



## GUATEMALA VBS/Lutheran Community Center Construction

**Dates:** March 9-17, 2012

**Individual Budget:** Approx. \$610.10. This includes food, lodging, in-country transportation, translators, and travel/health insurance. This is an estimated cost and does not include international flights, and is based on a team of 25 people for 9 days in country.

**Project Costs: Total-**\$7,950. \$7,500 includes all materials and labor for construction, \$450 covers cost for one computer. This is a shared cost between all team members.

Team is also to provide any materials for VBS.

**PLEASE NOTE:** *Construction Project can be done in two steps-one in March 2012, second in 2014. Costs would then be \$3,750.00 for each time frame.*



### VBS/Construction Project

This project combines three outreach activities for the volunteer team consisting of construction, technology and VBS. The construction involves constructing a perimeter wall for the Lutheran Community Center. You will be working together with members of Christ the Savior Lutheran Church on the construction. The technology portion is the donation and installation of one computer for the LHM Internet Café. This is an outreach that promotes bible verses on the screen as well as promoting the LHM-Guatemala web site and their activities. The VBS program would reach hundreds of children ages 4 to 15 and their families from Christ the Savior Lutheran School in the mornings and for 80 children living around the Lutheran Community Center in the afternoon.

### Project Location

The project will take place in the city of Puerto Barrios which is located in Izabal on the Atlantic coast of the country. More than half of Guatemalans are descendants of indigenous Mayan peoples. Westernized Mayans and mestizos (mixed European and indigenous ancestry) are known as Ladinos. Most of Guatemala's population is rural, though urbanization is accelerating. The predominant religion is Roman Catholicism, into which many indigenous Guatemalans have incorporated traditional forms of worship. Protestantism and traditional Mayan religions are practiced by an estimated 40% and 1% of the population, respectively. According to the World Bank, Guatemala has one of the most unequal income distributions in the hemisphere. The wealthiest 20% of the population consumes 51% of Guatemala's GDP. As a result, about 51% of the population lives on less than \$2 a day and 15% on less than \$1 a day. Guatemala's social development indicators, such as infant mortality, chronic child malnutrition, and illiteracy, are among the worst in the hemisphere.

LHM International Volunteer Trips provide the opportunity to learn through authentic cross-cultural experiences and have the opportunity to share the love of Jesus. If you are interested in touching lives, please call Chris Myers at 314-317-4268 or 1-800-944-3450, ext. 4268; or by email [christine.myers@lhm.org](mailto:christine.myers@lhm.org).

## **Itinerary**

- Day 1. Arrive in Guatemala City, Aurora International Airport. Bus service to Puerto Barrios
- Day 2. Worship. Visit ministry area. Orientation
- Day 3. Workday
- Day 4. Workday
- Day 5. Workday
- Day 6. Workday
- Day 7. Workday
- Day 8. Worship and sightseeing
- Day 9. Sightseeing
- Day 10. Depart for home

*A detailed itinerary will be customized and provided to you by LHM according to your travel days and team size.*



## **Entry Documentation**

- U.S. Passport must be valid 6 months beyond arrival date
- Tickets and documentation for onward travel
- Airport security fee of \$2.60 to be paid upon departure at Guatemala airport

## **Embassy of Guatemala**

2220 R Street NW

Washington, DC 20008

Phone: (202) 745-4952 ext 102

Fax: (202) 745-1908

Web: <http://guatemala.usembassy.gov>

Jurisdiction: Delaware, District of Columbia, states of Kentucky, Maryland, Ohio, Virginia and West Virginia. *Please visit the Guatemala website for the most current visa information.*

## **Sightseeing**

The team will visit many different sites in the cities of Puerto Barrios and Antigua. Other sightseeing options are visiting the ruins of Quirigua of Mayan culture and Lake Atitlan in Panajachel. At the Lutheran Center in Antigua, a mayan cultural show will be presented. Additional costs will be incurred for the sightseeing.

## **Insurance Coverage**

Medical evacuation for all team members is mandatory and LHM provide insurance from AIG at the cost of \$3.30 a day. We will provide you with an insurance card with a policy number on it and a contact number in cases of extreme emergency – i.e. something that requires evacuation. The person you talk with will advise you on what to do in those circumstances. For all other claims please pay any bills that you incur and make a claim directly to the insurance company when you return.

## **Lodging and Meals**

Based on availability, accommodations will be made for you at one of the following locations:

Puerto Barrios Hotel Puerto Libre <http://www.hotelpuertolibre.com/galeria>

The Lutheran Center in Antigua [www.lutheransonline.com/lutherancenter](http://www.lutheransonline.com/lutherancenter)

Breakfast is included at both above accommodations with lunch and dinner at the hotel or the Lutheran Center.

