Peru – Cusco

December 22, 2024 — December 28, 2024

Starting at: $2,200

OVERVIEW

The Need

The communities in the Sacred Valley around Cusco face significant healthcare challenges due to limited access to medical services and resources. High rates of preventable and infectious diseases, including tuberculosis, pneumonia, and malaria, are prevalent, with vector-borne illnesses like dengue and yellow fever posing additional threats. Poor water quality contributes to gastrointestinal diseases and parasitic infections, while inadequate dental care and nutrition are common issues, especially among children and the elderly.

Women’s health is another critical concern in this region, with limited access to maternal care and health education contributing to high rates of complications during pregnancy and childbirth. Many families lack essential knowledge about disease prevention and healthy practices, which perpetuates cycles of illness and poor health outcomes.

These pressing health disparities highlight the urgent need for skilled medical professionals and volunteers to help address the healthcare crisis in the Sacred Valley. Your expertise and commitment can make a profound difference in improving the quality of life for these communities, where the need for medical support and education is immense.

Our Work

Since initiating relief efforts in Peru in 2012, International Medical Relief (IMR) has made a profound impact, with hundreds of dedicated volunteers and staff serving tens of thousands of patients. IMR is committed to deepening its partnership with local communities, providing vital health education, medical treatments, supplies, and equipment to support sustainable clinic operations.

Our missions are meticulously planned to align with the United Nations Sustainable Development Goals (UNSDGs) 3, 6, and 17, ensuring measurable outcomes that foster long-term health improvements.

Aligned with UNSDG 3: Good Health & Wellbeing, IMR collaborates closely with local partners to deliver hands-on care, enhance workforce density, and develop a new generation of healthcare and public health leaders. By working side-by-side with local healthcare professionals, we provide immediate care and contribute to the growth and resilience of local health systems.

Our commitment to UNSDG 6: Clean Water & Sanitation is evident in our efforts to empower communities with access to safe drinking water. We install water filtration systems, educate on hydration and hygiene, and support local initiatives to improve water quality, ensuring healthier, more resilient communities.

In line with UNSDG 17: Partnerships for the Goals, IMR works exclusively through formal invitations from local hosts, ensuring our missions address the most pressing needs. We believe in the power of collaboration and respect the guidance of our local partners to provide the most effective medical and dental care, as well as essential health education.

Join us in continuing this vital work as we build healthier, stronger communities in Peru and beyond!

This Mission

As an IMR volunteer, you will be at the forefront of delivering essential medical care to underserved communities in and around Cusco and the Sacred Valley. This region faces significant healthcare challenges, and your involvement is critical in addressing the diverse medical needs of these communities. Whether you are a doctor, nurse, dentist, pharmacist, or other healthcare professional, your skills will make a profound impact on the lives of those with limited access to care. Nonmedical volunteers, including families and friends, play a crucial role in the clinic setting, providing essential patient support, logistics, and education, and their contributions are vital to the overall success of our missions.

Our multidisciplinary team will address a wide range of health issues, from chronic illnesses like hypertension and diabetes to acute conditions such as infections and injuries. Additionally, we'll provide urgent dental and vision care and deliver health education on topics like disease prevention, nutrition, and hygiene. This mission is not just about treating patients during our visit; it's about creating a sustainable impact that empowers these communities long after our team has left.

IMR is committed to these communities beyond the duration of each mission. Returning regularly to the region ensures ongoing support and continuity of care. We build long-term relationships and provide regular follow-up services, continuous medical supplies, continued education and training, contributing to a sustainable improvement in health outcomes. Your participation in this mission is more than just a one-time effort; it's a vital part of a long-term commitment to creating lasting change in the health and well-being of the people of Cusco. Join us and be a part of this transformative journey, knowing that your service will contribute to a healthier future for these communities.

Lodging/Transportation

During your time in Cusco, you will stay in charming, authentic lodging that blends traditional Andean charm with a cozy and comfortable retreat after your days of service. Situated near the city's vibrant heart, your accommodations offer a cozy retreat after a day of service, surrounded by the historic beauty of cobblestone streets and colonial architecture. For upgraded accommodation in a 4+ star, western-style hotel, please see our Signature Trip.

Highlights

A highlight of this trip is working with the Quechua people, known for their resilience and warm hospitality. Often dressed in vibrant traditional attire, they come to clinic with concerns tied to their daily life, including back pain, dry eyes, and nutritional challenges. Your care and expertise will be truly valued, making a significant difference in their lives.

Beyond the clinical work, your time in Cusco offers the chance to connect deeply with the vibrant Andean culture and explore its breathtaking landscapes. From the historic heart of the Inca civilization to the stunning peaks of the Andes, this mission combines professional service with personal growth, leaving a lasting legacy of health and hope. Join us in making a meaningful impact while experiencing the unforgettable beauty and culture of Peru.

Outside the clinic, the Cusco region is rich with cultural and natural wonders. Explore the mystical ruins of Machu Picchu, hike the stunning Rainbow Mountain, and discover the Sacred Valley's ancient sites and charming villages. Whether visiting the salt mines of Maras, the terraces of Moray, or vibrant local markets, every experience will deepen your connection to this extraordinary land.

