



# Brazil – Amazon

**August 18, 2024 — August 24, 2024**

**Starting at: \$3,100**



## OVERVIEW

### The Need

In the Amazon, the World Health Organization recently reported a rise in health issues related to basic hygiene, water storage, sanitation, and insect control. Several health disparities exist within this region that illuminate different social determinants of health. For example, incidents of malaria, leishmaniasis, tuberculosis, and leprosy are disproportionately affecting those in lower socioeconomic classes and those who have no access to formal education. International Medical Relief (IMR) works with the community to provide health services and also education in order to help sustain the well-being of the community for the future.

Our primary goal of this trip is to care for patients with treatable and often preventable conditions. As such, much of the relief you provide at clinic will be for people who would have benefited from access to preventable care. At clinic, you will treat conditions related to malaria, dengue fever, leishmaniasis, and more

serious tuberculosis. You will also help treat conditions of non-communicable diseases, including personal violence, alcoholism, hypertension, diabetes, and smoking-related illness. In addition, our IMR volunteer veterans report treating snake and piranha bites, fungal infections, and ear infections.

You and the rest of the volunteer team will also educate locals on how to stay healthy and how to care for their loved ones. 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 women's and infant care, as well as strengthen the knowledge and skills of the local midwives.

## Our Work

International Medical Relief began serving Brazil in 2010 providing community health training, medical treatments, medical supplies and equipment, and clinic operations. Since then, we have served more than 7,000 patients with nearly 350 staff and volunteers. IMR is able to provide house calls, which allows the IMR team to understand their patients and the community they are serving. Being part of the IMR team means gaining an understanding of the specific lifestyles their patients have, which allows for better health education that fits the communities specific needs. IMR continues to provide sustainable health care and education to communities in Brazil.

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, 6, 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.

Our medical mission teams also work toward UNSDG 6: Clean Water & Sanitation by supporting and strengthening the participation of local communities in improving their water quality, and installing water filtration systems that supply communities with clean drinking water and providing education on hydration and hygiene.

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

During your time in Brazil, you will become intimately familiar with all the Amazon region has to offer.

Your team will live and work on the Amazon River, which means every day will bring breathtaking sunrises and sunsets and exposure to biodiversity. The demographic density in the Amazon region of Brazil is quite low, which means that many areas lack access to basic health care services and facilities.

You and the rest of the volunteer team will also educate locals on how to stay healthy and how to care for their loved ones. 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 women's and infant care, as well as strengthen the knowledge and skills of the local midwives.

You will be provided with extensive public health information to help you provide the best care possible for your patients, including statistics from past IMR teams. The remote river communities will welcome your team with open arms, a plea for care, and a friendly "obrigado" (Portuguese for "thank you") upon your departure.

## Lodging/Transportation

You and your team will live on a riverboat and set up a full medical and dental clinic in remote villages along the water's edge. Without IMR, these villages have no other means of healthcare. Upon returning to your private riverboat each night, you will be welcomed with a feast of local cuisine and opportunities for stargazing, crocodile hunting, hammock swinging, and much, much more. After a dinner of local delicacies and remarkable desserts, the boat will make ready for your departure to the next clinic site while you take a hot shower under the stars and prepare for a wonderful night's sleep without bugs or cares. Enthusiastic crowds will gather at every stop, and children will peer through every crack as they anxiously wait their turn for care and hugs from the IMR team.

## Highlights

Simply being in the Amazon, living on a riverboat, and caring for people with very limited access to care may be enough, but there is still more to see! Your team will have some time to discover Manaus, including the renowned opera house, Teatro Amazonas (the #1 rated place to visit in Manaus according to TripAdvisor!), the handicrafts market, and the Rio Negro Palace. You may also have the opportunity to explore the rainforest and "hunt" for caimans, explore the villages where you will work, and experience life aboard, steaming up and down the Amazon. Every IMR team member who has "taken the boat" will tell you - this trip is best!

Don't leave your camera home on this trip! There is a beautiful photo in your future - sunrises and sunsets on the Amazon, pink dolphins (watch the river for smooth shiny water and you'll be sure to find them), wonderful riverfront stores and homes, and beautiful, laughing children and families!





