



Ukraine Relief Mission - Poland Christmas Market Signature

**November 24, 2024 — November 30,
2024**

Starting at: \$2,600

OVERVIEW

The Need

International Medical Relief has expanded our field operations to Ukraine relief efforts to accommodation centers in Poland. We always work toward sustainable long-term impact strategies that will transform tomorrow for so many. From securing much-needed medical supplies and equipment to standing shoulder to shoulder with our colleagues to provide medical and mental health support and be part of the solution, join us for an impactful trip as we work alongside our NGO partners to bring relief to the refugees. Education is always at the forefront of our work with resources being dedicated to infectious disease prevention, health and hygiene.



International Medical Relief has partners in Ukraine, Moldova, Poland, Transnistria, and Romania. Throughout this conflict, IMR will focus on the people first. The safety and security of our team is paramount. We are thoughtful, deliberate, and responsible in our strategic planning. As we serve, we will do so in a matter that honors those who are fleeing their homes, leaving their families, and seeking safety in neighboring countries.

This Mission

Ukrainian Refugees began crossing into Poland at the onset of the crisis. Most of those fleeing Ukraine are women and children. International Medical Relief has expanded our field operations into Poland where we provide medical care and education in the Welcome Centers where Ukrainian guests live and transition into Europe. We always work toward sustainable long-term impact strategies that will transform tomorrow for so many. From securing much-needed medical supplies and equipment to standing shoulder to shoulder with our colleagues to provide medical and mental health support, we work to be part of the solution.

Lodging/Transportation

On this Signature trip, you'll be staying in safe, clean, comfortable accommodations with upgraded amenities during your week in Warsaw.

Highlights

Join IMR for a meaningful journey to support Ukrainian refugees in Warsaw by ringing in the spirit of the season of giving. Experience the warmth of giving back while immersing yourself in the festive ambiance of Poland's Christmas Market.

Embark on a guided tour through Warsaw's enchanting streets, where traditional sights intertwine with the magic of Christmas. Marvel at Sigismund's Column, St. John's Cathedral, and St. Anne's Cathedral, while delving into the rich tapestry of Polish Christmas traditions. Learn about the symbolism behind Polish Christmas trees, the legend of St. Nicholas, and the captivating Jasełka performances.

As we explore, we'll also delve into the unique experience of celebrating Christmas during communist rule, with a visit to the iconic "bar mleczny" or milk bar. Here, we'll uncover the layers of history that have shaped Poland's Christmas traditions.

Highlights:

Join us as we embrace the true essence of the holiday season in Warsaw. Experience the joy of giving while discovering the magic of Polish Christmas traditions.

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, November 24, 2024

Arrivals and Orientation

You'll fly into Warsaw Chopin Airport (WAW) by 2pm. Upon arrival, your team will transport to your hotel where you can check in and freshen up. On your way to the hotel, you will enjoy some beautiful sites of Warsaw, Poland. Warsaw/Warszawa is the capital and largest city of Poland. The metropolis stands on the River Vistula in east-central Poland and its population is officially estimated at 1.8 million residents within a greater metropolitan area of 3.1 million residents, which makes Warsaw the 7th most-populous capital city in the European Union. Warsaw is an alpha-global city; a major cultural, political, and economic hub; and the country's seat of government. Its historic Old Town was designated a UNESCO World Heritage Site. Poland is home to some of Europe's finest theaters including the opera and ballet. The Teatr Wielki (Grand Theater) has been Poland's grandest opera and ballet theater for more than 170 years and is comprised of a main stage, small stage and Poland's only Theater Museum. Built between 1825 and 1833 by Italian architect Antonio Corazzi, the theater remains an imposing structure, though, unfortunately only its classicist, column-lined facade withstood the 1939 bombings. However, once rebuilt and rejuvenated, the theater returned in the late 1960s to conquer the hearts of Poland's art-loving crowd with world classics as well as Polish works. Polish National Opera and Polish National Ballet performances take place throughout the season. 5:00pm is team orientation to prepare for the upcoming week of clinic. Your team leader will share with you about the clinic, address IMR's clinic protocols, Covid-19 protocols, and discuss the communities you will be serving. Your Health Declaration and Negative Covid Test results will be collected. You and

your team will also sort all the supplies for your upcoming mission. Please bring your donations as well. Everything will be sorted, organized, and repacked for the clinic the next day. Dinner is on your own. Afterwards, you'll be free to explore the city or get some rest for your first day in clinic.

