



Ukraine Relief Mission - Poland

**February 2, 2025 — February 8,
2025**

Starting at: \$1,600



OVERVIEW

The Need

Access to healthcare is critical in stabilizing the well-being of vulnerable populations. Since the onset of the conflict in Ukraine, millions of Ukrainians have been displaced, seeking refuge throughout Europe and beyond. Unfortunately, these individuals face numerous barriers to healthcare, including challenges in obtaining both physical and mental health services.

Healthcare systems across Europe are strained, limiting access to even basic medical services for displaced populations. This issue is further compounded by the fact that many refugees were forced to leave behind their medical records, which complicates efforts to establish a new baseline for their care and makes it difficult for them to receive appropriate treatment.

Beyond physical healthcare needs, there is an urgent demand for mental health

support. Displaced Ukrainians are enduring the psychological toll of war, loss, and displacement. The trauma of leaving loved ones behind, uncertainty about the future, and the stresses of resettlement have left many in desperate need of mental health services. However, access to mental health care remains severely limited. Without timely intervention, mental health conditions like anxiety, depression, and post-traumatic stress disorder (PTSD) risk worsening, leading to long-term complications that profoundly affect individuals and families.

Moreover, many displaced Ukrainians suffer from a combination of immediate and long-term health issues, including untreated chronic illnesses and trauma-related injuries. The ongoing stress of displacement, coupled with inadequate access to both physical and mental healthcare, exacerbates these conditions. Without intervention, these health challenges can rapidly escalate, placing an even greater burden on healthcare systems in host countries.

As medical professionals and non-medical volunteers, your involvement is crucial in addressing this growing crisis. By offering both basic and advanced medical care, as well as providing vital mental health support, we can help alleviate the worsening health situation. This mission is not only about treating immediate medical conditions but also about ensuring long-term health solutions—physically, emotionally, and psychologically—for those who have already endured so much.

Our Work

At International Medical Relief (IMR), we are committed to making a lasting global impact through strategic planning, collaboration, and alignment with the United Nations Sustainable Development Goals (UNSDGs), specifically Goal 3: Good Health & Well-Being, Goal 6: Clean Water & Sanitation, and Goal 17: Partnerships for the Goals.

UNSDG 3: Good Health & Well-Being IMR is focused on elevating the health and well-being of vulnerable populations. We work shoulder-to-shoulder with local healthcare providers to strengthen local healthcare systems and increase workforce density. By building relationships and mentoring future healthcare and public health leaders, we ensure sustainable, long-term improvements in communities' access to care.

UNSDG 6: Clean Water & Sanitation In line with clean water and sanitation initiatives, IMR plays a vital role in improving water quality in underserved communities. We collaborate with local populations to install water filtration systems, providing access to clean drinking water, while delivering education on hydration, hygiene, and sanitation practices. This proactive approach helps foster healthier, more resilient communities.

UNSDG 17: Partnerships for the Goals Collaboration is at the heart of our mission. IMR only enters a country by formal invitation and under the guidance of local hosts, ensuring that our work directly aligns with community needs. By fostering meaningful partnerships and respecting local leadership, we address urgent

healthcare gaps and work toward long-term, sustainable solutions.

At IMR, our professionals, both medical and non-medical, are key to driving these initiatives forward. Whether it's delivering care on the ground, mentoring local healthcare providers, or contributing to water and sanitation efforts, each mission makes a profound difference in the lives of those we serve.

This Mission

International Medical Relief (IMR) has expanded its field operations to support Ukrainian relief efforts, with a focus on providing medical care to refugees across Europe. Our teams work within centers housing displaced Ukrainians and facilities set up to meet their immediate healthcare needs. As part of our long-term, sustainable impact strategies, we aim to transform the future for those affected by the conflict.

Medical professionals and nonmedical volunteers alike will play an essential role in these efforts. From securing critical medical supplies and equipment to standing alongside local healthcare professionals, volunteers will help provide comprehensive medical and mental health support to refugees. By working in partnership with NGOs, healthcare systems, and government agencies, we can ensure that refugees receive the care they need and that the burden on local medical infrastructures is reduced. This is a unique opportunity to contribute to meaningful relief efforts and make a tangible difference in the lives of those fleeing the conflict.

Education is a cornerstone of our mission, with resources dedicated to addressing infectious disease prevention, as well as health and hygiene education. These efforts are crucial for maintaining the health of displaced populations, especially in the crowded conditions many now face.

As medical professionals, your expertise is critical in addressing this ongoing crisis. By providing both basic and advanced medical care, as well as essential mental health support, you will help mitigate the worsening health conditions faced by refugees. This mission is not only about treating immediate health issues but also ensuring long-term physical, emotional, and psychological recovery for those who have endured unimaginable hardships.