## 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, August 18, 2024**

#### Arrivals & Orientation

You need to arrive in beautiful Manaus, Brazil by 2:00pm to meet your team at the airport for your pre-arranged transportation to the boat, but you will want to come earlier! Take a taxi to the central square and see the famous Teatro Amazonas. While you are there, stop in at one of the coffee shops and then stroll

through the art galleries. Don't forget to do some people watching! Arrive back at the airport by 5:00pm for your pick up and short drive to your home for the week. YOU MUST OBTAIN AIRPORT TRANSFERS FROM IMR IN ORDER TO GET TO THE CORRECT DOCK AND MARINA. You may purchase these from within your portal under Trip Add-Ons. When you get to the riverboat, check out your hammock and get your sea-legs (or river legs)! This is also your departure evening from Manaus. Join everyone on deck for the ride under the bridge and take some photos of the lights! Your team will gather in the bow to get to know one another and have a training session that will prepare you for the clinic days ahead! Try out the outdoor shower on the stern – bathing suit required!

### **Monday, August 19, 2024**

#### Clinic

You will be steaming on the Amazon or one of her many tributaries. Each day you will steam to a new village, either arriving in the morning or docking overnight nearby. Some villages are close to the water's edge and some may require you may walk on boardwalks into the village.

### **Tuesday, August 20, 2024**

#### Clinic

You and your team will provide training for local healthcare providers to continue IMR's long-term, sustainable education efforts. 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.

### **Wednesday, August 21, 2024**

#### Clinic

You may set up clinic in a church, a school, or even in the village square. Some villages will be small, others big. This is truly a trip where you will see it all! If you are lucky enough to catch a festival in a village, you will be sure to be right in the middle of the action!

### **Thursday, August 22, 2024**

#### Clinic

Many clinic days will be spent helping those with malaria, dengue fever, tinea and scabies, chagas disease, leishmaniasis, tuberculosis, leprosy, and other common conditions throughout the Amazon Region of Brazil.

**Friday, August 23, 2024**

## Cultural Day

The day is yours to explore the area and discover Manaus, including the renowned opera house, Teatro Amazonas (the #1 rated place to visit in Manaus according to TripAdvisor!), the handicrafts market, and the Rio Negro Palace. You may also have the opportunity to explore the rainforest and “hunt” for caimans!

**Saturday, August 24, 2024**

## Departures

This is your departure day. Plan your flight in the late afternoon or evening to have time to get your land-legs back and see more of beautiful Manaus. Your time in the villages is complete and you’ll take home great memories. If you’re interested in extending your stay in Brazil to spend time in the exciting city of Rio de Janeiro, our partner Worldwide Navigators offers exclusive trip extensions just for IMR volunteers! See the extensions tab on this page for details.



## EXTENSIONS

If you're interested in extending your stay in Brazil to spend time in the exciting city of Rio de Janeiro, our partner Worldwide Navigators offers exclusive trip extensions just for IMR volunteers! See the extensions tab on this page for details.

Highlights:

Itinerary:

Day 1: Arrive in Rio de Janeiro

Welcome to Rio de Janeiro, one of the liveliest cities in the world! Your first day will include visiting a number of Rio's staples:

Corcovado & Christ the Redeemer

Christ the Redeemer is an Art Deco statue of Jesus Christ situated atop the mountain Corcovado. It was created by French sculptor Paul Landowski and built by Brazilian engineer Heitor da Silva Costa in collaboration with French engineer Albert Caquot. Romanian sculptor Gheorghe Leonida fashioned the face.

Santa Teresa Neighborhood

Santa Teresa is a hilltop district with a charming, village-like vibe. Steep, winding streets are lined with elegant old mansions, many housing chic boutique hotels, quirky cocktail bars, romantic restaurants with bay views, and artists' studios. "Santa" has Museu da Chácara do Céu, exhibiting European and Brazilian art,

and the atmospheric Ruins Park, with an art gallery built around the ruins of a mansion.

