathtaking natural beauty and unique ecological significance.

Aside from the amazing gorilla interactions, there are other attractions such as a network of forest walks, over 340 species of bird to spot and a variety of butterflies. Don't miss the opportunity to explore the spectacular Virunga Volcanoes.

Day 3: Lake Mburo National Park

Depart from the mist-shrouded jungle as you head to Lake Mburo National Park where you will enjoy a guided walking safari. In the evening, you'll take a game drive to spot more of the park's inhabitants. Breakfast, lunch, and dinner are included.

Situated in the southwestern region of Uganda, Lake Mburo National Park is an easily accessible, compact little gem. Renowned for its impressive biodiversity, Lake Mburo National Park shelters almost seventy mammal species and over 300 avian species in its forests, swamps, and grasslands.

This spectacular landscape features open plains of savanna interrupted by rocky ridges, forested gorges, and lush, dense woodland. Crocodiles, hippos, and a myriad of water birds are found in and around the five lakes, of which Lake Mburo is the largest. Other commonly spotted wildlife include impala, oribi, eland, zebra, buffalo, Defassa waterbuck, leopard, hyena, hippo, and reedbuck.

Day 4: Entebbe

Bid farewell to the beautiful park before you head to Entebbe for your international flight home. On the way, plan to stop at the equator line to snap a quick photo of yourself standing in two hemispheres.

What's Included:

You Will Need to Provide:

4-Day, 3-Night All-Inclusive Tour Starting at \$3,780. Contact Worldwide Navigators to book this extension or get more information.



FLIGHTS AND PRICES

Minimum Donation

Your generous donation helps to save and change lives every day

Your generous donation of **\$3300** 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

\$3100 due by April 15, 2024

\$3300 due by June 16, 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.

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*

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