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Welcome and Thank You!

Thank you for making the wonderful decision to volunteer with us in Guatemala! We are almost sure that it will be a life-changing experience. Salud y Paz knows that you have worked very hard to prepare and we thank you for your incredible generosity and giving spirit. You are making a difference and we are happy to travel your mission journey beside you! As you plan your mission, please consider that you are embarking on a journey and not just a trip.

I couldn’t have compiled this guidebook without the others before me who have passed on such great information and experience. Thank you to those who contributed to previous versions of this guidebook! If you are a team leader, please share this with your whole team. It is up to you to convey the information. Even if you’ve been to Guatemala before, it’s important to revisit this guidebook frequently!

Wishing you Health & Peace,

Nikki Gensmer, Team and Resources Coordinator

Congratulations on signing up for your mission journey through Project Salud y Paz/International Hands in Service. We are delighted you have chosen to provide health, healing, and education with the people of Guatemala. We have been building relationships in the Western highlands of Guatemala for the last 16 years and are excited that you will be developing those relationships even further. We hope this packet prepares you and answers many of the questions you might have.

Maltiox, Gracias, Thanks!

Laura Shearer, Executive Director

Helpful Contact Information
Inform your family and friends of this helpful contact information to use in case of an emergency:

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Executive Director  
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Why Guatemala?

Guatemala is a predominantly poor country that struggles in several areas of health and development, including infant, child, and maternal mortality, malnutrition, literacy, and contraceptive awareness and use. **The large indigenous population is disproportionately affected.** Guatemala is the most populous country in Central America and has the highest fertility rate in Latin America. It also has the highest population growth rate in Latin America, which is likely to continue in the long term because of its large reproductive-age population and high birth rate. Almost half of Guatemala’s population is under age 19, making it the youngest population in Latin America. Guatemala’s total fertility rate has slowly declined during the last few decades due in part to limited government-funded health programs. However, the birth rate is still more than three children per woman and is markedly higher among its rural and indigenous populations.

In Guatemala, 54% of the population lives below the poverty line, with 13% of the population living in extreme poverty. **However, poverty among indigenous groups, which make up 38% of the population, averages 73% and extreme poverty is 28%**. This is the vulnerable population which Project Salud y Paz primarily serves.

Some other facts about Guatemala:

- The Maternal Mortality Rate is 120/100,000 live births
- Infant Mortality Rate: 25.16/1,000 live births
- **There is less than one doctor per 1,000 people**
- 17.7% percent of children under five years are underweight
- **Nearly one half of Guatemala’s children under age five are malnourished. In El Quiche, 80% of the children are malnourished.**
- Child mortality rate: 31.8/1000 children under age five
- 69.1% of persons over age 15 can read and write
- School life expectancy: 11 years
- Richest 20% of the population account for more than 51% of overall consumption

(The above information was taken from the CIA World Factbook and the World Bank)

Communication and Scheduling

The best way to communicate with Salud y Paz about your mission is through email correspondence to teamcoordinator@saludypaz.org. Your team coordinator will be sure that other staff members are included in the communication when necessary. The first step of scheduling your mission week is to email us with a possible date. If your date is open, you can solidify that date and be put on the schedule after a $250 deposit has been sent to Salud y Paz account services (accountservices@saludypaz.org). Once you have details in place, you can fill out the Mission Team Information Form at: www.saludypaz.org/mission-team-information-form. See the Team Timeline section of this guidebook for next steps and a more detailed timeline.
Included in Your Team Cost

Salud y Paz is happy to provide the following, which are included in your team cost:

- Coordination and planning for your arrival and during your mission
- A host for your work week
- One pick up from the airport
- Transportation to the city near your worksite
- Meals (Lunch and dinner on your arrival day are covered. Breakfast and dinner on Sunday are covered. Breakfasts, lunches, and dinners on full work days are covered. Breakfast and lunch on a half work day are covered.)
- Purified water for your team and for your clinic days
- Transportation to and from your clinics/worksites
- Translators
- All taxes, tips, and gratuities pertaining to this list

Your mission journey payments cover these things and MORE. Through your timely payments, you help keep our three satellite clinics in Camanchaj, Nahauala, and Cunen open and operating. Salud y Paz pays Guatemalan staff to follow-up with the patients you see. Through the participation of rural medical, dental, surgical, and construction missions, you provide rural Quiche populations with necessary health education, medications, and both short-term and long-term relationships with medical care providers.

Meeting and Conversation Guidelines

Meetings: We want your whole team to feel prepared for your mission to Guatemala. We recommend meeting once monthly for at least five months leading up to your mission.

Suggested meeting schedule:

Meeting 1: Recruit your team and share general information, be clear about deadlines and price, talk about any fundraising dates and expectations, talk about how you’re going to spread the word about your mission with your church, organization, family and friends

Meeting 2: Secure team members, print off and share this packet with your team, discuss more detailed information, go over the Suggested Reading List, Team Policies, Important Guatemala Info and Cultural Differences and other portions of this guidebook (airport and customs info, immunizations, cultural differences, passport information, dress-code, etc.)

Meeting 3: Discuss some deeper cultural differences with an exercise, discuss Guatemala’s intense history, discuss what each team members role may look like and what difficulties you may face as a team

Meeting 4: Discuss some more deeper cultural differences, talk about packing list, luggage plans and restrictions, set up a mock clinic together as practice
Meeting 5: Do an exercise to get to know one another better, review final packing rules/activities, discuss transportation and flight itineraries, provide emergency contact information

***Payment schedule is up to each team leader/team, but please see the Team Timeline section for a more detailed description of what Salud y Paz needs and when to ensure the smoothest mission journey possible!

Topics to Cover:

List of topics you may want to pay special attention to as a team:

Guatemala’s history and civil war, America’s history with Guatemala, lack of clean water in Guatemala, dress code, general cultural differences, first time missioners and the questions they may have, first time traveler’s concerns, exchange rate of money in Guatemala, poverty levels and facts of Guatemala, topics or concerns while reading some of the books on our Suggested Reading List or Suggested Film List, visit Salud y Paz’s website to view our mission statement and history, discuss specific cultural experiences your team is interested in having while in Guatemala, conduct a discussion with a native Guatemalan for an Q & A session, talk about general difficulties of traveling and missions

Suggested Reading List:

***Special suggestion for medical personnel on medical teams: The Tacit Bargain in Short-Term Medical Missions, Why US Physicians Go and What it Costs, Paul Henry Caldon- Short-term medical missions represent a form of grassroots, i.e., popular and non-hierarchical, transnational aid from persons in wealthy countries to low-and middle-income countries, wherein primarily professional services rather than fund or material are transferred. This dissertation focuses on the dynamics of the physician side of short-term medical missions and fills gaps in the picture of short-term medical mission activity regarding prevalence, motivations, and expenditures related to these missions, specifically for US physicians. The perspectives gained broaden the knowledge base regarding direct international humanitarian medical services. Written by Dr. Paul Henry Caldon, who has served on short-term medical missions with Salud y Paz! (Ask your team coordinator to send you the PDF version!)

