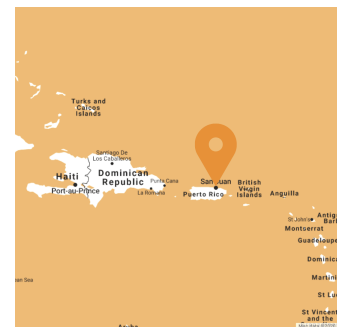




## Puerto Rico Mini

May 4, 2025 — May 7, 2025

Starting at: \$1,600



### OVERVIEW

#### The Need

Puerto Rico, despite being a U.S. territory, faces significant healthcare challenges, particularly in rural and underserved communities. The island's healthcare system struggles with resource limitations, a shortage of healthcare professionals, and the aftermath of natural disasters, which have exacerbated existing health disparities.

Chronic diseases such as diabetes, hypertension, and heart disease are prevalent, with approximately 18% of adults diagnosed with diabetes and over 40% suffering from high blood pressure. Mental health issues, including depression and anxiety, are widespread, but access to mental health services remains limited. Additionally, Puerto Rico experiences higher rates of infectious diseases, such as Dengue, Zika, and leptospirosis, due to its tropical climate.

Maternal and child health is another area of concern. While many women initiate

prenatal care early, nearly half of all births are cesarean deliveries, and there are ongoing challenges with adequate prenatal nutrition and care. Furthermore, nearly half of women surveyed report not using contraceptives, highlighting a gap in reproductive health education and services.

## Our Work

International Medical Relief began working with Puerto Rico in 2017 and has since served thousands of patients with hundreds of staff and volunteers annually. In 2017, IMR provided medical relief in Puerto Rico, but quickly expanded our efforts to provide disaster relief in response to hurricane Irma in 2018. Also, in January of 2020, Puerto Rico and other islands in the Caribbean were struck by a magnitude 6.4 earthquake and several aftershocks. In the wake of the earthquake, families and children are surviving amid massive complications that have stricken the health care structure of the communities. IMR initially responded to the disaster in February 2020, sending several teams to provide relief to those affected. To continue achieving IMR's goal of providing sustainable healthcare services, IMR continues to provide the community with health training, medical treatments, medical supplies and equipment, and clinic operations.

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

On this medical mission to Puerto Rico, the team will engage in a variety of impactful tasks designed to address the community's immediate health needs and support long-term wellness. Medical professionals will provide direct patient care, offering acute treatment for conditions like infections and injuries while focusing on chronic disease management through education. They will lead workshops on diabetes, hypertension, and heart disease prevention, empowering community members with the knowledge to manage their health. The team will also conduct mental health screenings, provide counseling, and offer specialized services in areas like pediatrics, women's health, and ophthalmology. A significant part of the mission will focus on health education, with volunteers teaching residents about preventive care, nutrition, and reproductive health to foster sustainable health practices.

Non-medical volunteers will play an essential role in supporting clinic operations by assisting with patient registration, managing supplies, and coordinating logistics to ensure efficient care delivery. They will also participate in community outreach and educational activities, helping to teach basic first aid and CPR, and engaging with families to promote healthy lifestyles and preventive practices. Family and friends are welcome to join, making this mission a truly inclusive experience for all who wish to contribute. Together, the team will work to create a lasting impact by addressing immediate health concerns and laying the groundwork for sustained health improvements in these underserved communities.

IMR is committed to delivering value-based care that is compassionate, responsible, and respectful of every patient's dignity. Our mission is focused on creating sustainable impact through education and community empowerment, ensuring that our work extends beyond the duration of the mission. We stand with our patient population and for humanity as a whole, advocating for health equity and the well-being of all. Your help is needed! Join us in making a tangible difference in the lives of those who need it most. Whether you are a seasoned healthcare provider or a non-medical volunteer, your unique skills and compassion are invaluable to our mission. Families and friends are welcome to participate and share in this rewarding experience. Together, we can bring hope, healing, and sustainable health solutions to the people of Puerto Rico. Be part of something bigger—be part of the solution. Your contribution can change lives, including your own.

## Lodging/Transportation

Throughout your time in Puerto Rico, you will enjoy comfortable and centrally located accommodations in vibrant San Juan. You'll stay in a welcoming BNB setting with a private kitchen, perfect for relaxing and sharing meals with fellow volunteers after a rewarding day in the community. The prime location provides easy access to the city's lively cafes and restaurants, where you can indulge in delicious local cuisine and immerse yourself in Puerto Rican culture. You will be steps away from the beach and luminescence bay for a beautiful opportunity to experience these renown shores.

Your transportation to and from the clinic and training sites will be safe and hassle-free, allowing you to focus entirely on your mission work with complete peace of mind. This seamless experience ensures you can make the most of your time, connecting with the community and making a meaningful impact.

## Highlights

The gratitude that you receive while working here will be life-changing and may inspire you to continue humanitarian work once you return home.

During your free time, take advantage of the chance to relax and recharge. Spend a day at the beach enjoying the sun and surf, or embark on an exciting day trip curated just for you by Worldwide Navigators.

