Nicaragua – Rio Indio

October 11, 2026 — October 17, 2026

Starting at: $3,100

OVERVIEW

The Need

Healthcare in Nicaragua involves the collaboration of both private and public institutions. Although Nicaragua's health outcomes have improved over the past few decades due to the efficient utilization of resources, there are still challenges when responding to the populations diverse healthcare needs. The government provides universal free healthcare for its citizens, however, there still are limitations that prevent quality care to be delivered to all of Nicaragua's citizens. Current delivery models create an unequal distribution of resources and medical personnel, which specifically leaves rural communities vulnerable.

Within Nicaragua, there are several isolated remote villages that lack any medical aid or healthcare resources. As such, the humanitarian service that IMR brings will be much needed. This medical relief trip is different from other IMR expeditions because it gives volunteers a unique opportunity to work directly with an indigenous tribe. You will find the people of Rama to be warm, hospitable,

and genuinely interested in English culture. It is an honor that IMR continues to be welcomed back by these resilient and inspirational people, so please be respectful during every moment you are here.

Our Work

International Medical Relief began its partnership with Nicaragua in 2011 and has since served more than 7,000 patients through nearly 450 staff and volunteers. We plan to continue our preventative efforts by providing medical relief and sustainable health services to the community including community health training, medical treatments, medical supplies and equipment, and clinic operations. IMR strives to provide life-changing medical care to people who do not have reliable access to treatment and help increase the communities education and knowledge on their own health to improve the overall health of the most remote and underserved communities in Nicaragua.

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 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.

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

Our primary goal of this trip is to provide life-changing medical care to people who do not have reliable access to treatment. Since this is not IMR’s first trip to the area, you can expect to see entire families travel to see you at the clinic. Many of the Rama who attend clinic will have paddled up to 10 hours up-river to reach your medical team. Also, because healthcare is sparse, many of your patients will have conditions that are treatable with education and modern medicine. During clinic, you will treat fungal diseases and other less-serious conditions. You can also expect to see respiratory and GI illness. While treating your patients, you will learn about their daily struggle to protect their indigenous culture and the surrounding rainforest.

Lodging/Transportation

This Signature Trip includes lodging at an upscale eco-lodge, specially designed evening activities, gourmet food, and the opportunity to care for the indigenous

Rama tribe. The Río Indio Adventure Lodge is considered a Birding Paradise, so bring your binoculars!

Since it rests on the banks of the San Juan River, it is surrounded by 640,000 acres of rainforest at the Rio Maíz National Park, the largest rainforest north of the Amazon Jungle. For clinic, you will travel along some of the most beautiful waterways in the world.

Highlights

The most memorable part of your trip will be interacting with and learning from a group of indigenous people who do not receive many visitors or assistance from the world. Known as “The Guardians of the Forest,” the Rama are currently engaged in a cultural war as they try to protect their rainforest from being developed. Your time here will allow you to learn from these remarkable people.

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 11, 2026

Arrivals

You and the rest of your volunteer team will land at the Juan Santamaria International Airport in San Jose, Costa Rica. Please arrive by 8:00pm so you can transfer to your hotel in time for the team dinner and orientation.During orientation, your leader will assign roles for the clinic, present IMR's clinic

protocols, and provide an overview of the clinic days that you have ahead.

Monday, October 12, 2026

Transfer to Rio Indio

After an early morning breakfast with your team, you will board a bus that will transfer your volunteer group from Costa Rica to Nicaragua. Since you will pass through customs on your way across the border, you will need to have your passport readily available.Once you have crossed the border, your team will board small motor boats that will carry you up the beautiful Rio San Juan. The boat ride will take you along the banks of the lush rainforest, so you will want to have your camera ready to capture scenic and wildlife shots.The boats will drop you off at your new eco-friendly hotel, the Rio Indio Lodge. Keep your eyes peeled for the property's "pet" crocodile!

Tuesday, October 13, 2026

Clinic

You and your team will wake up to a breakfast of fresh fruit and traditional Nicaraguan cuisine, then you'll pack up your supplies and head off to one of the surrounding communities for your first day of clinic. Lunch will be provided to you in clinic. In the evening, you will return to the lodge and have a thorough debrief with your team and team leader.

Wednesday, October 14, 2026

Clinic

During clinic, you can expect to see respiratory and GI illnesses, fungal diseases, and other less-serious conditions. While treating your patients, you will learn about their daily struggle to protect their indigenous culture and the surrounding rainforest.

Thursday, October 15, 2026

Clinic

Because healthcare in the area is sparse, many of the Rama who attend clinic will have paddled for hours up-river to reach your medical team. Many of your patients will have conditions that are treatable with education and modern medicine, which gives you the opportunity to make a major impact in their lives.

Friday, October 16, 2026

Half-Day Clinic and Transfer to San Jose

You will participate in your last clinic in the morning, then your team will return to San Jose, Costa Rica. Since this will be your last night abroad, we highly

recommend that you use your free time to venture into the city and experience the local nightlife.

Saturday, October 17, 2026

Departures

You will enjoy one final meal with your volunteer team before departing home. Return flights are available throughout the day, so you will want to budget your time accordingly.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 halfway across the globe. Why not extend your stay in Nicaragua to experience some of its top tourist attractions? Join us on an exclusive trip extension visiting some of the area's highlights.

Highlights:

Itinerary:

Day 1: Arrive on Big Corn Island

While your plane descends to Big Corn Island, notice the spectacular island-scape sprinkled with colorful wooden houses. Big Corn Island is lush, rustic and still mostly unsettled, with beaches perfect for lazy days and peaceful, serene nights.

At lunchtime, wander into a barefoot bar and order up some fresh Caribbean lobster, a Corn Islands staple and their number-one industry. Pick a beach and take an afternoon siesta and swim in absolute tranquility.

Once you've had enough sun and sand for one day, grab dinner in one of Big Corn's surprisingly plentiful restaurants and sit in awe as you watch the sun dip into the vast, blue Caribbean Sea before heading to your bungalow for the night.

Day 2: Little Corn Island

Enjoy a leisurely breakfast at the hotel before taking a panga (small boat) to the jewel of the Caribbean, Little Corn Island. Yet undiscovered by most, Little Corn will charm you with its old-world feel and laid-back Caribbean vibes. A strict no-

car zone, Little Corn is a pedestrian paradise, with endless beaches and neighborhood trails lined with fresh fruit trees.

Check in to your bungalow for the night before meandering along virgin shorelines. Explore golden coves and get to know the charismatic locals that make Little Corn their home.

Day 3: San Jose | Departure Home

Rise early in the morning for breakfast and a few last hours soaking up the magic of this beautiful island. Go for a snorkel, or lounge on the beach.

Then you'll make your way back to the airport for your departure home.

What's Included:

You Will Need to Provide:

3-Day, 2-Night All-Inclusive Tour starts at $950. Contact Worldwide Navigators to book or get more information.

FLIGHTS AND PRICES

Minimum Donation

Your generous donation helps to save and change lives every day

Your generous donation of **$3100** 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

$2900 due by July 13, 2026

$3100 due by September 13, 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