IMR has established partnerships across Ukraine, Moldova, Poland, Transnistria, Norway, Belgium, and Romania to ensure that our efforts are coordinated and impactful. Throughout the conflict, we remain focused on prioritizing the well-being of the people we serve, while also ensuring the safety and security of our teams. Thoughtful, deliberate, and responsible in our approach, IMR will continue to honor and respect the experiences of those fleeing their homes and families, while working diligently to provide the care they need.

Through our partnerships with local health systems and governments, IMR is helping to offset the strain on existing medical infrastructures throughout Europe, ensuring that Ukrainian refugees receive the care they urgently require.

Lodging/Transportation

INDEPENDENT ACCOMMODATION: While accommodations and transportation are not included in this classic disaster relief medical mission package, you are able to book your hotel independently to create the perfect stay that suits your needs. Worldwide Navigators is available to help you make hotel arrangements in Warsaw, conveniently located for our clinic locations. Warsaw offers a range of wonderful places to stay, from cozy boutique hotels to modern accommodations, so you can relax and explore the city at your own pace.

INDEPENDENT TRANSPORTATION: Please note that transportation to and from your accommodations to clinic will also need to be arranged separately, but many convenient options are available to help you get around.

We hope you'll take this opportunity to enjoy all that Warsaw has to offer.

For accommodations and transportation included in your package, please see our Signature Mission.

Highlights

The war in Ukraine has created an increasingly desperate humanitarian crisis. International Medical Relief teams are actively aiding Ukrainian refugees in the surrounding region, including Warsaw, by expanding access to medical, dental, and mental health services, as well as providing sustainable health education to those in need. Our mission's highlight is helping the refugees and delivering the lifesaving care they deserve.

After making a difference on the ground, don't miss the chance to explore the beautiful city of Warsaw. From its rich history and stunning architecture to its vibrant culture and modern attractions, Warsaw offers a perfect blend of relaxation and discovery, giving you a well-deserved break after the hard work of the mission.

Let's make an impact while also enjoying all that this incredible city has to offer!

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, February 2, 2025

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, and discuss the communities you will be serving. 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, February 3, 2025

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, February 4, 2025

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. 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, February 5, 2025

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, February 6, 2025

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, February 7, 2025

Free Day

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, February 8, 2025

Departures

One last morning in Poland! If you have extra time before your flight and haven't explored Old Town Warsaw, 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

You've traveled halfway around the world to lend a helping hand. Why not take a moment to explore and enjoy the beauty, history, and culture that Poland has to offer? Worldwide Navigators has procured special tours for IMR volunteers that offer diverse experiences, ranging from Poland's rich history and cultural heritage to its natural landscapes, ensuring something for every traveler.

Kraków City and Wieliczka Salt Mine Tour Discover the charm of Kraków's Old Town with its stunning Market Square and the awe-inspiring Wawel Castle, followed by a visit to the underground marvel of the Wieliczka Salt Mine. This UNESCO World Heritage site is renowned for its intricate chambers and salt-carved chapels, offering a fascinating glimpse into Poland's mining history.

Auschwitz-Birkenau Memorial and Museum Tour Take a deeply moving tour of the Auschwitz-Birkenau Memorial and Museum, located near Kraków. This one-day visit to the former Nazi concentration and extermination camps provides a powerful and emotional insight into the tragedies of World War II, offering an essential lesson in history and remembrance.

Warsaw City Highlights Tour Explore Poland's vibrant capital on a one-day tour that takes you through Warsaw's most famous landmarks. Visit the Royal Castle, Old Town Market Square, and the Łazienki Park with its iconic Palace on the Isle. Discover the resilience of this city through its post-war reconstruction and modern charm.

Tatra Mountains and Zakopane Tour Escape to the natural beauty of the Tatra Mountains with a day trip to Zakopane, Poland's winter capital. Experience traditional highlander culture, ride a cable car up Gubałówka Hill for stunning views, and stroll through the lively Krupówki Street for local crafts and food.

Gdańsk City and Malbork Castle Tour Explore the maritime history of Gdańsk, one of Poland's most picturesque cities, with its stunning architecture along the Long Market and Neptune Fountain. Afterward, visit Malbork Castle, the largest brick castle in the world, and delve into its fascinating medieval history as the seat of the Teutonic Knights.

Torun Old Town and Gingerbread Workshop Tour Visit Torun, the birthplace of astronomer Nicolaus Copernicus and one of Poland's most charming medieval cities. Wander through its UNESCO-listed Old Town, famous for its Gothic architecture, and take part in a fun gingerbread-making workshop, celebrating Torun's centuries-old gingerbread tradition.

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 November 4, 2024

\$1600 due by January 5, 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