



Zambia - Lusaka

February 23, 2025 — March 1, 2025

Starting at: \$2,700



OVERVIEW

The Need

Formerly a part of the Federation of Rhodesia and Nyasaland, Zambia is now a democratic republic located in the heart of Africa. While the tourism economy in Zambia is thriving, the quality of living for the country's native ethnic groups is suffering. Life expectancy at birth is

Our Work

International Medical Relief first served Zambia in 2016. Since then, IMR has served approximately 6,000 patients through nearly 200 staff and volunteers. IMR plans to continue to provide community health training, medical treatments, medical supplies and equipment, and clinic operations in order to provide sustainable health care to Zambia.

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

Zambia is the only country in the world to have entered the Olympic Games as one country and left as another, after declaring independence from the Federation of Rhodesia and Nyasaland on the last day of the Summer Olympics in 1964. Formerly Northern Rhodesia until its declaration of independence, Zambia is now a democratic republic, an English-speaking country in the heart of Africa, with more than seventy diverse tribes. Its culture manages to blend many disparate values and spiritual beliefs into a single country.

Poverty, however, is rampant in Zambia, healthcare almost non-existent, and education ends at the primary level for almost 75% of children in the country. Zambia is unlike any of the African countries you may have visited. With a strong Asian influence and a diverse population of young people, Zambia is one of the most vibrant cultures on the continent. People are amicable, warm, and present themselves as you see them. This simplicity of life is unforgettable.

Lodging/Transportation

On this mission, 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. In the evenings you and the team will be able to explore the city and take part in many cultural events. 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. Travel times to clinics are very reasonable and you will see much of how the people of Zambia live in the rural areas during your drives.

Highlights

In one word, the highlight of this trip is “sustainability.” Training local health educators, health center nurses, and young dental students – and seeing the immediate results of your efforts – is a true and meaningful joy. Working with people left out of the health care system in some of the most impoverished places on earth and making a huge impact on the lives of many will sustain you



as much as it does them. You will have the chance to care for the most underserved of all populations; this day may well be one of the most thought-provoking days of your life, challenging your assumptions and your skills while meaning more to your patients than you will ever be able to imagine.



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, February 23, 2025

Arrivals

You and the team will fly into Kenneth Kaunda International Airport in Lusaka by 2pm. Transfer to team lodging. Upon arrival, you will meet with your team and team leader for dinner and some team time.

Monday, February 24, 2025

Clinic

Today is the first day of clinic! There will be a required team orientation to discuss clinic roles, review protocols and gain insight into the communities and populations you will be serving. You will also review all of the supplies, laboratory testing, community health education materials, and more. 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, February 25, 2025

Clinics

Enjoy breakfast at your hotel in the morning and get ready to depart for clinic! Clinics are always filled with families, the elderly, pregnant women, dental patients, and the very sick in Zambia. This is one of the busiest places we go! Your drive to clinics will be relatively short and you will have the opportunity to experience tribal government as you meet the Chief and members of the Council for this area. You will also have a chance to see what the local health centers can provide to the thousands of people under their care. Your translators are dental students, personally selected for service by our host, a professor at the dental school.

Wednesday, February 26, 2025

Clinics

Each day you spend in clinic will be extremely rewarding. Working with people left out of the health care system in some of the most impoverished places on earth and making a huge impact on the lives of many will sustain you as much as it does them.

Thursday, February 27, 2025

Clinics

One of the main focuses of this mission is dentistry. Because dental pain is common here and because all community members are encouraged to attend, the demand for dental care will be high. We will have many local dental students and a professor at the dental school available to help translate and provide oral care.

Friday, February 28, 2025

Safari Day!

As a reward for your dedication to humanitarian aid, your sixth day in Zambia has been reserved for a fantastic, guided safari! While on safari, keep your eyes peeled for buffalo herds, hippos, elephants, leopards, giraffes, and more!

Saturday, March 1, 2025

Departures

You will enjoy one final meal with your volunteer team before departing home. Return flights are available throughout the day, so you will want to budget your time accordingly. If you're interested in extending your stay in Zambia, our partner Worldwide Navigators offers exclusive trip extensions just for IMR volunteers! See the Extensions tab on this page for details.



EXTENSIONS

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

Highlights:

Itinerary:

Day 1: Travel to Livingstone (Victoria Falls)

Located near the Zambezi River in southwestern Zambia, the bustling town of Livingstone is famous as the home of the magnificent Victoria Falls. One of the original natural wonders of the world, the World Heritage Site is known locally as The Smoke that Thunders. This spectacle is accessible from both Zambia and Zimbabwe and is an ideal place to combine game viewing and water sports. There is much to do including excellent fishing, a thrilling bungee jump and arguably the best commercial whitewater rafting in the world. You can hike around the falls, try zip lining, or enjoy the incredible bridge swing.

Those seeking more leisurely activities can take sunset cruises along the river with champagne and snacks included, meander through the vibrant local Livingstone Market, or discover the region's history and archaeology at the Livingstone Museum.

On arrival at Livingstone airport, your driver will meet you and transfer you to Protea Hotel where you will stay for three nights. On the outskirts of Livingstone lies a hotel that is just as worthy of marvel as the epic natural wonder that lies

next to it. Here, you'll find Protea Hotel by Marriott Livingstone, and if you travel just 10 km from this stunning hotel, you'll find the epic Victoria Falls or, as the locals affectionately call it, Mosi-oa-Tunya, "the smoke that thunders." It's a hotel that complements your travel style. Protea Hotel by Marriott Livingstone has deluxe rooms with electronic door locks, digital safe, writing desk, free Wi-Fi access, international plug points, hair dryer, satellite television, direct dial telephones and more.

Day 2: Botswana! Chobe National Park

The ultimate safari experience unfolds on a day trip to Chobe National Park in Botswana, which boasts the world's largest elephant population. The game cruise on the Chobe River brings you close to brilliant bird life, pods of wallowing hippos, primeval crocodiles, and elephants in their sheer number. The afternoon land-based safari heads deeper into the Park to spot the elusive big cats that call Chobe their home. A buffet lunch is included today.

Day 3: Mukuni Village Tour, Victoria Falls & Sunset Cruise

Mukuni Village is close to the border gate and is home to about 6,000 people from the Leya community, who have lived in the Falls area for many generations. Guides are available to take you through the village to get an insight into the traditional lifestyle of rural Africans.

You will also enjoy a guided tour of Victoria Falls today. A view of the Victoria Falls is something you will never forget, and the best way to see them is on a guided tour. Discover how the Falls were formed and what local customs and traditions surround them. These tours are extremely informative and end with a visit to the local arts and crafts center.

In the evening, your group will experience an African Queen Sunset Cruise. The African Cruise Company fleet is made up of the impressive African Queen, a triple deck 70-foot catamaran and the slightly smaller, but equally luxurious, African Princess. Both offer the charming combination of panoramic views of the mighty Zambezi River at various times of the day, gracious hospitality and great river and birdlife sightings - creating unforgettable experiences that will take you back to an era when time stood still.

Day 4: Departure Home

Today marks the end of your stay in Livingstone. You will be transferred back to the airport for your onward journey and international departure home.

What's Included:

You Will Need to Provide:

4-Day, 3-Night All-Inclusive Tour starts at \$1,100. 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 **\$2900** 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

\$2700 due by November 25, 2024

\$2900 due by January 26, 2025

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