



Peru Rainforest Mini

October 5, 2025 — October 8, 2025

Starting at: \$900



OVERVIEW

The Need

Peru is located in a highly seismically active area and major earthquakes occur frequently. In addition the country experiences heavy rainfall, flooding, droughts, forest fires, frosts and snowfalls, and the periodic occurrence of the El Niño climatic phenomenon. This makes the community vulnerable and more susceptible to diseases. The total fertility rate in 2011 was 7.7 children per woman, and the mortality rate was 10.6 per 1,000, double the national rate. The main causes of death include several preventable and infectious diseases such as, tuberculosis, pneumonia, malaria, and yellow fever.

The Peruvian healthcare system is similar to those in other Latin American countries, so remote areas are not serviced by medical facilities. The World Bank and the World Health Organization stated in a 2009 study that the indigenous peoples are viewed as needing full assistance to solve their multiple health problems. IMR is working in collaboration with local partners to help those

suffering from life-threatening diseases. We will provide medical and dental care and health education to these otherwise untouched people groups. Your team will see many patients with infections, wounds, and common health problems that are frequently untreated. Dental needs are among the most troubling, with patients suffering from horrific pain from infected teeth without care other than home remedies.

Annual flooding is a serious concern for the people of the Amazon River basin, with the associated skin issues, infections, and emotional loss that comes with major disasters. Dengue Fever and other mosquito-borne diseases are significant health concerns in this community. Providing education about mosquito-borne disease and providing supportive care for patients will be a primary task for our team. This trip is a wonderful opportunity to provide care for people who truly need help.

We will be bringing some of the less accessible indigenous people into our clinic and will work closely with local medical students to care for them. If you love to teach, this is the trip for you!

Our Work

International Medical Relief began relief efforts in Peru in 2012. Since then, more than 300 volunteers and staff have served over 9,000 patients. IMR continues to strengthen their relationship with the community and provide community health training, medical treatments, medical supplies and equipment, and clinic operations.

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

This captivating journey begins and concludes in Pucallpa, Peru, a vibrant city known for its rich cultural heritage and as a gateway to the Amazon rainforest. Located on the banks of the Ucayali River, Pucallpa is surrounded by lush ecosystems, including the nearby Cordillera Azul National Park, which boasts remarkable biodiversity and stunning landscapes characteristic of the Amazon region.

Lodging/Transportation

You will be staying in a lovely hotel on this trip, traveling each day to the small villages and towns that are in need of medical and dental care. Bring your bathing suit and don't forget your camera!

Highlights

Working with the indigenous Shipibo-Konibo communities of Pucallpa is a unique experience in itself. You will have the opportunity to explore traditional Amazonian medicine and witness a variety of handcrafted items from the region, including intricate textiles with complex geometric designs, beaded jewelry, ceramics, wood carvings, and clothing featuring traditional patterns.

Another highlight of this trip is your choice to spend your final day in Pucallpa either shopping, relaxing, or exploring the surrounding Amazon rainforest, or you can opt to visit the capital city of Lima. Lima is a UNESCO World Heritage Site, renowned for its museums showcasing exceptional art, archaeological sites, beautiful beaches, vibrant nightlife, and exquisite cuisine. This diversity gives Peru's capital a distinct character and makes tourism in Lima a unique experience. Your decision will depend on your departure time from Pucallpa and your flight schedule. Consider this an opportunity to extend your stay!

If you are contemplating an extension, Machu Picchu is another remarkable option and a must-see during any visit to Peru. You can fly to Cusco, then travel by bus and train to reach Machu Picchu, which is also designated as a UNESCO World Heritage Site. Contact our partner Worldwide Navigators to learn more about extending your stay.



