



Panama

May 25, 2025 — May 31, 2025

Starting at: \$2,700



OVERVIEW

The Need

Healthcare in Panama is provided through a system that includes both the government and a private sector. Panama's public healthcare system is run by the Ministry of Health (MINSAL) and the Social Security Fund (Caja Costarricense de Seguro Social, or CCSS). Public hospitals are available to everyone, but are primarily for the lowest economic classes. Public clinics, called polyclinicas, are also available. Public healthcare is funded through taxes and social security. There is an unequal distribution of healthcare services and resources, especially in rural communities. The public health care system faces a lack of funding, which creates bed and resource shortages. Public healthcare facilities often have long waiting times, especially in more remote areas.

People who live in rural areas are often unable to access health facilities. As a result, many native Panamanians struggle to live a high-quality and healthy life. Please join International Medical Relief on our medical mission to Panama. This

year, we will return to assist the indigenous communities and people living in small villages throughout the country. By continuing our impactful efforts throughout the region to assist the communities, you and the rest of your IMR team will strengthen IMR's long-term commitment and impact in Panama.

Our Work

International Medical Relief began partnering with Panama in 2013. International Medical Relief welcomes volunteers from all specialties and fields, including family medicine, dentistry, dermatology, pediatrics, internal medicine, podiatry, geriatrics, ophthalmology, obstetrics and gynecology, and more. Non-medical volunteers are also encouraged to join, as there are vital roles for everyone. Family members are welcome to participate, and all groups, including students, are invited to be part of this rewarding experience. Founded on the belief that everyone deserves a platform for service, IMR invites you to take your seat at the table!

IMR plans to continue our preventative efforts by providing medical relief and to continue the efforts to provide sustainable health services to the community. IMR will continue to provide community health training, medical treatments, medical supplies and equipment, and clinic operations. IMR strives to provide life-changing medical care to people who do not have reliable access to treatment and help increase the community's education and knowledge on their own health to improve the overall health of the most vulnerable and underserved communities in Panama.

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

Each clinic day will take place in a different village, where community members will be eager to welcome you and receive much-needed treatment and health education. According to the World Health Organization, diseases like diarrhea, cholera, and pneumonia are prevalent in Panama, and poverty, along with a lack of clean drinking water, makes daily life especially challenging. During the clinic, you will assist entire families across multiple generations, providing care for conditions such as rashes, burns, open wounds, tinea, impetigo, cutaneous leishmaniasis, and staph infections.

In addition to providing treatment, you and your team will educate locals on maintaining their health and caring for their families. The clinic's services will cover a wide range of healthcare needs, including medical, dental, ophthalmic, dermatology, geriatrics, obstetrics, gynecology, public health, internal medicine, and more. Women's healthcare will also be a major focus, where we will offer general care for women and infants, as well as promote prenatal care awareness.

The team will have another highly rewarding day with the chance to visit the world-famous Panama Canal. You'll also have the option to participate in various excursions, including sport fishing, an aerial tram tour of the rainforest, a visit to the Embera Indigenous Village, the Gatun Lake Expedition, a riverboat tour, or a night safari, with possible sightings of monkeys, caiman, capybara, and two-toed sloths. You can also enjoy kayaking on the Panama Canal or simply relax.

Lodging/Transportation

IMR provides classic accommodations with a personalized experience and a local ambiance, including small boutique accommodations with shared rooms and bathrooms. These lodgings, though basic, are clean, comfortable, and budget-friendly, reflecting Panama's vibrant culture. IMR arranges all transportation to and from the clinic sites for the global brigade, ensuring smooth and convenient travel throughout your stay.

Highlights

The highlight of this mission is serving patients who, without you and your team, would not have access to healthcare and health education. Your patients will mostly be from indigenous families and working communities and will be eager to receive your treatment and kindness. Although the most rewarding and memorable aspect of this trip will be caring for the people of Panama, you will cherish the other memories that you make this week! To help thank you for your tireless dedication to humanitarian aid, IMR has arranged for your team to take a one-day tour of the Panama Canal and the Miraflores Lock Visitors Center. Your team will also have the opportunity to visit some of the most pristine landscapes in Panama, including numerous waterfalls down the countryside.



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, May 25, 2025

Arrivals & Orientation

Get ready to experience where the city meets the jungle! Please plan to arrive at Tocumen International Airport in Panama City, Panama, by 2:00 PM to transfer to your accommodations. To prepare for the week ahead, you will participate in a field orientation to review clinic operations, go over IMR's protocols, and discuss

the communities you'll be serving.

Monday, May 26, 2025

Clinic

Education is just as vital as medical and dental care for our patients. Each clinic offers basic health education tailored to the expertise of IMR volunteers and the specific needs of the local community. Communities can achieve self-sufficiency by empowering individuals to manage their own health and wellness. IMR supports this by providing educational opportunities through classes and hands-on learning, ensuring that communities can maintain their well-being long after our visit.

Tuesday, May 27, 2025

Clinic

Your patients throughout the week will suffer from GI and respiratory diseases, ear, eye and skin infections, dental pain, and the back pain and joint pain that comes from working in the fields all day. Dehydration is always an underlying condition. You'll find that prenatal care is lacking in most communities. Education on hygiene and common chronic illnesses is of the greatest importance for sustainability.

Wednesday, May 28, 2025

Tour Panama Canal & Cultural Immersion

You will be transported to the Miraflores Locks this morning and will spend a half-day watching the big ships as they lumber upwards toward the Pacific Ocean more than 50 miles away. Take a tour of the museum and observe the ships making way up the canal! The afternoon you can enjoy the culture of Panama at your leisure. Tour Casco Viejo, the historic district of Panama City, with time to relax from the balconies, shop for treasures, head for the beach, or explore the area with your new friends. Dinner is on your own tonight so that you can pick and choose as you wish - Panama has everything from nouveau haute cuisine to simple fare and lots of ice cream!

Thursday, May 29, 2025

Clinic

You will continue serving communities in the surrounding area. You'll serve patients that can't access medical and dental care for a variety of reasons and the smiles you get from your patients will keep you in fine spirits.

Friday, May 30, 2025

Clinic

Last Day - Best Day! Make today count! You are making a difference! Your last day in clinic will be bittersweet as you reflect upon your patients throughout the week and the impact you hope you made on their lives.

Saturday, May 31, 2025

Departures

Today, you will enjoy a final breakfast with your team before setting out for your departure home and onward journey. If you have arranged for IMR transportation, you will arrive at the airport with plenty of time to check in. If you are transferring on your own, taxis and Ubers are abundant.



EXTENSIONS

Since you are already venturing across the globe, have you considered extending your stay by a few days to see a nearby destination? Many of our previous volunteers have chosen to extend their time in Panama in order to experience more of what this amazing country has to offer!

With time to partake in world-class fishing, kayak through the Panama Canal, take a tram tour of the rainforest or enjoy the Gatun Lake Expedition, this trip extension gives our volunteers an experience of a lifetime. Other highly recommended activities include hiking to Panama's only volcano, viewing the famous Quetzal at the Parque Nacional Volcan Baru, and searching for the Geoffroy's tamarin monkey.

To see what opportunities are available to you, please visit the website of our partner, Worldwide Navigators for more information. You can also contact them directly at (970) 541-8827 or travel@worldwidenavigators.com.



FLIGHTS AND PRICES

Minimum Donation

Your generous donation helps to save and change lives every day

Your generous donation of **\$2700** 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

\$2500 due by February 24, 2025

\$2700 due by April 27, 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