Toxic Charity, Robert D. Lupton- Public service is a way of life for Americans; giving is a part of our national character. But compassionate instincts and generous spirits aren’t enough, says veteran urban activist Robert D. Lupton. In this groundbreaking guide, he reveals the disturbing truth about charity: all too much of it has become toxic, devastating to the very people it’s meant to help. In Toxic Charity, Lupton urges individuals, churches, and organizations to step away from these spontaneous, often destructive acts of compassion toward thoughtful paths to community development. He delivers proven strategies for moving from toxic charity to transformative charity.

When Helping Hurts: How to Alleviate Poverty Without Hurting the Poor…and Yourself, Steve Corbett and Brian Fikkert- Poverty is much more than simply a lack of material resources, and it takes much more than donations and handouts to solve it. When Helping Hurts shows how some alleviation efforts, failing to consider the complexities of poverty, have actually (and unintentionally) done more harm than good.
Serving with Eyes Wide Open, David A. Livermore- Serving with Eyes Wide Open helps Christians understand the changing face of Christianity and how that affects short-term missions. In three parts, author David A. Livermore will take a broad look at what the twenty-first-century church is doing on the mission field, the assumptions people make about Christianity, and what it takes to adapt effectively to new cultural contexts.

A Mission Journey, a Handbook for Volunteers, Una Jones with United Methodist Volunteers in Mission, Discipleship Resources- This handbook encourages short-term mission volunteers to reflect on the reasons why they engage in mission and how they plan and prepare to be more intentional. It helps volunteers shape the stories of their mission experiences in a way that enhances their personal and spiritual journeys. This book has inspired a lot of the language and topics covered in this Salud y Paz Mission Journey Team Guidebook. Primarily, that your mission work is a journey not a “trip”.

Tree Girl, Ben Mikaelson- Tree Girl is a novel, based on a true story of a young woman’s journey to womanhood in Guatemala. Gabriela is called "Tree Girl" or Laj Ali Re Jayub in her native language of K‘iché. Gabi climbs trees to be within reach of the eagles and watch the sun rise into an empty sky. She is at home among the outstretched branches of the Guatemalan forests. One day from the safety of a tree, Gabi witnesses the sights and sounds of an unspeakable massacre. She sees rape and murder - the ravages of guerilla warfare. She vows to be a Tree Girl no more. Earth bound, she joins the hordes of refugees struggling to reach the Mexican border. Over dangerous months of hunger, thirst, and the threats of more violence from soldiers, Gabriela's search for her family and for a safe haven becomes a search to find herself.

Mr. President, Miguel Angel Asturias- El Señor Presidente (Mister President) is a 1946 novel written in Spanish by Nobel Prize-winning Guatemalan writer and diplomat Miguel Ángel Asturias (1899–1974). A landmark text in Latin American literature, El Señor Presidente explores the nature of political dictatorship and its effects on society. Asturias makes early use of a literary technique now known as magic realism. One of the most notable works of the dictator novel genre, El Señor Presidente developed from an earlier Asturias short story, written to protest social injustice in the aftermath of a devastating earthquake in the author's home town. Although El Señor Presidente does not explicitly identify its setting as early twentieth-century Guatemala, the novel's title character was inspired by the 1898–1920 presidency of Manuel Estrada Cabrera. Asturias began writing the novel in the 1920s and finished it in 1933, but the strict censorship policies of Guatemalan dictatorial governments delayed its publication for thirteen years.

Bitter Fruit, Stephen Schlesinger and Stephen Kinzer- Bitter Fruit is a comprehensive and insightful account of the CIA operation to overthrow the democratically elected government of Jacobo Arbenz of Guatemala in 1954. First published in 1982, this book has become a classic, a textbook case of the relationship between the United States and the Third World. The authors make extensive use of U.S. government documents and interviews with former CIA and other officials. It is a warning of what happens when the United States abuses its power.

Homies and Hermanos, Robert Brenneman- Why would a gun-wielding, tattoo-bearing "homie" trade in la vida loca for a Bible and the buttoned-down lifestyle of an evangelical hermano (brother in Christ)? To answer this question, Robert Brenneman interviewed sixty-three former gang members from the "Northern Triangle" of Central America--Guatemala, El Salvador, and Honduras--most of whom left their gang for evangelicalism. Unlike in the United States, membership in a Central American gang
is hasta la morgue. But the most common exception to the "morgue rule" is that of conversion or regular participation in an evangelical church. Do gang members who weary of their dangerous lifestyle simply make a rational choice to opt for evangelical religion? Brenneman finds this is only partly the case, for many others report emotional conversions that came unexpectedly, when they found themselves overwhelmed by a sermon, a conversation, or a prayer service. An extensively researched and gritty account, Homies and Hermanos sheds light on the nature of youth violence, of religious conversion, and of evangelical churches in Central America.

I, Rogoberta Menchu, Rigoberta Menchu- Now a global bestseller, the remarkable life of Rigoberta Menchú, a Guatemalan peasant woman, reflects on the experiences common to many Indian communities in Latin America. Menchú suffered gross injustice and hardship in her early life. She learned Spanish and turned to catechistic work as an expression of political revolt as well as religious commitment. Menchú vividly conveys the traditional beliefs of her community and her personal response to feminist and socialist ideas. Above all, these pages are illuminated by the enduring courage and passionate sense of justice of an extraordinary woman.

Men of Maize, Miguel Angel Asturias- Men of Maize is the critically acclaimed novel written by Miguel Angel Asturias. Born into poverty in Guatemala City in 1899, Asturias tells the history of the post-colonized society of Guatemala that continually oppresses its native Mayan dwellers. Asturias tells this story from a wide variety of perspectives: his own personal accounts, through the history and culture of his native land, through the actions of the government, and through the eyes of the people of Guatemala. His story is moving and it brings to life, as does the testimony of Rigoberta Menchu, many of the trials and challenges that face native peoples that are forced to defend their land and fight in order to survive, but ironically Men of Maize is a fictitious work. Though Asturias uses some of his personal experiences, this novel is not told as a testimony.

City of God, Kevin Lewis O’Neil- In Guatemala City today, Christianity isn't just a belief system--it is a counterinsurgency. Amidst postwar efforts at democratization, multinational mega-churches have conquered street corners and kitchen tables, guiding the faithful to build a sanctified city brick by brick. Drawing on rich interviews and extensive fieldwork, Kevin Lewis O'Neill tracks the culture and politics of one such church, looking at how neo-Pentecostal Christian practices have become acts of citizenship in a new, politically relevant era for Protestantism. Focusing on everyday practices--praying for Guatemala, speaking in tongues for the soul of the nation, organizing prayer campaigns to combat unprecedented levels of crime--O'Neill finds that Christian citizenship has re-politicized the faithful as they struggle to understand what it means to be a believer in a desperately violent Central American city. Innovative, imaginative, conceptually rich, City of God reaches across disciplinary borders as it illuminates the highly charged, evolving relationship between religion, democracy, and the state in Latin America.

