



Ecuador

December 15, 2024 — December 21, 2024

Starting at: \$2,100



OVERVIEW

The Need

Despite the beautiful scenery, Ecuador's environment is extremely vulnerable to disasters that impact the community's overall health and wellbeing. Some of the greatest health problems in Ecuador today include malnutrition, diabetes, and heart disease, which is the leading cause of death. Other common problems include acute respiratory infections and diarrheic diseases, which have risen dramatically since 1990.

IMR's goal is to help Ecuador achieve global health security and improve access to health care services. Helping countries respond quickly and effectively to public health threats is critical in order to prevent the spread of diseases and to sustain the wellbeing of the community. By joining the IMR team, you will be able to collaborate with the community to improve the overall health of the people in Ecuador.

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.

Ecuador's health care system is saturated with people seeking care, making it difficult and sometimes impossible for the people with low income to receive the attention they need. Many do not seek much needed medical attention for reasons such as economical, transportation mobilization, and beliefs. The people choose to live with illness, pain, and other medical pathologies without the possibility of consulting a physician and instead use nothing or only traditional medicine.

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 and chronic illnesses, including dengue fever, hepatitis, malaria, pneumonia, and digestive diseases. 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

IMR is teaming up with an amazing partner that has more than 10 years of serving rural communities in Ecuador. This key organization has been instrumental in social and community aid programs working in conjunction with both Government Departments and private businesses to bring a helping hand to the people who need it the most.

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 Ecuador, you will spend most of your trip in Ibarra, about

70km from the capital city of Quito. Ibarra is located in the foothills of the Andes mountains surrounded by lush, green hills. Founded in 1563, the city is known for its colonial architecture and cobblestone streets that lead to local markets, historical sites, and cafes serving the unique Ecuadorian cuisine. Be sure to try helados de paila, a delicious iced sorbet made with egg whites and tropical fruit juices.

Lodging/Transportation

The team will be staying in beautiful, safe, clean, comfortable and accommodations in Ibarra. The culture of Ecuador will come alive as you explore the city after clinic and during your day off.

Upon your arrival in Ecuador, all transportation to and from 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

Families are the most important patients you will see and in Ecuador, you will see a lot of families. Everyone wants you to help them keep their children healthy and their elders comfortable. It is our patients – and there are a lot of them! – that are the highlight of this trip.

You will have a free day to explore Ibarra with its quaint historic streets and colorful colonial architecture. Enjoy your day – make it your own!



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, December 15, 2024

Arrivals and Orientation

You and the team will fly into Mariscal Sucre International Airport in Quito. Upon arrival, your team will transport to your accommodations in Ibarra where you can check in and freshen up. You will enjoy a hearty dinner and attend the team orientation to prepare you for the upcoming week of clinic. Your team leader will

assign roles for clinic, address IMR's clinic protocols, and discuss the communities you will be serving in and around Ibarra.

Monday, December 16, 2024

Clinic

After a hearty breakfast of local cuisine at your hotel, you will head to your first day of clinic! Patients of all ages will be lined up to greet you as the team arrives, excited to receive the medical care that is so difficult for many of them to attain.

Tuesday, December 17, 2024

Clinic

You will likely see many patients living with diabetes and heart disease. Not only can you offer treatment for acute symptoms, you will have the opportunity to provide patients with education on their conditions and the lifestyle changes that can help improve them.

Wednesday, December 18, 2024

Optional Training Day/Free Day

You and team will have the opportunity to 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. You will also have free time to explore Ibarra with its quaint historic streets and colorful colonial architecture. There are so many things to do and see, it will be easy to get completely absorbed by the culture of this wonderful city.

Thursday, December 19, 2024

Clinic

On your final day of clinic you'll likely reflect back on all those whose lives you touched during the week – and the lives that touched yours. Your patients will be grateful for the care and education you provided throughout the week, and we thank you for your service.

Friday, December 20, 2024

Clinic

Ecuador's health care system is saturated with people seeking care, making it difficult and sometimes impossible for the people with low income to receive the attention they need. Many do not seek much needed medical attention for reasons such as economical, transportation mobilization, and beliefs. The people choose to live with illness, pain, and other medical pathologies without the possibility of consulting a physician and instead use nothing or only traditional medicine. You will make a difference in their quality of life!

Saturday, December 21, 2024

Depart for Home or the Galápagos Islands

You will have one final breakfast with the team before your departure. If you are heading home today, you may schedule your flight for any time you wish. If you will be joining the Galápagos Islands trip extension, we will be heading to the airport for a short flight to the city of Guayaquil where our adventure will begin and end. See the exciting itinerary on the Extensions tab on this page.



EXTENSIONS

Since you are already venturing across the globe, consider extending your stay by a few days to explore one of the globe's treasures, the Galápagos Islands! Join International Medical Relief on an exclusive trip extension provided by our partner, Worldwide Navigators!

