Cambodia – Phnom Penh

June 21, 2026 — June 27, 2026

Starting at: $1,900

OVERVIEW

The Need

Phnom Penh and its surrounding peri-urban communities continue to experience significant gaps in access to basic health care, particularly among underserved and vulnerable populations. Rapid urban growth, migration from rural provinces, and economic inequality place ongoing strain on health systems, leaving many families without consistent access to trained providers, clinics, or essential medicines. Preventable and treatable conditions—such as maternal and infant health concerns, untreated dental disease, malnutrition, anemia, chronic pain, and common infections—can escalate quickly when early care is unavailable.

These challenges disproportionately affect children, women, migrant workers, unregistered residents, and families living on the margins of the city. For many patients, a visiting medical mission team is their only opportunity all year to receive care from a trained provider. Through healthcare volunteering abroad in Cambodia, volunteers engaged in medical mission trips and global health

volunteering help reduce preventable suffering, strengthen community health, and expand access to care where it is needed most.

Our Work

Since 2012, International Medical Relief has been serving the people of Cambodia, bringing hundreds of volunteer medical, surgical, dental, and public health professionals to treat thousands of patients across the provinces of Phnom Penh, Pursat, Siem Reap, Battambang, Sihanoukville, Kampong Thom, Prey Veng, Svay Rieng, and Kampong Cham. In Phnom Penh, IMR teams focus on delivering comprehensive, patient-centered care to communities often overlooked within rapidly expanding urban environments.

IMR provides direct clinical care, preventive medicine, dental treatment, community health education, and hands-on collaboration with local providers—advancing the UN Sustainable Development Goals: SDG 3 (Good Health and Well-Being) by expanding access to essential and primary care; SDG 6 (Clean Water and Sanitation) through hygiene and public health education; SDG 8 (Decent Work and Economic Growth) by improving health outcomes that support school attendance and workforce participation; and SDG 17 (Partnerships for the Goals) through strong, sustained partnerships that strengthen Cambodia's local health systems.

This Mission

International Medical Relief is honored to partner with Cambodian leaders, health professionals, and community organizations in advancing access to health care and preventive health education, particularly for underserved and unregistered populations in and around Phnom Penh. While the capital city is home to major hospitals and medical institutions, access remains uneven, and many residents face financial, logistical, or systemic barriers to care.

Through collaborative, community-based clinics and education initiatives, IMR works alongside local providers and government partners to support national health priorities, strengthen local capacity, and help build a healthier, more resilient future for Cambodia—one rooted in partnership, dignity, and long-term impact.

Lodging/Transportation

On this Classic Trip, you and your fellow team members will be staying at a 2-star accommodation with safe, clean, comfortable rooms. The lodging is simple, basic, safe, comfortable, and affordable. During your stay in Phnom Penh, you will love the bustle of the city and the wide variety of cuisine. The Russian Market and many palaces are within walking distance of your hotel. Want to shop and eat? Head to the busy Russian Market for some evening free time!

All transportation to and from the clinic has been arranged for you. 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!

If you are looking for upgraded accommodation, please check out our Signature Trip!

Highlights

The heart of this journey is serving patients who, without you and your team, would have limited or no access to health care—making each clinic day deeply meaningful and impactful. Volunteers serve diverse communities throughout Phnom Penh, building trust, sharing knowledge, and providing compassionate care that meets both immediate needs and long-term health goals. Many volunteers describe the clinics as humbling, purpose-filled experiences that reinforce why access to care matters so deeply.

On a free day or as part of an extended stay, volunteers also have the opportunity to experience Phnom Penh's rich cultural and historical landmarks. Highlights may include visiting the Royal Palace and the Silver Pagoda, offering insight into Cambodia's royal heritage and spiritual traditions. Sites such as the Tuol Sleng Genocide Museum and Choeung Ek Killing Fields provide powerful historical context and deepen understanding of the resilience and strength of the Khmer people.

Time along the Mekong River, exploring local markets such as Phnom Penh Central Market, and enjoying traditional Cambodian cuisine further enrich the experience. Home to nearly 15 million people, Cambodia is a nation of remarkable cultural richness and resilience—defined not only by its landscapes and landmarks, but by the warmth, optimism, and determination of its people. IMR goes beyond medical service to offer opportunities for cultural immersion, reflection, and connection—creating truly impactful memories rooted in service and shared humanity.

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 21, 2026

Arrivals

You need to fly into Phnom Penh International Airport (PNH) by 2:00pm and then transfer to your hotel. Upon arrival to the airport, team members who have selected Airport Transfer will be transported from the airport to team lodging. Team members who have opted out of Airport Transfer will need to arrange

transportation from the airport to team lodging. Once you've arrived at team lodging, settle in and join your team for 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 Cambodia. Our partners will join us to explain the cultural components, medical landscape and overview of the medical conditions prevalent in the area.

Monday, June 22, 2026

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. 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.After closing clinic, you and the team will go back to your lodging for a thorough team debrief and then have the opportunity to

Tuesday, June 23, 2026

Clinic

At your clinic sites in Cambodia, you will serve communities of migrant workers, unregistered individuals, and ethnic minorities throughout Phnom Penh and Kampong Speu.

Wednesday, June 24, 2026

Clinic

Prepare to immerse yourself in the cultures of those you will serve and hear their stories of the Khmer Rouge.

Thursday, June 25, 2026

Clinic

Clinics begin early in the morning and run into the evenings. Your days will be long but rewarding!

Friday, June 26, 2026

Free Day

The day is yours to further explore the many sights Phnom Penh, seeing some of the most famous landmarks in Cambodia including the Khmer Rouge Killing Fields, the infamous S-21 prison, and the Royal Palace. A ride on a riverboat will complete a wonderful day! The day will end with dinner at your hotel and bed. For help arranging activities for this day, please contact Worldwide Navigators.Note: Today is a free day and no activities are included.

Saturday, June 27, 2026

Departures

Enjoy breakfast at your hotel, then bid farewell to beautiful Cambodia as you head to the airport for your international flight home. If you book your flight home late, enjoy the day in this beautiful city!Contact Worldwide Navigators to Extend your Stay!

EXTENSIONS

Since you are already venturing across the globe, have you considered extending your stay by a few days to see Cambodia's top tourist destinations? Did you know IMR offers an exclusive three-day extension to its volunteers? By continuing your trip and exploring off the beaten path, you will give yourself more time to visit Cambodia's beaches, mountains, waterfalls, temples, and markets.

Of all the incredible little trips you can take, our top recommendation is a sunset visit to Angkor Wat. While you are out, be sure you venture over to a beach bar to appreciate local nightlife and the glow-in-the-dark plankton. Moreover, if you are an adventurer at heart, you can take a nighttime snorkeling trip along the shores.

If you are more of a foodie and less of a wanderer, Cambodia is home to many local chefs who offer cooking classes. Alternatively, you can order "a-ping," which is a local favorite. Though undoubtedly unique, you can find these deep-fried tarantulas in sit-down restaurants or the marketplace.

You can view the exclusive IMR extensions here! For additional information, please contact our preferred travel agency, Worldwide Navigators. Their team of experienced agents and travelers is available via email at travel@worldwidenavigators.com or phone at (970) 541-8827.

FLIGHTS AND PRICES

Minimum Donation

Your generous donation helps to save and change lives every day

Your generous donation of **$2100** 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

$1900 due by March 23, 2026

$2100 due by May 24, 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 would like to extend your stay in the area to tour and explore, or if the routing from you 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