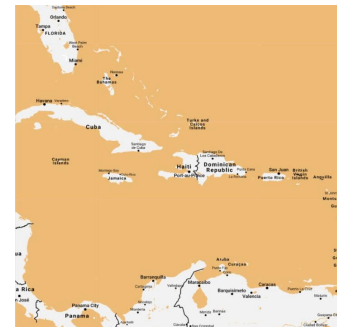




Dominican Republic

March 30, 2025 — April 5, 2025

Starting at: \$2,800



OVERVIEW

The Need

The Dominican Republic faces significant healthcare challenges, particularly among vulnerable populations living in rural and peri-urban communities. Nearly one in three Dominicans live below the poverty line, and disparities in healthcare access are stark, especially for women, children, and the elderly. The provinces surrounding Santo Domingo highlight the contrast between urban areas and marginalized “batey” communities—informal settlements originally formed by sugar cane plantation workers. Despite the closure of most plantations, these communities persist, characterized by high unemployment and a lack of basic infrastructure, including access to healthcare, clean water, and sanitation.

Rural and batey communities are particularly underserved, with residents often earning just \$2.00 per day and lacking the means to travel to distant government health facilities. Child mortality rates in these areas are nearly double the national average, with 45 out of every 1,000 children not reaching their fifth

birthday, compared to the national average of 26. Furthermore, the Dominican Republic is highly vulnerable to natural disasters such as hurricanes, earthquakes, and flooding, which exacerbate public health challenges and strain an already overburdened healthcare system. Mosquito-borne diseases like dengue fever and Zika are persistent threats, particularly in regions with poor infrastructure and limited resources.

International Medical Relief is committed to addressing these disparities by implementing sustainable healthcare solutions that provide long-term support to communities in need. Our teams of healthcare professionals, nonmedical volunteers, and family members work together to deliver comprehensive care, health education, and resources to empower local residents and improve their quality of life. Through ongoing efforts, we aim to strengthen local health systems, increase access to essential services, and make a lasting impact on the well-being of the Dominican Republic's most vulnerable 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

International Medical Relief is dedicated to reducing healthcare disparities in the Dominican Republic by implementing sustainable healthcare solutions that support communities long-term. Our missions are designed to provide comprehensive medical care and health education to underserved populations, while also strengthening local health systems. Our teams—comprising healthcare professionals, nonmedical volunteers, and families—work collaboratively to address a range of health needs, from managing chronic conditions to delivering preventive care and health education.

Lodging/Transportation

IMR volunteers in the Dominican Republic can expect safe, clean, and comfortable accommodations thoughtfully selected to provide a welcoming home base during your mission. Our lodging options are centrally located and comfortable living spaces, ensuring you have a relaxing and restful environment after a day of service. Each location is carefully vetted to meet high standards of safety and cleanliness, allowing you to focus on your work and enjoy your time in the community.

Transportation throughout the Dominican Republic is also arranged with your safety and comfort in mind. IMR provides reliable, professional drivers and well-maintained vehicles to transport you to and from clinic sites, community outreach events, and any excursions. This ensures that your travel is secure, efficient, and enjoyable, allowing you to fully immerse yourself in the meaningful work you're doing while exploring the beautiful landscapes and vibrant culture of the Dominican Republic.

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.

*If you have any questions regarding flights, please contact flights@worldwidenavigators.com.
Thank you.*

Sunday, March 30, 2025

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. 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, March 31, 2025

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, April 1, 2025

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, April 2, 2025

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, April 3, 2025

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, April 4, 2025

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, April 5, 2025

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.



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 **\$2800** 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

\$2600 due by December 30, 2024

\$2800 due by March 2, 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