Suggested Film List:

Living on One Dollar- This film follows the experience of four young friends as they live on less than one dollar a day in rural Guatemala for two months. They encounter hunger, parasites, and many new ways of thinking.

Rosa These Storms- Rosa, a young Mayan woman, sits alone. She stares directly into the camera and for the first time has the courage to share her story. She has wrestled with rejection, forgiveness and the fight
to keep her child alive. Now 27 years old, she must overcome her past to follow the dreams she thought were impossible.

**Ixcanul** - Maria is a seventeen-year-old Kaqchikel girl who lives on the slopes of an active volcano in Guatemala. An arranged marriage awaits her, but her suitor must first spend months working in the city. It is a world Maria knows nothing of but is forced to grapple with when problems arise.

**When the Mountains Tremble** - A documentary on the war between the Guatemalan military and the Mayan populations, with firsthand accounts by Nobel Peace Prize winner, Rigoberta Menchu.

**The Long Road Home: The Odyssey of a Young Guatemalan Maya Refugee** - During the 1980’s, the CIA backed the Guatemalan government’s efforts to destroy the resistance movement that was growing among the indigenous Maya peoples. Human rights organizations around the world condemned the army’s “scorch and burn” policy, whereby the government backed militia razed over indigenous 200 villages along the Mexican/Guatemalan border in their attempts to crush the guerillas. Thousands of Maya fled across the border into Mexico seeking refuge to save their lives.

### Cultural Experience and Education

Guatemala is a place of rich culture and history. Guatemala has 22 different departments/divisions and Guatemala City is the capital. Guatemala’s every-day life reflects strong Mayan and Spanish influences. There is a contrast between the Mayan villagers in rural areas of Guatemala and the urbanized population nearer to the large cities. Tortillas (especially corn) and black beans are diet staples. Marimba music is played everywhere, even to the farthest, most remote corners of the country. Guatemala is also known for its art music, originating to almost five centuries ago, in which the music is a liturgical chant and polyphony (two or more simultaneous lines of independent melody). Guatemala is covered in beautiful brightly colored textiles—traditional clothing, table runners and clothes, blankets, tapestries, etc. Each department has its own distinctive pattern (sometimes including figures of people and animals) and colors. In urbanized parts of Guatemala, Protestant Pentecostalism is the prevalent religion. In rural communities, Roman Catholicism is combined with indigenous Maya religion becoming the most prevalent in less-developed regions. Holy Week/Easter Week (“Semana Santa”) and Christmas are holidays celebrated for a week at a time, and each community celebrates their local holiday of their patron saint (which the community is usually named after). Worry dolls are a traditional handmade gift originating in Guatemala. They are tiny dolls of about two inches, made of wire, wool, and leftover textiles. There are many interesting Guatemalan folklores including Alux, Baile de la Conquista, Cadejo, Dogs in Mesoamerican folklore, El Sombreron, La Llorona, Maximon, Nagual, Pedro Urdeales, Popol Vuh, San Pascualito, Sihuanaba, and Tecun Uman. Do some internet research on these things and more! There is so much to learn!

We host first time and one-hundredth time teams. We strive to provide as much in-country cultural experience and education as your team is open to! Please be very verbal with your team coordinator about your experiences and what your expectations are. We do our best to prepare for your specific requests. Teams provide health, healing, and education while here in Guatemala, but they also receive these same things. We are sure you’ll learn a lot on your mission and we’re happy to facilitate as much additional learning as your team is open to!
Important Guatemala Info and Cultural Differences

- **Water and Food:** Water from the tap is **not** drinkable! You should carry plenty of “agua pura” (pure water). A water bottle will be your best friend, so be sure to pack one! All meals prepared at your hotel, restaurants, and at the clinic have been properly cooked with clean water.

- **Sanitation:** Bring “boat loads” of hand sanitizer! The easiest way to keep yourself healthy is to wash your hands properly and frequently and to use hand sanitizer when and where soap is not available.

- **Weather:** Guatemala has two seasons—dry (November through April) and rainy (May through October). Weather depends on time of year but also altitude and location. Prepare to dress for a variety of conditions. It’s a good idea to wear layers!

- **Electricity:** Electricity is the same as the US (110V, two prong outlets) so you will not need any adapters unless you have three pronged items. If so, bring a simple three to two prong adapter.

- **Drugs and Alcohol:** The Iglesia Metodista of Guatemala and the VIM (Volunteers in Mission) organizations hold fast to the policy that no drugs, smoking, or alcohol should be used while you are participating on a mission.

- **Sickness:** If you begin to feel sick, please let someone know immediately and take it easy. If there are nurses and doctors with you on your mission, talk to them about how you’re feeling and what you should do. Drink lots of water in general. With the higher temps and altitudes, hydration is key. You may find yourself feeling extra tired because of elements that are unusual to your body. If you have pre-existing medical conditions, be sure to have everything you need and that your team leader is aware. Many people bring a ciprofloxin prescription as a precaution. The most important thing is to be open to communication when you’re not feeling well!

- **Noise:** There is noise everywhere in Guatemala! Trucks, horns, roosters, dogs, music, fireworks, your roommates snoring, etc. Be ready for the noise and bring earplugs or earbuds if you are a light sleeper. Or, maybe even if you are not!

- **Bathrooms:** Toilet paper goes into waste baskets. The plumbing systems in Guatemala cannot handle paper of any kind. Your host would love to avoid unclogging toilets during your mission week!

- **Phone/Email:** Communication is very different in Guatemala. Most of the hotels we use have wi-fi. Some of the buses do as well. However, wi-fi throughout Guatemala can often be unreliable, so be prepared for unexpected gaps in coverage and never rely on it. We ask that you limit wi-fi use in the clinic and on the buses. Wi-fi in Guatemala is never unlimited and usually is paid for by the GB. If you would like to do major uploads, downloads, or video streaming, please only do this at the hotel. Apps such as FaceTime or Skype use a lot of internet. Apps such as Viber and WhatsApp can be downloaded prior to travel and are great ways to message or call for free over wi-fi. When calling the US from a Guatemalan number, you will need to dial 001 followed by the area code and the number. When calling a Guatemalan number from the US, you will need to dial 011-502 followed by the eight-digit Guatemalan number. Some people purchase an international plan before travel. With some providers, you can pay-per-day (usually something like $10/day) to use call and texting in Guatemala.
• **Money:** The Guatemalan form of currency is the quetzal which is named after the national bird. The conversion is between seven and eight quetzales per dollar. It is easiest to use the ATM machine if you need money. Depending on what kind of card you have, there is usually an ATM fee. VISA is the credit/money card of choice in Guatemala. Most stores or restaurants will charge 10-15% additional fees for international use. Be sure to tell your credit/debit card companies that you are traveling to avoid any account holds. **Important tip:** we ask that while you are in Guatemala you use the country’s currency (quetzales) as much as possible. If you absolutely need to use dollars while paying for tee shirts or coffee, we can only accept exceptionally clean and crisp bills. Banks in Guatemala will only accept a certain amount of crisp dollars from Salud y Paz per month. We highly appreciate your team planning to use quetzales while in Guatemala.

