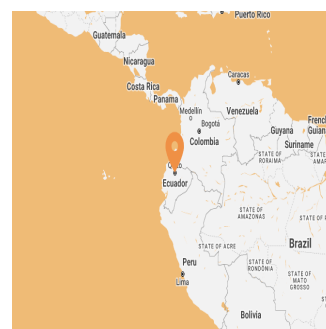




## Ecuador Mini - Friends of Ella Waters

**September 7, 2025 — September 11, 2025**

**Starting at: \$1,450**



### OVERVIEW

#### The Need

Amidst the beautiful scenery, Ecuador's environment is extremely vulnerable to disasters that impact the community's overall health and wellbeing. Some of the greatest health problems in Ecuador today include malnutrition, diabetes, and heart disease, which is the leading cause of death. Other common problems include acute respiratory infections and diarrheic diseases, which have risen dramatically since 1990.

IMR's goal is to help Ecuador 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 Ecuador.

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.

Ecuador's health care system is saturated with people seeking care, making it difficult and sometimes impossible for the people with low income to receive the attention they need. Many do not seek much needed medical attention for reasons such as economical, transportation mobilization, and beliefs. The people choose to live with illness, pain, and other medical pathologies without the possibility of consulting a physician and instead use nothing or only traditional medicine.

You and the rest of the volunteer team will educate the patients in our clinics 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

IMR is thrilled to partner with an incredible organization that has spent decades transforming rural communities in Ecuador. Our partners are the heart and soul of social and community aid programs, collaborating with government agencies, the fire department, and private businesses to bring essential support to those who need it most.

With meticulous planning and a passion for service, IMR is committed to making a tangible impact on every mission. Each of our initiatives aligns with the United Nations Sustainable Development Goals 3 and 17, ensuring that our efforts are purposeful and far-reaching.

We are dedicated to uplifting vulnerable populations by providing compassionate, shoulder-to-shoulder care alongside our local partners. This collaboration not only strengthens healthcare access but also cultivates future leaders in health and public service, embodying the spirit of UNSDG 3: Good Health & Wellbeing.

In alignment with UNSDG 17: Partnerships for the Goals, IMR works at the invitation of our local hosts, responding to the urgent need for medical and dental care, as well as health education. Our missions are built on trust and respect, ensuring that we work hand-in-hand with communities to achieve lasting change.

Together with you, we will bring hope, health, and healing to those who need it most.

## This Mission

Embarking on a medical mission to Quito, Ecuador is an extraordinary opportunity to serve a diverse and vibrant community while experiencing the breathtaking beauty of the Andean capital. Quito, perched high in the mountains at 9,350 feet above sea level, is not only a city of historical and cultural significance but also a place where healthcare needs are pressing, especially in underserved populations.

During this mission, you'll be working with local communities, providing essential healthcare services that range from general consultations and pediatric care to health education and preventative screenings. The patients you'll meet are from all walks of life—families who prioritize their children's health, elders who are respected and cared for, and individuals who may have limited access to medical resources. Your skills and compassion will make a significant impact on their lives, and in return, you'll gain invaluable insights into their rich cultural traditions and resilience.

The medical mission is not just about providing care; it's also about building relationships and understanding the unique health challenges faced by the people of Quito. Working alongside local firefighters, you'll learn about the region's health system, common medical conditions, and the social determinants that influence health in this high-altitude environment.

## Lodging/Transportation

The team will be staying in authentic, safe, and comfortable accommodations, providing a perfect home base for your mission. After fulfilling and rewarding clinic days, immerse yourself in the vibrant culture of Ecuador as you explore the city's charming streets, local markets, and stunning historic sites. After clinic, discover the rich traditions and breathtaking landscapes that make Quito truly special.

From the moment your clinic begins, all transportation to and from clinic is taken care of. Relax and enjoy the scenic rides to and from the clinic in safe, comfortable vehicles with professional drivers. These are just a few of the many reasons to join IMR on this unforgettable journey. Keep your eyes open—there's so much to see in the picturesque valleys and rolling hills surrounding your home away from home this week!

For upgraded accommodation, see our Signature Trip option.

## Highlights

Beyond the clinic, Quito's charm is undeniable. Its historic center, a UNESCO World Heritage Site, is a captivating maze of colonial architecture, cobblestone streets, and stunning churches. The vibrant colors of the city reflect the warmth and spirit of its people. Take time to explore local markets filled with handmade crafts, traditional foods, and the famous Otavalo textiles, and experience the hospitality and generosity of the Ecuadorian culture.

On your free day, don't miss the opportunity to visit the "Mitad del Mundo" monument, where you can stand on the equator line, symbolically connecting the Northern and Southern Hemispheres. This unique experience is a reminder of the global impact of your mission, as you help bridge gaps in healthcare across continents. Participating in a medical mission to Quito is more than just a professional endeavor; it's a journey that will leave a lasting impression on your heart and mind. You'll leave with a deeper appreciation for the beauty of Ecuador, the strength of its people, and the profound difference that compassionate healthcare can make in the lives of those you serve.





## 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, September 7, 2025**

#### Arrivals and Orientation

You and the team will fly into Mariscal Sucre International Airport. Upon arrival, your team will transport to your hotel where you can check in and freshen up. You will enjoy a hearty dinner and 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 and around Quito.

**Monday, September 8, 2025**

## Clinic

After a hearty breakfast of local cuisine at your hotel, you will head to your first day of clinic! Patients of all ages will be lined up to greet you as the team arrives, excited to receive the medical care that is so difficult for many of them to attain.

