

WHAT IS SALUD Y PAZ?

Salud y Paz promotes integrated health, healing, and education with Mayan communities in Guatemala by enabling access to health care and early childhood education.

WHAT DO SERVICE TEAMS DO?

Rural Medical Teams provide an opportunity for Guatemalan people living in rural villages to receive medical care they wouldn't be able to afford or access otherwise. Families can see a doctor, receive medication, and if necessary, be referred to one of our clinics for ongoing care. Teams consist of providers (doctors, nurse practitioners, or physician assistants), nurses, and other medical or non-medical personnel. Teams stay in Chichicastenango and serve the villages in the area of Chichicastenango and Nahuala. All supplies and medications are packed in boxes and are brought with the team each day. Teams set up a triage station, doctors' offices, pharmacy, and follow-up education stations in schools, community buildings, or churches in local communities. Each general medicine provider sees approximately 30 patients per day.

Rural Dental Teams serve together with Rural Medical Teams or as standalone teams. Providing dental care in the rural villages gives people an affordable opportunity to receive essential, quality dental procedures. Without dental teams, rotting teeth and cavities often go untreated and can become dangerous. Teams consist of dentists, assistants, and other dental or non-dental personnel. Similar to our Rural Medical Teams, dental teams stay in Chichicastenango and serve the villages in the area of Chichicastenango and Nahuala. Corrugated plastic dental chairs are provided by Salud y Paz and assembled by the team at each site. All supplies and medications are packed in suitcases and are brought with the team each day. Due to the context in which we work, Salud y Paz Rural Dental Teams perform extractions and refer to our central clinic for restorative procedures. Dentists serving on Rural Dental Teams typically see a range of 15-20 patients per day.

Construction and Maintenance Teams are the heart of our presence in the Mayan Highlands and have been instrumental in building the foundation of our work here. Teams will be deployed where the need is greatest—joining our Guatemalan engineering team to either construct new facilities or maintain existing ones. While building new structures expands our reach, maintenance is equally vital: your hands-on work in preserving, repairing, and optimizing our physical spaces ensures

our infrastructure remains safe, functional, and sustainable for years to come. Whether you are laying cinder blocks or reinforcing the facilities that daily serve local families, your labor directly sustains high-quality care. You won't just be working on a building; you'll be building—and protecting—a future where every person can access the care they need, where children can thrive, and where the community is empowered to lead its own path toward well-being.

WHO IS MY CONTACT PERSON?

The best way to communicate with Salud y Paz about your team is through email to teamcoordinationdirector@saludypaz.org.

HOW DO I SCHEDULE A TRIP DATE?

The first step to schedule your mission week is to email us with a possible date. If your date is open, you can secure that date and be put on the schedule after your deposit (\$250) has been sent to Salud y Paz.

WHAT DOES IT COST?

\$1,100 per person

Teams with more than 14 members will be offered a discount of \$50 per person

What fee includes: Lodging for up to 8 nights Transportation for 9 days Meals on work days Purified water for your team on your workdays The cost of permits and licensing required to run service teams in Guatemala The cost of direct personnel required to run the teams program Interpreters All taxes, tips and gratuities pertaining to this list	What fee does not include: Flight to Guatemala Travel Insurance Med Box / Dental Box / Supplies* Construction/Maintenance fee* Free time host* *Can be purchased for an additional fee
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Construction/Maintenance Team Donation: Construction/Maintenance teams are charged an additional one-time fee of \$2,700 to cover costs for construction and maintenance materials, foreman and labor for a week-long project.

WHAT MEDICATIONS & SUPPLIES DO I NEED TO BRING?

We encourage all rural medical teams to purchase a Med Box from Salud y Paz. All purchasing, packing and preparation is handled by the Salud y Paz Guatemala staff for the team, ready for your arrival. A full med box costs \$4,250 and a half med box costs \$2,125. We generally recommend one full med box to every two-three providers.

SALUD Y PAZ
SERVICE TEAMS PROGRAM
GUIDEBOOK OVERVIEW



Teams can also purchase a box of dental medicines and supplies for \$300, which is sufficient for one dental provider for the week. Please note that not all items on the Dental packing list are included in the Dental Box. It is important to review carefully so you can supplement as needed.

Formularies for the Med Box and Dental Box are available at:

<https://saludypaz.org/teams/#teamresources>

Detailed packing lists can be found in our Service Journey Guidebook

WHAT WILL THE ITINERARY BE?

Saturday	Arrival in Guatemala. Salud y Paz staff will meet the team at the airport. Please try to have all team members arrive at the Guatemalan International Aurora Airport by no later than 1.00pm on Saturday arrival day. Contact Salud y Paz staff if this will not be possible. Most teams will arrive at the work week hotel during the evening. Time for check in and dinner (dinner is available prior to 9pm).
Sunday	Free day and orientation. Salud y Paz Coordinator will meet with the team during breakfast time to provide general recommendations. Many teams will enjoy a visit to the famous Chichicastenango market, cemetery, or a local church in addition to some time to relax and prepare for the work week. Salud y Paz staff will meet with the team again after dinner on Sunday to provide general orientation for the work week.
Monday	Work day 1: At the end of the day the team have a review meeting of the work day
Tuesday - Thursday	At the end of each day the team will meet to discuss the highlights of the day.
Friday	Team will check out of work week hotel and visit the Salud y Paz main project site in Camanchaj on their way to their free day location. Check in to weekend hotel. Salud y Paz staff will conclude their accompaniment of the team on Friday.
Saturday	Team will enjoy free time in Panajachel or Antigua. A host can be requested for free time for an additional fee.
Sunday	Departure to the United States

If you need more detailed information please visit

<https://saludypaz.org/teams/#teamresources> or contact us!

Thank you for opening up your heart to lead a service team to Guatemala! We are sure that it will be a life-changing experience and we thank you for your incredible generosity and giving spirit. You are making a difference and it is a privilege to travel your service journey beside you!