• **Bargaining:** You are expected to bargain at the market for souvenir items but remember that the vendor feeds his or her family with the selling of items. To make the back and forth discussion of prices in Spanish easier, bring a calculator or use your phone to convert US dollars into quetzales. Many vendors will know some English, especially numbers. Vendors may also approach you in stores, on the street, in restaurants, etc. Be forward but kind if you are not interested. **Photography:** There are so many unique, colorful, and beautiful moments you will want to capture in Guatemala. Be courteous and know that photography can be a sensitive issue. Before snapping a photo, ask permission from the person. “Una foto. Está bien?” means “A photo is fine?” Be especially sensitive when taking pictures of children or individuals. Use the same respect that you would desire from a stranger seeking to take a photo of you or your child in daily life. It may be uncomfortable for them and if it is, please respect that. Sometimes a person or child will ask for money to take their photos. We ask that you do not offer money, even to take their photo. If a child or mother consents for a photo, they love when you show them the photos on your phone or camera screen. Keep your phones and cameras close and put away when not in use. Use them with caution and do not flaunt them.

• **Safety:** When traveling to Guatemala, be aware of your surroundings! Common sense is your best defense. Please rely on your team host to make decisions about safety for the team. Do not leave your purse, camera, backpack, etc. unattended. In crowded places such as markets, it’s a good idea to be especially aware of yourself, your bags and your money. A money belt worn under your clothing is very useful. If you do carry a wallet, put it in one of your side pockets instead of your back pocket, and keep a hand on it. Avoid walking around alone, especially at night. It is very important that your team host knows where you are at all times while you are in-country. If you would like to leave the group for any reason, even if you anticipate only being gone for a few minutes, please ask or inform your team and your host. Groups should avoid traveling on rural roads at night.

• **Money and Favor Etiquette:** Salud y Paz employees and contracted staff including but not limited to host, translators, and drivers should never ask you for money or other favors. If this happens, please contact the executive director at executivedirector@saludypaz.org.

• **Animals:** Cats and dogs are not very commonly pets in Guatemala. It is the best policy to not feed or pet them. If a Guatemalan sees you feeding food to an animal, it could be offensive to them, especially if they have given you the food. Dogs and cats are typically street animals. We don’t know where they’ve been or what illnesses they might have. We also don’t know how they may react to you approaching them or even being present. Street dogs can be territorial. Remember this especially in rural villages.
Even though the treatment of dogs and cats is very different than in the states, please be respectful even if you do not condone or understand it.

- **Traffic and Roads:** The roads are VERY different in Guatemala. People who do not typically experience motion sickness sometimes do. You will be traveling on mountain roads with lots of twists and turns, ups and downs. The plus side is that this makes for beautiful views of the countryside. It is not a bad idea to bring motion sickness patches or Dramamine.

- **Clothing and Dress Code:** Please remember that Guatemala has a very conservative culture, particularly in the rural communities. Sleeveless shirts, shorts above the knee, and leggings worn as pants will not be permitted while in rural villages or working at our clinic in Camanchaj. Team members may be asked to change if these items are worn. Please help Salud y Paz avoid this chat as much as possible.

A poor clothing choice is the easiest way to accidentally cause disrespect to our Guatemalan neighbors! During free time in Panajachel or in Antigua, clothing choice is your decision.

- **Garbage:** There is not a country-wide garbage cleanup system in Guatemala. It is also common to see adults and children unwrap a food item or something wrapped in plastic and drop it on the ground. Take this into consideration when bringing activities or healthy snacks for the kids. Make cleaning up the garbage an activity. Do not scold a child or adult from littering, instead set a good example or use positive reinforcement.

- **Time and Tasks:** Sometimes Guatemalan culture will dictate that jobs be done in a way that may seem outdated or take a long time. These methods are still preferred and recommended by our Guatemalan staff, so please be kind and patient. Understand that you are working in a developing world and we have much to learn from one another. This especially applies to construction teams.

**Non-Work Activities**

Salud y Paz works to provide health, healing, and education with the people of Guatemala. It is fun to consider non-work activities before your mission that could accentuate the purpose of the organization. During breaks at the clinic, you can practice your Spanish with patients and play with the kids. It is very important, though, to be aware of the effects these activities might have on the people. We need to consider what it may be like in the shoes of a Guatemalan person.

Americans coming into a village and handing out as many gifts as possible might leave the wrong impression and may be the wrong kind of relationship to build. Please, never hand out money. Handing out sweets is counterproductive with our mission statement, since some kids don’t have access to toothpaste or toothbrushes to clean their teeth.

If your group would like to bring some extra items, just think ahead and be wise. Bring things pertaining to health promotion. Be fair and delegate someone to be in charge. Make sure you have enough for everyone present. It works well for a group to set up a table with things like sunglasses, sunscreen, toothbrushes and other personal hygiene products. Hotel shampoos, lotions, and soaps can be a real treat. After the doctor’s visit, each person gets to choose one item before leaving the clinic. This is a good alternative to outright gift-giving because it is fair and these items are beneficial for the health of the people receiving them.
While we need to be conscious and intentional of what we’re doing, there are lots of great things we can do! I would strongly recommend group activities. It promotes positive interaction and learning. Be sure that no one is left out. The kids love beach balls (a Salud y Paz favorite because they are inexpensive, won’t hurt if someone gets hit, pack easy, and are versatile to play many games), bubbles, coloring crayons and sheets, tag, soccer, basketball, jump rope, parachutes etc. Get creative! Games can be left at the school, church, or community center when you’re done for the day so that the kids can enjoy them later. Consider our mission and safety when packing games. Balloons and marbles can be swallowed by small children. Glow-sticks have chemicals that are bad for children and the environment if broken open. Please note that our school, Colegio Susanna Wesley (on the Camanchaj clinic campus) does not accept toys or candy.

Some groups make intentional time to teach the children a lesson or do a craft and prepare these materials ahead of time. Be sure that you have enough materials for every child/family to participate. Be sure to have an alternative for anyone with a mental or physical disability. Learning a song or a dance as a group can be a great activity. If you can integrate both Spanish and English, even better!

It is useful to bring teaching and school materials (crayons, pens, paint, sharpeners, notebooks, etc.), toothbrushes and toothpaste, instructions on how to brush your teeth, and soap and instructions on how to wash your hands. What can we do to promote personal hygiene and health? These things are beneficial relationship builders for the communities we serve through Salud y Paz.

Hablemos Español!

Guatemaltecos (Guatemalans) are very gracious and patient people. Any attempt to speak Spanish is greatly admired and appreciated, as well as any attempt to teach the Guatemalans some words in English if they ask. Spanish is very phonetic. Remember that the vowels are different. An E is pronounced as a long A. An I is pronounced as a long E. The LL is pronounced ya. Have fun trying to roll the RR!

