



Guatemala Mini

December 22, 2024 — December 25, 2024

Starting at: \$1,200



OVERVIEW

The Need

Despite the beautiful scenery, Guatemala's environment is extremely vulnerable to disasters that impact the community's overall health and wellbeing. The people of Antigua, many of whom suffered greatly during the 2018 volcanic eruptions that left many families without their loved ones and villages covered in ash. Guatemala is also susceptible to earthquakes. Common causes of death in Guatemala are from preventable diseases, such as diarrhea, pneumonia, cholera, and tuberculosis. Guatemala's community also suffers from malnutrition, especially impacting children's mortality rates. Guatemala experiences approximately 22.1 deaths per 1,000 live births.

IMR's goal is to help Guatemala achieve global health security and improve access to health care services. Helping countries respond quickly and effectively to public health threats is critical in order to prevent the spread of diseases and to sustain the wellbeing of the community. By joining the IMR team you will be

able to collaborate with the community to improve the overall health of the people in Guatemala. To help provide quality medical care to all citizens, IMR sends volunteers to remote areas that are in the greatest need for quality health care and medical services. Our mobile clinics offer assistance to children, women, families, the elderly, and other in-need populations.

You and the rest of the volunteer team will educate locals on how to stay healthy and how to care for their loved ones. Together, we will treat a wide variety of acute and chronic illnesses, including dengue fever, hepatitis, malaria, pneumonia, and digestive diseases. One of the main focuses of this mission is dentistry. Because all community members are encouraged to attend, the demand for dental care will be high. Another main focus of this mission is women's healthcare. We will provide general women's and infant care, as well as strengthen the knowledge and skills of the local midwives.

Our Work

International Medical Relief began working in Guatemala in 2018 in early January, then quickly responded to Guatemala's Volcán de Fuego eruption in June 2018 to provide disaster relief care during this crucial time of need. We have been providing preventive efforts in the form of community health training, medical treatments, medical supplies and equipment, and clinic operations since then, serving more than 11,000 patients with over 800 volunteers and staff.

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

If 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 in 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 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. And although many of the better-known historical sites were reduced to ruin during the 2010 earthquake, they still offer a once in a lifetime viewing experience.

Lodging/Transportation

On this IMR Clinical Trip, you and your fellow team members will be staying at a 2-star accommodation with safe, clean, comfortable rooms. The lodging is simple, basic, safe, comfortable, and affordable.

The team will be staying in a beautiful, safe, clean and friendly hotel 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.

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

Families are the most important patients you will see and in Guatemala, you will see a lot of families. Everyone wants you to help them keep their children healthy and their elders comfortable. It is our patients - and there are a lot of them! - that are the highlight of this trip.

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!



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, December 22, 2024

Arrivals & Orientation

You will need to arrive in Guatemala City, La Aurora International Airport, airport code GUA, by 2:00pm Central Standard Time and travel to the vibrant city of Antigua, about 45 minutes by taxi, commercial shuttle, or IMR arranged transportation. Upon arrival to the airport, team members who have selected

Airport Transfer will be transported from the airport to team lodging. Team members who have opted out of Airport Transfer will need to arrange transportation from the airport to team lodging. You and your team will be staying in Antigua in a beautiful hotel. Antigua is a beautiful Colonial city with cobblestone streets and an old-world feel that will help you recharge after a busy day in clinic. Plan to arrive in Antigua by 4:00 pm to join your team for dinner and an orientation meeting to help prepare you for the amazing work you will be doing during your trip. During orientation, your team leader will assign roles for the clinic, discuss our community health education efforts in detail, present IMR's clinic protocols, and provide an overview of the communities your team will be serving in Guatemala. Our partners will join us to explain the cultural components, medical landscape and overview of the medical conditions prevalent in the area.

Monday, December 23, 2024

Clinic

A buffet of fresh fruit and traditional Guatemalan breakfast cuisine will help you start the day out right. After enjoying breakfast as a team and the cool morning air in Antigua, you and the team will go out to surrounding communities 30 minutes to 1.5 hours outside of town to the areas with the highest needs and set up clinics. Lunch will be provided to you in clinic. In the evening, you will have a thorough debrief with your team and team leader. Your meals are all included at your accommodation but you are also welcome to go, on your own, into town with your fellow team members and enjoy the many restaurants and cuisines Antigua has to offer.

Tuesday, December 24, 2024

Clinic

Today you will spend another day serving the communities around Antigua. The days are long and hard but incredibly rewarding!

Wednesday, December 25, 2024

Optional Training Day & Departures

Schedule a late afternoon or evening flight if you are interested in joining the team to 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. You are free to fly out of Guatemala City at any time you like! Feel free to enjoy the town of Antigua and walk through the cobblestone streets for one more day, or fly elsewhere and continue to travel

throughout Central America. Your journey doesn't have to end here! Interested in extending your stay to see more of Guatemala? Our partner, Worldwide Navigators, offers an exclusive trip extension just for IMR volunteers! See the extensions tab on this page for details.



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!

Highlights:

Itinerary:

Day 1: Arrive in Antigua | Panajachel

Rise and shine as you depart in the early morning to head to Panajachel from Antigua for your lake tour! Visit the local Guatemalan villages of San Juan La Laguna, San Pedro La Laguna, Santiago Atitlan, and Maximon. Check into a local hotel in time to enjoy the beautiful lake sunset.

Day 2: Chichicastenango Market

Leave Panajachel and head towards the famous Chichicastenango Market, a vibrant center of culture and artistic creations in Guatemala! Enjoy a walking historical tour of the cemetery, Rossbach Museum, Santo Tomas Catholic Church, and a local mask factory.

Day 3: Tikal

Another early morning as you board a plane for your short flight to Flores. Upon arrival, we'll take a private walking tour of ancient Tikal. Return to Guatemala City in the evening.

Day 4: Guatemala City | Departure Home

Bid farewell to beautiful Guatemala as you head to the airport for your international flight home.

What's Included:

You Will Need to Provide:

4-Day, 3-Night All-Inclusive Tour Starts at \$950. 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 **\$1200** 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

\$1000 due by September 23, 2024

\$1200 due by November 24, 2024

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