



Senegal

April 26, 2026 — May 2, 2026

Starting at: \$2,700



OVERVIEW

The Need

You will travel to one of the most remote and impoverished villages in Senegal and will provide residents with much-needed health care, dental care, education, and medications. You can expect to treat medical conditions related to malnutrition, poor living conditions, and dirty drinking water.

In the rural and isolated villages of Senegal, it has become increasingly difficult for residents to find reliable medical services. The people of these villages are high-spirited, hard-working, and friendly, but they all struggle to live healthy lives and to protect the longevity of their children. More than 20% of children in the country are malnourished, and one in 11 children will die before the age of five.

The focus of our clinic work will be the Talibé children who are often abused by the country's education system. At clinic, you will treat children who have been severely beaten, have been forced to sleep on concrete floors, and have been

forced to beg for the money they need to remain in school. You will also help patients with zika, malaria, schistosomiasis, scabies, lymphatic filariasis, sexually transmitted diseases, and bacterial and protozoal diarrhea.

IMR has treated thousands of patients in villages throughout the country where the demand for our services is always high. Because of this and other concerning health issues, International Medical Relief has organized volunteer trips to Senegal since 2002. Our goal is to provide support to increase access to health care in Senegal. Please join us as we return to provide life-changing healthcare and medical services to the Talibé children and the remote villages of Senegal.

Our Work

International Medical Relief first traveled to Senegal in 2002 and we have continued to work in Senegal's remote villages. We have deployed hundreds of volunteers and staff who served tens of thousands of patients.

There continues to be many health disparities that exist between urban and rural communities in Senegal and these remote villages lack access to health delivery services. This is why these outreach programs are critical. We always seek to create a long-term sustainable plan for the success of the village and the different communities we serve. We have expanded across the entire country and supported several different causes, including the Talibé children. Today we continue to provide community health training, medical treatments, medical supplies and equipment, and clinic operations. On this trip, IMR will again focus on under-served population groups including the Talibé Children and rural villages. We'll see many women and children on this trip! We will hold also clinic in distinctly different locations, including the first village that IMR ever served. We are so excited to go back, and Shauna will be sure to tell you the story on one of our conference calls.

Our team will partner shoulder to shoulder with Senegalese physicians who work hard to reach the populations most in need with free health care. We have worked with these fine young doctors for years and have accomplished a great deal in our partnership. Our volunteers have learned a great deal from them and they have learned a great deal from our volunteers. We will also partner with other groups that are making great things happen in Senegal!

In rural Senegal, one way for children to have the honor of attending school is through the Talibé system. In the past, this system developed educated professionals in Senegal; today, the system has challenges and IMR comes to help those at a time of great need. IMR feeds all of the children we will treat during clinic, pays their daily fees to their teachers, and provides them with vaccinations, deworming, acute medical and dental care, wound care, and most importantly sustainable health education.

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.

This Mission

The Republic of Senegal is a bustling and colorful African nation and is one of the continent's most popular tourist destinations. Famed for its rich music culture, lively streets, secluded beaches, and a large spectrum of wildlife, the country has something to offer every type of traveler. From dust-covered streets of the capital to vibrant and tropical mangroves along the coast, there are plenty of unique sights to see. Because of its complicated history with slave trade and colonialism, Senegal's people represent many different ethnic groups and cultures. Senegalese culture is lively, vibrant, and welcoming and the country is now a beacon for African democracy. But, despite its strong democracy and reformed education system, Senegal is still struggling with social inequality and extreme poverty.

Lodging/Transportation

This trip is set apart by the variety of your experiences in Senegal. You will spend your nights in small villages with beautiful courtyards and excellent food. Your transportation will be by bus. You will visit two unique areas of Senegal: you will be in the city to treat the Talibé children and then immersed in a village for the second half of the trip.

Highlights

You will join your team members on a one day safari – get ready to have some fun! Zebras, rhinos, and wildebeest, giraffes, and more are all possible sightings along with monkeys and many kinds of antelopes. This will certainly be a highlight of the trip! The real highlight, though, are the local physicians who work with our IMR team year after year after year. Working with these fine young doctors is the heart of sustainability – for IMR and for Senegal. We'll also be vaccinating our street children as we have for the past 10 years. Joining us in the field in Senegal makes a difference. Be The Good!



