



Tanzania - Arusha

March 8, 2026 — March 14, 2026

Starting at: \$2,200



OVERVIEW

The Need

During this trip, you will experience Tanzanian culture while caring for the people in varying settings and those with little access to medical attention. Since 2001, health care is no longer offered to Tanzanians as a free service. Many citizens find the new national health insurance plan that is offered by the government to be unaffordable.

This opportunity will allow volunteers to see every facet of life that Tanzania has to offer, from orphanages to villages to game parks. Tanzania has the seventh-lowest physician-to-patient ratio in the world, approximately .31 doctors for every 10,000 residents. Some common causes of death in Tanzania include neonatal disorders, lower respiratory infections, and HIV/AIDS. The clinics for this trip will be set up in five different small villages that border Arusha. Our primary goal of this trip is to care for locals with treatable, and often preventable, conditions. As such, much of the relief you provide at clinic will be for people who would have

benefited from access to preventable care. At clinic, you will treat conditions related to STDs, malaria, sepsis, and diarrheal diseases. You will also help treat more conditions including HIV, cardiovascular disease, and diabetes. 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, so we will offer special clinic care for women and their infants.

Our Work

In 2015, International Medical Relief began working in Tanzania with humanitarian partners who shared a common vision of providing healthcare to underserved communities. IMR was privileged enough to work with the Maasai people and learn more about their tribal traditions and lifestyle. Since 2015, IMR has held clinic missions in order to achieve IMR's goal of providing sustainable health care solutions to aid the tribes and other Tanzanian communities. These clinic missions have served nearly 6,000 patients through more than 200 staff and volunteers.

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

Tanzania is one of the world's most sought after places to visit. Fulfill your bucket list dream by providing medical care to some of the 120 ethnic groups surviving in this culture-rich indigenous country. You will have a first hand opportunity to help those without health care in an amazing East African country.

IMR teams are able to work with communities in Tanzania to provide health care services and equipment, but also to provide education to create a more sustainable and long lasting impact towards the wellbeing of that community. International Medical Relief (IMR) goal is to continue to improve health outcomes of the communities we serve and focus on prevention, health, nutrition, and strengthening health systems through partnerships with local medical staff.

Lodging/Transportation

You have selected a classic mission which is a 2-star accommodation. The lodging is simple, basic, safe, comfortable, and affordable. You will be in one of the most beautiful areas in all of Tanzania, surrounded by protected game parks, volcanic craters, and the highest mountain in Africa, Mount Kilimanjaro. Each day you will travel out to small villages to provide health care. Each evening will be filled with wonderful local food and a beautiful place to call “home”!

Highlights

On your free day in Tanzania, immerse yourself in the vibrant culture by exploring Maasai Market, taste traditional Swahili cuisine, or go on a coffee farm tour! For nature lovers, take a day hike in the foothills at Mount Meru or enjoy a canoe safari at Lake Duluti. Contact Worldwide Navigators if you would like to go on a safari!



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

You and the team will fly into Kilimanjaro International Airport, airport code JRO. Please plan to arrive by 2:00pm EAT (Eastern Africa Time). Upon arrival, you will transfer to your hotel in Arusha, just a short drive away. Check into your hotel room and enjoy a welcome dinner with the team. After dinner, you'll 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 Tanzania.

Monday, March 9, 2026

Clinic

Your first day of clinic! Breakfast will be provided at your hotel each morning. You'll be providing care in several different locations during your time in Tanzania.

Tuesday, March 10, 2026

Clinic

Today, you will spend another day serving the communities around Arusha. Your days will be long and hard but incredibly rewarding!

Wednesday, March 10, 2026

Clinic

One of the focuses of this mission is dentistry. Because all community members are encouraged to attend, the demand for dental care will be high. Another focus of this mission is women's healthcare, so we will offer special clinic care for women and their infants.

Thursday, March 12, 2026

Clinic

Lower respiratory infections, diarrheal diseases, malaria, STDs, and sepsis are all part of the top 10 causes of death in Tanzania.

Friday, March 13, 2026

Free Day

Spend your free day in Tanzania discovering the rich wildlife at a nearby sanctuary, where you can see giraffes, zebras, and more up close. Afterwards, you can unwind with a scenic walk through banana plantations and local villages, offering a glimpse into everyday Tanzanian life and warm community hospitality. To go on a safari, contact Worldwide Navigators!

