



# Nepal

**May 4, 2025 — May 10, 2025**

**Starting at: \$3,350**



## OVERVIEW

### The Need

Nepal is located in a vulnerable environment, susceptible to natural disasters including the Gorkha, which was a 7.8 magnitude earthquake in 2015. This earthquake destroyed several city and town structures, and also had catastrophic ramifications specifically in rural villages. This earthquake produced landslides that devastated rural villages.

The medical camps for the trip are designed to assist the Nepalese people who were greatly impacted by the devastating earthquake in April 2015. Because the villages you will visit are remote, they have not benefited from the aid that larger areas have seen. At the medical camps, you will treat respiratory conditions, neonatal disorders, heart disease, and diabetes. You will also help to administer vaccinations and help treat conditions related to unsanitary drinking water.

You and the rest of the volunteer team will also educate locals on how to stay

properly nourished and how to care for their loved ones. One of the main focuses of this mission is education. Because many of the patients you treat will be inflicted by chronic illnesses, we will want to help them to understand the best strategies for self-care.

## Our Work

International Medical Relief first traveled to Nepal after the devastating 7.8 magnitude earthquake. In 2015 alone, IMR was able to provide five emergency disaster relief trips. After providing emergency disaster relief, we expanded our efforts into medical clinics. We have since served more than 10,000 patients with nearly 500 volunteers and staff providing community health training, medical treatments, medical supplies and equipment, and clinic operations in order to provide sustainable health care to Nepal.

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, 6, 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.

Our medical mission teams also work toward UNSDG 6: Clean Water & Sanitation by supporting and strengthening the participation of local communities in improving their water quality, and installing water filtration systems that supply communities with clean drinking water and providing education on hydration and hygiene.

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

Nepal is undoubtedly one of the most fascinating places on Earth and is a top destination for adventure tourism. The nation is home to the world's uppermost roads, longest walking track, sacred monasteries, stone huts, colorful rooftops, and bustling markets. Nepal boasts the highest summits in the Himalayas, which also happens to be the world's most glorious mountain range as it contains nine of Earth's ten tallest mountains. However, Nepal is still experiencing extreme rates of poverty and malnourishment. According to the United Nations, Nepal ranks 138th in the world in overall human development and is stated to be the least developed Asian country.

The people of Nepal have diverse ethnic, religious, and cultural backgrounds, but

they all share an incredible love for humanity and are the reason why International Medical Relief (IMR) continues to collaborate with the inspiring Nepalese people. For this trip, we will serve the people living in small communities close to Kathmandu. Situated in a valley surrounded by the Himalayas, the densely populated city of Kathmandu has beautiful sights, colorful buildings, and resilient people. Services are extremely limited for anyone outside of Kathmandu proper, so the clinic work that you conduct is invaluable to the Nepalese people.

## Lodging/Transportation

You will stay in safe and clean accommodations with beds provided for everyone. The accommodations are clean and the best of what this community has to offer. The guest house is the staple of trekkers in Nepal and their owners are hospitable hosts who will make you feel welcomed and cared for. Local foods will be served, including the community staple, dal bhat, consisting of rice and lentils with a variety of spices. Tibetan delicacies are everywhere as well; don't miss the water buffalo momos and the many varieties of rice pudding!

## Highlights

Your work in two of the most beautiful districts in Nepal will be the highlight of your trip but seeing the beautiful ancient Stupas, Durbar Square and doing a little shopping in Thamel is a close second. This trip is one our most beautiful – take the time to extend your stay, if you can, and visit Tibet or take a trek! You will not have the words to describe this trip upon returning home so take a lot of photos!



## 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, May 4, 2025**

#### Arrivals

You and the team will fly into Tribhuvan International Airport (KTM). Upon arrival, your team will travel to your nearby hotel, where you can check into your rooms and enjoy a welcome dinner at the hotel. If you arrive to Kathmandu early, you can do some sightseeing on your own or sit and people watch in one of the

many cafes right down the street from your hotel!

### **Monday, May 5, 2025**

Orientation, Training & Sightseeing

Your team will meet around breakfast time to have a team welcome and orientation with your team leader. This will be followed by training sessions with local healthcare providers. 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, you will depart for a fun afternoon full of Kathmandu sightseeing! Today's your chance to take a stunning flight up to Everest if you wish!

### **Tuesday, May 6, 2025**

Clinic

You and the team will eat breakfast at your accommodation in the morning and then depart for clinics in the small communities in and outside of Kathmandu.

### **Wednesday, May 7, 2025**

Clinic

In the evening, you will return to your accommodation where you will share a wonderful meal with your team each night. There will be a nightly debrief and morning briefing each day.

### **Thursday, May 8, 2025**

Clinic

You will be able to provide your patients with the immediate care they need and the education to help them help themselves long after you leave.

### **Friday, May 9, 2025**

Clinic

Your last day in clinic will be bittersweet. You've worked so hard this week that you're almost completely drained, yet the rewards that come from being able to improve the quality of life of your patients are invigorating and keep you going.

**Saturday, May 10, 2025**

## Departures

After one last dal bhat & chai breakfast, you will have the day to explore more of Kathmandu before returning to the airport for your international flight home. If you're interested in extending your stay in Nepal, 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 halfway across the globe. Why not extend your stay in Nepal to experience some of its top tourist attractions? Join us on an exclusive trip extension and visit some of the area's highlights.

Highlights:

Day 1: Pokhara | Tal Bahari Temple & Underground Waterfall

From Kathmandu, you'll take a quick flight to Pokhara, a central city in Nepal known as a gateway to the Annapurna Circuit, a popular trail in the Himalayas. Spend the day visiting the two-story pagoda, Tal Bahari, which sits on an island in the middle of a lake. Later, visit Davis Falls, an underground waterfall that has created a tunnel through the ground and pools at the bottom of a cave.

In the evening, visit a local restaurant to dine on divine, authentic cuisine. Enjoy your first of many plates of Dal-Bhat, a popular Nepalese dish including rice, lentil soup, and a variety of prepared vegetables. Return to the hotel to unwind and prepare for the next day.

Day 2: Kathmandu | Lakeside Spirituality & Boudhanath Stupa

Awaken early in the morning to visit a lakeside yoga center for meditation and yoga. After, you'll catch a flight back to Kathmandu for a full day of temple exploration and indulgence.

Upon arrival in Kathmandu, visit the Boudhanath Stupa in the northeastern outskirts of the city. The stupa's massive mandala makes it one of the largest

spherical stupas in Nepal. Learn about the various mythologies as to how and why the stupa was constructed and bathe in the positive energy that's said to flow there.

Gather for dinner at a popular local restaurant to indulge in traditional momos or a hearty bowl of Thukpa soup.

#### Day 3: Onward Journey | Departure Home

Enjoy an early breakfast to begin your final day in Kathmandu. Spend your free time exploring the city's vast attractions like the colorful and narrow alleys of Thamel or visiting the serene Garden of Dreams before you head to the airport for your departure and journey onward.

What's Included:

You Will Need to Provide:

3-Day, 2-Night All-Inclusive Tour starts at \$995. 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 **\$3550** 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

\$3350 due by February 3, 2025

\$3550 due by April 6, 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:	<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