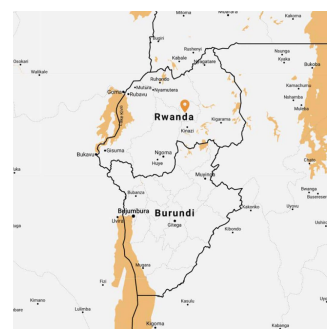




# Rwanda

**June 8, 2025 — June 14, 2025**

**Starting at: \$2,600**



## OVERVIEW

### The Need

Rwanda, in east-central Africa, is surrounded by the Democratic Republic of the Congo, Uganda, Tanzania, and Burundi. Periods of violence in the 1990s lead Rwanda to experience significant societal upheaval. The 1994 Rwandan genocide took an enormous toll on the population, where at least 800,000 Rwandans massacred in 3 brutal months by approximately 15% of the population. The physical and structural violence of the Rwandan genocide directly affected the spread of communicable disease. There was also an increase in HIV transmissions due to sexual violence. These periods of violence caused thousands to seek refuge into camps with limited to no access to clean water, food, and proper sanitation. This increased the rise of infectious diseases. Increased incidences of both malaria and tuberculosis have lasted far beyond the formal end of the genocide. However, strong public sector leadership, investments in health information systems, equity-driven policies, and the use of foreign aid to invest in local capacity helped Rwanda achieve greater health

outcomes for the total population.

Rwanda's principal health problems are infectious hepatitis, dysentery, malaria and tuberculosis. International Medical Relief (IMR) provides Rwanda with greatly needed health education and acute medical and dental care. In the clinic, you will find that your efforts make a tangible difference as you treat many patients with infectious disease, large wounds, and a great deal of mosquito and water/fecal borne illnesses.

## Our Work

International Medical Relief began relief efforts in Rwanda in 2016. Since then, we have served more than 4,600 patients through 200 volunteers and staff members. Each time we travel to Rwanda, the team brings Malaria and HIV testing kits. Our main mission is to provide sustainable healthcare for any community and population our team serves. That is why our teams always hold educational community health classes to empower the local community to take care of their own health and the health of those around them. IMR conducts community health classes with more than 20 topics including hygiene, sanitation, fecal and waterborne illnesses, nutrition, basic first aid, mental health, family planning, and others.

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 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.

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

Rwanda's principal health problems include dysentery, malaria, and acute infections left untreated. Chronic communicable diseases needing education include infectious hepatitis, tuberculosis, and HIV as well as hypertension and diabetes. You will find that your efforts make a tangible difference as you treat many patients with infectious disease, large wounds, and a great deal of mosquito and water/fecal-borne illnesses.

Clinic is in a great location on this trip. We partner with a fantastic school to provide us with the room we need to care for the many hundreds of patients we will see. You will also stay at the school which means more patient time and less

travel time! Here, you will have the opportunity to take a short hike through the village to the communal well, where you will see the true need for public health and understand a lot about how your patients live. A visit to the weekly goat market will also tell you a lot about village life. Goats provide your patients with their milk, cheese, and meat and are an important part of the daily rhythm in this village.

The people of Murindi walk or use bicycles for transportation and generally stay within their village area. Common illnesses include skin infections including scabies, and dermatitis, tinea corpus, ringworm, and other fungal infections. Respiratory issues are also common. You may also attend to bicycle injuries and other advanced skin and soft tissue infections. Educational dental care and primary care services are desperately needed. This underserved population lacks meeting basic health needs. Children and adults carry drinking water several times a day from a common community spigot where water is obtained down a steep muddy hill in 40-pound containers. Their average meal consists of cooked rice, local porridge or bananas gathered from their local trees. Due to the lack of a variety of balanced meals, there is a huge malnutrition problem. Stunting in Rwanda is caused by chronic malnutrition, and in Rwanda, 47% of rural children are stunted, along with 27% of urban children. We bring vitamins, deworming medicines and most importantly, sustainable education on proper hygiene and a myriad of other topics. Approximately 25-35% of the population complained of severe oral pain due to abscesses and dental carries.

IMR is always excited to return to this area of Rwanda where the need is great and the children wave with both hands to welcome you into their world!

## Lodging/Transportation

The team will stay at a beautiful guest house 3 hours north of Kigali. It is quiet and comfortable. Rooms are shared-style with a shared bathroom. There is also western electricity. The meals are homemade and farm-fresh right from the garden on the property. The food is a combination of hearty traditional Rwandan cuisine with some American meals interspersed.

You awake to children singing up the hill each morning. You are in a very traditional community surrounded with small local craft shops and happy children excited to see you.

Take the time in the evening to share outdoors with your fellow team members as the evening grows late or take a hike through the jungle in the early morning hours. A lot of the food you eat will have been grown organically on the local farms! Your meals will be prepared on site by an executive chef and you can expect a lovely mix of local and fusion! You will break for lunch each day to take the short walk to the al fresco dining area and recharge for afternoon clinics with some local food and great conversation. This is a wonderful trip!

