



Costa Rica

May 10, 2026 — May 16, 2026

Starting at: \$2,100



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. 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, International Medical Relief (IMR) is dedicated to ensuring that specific, measurable goals are met on each mission, in direct correlation with the United Nations Sustainable Development Goals 3, 6, 8, and 17.

UNSDG 3: Good Health & Well-Being IMR works to elevate vulnerable populations through shoulder-to-shoulder care with our local partners, strengthening healthcare systems while creating workforce density and a growing cadre of future healthcare and public health leaders. By training alongside local professionals and students, IMR helps build sustainable, community-based health capacity that extends far beyond our deployments.

UNSDG 6: Clean Water & Sanitation Our medical mission teams actively support and strengthen local participation in improving water quality by installing water filtration systems that provide communities with access to clean drinking water. IMR also delivers education on hydration, sanitation, and hygiene—helping reduce preventable disease and improve long-term health outcomes.

UNSDG 8: Decent Work & Economic Growth IMR is committed to strengthening local economies by hiring locally and investing in community-based professionals, including translators, drivers, healthcare workers, educators, and logistics staff. Through fair wages, skills transfer, and workforce engagement, IMR contributes to economic resilience while supporting dignified employment and professional development within the communities we serve.

UNSDG 17: Partnerships for the Goals IMR works exclusively in collaboration and at the request of local hosts, operating under their direct leadership and guidance. We never enter a country without a formal invitation and a clearly identified community need for medical or dental care and health education. These trusted partnerships ensure culturally appropriate care, local ownership, and long-term sustainability.

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.

Beyond the meaningful impact you'll make through community education, Costa Rica offers an unforgettable backdrop for adventure, learning, and renewal. While supporting local efforts around well-baby care, nutrition, hygiene, and effective hand-washing practices, you'll be immersed in a country globally known for its commitment to health, sustainability, and pura vida living.

In your free time, Costa Rica becomes an outdoor playground. Soar through the rainforest canopy on zipline adventures, hike lush jungle trails alive with birdsong, or spend quiet mornings bird-watching for toucans, macaws, and hummingbirds. Discover hidden waterfalls, relax on perfect palm-lined beaches, or dive into the thrill of adventure parks and canopy tours.

Explore dramatic volcano landscapes, then unwind in natural hot springs warmed by the earth itself. For ocean lovers, Costa Rica is world-renowned for surfing, snorkeling, and coastal exploration. Saddle up for horseback riding through countryside and beaches, or encounter incredible wildlife—monkeys, sloths, iguanas, and tropical birds—often just steps from where you're staying.

This is a destination where purpose and adventure seamlessly intertwine. Each day offers the chance to serve, learn, explore, and reconnect—with nature, with community, and with yourself—in one of the most beautiful and biodiverse countries on Earth.



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, May 10, 2026

Arrivals

You and the team will fly into San Jose International Airport (SJO). Upon arrival, you will travel to San Jose, the capital city of Costa Rica located in the Central Valley. 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 San Jose. In the evening, you'll enjoy a welcome dinner with your team.

Monday, May 11, 2026

Clinic

You and the team will wake up to breakfast provided by your accommodation and gear up for a long day in clinic! Clinic sites will be close by and set up in community centers, schools, and churches. Hundreds of Nicaraguan families and children are crossing the border each day, so you will have an opportunity to help many people in great need.

Tuesday, May 12, 2026

Clinic

You and the rest of the volunteer team will have the opportunity to educate patients on how to stay healthy and how to care for their loved ones. You may share information on infectious wound care, nutrition, and proper family care.

Wednesday, May 13, 2026

Free Day/Optional Training Day

You and the 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. After training, you will 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 time at the beach!

Thursday, May 14, 2026

Clinic

You will likely see patients with stomach issues, hypertension, diabetes, and respiratory infections.

Friday, May 15, 2026

Clinic

Today marks your final day of clinic. You'll feel tired but energized over the difference you were able to make for the patients you cared for throughout the

week.

Saturday, May 16, 2026

Departures

Wake up and enjoy your last morning in Costa Rica with breakfast at your accommodation. You may depart for the airport at any time, or stay and continue to explore Costa Rica. 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

Highlights:

Itinerary:

Day 1: Arrive in Puerto Viejo

After landing in the charming Costa Rican capital of San Jose, travel to the beachside town of Puerto Viejo, about a 4-hour drive away. Situated on the Caribbean side of Costa Rica near the border of Panama, Puerto Viejo is much less crowded than tourist towns on the Pacific side, with a diverse array of visitors and locals. You won't find fast food chains or high-rise hotels here, but you will see colorful homes, exquisite uncrowded beaches, and exotic wildlife. Take a deep breath of warm ocean air and spend your first day getting settled into Paradise.

Day 2: Jaguar Rescue Center | Chocolate House | Waterfall Tour

Discover the Jaguar Animal Rescue Center located near Playa Cocles. This center serves as a refuge and rehabilitation center for many local animals including members of the cat family, monkeys, snakes and more.

At the Chocolate House, learn the process in which indigenous chocolate is made by the people who know it best. Watch a demonstration of the process, from the growing of the Cacao plant to the making of chocolate. Afterwards, you'll enjoy a hike to a beautiful waterfall.

Day 3: Hike to Cahuita National Park

You'll hike through the Cahuita National Park beginning in the community of Cahuita, along white beaches and up to Cahuita Point. Then you'll have the chance to relax and swim in the calm water of the Caribbean Sea.

Day 4: Puerto Viejo to San Jose | Departure Home

After your morning breakfast and checkout, say goodbye to the sleepy seaside village and head to San Jose where you'll catch your flight home. Promise yourself you'll come back soon!

What's Included:

You Will Need to Provide:

4-Day, 3-Night All-Inclusive Tour Starts at \$900. Contact Worldwide Navigators to book this extension or get more information.

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 February 9, 2026

\$2100 due by April 12, 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 you would like to extend your stay in the area to tour and explore, or if the routing from your 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