



# Ukraine Relief Mission - Switzerland

**October 12, 2025 — October 18,  
2025**

**Starting at: \$1,600**



## OVERVIEW

### The Need

Access to healthcare is critical in stabilizing the well-being of vulnerable populations. Since the onset of the conflict in Ukraine, millions of Ukrainians have been displaced, seeking refuge throughout Europe and beyond. Between March 2022 and January 2025, Switzerland received nearly 111,000 Ukrainian refugees. Unfortunately, these individuals face numerous barriers to healthcare, including challenges in obtaining both physical and mental health services.

Beyond physical healthcare needs, there is an urgent demand for mental health support. Displaced Ukrainians are enduring the psychological toll of war, loss, and displacement. The trauma of leaving loved ones behind, uncertainty about the future, and the stresses of resettlement have left many in desperate need of mental health services. However, access to mental health care remains severely limited. Without timely intervention, mental health conditions like anxiety,

depression, and post-traumatic stress disorder (PTSD) risk worsening, leading to long-term complications that profoundly affect individuals and families.

Moreover, many displaced Ukrainians suffer from a combination of immediate and long-term health issues, including untreated chronic illnesses and trauma-related injuries. The ongoing stress of displacement, coupled with inadequate access to both physical and mental healthcare, exacerbates these conditions. Without intervention, these health challenges can rapidly escalate, placing an even greater burden on healthcare systems in host countries.

As medical professionals and non-medical volunteers, your involvement is crucial in addressing this growing crisis. By offering both basic and advanced medical care, as well as providing vital mental health support, we can help alleviate the worsening health situation. This mission is not only about treating immediate medical conditions but also about ensuring long-term health solutions—physically, emotionally, and psychologically—for those who have already endured so much.

## Our Work

At International Medical Relief (IMR), we are committed to making a lasting global impact through strategic planning, collaboration, and alignment with the United Nations Sustainable Development Goals (UNSDGs), specifically Goal 3: Good Health & Well-Being, Goal 6: Clean Water & Sanitation, and Goal 17: Partnerships for the Goals.

**UNSDG 3: Good Health & Well-Being** IMR is focused on elevating the health and well-being of vulnerable populations. We work shoulder-to-shoulder with local healthcare providers to strengthen local healthcare systems and increase workforce density. By building relationships and mentoring future healthcare and public health leaders, we ensure sustainable, long-term improvements in communities' access to care.

**UNSDG 6: Clean Water & Sanitation** In line with clean water and sanitation initiatives, IMR plays a vital role in improving water quality in underserved communities. We collaborate with local populations to install water filtration systems, providing access to clean drinking water, while delivering education on hydration, hygiene, and sanitation practices. This proactive approach helps foster healthier, more resilient communities.

**UNSDG 17: Partnerships for the Goals** Collaboration is at the heart of our mission. IMR only enters a country by formal invitation and under the guidance of local hosts, ensuring that our work directly aligns with community needs. By fostering meaningful partnerships and respecting local leadership, we address urgent healthcare gaps and work toward long-term, sustainable solutions.

At IMR, our professionals, both medical and non-medical, are key to driving these initiatives forward. Whether it's delivering care on the ground, mentoring local healthcare providers, or contributing to water and sanitation efforts, each mission

makes a profound difference in the lives of those we serve.

## **This Mission**

International Medical Relief (IMR) has expanded its field operations to support Ukrainian relief efforts, with a focus on providing medical care to refugees across Europe. Our teams work within centers housing displaced Ukrainians and facilities set up to meet their immediate healthcare needs. As part of our long-term, sustainable impact strategies, we aim to transform the future for those affected by the conflict.

Medical professionals and non-medical volunteers alike will play an essential role in these efforts. From securing critical medical supplies and equipment to standing alongside local healthcare professionals, volunteers will help provide comprehensive medical and mental health support to refugees. By working in partnership with NGOs, healthcare systems, and government agencies, we can ensure that refugees receive the care they need and that the burden on local medical infrastructures is reduced. This is a unique opportunity to contribute to meaningful relief efforts and make a tangible difference in the lives of those fleeing the conflict.

Education is a cornerstone of our mission, with resources dedicated to addressing infectious disease prevention, as well as health and hygiene education. These efforts are crucial for maintaining the health of displaced populations, especially in the crowded conditions many now face.

As medical professionals, your expertise is critical in addressing this ongoing crisis. By providing both basic and advanced medical care, as well as essential mental health support, you will help mitigate the worsening health conditions faced by refugees. This mission is not only about treating immediate health issues but also ensuring long-term physical, emotional, and psychological recovery for those who have endured unimaginable hardships.

