



Turkey - Cappadocia Extended

**September 8, 2024 — September 21,
2024**

Starting at: \$5,000

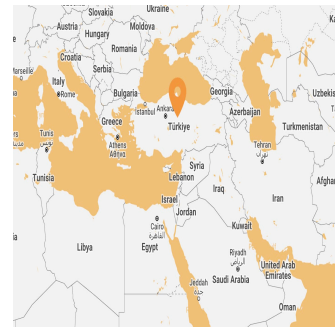
OVERVIEW

The Need

Join International Medical Relief (IMR) on this extended medical mission and health education tour in Turkey.

Our volunteer team will partner with local professionals to serve very vulnerable women and children who migrate to the region and work to pick potatoes and grapes. Every year thousands of agricultural workers from the east and southeast, together with their families, migrate to the agricultural regions of the country for the plantation, irrigation, hoeing and harvesting seasons. Workers and their families often experience challenges while moving around the country as they have limited to no access to health care services, and there are concerns related to hygiene conditions at the farms.

Migratory and seasonal agricultural workers and their families face unique health



challenges which result in significant health disparities. Challenges faced can include: hazardous work environment, poverty and insufficient support system, inadequate or unsafe housing, limited availability of clean water and septic systems, inadequate healthcare access, continuity of care issues, lack of insurance, cultural and language barriers, fear of using healthcare due to immigration status, and lack of transportation.

Migrant farming populations experience serious health problems including diabetes, malnutrition, depression, substance use, infectious diseases, pesticide poisoning, and injuries from work-related machinery. These critical health issues are exacerbated by the migratory culture of this population group, which increases isolation and makes it difficult to develop a relationship with a healthcare provider, maintain treatment regimens, and track health records.

Some of the more common diseases in this area include skin disease and disorders, GI issues, dehydration, dental caries and infections, and pain. Dermatologists, dentist, family medicine providers, emergency medicine providers, optometrists, and OB/GYN specialists will be in high demand.

Our Work

International Medical Relief began its service to the Turkish people shortly following the devastating earthquakes in the Hatay region in February 2023. Subsequently, IMR has organized dozens of medical teams to serve our Turkish friends.

Prior to the natural disaster, IMR had been working on being able to send clinical teams to this area. Now after having served during this critical time, IMR has established relationships that can be leveraged in parts of this magical country not affected by the earthquakes.

This Mission

Turkey, officially the Republic of Türkiye, is a transcontinental country located mainly on the Anatolian Peninsula in Western Asia, with a small portion on the Balkan Peninsula in Southeast Europe. The region of Cappadocia will treat to you breathtaking sunrises and sunsets that pass over jagged ridges of the historic landscape.

Cappadocia has a unique history and energy. This beautiful region in central Turkey famous for its fairytale scenery, cave dwellings, remarkable rock formations, and, of course, the hundreds of hot air balloons that soar in the sky during sunrise each morning. There is also world-class hiking in Cappadocia. You can spend time after clinic exploring all of the diverse outdoor trails in the region by foot or ATV, adventure to the ancient valleys, or become mesmerized at a scenic overlook viewing the hot air balloons where you will be blown away. If you are a photographer, this is your destination as it is truly a magical place to serve.

Lodging/Transportation

On this Medical Mission Trip, you and your fellow team members will be staying at an accommodation with rooms that are safe, clean, and comfortable. Transportation will be provided to and from clinic each day.

Highlights

From the moment you arrive in Turkey the people and culture make you feel as welcome and comfortable like nowhere you've ever visited. The natural beauty of the country and the inviting culture of the Turkish people are the highlights for this mission!



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, September 8, 2024

Arrivals, Orientation

You need to fly into Kayseri Erkilet Airport, airport code ASR. The airport is a major hub for travel to Cappadocia. Please arrive by 2:00 pm. The team will take the chartered transportation to your accommodations check in, then gather for dinner and team orientation. 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.

Monday, September 9, 2024

Clinic

After enjoying a group breakfast full of native, Turkish delicacies and flavors, your team will transfer to the location for your clinic days ahead. Your team will take a tour of the facility, set up for clinic as needed, and have a site orientation. After preparing the site, your team will begin to see patients. 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 clinical debrief and team dinner. You will also be turning in your worn scrubs for laundry. Although all your meals are all included, you are welcome to go into town with your fellow team members to enjoy the excellent cuisine that Turkey has to offer. Cappadocia's landscape looks almost alien. Soft tufa rock, spewed from volcanoes millennia ago, created a series of ethereal "fairy chimneys" that have been shaped and sculpted by nature. Rising above the Anatolian Plains of central Turkey, this historic region is designated as a UNESCO World Heritage Site that draws in thousands.

