



South Africa

March 22, 2026 — March 28, 2026

Starting at: \$2,200



OVERVIEW

The Need

The health and well-being of most South Africans remains burdened under infectious and non-communicable diseases, persisting social disparities, and inadequate human resources to provide care for the growing population. This growing population is extra vulnerable due to an increase in refugees and economic migrants. There is a need to strengthen the health care system and address several social determinants of health that are specifically impacting the population of South Africa.

Extreme poverty affects a large proportion of the population, which impacts the overall health due to the lack of access to the basic requirements of life including clean water, adequate nutrition, sanitation, access to vaccinations, health education, etc. International Medical Relief teams are able to provide services and supplies, and educate communities to improve overall health outcomes.

Our Work

International Medical Relief first partnered with South Africa in 2002. IMR plans to continue our preventative efforts by providing medical relief and to continue the efforts to provide sustainable health services to the community. IMR will continue to provide community health training, medical treatments, medical supplies and equipment, and clinic operations. IMR strives to provide life-changing medical care to people who do not have reliable access to treatment and help increase the community's education and knowledge on their own health to improve the overall health of the most vulnerable and underserved communities in South Africa.

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 adventure is what you are looking for, this is a trip not to be missed! Exciting times await on this once-in-a-lifetime experience. This trip includes not one but TWO safaris! There are so many special animals to see, including white lions, hippos, lions, elephants, ostriches, giraffes, zebras and many, many more!

Enjoy food at a traditional South African Braai where selected barbecue meats and chakalaka sauces tempt any palate. Walk along the famous boardwalk where the Durban beaches come alive with world-class surfers taking on the giant waves or take a dive or watch the sunrise on this beautiful promenade. You will enjoy local Cuban eateries, curry houses, and oceanside dining where the flavor of Durban comes in full swing! The team will also visit a local Zulu tribe where homemade handicrafts, dancing and traditional Zulu celebrations will take place with your participation.

Lodging/Transportation

On this mission, 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. You will be able to enjoy the local food, museums, and all the city has to offer.

All transportation to and from the 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

The team will have the opportunity to visit two very special safari game reserves in this region! Previous volunteers have spotted rhinos, giraffes, monkeys, ostriches, gnu (wildebeests), hippos, and African buffalos (which look similar to Asian water buffalos, but are not directly related)! One of the reserves is home to the famous white lions where you can get within feet of these beautiful wild animals.

The team will also be able to visit the very famous Phezulu Zulu village where the world famous Gasa clan has, over the last 30 years, allowed visitors the opportunity to savor the taste and feel the rhythm of Africa. Visitors are taken into traditional beehive shaped thatched huts where the various artifacts, beliefs, and rituals are explained, giving foreigners an insight into the fascinating Zulu culture.

The team will experience the humble site of Nelson Mandela's capture, where the internationally recognizable sculpture stands. As one of the historically important moments in the struggle against Apartheid, a marking of the site was needed which has now been realized and erected.

The team will get a true taste of South Africa with a traditional Braai, the typical South African barbecue complete with a wide selection of meats and the famous Chakalaka!

Durban itself is a world renowned beach town and home to some of the biggest waves and surfing competitions in the world. Take a stroll along the boardwalk for a chance to witness local surfers taking their chance on the big waves.



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 22, 2026

Arrivals, Orientation, & Evening Safari

You need to fly into King Shaka International Airport (DUR) by 12:00pm on June 16th. 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. 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 serve. Our partners will join us to explain the cultural components, medical landscape and overview of the medical conditions prevalent in the area. After orientation, you and the team will go to a nearby National Park for a quick but incredible safari at dusk! This safari will leave you eager for the full-day safari that is scheduled for day six of your trip.

Monday, March 23, 2026

Clinic

Today is your first day of clinic! Wake to enjoy a hearty breakfast with your team. Clinics begin early in the morning and run into the evenings. Your days will be long and hard, but also incredibly rewarding. Your team will work at several clinic sites, including refugee communities, tribal villages, rural areas, and slums, that do not have reliable access to health care. After closing clinic, you and the team will go back to your lodging for a thorough team debrief and then have the opportunity to depart for a variety of cultural tours. You will have opportunities to visit Nelson Mandela's capture site and enjoy the many cuisines South Africa has to offer.

Tuesday, March 24, 2026

Clinic

While in clinic you will see the common respiratory infections, wounds, diabetes and hypertension. You will also see the impact from HIV, which continues to be devastating. The rampage has created many orphans and single parents. Each day in clinic, our team will have the opportunity to provide community health education in regards to respiratory illness, diabetes, hypertension, and safe sex practices.

Wednesday, March 25, 2026

Clinic

You'll have the opportunity to put your skills to work training local healthcare workers as part of IMR's commitment to long-term, sustainable education. 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, March 26, 2026

Clinic

Today will be your final day to provide compassionate care to the people – make today count! You are making a difference! At the end of the day, give your final thank-yous and goodbyes to our local partners and your new friends. They have worked incredibly hard with us for the success of this week.

Friday, March 27, 2026

Safari

Wake up early and get ready to see some animals! After so much arduous work in clinic, you and your team will have the opportunity to go on a highly rated, guided safari. While on safari, keep your eyes open for Africa's "Big Five" game predators, the lion, leopard, rhinoceros, elephant, and Cape buffalo. After the safari, you will have a few hours in the afternoon to spend as you see fit.

Saturday, March 28, 2026

Departures

Enjoy one last breakfast in South Africa! Depending on the time your flight leaves, you can explore more of the city before you head back to the airport for your international flight home. If you're interested in extending your stay, 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 halfway across the globe. Have you considered extending your stay to visit some of Cape Town, South Africa's top spots? Join International Medical Relief on an exclusive trip extension provided by our partner, Worldwide Navigators!

[Click here to view the itinerary!](#)

Ready for the adventure? Connect with Worldwide Navigators today!



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 22, 2025

\$2400 due by February 22, 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