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 22, 2024

Arrivals

You will need to fly into Cusco, Peru, airport code CUZ. Please arrive in Cusco no later than 2:00pm Peru Time. Upon arrival, team members who have selected Airport Transfer will be transported to team lodging. Team members who have opted out of Airport Transfer will need to arrange transportation from the airport

to team lodging. Once at team lodging, you can check in & freshen up. 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 the surrounding areas.

Monday, December 23, 2024

Clinic

Enjoy breakfast at your hotel in the morning and then depart for your first day of clinic! Clinics will be held in the Cusco area. You will see some of the mountain villages within a few hours of Cusco, including villages where the Quechua people live and work. There will be a little time for sightseeing around beautiful Cusco a few evenings during the week. Walk through town to find some of the best cuisine Peru has to offer.

Tuesday, December 24, 2024

Clinic

You will likely see many patients with mosquito-borne illnesses, as well as those with infections, wounds, and common health problems. Frequently, these patients will go without health care. The Quechua people suffer greatly from a lack of knowledge about how to manage their healthcare, resulting in needless deaths among this already diminishing population.

Wednesday, December 25, 2024

Training Day

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.

Thursday, December 26, 2024

Clinic

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.

Friday, December 27, 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.

Saturday, December 28, 2024

Cultural and Free Day - Depart for Home in the Evening

After a week of working in clinic, today will be your chance to go and explore the historical city of Cusco! There are many things that make this city unique from its ancient Incan architectural ruins, to its lively people and colorful artisans. You are invited to venture to the famous San Pedro Market, ChocoMuseo, Cristo Blanco, or make your way all the way to the beautiful archaeological site of Sacsayhuaman.Interested in extending your stay to see more of the area around Cusco? Watch the sun rise over Machu Picchu, take a train ride through the jungle, learn more about the Incan culture, and more! Our partner, Worldwide Navigators, offers an exclusive trip extension just for IMR volunteers! See the extensions tab on this page for details.

EXTENSIONS

You're journeying across the globe. Why not extend your stay in Cusco to experience some of the area's top tourist attractions? Join International Medical Relief on an exclusive 5-day, 4-night trip extension provided by their partner, Worldwide Navigators!

Highlights:

Itinerary:

Day 1: Arrive in Cusco

Arrive in the breathtaking city of Cusco. Situated at 11,150 feet, this remarkable city features a rich history, mouthwatering cuisine, and vibrant colors everywhere you look.

Spend the morning wandering through the cobblestone streets and visiting the sites of the main square. We'll then head to Sacsayhuamán fortress, an impressive example of Inca military architecture. Onward to Kenko, where the sun, moon, and stars are worshipped. We'll end our day to visit to the Inka's Expression art workshop, where you will be able to see artists working in silver, paint, and wood – the perfect place to see Andean art.

Day 2: Rainbow Mountain

Don't forget your camera! Today we journey to the infamous Rainbow Mountain, located close to Cusco. We'll wind through gorgeous mountain roads making our way to the colorful range.

Your guide will lead you on a short hike to reach the top of the Rainbow Mountain.

We'll return to Cusco in the evening for a night of cultural activities and delicious local cuisine.

Day 3: Treasures of the Sacred Valley

Today you'll get to know the Sacred Valley. We'll stop along the way to visit Moray, to view the enormous circular terraces that were used by the Incas as a botanical laboratory many years ago.

We'll continue to Ollantaytambo, one of the most fascinating building complexes of the Inca Empire and the site of one of the Spanish Conquistadors rare strategic defeats. Famous for its terraced fields (cut into the hillsides), Ollantaytambo was an effective fortress as well as a religious center. We'll end our day with a visit to the village of Ollantaytambo, the only "living Inca town" and the best remaining example of Inca urban planning, with stone-paved streets that have been continuously inhabited since the 13th Century.

Day 4: Machu Picchu

Today is the day you've been waiting for! We'll catch the early morning train to Aguas Calientes, located at the base of Machu Picchu. This is no ordinary transport! The train ride is an experience within itself with cinematic views surrounding you.

We'll explore the ancient Incan ruins and hear stories of how this city was built. Don't forget your camera! These are memories & views you'll never want to forget.

Spend the evening down in Aguas Calientes enjoying Peruvian cuisine with a view of the rushing river below. Explore the streets of this charming town and maybe take a soak in the local hot springs.

Day 5: Machu Picchu | Departure Home

There is nothing quite like a sunrise on Machu Picchu. If you're up for it, get a head start before the sun and hike up the trail to the ruins. Watch as the morning fog lifts from the lush mountains and spend another day exploring the ruins.

This afternoon, we'll head back to Aguas Calientes to catch the returning train back to Cusco for our departures back home.

What's Included:

You Will Need to Provide:

5-Day, 4-Night All-Inclusive Tour Starts at $1,900. 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 **$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 September 23, 2024

$2200 due by November 24, 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 would like to extend your stay in the area to tour and explore, or if the routing from you 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