Tuesday, September 10, 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, September 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.

Thursday, September 12, 2024

Clinic

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.

Friday, September 13, 2024

Cultural Day

Rise and shine early for an amazing opportunity to view the spectacular hot air balloon display. Afterwards, you'll be treated to a tour of Derinkuyu, an underground city. The soft rock in the Cappadocia area created winding cave systems and natural caverns that became home to underground cities in medieval times. When marauding armies arrived in the area, thousands of people would escape and survive below ground, sometimes for months on end. Spanning 18 floors to a depth of 85 meters, Derinkuyu is one of the largest and deepest subterranean cities in Turkey. You will have plenty of time to explore the beautiful city. You can also take an afternoon hike or just relax in the splendor of your accommodations.

Saturday, September 14, 2024

Free Day

After breakfast, you will say goodbye to your team members who are departing today. The rest of the day is yours to relax and recharge for the coming week ahead.

Sunday, September 15, 2024

Free Day

After free time in the morning, you will meet your teammates for the second half of your trip. During the team dinner, you will have the chance to share your experiences in clinic so far, which will be valuable to the new team's orientation.

Monday, September 16, 2024

Clinic

The migrant workers and their families who will be your patients often experience challenges while moving around the country as they have limited to no access to health care services and there are concerns related to hygiene conditions at the farms.

Tuesday, September 17, 2024

Clinic

Migrant farming populations experience serious health problems including diabetes, malnutrition, depression, substance use, infectious diseases, pesticide poisoning, and injuries from work-related machinery. Because they move place to place, they have a difficult time maintaining relationships with healthcare providers, maintaining treatment regimens, and keeping track of their health records.

Wednesday, September 18, 2024

Clinic

Children are especially vulnerable in migrant farming communities and benefit from basic hygiene instructions, like how to wash their hands and brush their teeth.

Thursday, September 19, 2024

Clinic

Even basic supplies such as reading glasses go a long way toward improving the health condition of your patients.

Friday, September 20, 2024

Cultural Day

Get up early to enjoy one last day of the spectacular display of hot air balloons with your team followed by an underground city tour. Or use your free time to take in some of the sights in the area that you haven't had the chance to experience.

Saturday, September 21, 2024

Departures

On your last day in the country, enjoy a final breakfast with your team. Take one last walk around town and say goodbye to beautiful Cappadocia, Turkey.



EXTENSIONS

You're journeying across the globe. Why not extend your stay in Turkey to experience some of its top tourist attractions?

On an exclusive trip extension provided by our partner, Worldwide Navigators, you will marvel at the fascinating landscape of Cappadocia from high above in a balloon...and from caves deep below, prowling an underground city where Christians once hid out. Explore troglodyte ghost towns, shop for sheep at the market, and chat with an imam. Then journey to the Bosphorus Sea where you will tour the main city sites of Istanbul.

Prepare to be awed by Istanbul's magnificent architecture, rich history, and eclectic bazaars as you discover the unmissable highlights of the Old City on this 1-, 2-, or 3-day private tour. Marvel over the glorious Hagia Sophia, learn how the Blue Mosque earned its famous nickname, and see the ancient Basilica Cistern. Tour Topkapi Palace to gain an insight into the lavish lifestyles of the Ottoman sultans and their harem, and browse the legendary Grand Bazaar, where you find everything from carpets to Turkish delight.

Flexible daily itineraries:

Day 1 – Hagia Sophia, Hippodrome Square, German Fountain, Blue Mosque, Basilica Cistern, Topkapi Palace, Grand Bazaar.

Day 2 – Bosphorus Cruise by Public Ferry, Dolmabahce Palace, Taksim Square, Istiklal Street, Cicek Passage, Galata Tower (from outside), Spice Market.

Day 3 – Suleymaniye Mosque, Fener and Balat Districts, St. Stephen Church (Iron

Church), Pierre Lotti Panoramic Hill by Cable Car, Rahmi Koc Museum (or alternative sites).

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 **\$5000** 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

\$4800 due by June 10, 2024

\$5000 due by August 11, 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