



# Tonga

**August 31, 2025 — September 6, 2025**

**Starting at: \$3,125**



## OVERVIEW

### Our Work

You will see patients of every age on this trip and diseases ranging from the commonplace to some of the neglected tropical diseases. In February 2018, Tonga was hit hard by Tropical Cyclone Gita, a category 4 storm that damaged more than 1600 homes, caused widespread flooding, contaminated water supplies, and increased the incidence of dengue fever and rotavirus.

While Tongans have access to healthcare, it is difficult to obtain and requires long waiting periods. Your IMR team will play an important role in caring for the remote island communities. Your participation and expertise will make a tremendous difference to this island nation – please join us!

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, 6, 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.

Our medical mission teams also work toward UNSDG 6: Clean Water & Sanitation by supporting and strengthening the participation of local communities in improving their water quality, and installing water filtration systems that supply communities with clean drinking water and providing education on hydration and hygiene.

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**

Have you ever wanted to be the first in the world to greet the new day? Then join IMR in Tonga and greet the new day as part of the most amazing group of medical and dental professionals you will ever be a part of.

The trade winds will ensure pleasant days and cool nights in “the Friendly Islands” as the Kingdom of Tonga has been known since Captain Cook first visit almost 240 years ago. Tonga is made up of some 170 plus Islands scattered across more than 700,000 square miles of the world’s bluest ocean. Our patients will be warm, gentle people who share their culture with open arms and hearts.

Tonga remains true to herself and Polynesian traditions, never having been colonized by a foreign power. After over 1000 years of rule, today’s monarchy and its structure still remain the most powerful and influential entity in Tonga. Tongatapu’s stone trillithon, gateway Ha’amoga ‘A Maui, dating back many centuries, stands as a powerful reminder of the legacy of this ancient and proud royal culture.

However, not all is perfect in Tonga. Acute and chronic health conditions abound and on the outer islands, where our team will work, there is very little access to health care. Islanders may only get to the main island once or twice a year – certainly not enough to address their health concerns. Togatapu, Ha’apai, and other small outer islands need our help!

Join us in Tonga for the experience of a lifetime – you won’t want to leave so stay a few extra days!

## **Lodging/Transportation**

The team will stay in modest and safe accommodations on Tonga. The outer islands are remote and your accommodations will be the best available. You’ll

travel by boat to different islands during your stay.

The team will fly into Tonga's international airport, Fua'amotu International Airport (TBU), about 20km from the capital city of Nuku'alofa on Tongatapu. Tongatapu is the main island in the chain.

## Highlights

The highlight of this trip will be the beauty of the outer islands and experiencing the warmth of the Tongan people. The communities are so excited for your visit and care! There will be many cultural experiences that outsiders never see. Between the Ministry of Health, the local community, our wonderful hosts, and the small villages where you will work, you will have the opportunity to get to know the Tongan people. Are you daring? Perhaps a Kava ceremony will be happening. If you are a food lover, you will love the Tongan delicacies including Lu Pulu, their corned beef which is cooked with Taro leaves and coconut cream. And if you are a sweets lover, you will be in heaven!

When you see the medical and dental needs of our patients, you will also find that the care you give is what you will talk about when you get home. This is a trip where you will make a difference.

And of course, there are the WHALES, too. That's a whole other kind of cultural experience so hopefully we will see more than a few. This is whale-watching season in Tonga!



## 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, August 31, 2025**

#### Arrivals

Plan to arrive on Tongatapu by 5:00pm to transfer to your hotel. We will celebrate our team with a welcome dinner followed by a good night's sleep.

### **Monday, September 1, 2025**

## Orientation and Training Day

Today we will transfer to the outer islands! We will also have our team orientation meeting, learn about Tongan culture, and eat some Tongan delicacies. The Tongans are the most giving people you will ever meet, so don't be surprised if something is homemade for our much-anticipated arrival. 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 Tonga partners will join us to explain the cultural components, medical landscape, and overview of the medical conditions prevalent in the area. You and your 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.

### **Tuesday, September 2, 2025**

#### Clinic

We will hold clinics in different sites on the small outer islands that have been identified as the most in need by the Ministry of Health. Health concerns are important to the Tongan people, so expect a crowd each day.

### **Wednesday, September 3, 2025**

#### Clinic

In addition to medical and dental care, we'll provide a lot of health education here as well. Sustainability is important, and many of the most prevalent health issues you'll see (obesity, hypertension, diabetes) are helped with education in addition to screenings and medication.

### **Thursday, September 4, 2025**

#### Clinic

While Tongans have access to healthcare, it is difficult to obtain and requires long waiting periods. Your IMR team will play an important role in caring for the remote island communities. Your participation and expertise will make a tremendous difference to this island nation.

### **Friday, September 5, 2025**

#### Clinic

Your last full day in clinic will be bittersweet. You have been working so hard throughout the week, but you are energized at the thought of all of those for whom you were able to make a difference.

**Saturday, September 6, 2025**

## Departures

Depending on your departure time, you may be able to explore Tongatapu today or sleep in and rest up for the flight home. While it took three days to get to Tonga, you will be home the same day if you leave earlier in the day. The choice is yours!



## **EXTENSIONS**

You're venturing around the globe. Have you considered extending your stay a few additional days to visit some of Tonga's top spots? Join IMR on an exclusive three-day extension! Explore pristine beaches, blowholes and caves. Swim with ocean giants and indulge in local customs and traditions. Many uninhabited islands are lined with white beaches, protected by vibrant coral reefs and covered with tropical forests. Take a look at the trip itinerary here: <https://worldwidennavigators.com/trips/eco-tour-of-tonga/>



## FLIGHTS AND PRICES

### Minimum Donation

*Your generous donation helps to save and change lives every day*

Your generous donation of **\$3325** 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

\$3125 due by June 2, 2025

\$3325 due by August 3, 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