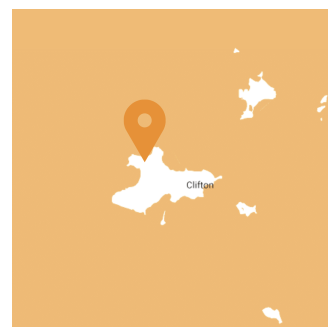




# St. Vincent and the Grenadines

**July 14, 2024 — July 20, 2024**

**Starting at: \$2,200**



## OVERVIEW

### Our Work

Clinic will take place amidst the turquoise waters of the Caribbean Seas, nestled in the remote island communities of Union and Mayreau Islands. Our team will provide medical expertise, specializing in optometry, dentistry, health, and hygiene education to hundreds of local men, women, and children. The communities within these remote islands have a population of over 3,000 people, some villages only being accessible via boat are amongst the poorest islands in the Caribbean, and do not have access to specialized healthcare. Your time and energy will be rewarded by smiles, hugs, and kind gestures by the local families of the Grenadine Islands.

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

Close your eyes. Take a deep breath. Exhale. Enjoy the calming smell of salt coming off the turquoise ocean. Feel the breeze upon your face of the Caribbean Sea. Hear the giggling of the local children fishing and playing on the white sand beaches. Taste the local cuisines, flavored with freshly harvested breadfruit and locally caught red snapper. Now, open your eyes. A smile comes upon your face as your feet seep into the warm sandy beach on a beautiful sunny afternoon on a beach in the Grenadine Islands.

The Grenadine Island chain consists of 35 small islands and is located in the Caribbean Sea. These islands are situated 120 miles southwest of Barbados and 150 miles south of Trinidad. The islands of Union and Mayreau are governed by St. Vincent, the main island. The island has been in possession by both French and English plantation owners, which render its strong French and English flavors. The islanders are very proud of their African background which influences a number of cultural events held throughout the year. The residents are a very friendly, tight-knit community.

On this Caribbean Island experience of a lifetime, you will fly into Argyle International Airport on St. Vincent. Upon arrival, you will ferry over to Union Island to meet your team. You will spend two days on Union Island and two days on Mayreau Island in clinic. We will travel to areas where medical care is scarce and dental care is almost non-existent.

Please join us as we care for the people of the Grenadine Islands. If you would like to enjoy the peace and quiet of island life before or after clinic, you are in for a delight. Explore what the islands have to offer you!

## Lodging/Transportation

The team will be staying in simple, safe, clean, and friendly accommodations

located on the island of Union. You can enjoy the beaches, local cuisine of the islands, and swimming in the turquoise sea. Upon your arrival, all transportation and ferries to clinic will be 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

Discover Chatham Bay, a lovely thin crescent of white sand backed by steep, forest-covered hills on the western side of the island. The calm turquoise waters are perfect for snorkeling amongst the coral reefs, relaxing with a book, or a sunset sail. Experience the vibrant island rhythm of the steel drums and calypso music performed by locals on the beaches and in the streets, hike the silhouette mountains on Union Island, and browse through the local islands. But the greatest highlight of this trip is making a difference for the residents of the Caribbean islands you'll be visiting.



## 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, July 14, 2024**

#### Arrivals

You and the team will fly into Argyle International Airport. You need to arrive by noon in order to catch the ferry with the team to Union Island, which will be your beautiful home for the next week.



**Monday, July 15, 2024**

## Team Orientation &amp; Training Day

Once you have socialized and dined with your team during breakfast, your team leader will dive right into orientation. During orientation, your leader will assign roles for the clinic, present IMR's clinic protocols, and provide an overview of the many communities your team will serve. This medical mission will be unique because unlike other IMR trips, your team will visit multiple islands during your clinic days. 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.

**Tuesday, July 16, 2024**

## Clinic

Once you have indulged in a hearty breakfast at the community longhouse, you will meet with the other volunteers assigned to your clinic. This clinic day will remain on Union Island. Clinic begins early in the morning and runs into the evening. Your day will be long and hard, but also incredibly rewarding.

**Wednesday, July 17, 2024**

## Clinic

Starting early in the morning, you and your team will spend a second clinic day on Union Island. You will return to lodging late in the evening after serving another gratifying day.

**Thursday, July 18, 2024**

## Clinic

This clinic day will be spent on the neighboring island of Mayreau. After breakfast with the team, you will travel by boat to the island, returning to Union Island in the evening for dinner, debriefs, and relaxing.

**Friday, July 19, 2024**

## Clinic

Your last clinic day will also be spent on Mayreau Island. After a final rewarding day you will return to Union Island for team dinner and free time.

**Saturday, July 20, 2024**

#### Departures

This is the last day of your remarkable trip to St. Vincent and the Grenadines. Get ready to catch the ferry back to St. Vincent for your international departure.



## EXTENSIONS

You have given your time and energy to the communities within the islands of the Grenadines. Now take a moment to yourself. Continue your experience of a lifetime in the Caribbean, and explore, relax, adventure, and reflect amongst the turquoise waters. Join International Medical Relief on an exclusive trip extension provided by our partner, Worldwide Navigators! To learn more about this unique opportunity, call us at (970) 635-0110 or send us an email at [office@imrus.org](mailto:office@imrus.org).



## FLIGHTS AND PRICES

### Minimum Donation

***Your generous donation helps to save and change lives every day***

Your generous donation of **\$2200** 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

\$2000 due by April 15, 2024

\$2200 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](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