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, April 26, 2026

Arrivals, Visit to Goree Island

You and the team will fly into Blaise Diagne International Airport in Thies, Senegal. Please be sure that your flight arrives no later than 8am as your boat tour departs at 10am. Our day begins bright and early in the morning with a tour of the UNESCO World Heritage Site Gorée Island. Gorée is a tiny, car-free island

off the coast of Dakar, in Senegal. It's known for its role in the 15th- to 19th-century Atlantic slave trade. On the narrow streets, colonial buildings include the House of Slaves, now a museum. The 19th-century Fort d'Estrées houses the IFAN Historical Museum, with exhibits on Senegal's past. The Henriette Bathily Women's Museum considers the role of women in West African society. We will take the ferry (an experience unto itself if there is a party going on!) and tour the island to hear its sad history. After lunch on the island, you will have a chance to "shop till you drop" while enjoying some of the most modern and edgy art in Senegal.

Monday, April 27, 2026

Clinic with Talibé Children

After breakfast, you will 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 Senegal. You will also get an overview of the health care system in Senegal by one of our hosts. Throughout your week you will see and care for many Talibé children (Talibé means "student," but they are street children living in difficult conditions) on this amazing trip, in addition to families, the elderly, and entire villages! These children are not seen by doctors or dentists on a regular basis and live primarily on the street, earning their school fees on a daily basis. IMR has long provided meals, vaccinations, medical and dental care and sustainable community education for these children.

Tuesday, April 28, 2026

Village Clinic

Clinic will be held in a variety of locations, from small villages to medium-sized towns in remote areas of central Senegal. Each day will be unique and filled with laughing children and people of all ages. Healthcare outside of the cities is not easily accessible in Senegal. The entire community often comes for medical and dental care, health education to make their families stronger, and for the sheer joy of visiting with neighbors, friends, and relatives. You will be part of it all – and along the way we'll visit mosques, markets, and much more to gain a deeper understanding of Senegal's culture.

Wednesday, April 29, 2026

Village Clinic

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, April 30, 2026

Village Clinic

We will also treat many villagers on this trip. The patients you will see will have conditions ranging from rashes to joint pain, lymphatic filariasis to leptospirosis, schistosomiasis to GERD. Burns are common from the open cooking fires and serious wounds are normal occurrences in clinic each day. Working in the villages is very special and our patients will celebrate your visit. Your team will see tropical diseases such as schistosomiasis, lymphatic filariasis, malaria, and the number one most common disease, bacterial and protozoal diarrhea. The majority of patients you will care do not have access to adequate sanitation or clean water; you will work together with many local physicians and dentists to be the difference in these communities.

Friday, May 1, 2026

Dakar

Today will be our final day of providing health care and health education to the vulnerable communities of Senegal.

Saturday, May 2, 2026

Safari & Departures

Get ready to see some animals! In addition to experiencing a safari adventure, today is your departure day from this beautiful country. Please schedule your departures no earlier than 5pm. Here are a few safari tips: After our safari, we will have a celebratory final lunch and head to the airport for your international flight home. Be careful, Senegal will likely steal your heart! If you're interested in extending your stay in Africa, our partner Worldwide Navigators offers exclusive trip extensions just for IMR volunteers! See the extensions tab on this page for details.



EXTENSIONS

You're venturing across the globe. Have you considered extending your stay a few additional days to explore Africa? Join IMR on numerous exclusive three-day extensions!

South Africa Itinerary:

Itinerary Day 1: Johannesburg | Kruger National Park We'll arrive to the city of Johannesburg and make our way to Kruger National Park.

Tonight you'll be staying in the gorgeous Siyabonna Africa Lodge. Treat yourself to a suite in the luxury lodge featuring private viewing decks and spa packages. If you prefer more of an adventure, choose the classic eco-lodge offering a minimalistic and earthy vibe. Enjoy a traditional dinner at the lodge and get a full nights rest to prepare for the adventure ahead.

Day 2: Kruger National Park Wake up bright and early and begin your drive deep into the park. Watch elephants saunter through the morning fog, lions quenching their thirst at the river, and don't forget to look overhead to see the variety of birds fly by! If you're lucky you may be able to spot one of the elusive leopards stalk their prey.

Spend the evening swimming in the heated pools, engaging in the lodges variety of activities, or rejuvenating at the spa. Enjoy a hearty dinner as you watch the sun set in the vibrant African sky.

Day 3: Kruger National Park | Departure Home Enjoy another journey back into the park! Since it's you've been here before, you'll know what to look out for and

be on top of your game when it comes to spotting animals. Your guide will tell you local legends and history of this spectacular park and the surrounding area.

After the safari and a final traditional South African meal, we'll head back to Johannesburg for our international flight home. You'll leave Africa with a heart full of love for the people you met along the way and an excitement ignited by seeing Africa's Big Five in their natural habitat.

What's Included:

You Will Need to Provide:

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 **\$2900** 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

\$2700 due by January 26, 2026

\$2900 due by March 29, 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