



# Belize

**July 20, 2025 — July 26, 2025**

**Starting at: \$2,700**



## OVERVIEW

### The Need

### Our Work

International Medical Relief (IMR) actively contributes to the United Nations Sustainable Development Goals (UNSDGs) by addressing key health and well-being challenges in underserved communities around the world. IMR works to elevate vulnerable populations through shoulder-to-shoulder care with our local partners, creating workforce density and fostering a cadre of future healthcare and public health leaders

Our missions align closely with UNSDG Goal 3—Good Health and Well-Being—by providing critical medical, dental, and mental health services to those in need, while also delivering health education and preventive care to create lasting change. IMR's efforts to reduce maternal and child mortality, improve access to essential medicines, and promote health equity further strengthen the

achievement of these goals.

Our medical mission teams also work toward UNSDG 6: Clean Water & Sanitation by supporting and strengthening the participation of local communities in improving water quality. IMR assists with the installation of water filtration systems to provide clean drinking water and offers education on hydration and hygiene, contributing to the long-term health and sustainability of these communities.

In correlation with UNSDG 17: Partnerships for the Goals, IMR works in collaboration with and at the request of local hosts, operating under their direct guidance and support. IMR only enters a country when formally invited and where there is a significant community need for medical or dental care, as well as health education. By aligning with these specific goals, IMR ensures that our missions not only address immediate needs but also foster long-term health and resilience within the communities we serve.

## This Mission

International Medical Relief (IMR) is dedicated to creating sustainable healthcare solutions in underserved communities around the world. Through our medical missions, we work hand-in-hand with local partners to provide not only immediate medical care but also lasting health education, training, and capacity building. By collaborating closely with local healthcare providers and institutions, we aim to leave a lasting impact by empowering communities with the skills and knowledge they need to manage their own healthcare long-term. Our teams focus on delivering sustainable support through education and training, ensuring that our efforts contribute to a stronger, more resilient healthcare infrastructure.

In response to the medical challenges, International Medical Relief is mobilizing medical professionals to provide critical healthcare services, including medical, dental, and mental health support. IMR's mission is to bridge the gaps in care by offering not only immediate medical attention but also sustainable health education to empower these communities in managing their health long-term. Your expertise in delivering much-needed care could play a pivotal role in addressing these urgent healthcare needs and improving health outcomes for the people of Belize.

Through this collaborative, shoulder-to-shoulder approach, IMR and its partners are helping to build a healthier future for communities in need, advancing global health one mission at a time.

## Lodging/Transportation

On this IMR Clinical Trip, you and your fellow team members will be staying at a 2-star accommodation with safe, clean, comfortable rooms. The lodging is simple, basic, safe, comfortable, and affordable.

All transportation to and from the clinic has been arranged for you. Professional

drivers, safe vehicles, and security are some of the many reasons to join IMR on a trip. Don't nap – there's a lot to see in the valleys and hills surrounding your home away from home this week!

## Highlights

From the moment you arrive in Belize, the people and culture make you feel welcome and comfortable like no place you've ever visited. The natural beauty of the country and the inviting culture of the Belizean people are the highlights for this mission!

A unique aspect of Belize is the fact that its undeveloped areas have allowed for nature to live on in a way that draws biologists and environmentalists. With a laid-back ambiance of swinging hammocks, large swaths of impenetrable jungle, and an underwater world of twisted corals, neon fish, and gentle manatees, Belize is a tropical treasure.

Belize is home to many different ethnic groups, including Creole, East Indian, Mayan, and Mestizo, each with its own cultural and linguistic traditions. As a result, many languages are spoken here, but English is the official language. Belizeans of all cultures broadly welcome visitors as they are warmly greeted with large smiles.

When you're not exploring the natural beauty of Belize, be sure to experience the local cuisine. Famous dishes from the local Garifuna people include a cassava bread called ereba and various rice dishes. Many of our volunteers find that the best part of their mission is the chance to experience some of the different cultures of Belize. With countless opportunities to do so, this will be a trip you never forget.

For additional information, please contact our preferred travel agency, Worldwide Navigators. Their team of experienced agents and travelers is available via email at [travel@worldwidenavigators.com](mailto:travel@worldwidenavigators.com).





## 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, July 20, 2025**

#### Arrivals/Orientation

You need to fly into Philip S.W. Goldson International Airport and arrive by 2:00pm. You will transfer to your accommodation to check in, then join the team for dinner and team orientation. During orientation, your team leader will assign roles for clinic, discuss our community health education efforts in detail, present

IMR's clinic protocols, and provide an overview of the communities your team will serve. Our partners will join us to explain the cultural components, medical landscape, and overview of the medical conditions prevalent in the area.

**Monday, July 21, 2025**

## Facility Tour, Site Orientation &amp; Clinic

After enjoying a group breakfast full of native, Belizean flavors, your team will transfer to your clinic location. Your team will take a tour of the facility, set up for clinic as needed, and have a site orientation. After preparing the site, your team will begin seeing patients this afternoon. Although all your meals are all included, you are welcome to go into town with your fellow team members to enjoy the excellent cuisine that Belize has to offer.

**Tuesday, July 22, 2025**

## Clinic

Clinics begin in the morning and run into the evenings. Your days will be long and hard, but also incredibly rewarding. The clinic venues are small, rural health centers. You will be joined by local physicians, nurses, and pharmacists who can consult on difficult cases or on those who need a higher level of care. After clinic, you will regroup with your team at your lodging facility for a clinical debrief and team dinner.

**Wednesday, July 23, 2025**

## Free Day/Optional Training Day

International Medical Relief will bring sustainable community and public health education and training to Belize. Local physicians, nurses, and patient care technicians are eager to learn! Our hosts will share their needs and we will develop trainings that bring value longitudinally. You and the 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.

**Thursday, July 24, 2025**

## Clinic

You'll likely see patients with chronic conditions that include diabetes, cardiovascular disease, cancers, and chronic respiratory diseases.

**Friday, July 25, 2025**

## Clinic

Today marks your final day of clinic. You'll feel tired but energized over the difference you were able to make for the patients you cared for throughout the week.

**Saturday, July 26, 2025**

## Departures

On your last day in the country, enjoy a complimentary breakfast with your team. Take one final walk around town and say goodbye to beautiful Belize before heading to the airport for your flight home.





## EXTENSIONS



## 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 April 21, 2025

\$2700 due by June 22, 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