Some useful phrases:

- Hi. How are you doing? Hola. ¿Cómo está?
- Good morning! ¡Buenos días!
- Good afternoon! ¡Buenas tardes!
- Good evening! ¡Buenas noches!
- Goodbye, take care! ¡Adios, cuidase!
- Thank you very much! ¡Muchas gracias!
- How much does it cost? ¿Cuánto cuesta?
- Please. Por favor.
- I am Dr. ______. Soy el doctor/la doctora ______.
- I am Nurse ______. Soy la enfermera/el enfermero ______.
- My name is ______. Me llamo ______.
- What is your name? ¿Cómo se llama?
- Nice to meet you. Mucho gusto.
General Travel Tips

The easiest way to ensure smooth travel is to schedule your group to travel and fly together on the same transportation and flight. **If your team needs more than one airport pick-up or drop-off, Salud y Paz can provide it for $125 per extra trip to the airport.** We also ask that you schedule your flights with the understanding that we need to avoid travel while it is dark. This policy is for the safety of the team.

Most airlines recommend arriving at the airport at least two hours prior to your international flight; with a large group, it is a good idea to arrive even earlier. Know that if any luggage weighs over 50 pounds, you will be charged extra for it. You will need your passport because you are traveling internationally. Be timely. Flexibility is key! Have necessary contacts such as group leaders saved in your phones ahead of time. These are somewhat obvious things but are good reminders. This travel blog has some great tips on international travel in general, including making sure you’re within the six month passport expiration rule: [http://www.travelandleisure.com/blogs/12-tips-to-make-international-travel-easier](http://www.travelandleisure.com/blogs/12-tips-to-make-international-travel-easier).

Immunizations

Schedule an appointment with a travel clinic doctor or your usual doctor to see what they currently recommend for travel to Guatemala. A little tip: you may be able to group your annual checkup with a chat about your visit to Guatemala. Your doctor will probably recommend the following immunizations: measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis, varicella (chickenpox), pollo, yearly flu shot, hepatitis A, and typhoid. Malaria is generally not a concern because you will be at a high altitude. Please do not fully rely on this list or information. It’s important to do your research as a group and speak with a health professional.

Immigration Forms

On your flight from the United States to Guatemala, the flight attendants will hand you an immigration form. The most important things to know about this immigration form are: Under “Purpose of the trip” select “tourism”. Under “I am bringing into Guatemala the following” select “No” for all unless you are an unusual exception (are staying in Guatemala, have a large sum of money with you, etc.). See an example of a finished mission to Guatemala immigration form here (borrowed from our friends at Mission Guatemala): [file:///C:/Users/gensm/Downloads/CustomsImmigration.pdf](file:///C:/Users/gensm/Downloads/CustomsImmigration.pdf).

Airport Information

When you arrive at the airport in Guatemala City, you will have to go through customs and collect your baggage. First you will go through the immigration line/passport check where you will step up to a booth. They will take your finished immigration form and give you a copy. This copy of the customs form will be collected before you leave the airport so do not throw it away and keep it close. They may ask you a few questions, but usually do not.
If your team is bringing its own meds into Guatemala from the states, obtain information and instructions from our in-house Salud y Paz customs contacts (executivedirector@saludypaz.org and medicalcoordinator@saludypaz.org) no later than 3 months prior to your arrival in Guatemala. Our director and medical coordinator will act as customs contacts that partner with an in-country liaison to help our teams to know current rules and standards and walk you through the airport with your medications. If you are a team bringing your own meds into the country, your instructions may be similar but vary quite a bit from the following. Lean on our customs contacts for information.

Proceed to pick up your bags at the designated luggage carousel. A small wait is normal. Once you have the luggage you are responsible for, proceed to the next line. It is instinct to wait for the whole group before going, but you are more likely to be stopped or questioned if you wait. Be sure that you have all of your luggage. Someone will collect your immigration sheet copy. They may have you press a button to see if you get a red light (luggage needs to go through the machine) or green light (luggage does not need to go through the machine) or they will direct you to a line without pressing the button.

Know that all situations could differ a bit. The most important thing during this whole process is to be calm, polite and patient from start to finish. Focus on getting yourself and your designated luggage through customs and security. If you are asked questions along the way, do your best to answer. Even if you’re traveling with many medications or travel supplies, always claim them as your own saying, “Yes, these things are mine.” Also, always answer that you are here to tour Guatemala saying, “Yes, I’m traveling for tourism.”

Once you have passed through customs, have your luggage, and have finished the last security check, proceed to the room nearest the outside doors. Know that once you have exited the last set of doors, it’s not possible to return inside without asking permission. This room nearest the outside doors makes a good place to gather back up as a group off to the side. In as timely a manner as possible, proceed outside to the passenger pick-up. Your team host from Salud y Paz will meet you in the front of the airport wearing a Salud y Paz tee-shirt and/or holding a sign. If you need a restroom or a snack, there are restrooms in the cafes located just outside of the airport both to the left and to the right. Once we are all packed and on the bus, we will travel to the community your team has chosen to stay in (sometimes two and a half to three hours away). Be prepared for the fact that our destination is usually a bit of a trek from the airport.

Great Team Leader Qualities

All members of the team are important, but the team leader has a special responsibility and potential to make a huge positive impact. Team leaders are especially attentive, organized, and helpful. They also need to recruit great team members. Whether you are a new or seasoned team leader, we ask that you read this packet, pay special attention to this section, and that you always remain flexible! A lot of information is included in this part of the packet. While this information is important to each team member, it is included in the team leader information section because it is your job as leader to inform and instill this information in your team.

A great team leader: recruits team members who can abide by schedules and rules, communicates promptly and regularly via email to team coordinator, participates with the team, meets deadlines, is organized, is flexible and encourages the team to do the same, recognizes and utilizes strengths of team
members, is proactive in problem-solving, can keep a calm presence during urgent situations, takes initiative to be the unofficial safety officer for the whole team.

**Great Team Member Qualities**

Every team member has a very important role, no matter how large or small that role may seem. Everyone is a piece of the puzzle.

A great team member: appreciates flexibility, seeks to understand and learn cultural differences, is interested in forming relationships with team members and Guatemalans, understands safety precautions and is willing to listen to the team leader, is open to stepping outside of comfort zones, is willing to put self aside in service of others

**Team Timeline**

The following is a general timeline for medical, dental and construction teams. It’s a great idea to print a copy and fill in your due dates. Communication is key! If you are unable to complete a due date for any reason, communicate that to Salud y Paz as soon as possible.