**Tuesday, September 9, 2025**

## Clinic

You will likely see many patients living with diabetes and heart disease. Not only can you offer treatment for acute symptoms, you will have the opportunity to provide patients with education on their conditions and the lifestyle changes that can help improve them.

**Wednesday, September 10, 2025**

## Clinic

Today the 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.

**Thursday, September 11, 2025**

## Departures

You will join the team for one last breakfast together before you depart for the airport in Quito. If you will be joining the Galápagos Islands trip extension, we will be heading to the airport for a short flight to the city of Guayaquil where our adventure will begin and end. See the exciting itinerary on the Extensions tab on this page.



## EXTENSIONS

Since you are already venturing across the globe, consider extending your stay by a few days to explore one of the globe's treasures, the Galápagos Islands! Join International Medical Relief on an exclusive trip extension provided by our partner, Worldwide Navigators!

On this extension, you will have the opportunity to explore the enchanted islands of Galápagos. Share a beach with sea lions, swim with penguins, walk with giant tortoises, stroll through flamingo lagoons, dive under lava tunnels among amazingly colored fish, and step on an active volcano. These islands are a unique place in the world and you will have the opportunity to make the most of each day.

Itinerary:

Day 1: Arrive in Guayaquil

Fly directly to Guayaquil on Ecuador's Pacific Coast. Ecuador is an ecotourism champion, with the Galápagos Islands, set 620 miles from its western mainland shores under the country's care. Here in Guayaquil, you will have your overnight lodgings. Take a stroll and get a sense of place along Malecon 2000, the riverside promenade along the Guayas River.

Day 2: Guayaquil | Baltra | Sail the Galápagos Islands | Santa Cruz Island

From Guayaquil, you will take a flight to Baltra airport in the Galápagos. Here your ecotourism adventure begins by boarding a boat for a five-day sailing excursion between these incredible islands where Charles Darwin developed his



theory of evolution after studying different species of Galápagos finches.

Get a preliminary briefing on your boat and your tour itinerary and meet your onboard naturalist guide who will lead your daily excursions. Your first stop this afternoon will be at Santa Cruz Island. Here you will take a short hike to photogenic Dragon Hill, passing a lagoon frequented by flamingos and other bird life. From the hill, you will have rewarding views of the bay and a land iguana nesting site.

#### Day 3: Galápagos Islands | Isabela Island | Fernandina Island

Rise early for breakfast, then be ready to take in the sights at your first stop, Isabela Island. At Vicente Roca point, the past volcanic action created two sheltered turquoise bays. From your boat's vantage point below the rocky cliffs, spot masked and blue-footed boobies perched on the cliffsides and flightless cormorants on shore. The cold water currents here attract marine life, and sea lions and penguins frequent the area.

Lunch on board as you sail to Fernandina Island, your afternoon stop. At Espinosa point, hundreds of marine iguanas gather on black lava rock. Pelicans, sea lions, penguins and flightless cormorants are also abundant here. Check out the different types of lava flows with the naturalist.

During your evenings on board, you will enjoy dinner, presentations by the naturalist, relaxation, and socializing with fellow passengers.

#### Day 4: Galápagos Islands | Santa Cruz Island

You'll spend the day on Santa Cruz Island, the economic center of the Galápagos Islands. In the morning, visit the Charles Darwin Research Station, and learn about the resident Galápagos tortoises and the breeding programs the center operates to help preserve the species.

In the afternoon, visit the town of Puerto Ayora, where there are many shops, restaurants, and bars. In the bay, you may spot brown pelicans, sea lions, blue-footed boobies, marine iguanas, herons and frigate birds.

Dinner is back on board your boat, where your sail will resume as you head to Floriana Island.

#### Day 5: Galápagos Islands | Floriana Island

You'll spend the last full day of sailing on Floriana Island. In the morning, marvel at the breathtaking views while visiting the Baroness's Observatory, where you will learn about the mysterious disappearance of an Austrian Baroness who lived here with her two lovers. Then on to Post Office Bay, where sailors would leave mail in a barrel to be delivered home by other sailors headed to that same home port. You can continue the tradition today by leaving a card and seeing how long it will take it to arrive home!



In the afternoon, walk the Cormorant Point trail past a flamingo-frequented lagoon to a beautiful white-sand beach where green sea turtles lay their eggs at night. Then, your boat will anchor at Champion Islet, just off Floriana, where you can experience some great snorkeling to admire the coral formations, fish, and perhaps green sea turtles in their element.

This evening, enjoy your last dinner on board, telling stories of your adventures with fellow ecotourism tour students as you head back to Baltra.

#### Day 6: Baltra | Guayaquil

Arrive back at Baltra where you will transfer to the airport for your flight to Guayaquil. Enjoy the rest of the day in this port city. Take a walk to Parque Seminario, also known as Iguana Park for its iguanas who reside in the trees, along the sidewalks or even sprawl on the park benches. Or visit the colorful neighborhood of Las Penas with its rainbow spectrum of painted homes.

Settle in tonight for a nice dinner to sample local cuisine and enjoy your last evening of Ecuadorian culture.

#### Day 7: Departure Home

Enjoy breakfast at your hotel, then head to Guayaquil airport and savor your ecotourism trip memories of the Galápagos Islands on your flight back home.

For more information and to make reservations, contact Worldwide Navigators.



## FLIGHTS AND PRICES

### Minimum Donation

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

Your generous donation of **\$1450** 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

\$1350 due by June 9, 2025

\$1450 due by August 10, 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