Monday, November 25, 2024

Clinic

A hearty breakfast will be available and at 8:00am, you'll depart to the service site for your first day of clinic. Be sure to pack your daypack with all your snacks, sunscreen, hand sanitizer, camera, phone, water bottle and diagnostic equipment. The first day of clinic is great. You will surely have an impact on our visiting Ukrainian friends. Make sure you understand your role and assignment and if you need to, ask for clarification. Look to your IMR alumni in the orange caps for guidance, and please stay in your assigned clinic role throughout the day. Don't forget your safety protocols! Most importantly, enjoy the special moments. The patients are so humbled to have you there to help them. They are grateful. Take in all these memories, as time will go quickly. In the evening, you will have a thorough debrief with your team, repack bags for tomorrow, turn in your scrubs, and complete the day's statistics. Afterwards, you are free to explore Warsaw's European culture with great venues for dining and entertainment.

Tuesday, November 26, 2024

Clinic

If you are an early morning riser, check out the Changing of the Guard ceremony located at the Tomb of the Unknown Soldier. It takes place every hour and is dedicated to the unknown soldiers who have given their lives for Poland. It is one of many such national tombs of unknowns that were erected after World War I, and the most important monument in Poland. At 8:00am, the transport departs to the service site for another great day of clinic! IMR teams have a unique opportunity to monitor some chronic conditions in our clinics, as we have residents who live in some of the Welcome Center shelters where we serve. Brush up on your diagnostic skills, as they will surely be put to great use! Our patients are primarily the elderly, children, and women. There are numerous opportunities for educating this population on best health care practices. IMR partners with multiple facilities so you will likely be serving in different locations. Remember to listen to the stories of the patients. These stories will go down in the history books as a testament to this trying time. In the evening, you will have a thorough debrief with your team, repack bags for tomorrow, turn in your scrubs, and complete the day's statistics. Take the opportunity to explore this European city by traveling the cobblestone streets filled with bustling cafes, music, and traditional European cuisine that warms the heart. The Warsaw Barbican gate in Old Town lights up at night and to show off this semicircular fortified outpost, one of few remaining relics of the complex network of historic fortifications that once encircled Warsaw. Located between the Old and New Towns, it is a major tourist attraction.

Wednesday, November 27, 2024

Clinic

By this day of clinic, you are on a roll and have full knowledge all the ins and outs of clinic operations, hands-on! We appreciate you and all your service. Remember to take time to learn a story about one of your patients. We want you to walk away with a memory that stays in your heart. Let your team leader know if there is a special place you would like to work in clinic. As always, ask lots of questions to be sure you are prepared for your role. In the evening, you will have a thorough debrief with your team, repack bags for tomorrow, turn in your scrubs, and complete the day's statistics. For a new cultural experience, see if you can find a Chopin concert performance. Chopin is the best-known composer from Poland, and his works of classical piano music are amazing.

Thursday, November 28, 2024

Clinic

As your week winds down, remember the community healthcare education in a public health setting that you and your team provide continues IMR's long-term, sustainable education efforts. Education is as important as medical and dental care for our patients. When people become empowered to take health and wellness issues into their own hands, they become self-sufficient.

Friday, November 29, 2024

Clinic

Last Day - Best Day! Make today count! You are making a difference! After so much arduous work in clinic, today will be your final day to provide compassionate care to the people! At the end of the day, give your final thank-yous and goodbyes to our local partners and your new friends. They have worked incredibly hard with us for the success of this week. It's also photo time. Snap pics and share hugs to create memories with your new friends. In the evening, you will have a thorough debrief with your team, repack the bags and itemize their contents for tomorrow, turn in your scrubs, and complete the day's statistics. This one will take some time, so get ready to dig in your heels for some work! Afterwards, you will have the opportunity to enjoy one last night in Warsaw and take in some of the culture that you haven't been able to experience.

Saturday, November 30, 2024

Depart for Home

One last morning in Poland! After breakfast at your hotel, check-out time is 10:00am. If you have extra time before your flight and haven't explored Old Town, you should. A UNESCO World Heritage Site, it's where the city's heart has been beating for centuries. However, when you cross the Vistula River and look at the Old Town from a distance, you'll be struck by how unusual the panorama



of the city is – skyscrapers rise above the red roofs of the Old Town. Historical buildings blend in harmoniously with modern architecture, and the city surprises us by revealing its second face.

EXTENSIONS

Our travel partner, Worldwide Navigators, has some amazing extensions across Europe prepared for our volunteers! Below are links to some of our favorites from past team members. These are all customizable to match your favorite European destinations!

[Krakow & Amsterdam](#)

[Central Europe](#)

[Europe](#)

[Germany](#)

FLIGHTS AND PRICES

Minimum Donation

Your generous donation helps to save and change lives every day

Your generous donation of **\$2600** 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 August 26, 2024

\$2600 due by October 27, 2024

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