Costa Rica

March 20, 2022 — March 26, 2022
Starting at: $3,100

OVERVIEW

The Need

Costa Rica has a two-tiered healthcare system, however, there are still strong health disparities. The poor and lower class of Costa Rica greatly outnumber the middle and upper class. Consequently, this uneven distribution of wealth has made it difficult for many struggling families to access the healthcare they need. Costa Rica’s tropical weather attracts many tourists each year, but this climate also brings multiple mosquito- and water-borne illnesses.

One of the primary goals of clinic is to help the Costa Rican government’s ongoing effort to increase personal hygiene by educating residents about the importance of proper hand washing techniques. During clinic, you and the rest of the volunteer team will educate locals on how to stay healthy and how to care for their loved ones. You can expect to provide infectious wound care, nutrition information, and education on proper family care. Your patients will also require treatment for stomach issues, hypertension, diabetes, and respiratory infections.
One of the main focuses of this mission is dentistry. Community members from both Costa Rica and Nicaragua are encouraged to attend clinic, so the demand for dental care will be high.

**Our Work**

International Medical Relief began partnering with Costa Rica in 2019. In the short period of time since, we have worked with 300 volunteers and staff to serve more than 3,500 patients. IMR will continue our preventative efforts by providing medical relief and sustainable health services to the community that include community health training, medical treatments, medical supplies and equipment, and clinic operations. IMR strives to continue to help the Costa Rican government’s ongoing effort to increase personal hygiene by educating residents about the importance of proper hand washing techniques.

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**

Costa Rica is home to 800 miles of expansive beaches, three volcanic mountain ranges, several rainforests, countless valleys, and vast wetlands. Nearly half of the country is covered by dense forest, and one-quarter of the country’s jungle is protected land. The forests here are inclusive of tropical rainforests, dry forests, and clouded forests. Together, they provide habitats for over 1,500 species of amphibians, birds, and mammals, which is almost 5% of the Earth’s biodiverse makeup. The charming and friendly people who inhabit the country have immigrant ancestors from countries including Spain, Jamaica, and China. As such, the nation’s rich culture has evolved from its Spanish European and indigenous histories.

**Lodging/Transportation**

You will stay in safe and comfortable hotels with bottled water and excellent meals cooked to American standards provided by IMR throughout your stay. Transportation is provided for your team by professional drivers in safe vehicles.
You will be a remote area of Costa Rica caring for patients with little or no access to care so be prepared for a little jungle time!

**Highlights**

Families will be the highlight of your clinic days. Multigenerational families will be the heart of every clinic. You will be able to provide care for the entire family, ensuring their health and well-being for years to come. There will be lots of opportunity to provide education around well-baby care, nutrition, and hygiene – which fits well with Costa Rica’s ongoing efforts to increase the effectiveness of hand washing. Ziplining, jungle walks, bird watching, perfect beaches, waterfalls, adventure parks, volcanos, hot springs, surfing, horseback riding, monkeys, and more await your exploration in this beautiful and wild country.
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@worldwidенavigators.com.

If you have any questions regarding flights, please contact flights@worldwidенavigators.com.

Thank you.

Sunday, March 20, 2022

Arrivals

You and the team will fly into the Liberia Airport (LIR). Upon arrival, your team will travel to Upala, a small town just south of the Nicaragua border. After you check in to your hotel, you’ll attend the team orientation to prepare for the upcoming week of clinic. Your team leader will assign roles for clinic, address
IMR’s clinic protocols, and discuss the communities you will be serving in Upala. In the evening, enjoy a welcome dinner with your team.

**Monday, March 21, 2022**

Training and Clinic

After breakfast at the hotel, you will assist your team in preparing for clinic. Clinic sites are set up close by your accommodation in community centers, schools, and churches. Hundreds of Nicaraguan families cross the border each day and many seek care at IMR clinics. You and your team will 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 22, 2022**

Clinic

After breakfast at the hotel, you will continue to serve the hundreds of Nicaraguan families that cross the border each day seeking care at IMR clinics.

**Wednesday, March 23, 2022**

Clinic

Your third day of clinic! After enjoying a nice breakfast, continue to listen to narratives and stories of the community that you are serving.

**Thursday, March 24, 2022**

Clinic

Today is your last day of clinic.

**Friday, March 25, 2022**

Free Day

Today you have the opportunity to tour Costa Rica and participate in a number of activities! Eat traditional gallo pinto, fresh fish, and tostones. Tour the nearby volcano or spend the day at the beach!

**Saturday, March 26, 2022**
Departures

Wake up and enjoy your last morning in Costa Rica with breakfast at your accommodation. You and the team can depart back for the airport at anytime, or stay and continue to explore Costa Rica! Airport transportation is provided for all group flyers.
EXTENSIONS

You’re journeying halfway across the globe. Have you considered extending your stay to visit some of Costa Rica’s top spots? Join International Medical Relief on an exclusive trip extension provided by our partner, Worldwide Navigators!

Click here to view the itinerary!

Ready for the adventure? Connect with Worldwide Navigators today!
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 December 20, 2021

$3100 due by February 20, 2022
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 December 20, 2021.

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 December 20, 2021. 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@worldwidenuavigators.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: $600
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 in-country arrival/departure or USA arrival/departure