<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Due Date</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-8 months</td>
<td></td>
<td>Select dates and pay $250 to <a href="mailto:accountservices@saludypaz.org">accountservices@saludypaz.org</a> to reserve your week</td>
</tr>
<tr>
<td>8 months</td>
<td></td>
<td>Review <em>Mission Journey Guidebook</em> and <em>Mission Journey Planner</em> and compile plan to share these with your team</td>
</tr>
<tr>
<td>8-4 months</td>
<td></td>
<td>Recruit team members and fundraise, conduct meetings</td>
</tr>
<tr>
<td>8-4 months</td>
<td></td>
<td>Ask <a href="mailto:resourcecoordinator@saludypaz.org">resourcecoordinator@saludypaz.org</a> for a list of approved donations that the clinic/school may need if your team is interested.</td>
</tr>
<tr>
<td>4 months</td>
<td></td>
<td>Know how many providers you have coming and ensure that you have enough support staff for them (med/dental teams)</td>
</tr>
<tr>
<td>4 months</td>
<td></td>
<td>Make yourself familiar with the <em>Mission Team Information Form</em> at <a href="http://www.saludypaz.org/mission-team-information-form">www.saludypaz.org/mission-team-information-form</a></td>
</tr>
<tr>
<td>3 months</td>
<td>Submit completed copy of the <em>Mission Team Information Form</em> online. Be sure to comply with this due date to avoid the late fee!</td>
<td></td>
</tr>
<tr>
<td>3 months</td>
<td></td>
<td>If you are bringing your own meds into Guatemala, acquaint yourself with Salud y Paz customs contacts <a href="mailto:executivedirector@saludypaz.org">executivedirector@saludypaz.org</a> and <a href="mailto:medicalcoordinator@saludypaz.org">medicalcoordinator@saludypaz.org</a> who will collect the information we need to get you through customs</td>
</tr>
<tr>
<td>10 weeks</td>
<td></td>
<td>Receive final invoice</td>
</tr>
<tr>
<td>2 months</td>
<td></td>
<td>Pay final invoice</td>
</tr>
<tr>
<td>2 months</td>
<td></td>
<td>Communicate with <a href="mailto:resourcecoordinator@saludypaz.org">resourcecoordinator@saludypaz.org</a> if you will be bringing any donations.</td>
</tr>
<tr>
<td>3 weeks</td>
<td></td>
<td>Finish packing any registered medical items you plan to bring through customs.</td>
</tr>
<tr>
<td>2 weeks</td>
<td></td>
<td>Meet and discuss important topics that you’d like to be fresh in your team member’s minds, discuss travel plans</td>
</tr>
<tr>
<td>0 weeks</td>
<td></td>
<td>Arrive in Guatemala!!</td>
</tr>
</tbody>
</table>
Team Policies

- **Insurance:** Medical/Travel/Accident insurance should be obtained by or for each team member.

- **Safe Sanctuary Policy:** Salud y Paz, like the United Methodist Church, requires that all team members follow Safe Sanctuary Policy and child/adult protection guidelines. It is up to each team leader to educate their team on current Safe Sanctuary Policy and child/adult protection guidelines.

- **Age:** Due to the nature of the work in which mission teams engage, all participants must be at least 15 years old. If you think we should consider an exception, please contact us prior to accepting team members.

- **Safety:** Every team will be assigned a host and your host will be responsible for passing along information in order to ensure a safe and memorable learning experience. Please rely on your host to guide decisions on what is safe and unsafe. Your host should know where you are at ALL times.

- **Translation:** We recognize that we host team members with a variety of travel and language experiences. If you speak basic Spanish we encourage you to do your best to communicate with anyone you come in contact with. However, **for all medically sensitive information we require you to use an approved Guatemalan interpreter of English to Spanish, and Spanish to K’ichè.** A team member must be approved by the team coordinator. This person must be completely fluent in Spanish, not just conversational. Please be honest when discussing your team member’s abilities, as it could be the difference between a successful and unsuccessful treatment. For construction teams, basic Spanish is very helpful to have.

- **Special Requests:** We are so grateful for the long-lasting relationships you may have already made with Guatemala and its people. Salud y Paz will do our best to honor special requests for specific drivers, translators, hosts, etc. but all of these are subject to schedule, availability, and rotation. We thank you in advance for your understanding as we plan the best mission we can for your team.

- **Triage Station:** Triage is a very important station in a rural medical or dental clinic. Therefore, we recommend and expect for all teams to plan and equip a triage station. Triage will receive the patients after registration, take their vitals, ask them about medications and allergies, and record a statement about what the patient’s general health problems are. If you are able to let us know how many triage stations you plan to have ahead of time, we can better equip you with translators. Triage supplies are included on the packing list. Salud y Paz will bring a scale from the clinic for your triage station.

- **Working at the Salud y Paz Clinic in Camanchaj:** If your team has a scheduled work day in Camanchaj at the Salud y Paz clinic, the day will still run very much like a rural clinic. We ask that you still use your own supplies, tools, people, etc. Our regular weekly Guatemalan staff of dentists and doctors appreciate your understanding in helping us optimize our resources while serving patients at the clinic on a normal weekly scheduled basis.

- **Eyeglasses:** It is not required but is VERY helpful if a team plans to bring sunglasses and readers. Don’t forget children’s sizes. Teams usually go through a lot of the lower numbered readers and tons of sunglasses.
• **Dental:** Please discuss your team guidelines and rules as a group ahead of time. Salud y Paz asks that you do not pull any “good teeth.” While this may sound a bit ridiculous, we want you to know that some indigenous people will ask to have their good teeth pulled to be replaced with gold or other metals before they go bad. Salud y Paz does not encourage or condone the pulling of teeth that do not need to be pulled for a health reason. Salud y Paz also does not condone the pulling of wisdom teeth. Many times, they break, leaving the patient in more pain. It is good to discuss your general policies ahead of time. For example: when you have a child who is kicking and screaming, what will you do? Salud y Paz recommends coming up with a team-wide plan ahead of time. We also direct that dental teams pay attention to the mother/parents of children. If some force is needed during teeth extraction, make sure that the mother or parents are okay and willing to help. If the mother/parent is not willing to move forward, you’ll have to stop.

• **Clothing:** When at the clinic or communities, remember you are in a conservative culture. Please do not wear tank tops, leggings or shorts. During free time, tank tops, shorts, and leggings are more acceptable.

• **Substituting Team Members:** In the event that a team member can no longer come on the mission after your invoice is due, you may recruit a new team member to come in their place. If they are the same gender, no changes will be made, but if they are of the opposite gender a triple room may be required.

• **Payment:** We know you plan extensively for your mission and we do the same at Salud y Paz. In the case of changes or requests during your time in Guatemala, please be prepared to pay directly to the vendor, hotel, restaurant, or your team leader at the time of charge or change.

### Economy/Standard/Deluxe: Package Information

We provide three mission journey “packages” to best accommodate your team.

• **Economy:** Accommodations will be basic and you will stay at a conference center or budget hotel. You will be without extra amenities like wi-fi and TV. This option is ideally suited for youth groups but works great for adults as well. Meals will be cooked by a local cook and served in a common dining room with one special outing to a local restaurant mid-week. This is the only package where packing your own camping-like gear may be recommended depending on location. Ask your team leader about this.

• **Standard:** Accommodations will be mid-range, comfortable, and may have wi-fi and TVs in common areas. Meals will be at local or hotel restaurants with a spending cap.