IMR has established partnerships across Ukraine, Moldova, Poland, Transnistria, Norway, Belgium, Romania, and Switzerland to ensure that our efforts are coordinated and impactful. Throughout the conflict, we remain focused on prioritizing the well-being of the people we serve, while also ensuring the safety and security of our teams. Thoughtful, deliberate, and responsible in our approach, IMR will continue to honor and respect the experiences of those fleeing their homes and families, while working diligently to provide the care they need.

Through our partnerships with local health systems and governments, IMR is helping to offset the strain on existing medical infrastructures throughout Europe, ensuring that Ukrainian refugees receive the care they urgently require.

Check out more resources: <https://internationalmedicalrelief.org/resources/>

## **Lodging/Transportation**

**INDEPENDENT ACCOMMODATION:** While accommodations and transportation are not included in this classic disaster relief medical mission package, you are able to book your hotel independently to create the perfect stay that suits your needs. Worldwide Navigators is available to help you make hotel arrangements in Zurich, conveniently located for our clinic locations. Zurich offers a range of wonderful places to stay, from cozy boutique hotels to modern accommodations, so you can relax and explore the city at your own pace.

**INDEPENDENT TRANSPORTATION:** Please note that transportation to and from your accommodations to clinic will also need to be arranged separately, but many convenient options are available to help you get around.

We hope you'll take this opportunity to enjoy all that Zurich has to offer.

For accommodations and transportation included in your package, please see our Signature Mission.

## Highlights

The war in Ukraine has created an increasingly desperate humanitarian crisis. International Medical Relief teams are actively aiding Ukrainian refugees in the surrounding region, including Zurich, by expanding access to medical, dental, and mental health services, as well as providing sustainable health education to those in need. Our mission's highlight is helping the refugees and delivering the lifesaving care they deserve.

After making a difference on the ground, don't miss the chance to explore the beautiful city of Zurich. From its rich history and stunning architecture to its vibrant culture and modern attractions, Zurich offers a perfect blend of relaxation and discovery, giving you a well-deserved break after the hard work of the mission.

Let's make an impact while also enjoying all that this incredible city has to offer!

## 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](mailto:flights@worldwidenavigators.com).*

*If you have any questions regarding flights, please contact [flights@worldwidenavigators.com](mailto:flights@worldwidenavigators.com).  
Thank you.*

### **Sunday, October 12, 2026**

#### Arrivals and Orientation

You'll fly into Zurich Airport (ZRH) by 2pm. Upon arrival, your team will transport to your hotel where you can check in and freshen up. On your way to the hotel, you will enjoy some beautiful sites of Zurich. Zurich (Zürich) is the largest city in Switzerland and the capital of the canton of Zurich. The city lies at the northwestern tip of Lake Zurich and along the Limmat River in the central plateau region of Switzerland. Its population is officially estimated at around 440,000 residents, with the greater metropolitan area home to more than 1.5 million people, making it the most populous urban area in the country. Zurich is a leading global city, consistently ranked among the world's top financial and innovation centers, as well as one of the most livable cities. It serves as Switzerland's economic powerhouse, a cultural and educational hub, and a major transportation gateway. Zurich's well-preserved Altstadt (Old Town), with medieval guild houses and churches such as the Grossmünster and Fraumünster, reflects centuries of history and heritage. 5:00pm is team orientation to prepare for the upcoming week of clinic. Your team leader will share with you about the clinic, address IMR's clinic protocols, and discuss the communities you will be serving. You and your team will also sort all the supplies for your upcoming mission. Please bring your donations as well. Everything will be sorted, organized, and repacked for the clinic the next day. Dinner is on your own. Afterwards, you'll be free to explore the city or get some rest for your first day in clinic.

### **Monday, October 13, 2026**



## Clinic

Wake up and prepare yourself for the day! Be sure to pack your daypack with all your snacks, sunscreen, hand sanitizer, camera, phone, water bottle and diagnostic equipment. The first day of clinic is great. You will surely have an impact on our visiting Ukrainian friends. Make sure you understand your role and assignment and if you need to, ask for clarification. Look to your IMR alumni in the orange caps for guidance, and please stay in your assigned clinic role throughout the day. Don't forget your safety protocols! Most importantly, enjoy the special moments. The patients are so humbled to have you there to help them. They are grateful. Take in all these memories, as time will go quickly. In the evening, you will have a thorough debrief with your team, repack bags for tomorrow, turn in your scrubs, and complete the day's statistics. Afterwards, you are free to explore Zurich's culture with great venues for dining and entertainment.

