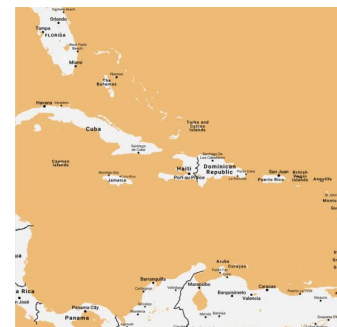




# Dominican Republic

**October 27, 2024 — November 2, 2024**

**Starting at: \$2,400**



## OVERVIEW

### The Need

Among the total population of the Dominican Republic, nearly one in three Dominicans live below the poverty line, struggling to access the health care they need. Women, children and the elderly are especially vulnerable. The country shares a border with Haiti, the poorest nation in the Western Hemisphere. Both nations are at risk for hurricanes, earthquakes, severe storms and flooding, as well as mosquito-borne diseases such as dengue fever and Zika. Despite the beautiful scenery, Dominican Republic's environment is extremely vulnerable to disasters that impact the community's overall health and wellbeing.

The Dominican Republic's provinces surrounding Santo Domingo reflect the disparities between Dominican families living in urban communities and those living in peri-urban "batey" communities. These are informal communities that were started by workers of the sugar cane plantations outside of Santo Domingo. While most of the plantations have closed, these communities still exist and are

home to many marginalized, vulnerable residents. Unemployment is high and even people with the opportunity to work typically earn approximately \$2.00 per day. Infrastructure and services are very weak in these communities. Most people living in rural areas are unable to reach government services in other areas and lack access to healthcare facilities, public sewer systems and reliable water sources. It is the children who suffer the most because of poverty and infrastructure problems. Child mortality rates (CMRs) in the rural areas are nearly double the country's national average and 45 out of 1,000 children do not reach their fifth birthday while nationally, 26 out of 1,000 do not.)

While the island does have health centers, many are understaffed and undersupplied and although most of the existing healthcare services are free, many children residing in-group homes, and on the streets, are frequently unable to obtain care, even on an emergency basis. To help provide quality medical care to the communities, IMR will provide quality dental and medical services. Our mobile clinics will offer assistance to families in surrounding populations.

## Our Work

IMR will be providing aid to the communities of the Dominican Republic. This is both a medical and dental trip that will be based at a central location. It is our goal to provide aid in whatever manner is necessary to help children and adults with their medical and dental needs in the communities of the Dominican Republic.

You and the rest of the volunteer team will educate locals 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; some resulting from malnutrition. However, one of the major focuses of this mission is dentistry. All families and individuals with children in the communities are encouraged to attend; therefore, demand for dental care will be high. We will provide infant care, as well and strengthen the maternal knowledge of the mothers.

IMR is committed to enhancing our sustainable footprint in every location. You and the rest of the volunteer team will educate patients 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, some resulting from malnutrition. Certified to teach BLS or CPR? You'll have the opportunity to put your skills to work training local healthcare workers to further IMR's mission to provide sustainable education.

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

The Dominican Republic is located in the Caribbean and is about twice the size of New Jersey. It is located on the island of Hispaniola, which it shares with Haiti. Spanish is the official language. The country's total population is just over 10.2 million, with 30.5% estimated to live below the poverty line. The average life expectancy is 71.3 years. The majority of the population works in the service sector, 64.7%, with 20.8% working in industry, and 14.4% in the agricultural sector.

You will have the opportunity to learn about the great historic and geological value of this region originating from the volcanic eruptions that took place there during Prehistory. It is easy to distinguish the different kinds of volcanic rocks and calcareous sandstone you can find in this area of the Los Haitises National Park. If you are an adventurer, you may wish to spend your time away from clinic exploring beaches, caves and waterfalls.

## Lodging/Transportation

On this IMR Clinical 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.

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

The gratitude that you receive while working with the people of the Dominican Republic will be life changing and may inspire you to continue humanitarian work once you return home. Outside of clinic, your trip highlights will include the exciting ways you decide to spend your free day, the island's culinary delights, and the breezy serenity of palm tree lined beaches. The Dominican Republic is known for its beaches, and you will have the opportunity to have a beach day on your free day and enjoy the famous crystal clear turquoise waters the island has to offer.

Also, you can visit the prairies from San Antonio de Guerra to La Romana, which are trails formed by the action of great glaciers that have left boulders covered now by humus.