#### Escadaria Selarón (Selaron Steps)

Escadaria Selarón, also known as the Selaron Steps, is a set of world-famous steps that are the work of Chilean-born artist Jorge Selarón who claimed it as “my tribute to the Brazilian people.”

#### Metropolitan Cathedral

The Metropolitan Cathedral of Saint Sebastian, better known as the Metropolitan Cathedral of Rio de Janeiro or the Cathedral of St. Sebastian of Rio de Janeiro, is the seat of the Roman Catholic Archdiocese of São Sebastião do Rio de Janeiro.

#### Sambadrome Marquês de Sapucaí (Sambódromo)

The Sambadrome Marquês de Sapucaí is a purpose-built parade area built for the Rio Carnival.

#### Rio Scenarium (Carioca Nightclub)

This is a multilevel bar with eclectic, vintage accents for pub fare & cocktails, plus live music & dancing. Here, you'll experience the charm of samba, beauty of Bossa Nova and the funk buzz. On this tour, receive VIP access with an exclusive table for your group and entry without a long wait.

#### Day 2: Sugarloaf Mountain | Historic Tour

After breakfast, you'll dive into more of Rio's famous sites.

#### Centro (Historic City Center)

Centro is a neighborhood in Zona Central. It represents the financial heart of the city and the crux of the Central Region. You'll be able to see a wide range of architectural styles. Most of the colonial and historic buildings are in the City Center between Praça Mauá, Cinelândia, Lapa and Praça XV areas.

#### Kobra Panels (Olympic Boulevard)

Etnias, the art center in Rio, features the massive diversity-themed Eduardo Kobra mural that was created to celebrate the 2016 Rio Olympics.

#### Museum of Tomorrow

The Museum of Tomorrow is a science museum designed by Spanish neofuturistic architect Santiago Calatrava and built next to the waterfront at Pier Maua. Its construction was supported by the Roberto Marinho Foundation and cost approximately 230 million reais.



### Mosteiro de São Bento (Saint Benedict Monastery)

A UNESCO World Heritage Site, the Abbey of Our Lady of Montserrat, more commonly known as the Mosteiro de São Bento, is a Benedictine abbey located on the Morro de São Bento in downtown Rio. The Mannerist-style church is a primary example of Portuguese colonial architecture in Rio and the country.

### Sugarloaf Mountain

Sugarloaf Mountain is a peak situated at the mouth of Guanabara Bay on a peninsula that juts out into the Atlantic Ocean. Rising 396 m above the harbor, its name is said to refer to its resemblance to the traditional shape of concentrated refined loaf sugar.

### Ginga Tropical (Philharmonic Hall)

The Ginga Tropical is the best place in Rio for a tour of the many festivals in Brazil. Experience Parintins Festival, Lambada, Carimbó, Xaxado, Forró, Frevo, Maculelê, Capoeira, Orixás Dance, Boleadeiras, Bossa Nova, Samba de Gafierira and the world-renowned Carnival!

### Day 3: World Cup Stadium | Cultural Experience & Beaches | Departure Home

Before your departure home this afternoon, be sure to check out these cultural attractions and integral pieces of the Brazilian lifestyle:

#### Maracanã (Soccer Stadium)

The Maracanã, officially Estádio Jornalista Mário Filho, is the soccer stadium that is part of a complex that includes an arena known by the name of Maracanãzinho, which means “The Little Maracanã” in Portuguese. The stadium was the location of the infamous 2014 World Cup. Enjoy a tour here with exclusive access to the lawn!

#### Carnival Experience

Gear up for the ultimate Brazilian cultural experience with percussion classes, samba dancing and much more!

#### South Zone (beaches and lookout points)

The South Zone is an area of the city situated between the Tijuca Massif, the Atlantic Ocean, and Guanabara Bay. Most of it is made up of neighborhoods along the Atlantic coastline, including São Conrado, Vidigal, Leblon, Ipanema, Copacabana, and Leme. Spend your afternoon lounging beach-side before your departure home and onward journey.

#### What's Included:

#### You Will Need to Provide:

3-Day, 2-Night All-Inclusive Tour starts at \$1,995. 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 May 20, 2024

\$3300 due by July 21, 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