## **Tuesday, October 14, 2026**

### Clinic

Clinics begin in the morning and run into the evenings. Your days will be long and hard, but also incredibly rewarding. Brush up on your diagnostic skills, as they will surely be put to great use! Our patients are primarily the elderly, children, and women. There are numerous opportunities for educating this population on best health care practices. IMR partners with multiple facilities so you will likely be serving in different locations. Remember to listen to the stories of the patients. These stories will go down in the history books as a testament to this trying time. In the evening, you will have a thorough debrief with your team, repack bags for tomorrow, turn in your scrubs, and complete the day's statistics.

## **Wednesday, October 15, 2026**

### Clinic

By this day of clinic, you are on a roll and have full knowledge all the ins and outs of clinic operations, hands-on! We appreciate you and all your service. Remember to take time to learn a story about one of your patients. We want you to walk away with a memory that stays in your heart. Let your team leader know if there is a special place you would like to work in clinic. As always, ask lots of questions to be sure you are prepared for your role. In the evening, you will have a thorough debrief with your team, repack bags for tomorrow, turn in your scrubs, and complete the day's statistics.

## **Thursday, October 16, 2026**

### Clinic

As your week winds down, remember the community healthcare education in a public health setting that you and your team provide continues IMR's long-term, sustainable education efforts. Education is as important as medical and dental

care for our patients. When people become empowered to take health and wellness issues into their own hands, they become self-sufficient.

**Friday, October 17, 2026**

## Free Day

Spend your free day in Zurich discovering a city where history, culture, and nature meet. Wander the Altstadt (Old Town) with its medieval guild houses, the Grossmünster, and the Fraumünster with Chagall's stained-glass windows. Stroll along Bahnhofstrasse, famed for luxury shops and Swiss chocolate, or dive into culture at the Kunsthaus Zürich and the Swiss National Museum. For fresh air, enjoy a lakeside walk or boat cruise on Lake Zurich, then ride up Uetliberg Mountain for sweeping views of the city and Alps. End the day with local flavors like Zürcher Geschnetzeltes or a classic Swiss fondue.

**Saturday, October 18, 2026**

## Departures

One last morning in Zurich! Before your flight, enjoy a relaxed morning in Zurich. Stroll the Altstadt's cobbled streets, grab a coffee by the Limmat River, or pick up Swiss chocolate on Bahnhofstrasse. If time allows, take a short walk along Lake Zurich for fresh air and one last view of the Alps.

## EXTENSIONS

You've traveled halfway around the world to lend a helping hand. Why not take a moment to explore and enjoy the beauty, history, and culture that Switzerland has to offer? Worldwide Navigators has procured special tours for IMR volunteers that showcase Switzerland's rich heritage, cosmopolitan cities, and breathtaking alpine landscapes, ensuring something for every traveler.

### Zurich City and Lake Zurich Tour

Discover Zurich's charming Old Town with its medieval guild houses, winding alleys, and the iconic Grossmünster Church. Stroll along the elegant Bahnhofstrasse, one of the world's most exclusive shopping avenues, and relax with a scenic boat ride on Lake Zurich, surrounded by snow-capped peaks.

### Swiss Alps and Jungfrauoch Day Trip

Venture into the heart of the Bernese Oberland on an unforgettable journey to Jungfrauoch, known as the "Top of Europe." Ride the cogwheel train through stunning alpine scenery and step out onto the observation deck for panoramic views of the Aletsch Glacier, a UNESCO World Heritage site.

### Interlaken and Lauterbrunnen Valley Tour

Journey to the adventure capital of Switzerland, nestled between Lake Thun and Lake Brienz. Continue into the Lauterbrunnen Valley, where 72 waterfalls cascade down dramatic cliffs. Don't miss Staubbach Falls and Trümmelbach Falls, natural wonders that inspired poets and travelers for centuries.

### Basel City and Rhine River Tour

Explore Switzerland's cultural hub on the banks of the Rhine. Wander through Basel's Old Town with its striking Town Hall, visit world-class museums like the Kunstmuseum, and enjoy a riverside stroll. Basel's blend of Swiss, French, and German influences creates a uniquely vibrant atmosphere.

### Swiss Chocolate and Cheese Tasting Tour

No visit to Switzerland is complete without indulging in its culinary treasures. Travel through the countryside to sample authentic Swiss cheese at a mountain dairy, then visit a chocolate factory to experience the art of Swiss chocolate-making — and, of course, enjoy plenty of tastings.

Our travel partner, Worldwide Navigators, has some amazing extensions across Europe prepared for our volunteers! Below are links to some of our favorites from past team members. These are all customizable to match your favorite European destinations!



Krakow & Amsterdam

Central Europe

Europe

Germany

## FLIGHTS AND PRICES

### Minimum Donation

***Your generous donation helps to save and change lives every day***

Your generous donation of **\$1600** 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

\$1600 due by July 14, 2025

\$1600 due by September 14, 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](mailto: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](mailto: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