



Guatemala

October 5, 2025 — October 11, 2025

Starting at: \$1,900



OVERVIEW

The Need

Despite its breathtaking beauty, Guatemala's environment is highly vulnerable to natural disasters that deeply affect the health and wellbeing of its communities. The people of Antigua, in particular, continue to recover from the devastating 2018 volcanic eruptions that displaced families and blanketed villages in ash. Guatemala is also prone to earthquakes, adding to the challenges faced by its population.

Preventable diseases such as diarrhea, pneumonia, cholera, and tuberculosis remain leading causes of death, while malnutrition—especially among children—contributes significantly to high mortality rates. In fact, Guatemala experiences approximately 22.1 deaths per 1,000 live births, a number that underscores the urgent need for improved healthcare access and education.

International Medical Relief (IMR) is the largest single provider of medical and

dental missions in Guatemala. As a premier partner in 89 communities throughout the country, IMR is committed to helping Guatemala achieve global health security by enhancing access to quality healthcare services. Rapid and effective responses to public health threats are essential for preventing disease outbreaks and promoting lasting community well-being.

By joining the IMR team, you will work hand-in-hand with local communities to elevate health outcomes throughout Guatemala. IMR deploys volunteer brigades to remote and underserved areas where access to quality medical care is scarce. Our mobile clinics provide vital services to children, women, families, elders, and other vulnerable populations.

Together with your fellow volunteers, you will educate community members on maintaining good health and caring for their loved ones. You'll treat a broad range of acute and chronic conditions including dengue fever, hepatitis, malaria, pneumonia, and digestive illnesses.

IMR's key focus on this mission is acute medical and dental care and community health training. Your efforts with IMR will help build healthier, stronger communities and bring lasting hope to the people of Guatemala.

Our Work

International Medical Relief began working in Guatemala in early January 2018 and quickly responded to the Volcán de Fuego eruption in June of that year, providing critical disaster relief during a time of urgent need. Since then, IMR has remained committed to preventive efforts by delivering community health training, medical treatments, essential supplies and equipment, and ongoing sustainable clinic operations—serving tens of thousands of patients with the support of our dedicated medical and non-medical volunteer professionals.

As the premier global leader in medical missions, IMR is dedicated to ensuring that each mission aligns with specific objectives in support of the United Nations Sustainable Development Goals—namely UNSDG 3: Good Health and Well-being, UNSDG 8: Decent Work and Economic Growth, and UNSDG 17: Partnerships for the Goals.

In alignment with UNSDG 3, IMR works to elevate vulnerable populations through shoulder-to-shoulder care with our local partners, helping to improve individual and community health while building a strong pipeline of future healthcare and public health leaders.

In support of UNSDG 8, IMR actively contributes to local workforce development by creating training opportunities and strengthening the skillsets of our staff through year round engagement opportunities. IMR is committed to enhancing economic stability in the regions we serve by hiring and training local community members, professionals and students in meaningful, skilled roles. We provide fair compensation, ongoing skills development, and opportunities that foster economic resilience locally. As staff members grow in experience, IMR invests in

their advancement—promoting staff into higher-level leadership roles within clinic operations and offering a path toward long-term job security and professional growth.

Aligned with UNSDG 17, IMR operates exclusively through formal invitations and strong partnerships with local stakeholders. We work under the guidance and leadership of our host communities, ensuring that our efforts are sustainable, culturally respectful, and deeply aligned with local health priorities.

This Mission

Joining a medical mission to Guatemala with International Medical Relief (IMR) is a powerful and meaningful way to contribute to global health outreach and enhance healthcare in Guatemala. This unique opportunity allows you to contribute to sustainable health programs while providing compassionate care in underserved communities. IMR's Guatemala medical missions are built on three foundational pillars: acute medical care, acute dental care, and community health education and training—delivered by teams of passionate non-medical volunteers as well as nurses, dentists, and doctors without borders and barriers to hinder their commitment to providing greater access to healthcare.

IMR operates mobile medical clinics across thousands of communities, offering healthcare services throughout Guatemala's remote regions where medical infrastructure is limited. These comprehensive, multi-disciplinary clinics are designed to reach underserved populations with essential care. Through IMR's international medical corps, volunteers provide medical screenings, treat acute conditions, educate families on preventive care, and connect patients with chronic conditions to NGO health clinic partners in Guatemala for long-term support.

Whether you're a medical student volunteering in Guatemala, participating in a nursing volunteer trip to Guatemala, or engaging in volunteer travel in Latin America, IMR provides a platform for meaningful travel to Guatemala that fosters personal growth and social impact. IMR's presence helps strengthen the local health system, builds trust, and promotes community resilience from ongoing long-term medical solutions to disaster relief volunteering in Guatemala. As part of the larger ecosystem, IMR's global brigades contribute to a healthier, more connected world.

