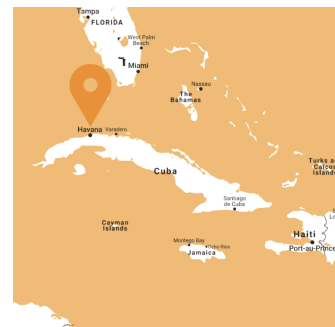




Cuba Health Immersion

June 14, 2026 — June 20, 2026

Starting at: \$2,200



OVERVIEW

Our Work

This treasured past will augment your first-hand discovery of the inner-workings of the famous, strictly public, healthcare system that Cubans are so proud of.

You will have the rare opportunity for medical exchange with engaging conversations about the healthcare system with local medical providers and officials. You will also tour healthcare facilities and meet patients one-on-one to learn about the intricacies of Cuban medicine.

In addition, IMR will be bringing much needed medical supplies and distributing them to hospitals, health care professionals, and patients for those patients most in need.

After distributing supplies, you will be able to meet with families and learn about their own personal medical experiences. This engaging opportunity will leave you

more knowledgeable about the Cuban healthcare system. It will also give you the opportunity to share your expertise and insights as well as make significant contributions of medical supplies to this country in great need.

Spend time in the main city of Havana as well as a beautiful beach village, meet the vibrant people of Cuba, and bring home your unique knowledge of the Cuban healthcare system and the people of Cuba to your workplace, community, and your heart. Please note that you will not be providing medical care on this trip.

This Mission

Located in the northern Caribbean just 90 miles from Florida's coastline, the Republic of Cuba includes the main island of Cuba, Isla de la Juventud, and several smaller, unnamed islands. These islands have become famous for sky-high palm trees, luscious fruits, tropical blue waters, rolling green hills, waterfalls, mountains, and delightfully warm temperatures.

The people of Cuba, however, are the real reason travelers have come to fall in love with this island. Here, visitors will find a fantastic history, a vibrant culture, upbeat music, and unparalleled hospitality.

And although Cuba's history with the United States has made visiting this country challenging, travel bans have evolved over the past five decades. Presently, American citizens are allowed to enter Cuba for a specific list of allowable reasons, including entering the country with a licensed tour operator for purposes of cultural and educational travel.

International Medical Relief is proud to be launching this trip, which will give our volunteers a chance to learn about Cuba's healthcare system while experiencing authentic Cuban life. Unlike traditional tourists, our medical relief group is invited to meet and engage with representatives from the Ministry of Health, Cuban doctors, and their patients.

Lodging/Transportation

You and the team will stay in safe, comfortable accommodations that feature individual beds and shared bathrooms.

Highlights

Cuba's stunning beaches inspired Ernest Hemingway, and they will certainly inspire you! One of the most memorable adventures that you have in Cuba will be your time spent in the region that inspired *Old Man and the Sea* and *For Whom the Bell Tolls*. However, the most incredible part of your trip will be the opportunity to speak with Cuban government representatives and health officials!



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, June 14, 2026

Arrivals

In the afternoon, you and the rest of the volunteer team fly into Jose Marti International Airport in Havana. If you are traveling on the group flight or are purchasing airport transportation a la carte, you will board the transportation that will take you to your accommodations. After you check in, you will have time to

unpack before regrouping to indulge in a fantastic team welcome dinner. In the evening, you are welcome to venture into town to discover the bustling nightlife scene in Havana!

Monday, June 15, 2026

Orientation, Vintage Car Tour, Cigar Factory Tour

On your first full day in Cuba, you and the team will wake up and enjoy a generous breakfast buffet before attending team orientation. During orientation, your team leader will introduce you to the Cuban healthcare system and talk about our goals for the trip. After orientation, you will have the opportunity to tour the beautiful City of Havana from the comfort of a vintage car. Following this tour, your team will go on a tour of a cigar factory where you will learn about drying tobacco leaves and using them for production.

Tuesday, June 16, 2026

Cuban Healthcare System and Historic Sites

Today you will attend a highly important conference with a representative from Cuba's Ministry of Health. As such, you will need to dress in proper business or resort casual attire. After your meeting with the official concludes, your team will take an exclusive tour of military bunkers that were constructed before the Missile Crisis and feature global newspaper articles about the Crisis.

Wednesday, June 17, 2026

Tour Old Havana

After another hearty team meal, you will depart for a walking tour of Old Havana, a UNESCO World Heritage Site. There, you will tour the Presidential Palace Museum of the Revolution, visit the Squares and markets, and tour the 16th Century Castillo de la Real Fuerza, which is the oldest fortress in the Western Hemisphere.

Thursday, June 18, 2026

Cuban Healthcare System and Historic Sites

In the morning, your team will meet another representative of the Ministry of Health who will take you on a tour of the local hospital. For this, you will again dress in more formal attire. During the tour, you will have the opportunity to take part in a question and answer session with Cuban medical officials. The tour will continue with a site visit of Morro Castle Fortress, where you will view a military display of aircraft and missiles that were operational during the 1962 Missile Crisis.

Friday, June 19, 2026

Free Day

Spend your free day exploring the vibrant streets of Havana, Cuba. Stroll along the iconic Malecón, admire colorful colonial architecture in Old Havana, and soak in the rhythms of live Cuban music. Sample local cuisine at a charming café, visit historic landmarks, or simply wander through lively plazas and markets to experience the city's unique culture at your own pace.

Saturday, June 20, 2026

Departures

On your last day in Cuba, enjoy one final breakfast with your team. The IMR-arranged shuttle will ensure you arrive at the airport at least three hours before your return flight departs.



EXTENSIONS

Since you are already venturing across the globe, have you considered extending your stay by a few days to see some of Cuba's most intriguing destinations?

Day 1:

Welcome to Varadero, Cuba! A Caribbean paradise to call home for the next three days. Upon arrival, check in at your bed and breakfast and head to Parque Josone — a time-tested park with a bridge-linked lagoon. Enjoy a local lunch at one of the many eateries and take a pedal boat out into the lagoon for the ultimate island paradise afternoon.

In the evening, lounge on the white-sand beaches of Playa Varadero before dining at a beach-side restaurant.

Day 2:

Wake up in the morning to enjoy breakfast served at the bed and breakfast, and take a private transport to Varahicacos Ecological Reserve — a nature preserve since 1974 with caves containing 2,500-year-old human remains and ancient pictographs.

In the afternoon, hop on a ferry to explore Cayo Piedras where you'll have the option to scuba dive or snorkel the lively coral reefs that inhabit its coastlines.

Day 3:

Before heading home, rise early in the morning to catch the spectacular sunrise

over the Atlantic Ocean coastline. Then, say your goodbyes and begin your departure home.

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

Ready for the adventure? Contact our preferred travel agency, Worldwide Navigators. Their team of experienced agents and travelers is available via email at travel@worldwidenavigators.com.



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 March 16, 2026

\$2400 due by May 17, 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