#### FULL DAY TOURS:

Discover the Rich History of Old San Juan – Historical Tours and Boutiques Spend your free day exploring the vibrant streets of Old San Juan, a UNESCO World Heritage site. Start with a guided tour of historic landmarks like the imposing Castillo San Felipe del Morro and the colorful colonial buildings that line the cobblestone streets. After immersing yourself in the rich history, take some time to shop for unique souvenirs and handcrafted items in local boutiques, then savor delicious Puerto Rican cuisine at a charming café. This cultural adventure combines history, shopping, and local flavors for an unforgettable experience.

Adventure Awaits in El Yunque Rainforest – Ziplining, Hiking and Waterfalls For thrill-seekers, embark on an exhilarating day trip to El Yunque Rainforest, the only tropical rainforest in the U.S. National Forest System. Begin with a guided hike through lush trails, where you'll encounter breathtaking waterfalls and diverse wildlife. Afterward, elevate your adventure with a thrilling zipline ride through the forest canopy, offering stunning aerial views of this natural wonder. This action-packed day will leave you feeling invigorated and connected to the incredible beauty of Puerto Rico's natural landscape.

#### EVENING TOURS:

World-Famous Beaches & Snorkeling: Discover the pristine beauty of Puerto Rico's coastline as you explore its crystal-clear waters and vibrant coral reefs. Snorkel alongside colorful marine life and bask in the sun on some of the most breathtaking beaches in the world.

Bioluminescent Bay Glass-Bottom Canoe Tour: Experience the magic of Puerto Rico's bioluminescent bay on a nighttime canoe tour. Paddle through glowing waters under a starry sky, where every stroke of your paddle illuminates the water, creating an unforgettable, otherworldly experience.

Salsa Dancing: Immerse yourself in the lively rhythms of Puerto Rico with a salsa dancing session. Learn the basics from local instructors, then hit the dance floor to enjoy the music, movement, and energy of this vibrant tradition.

Local Food Market Tour & Traditional Dinner: Explore a bustling local food market and immerse yourself in the flavors of Puerto Rican cuisine. Select fresh ingredients and then join a cooking class to prepare a traditional dinner featuring a mouthwatering pork roast. This hands-on experience allows you to learn authentic cooking techniques and savor the rich, bold tastes of the island's culinary heritage.

Pricing for these experiences is based on the number of participants. Contact Worldwide Navigators to learn more about the options available and book your unforgettable rest and rejuvenation day. The memories you make and your gratitude will stay with you long after your humanitarian work is done.





## 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 & Orientation

You need to fly into Luis Muñoz Marín International Airport (SJU) in San Juan, the capital of Puerto Rico by 2:00pm and then transfer to your team lodging. Upon arrival at the airport, team members who have selected Airport Transfer will be transported from the airport to team lodging. Team members who have opted

out of Airport Transfer will need to arrange transportation from the airport to team lodging. Once you've arrived at team lodging, settle in and join your team for dinner. After dinner, you will attend the team orientation to prepare you for the upcoming week of clinic. During orientation, your team leader will assign roles for the clinic, discuss our community health education efforts in detail, present IMR's clinic protocols, and provide an overview of the communities your team will be serving in Puerto Rico. Our partners will join us to explain the cultural components, medical landscape and overview of the medical conditions prevalent in the area.

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

#### Clinic

After a delicious and hearty team breakfast, you will depart for your first full day of clinic! Please come prepared for long transportation times as you will be serving in several communities across the island, typically within a 2-hour radius of San Juan. Clinics begin early in the morning and may run into the evenings. Your days will be long and hard, but also incredibly rewarding.

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

#### Clinic

As a U.S. territory, Puerto Rico's citizens are guaranteed certain health benefits under the Affordable Care Act. However, the healthcare system is still recovering following the natural disasters of the past few years, and the care you will provide will be greatly appreciated. You may see patients dealing with depression, alcoholism, drug abuse, circulatory system diseases, malignant tumors, heart disease, diabetes, Dengue, Zika, influenza, vision problems, and hypertension. We'll spend our evenings exploring the island, sampling the delicious Puerto Rican cuisine, and enjoying breathtaking ocean views.

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

#### Optional Training Day & Departures

Schedule a late afternoon or evening flight if you are interested in joining the team to 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. If you're interested in extending your stay, our partner Worldwide Navigators offers exclusive trip extensions just for IMR volunteers! See the extensions tab on this page for details.



## EXTENSIONS

Since you are already venturing across the U.S., have you considered extending your stay to experience more of Puerto Rico? Although this island is a frequent stop for travelers, the nation's white and black sand beaches, coral reefs, vast wildlife, and incredible archeology make Puerto Rico a beautiful place to explore.

See what exciting adventures our partner, Worldwide Navigators, is offering exclusively to IMR volunteers on their website and feel free to contact them at [travel@worldwidenavigators.com](mailto:travel@worldwidenavigators.com) to help you plan your trip extension.





## FLIGHTS AND PRICES

### Minimum Donation

*Your generous donation helps to save and change lives every day*

Your generous donation of **\$1700** 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

\$1600 due by February 3, 2025

\$1700 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:

**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