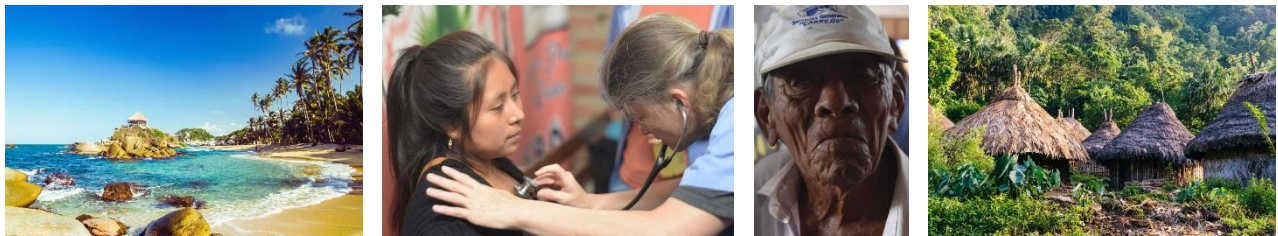




## SANTA MARTA, COLOMBIA



### THE MISSION

Santa Marta, located on Colombia's Caribbean coast, is a city with a unique blend of healthcare needs and captivating cultural opportunities. The region faces healthcare challenges with disparities in access to medical services, particularly in impoverished communities. The city's infant mortality rate, although decreasing, remains a concern, and access to quality healthcare is a critical issue.

In Colombia, there are several basic health needs that can be effectively addressed during community medical missions. Access to primary healthcare remains a challenge in many underserved areas, leading to a range of treatable conditions. One prevalent issue is the need for basic healthcare screenings and preventive services as well as training and education on basic health needs. Women's health is of critical importance to reduce infant and maternal mortality rates. Additionally, infectious diseases, like parasitic infections and waterborne illnesses, are common in certain regions, requiring diagnostic and treatment interventions. Malnutrition and inadequate access to clean water also contribute to health problems, particularly among children. Chronic conditions, such as hypertension and diabetes, often go untreated due to limited healthcare resources.

Local teams aim to identify these cases and provide patients with knowledge while bringing them into the medical system for regular care and follow-up. By providing medical check-ups, vaccinations, education on hygiene and nutrition, and access to essential medications, community medical missions play a crucial role in addressing these basic health needs and improving the overall well-being of Colombia's underserved populations.



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# LODGING & TRANSPORTATION

You will stay in very clean comfortable accommodations with shared bathrooms. The accommodations, fresh food, and amenities will allow you to recharge and get ready for the next day. Transportation to clinic is safe with reputable drivers and enough room for all.

## HIGHLIGHTS

Santa Marta is a treasure trove of natural beauty and cultural richness. The Tayrona National Natural Park offers stunning beaches, dense forests, and diverse wildlife. Ciudad Perdida, an ancient archaeological site, is an intriguing historical attraction. Visitors can explore Santa Marta's rich cultural heritage, including indigenous communities, vibrant music, and delicious Caribbean cuisine. By volunteering here, you not only provide essential medical care but also have the chance to experience the warmth and resilience of the local community while exploring the natural wonders of the region.

## ITINERARY AT A GLANCE

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

### Day 1 – Dinner included

Your team will fly into Simón Bolívar International Airport (SMR) in Santa Marta, arriving before 2 PM. Upon arrival, your team will transport to your hotel where you can check in and freshen up. You will enjoy a hearty dinner and attend the team orientation to prepare you for the upcoming week of clinic. Your team leader will assign roles for clinic, review clinic protocols, and discuss the communities you will be serving in and around Santa Marta.

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

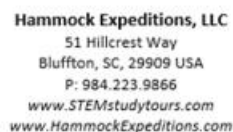
After a hearty breakfast of local cuisine at your hotel, you will head to your first day of clinic! Patients of all ages will be lined up to greet you as the team arrives, excited to receive the medical care that is so difficult for many of them to attain.

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

You will likely see many patients living with diabetes, hypertension, and heart disease. Not only can you offer treatment for acute symptoms, you will have the opportunity to provide patients with education on their conditions and the lifestyle changes that can help improve them.

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

You and the team will have the opportunity to 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. Your team provides learning opportunities for the local communities through classes and hands-on learning to sustain their well-being beyond our visit.

You will also have free time to explore Santa Marta with its quaint historic streets and colorful architecture. There are so many things to do and see, it will be easy to get completely absorbed by the culture of this wonderful city.

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

Access to primary healthcare in Colombia remains a challenge in many underserved areas, leading to a range of treatable conditions. One prevalent issue is the need for basic healthcare screenings and preventive services as well as training and education on basic health needs.

#### **Day 6 - Breakfast, lunch & dinner included**

On your final day of clinic you'll likely reflect back on all those whose lives you touched during the week – and the lives that touched yours. Your patients will be grateful for the care and education you provided throughout the week, and we thank you for your service.

#### **Day 7 - Breakfast**

You will have one final breakfast with the team before parting ways with your teammates. 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



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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.



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