



Tanzania - Dar Es Salaam

March 15, 2026 — March 21, 2026

Starting at: \$2,200



OVERVIEW

The Need

During this trip, you will experience the vibrant culture of Dar es Salaam while caring for communities in both urban and underserved coastal settings. While Tanzania once offered free healthcare, that policy ended in 2001. Today, many citizens find the national health insurance program unaffordable, leaving large populations without access to consistent medical care.

This mission provides a meaningful opportunity to serve residents in informal settlements, public clinics, and partner organizations that support children and women. Dar es Salaam is one of the fastest-growing cities in Africa, yet it still faces a significant shortage of medical providers—with just 0.31 doctors per 10,000 residents. Common health concerns in the region include neonatal complications, respiratory infections, HIV/AIDS, and chronic illnesses such as diabetes and hypertension.

Clinics will be held in five communities around Dar es Salaam, where we will focus on treating preventable and treatable conditions. Volunteers will provide care for cases involving malaria, diarrheal illness, sexually transmitted infections, and sepsis. A major emphasis of this mission is dental care, with high community demand due to limited access. Additionally, women's health will be a primary focus, including specialized support for maternal care, family planning, and infant wellness.

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 rich culture and natural beauty of Dar es Salaam. Relax on a local beach, savor traditional Swahili cuisine, or wander through the bustling street food scene in Kariakoo. For a taste of adventure, take a day safari or hike through Kazimzumbwi Forest Reserve—one of the oldest forests in Africa. Prefer something more laid-back? Enjoy a scenic boat ride to Mbudya Island for snorkeling, sunbathing, and peaceful ocean views.



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 15, 2026

Arrivals & Orientation

You and the team will fly into Julius Nyerere International Airport (DAR). Please plan to arrive by 2:00pm EAT (Eastern Africa Time). Upon arrival, you will transfer to your hotel in Dar es Salaam, 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 16, 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 17, 2026

Clinic

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

Wednesday, March 18, 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 19, 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 20, 2026

Free Day

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

Saturday, March 21, 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: 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 15, 2025

\$2400 due by February 15, 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