



# HAMMOCK EXPEDITIONS

## MISSIONS & SERVICE

## BAHAMAS



## THE MISSION

Our main goal is to continue to aid the Bahamas to help build their local healthcare system. The Bahamas is in a vulnerable environment that is prone to natural disasters. Since Hurricane Dorian's tragic landfall on nearby Grand Bahamas and Abaco Island, Nassau has experienced an influx of individuals as survivors seek refuge. Since then, the Bahamas became more vulnerable due to the destruction of local infrastructure and homes. This created a lack of access to clean water, toilets, and other resources that increases the community's risk for diseases.

Our local team works to support the community and rebuild a more sustainable healthcare system. This trip will help improve the wellbeing of the community through treatment and education initiatives. Flexibility is a key component of success for this mission! Be prepared for a fluid situation that may require significant changes to the planned itinerary. It is our goal to provide aid in whatever manner is necessary to help the people and the medical and dental communities of the Bahamas.

In-country we will work to elevate vulnerable populations through shoulder-to-shoulder care with local partners, creating workforce density, and a cadre of future healthcare and public health leaders. Our medical mission teams also work toward Clean Water & Sanitation by supporting and strengthening the participation of local communities in improving their water quality, and installing water filtration systems that supply communities with clean drinking water and providing education on hydration and hygiene.



Hammock Expeditions, LLC  
51 Hillcrest Way  
Bluffton, SC, 29909 USA  
P: 984.223.9866  
[www.STEMstudytours.com](http://www.STEMstudytours.com)  
[www.HammockExpeditions.com](http://www.HammockExpeditions.com)



HISTORY  
HITCH  
History, Language & Culture Tours

# LODGING & TRANSPORTATION

Your team will be accommodated at a safe and comfortable hotel during the duration of your clinical trip. Transportation will be provided to and from clinic each day.

## HIGHLIGHTS

Helping the people of the Bahamas to recover from this devastating tragedy is the highlight of this relief effort.

## ITINERARY AT A GLANCE

Day 1	Arrival & Orientation
Day 2	Clinic
Day 3	Clinic
Day 4	Training Day
Day 5	Clinic
Day 6	Clinic
Day 7	Depart for Home

### Day 1 – Dinner included

Today you will fly into the Bahamas, arrival no later than 5 PM, to meet the rest of your clinical team. Once all team members have arrived, you will attend orientation where your team leader will assign roles for the clinic, present clinic protocols, and provide an overview of the communities your team will serve over the next few days.

### Day 2 – Breakfast, lunch & dinner included

For the next five days, you and your team will work tirelessly during clinic.

### Day 3 - Breakfast, lunch & dinner included

Each morning, you will enjoy a delicious breakfast with your team before heading to your clinic site, where you will treat patients.

### Day 4 - Breakfast, lunch & dinner included

Your team will assist in providing training for local healthcare providers to continue 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 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. Our partners provide learning opportunities for the local communities through classes and hands-on learning to sustain their well-being beyond our visit.

### Day 5 - Breakfast, lunch & dinner included

Your clinic days will be long and hard, but the incredible work that you do will be well worth your efforts!



Hammock Expeditions, LLC  
51 Hillcrest Way  
Bluffton, SC, 29909 USA  
P: 984.223.9866  
[www.STEMstudytours.com](http://www.STEMstudytours.com)  
[www.HammockExpeditions.com](http://www.HammockExpeditions.com)



HISTORY  
HITCH  
History, Language & Culture Tours

### Day 6 – Breakfast, lunch & dinner included

On your last day of clinic, you and the rest of your team will join together in the evening for a final farewell dinner.

### Day 7 - Breakfast

In the morning, you and your team will enjoy one final breakfast together before going your separate ways. Thank you for your service!

## MISSION INCLUSIONS

International flights  
Transportation  
Lodging  
Costs associated with the clinic  
Food & Beverages  
All logistics, including translation services and security as needed  
2 sets of scrubs per person  
Travel pack with water bottle, journal, luggage tags and more  
Personal Tour Ambassador assigned to your group

## NOT INCLUDED

Passport fees, visa fees, and transit fees if required  
Luggage fees if not included with airline ticketing  
Fully comprehensive insurance (mandatory)  
Coach transfers to/from home airport  
Meals on travel days other than what is specified  
Single occupancy supplement fees  
Vaccinations and medications common for travel  
Spending money for souvenirs and personal purchases  
Required mission supplies or personal equipment  
COVID-related fees such as testing, vaccinations and quarantines  
Additional Sightseeing / Entertainment Options  
Any gratuities – Tour Ambassador, local guides

**Each team is responsible for carrying medical supplies for the deployment.  
All fees associated with transport are the responsibility of the volunteer.**

This mission is offered through our partnership with International Medical Relief. As always, our staff are always available to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.



Hammock Expeditions, LLC  
51 Hillcrest Way  
Bluffton, SC, 29909 USA  
P: 984.223.9866  
[www.STEMstudytours.com](http://www.STEMstudytours.com)  
[www.HammockExpeditions.com](http://www.HammockExpeditions.com)



HISTORY  
HITCH  
History, Language & Culture Tours