Lodging/Transportation

The team will be staying in a beautiful, safe, clean, and comfortable accommodation located in this wonderful city. You will be able to enjoy the local food, music, and an array of shops nearby. Tour the Chocolate Museum, where you will learn how to make chocolate from the bean! Everything is within walking distance, and the city is full of color, wonderful smells, and amazing food. The culture of Guatemala will come alive as you explore the city after clinic and during your day off.

Accommodations are double, triple, or quad occupancy based on group size. Single supplement is available, on a first-come basis.

Upon your arrival in Antigua, all transportation to clinic has been arranged for you. Professional drivers, safe vehicles, and security are some of the many reasons to join IMR on a trip. Don't nap – there's a lot to see in the valleys and hills surrounding your home away from home this week!

Highlights

IMR's greatest highlight in Guatemala is family engagement, both from our volunteers and the communities that come to the clinics; family is the true highlight of this trip! Whether with the IMR Family you meet on the trip, Your Family that you bring along and share this experience with, or the Patient Families in every community that you care for along the way, everyone wants you to help keep their children healthy and their elderly loved ones comfortable. You will be a part of many families!

You will have a free day to explore Antigua with its quaint cobblestone streets and colorful colonial architecture. Salsa dancing on your list? Try it out! Always wanted to hike a volcano? Do it here! Always wanted to be a chocolatier? Visit the famous chocolate factory! Enjoy your day – make it your own!

When you join the International Medical Relief (IMR) team on our mission to improve the quality of life for the incredible people in Guatemala, you will spend most of your trip around La Antigua, a city identified as a UNESCO World Heritage Site. Known for its rich culture, colonial history, vibrant colors, and mix of baroque colonial architecture, La Antigua is one of Guatemala's most fascinating destinations. Mountains, active and dormant volcanoes, and an abundance of green foliage frame the city.

While in La Antigua, you will wake to the songs of local birds, the smell of fresh bread baking in traditional ovens, and be surrounded by three incredible volcanoes. Known for its rich culture, colonial history, vibrant colors, and mix of baroque colonial architecture, La Antigua is one of Guatemala's most fascinating destinations. Mountains, active and dormant volcanoes, and an abundance of green foliage frame the city. Walking through the main town square still offers a once-in-a-lifetime experience.



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, October 5, 2025

Arrivals

Welcome to Guatemala – Your Adventure Starts Here! All volunteers will fly into La Aurora International Airport (GUA) in Guatemala City and should plan to arrive no later than 2:00 PM CST. From there, you'll travel about 45 minutes to the breathtaking, Colonial city of Antigua — your home base for the week. To

make your journey seamless, we highly encourage you to book your travel with Worldwide Navigators, IMR's trusted travel partner. Their experienced team understands your mission itinerary and is ready to support you every step of the way. Reach them directly at travel@worldwidennavigators.com for personalized assistance. If you've selected Airport Transfer through your portal, you'll be greeted upon arrival and transported directly to your team lodging. If you've chosen to arrange your own transportation, be sure to arrive in Antigua by 4:00 PM, when your team will gather for dinner and an important orientation to kick off your impactful week of service. You'll be staying in a quaint hotel nestled in the heart of Antigua — a city full of charm, cobblestone streets, and historic beauty that offers the perfect place to reflect and recharge after meaningful days in clinic. Get ready for an incredible experience — we can't wait to see the difference you'll make!

Monday, October 6, 2025

Clinic

Your day begins with a vibrant buffet of fresh fruit and traditional Guatemalan breakfast favorites, fueling you for the meaningful work ahead. Enjoy your morning meal surrounded by teammates and the crisp, refreshing air of Antigua — a perfect start to each impactful day. After breakfast, your team will head out to surrounding communities 30 minutes to 1.5 hours away, reaching areas where medical care is most needed. You'll help bring vital health services directly to those who need it most, setting up clinics and offering compassionate care that truly makes a difference. Lunch will be provided in clinic, so you can stay energized and focused on serving. In the evening, return to Antigua for a powerful team debrief led by your team leader — a chance to reflect, connect, and grow from the day's experiences. Although your dinner is provided during this mission, you're also invited to explore the city with your fellow volunteers, discovering Antigua's incredible restaurants, flavors, and culture at your own cost. Get ready for long days filled with purpose and unforgettable moments — this is where impact meets adventure.

Tuesday, October 7, 2025

Clinic

Today, you'll head back out to serve the resilient communities surrounding Antigua — bringing hope, healing, and human connection where it's needed most. The days may be long and demanding, but every moment is deeply rewarding. From the first patient you greet to the last smile you see, you're creating a ripple of change that will be felt long after you leave. This is what purpose in action looks like — and you're right in the heart of it.

