



# Cambodia - Phnom Penh

**January 12, 2025 — January 18, 2025**

**Starting at: \$1,900**



## OVERVIEW

### The Need

Our primary goal of this trip is to continue to help improve residents' access to preventative care. Even today, more than 40 years after the end of the Khmer Rouge, the United Nations Millennium Project proclaimed that only 13 percent of the population visited health facilities last year, and 22.9 percent of children die before the age of 5. 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. As such, much of the care 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, intestinal parasites, cholera, diarrhea, tuberculosis, yaws, and measles. You will also help treat conditions of more severe diseases, 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

Cambodia, home to nearly 15 million people, is one of the most charming countries in all of Asia. From an outsider's first glance, its pristine golden beaches, tranquil rice paddies, lush jungle landscapes, and vibrant sunsets over the world's largest religious structure are the allure of this country. Take a deeper look and learn that it is the Khmer people that ultimately comprise its unique draw. Cambodia's tragic history defined by decades of political unrest, violence, and poverty has shaped an inspiringly optimistic and warm population. As a visitor, it is a powerful experience to feel the serenity from the magnificent

Cambodian landscapes in harsh contrast to the magnitude of strife previously endured. This poignant intersection of a painful past and developing present leaves no visitor untouched.

International Medical Relief is partnering with Cambodia on a major goal of the country: to improve access to healthcare and preventative education to health conditions. This is no easy task – during the bloody regime of Pol Pot and the Khmer Rouge, the health care system as a whole was decimated, with virtually no doctors left in the country at the end of the regime.

Even today, more than 40 years after the end of the Khmer Rouge, the United Nations Millennium Project proclaimed that only 13 percent of the country visited health facilities last year, and 22.9 percent of children die before the age of 5. Treatable diseases like malaria, intestinal parasites, cholera, diarrhea, tuberculosis, and yaws, as well as vaccine-preventable diseases such as measles are endemic and claim lives everyday. The situation is improving as a whole healthcare is almost nonexistent among the populations that IMR serves including the poor, migrant workers, unregistered population, and ethnic minorities.

## Lodging/Transportation

On this Classic Trip, you and your fellow team members will be staying at a 2-star accommodation with safe, clean, comfortable rooms. The lodging is simple, basic, safe, comfortable, and affordable. During your stay in Phnom Penh, you will love the bustle of the city and the wide variety of cuisine. The Russian Market and many palaces are within walking distance of your hotel. Want to shop and eat? Head to the busy Russian Market for some evening free time!

All transportation to and from the 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

One of the many highlights on this trip is the variety of locations your team will work in – from Buddhist temples to small libraries, schools to churches, you will see many different aspects of life in Cambodia. Our relationships with the government, medical schools, and youth community groups are very strong in Cambodia; this trip will allow you to work side-by-side with local government officials, medical students, nursing students, dental students, and more.

On your free day in Phnom Penh, you and the team will have opportunities to visit the Royal Palace, take a river tour, and see the Killing Fields of the Khmer Rouge. Be prepared to immerse yourself in this incredible culture and learn about the recent history of Cambodia that many of your patients will not have read about it, but instead, lived it. Your ability to care for these patients will be deeply meaningful.





## 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, January 12, 2025**

#### Arrivals

You need to fly into Phnom Penh International Airport (PNH) by 2:00pm and then transfer to your hotel. Once you've arrived at the team lodging, you'll settle in and join your team for dinner. After dinner, you will attend the team orientation to prepare you for the upcoming week of clinic. 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 be serving in Cambodia. Our partners will join us to explain the cultural components, medical landscape and overview of the medical conditions prevalent in the area.

### **Monday, January 13, 2025**

Clinic

Today is your first day of clinic! Wake to enjoy a hearty breakfast with your team. Clinics begin early in the morning and run into the evenings. Your days will be long and hard, but also incredibly rewarding. After closing clinic, you and the team will go back to your lodging for a thorough team debrief and then have the opportunity to explore the area.

### **Tuesday, January 14, 2025**

Clinic

At your clinic sites in Cambodia, you will serve communities of migrant workers, unregistered individuals, and ethnic minorities throughout Phnom Penh and Kampong Speu.

### **Wednesday, January 15, 2025**

Clinic

Prepare to immerse yourself in the cultures of those you will serve and hear their stories of the Khmer Rouge.

### **Thursday, January 16, 2025**

Clinic

Clinics begin early in the morning and run into the evenings. Your days will be long but rewarding!

### **Friday, January 17, 2025**

Cultural/Free Day

The day is yours to further explore the many sights Phnom Penh, seeing some of the most famous landmarks in Cambodia including the Khmer Rouge Killing Fields, the infamous S-21 prison, and the Royal Palace. A ride on a riverboat will complete a wonderful day! The day will end with dinner at your hotel and bed. Note: Today is a free day and no activities are included.

### **Saturday, January 18, 2025**

## Departures

Enjoy breakfast at your hotel, then bid farewell to beautiful Cambodia as you head to the airport for your international flight home.



## EXTENSIONS

Since you are already venturing across the globe, have you considered extending your stay by a few days to see Cambodia's top tourist destinations? Did you know IMR offers an exclusive three-day extension to its volunteers? By continuing your trip and exploring off the beaten path, you will give yourself more time to visit Cambodia's beaches, mountains, waterfalls, temples, and markets.

Of all the incredible little trips you can take, our top recommendation is a sunset visit to Angkor Wat. While you are out, be sure you venture over to a beach bar to appreciate local nightlife and the glow-in-the-dark plankton. Moreover, if you are an adventurer at heart, you can take a nighttime snorkeling trip along the shores.

If you are more of a foodie and less of a wanderer, Cambodia is home to many local chefs who offer cooking classes. Alternatively, you can order "a-ping," which is a local favorite. Though undoubtedly unique, you can find these deep-fried tarantulas in sit-down restaurants or the marketplace.

You can view the exclusive IMR extensions [here!](#) For additional information, please contact our preferred travel agency, Worldwide Navigators. Their team of experienced agents and travelers is available via email at [travel@worldwidenavigators.com](mailto:travel@worldwidenavigators.com) or phone at (970) 541-8827.





## FLIGHTS AND PRICES

### Minimum Donation

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

Your generous donation of **\$1900** 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

\$1700 due by October 14, 2024

\$1900 due by December 15, 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