



Guatemala - University of Saint Mary

March 8, 2026 — March 14, 2026

Starting at: \$1,500



OVERVIEW

The Need

This trip is exclusive to University of Saint Mary students and faculty.

Despite its breathtaking beauty, Guatemala's environment is highly vulnerable to natural disasters that deeply affect the health and wellbeing of its communities. The people of Antigua, in particular, continue to recover from the devastating 2018 volcanic eruptions that displaced families and blanketed villages in ash. Guatemala is also prone to earthquakes, adding to the challenges faced by its population.

Preventable diseases such as diarrhea, pneumonia, cholera, and tuberculosis remain leading causes of death, while malnutrition—especially among children—contributes significantly to high mortality rates. In fact, Guatemala experiences approximately 22.1 deaths per 1,000 live births, a number that underscores the urgent need for improved healthcare access and education.

International Medical Relief (IMR) is the largest single provider of medical and dental missions in Guatemala. As a premier partner in 89 communities throughout the country, IMR is committed to helping Guatemala achieve global health security by enhancing access to quality healthcare services. Rapid and effective responses to public health threats are essential for preventing disease outbreaks and promoting lasting community well-being.

By joining the IMR team, you will work hand-in-hand with local communities to elevate health outcomes throughout Guatemala. IMR deploys volunteer brigades to remote and underserved areas where access to quality medical care is scarce. Our mobile clinics provide vital services to children, women, families, elders, and other vulnerable populations.

Together with your fellow volunteers, you will educate community members on maintaining good health and caring for their loved ones. You'll treat a broad range of acute and chronic conditions including dengue fever, hepatitis, malaria, pneumonia, and digestive illnesses.

IMR's key focus on this mission is acute medical and dental care and community health training. Your efforts with IMR will help build healthier, stronger communities and bring lasting hope to the people of Guatemala.

Our Work

International Medical Relief began working in Guatemala in early January 2018 and quickly responded to the Volcán de Fuego eruption in June of that year, providing critical disaster relief during a time of urgent need. Since then, IMR has remained committed to preventive efforts by delivering community health training, medical treatments, essential supplies and equipment, and ongoing sustainable clinic operations—serving tens of thousands of patients with the support of our dedicated medical and non-medical volunteer professionals.

As the premier global leader in medical missions, IMR is dedicated to ensuring that each mission aligns with specific objectives in support of the United Nations Sustainable Development Goals—namely UNSDG 3: Good Health and Well-being, UNSDG 8: Decent Work and Economic Growth, and UNSDG 17: Partnerships for the Goals.

In alignment with UNSDG 3, IMR works to elevate vulnerable populations through shoulder-to-shoulder care with our local partners, helping to improve individual and community health while building a strong pipeline of future healthcare and public health leaders.

In support of UNSDG 8, IMR actively contributes to local workforce development by creating training opportunities and strengthening the skillsets of our staff through year round engagement opportunities. IMR is committed to enhancing economic stability in the regions we serve by hiring and training local community members, professionals and students in meaningful, skilled roles. We provide fair compensation, ongoing skills development, and opportunities that foster

economic resilience locally. As staff members grow in experience, IMR invests in their advancement—promoting staff into higher-level leadership roles within clinic operations and offering a path toward long-term job security and professional growth.

Aligned with UNSDG 17, IMR operates exclusively through formal invitations and strong partnerships with local stakeholders. We work under the guidance and leadership of our host communities, ensuring that our efforts are sustainable, culturally respectful, and deeply aligned with local health priorities.

This Mission

Joining a medical mission to Guatemala with International Medical Relief (IMR) is a powerful and meaningful way to contribute to global health outreach and enhance healthcare in Guatemala. This unique opportunity allows you to contribute to sustainable health programs while providing compassionate care in underserved communities. IMR's Guatemala medical missions are built on three foundational pillars: acute medical care, acute dental care, and community health education and training—delivered by teams of passionate non-medical volunteers as well as nurses, dentists, and doctors without borders and barriers to hinder their commitment to providing greater access to healthcare.

IMR operates mobile medical clinics across thousands of communities, offering healthcare services throughout Guatemala's remote regions where medical infrastructure is limited. These comprehensive, multi-disciplinary clinics are designed to reach underserved populations with essential care. Through IMR's international medical corps, volunteers provide medical screenings, treat acute conditions, educate families on preventive care, and connect patients with chronic conditions to NGO health clinic partners in Guatemala for long-term support.

Whether you're a medical student volunteering in Guatemala, participating in a nursing volunteer trip to Guatemala, or engaging in volunteer travel in Latin America, IMR provides a platform for meaningful travel to Guatemala that fosters personal growth and social impact. IMR's presence helps strengthen the local health system, builds trust, and promotes community resilience from ongoing long-term medical solutions to disaster relief volunteering in Guatemala. As part of the larger ecosystem, IMR's global brigades contribute to a healthier, more connected world.

Lodging/Transportation

The team will be staying in a beautiful, safe, clean and friendly hotel located in this oceanfront community. You will be able to enjoy the local food, music, and shops nearby. The culture of Guatemala will come alive as you explore the town after clinic and during your day off. After a fulfilling day of work, why not escape to Monterrico's beaches, where golden sunsets, gentle ocean breezes, and the rhythm of the waves invite you to slow down and unwind.