• **Deluxe:** Accommodations will include amenities like you would expect at a hotel chain in North America. You will be very comfortable and will enjoy quaint garden and private spaces along with wi-fi and TV. Meals will be at local or hotel restaurants with a spending cap.
Your team may choose one package for the week and a different package for the weekend/free time. For example: your team may choose a standard package for the week and a deluxe package for the weekend. See the Salud y Paz Mission Journey Planner for more detailed information.

**Add-On Opportunities and Associated Fees**

- **Medications:** Teams can either order a medication box through Salud y Paz or bring their own medications. You can purchase boxes by the half or whole. **A full med box costs $3,400 and a half med box costs $1,700.** Every provider prescribes a little differently and the rates of illness change from month to month, but we generally recommend one full med box to every two providers.

If you would like to purchase a Salud y Paz med box, please let us know as early as possible. For a copy of the contents of the med box, please contact techservices@saludypaz.org. Plan on this med box being sufficient for the whole week. Usually it is not possible to supply more medications from the clinic during your mission week and some meds are very hard to find near our service sites or are expensive. We make decisions on the contents of the boxes based on the formulary we feel is appropriate for the population we are serving. This takes into account the disease processes we see, the availability of medications in Guatemala, what providers have used in the previous years, and cost. We do adjust the boxes regularly, as demand requires. Although we welcome input to the contents of the medication box, we must put medication box changes to a review process that evaluates whether changes will be the best for everyone and particularly the Guatemalan people.

If you are bringing your own meds into the country, Salud y Paz strongly recommends that you use our in-house customs contact(s) and in-country liaison to help expedite. Please note that this does not include over the counter medications and vitamins that can be packed into your personal luggage. You could be delayed as much as 4 hours without a customs contact. **The cost for customs supports is $300, included on your final invoice.** If your team is arriving in two or more separate groups with meds (which we ask you to avoid as much as possible) the first customs support will cost $300 and any subsequent customs support will cost $200 for each additional group. Executivedirector@saludypaz.org and medicalcoordinator@saludypaz.org are currently our main customs contacts. Contact them as soon as possible and no later than 3 months before your trip. Ask about the expiration dates of meds. You cannot bring expired meds into Guatemala, and the expiration dates usually have to be a year out. Please note that you should expect to have more medications than needed to ensure that you can treat patients each and every day.

- **Additional Provider/Dentist:** Sometimes medical or dental teams have trouble recruiting additional providers or dentists. If you would like a Guatemalan doctor or dentist to accompany your medical or dental team, we can do our best to arrange for that. **The cost for Salud y Paz to provide a doctor or dentist is $350 for your work week.** Please let the team coordinator know as soon as possible if you would like us to pursue this option. Dentists are often harder to find, so please let us know as far in advance as possible. Many of the teams find working with the Guatemalan physicians to be educational and enlightening. Their approach to the patients often allows providers to observe a unique way of dealing with the cultural and medical problems unique to the Guatemalan highlands. This cross-cultural exchange is one of the goals of Salud y Paz.
• **Team Minimum:** Having less than 8 team members might require an upcharge to your team fee to help Salud y Paz cover costs of transportation, translators, and more. We try to build this into the team fee. Our current pricing model uses an average of 12 members to work best. Thank you for taking this into consideration.

• **Construction Team Donation:** Construction teams are charged an additional one-time fee of $2,300 to cover costs for construction materials for a week-long project.

• **Private/Interior Rooms:** The team fee is based on double or triple occupancy for any rooms the hotel has available at the time. **Please communicate any special needs or associated charges for private rooms or interior rooms before your arrival.** If there are changes after arrival, the difference in price will need to be paid at checkout with your host.

• **Extra Airport Trips:** In the event that team members need to fly in later or fly out earlier than the rest of the team, **we can arrange an extra airport pick-up or drop-off for $125.**

• **Extra Translators:** Salud y Paz will plan for exceptional translation during your service week. We have a formula built on experience for how many translators are needed for each team. If at any point in the planning process or the service week, your team requests a number of translators over what Salud y Paz suggests, we will try to communicate that with your team leader. **Your team will be expected to pay the daily rate of any translator over the necessary amount.** If you have questions about this, please contact your team coordinator directly.

• **Free Time Host:** A host is not included in your free time pricing (Friday afternoon to Sunday departure). **If you would like a host, Salud y Paz can provide one at a $100 flat rate per day.** In most cases, this would be from Friday mid-day to Sunday airport departure, which would require two days of a free time host. We encourage first time teams to have a free time host in order to ensure a smooth, organized and relaxing weekend.

• **Medical Care for Team Members:** If a volunteer needs unplanned medical attention during your mission, you can schedule an appointment with one of our doctors. Our pharmacy is equipped to provide the meds the doctor will prescribe to you. **If you need to receive your meds from our pharmacy, we ask that you donate $10.** If you need medical care beyond what we provide, we will connect you with the facility you need.

• **Coffee/Tee Shirts:** You will have the opportunity to make coffee and tee-shirt orders. Salud y Paz has a new tee shirt design each year. You can order a few pounds of freshly roasted coffee during the week, which comes from Mike and Adele at Crossroads Café (located in Panajachel, www.crossroadspana.com). Both make fantastic year-round gifts for family, friends, or yourself!

**Payment Policies**

We recognize that every team member makes a financial sacrifice to serve in Guatemala, and we are so grateful! To be the best stewards of our donations, we transfer money from our U.S. bank account into our Guatemalan bank account just once a month. Often, we make payments for your hotel,
transportation, food, medication, etc. long before your arrival. Below you will find our policies and procedures when making payments for your mission. Remember that these have been put in place so that we can provide you the best service possible in the most affordable way.

**Reserving Dates/Deposit:** After discussing the dates of your mission with the team coordinator, you will be sent a $250 deposit invoice. **Please include the invoice number on your check.** Your requested date will be held for two weeks until confirmed by receipt of initial payment. The deposit is transferable to another open date but is non-refundable.

**Final Numbers, Invoice, and Mission Team Information Form:** The online Mission Team Information Form is due three months before your arrival. This form asks for service week and free time locations, type of accommodations, total number and other team member info, med boxes, etc. We need all of this information to properly send out your invoice. **Your full payment is required two months before your arrival. There is a $100 penalty for each week the Mission Team Information Form is overdue and/or your full payment is overdue.** For questions about the invoice, methods of payment, etc. please contact accountservices@saludypaz.org.

**Refunds:** Only partial refunds can be made after the invoice is sent to you. Many of the vendors we work with require prepayment to secure reservations and do not offer us refunds. If cancellation occurs at least eight weeks prior to mission date, 50% of team fees may qualify for a refund. Cancellations occurring within three weeks of the teams’ arrival may qualify for a 25% refund. If a cancellation is required, we suggest that consideration be made to donate the fee to the Salud y Paz Operations Fund. This way, your team still assists with improving health in the Mayan highlands of Guatemala, which is one of the western hemisphere's societies with the least access to medical and dental care.