Furthermore, it is interesting to take a look into the caves of Fun-Fun, Doña Ana, and Puerta del Cielo, which are frequented by organized trips from all over the country.

For those interested in the local fauna, there is a protected area called Refugio de la Vida Silvestre Manglar de la Jina (Jina Mangle Wildlife Refuge) that is about 53 square kilometers. In the area live many bird species as well as unique mammals such as the solenodon and the hutia. There are also many bats and land lizards.



## 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, October 27, 2024**

#### Arrivals and Orientation

You will need to arrive at Santo Domingo Airport (SDQ) in Santo Domingo, Dominican Republic by 12:00pm Atlantic Standard Time, and then transfer to your team lodging. Upon arrival at the airport, team members who have selected Airport Transfer will be transported from the airport to team lodging. Team

members who have opted out of Airport Transfer will need to arrange transportation from the airport to team lodging. After settling in, you will have some time to explore and get ready for orientation. During this team meeting, your team leader will assign roles for clinic, explain IMR's clinic protocols, talk about schedules, discuss the communities you will be serving, and much more. In the evening, we will gather for a team dinner and hear more about the week ahead from our local partners.

### **Monday, October 28, 2024**

#### Clinic

Today is your first day of clinic! Expect to see lots of multigenerational families who are all waiting to see you. There are also lots of children and adolescents in the communities we will be working in. We will be providing prenatal care for many young ladies, and dental care is always in demand. In the evenings, we have some pool and relaxation time or perhaps a trip to town to meet some of the amazing people who partner with IMR in the Dominican Republic. You might want to grab dinner at a local restaurant. The food is fantastic here!

### **Tuesday, October 29, 2024**

#### Clinic

You are going to love your clinic days caring for the people of the Dominican Republic. The poor water quality throughout the island is responsible for many health problems and increasing infectious disease. More than 2 million Haitian immigrants, most of them undocumented, live in the Dominican Republic working in high labor, low wage, unskilled jobs and receive no services from the government. This is why International Medical Relief has been invited to provide care for the people of the Dominican Republic who can't access it.

### **Wednesday, October 30, 2024**

#### Optional Training and Free Day

Are you certified to teach BLS or CPR? You'll have the opportunity to put your skills to work training local healthcare workers as part of IMR's commitment to long-term, sustainable education. 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. After our training session, the day will be yours to explore the area and enjoy the beach. As you return from your free day, you'll get to welcome the new members of our team who will be joining us for the second half of the week.

### **Thursday, October 31, 2024**

## Clinic

Your team will treat a wide variety of acute and chronic illnesses, some resulting from malnutrition. However, one of the major focuses of this mission is dentistry, and you will see many patients in clinic eager to receive dental care.

### **Friday, November 1, 2024**

## Clinic

Your last day of clinic will be bittersweet. You have worked hard this week but also developed a love for the people you have been serving, and it will be hard to say goodbye.

### **Saturday, November 2, 2024**

## Departures

After a final team breakfast, the day is yours. Schedule your return flight at your convenience to give you the time you want to explore the area or enjoy the beach. If you're interested in extending your stay, our partner Worldwide Navigators offers exclusive trip extensions just for IMR volunteers! See the extensions tab on this page for details.



## EXTENSIONS

You're venturing across the globe. Have you considered extending your stay a few additional days to visit some of the Dominican Republic's top spots? Join IMR on an exclusive three-day extension!

Spend three perfect days in the unexpected tropical paradise of the Dominican Republic: a country known for its warm people, lush mountain scenery and pristine beaches. Wander through the Dominican's charming cobblestone streets and discover the history of its capital, Santo Domingo, the oldest city in the Americas. Explore the country's mysterious caverns and lush subtropical rainforests; play in the sand on miles-long stretch of beach and dive into the underwater beauty of lively coral reefs.

Take a look at the trip itinerary here: <https://worldwidenavigators.com/trips/a-taste-of-the-dominican-republic/>

For more information contact our preferred travel agency, Worldwide Navigators.





## FLIGHTS AND PRICES

### Minimum Donation

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

Your generous donation of **\$2600** 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

\$2400 due by July 29, 2024

\$2600 due by September 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](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:	<b>Starting at \$50+ each way plus airfare that is subject to availability at the time of booking.</b>
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