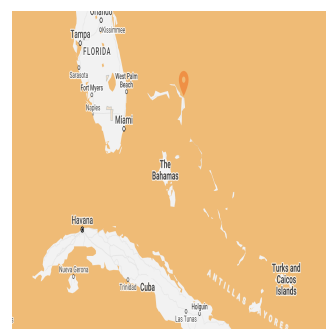




Bahamas

March 8, 2026 — March 14, 2026

Starting at: \$2,500



OVERVIEW

The Need

International Medical Relief continues to aid the Bahamas to help build their local healthcare system. The Bahamas is in a vulnerable environment that is prone to natural disasters, including Hurricane Dorian's tragic landfall on the Abaco Islands and Grand Bahama. Since then, the Bahamas became more vulnerable due to the destruction of local infrastructure and homes. This created a lack of access to clean water, toilets, and other resources that increases the community's risk for diseases.

IMR works to support the community and rebuild a more sustainable healthcare system. This trip will help improve the wellbeing of the community through treatment and education initiatives. This is both a medical and dental relief trip. Flexibility is a key component of success for this mission! Be prepared for a fluid situation that may require significant changes to the planned itinerary. It is our goal to provide aid in whatever manner is necessary to help the people and

the medical and dental communities of the Bahamas. Join our continued efforts to support the Bahamian people following the massive destruction Hurricane Dorian left in its wake.

Our Work

International Medical Relief quickly responded to the Hurricane Dorian disaster to help survivors as medical demands continue to increase in an already-strained system. IMR was able to send out 18 missions through the months of September and October to provide disaster relief in 2019. IMR has since been able to expand our partnership with the Bahamas community to provide medical and dental relief, responding nearly 200 staff and volunteers to serve more than 3,000 patients. We offer community health training, medical treatments, medical supplies and equipment, and clinic operations.

This Mission

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.

Lodging/Transportation

You and your fellow team members will be accommodated at a safe and comfortable hotel during the duration of your IMR clinical trip. Transportation will be provided to and from clinic each day.

Highlights

Helping the people in the Abaco Islands of the Bahamas continue to recover from the effects of the hurricane is the highlight of this clinical trip. We are honored to

have you on the IMR team.



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, March 8, 2026

Arrivals & Orientation

Today you will fly into the Bahamas to meet the rest of your clinical team! Please plan to arrive at Leonard M. Thompson International Airport in Marsh Harbour no later than 2:00PM today. Once all team members have arrived, you will attend orientation where your team leader will assign roles for the clinic,

present IMR's clinic protocols, and provide an overview of the communities your team will serve over the next few days.

Monday, March 9, 2026

Clinic

For the next five days, you and your team will work tirelessly during clinic.

Tuesday, March 10, 2026

Clinic

Each morning, you will enjoy a delicious breakfast with your team before heading to your clinic site, where you will treat patients.

Wednesday, March 11, 2026

Training Day & Mini Mission Departures/Arrivals

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. As the mini mission team members from the first half of the week, new team members will also be arriving who will be joining you for the rest of the week. You will all get to know each other after you return to your hotel this evening.

Thursday, March 12, 2026

Clinic

Your clinic days will be long and hard, but the incredible work that you do will be well worth your efforts!

Friday, March 13, 2026

Clinic

On your last day of clinic, you and the rest of your team will join together in the evening for a final farewell dinner.

Saturday, March 14, 2026

Departures

You and your team will enjoy one final breakfast together before going your separate ways. If you wish to extend your time in the Bahamas, contact travel@worldwidenavigators.com for ideas on how to make the most of your time.



EXTENSIONS

Since you're traveling halfway around the world, why not extend your stay to see some of the sites that make the Bahamas incredible? Contact our partner, Worldwide Navigators, to see the unique experience they've curated just for IMR volunteers! You can view their vast selection of extensions worldwide here, or contact them directly for an experience right there in the Bahamas at travel@worldwidenavigators.com!



FLIGHTS AND PRICES

Minimum Donation

Your generous donation helps to save and change lives every day

Your generous donation of **\$2700** 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

\$2500 due by December 8, 2025

\$2700 due by February 8, 2026

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