



# India - Jaipur Holi Festival Classic

March 9, 2025 — March 15, 2025

Starting at: \$2,100



## OVERVIEW

### The Need

India is the world's second most populous country and in spite of a well trained and functional health care system, India still faces significant public health issues. Sanitation, overcrowding, and poverty all contribute to illness, especially among the poor. In 2018, India reported a 30% infant mortality rate. India also still faces several gender health disparities, where women are more vulnerable to different health risks.

Join International Medical Relief (IMR) in providing quality medical care for the communities surrounding Jaipur. The team will care for those with the greatest need for medical attention. Our clinics are nestled among the throwback of centuries old traditions in southern India. Engage with this culture first hand as you provide greatly needed medical care to the densely inhabited communities. Those left out of the medical system will not only get medical attention, but will also be given needed education to help them survive in places where healthcare

is difficult to access.

## Our Work

International Medical Relief began relief efforts in India in 2011. Since then we have served nearly 16,000 patients through more than 400 staff and volunteers. IMR continues to provide sustainable health care through education initiatives that include clean water, dehydration/rehydration, malnutrition, family planning, oral health, respiratory diseases, malaria prevention and hygiene/hand washing. We expect to continue collaborating with local health officials and growing our relationships with communities in India.

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

Close your eyes and picture looking to your left to see towering, snow-capped mountains, and then looking to your right to see lush, green foliage. If you concentrate, can you hear the infectious Hindustani music or taste freshly caught fish? As the seventh-largest and second-most populous country in the world, it is not surprising that India offers a wide variety of sightseeing, topography, and cultural experiences. Shaped by the Himalayan Mountains, Northern Plains, the Indian Desert, Peninsular Plateau, coastal plains, and many islands, India is the land of "Unity in Diversity." Among the people, diversity in race, religion, and language exists, but their vast differences in culture does not divide them. As you'll see in our days of clinic, many city residents cannot afford the out-of-pocket expenses associated with subsidized healthcare. During this trip, IMR will help to bring much-needed aid and education to the people in Jaipur who have the most challenging time accessing medical treatment.

Jaipur is the capital and the largest city of the Indian state of Rajasthan. As of 2011, the city had a population of 3.1 million, making it the tenth most populous city in the country. Jaipur is known as the Pink City due to the dominant color scheme of its buildings. Located 268 km (167 miles) from the national capital of New Delhi, Jaipur was founded in 1727 by the Rajput king Sawai Jai Singh II, the ruler of Amer, after whom the city is named. It was one of the earliest

architecturally planned cities of modern India. During the British Colonial period, the city served as the capital of Jaipur State. After independence in 1947, Jaipur became the capital of the newly-formed state of Rajasthan.

The pink city of Jaipur is known initially as the oldest part of the state. Constructions date back to the 14th and 15th centuries. The population here is predominantly merchants and artisans who earn their living by driving rickshaws, making clothes, jewelry, and selling their crafts. Around 70% of the population in Jaipur is Muslim, while the remainder is mainly Hindu. There are government schools as well as Muslim schools in the area, and while many young females are discouraged from attending, most of the male children are encouraged to attend classes.

As the population is rapidly increasing, the main challenge here is housing and accommodations. Many residences are converted into commercial shops or workshops, which leaves scarce space in which for the population to live.

In addition, the area is in much need of health education for females and essential health support due to a large number of patients being admitted to the government hospitals. The city is over capacity and is putting pressure on the local healthcare infrastructure to provide care for more patients than it can handle, resulting in delayed or lack of treatment for many people.

Your time in Jaipur will be especially memorable because it will coincide with Holi, a time for Hindus to welcome the spring season and to celebrate love and the triumph of good over evil. Also referred to as the festival of colors, Holi is one of the most brilliant festivals that Hindus celebrate. From rain dances to water guns filled with liquid color to Holi-special restaurant menus, the Holi festivities are a blast! For a colorful and memorable keepsake, wear a white t-shirt during the celebration. During Holi, keep in mind that the people whom you have the opportunity to laugh and dance with may also be some of the people you help during clinic. Because many residents cannot afford the out-of-pocket expenses associated with subsidized healthcare, IMR will help to bring much-needed aid and education to the people in India who have more difficulty accessing medical treatment.