**Donation and Sponsorship Policy:** We are extremely appreciative of the generosity of those who wish to make in-kind donations to Salud y Paz. Many mission teams raise funds in the months before they travel to Guatemala to offset the cost for the team's construction materials and/or medical supplies. Teams raise funds for Salud y Paz either before or after their mission. Cash donations go to support the health and education of neighboring children, youth, and families. We discourage teams from promising support to individuals met in the market or other places during the week, as our policy is to be socio-economically sound with patients and clients in order to sustain long-term relationships built on mutuality. Below, we provide guidelines to ensure that the donations you bring are aligned with our mission to provide health, healing and education with the people of Guatemala.

- Donations must meet operational needs. Please go contact the resource coordinator for an updated list. You may also contact the executive director for recommendations. We do not accept donations of toys or candy. We ask that your donation directly relates to health and education.
- Your team can also meet operational needs through a financial donation towards a larger need. For instance, before your mission, your team could raise funds for new dental chairs or dental equipment. You could contribute to or start a new fund for a special patient case, or to fund educational scholarships both for children and young adults.
- As part of our mission and vision, Project Salud y Paz invests in the local economy by making purchases in Guatemala whenever possible.
Team Packing Lists

Each type of team requires a specific packing list. Surgical packing lists are available upon request.

List of Items that Salud y Paz Provides for Rural Medical and Dental Teams

- Extension cords
- 1 multi plug extension cord
- 2 multi plugs
- Rope and sheets (to divide provider’s rooms)
- Clothes pins
- Drinking water (bring your water bottle)
- Water dispenser

• Bathroom scale
• Patient cards
• Paper towels
• Toilet paper (some people pack small travel Kleenex packs to use as on-the-go bathroom tissue)
• Trash bags

Optional Donation List for All Teams

We are very thankful for your donations that help promote health, healing, and education to the people of Guatemala! This list is optional. If you would like more specific ideas on what Salud y Paz could use right now, contact our resource coordinator at resourcecoordinator@saludypaz.org.

Medical Team List

Please bring the following items. Quantities are sufficient for a team with two providers who together could see a maximum 75 patients per day.

- Hand Sanitizer (10 bottles)
- Baby wipes (5 to 10 packages)
- Clip boards (3)
- Gloves (10 boxes)
- Paper tape (2-5 rolls)
- Band-Aids (100)
- Tongue depressors (500)
- Medicine/water cups (100 to 200)
- 3 & 5cc syringes (100 for ped meds)
- Bottles to ½ liquid meds (50)
- Funnel (1)
- Pill counters (2)
- Pill cutters (2)
- Stethoscopes (1 per medical personnel)
- BP cuffs (1 adult, 1 ped at minimum)
- Urine dipsticks (1 box)
- Thermometers (4)
- Glucometer Embrace (1)
- Lancets (300)
- Embrace strips (300, 1 control)

- Pen lights (1 per medical personnel)
- Alcohol pads (400)
- Ophthalmoscope (1 per provider)
- Otoscope and covers (adult 25, ped 25)
- Nebulizer (optional)
- Hydrogen peroxide (1 bottle)
- Betadine solution (1 bottle)
- Pregnancy tests (50)
- Sunglasses and reading glasses (encouraged)
- Replacement batteries for all med supplies
- Ink pens (2 boxes)
- Sharpie markers (10)
- Medication bags (1000)
- Labels for med bags (1000)
- Hand towels (20)
- Pocket drug reference
- Duct tape (3 rolls)
- XL trash bags (3 boxes)
Dental Team List

Please bring the following items. **Quantities are sufficient for a dental team with 1 dentist.**

- Hand Sanitizer (5 bottles) and Baby wipes (5 to 10 packages)
- Gloves (20 boxes)
- Tongue depressors (500)
- Medicine/water cups (100 to 200)
- Stethoscopes (1 per medical personnel)
- BP cuffs (1 adult, 1 ped at minimum)
- Thermometers (4)
- Labels for med bags (400)
- Med bags (400)
- Hand towels (20)
- XL trash bags (1 box)
- Ink pens (2 boxes)
- Sharpie markers (10)
- Duct tape (3 rolls)
- Bibs (200)
- 3-0 gut sutures (36)
- Cotton tip applicators (500)
- Isopropyl alcohol 90% (4, 32 oz, used with gauze to clean)
- 2x2 gauze (5000, for pressure dressing and alcohol wipes)

Construction Team List

- Tool belt
- Marking pencils
- Gloves (if painting, etc.)
- Duct tape
- Special construction clothing
- Water bottle
- Tape measurers

Personal Packing List

The key to packing for Guatemala is to pack a variety of clothing items. You could see a variety of climates—your day will probably start with a cool morning and proceed with a hot work day in a village.

- Clothing (variety, and one water resistant jacket and/or hoodie)
- Clinic clothing (many wear scrubs, remember no showing shoulders or knees, no leggings)
- Shoes (comfortable for clinic, closed-toe a good idea)
- Swim wear (for shower or if hotel has pool)
- Towel (one, fast drying a good idea)
- Hat/visor and sunglasses
- Personal toiletry items
- Hand sanitizer, sunscreen, bug spray
- Water bottle
- Backpack
- Camera/phone and chargers
- Journal/bible/books
- Guitar (optional of course)
- Identification/PASSPORT!
- Cards for ATM/money (new, crisp $20’s only)
- Personal medications (with name on the label if prescription)
After Your Mission Journey

Discussion Prompts and Tips:

Following your mission to Guatemala, you may feel a wide range of emotions and you may think about a wide range of things. Salud y Paz has some discussion prompts and tips for you as you return home.

- Take intentional time to process your experience. If you’re a writer, give yourself a series of writing prompts.
- Turn to others to discuss your mission. You have a whole team of people who just experienced the same thing that you did. Talk to them!
- Hold a series of follow up meetings about what went well and what you’d do differently. Discuss some of the specific people and places you saw that you’d like to talk more about.
- Know that experiencing “reverse culture shock” and post-mission grief is a very real thing.
- Maintain healthy relationships with your team, team leader, and your neighbors in Guatemala. You build deep relationships with people and places while in mission.
- Celebrate your favorite moments and memories and share them with family and friends.
- Know that it may be hard to hear people complaining about certain things or talking about certain things upon your return to the states. Instead of getting angry with them, use it as an opportunity to gently share your experience in Guatemala.
- Think of ways to best share your team’s mission and the mission of Salud y Paz through pictures, conversations, presentations, etc. There is a lot of work to be done in Guatemala. Share the word!

Your Next Mission:

It’s never too soon to start planning your next mission. Let your team coordinator know when you’d like to reserve your next mission journey on the Salud y Paz schedule.

Keep Up with Your Friends at Salud y Paz

Checking out our website and online presence can help give new team members an idea of what working with Salud y Paz will be like and show returning teams what we’re up to!

Visit our website at www.saludypaz.org to learn more about our mission, vision, and over 30 Guatemalan staff members and American volunteers.

“Like” us on Facebook at www.facebook.com/projectsaludypaz to see our posts.

Follow us on Twitter at www.twitter.com/salud_y_paz or on Instagram at www.instagram.com/projectsaludypaz to see photos and videos from Salud y Paz.

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