Saturday, March 14, 2026

Departures

After one last breakfast with the team, bid farewell to beautiful Tanzania as you

head to the airport for your international flight home. If you're interested in extending your stay in Tanzania, 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 Tanzania to experience some of its top tourist attractions? Join International Medical Relief on an exclusive trip extension provided by our partner, Worldwide Navigators!

Worldwide Navigators offers two opportunities to extend your time in Tanzania to create an amazing vacation following your humanitarian work. Contact Worldwide Navigators to book one of these extensions or get more information.

Highlights:

Itinerary:

Day 1: Arrive in Arusha | Tarangire National Park

Enjoy breakfast at your hotel before departing early for a drive towards Tarangire National Park. Upon arrival, your safari guide will meet you and get you started on your safari tour!

This charming and quiet park is a hidden jewel in northern Tanzania. You will certainly experience an authentic safari. Its unique landscape is dotted with thousands of baobabs — spectacular!

The park is graced with wildlife, especially during the dry season, when animals crowd around the only permanent water source in the area, the Tarangire River. Elephants are the undisputed stars in Tarangire. During the dry season, this park has one of the largest concentrations of elephants in the world!

In the afternoon you will have your hot lunch served with coffee, tea and hot chocolate. Later in the evening, you will exit from the park and proceed to the lodge for your dinner and overnight stay.

Day 2: Ngorongoro Crater

Enjoy breakfast at the lodge then depart for a transport to Ngorongoro Crater for a full-day tour.

When you arrive at the crater, you will experience firsthand the majesty of one the largest intact calderas in the world and one of the most spectacular sights in all of Africa.

Then you will descend into the crater floor for a day of game watching. All the big 5 including rhinos, lions, leopards, buffalo, and elephants live in this wonderful caldera alongside zebras, hippos, wildebeest, hyenas, and many more! View spectacular birds including flamingos on the Soda Lake, geese, storks, and vultures.

In the afternoon, enjoy your lunch with coffee, tea and hot chocolate at the picnic site called Ngoitoktok swamp which faces the hippo pool. Afterwards, you will continue the safari while ascending the crater.

After an exciting half-day in the crater, you will proceed back to the lodge for your dinner and overnight stay.

Day 3: Lake Manyara National Park | Departure Home

Breakfast will be served at the lodge in the morning before you depart for Lake Manyara National Park, the home of tree-climbing lions, for a half-day game drive.

Lake Manyara National Park is a scenic gem, once described by Ernest Hemingway as “the loveliest I had seen in Africa.” It’s one of Tanzania’s smaller parks, with nearly two-thirds of its area covered by the lake. The compact game viewing here is a true microcosm of the Tanzanian safari experience.

Lake Manyara is famous for its tree-climbing lions, the world’s largest population of baboons, 400 species of birds and the soda-ash lake with pink-hued flamingos.

Enjoy your lunch with coffee, tea or hot chocolate on site before beginning your drive back to Arusha for transport to the airport.

What’s Included:

You Will Need to Provide:

3-Day, 2-Night All-Inclusive Tour starts at \$1,900. Contact Worldwide Navigators to book this extension or get more information.

Highlights:

Itinerary:

Day 1: Travel to Zanzibár

Upon your arrival at the Zanzibár airport, you will be greeted by your guide and transferred to your hotel for check-in. Depending on what time you arrive, you may have time to explore the surrounding area's shops and waterfront.

Day 2: Guided Safari Blue Tour & Snorkeling

Today is a very exciting day. Your private transport will come by your hotel in the morning to pick you up and transfer you to Fumba Village. This is the departure point for your enthralling day aboard a guided safari boat tour, also known as a Blue Tour. You will visit three different sand banks, one of which will be where you'll enjoy a seafood lunch! Later, you will have the chance to do some snorkeling and possibly see dolphins.

Day 3: Spice Farm Tour

Your private transport will pick you up this morning to take you to one of Zanzibár's infamous spice farms. You'll see the different types of spices and how they're grown. Plus, included in your tour is a tasting of seasonal fruits and lunch!

After your tour, you will head to town where you can explore Stone Town. You will have the chance to see the Slave market site, daily market, old fort, house of wonder, palace museum, and narrow streets. There will be time to do some shopping while you're here, so bring your money belt!

Day 4: Departure Home

Today is your last day! Enjoy your final breakfast before transporting to the airport for your onward journey and departure home.

What's Included:

You Will Need to Provide:

4-Day, 3-Night All-Inclusive Tour starts at \$1,050. 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 **\$2400** 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

\$2200 due by December 8, 2025

\$2400 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