## Highlights

This trip includes a historical tour of Kigali and a safari at Akagera National Park! Your historical tour includes the museum and memorial for the Rwandan genocide, where you will be able to pay respects to those lost. The museum sets out the history leading up to the genocide and brings the somber realities of the atrocities to life. In understanding the roots of this history, you will appreciate just how far the country has moved on together in the last two decades. It also plays a vital role in educating Rwanda's new and future generations about the genocide.

You will also take a hike to the village well early one morning before clinic – and perhaps help the children carry the jerry cans of water up the hill? It will be a wonderful learning opportunity for you about the struggles of having drinking water at your home every day. Don't worry, your IMR team will be teaching everyone about CLEAN drinking water.

Another highlight will be the visit to the goat market. Don't forget your camera on this early morning adventure before clinic! We know you were just thinking you needed a goat to keep your pup company. Now's your chance! Bring your wallet!

While on safari, you will have the opportunity to get up close and personal with elephants, African buffalos, zebras, antelopes, impala, primates, and some of the 500 species of birds in the park! You may have the breathtaking experience of seeing leopards and lions there! This will be an all day journey. Hat, sunscreen, camera, closed toed shoes, and EYES WIDE OPEN are the order of the day!!





## 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, June 8, 2025

### Arrivals & Orientation

You will need to fly into the Kigali International Airport, airport code KGL and transfer to your accommodation in Kigali. The required arrival time to land in Kigali is no later than 2:00pm CAT (Central Africa Time). In the evening, you will have a team dinner and will participate in an orientation and clinic training with

your team leader. You will attend the team orientation to prepare you for the upcoming week of clinic. Your team leader will assign roles for clinic, address IMR's clinic protocols, and discuss the communities you will be serving in Rwanda. You will also get an overview of the health care system in Rwanda by one of our hosts.

**Monday, June 9, 2025**

## Clinic

Wake up each day and have breakfast at your hotel. Most of the clinics will take place at the orphanage as IMR provides transportation to the communities of the people that want to be seen. Clinics begin in the morning and run into the evenings. Your days will be long and hard, but also incredibly rewarding. At our clinics in Rwanda, you can expect to see many people greatly in need of the community health education and acute medical and dental care provided by IMR. In clinic, you will find that your efforts make a tangible difference as you treat many patients with infectious disease, large wounds, and a great deal of mosquito and water/fecal-borne illnesses. After clinic, regroup with your team at your hotel for a clinical debrief and team dinner.

**Tuesday, June 10, 2025**

## Clinic

Rwanda's principal health problems include dysentery, malaria, and acute infections left untreated. Chronic communicable diseases needing education include infectious hepatitis, tuberculosis, and HIV as well as hypertension and diabetes.

**Wednesday, June 11, 2025**

## Clinic

Due to the lack of a variety of balanced meals, there is a huge malnutrition problem. Stunting in Rwanda is caused by chronic malnutrition, and in Rwanda, 47% of rural children are stunted, along with 27% of urban children. We bring vitamins, deworming medicines and most importantly, sustainable education on proper hygiene and a myriad of other topics. Clinic days are hard work but amazingly rewarding as you understand the difference you can make in the lives of others, even if it means being someone's new friend.

**Thursday, June 12, 2025**

## Clinic

Your last day in clinic after a rewarding week of caring for the Rwandan people of all ages.

**Friday, June 13, 2025**

## Safari Day!

After working hard in clinic for the past four days, depart for a day safari at Akagera National Park located in Eastern Rwanda. Don't forget to bring your camera as you will be able to see the giraffes, impalas, topis, zebras, bushbucks, African swallows, eland, vervet monkeys, warthogs, baboons, mongoose, hippos, crocodiles, as well as elephants.

## **Saturday, June 14, 2025**

### Departures

Enjoy breakfast at your hotel and then bid farewell to beautiful Rwanda and the friends you've made this week as you head to the airport for your international flight home. You are free to schedule your flight for any time today! If you're interested in extending your stay in Rwanda, our partner Worldwide Navigators offers exclusive trip extensions just for IMR volunteers! See the extensions tab on this page for details.





## EXTENSIONS

You're venturing around the globe. Have you considered extending your stay a few additional days to visit nearby Uganda? Join IMR on an exclusive three-day extension!

Enjoy Uganda from above on your short flight from Entebbe to the outskirts of Bwindi Impenetrable National Park. From here you'll make your way to Buhoma, with a stop visiting a local forest tribe. Day two will be the highlight of your trip—or maybe year, as you hike the mountain rainforest and spend some time with the famed mountain gorillas. There's no guarantee how long or short your trek will be, as it depends on the gorillas and weather, but you can expect a reward more precious than gold as you observe these magnificent creatures as they relax, play and feed in the heart of the jungle. Take a look at the trip itinerary.

For more information contact Worldwide Navigators, our preferred travel agency, at [travel@worldwidenavigators.com](mailto:travel@worldwidenavigators.com).





## 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

\$2400 due by March 10, 2025

\$2600 due by May 11, 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