## Budget

Sample budget based on 25 people for 9 days:

Individual Costs		
Travel Insurance	\$3.30/person/day, including travel days	\$33.00
Lodging	\$30.00 @ 9 nights/person includes breakfast	\$270.00
Food- lunch & dinner	\$20 average for 9 days	\$180.00
Transportation (include airport)	\$8.70/person/day for 9 days	\$67.70
Bottled Water	\$5 per day x9 days	\$45.00
Translators	\$360 for 9 days/25 people	\$14.40
Total		\$610.10

You must also budget for your international flights, miscellaneous cost with sightseeing and souvenirs. An airport tax of \$30 should be included with your flight costs. Be sure to check this when booking your flights.

The budget is an estimate and your team may choose to eat more or less expensive, which would affect your budget. We generally over-budget as much as possible so you do not run short of funds; it never hurts to have some extra funds available. It would also be wise to carry a small amount of additional contingency funds for any medical emergencies that may occur or unexpected costs.

## Project Costs

Project costs are \$7,950.00 which covers all the materials and labor for the construction project and computer. These costs are a shared cost from all the team members. The timeline for payment of both Project Costs and Individual Costs will be provided once specific travel dates are determined. Project Costs must be paid 4 weeks prior to departure and Individual Costs must be paid 2 weeks prior to departure. In some cases, if LHM needs to make hotel or transport reservations, we may ask for partial payments to be made on a different timeline. **PLEASE NOTE:** *Construction Project can be done in two steps-one in March 2012, second in 2014. Costs would then be \$3,750.00 for each time frame.*

## Vaccine-Preventable Diseases

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time.

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
<a href="#">Routine</a>	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
<a href="#">Hepatitis A</a> or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection ( <a href="#">see map</a> ) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
<a href="#">Hepatitis B</a>	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission ( <a href="#">see map</a> ), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).

<a href="#">Typhoid</a>	Recommended for all unvaccinated people traveling to or working in Mexico and Central America, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.
<a href="#">Rabies</a>	Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, or hiking. Also recommended for travelers with significant occupational risks (such as veterinarians), for long-term travelers and expatriates living in areas with a significant risk of exposure, and for travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals. Children are considered at higher risk because they tend to play with animals, may receive more severe bites, or may not report bites.

## Malaria

**Areas of Guatemala with Malaria:** Rural areas only at altitudes <1,500 m (4,921 ft). None in Antigua, Guatemala City, or Lake Atitlán. ([more information](#))

If you will be visiting an area of Guatemala with malaria, you will need to discuss with your doctor the best ways for you to avoid getting sick with malaria. Ways to prevent malaria include the following:

- Taking a prescription antimalarial drug
- Using insect repellent and wearing long pants and sleeves to prevent mosquito bites
- Sleeping in air-conditioned or well-screened rooms or using bednets

Primaquine is a good option for an antimalarial drug (only after G6PD testing) in Guatemala. Atovaquone-proguanil, chloroquine, doxycycline, or mefloquine can also be used instead. For detailed information about each of these drugs, see [Table 3-11: Drugs used in the prophylaxis of malaria](#). For information that can help you and your doctor decide which of these drugs would be best for you, please see [Choosing a Drug to Prevent Malaria](#).

*This information is based on current information from CDC and often depends on where the team travels in Brazil. Always consult with your doctor regarding vaccinations, as Lutheran Hour Ministries cannot be held liable for any recommendations made.*

<http://wwwn.cdc.gov/travel>

## Forms

Please return all required forms to LHM St. Louis if you have not already done so.

### **LHM-Guatemala**

The Lutheran Hour Ministries (LHM) center in Guatemala City uses a wide range of community-based programs to spread the Gospel. Though it does have an effective Web site offering information about all offered services, programs and activities of the Ministry, it is the work performed by the staff and volunteers of this ministry center with the people that is the most effective. The Project JOEL program reaches out to thousands of children and teens throughout the country. It is based on solid Christian teachings and has grown in public elementary and high schools throughout the country. In 2006, three Lutheran schools were added. They also reach out to children through visits to hospitals and orphanages.

LHM-Guatemala offers Bible Correspondence Courses (BCC()) and Equipping the Saints (ETS) training to Lay Lutheran people concerning evangelism, and it is equipping them with evangelistic materials and other resources to help the ministry reach the lost. The ministry center teaches God's Word through a organizing broadcasts of LHM TV specials on secular channels during Christmas and Easter. They also conduct dental, medical and eye clinics in cooperation with local Lutheran Churches and LCMS Missions groups. LHM-Guatemala's staff and volunteers also provide spiritual counseling by phone, email and texting with the assistance of local Lutheran lay people and pastors.

### **Contact Information**

**Director:** Senora Rebeca de Franco

**Phone:** (502) 2360-6425

**Email:** [rebeca@cptln.org](mailto:rebeca@cptln.org)  
[cristoptlnguante@gmail.com](mailto:cristoptlnguante@gmail.com)

**Website:** [www.cptln.org/guatemala](http://www.cptln.org/guatemala)

**Skype:** rebecahdefranco

**Ministry Established:** 1993



Through authentic cross-cultural experiences, you will have the opportunity to share the message of Christ's love.

If you are interested in touching lives please call

**Chris Myers @ 314-317-4268 or email [christine.myers@lhm.org](mailto:christine.myers@lhm.org)**