



Vietnam - PCOM

June 22, 2025 — June 28, 2025

Starting at: \$2,535



OVERVIEW

The Need

The Vietnam you see today is steeped in ancient rites and traditions that have survived throughout history. However, the Vietnamese are suffering tremendously due to their poor health care system and lack of resources. Doctors are disproportionately located in inner cities leaving the rural villages without adequate access to care. Consequently, thousands die every year in Vietnam due to preventable illnesses. Infectious diseases, such as Dengue fever, still remain a big public health concern in Vietnam. Also, non-communicable diseases are having a strong impact in rural communities. International Medical Relief is partnering with Vietnam to achieve a major goal of the country: to improve access to healthcare and preventative education to health conditions. This is why International Medical Relief (IMR) has been invited to the rural areas of Vietnam: to provide quality medical assistance to citizens who would otherwise be unable to access it.

For clinic, your team will travel to many small villages on the plains and in the mountains to provide medical aid to communities that are left out of the healthcare system. You will help provide expert medical care, including lab work, and will help educate locals about the importance of hand washing, oral hygiene, purification and storage of drinking water, family planning, safe sex, and pain management. You will treat entire families, the elderly, war victims, and vibrant young people.

Our Work

International Medical Relief began collaborating with Vietnam in 2016 and continues to grow and strengthen our partnership with communities within the country.

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

The Vietnam you see today is steeped in ancient rites and traditions that have survived throughout history. However, the Vietnamese are suffering tremendously due to their poor health care system and lack of resources. Doctors are disproportionately located in inner cities leaving the rural villages without adequate access to care. Consequently, thousands die every year in Vietnam due to preventable illnesses. This is why International Medical Relief has been invited to the rural areas of Vietnam: to provide quality medical assistance to citizens who would otherwise be unable to access it.

Lodging/Transportation

Your team will work on the Central Coast of Vietnam. You will have the opportunity to get to know two distinct cultures within this beautiful country as you travel to small villages on the plains and in the mountains. Your team will stay in a modern hotel in Da Nang and in comfortable accommodations in the mountains. You will enjoy the most flavorful foods available in Vietnam, including mì Quảng (rice noodles with turmeric and fish or meat), bún chả cá (fish ball

noodle soup), bún mắm (seafood gumbo), cánh gà chiên mắm (fried chicken wings in fish sauce), and mít trộn (a salad mixed with jackfruit and pork rind). Don't miss the Pho – soup for breakfast is the only way to start the day – although the strong Vietnamese coffee, sweetened with thick condensed milk, isn't a bad way to start things off either!

Highlights

While the most rewarding aspect of this trip will be caring for Vietnam's rural residents, the team will also have the opportunity to visit the wondrous caves of the Marble Mountains and spend time in the magnificent UNESCO site of My Son Sanctuary. You may also plan a trip extension that includes participating in Vietnam's Full Moon Festival, which is an amazing 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, June 22, 2025

Arrivals in Da Nang

****An authorized e-visa, obtained prior to travel, is required to enter Vietnam. This is an easy process! Please contact office@imrus.org to obtain necessary information prior to applying for your visa. Welcome to Vietnam, IMR! The required arrival time to land in Da Nang is 2:00pm. Upon your arrival,

you will meet with your team and team leader for dinner and some team time. You will participate in team orientation to talk about clinic roles, review protocols and gain insight into the communities and populations you will be serving. You will also review all of the supplies, laboratory testing equipment, community health education materials, and more.

Monday, June 23, 2025

Training Day

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, June 24, 2025

Clinic

Today your team will hold clinic in a village not far from Da Nang. Many elderly will attend the clinic, as well as those who have been severely impacted by wars and loss. Your medical and dental skills will be of great comfort to these people. Before leaving clinic, take a short walk to the beautiful rice paddies nearby clinic.

Wednesday, June 25, 2025

Travel and Clinics in Tra My

Get ready for a magnificent ride through mountains followed by a 1/2 day of clinic in the rural area of Tra My. Tra My, the Ginseng capital of Vietnam, is said to grow the finest ginseng in all the world, valued at more than \$6,000 USD per kilo. However, this rural agricultural area is in desperate need of medical and dental care – so be ready to work.

