



Ukraine Relief Mission Classic - Norway

August 25, 2024 — August 31, 2024

Starting at: \$1,600



OVERVIEW

The Need

International Medical Relief has partners in Ukraine, Moldova, Poland, Belgium, 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

In the third quarter of 2023, Norway received nearly as many displaced individuals from Ukraine as all the other Nordic countries combined. International Medical Relief has expanded our field operations into Norway where we provide medical care and education in an area where over 73,000 Ukrainian guests live.

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 Classic mission, you will need to provide your own accommodations during your week in Oslo. If you need assistance, please contact our travel partner, Worldwide Navigators.

Highlights

The war in Ukraine is creating an increasingly desperate humanitarian crisis. International Medical Relief teams aiding Ukraine refugees in the surrounding region are responding to the conflict by expanding access to medical, dental, mental health services and sustainable health education for those living in affected communities. Our highlight is helping the refugees and providing the lifesaving care they deserve.

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, August 25, 2024

Arrivals and Orientation

You'll fly into Oslo Gardermoen Airport (OSL) by 2pm. Upon arrival, you will transport to your hotel where you can check in and freshen up. 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, August 26, 2024

Clinic

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 Oslo with its great venues for dining and entertainment.

Tuesday, August 27, 2024

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 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.

Wednesday, August 28, 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.

Thursday, August 29, 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, August 30, 2024

Free Day

Today you will have time to explore Oslo on your own. This beautiful city is known for its innovative architecture, world-class museums, and lively

neighborhoods. Aker Brygge on the waterfront is a revitalized industrial district popular for shopping, dining, and entertainment. The opera house, home to the Norwegian National Opera and Ballet, appears to rise right out of the harbor. Its sloped roof invites visitors to climb on top and take in panoramic views of the harbor. Built in 1899, the National Theater building serves as the country's primary arena for stage productions and celebrations. If you'd rather get out of the city, the forests surrounding are full of hiking trails waiting to be explored. Or you can hop on a ferry and visit the islands that dot the Oslo Fjord. You have worked hard all week to earn this day. Enjoy it!

Saturday, August 31, 2024

Departures

One last morning in Norway! Arrange your return flight to give you more time to explore the city or to take off on another journey before heading home. Our travel partner, Worldwide Navigators, can help you plan an extension of your service trip that takes advantage of your European location to start your next adventure.

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 **\$1600** 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 May 27, 2024

\$1600 due by July 28, 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