



# Country Trip Information

*San Raymundo, June 30, 2012 – July 8, 2012*

## Project Objectives:

The team will be constructing a house for a family who attend Jesus Viene Church. They currently live with relatives and have no space to call their own.

The team will also be working on the 2<sup>nd</sup> story of the school building as a part of Cochrane's commitment to providing education for children in this community. The roof/floor and columns have been poured and now walls and the roof of the 2<sup>nd</sup> story needs to go up and be finished prior to work starting on the 3<sup>rd</sup> story.

Another objective is to continue to build relationships – with the pastors, the church family members and with people in the community.

## Trip Dates:

The trip is scheduled for approximately June 30, 2012 – July 8, 2012.

## Travel and Project Itinerary:

The project-specific activities and travel itinerary will be finalized at a later date once the team members are confirmed.

## Global Impact Advisor and HFL Team Leader:

Steve Johnson is a Hungry For Life (HFL) Global Impact Advisor (GIA) and has various international experience in many different countries. As a GIA Steve is responsible for working alongside the church in trip planning and will oversee the administration of your trip.

Kelly Edgeley is a Project Manager for Guatemala; she has traveled to Guatemala many times. She and Rianne Hoedeman, of HFL's Teams and Project Services department, will oversee and organize your trip.

Kelly Edgeley will be the HFL Team Leader for the group. She will travel with you and work on your behalf coordinating the daily schedule while in Guatemala and managing the logistics and administrative details associated with the project.

## Church Team Leader:

Harold Hiebert will lead the team from Cochrane Alliance Church. Harold will be working closely with Yolanda Bosma prior to departure in preparing the team. If you have questions about the project, date or finances, please consult Yolanda and she will direct them to Hungry For Life.

## Food and Lodging:

The team will be staying at Pastor Victor's house. It is right next door to the church and a short drive/walk away from the house build sites. Pastor Victor's wife will be doing the cooking along with a couple of ladies from the church. Meals will be a mix of Guatemalan food and North American food (or their take on North American food).

## Weather:

Guatemala's climate varies according to altitude. The coastal regions and the northeast are hot throughout the year with an average temperature of 20°C sometimes rising to 37°C. Generally, nights are clear all year round. In higher climes, near the center of the country, the rainy season, running from May to September, is characterized by clear skies after abundant rainfall in the afternoons and evenings. Temperatures fall sharply at night.

## Application Deadline:

The completed International Trip Application form is due in at the Cochrane Alliance office by November 13, 2011.

## Financial Information:

The trip cost is approximately \$1,950 - \$2,150 CDN. This is subject to final bookings.

## The cost includes:

- > Flights & Airport fees
- > Food, lodging and transportation within Guatemala
- > 2 airport meals in transit
- > Insurance

## The cost does not include:

- > Souvenirs
- > Meals while traveling outside of Guatemala – over and above the 2 included airport meals.
- > Immunizations (approx. \$100 - \$200) - see below

## Health:

All travelers should visit either their personal physician or a travel health clinic 4-8 weeks before departure. HFL requires that all travelers are immunized against Hepatitis A and B, and are up-to-date on their tetanus.

- > Hepatitis A or immune globulin (IG). Transmission of hepatitis A virus can occur through direct person-to-person contact; through exposure to contaminated water, ice, or shellfish harvested in contaminated water; or from fruits, vegetables, or other foods that are eaten uncooked and that were contaminated during harvesting or subsequent handling.
- > Hepatitis B, especially if you might be exposed to blood or body fluids (e.g. health-care workers), have sexual contact with the local population, or be exposed through medical treatment. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 who did not receive the series as infants.
- > Tetanus, often associated with rust, especially rusty nails, but this is somewhat misleading. *C. tetani* is an anaerobic bacterium; it will thrive in an environment that lacks oxygen. Rust itself does not cause tetanus or contain more *C. tetani* bacteria. Objects that accumulate rust are often found in the outdoors or places that contain more bacteria, any bacteria-infected object can transmit tetanus.

Most travelers have experiences with traveller's diarrhea. There are many different kinds of microbes which can cause diarrhea that can be picked up in developing countries. The source is contaminated food and water. The best way to prevent travelers' diarrhea is to continually wash your hands. There is a medication that combats traveler's diarrhea, it is called Dukoral. Please talk to your doctor about how this could apply to you.

Immunization costs will vary depending on where you have them done and how many you need. Hepatitis A costs approximately \$65, Hepatitis B costs approximately \$42 and Typhoid costs approximately \$45.