Thursday, June 26, 2025

Clinics in Que Son

Today we will head to the Que Son district. The area saw heavy fighting during the Vietnam War, and you are likely to see war veterans in clinic who still have lingering effects of their injuries.

Friday, June 27, 2025

Return to Da Nang and a tour of My Son Sanctuary

Following our last day of clinic we'll have an amazing stop to spend time in My Son Sanctuary, a UNESCO World Heritage Site. Here is what UNESCO has to say: Between the 4th and 13th centuries a unique culture which owed its spiritual origins to Indian Hinduism developed on the coast of contemporary Viet Nam. This is graphically illustrated by the remains of a series of impressive tower-temples located in a dramatic site that was the religious and political capital of the Champa Kingdom for most of its existence. The My Son Sanctuary is a remarkable architectural ensemble that developed over a period of ten centuries. It presents a vivid picture of spiritual and political life in an important phase of the history of South-East Asia. The monuments are unique and without equal in Southeast Asia. After a thorough exploration of this remarkable UNESCO site we'll take the short ride back to Da Nang, your hotel, and dinner with your team.

Saturday, June 28, 2025

Departures

Today is your departure day! Thank you for your hard work and volunteer spirit. Depending on your flight time, you may have a few minutes to explore Da Nang or head to the beach. The day is yours. If you're interested in extending your stay in Vietnam, our partner Worldwide Navigators offers exclusive trip extensions just for IMR volunteers! See the Extensions tab on this page for details.



EXTENSIONS

You're journeying across the globe. Why not extend your stay in Vietnam to experience some of its top tourist attractions? Join International Medical Relief on an exclusive trip extension provided by our partner Worldwide Navigators and some visit of the area's highlights.

Highlights:

Itinerary:

Day 1: Arrive in Hanoi

Welcome to Hanoi! Upon arrival in Vietnam, your group will transfer by private vehicle to your accommodation and meet your local guide for this trip.

In the afternoon, enjoy a visit to the Museum of Ethnology, a museum that focuses on the 54 officially recognized ethnic groups in this culturally diverse country.

Strap on your helmet and gear up for a cycling tour (by rickshaw) through the Old Quarter of Hanoi featuring stops at Hoan Kiem Lake, Ngoc Son Temple, and a water puppet show — a theatre and arts staple of Vietnam.

Day 2: Ha Long Bay | Kayaking Tour | Cooking Demonstration

Rise early this morning for a light breakfast at your accommodation before being picked up by private transport for Ha Long Bay. Upon arrival at Hon Gai pier, your group will go through standard boarding operations and a safety orientation with

the Cruise Manager.

Enjoy a lunch on deck with some of the best products that come out of Ha Long. After lunch, your cruise will sail to Vung Vieng floating fishing village where you'll strap on your life vest and paddle via kayak to explore. For those who prefer to not join the kayaking tour, they're welcome to stay onboard the boat to lounge and indulge in the onboard sauna.

After some kayak adventuring, your group will make way to happy hour at a local pub. Enjoy a live cooking demonstration and buy-one-get-one drinks!

Enjoy a set menu dinner onboard the boat and a squid fishing activity before turning in for the night.

Day 3: Ha Long Bay | Tai Chi | Cave Exploration

After a restful night anchored in the Cong Do area, rise early in the morning to practice one of the oldest traditions of East Asia: Tai Chi. This beautiful and relaxing practice will take place on the open deck of the boat where coffee and tea will be served after along with a light breakfast.

After breakfast, travel up 200 steps on an island to explore Thien Canh Son cave. Experience its beautiful stalactites and stalagmites. When you've explored to your heart's content, head back to the boat for checkout and brunch on the second deck as you sail back to the pier.

A driver will meet your group and transport you back to your accommodation in Hanoi. Spend the remainder of your day freely exploring this unique city!

Day 4: Departure Home

It's time to say goodbye to beautiful Vietnam and begin your departure home and onward journey. We hope you enjoyed your time diving deep into this fantastic country!

What's Included:

You Will Need to Provide:

4-Day, 3-Night All-Inclusive Tour starts at \$995. Contact Worldwide Navigators to book an 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 **\$2535** 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

\$2335 due by March 24, 2025

\$2535 due by May 25, 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