

Guatemala Trip Information

San Raymundo, August 2017



Project Objectives:

Cochrane Alliance Church has a long-standing partnership with Pastor Victor and the Jesus Vienne Alliance Church in San Raymundo, Guatemala. The objective of this trip is to continue with the partnership supporting the church by building stoves for people in San Raymundo, teaching English classes at the school, hosting a sports day and preparing and delivering food hampers to members of the community.

Trip Dates:

The trip is scheduled for approximately August 18-25/26, 2017.

Travel and Project Itinerary:

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

Your HFL Team:

Dale Clark is a Hungry For Life (HFL) Mission Focusing Consultant (MFC) and is responsible for working alongside the church in helping guide them in their international compassionate ministry.

Jackie Orantes is a project manager for Guatemala; Jackie has traveled to Guatemala many times. Jackie is working closely with the partner in Guatemala coordinating project activities on your behalf as well as managing the logistics and administrative details associated with the project.

Angela Goertzen of HFL's Teams and Project Services Department will oversee and organize your trip, getting you to and from your project site safely.

Kelly Edgeley will travel with you to Guatemala as the HFL Team Leader while on the field. She will work on the team's behalf coordinating the daily schedule while in-country and manage all administrative details and in-country finances.

Church Team Leader:

Ken Morris will lead the team from Cochrane Alliance Church. Ken will be working closely with Dale prior to departure in preparing the team. If you have questions about the project, date or finances, please consult Ken and he 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 some project sites. Pastor Victor's wife will be doing the cooking along with a couple of women 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. San Raymundo has an average temperature of 18°C sometimes rising to 27°C during the heat of the day. Generally, nights are clear all year round. In higher climates, 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 April 14, 2017.

Financial Information:

The trip cost is approximately \$1,900 - \$2,200 CDN. This is subject to final bookings.

The cost includes:

- > Flights, baggage & airport fees
- > Food, lodging and transportation within Guatemala
- > Insurance

The cost does not include:

- > Souvenirs
- > Meals while traveling outside of Guatemala
- > Immunizations (approx. \$100 - \$200) - see below

All project funds will be raised separately by the church and are not included in the team funds. Ideally, project funds would total \$5,000 to \$6,000 cdn.

Health:

All travelers should visit either their personal physician or a travel health clinic 4-8 weeks before departure. HFL recommends that all travelers are immunized against Hepatitis A and B, and are up-to-date on their tetanus. Be aware that the Zika virus is present in Guatemala.

- > 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 are 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.



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