## Lodging/Transportation

IMR will arrange safe and reliable transportation to and from your clinic locations, and you will be staying in safe and comfortable accommodations throughout your week in Jaipur.

## Highlights

You will leave India feeling deeply connected to the people that you help during clinic, and this feeling will undoubtedly be the highlight of your trip. In this humbling yet rewarding service opportunity, you will work with communities who will be eager to connect with you. Your time in the slums will allow you to appreciate the local culture and will provide you with a chance to connect with

the people you treat.

While the most rewarding aspect of this trip will be caring for the people of Jaipur, your team will also have the opportunity to visit some of the city's top attractions. The trip's highlights include exploring the City Palace, Albert Hall Museum, Wind Palace, Water Palace, Amber Fort, and Galta Ji Temple.





## 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, March 9, 2025**

#### Arrivals & Orientation

After a long journey, you will land at Jaipur International Airport and transfer to your hotel to check in. Please plan to arrive no later than 2pm. You'll meet up with the rest of the team and join them for a delicious vegetarian dinner and orientation. During orientation, your team leader will assign roles for clinic,

explain IMR's clinic protocols, and discuss the communities you will be serving in India.

### **Monday, March 10, 2025**

#### Holi Festival

Today is reserved for you to participate in the Holi Festival, a celebration of spring and the victory of good over evil. This traditional celebration is also known as "the festival of colors" and is celebrated by millions of Hindus who douse themselves in brightly colored powder. Today, you will find yourself drenched in vibrant colors and surrounded by lively crowds of people who are eager to share their traditions and to throw a color-filled balloon your way. In the afternoon, you will enjoy Holi delicacies, including Papri chaat and coconut milk, while you dance and sing through the lively streets. In the evening, you will meet your team back at the hotel for dinner.

### **Tuesday, March 11, 2025**

#### 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. After training, your team will have the option to tour the City Palace and SMS II Museum. Situated in the heart of the old city, it occupies about one-seventh of the landscape. The palace is a blend of Rajput and Mughal architecture and houses a seven-storied Chandra Mahal in the center, which affords a beautiful view of the gardens and the city. Featured in the palace and museum are Diwan-E-Am, Diwan-E-Khas, Mubarak Mahal, and Sileh Khana. Diwan-E-Am, also referred to as the Hall of Public Audience, has intricate decorations and a collection of manuscripts. In contrast, Diwan-E-Khas, or the Hall of Private Audience, has a marble-paved gallery. Mubarak Mahal has a rich collection of costumes and textiles, and Sileh Khana has a collection of armory and weapons.

### **Wednesday, March 12, 2025**

#### Clinic

After a hearty, vegetarian breakfast at your accommodation, you and your team will transport to your clinic site. While in Jaipur, you can expect a high volume of patients so your days will be long and hard, but also incredibly rewarding. To help ensure seamless communication with our patients, your team will have assigned translators who will communicate your directions and recommendations to your patients for you. After clinic, you and your team will have the opportunity to enjoy

a tour of Jalmahal and Amber Palace. The Jalmahal, also known as the Water Palace, is en route to Amer and is set in the middle of Man Sagar Lake. The site features a beautiful, paved causeway that leads up to the palace. Next up is a visit to Amber Palace, the old capital of the Kachhwahas. Situated atop a range of steep hills, the grandeur of the fort is a remarkable sight with its surrounding battlements and palaces and fantastic blend of Hindu and Muslim architecture. The solemn dignity of its red sandstone and white marble pavilions, when reflected in the lake at the foothill, is a magnificent sight to behold. Raja Man Singh built the original palace with the additional extensions built by Maharaja Mirja Raja Jai Singh and Sawai Jai Singh II, the last Maharaja of Amer, who later grew a new city called Jaipur which became the capital in 1727.

### **Thursday, March 13, 2025**

#### Clinic

After today's clinic, you and your team have the option to venture to the Galta Ji Temple, an ancient pilgrimage center in Jaipur. Set amidst low hills and packed with locals and tourists alike, the attractive spot has temples, pavilions, and holy kunds (natural springs and water tanks). Visitors to Galtaji will come across the complex Ramgopalji temple, locally called the Monkey temple (Galwar Bagh). It gets this moniker because of a large group of resident monkeys. The green landscape and chattering monkeys add to the delight of the area. On top of the hill is a small temple dedicated to the sun god, Surya Mandir. Constructed by Diwan Kriparam, this spectacular temple can be seen from anywhere in the city.