Wednesday, October 8, 2025

Training Day & Mini Team Departures/Arrivals

A Day to Connect, Explore, and Soak in the Spirit of Antigua After two

meaningful days in clinic, today is your chance to slow down and truly experience the heart of Antigua. Wander through colorful markets, sip local coffee in a cozy café, or dive into the city's rich history and culture — this is your time to connect with the people and beauty of Guatemala. For those who are interested, you'll also have the optional opportunity to participate in a training session for local healthcare providers — continuing IMR's mission of sustainable education and empowerment. It's a meaningful way to give back and help local professionals carry the work forward. However you choose to spend the day, make it yours. Enjoy the rhythm, flavors, and warmth of Antigua — and get ready to welcome the newest members of your team from the arriving Mini Team later that evening!

Thursday, October 9, 2025

Clinic

Fuel Up for Another Incredible Day in Clinic! Start your morning with a delicious breakfast at your hotel before heading out for Day Three of clinic — another opportunity to make a lasting impact. This week, you'll care for patients facing a wide range of challenges, including gastrointestinal and respiratory illnesses, skin and eye infections, and chronic joint pain from long hours of physical labor in the fields. Dehydration is a constant concern, and prenatal care is often minimal or nonexistent in many communities. Beyond treatment, your presence is a chance to educate and empower. Teaching basic hygiene practices and offering guidance on managing chronic conditions is critical to building a healthier, more self-reliant future for these communities. Every conversation, every checkup, every shared moment matters.

Friday, October 10, 2025

Clinic

Last Day, Best Day! One Final Push to Make a Difference Today marks your final day of service in the communities surrounding Antigua — and it's going to be one to remember! You'll continue caring for patients who often have little or no access to medical and dental care. Their gratitude, resilience, and smiles will keep your spirit high as you close out this meaningful journey. You'll also take a moment to honor and thank our incredible interpreters, whose dedication and heart have made this mission possible. In the evening, return to your hotel for a heartfelt debrief with your team. It's time to reflect, laugh, and share stories from a week of powerful impact. After dinner, you'll begin preparing medical and dental supplies for their return to the U.S., ensuring we're ready for the next team to serve. Every team member is responsible for helping in this process. All meals are included at your hotel, but if you're feeling adventurous, head into town with your fellow volunteers to enjoy Antigua's vibrant food scene and savor one last evening in this magical city. Finish strong, celebrate well — you've made a difference that will last far beyond today.

Saturday, October 11, 2025

Departures

Today is your day! you'll have the flexibility to explore more of Guatemala—whether that means joining an optional tour, meeting up with your extension group, or heading to the airport, depending on your flight time from Guatemala City. Want to keep the adventure going? Extend your stay and dive deeper into the beauty and culture of Guatemala! Our trusted partner, Worldwide Navigators, offers exclusive post-trip experiences created just for IMR volunteers. Discover ancient Mayan temples in Tikal, hike the active Pacaya Volcano, or unwind in the turquoise pools of Semuc Champey. Wander the colonial streets of Antigua, zipline through cloud forests, visit the famous Chichicastenango Market, or take a traditional Mayan cooking class. Email Worldwide Navigators, our preferred travel partner, for more details and discover how you can turn your mission into an unforgettable journey filled with culture, adventure, and meaningful memories! TRAVEL@WORLDWIDENAVIGATORS.COM.



EXTENSIONS

Since you're journeying across the globe, have you considered extending your stay to visit some of Guatemala's top spots? Join International Medical Relief on an exclusive trip extension provided by our partner, Worldwide Navigators!

VOLCANO HIKE | Discover Guatemala's boundless adventure with our expertly-curated tours, designed to immerse you in the nation's breathtaking natural beauty and rich cultural heritage. Lace up your hiking boots for an unforgettable trek around the shores of Lake Atitlán, where crystal-clear waters meet dramatic volcano peaks. Guided hikes take you through lush forests and up the slopes of majestic volcanoes, rewarding you with panoramic views and the chance to connect with local Mayan communities along vibrant lakeside villages.

MAYA RUINS | Step back in time as you explore awe-inspiring Maya ruins, where ancient stories come alive amid towering temples and jungle-clad plazas. Our Maya ruins tours offer intimate access to iconic archaeological sites, letting you uncover the mysteries of this fascinating civilization with expert guides who share both historical insights and local legends. Whether you're a history enthusiast or a curious traveler, these iconic sites—set against a backdrop of wild nature—promise a journey you'll never forget.

GUATEMALA CITY | Round out your Guatemalan experience with an inspirational Culture Tour in Guatemala City, the thriving heart of the country. Wander elaborate galleries at the city's renowned museums, marvel at architectural masterpieces like the Metropolitan Cathedral and Palacio Nacional, and sample the best in local cuisine and artisan markets. Our customizable tours balance comfort with discovery, making it easy for every traveler to experience Guatemala's most dazzling highlights—each tour woven with authentic

encounters, expert guidance, and unforgettable moments.

Contact Worldwide Navigators to book this extension or get more information.



FLIGHTS AND PRICES

Minimum Donation

Your generous donation helps to save and change lives every day

Your generous donation of **\$1900** 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

\$1700 due by July 7, 2025

\$1900 due by September 7, 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