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, October 5, 2025

Arrivals

You and the team will fly into Pucallpa and arrive to the FAP Captain David Abensur Rengifo International Airport (PCL). Please arrive by 2pm to transfer to your hotel and meet up with the other volunteers you'll be working with this week for a team dinner. After dinner, you will attend the team orientation to prepare

you for the upcoming week of clinic. 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 be serving in Peru. Our partners will join us to explain the cultural components, medical landscape and overview of the medical conditions prevalent in the area

Monday, October 6, 2025

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. You will find the indigenous people of the rainforest to be among the kindest people you will meet and the most in need of healthcare. After returning back to your accommodation at the end of the day, you will have a team debrief with your team leader and dinner provided at the accommodation.

Tuesday, October 7, 2025

Clinic

Most time at the clinic will be spent treating those with with infections, wounds, and common health problems that are frequently untreated. Clinic days will also be spent caring for the indigenous people of the Peruvian rainforest with conditions associated with the annual Amazon Basin flooding such as skin issues, infections, and emotional loss.

Wednesday, October 8, 2025

Optional Training Day/Departures

Enjoy one final breakfast with your team! 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 across the globe. Why not extend your stay in Cusco to experience some of the area's top tourist attractions? Join International Medical Relief on an exclusive 5-day, 4-night trip extension provided by their partner, Worldwide Navigators!

Highlights:

Itinerary:

Day 1: Arrive in Cusco

Arrive in the breathtaking city of Cusco. Situated at 11,150 feet, this remarkable city features a rich history, mouthwatering cuisine, and vibrant colors everywhere you look.

Spend the morning wandering through the cobblestone streets and visiting the sites of the main square. We'll then head to Sacsayhuamán fortress, an impressive example of Inca military architecture. Onward to Kenko, where the sun, moon, and stars are worshipped. We'll end our day to visit to the Inka's Expression art workshop, where you will be able to see artists working in silver, paint, and wood – the perfect place to see Andean art.

Day 2: Rainbow Mountain

Don't forget your camera! Today we journey to the infamous Rainbow Mountain, located close to Cusco. We'll wind through gorgeous mountain roads making our way to the colorful range.

Your guide will lead you on a short hike to reach the top of the Rainbow Mountain.

We'll return to Cusco in the evening for a night of cultural activities and delicious local cuisine.

Day 3: Treasures of the Sacred Valley

Today you'll get to know the Sacred Valley. We'll stop along the way to visit Moray, to view the enormous circular terraces that were used by the Incas as a botanical laboratory many years ago.

We'll continue to Ollantaytambo, one of the most fascinating building complexes of the Inca Empire and the site of one of the Spanish Conquistadors rare strategic defeats. Famous for its terraced fields (cut into the hillsides), Ollantaytambo was an effective fortress as well as a religious center. We'll end our day with a visit to the village of Ollantaytambo, the only "living Inca town" and the best remaining example of Inca urban planning, with stone-paved streets that have been continuously inhabited since the 13th Century.

Day 4: Machu Picchu

Today is the day you've been waiting for! We'll catch the early morning train to Aguas Calientes, located at the base of Machu Picchu. This is no ordinary transport! The train ride is an experience within itself with cinematic views surrounding you.

We'll explore the ancient Incan ruins and hear stories of how this city was built. Don't forget your camera! These are memories & views you'll never want to forget.

Spend the evening down in Aguas Calientes enjoying Peruvian cuisine with a view of the rushing river below. Explore the streets of this charming town and maybe take a soak in the local hot springs.

Day 5: Machu Picchu | Departure Home

There is nothing quite like a sunrise on Machu Picchu. If you're up for it, get a head start before the sun and hike up the trail to the ruins. Watch as the morning fog lifts from the lush mountains and spend another day exploring the ruins.

This afternoon, we'll head back to Aguas Calientes to catch the returning train back to Cusco for our departures back home.

What's Included:

You Will Need to Provide:

5-Day, 4-Night All-Inclusive Tour Starts at \$1,900. 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 **\$900** 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

\$800 due by July 7, 2025

\$900 due by September 7, 2025

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