On this extension, you will have the opportunity to explore the enchanted islands of Galápagos. Share a beach with sea lions, swim with penguins, walk with giant tortoises, stroll through flamingo lagoons, dive under lava tunnels among amazingly colored fish, and step on an active volcano. These islands are a unique place in the world and you will have the opportunity to make the most of each day.

Itinerary:

Day 1: Arrive in Guayaquil

Fly directly to Guayaquil on Ecuador's Pacific Coast. Ecuador is an ecotourism champion, with the Galápagos Islands, set 620 miles from its western mainland shores under the country's care. Here in Guayaquil, you will have your overnight lodgings. Take a stroll and get a sense of place along Malecon 2000, the riverside promenade along the Guayas River.

Day 2: Guayaquil | Baltra | Sail the Galápagos Islands | Santa Cruz Island

From Guayaquil, you will take a flight to Baltra airport in the Galápagos. Here your ecotourism adventure begins by boarding a boat for a five-day sailing excursion between these incredible islands where Charles Darwin developed his

theory of evolution after studying different species of Galápagos finches.

Get a preliminary briefing on your boat and your tour itinerary and meet your onboard naturalist guide who will lead your daily excursions. Your first stop this afternoon will be at Santa Cruz Island. Here you will take a short hike to photogenic Dragon Hill, passing a lagoon frequented by flamingos and other bird life. From the hill, you will have rewarding views of the bay and a land iguana nesting site.

Day 3: Galápagos Islands | Isabela Island | Fernandina Island

Rise early for breakfast, then be ready to take in the sights at your first stop, Isabela Island. At Vicente Roca point, the past volcanic action created two sheltered turquoise bays. From your boat's vantage point below the rocky cliffs, spot masked and blue-footed boobies perched on the cliffsides and flightless cormorants on shore. The cold water currents here attract marine life, and sea lions and penguins frequent the area.

Lunch on board as you sail to Fernandina Island, your afternoon stop. At Espinosa point, hundreds of marine iguanas gather on black lava rock. Pelicans, sea lions, penguins and flightless cormorants are also abundant here. Check out the different types of lava flows with the naturalist.

During your evenings on board, you will enjoy dinner, presentations by the naturalist, relaxation, and socializing with fellow passengers.

Day 4: Galápagos Islands | Santa Cruz Island

You'll spend the day on Santa Cruz Island, the economic center of the Galápagos Islands. In the morning, visit the Charles Darwin Research Station, and learn about the resident Galápagos tortoises and the breeding programs the center operates to help preserve the species.

In the afternoon, visit the town of Puerto Ayora, where there are many shops, restaurants, and bars. In the bay, you may spot brown pelicans, sea lions, blue-footed boobies, marine iguanas, herons and frigate birds.

Dinner is back on board your boat, where your sail will resume as you head to Floriana Island.

Day 5: Galápagos Islands | Floriana Island

You'll spend the last full day of sailing on Floriana Island. In the morning, marvel at the breathtaking views while visiting the Baroness's Observatory, where you will learn about the mysterious disappearance of an Austrian Baroness who lived here with her two lovers. Then on to Post Office Bay, where sailors would leave mail in a barrel to be delivered home by other sailors headed to that same home port. You can continue the tradition today by leaving a card and seeing how long it will take it to arrive home!

In the afternoon, walk the Cormorant Point trail past a flamingo-frequented lagoon to a beautiful white-sand beach where green sea turtles lay their eggs at night. Then, your boat will anchor at Champion Islet, just off Floriana, where you can experience some great snorkeling to admire the coral formations, fish, and perhaps green sea turtles in their element.

This evening, enjoy your last dinner on board, telling stories of your adventures with fellow ecotourism tour students as you head back to Baltra.

Day 6: Baltra | Guayaquil

Arrive back at Baltra where you will transfer to the airport for your flight to Guayaquil. Enjoy the rest of the day in this port city. Take a walk to Parque Seminario, also known as Iguana Park for its iguanas who reside in the trees, along the sidewalks or even sprawl on the park benches. Or visit the colorful neighborhood of Las Penas with its rainbow spectrum of painted homes.

Settle in tonight for a nice dinner to sample local cuisine and enjoy your last evening of Ecuadorian culture.

Day 7: Departure Home

Enjoy breakfast at your hotel, then head to Guayaquil airport and savor your ecotourism trip memories of the Galápagos Islands on your flight back home.

For more information and to make reservations, contact Worldwide Navigators.



FLIGHTS AND PRICES

Minimum Donation

Your generous donation helps to save and change lives every day

Your generous donation of **\$2300** 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

\$2100 due by September 16, 2024

\$2300 due by November 17, 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