### **Friday, March 14, 2025**

#### 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. You'll have the opportunity to enjoy a free evening for some final explorations of Jaipur.

### **Saturday, March 15, 2025**

#### Departures

On your last day in India, enjoy one final breakfast with your team before beginning your departure home. Interested in extending your stay to explore northern India? 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 across the globe. Why not extend your stay in India to experience some of its top tourist attractions? Join us on an exclusive trip extension and visit some of the area's highlights.

Highlights:

Itinerary:

Day 1: New Delhi

Welcome to New Delhi! During your stay in this lively city, you will enjoy some of the area's top spots such as:

Humayun's Tomb (First Garden Tomb)

A UNESCO World Heritage site. The tomb was built in 1565 by Hamida Banu Begum and is one of the most beautiful Mughal monuments, with a 42.5-meters high double dome with marble and pillared kiosks. The complex encompasses the main tomb of the Emperor Humayun and the graves of his wife, Hamida Begum, and numerous other subsequent Mughals.

Lotus Temple (Unified House of Worship)

Known as the Lotus Temple due to its flowerlike shape, it was designed by Iranian architect Fariborz Sahba. It serves as the Mother Temple of the Indian Subcontinent and emphasizes the spirit of the House of Worship in that it is a gathering place where people of all religions may worship. The lotus represents



the Manifestation of God and is also a symbol of purity and tenderness. Its significance is deeply rooted in the minds and hearts of the Indians.

#### India Gate (War Memorial)

Built in 1931 and designed by Sir Edwin Lutyens, this 42-meter-high stone arch of victory stands at the eastern end of Rajpath. It lists the names of the 90,000 Indian soldiers who died in the First World War.

#### Rashtrapati Bhavan (President's House)

Rashtrapati Bhavan was the erstwhile residence of the British Viceroy. Its architect was Edwin Landseer Lutyens. The decision to build a residence in New Delhi for the British Viceroy was taken after it was decided in the Delhi Durbar of 1911 that the capital of India would be shifted from Calcutta to Delhi in the same year. It was constructed to affirm the permanence of British rule in India. This building gave the impression, in the words of a critique, the setting of a perpetual Durbar.

#### Day 2: Agra | Taj Mahal

You will travel to Agra today for a tour of the magnificent, white marble mausoleum, the Taj Mahal.

#### Taj Mahal

This immense mausoleum is constructed of white marble and was built in the mid-1600s by order of the emperor Shah Jahan in memory of his favorite wife. Nothing compares with the experience of seeing the Taj for the first time. Commissioned by Shah Jahan for his favorite wife, Mumtaz, after her death in 1631, it was completed in 1653 and remains arguably the most moving testament to love in architectural history.

#### Red Fort of Agra

Near the gardens of the Taj Mahal stands the important 16th-century Mughal monument and UNESCO World Heritage Site known as the Red Fort of Agra. This powerful fortress of red sandstone encompasses, within its 2.5-km-long enclosure walls, the imperial city of the Mughal rulers. It comprises many fairy-tale palaces, such as the Jahangir Palace and the Khas Mahal, built by Shah Jahan; audience halls, such as the Diwan-i-Khas; and two very beautiful mosques.

#### Day 3: Old Delhi | Departure Home

Old Delhi is bursting with bazaars, which are good places to begin your exploration of the area. Before heading to the airport for your departure home, be sure to check out some of Old Delhi's staples:

#### Chandni Chowk

The markets seem to sell everything, though textiles, clothing, jewelry, and antiques comprise the bulk of the wares. The goings-on at Chandni Chowk, one of the oldest and most iconic markets, will spark the interest of even the most jaded traveler.

Jama Masjid (the mosque commanding a view of the world)

The Mughal Emperor Shah Jahan, builder of the Taj Mahal, commissioned its construction. Five thousand craftsmen labored for six years to build the mosque. Completed in the year 1656 C.E., Jama Masjid constitutes one of the largest and best-known mosques in India. Shah Jahan enhanced the imposing grandeur of the edifice by placing it on high ground.

What's Included:

You Will Need to Provide:

3-Day, 2-Night All-Inclusive Tour Starts at \$600. 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 **\$2300** 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

\$2100 due by December 9, 2024

\$2300 due by February 9, 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](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