



Thailand Gulf

July 27, 2024 — August 3, 2024

Starting at: \$4,800



OVERVIEW

The Need

Our primary goal of this trip is to continue to help improve access to preventative care for residents of the archipelago of islands in the Gulf of Thailand off the coast of Cambodia. Since the Pol Pot and Khmer Rouge regimes completely decimated Cambodia's health care system, this goal is not easy to meet. Many of the local doctors have received education in Western countries, but they still need IMR's help to service all in-need populations. According to the World Health Organization, in 2013 there were only seven hospital beds for every 10,000 residents. In addition, the islands have limited resources, limited job opportunities, and limited services, making the lives of the villagers challenging. As such, much of the care you provide at clinic will be for people who would have benefited from access to preventable care.

For this trip, your team will collaborate with Song Saa Private Island and the Cambodian government to provide health care to islanders living within the

Archipelago of the Thailand Gulf. At clinic, you will treat conditions related to malaria, intestinal parasites, cholera, diarrhea, tuberculosis, yaws, and measles. You will also help treat more serious conditions, including tuberculosis and the avian flu.

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 Cambodia in 2012 and has since completed medical projects involving more than 750 volunteers and staff to serve over 25,000 patients. Our goal is to complete three projects annually in different areas and communities in Cambodia providing community health training, medical treatments, medical supplies and equipment, and clinic operations. Provinces we have worked in include Phnom Penh, Pursat, Siem Reap, Battambang, Sihanoukville, Kampong Thom, Prey Veng, Svay Rieng and Kampong Cham.

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

The Gulf of Thailand is bordered by the beautiful Cambodia. From the golden beaches to the lush jungle to tranquil rice paddies, Cambodia's stunning geography will amaze you. While in the country, you can view the largest

religious structure ever constructed or view a mysterious lake identified as a natural wonder. With nearly 15 million residents, Cambodia is the 72nd most populated country in the world. The country's residents represent 24 unique ethnic groups, most easily identified by their native languages and cultures. Despite the nation's history of poverty and conflict, the people of Cambodia are resilient, courteous, and welcoming. You will find yourself enthralled by the Asian exotica and unparalleled hospitality. In addition, since Cambodia is one of the few countries in the world that does not have a McDonald's, you will find yourself sampling a different and delicious local dish for every meal.

This particular IMR trip starts in Sihanoukville, a quaint port city in southern Cambodia that is the departure point for the Koh Rong Archipelago. Encompassing a number of picturesque islands, the Koh Rong Archipelago delivers an off-the-radar experience with quiet, white sand beaches, protected reefs, and untouched, jungle-covered hills. Although certainly beautiful, this region of Cambodia faces the same medical care struggles that other rural areas of the country do. Across Cambodia, the lack of clean drinking water, sanitation, higher education, and reliable transportation have led to poor living and health conditions.

Lodging/Transportation

You and the team will stay in the exclusive luxury villas with private swimming pools of Song Saa Private Island, which is secluded in one of the world's most pristine landscapes. Your team will travel via chartered boat from mainland Cambodia to the resort and will venture out daily to reach the island communities. After your days in clinic, you will have time to explore the island, enjoy the pristine beaches, and take advantage of all the Song Saa Resort has to offer. This trip is limited in capacity due to the number of villas we have reserved so space will go fast. Single Supplement is available for a separate villa based on price and availability at the time of booking.

Highlights

The highlight of this trip is serving the beautiful people of the Koh Rong who, without you and your team, would not have access to healthcare. Your patients will share their experiences with active landmines but will also depict their incredible stories of growth and rebirth. Since nearly half of Cambodia's population is under the age of 15, you will leave a lasting impression on many young patients.



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 28, 2024

Arrivals

Plan to arrive in Sihanoukville, Cambodia on the morning of Sunday, July 28 to depart for the ferry port where we will board a chartered boat to travel to Song Saa Private Island and the Song Saa Resort. If you are arriving in Phnom Penh on Saturday, July 27th, you can take the IMR group transport from Phnom Penh in

the early morning of the 28th. Once we arrive, we'll have lunch, then dive right into training and orientation. The team leader will talk about IMR clinic protocols, review sustainable education, and assign clinic roles. Then we'll organize our supply bags to get ready for clinic the next day before joining our hosts for a delicious welcome dinner.

Monday, July 29, 2024

Training Day

After you have indulged in a hearty local breakfast at the resort, you and the team will host a clinic for the Song Saa resort staff. You will be providing health education classes to them as well, including CPR. 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.

Tuesday, July 30, 2024

Clinic

After breakfast, you and the team will depart for clinic. You will be serving a different small village each day throughout the week, traveling to different islands in the archipelago. During clinic today, you may see patients with treat conditions related to malaria, intestinal parasites, cholera, diarrhea, tuberculosis, yaws, and measles. You may also help treat more serious conditions, including tuberculosis and the avian flu. Clinics begin early in the morning and run into the evenings. Your days will be long and hard, but also incredibly rewarding. After you return to the resort in the evening, we will have a debrief and team dinner. Don't forget your swimsuit if you want to take a dip in the ocean!

Wednesday, July 31, 2024

Clinic

As part of your day in clinic, you and the team will educate your patients on how to stay healthy and how to care for their loved ones. 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.

Thursday, August 1, 2024

Clinic

Within the villages you will visit, as well as across Cambodia, the lack of clean drinking water, sanitation, higher education, and reliable transportation have led to poor living and health conditions. As such, much of the care you will provide in clinic will be for people who would have benefited from access to preventable

care.

Friday, August 2, 2024

Clinic

Your final day of clinic will be bittersweet as you reflect back on your week and the patients for whom you have been able to make a difference. Following this evening's debrief, our hosts will treat us to a delicious thank-you dinner to show appreciation for your hard work throughout the week.

Saturday, August 3, 2024

Departures

Enjoy an early breakfast at the resort before bidding farewell to Song Saa Private Island. The chartered boat will take you and the team back to Sihanoukville on the mainland where you will catch your international flight home. Want to spend more time exploring this fascinating country? Contact Worldwide Navigators to extend your stay!



EXTENSIONS

You're journeying across the globe. Why not extend your stay in Cambodia to experience some of its top tourist attractions? Join us on an exclusive trip extension visiting some of the area's highlights.

Highlights:

Itinerary:

Day 1: Arrive in Siem Reap

Rise early in the morning to board your transport to Siem Reap, an enchanting place rich in ancient history and spirituality. Spend the afternoon visiting the ruins of Angkor Wat — a funerary temple built to house Suryavarman II, a ruler during the 12th century, and also known as one of the largest temple complexes in the world.

Enjoy an authentic Cambodian dinner at WILD - Creative Bar & Eatery while the sun sets over lush forest and temple-covered landscape.

Day 2: Bayon Temple | Neak Pean | Circus Dinner

Spend the day exploring the Bayon Temple, an Angkor Thom temple with 200 smiling faces carved in its stone walls, and Neak Pean, the ruins of a Buddhist temple sitting in the center of a man-made island.

Catch an early dinner at the popular show, Phare — The Cambodian Circus featuring high-flying acrobatic performances and live music.

Day 3: Phnom Penh | Khmer Village | Departure Home

Wake early to head back to Phnom Penh. Take a stop into Khmer Village to explore before bidding farewell to beautiful Cambodia as you head to the airport for your international departure.

What's Included:

You Will Need to Provide:

3-Day, 2-Night All-Inclusive Tour Starts at \$990. 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 **\$4800** 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

\$4600 due by April 28, 2024

\$4800 due by June 29, 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