



Philippines

March 22, 2026 — March 28, 2026

Starting at: \$1,700



OVERVIEW

The Need

The Philippines are made up of 7,107 islands and has an extremely diverse population. Many of these islands are home to remote villages and the Philippine healthcare system struggles to successfully deliver healthcare to many of these communities. Overall, the healthcare system in the Philippines is of high standard; however, services and quality varies widely between rural and urban areas. There is also a critical need for economical and dependable medical equipment, and gaps between the quality and quantity of health services exist between the poor and the rich. The Philippine healthcare system is decentralized, which leaves the local level to be primarily responsible for the delivery of healthcare services and public health initiatives. This can make it harder for the most vulnerable populations and the most rural to have reliable access to health education and health services.

In 2013, Typhoon Haiyan became one of the most powerful tropical cyclones ever

recorded. When Haiyan made landfall, it devastated portions of Southeast Asia, particularly in the Philippines. Haiyan is known as one of the deadliest Philippine typhoons on record. Reports estimate that it killed at least 6,300 people in the Philippines alone. The Philippines started to face a humanitarian crisis as millions of people became displaced in the aftermath of Haiyan with the destruction of homes and important infrastructure. This makes the population of the Philippines more vulnerable and susceptible to diseases due to the lack of food, clean water, shelter, and medication.

Please join IMR as we return for another trip to the Philippines, continuing to provide and assist new villages that need medical care and health education. Thanks to the special invitation that we received from the Philippine government, this trip will take us to remote island communities that have an especially difficult time accessing healthcare.

Our Work

International Medical Relief began working with the Philippine community in 2014 providing emergency disaster relief right after the devastating typhoon hit. Since 2014, we have been able to strengthen our relationship with the Philippines and continue to provide medical relief efforts. We have served nearly 10,000 patients through nearly 300 volunteers and staff. During our medical relief trips, we provide community health training, medical treatments, clinic operations, and clinic supplies. Our teams will continue to serve villages in the most rural areas of the Philippines and provide education and care where it is needed the most.

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

International Medical Relief is excited to venture to Bohol, an island province in the Central Visayas region of the Philippines. Known for its stunning Chocolate Hills and pristine beaches, Bohol is home to a diverse ecosystem and rich cultural heritage. Its main city, Tagbilaran, and surrounding areas like Valencia, are picturesque but still face significant healthcare challenges, especially in remote communities. IMR has visited numerous locations across the Philippines during

more than 13 trips over the last six years, and we are committed to reaching even more villages in Bohol that are in dire need of medical care and health education. With special invitations from our in-country hosts and partners, IMR is committed to reaching more and more patients in need as we support the Philippines.

Lodging/Transportation

You will stay in a comfortable hotel, ideally located to give you ample opportunity to explore the beauty and culture of Bohol. From your accommodations, you'll be close to popular attractions like the world-famous Chocolate Hills, the Tarsier Conservation Area, and the serene Loboc River. Whether you want to relax on pristine white-sand beaches, take a river cruise, or explore historic sites such as the Baclayon Church, Bohol offers a variety of experiences to enrich your time outside of the medical mission.

Highlights

On this trip, your time in the Philippines will be spent caring for people who rarely get comprehensive care. You will be able to work alongside wonderful public officials representing the area who want to deliver health and hope to their communities. Your ground host is a group of compassionate humans who work diligently to ensure their constituency has access to opportunities that increase health access and improve health literacy. Working side by side with these remarkable healthcare providers is certainly one of the many highlights of this trip.



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

You will need to arrange your flight destination to be Bohol-Panglao International Airport (TAG) and plan to arrive by 2pm. Upon arrival, you will transfer 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 the surrounding areas.

Monday, March 23, 2026

Clinic

After a hearty breakfast that will include plenty of fresh local fruit – the spiky durian fruit grows everywhere! – you will head out for your first day of clinic. You will see plenty of children during your days in clinic who will be anxious to learn from you and receive your care.

Tuesday, March 24, 2026

Clinic

You will find many children, their parents, and elderly patients waiting eagerly for you in the neighborhoods that you will visit. You may also have opportunities to go on house calls to visit patients who are unable to make it to clinic.

Wednesday, March 25, 2026

Clinic

You will likely see patients with pneumonia, ear infections, wounds, animal bites, and non-communicable diseases. During your clinic days, you will have the opportunity to work side by side with local doctors, nurses, and EMS personnel who are anxious to learn from you, as well as share their knowledge about medical care in the Philippines.

Thursday, March 26, 2026

Clinic

One of the highlights of your week will be sharing knowledge through sustainable community education classes. Teaching your students to care for themselves and their families leads to healthier communities.

Friday, March 27, 2026

Training / Free Day

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. After training, the day is yours to take in some of the cultural wonders of Tagbilaran and the island of Bohol. You may want to explore the world-famous Chocolate Hills, the Tarsier Conservation Area, or the serene Loboc River. Whether you want to relax on pristine white-sand beaches, take a river cruise, or visit historic sites such as the Baclayon Church, Bohol offers a variety of experiences to spend your free time.

Saturday, March 28, 2026**Departures**

Enjoy a final breakfast with your fellow team members before bidding farewell to the beautiful Philippines! If you think you might want to extend your stay, contact Worldwide Navigators for information on extensions and flight arrangements.



EXTENSIONS



FLIGHTS AND PRICES

Minimum Donation

Your generous donation helps to save and change lives every day

Your generous donation of **\$1900** 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

\$1700 due by December 22, 2025

\$1900 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