Your donation for this mission trip includes transportation from Guatemala to Monterrico. Upon your arrival in Monterrico, all transportation to clinic has been arranged. Professional drivers, safe vehicles, and security are some of the many reasons to join IMR on a trip. Don't nap – there's a lot to see in the valleys and hills surrounding your home away from home this week!

Highlights

IMR's greatest highlight in Guatemala is connection, the bonds you'll form not only with your fellow volunteers but with the communities you serve. In Monterrico, family and community are at the heart of every experience. Whether it's the IMR family you meet on your journey, your family that joins you in service, or the patients' families you care for, you'll witness firsthand how deeply Guatemalan families value health, togetherness, and compassion. Here, you won't just care for individuals, you'll become part of many families.

After your days of meaningful work, you'll have the opportunity to extend your stay and unwind in Monterrico, a peaceful seaside town where the Pacific Ocean meets stretches of shimmering black volcanic sand. Watch breathtaking sunsets paint the horizon, and listen to the waves roll in as you reflect on your time of service. You will also have a free day to explore the area around Monterrico and enjoy the beach or the local wildlife and nature preserves. Enjoy fresh seafood caught that very day, stroll along the beach under starlit skies, or simply relax in a hammock as the ocean breeze drifts through. Monterrico offers the perfect balance of serenity and discovery — a place to recharge, reflect, and celebrate the meaningful work you've accomplished.

Looking for adventure? Explore the winding mangrove canals of the Monterrico-Hawaii Nature Reserve on a guided boat ride, where herons glide overhead and the water mirrors the fiery sky. Seeking something more heartwarming? Join a local turtle release and witness baby sea turtles take their first steps toward the ocean — a truly unforgettable experience.

When you join International Medical Relief (IMR) in Guatemala, you'll not only make a difference in the lives of others but also discover the beauty of Guatemala's coastal communities — where service, culture, and nature come together in harmony.



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 8, 2026

Arrival in Guatemala City, Transfer to Monterrico

You will fly into Guatemala City (GUA). From there you will travel to the oceanfront community of Monterrico, about a 3.5 hour drive. You and your team will gather for a team dinner that evening.

Monday, March 9, 2026

Orientation and Training

After a breakfast of traditional Guatemalan breakfast cuisine, you and your team will gather for orientation to prepare you for the upcoming week. Your team leader will assign roles for clinic, address IMR's clinic protocols, and discuss the communities you will be serving around Monterrico. You and your team will have the opportunity to 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.

Tuesday, March 10, 2026

Clinic

After enjoying breakfast as a team, you will head out to one of the surrounding communities with needs for healthcare and set up clinic. Lunch will be provided to you in clinic. In the evening, you will have a thorough debrief with your team and team leader.

Wednesday, March 11, 2026

Clinic

Your clinic days will be very long, but rewarding. You are likely to see patients with a wide variety of acute and chronic illnesses, including dengue fever, hepatitis, malaria, pneumonia, and digestive diseases.

Thursday, March 12, 2026

Clinic

Wake up to breakfast at your hotel and depart for your third day of clinic! You may see patients suffering from GI and respiratory diseases, ear, eye and skin infections, and the back pain and joint pain that comes from working in the fields all day. Dehydration is always an underlying condition. You'll find that prenatal care is lacking in most communities. Education on hygiene and common chronic illnesses is of the greatest importance for sustainability.

Friday, March 13, 2026

Free Day

After breakfast, the day is yours to explore the area. If you want to explore

beyond the fabulous black sand beaches, check out the local food stands or cafes or artist galleries, watch for tropical birds and other wildlife, or take a boat tour along the mangrove canals through the Reserva Natural Monterrico.

Saturday, March 14, 2026

Departures

In the morning, you will be free to take a tour, join your extension group, or transport to the airport – all dependent on when you will be flying out of Guatemala City. Thank you for a great trip! Interested in extending your stay to see more of Guatemala? Our partner, Worldwide Navigators, offers an exclusive trip extension just for IMR volunteers! See the extensions tab on this page for details.



EXTENSIONS

Since you're journeying across the globe, have you considered extending your stay to visit some of Guatemala's top spots? Join International Medical Relief on an exclusive trip extension provided by our partner, Worldwide Navigators!

Highlights:

Itinerary:

Day 1: Arrive in Antigua | Panajachel

Rise and shine as you depart in the early morning to head to Panajachel from Antigua for your lake tour! Visit the local Guatemalan villages of San Juan La Laguna, San Pedro La Laguna, Santiago Atitlan, and Maximon. Check into a local hotel in time to enjoy the beautiful lake sunset.

Day 2: Chichicastenango Market

Leave Panajachel and head towards the famous Chichicastenango Market, a vibrant center of culture and artistic creations in Guatemala! Enjoy a walking historical tour of the cemetery, Rossbach Museum, Santo Tomas Catholic Church, and a local mask factory.

Day 3: Tikal

Another early morning as you board a plane for your short flight to Flores. Upon arrival, we'll take a private walking tour of ancient Tikal. Return to Guatemala City in the evening.

Day 4: Guatemala City | Departure Home

Bid farewell to beautiful Guatemala as you head to the airport for your international flight home.

What's Included:

You Will Need to Provide:

4-Day, 3-Night All-Inclusive Tour Starts at \$950. 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 **\$1700** 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

\$1500 due by December 8, 2025

\$1700 due by February 8, 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