**Guatemala Community Outreach**

**Dates:** June or July 2017

**Individual Costs:** Approx. $840. 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 10 people for 8 days in country including travel days.

**Project Costs:** Approx. $6,500. This includes costs for materials for printing materials snacks for VBS, funds to purchase chairs and shelving for the Sunday school at La Santa Cruz Lutheran Church as well as a $2,000 direct donation to the ministry center to support ongoing missions. This is a shared cost between all team members. Team is to provide any materials for needed for VBS.

**Project Description:** Partner with LHM—Guatemala in a unique outreach opportunity. The project includes providing morning sessions of moral and spiritual values workshops for the Project JOEL program. The team will work with approximately 150 students in grades 4, 5 and 6 at Raquel Blandon de Cerezo public school. LHM—Guatemala provides Project JOEL to help students to find new opportunities to live a better quality of life by discovering and developing personal skills and teaching Christian morals and values.

The team will also provide VBS for approximately 150 children and youth at Lutheran Mission La Santa Cruz in El Salitre, Amatitan in the afternoon sessions. Both morning and afternoon sessions will serve as outreach programs to reach and engage new children youth.

**Project Location:** Guatemala City which is the capital city of Guatemala and the largest city in Central America. It is considered the political, social, cultural and economic center of Guatemala. It has been nicknamed “Land of Eternal Spring” due to the comfortably warm days and cool nights. The population of Guatemala is approximately 5 million. The village of Apatitan is located approximately 25 miles outside of Guatemala City with a population of approximately 120,000 people. La Santa Cruz Lutheran church sits close to Lake Apatitan.
Sample Itinerary
Day 1. Arrive in Guatemala City.
Day 2. Worship, Orientation, sightseeing
Day 3. Workday
Day 4. Workday
Day 5. Workday
Day 6. Workday
Day 7. Wrap up project, to Antigua
Day 8. Cultural Day in Antigua
Day 9. Depart for US

A detailed itinerary will be customized and provided to you by LHM per 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

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 different sites in the city of Antigua, Guatemala to learn about the Mayan culture. Additional costs will be incurred for the sightseeing.

Insurance Coverage
Medical evacuation for all team members is mandatory. LHM provides insurance from AIG at the cost of $3.30 a day. We will provide you with an insurance card with a policy number and a contact phone number in cases of extreme emergency – (i.e. something that requires evacuation.) 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 in Antigua at Hotel Posada del Hermano Pedro www.hotelposadahermanopedro.com In Guatemala City, accommodations will be made at Hotel Conquistador https://www.hotelconquistador.com.gt/ Reservations for accommodations will be made by the ministry center director.
**Budget**

Sample budget based on 10 people for 8 days:

<table>
<thead>
<tr>
<th>Individual Costs</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Travel Insurance</td>
<td>$3.30/person/day, including travel days</td>
</tr>
<tr>
<td>Lodging-</td>
<td></td>
</tr>
<tr>
<td>double occupancy</td>
<td></td>
</tr>
<tr>
<td>Hotel in Antigua</td>
<td>$25 @ 2 nights/person</td>
</tr>
<tr>
<td>Hotel In Guatemala City</td>
<td>$40 @ 5 nights/person</td>
</tr>
<tr>
<td>Food- lunch &amp; dinner</td>
<td>$28/day average for 8 days</td>
</tr>
<tr>
<td>Transportation (includes airport)</td>
<td>$35/day/person x 8 days</td>
</tr>
<tr>
<td>Bottled Water</td>
<td>$3 per day x 8 days</td>
</tr>
<tr>
<td>Translators (2 needed)</td>
<td>$20/day/translator for 7 days ($280) divided by 10 people</td>
</tr>
<tr>
<td><strong>Total Individual Costs/person</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>$832.40</td>
</tr>
</tbody>
</table>

You must also budget for your international flights, costs for immunizations, if needed, 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. This budget is an estimate. Your team may choose to eat more or less expensive, which will alter your budget. We generally over-budget as much as possible so you do not run short of funds; we encourage you to have some extra funds available. It would also be wise to carry a small amount of additional contingency funds for any medical emergencies or unexpected costs that may occur. If using a credit or debit card while in country, please notify your credit card company and bank before departure to allow card usage in Guatemala.

**Project Costs**

Project costs are $6,500.00 which covers printing the materials for Project JOEL, snacks for the students for VBS, and costs for chairs and shelving for Sunday school at La Santa Cruz Lutheran Church as well as a $2,000 direct donation to the ministry center to support ongoing missions. This is a shared cost between all team members. Team will need to bring work gloves and eye protection. 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.
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.

<table>
<thead>
<tr>
<th>Vaccination or Disease</th>
<th>Recommendations or Requirements for Vaccine-Preventable Diseases</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Routine</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Hepatitis A or immune globulin (IG)</strong></td>
<td>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 &quot;standard&quot; tourist itineraries, accommodations, and food consumption behaviors.</td>
</tr>
<tr>
<td><strong>Hepatitis B</strong></td>
<td>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).</td>
</tr>
<tr>
<td><strong>Typhoid</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Rabies</strong></td>
<td>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.</td>
</tr>
</tbody>
</table>
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 Guatemala. Always consult with your doctor regarding vaccinations, as Lutheran Hour Ministries cannot be held liable for any recommendations made.

Please visit http://wwwn.cdc.gov/travel for the most current information on travel immunizations.

Training Manuals and Travel Forms
Team training is provided to each team member along with required travel forms for each team member to fill out and return to LHM. Please note; some forms will need to be notarized.

Mail forms to: Lutheran Hour Ministries
Attn. Chris Myers
660 Mason Ridge Center Drive
St. Louis, MO 63141

Scan and send forms to: christine.myers@lhm.org
### Electricity
In Guatemala, the voltage is 120v and the frequency is 60Hz. Guatemala may have several types of electrical outlets. Below are examples of the different types of outlets. For more information on electricity in Guatemala, please visit [http://www.worldstandards.eu/electricity/plug-voltage-by-country/](http://www.worldstandards.eu/electricity/plug-voltage-by-country/)

#### Type A Electrical Receptacle

Information on the Type A North American/Japanese 2-blade Electrical Adapter Plug and Electrical Outlet

The Type A electrical plug, or flat blade attachment plug, uses two flat parallel pins or blades. It is found in most of North America and on the east coast of South America on smaller devices that do not require a ground connection.

#### Type G Electrical Receptacle

Information on the Type G British 3-pin Electrical Adapter Plug and Electrical Outlet

The Type G electrical plug is a British three-pin rectangular blade plug that has a protective fuse inside to protect cords from high-current circuits. Type G outlets generally include safety switches.

#### Type I Electrical Receptacle

Information on the Type I Australian plug Electrical Adapter Plug and Electrical Outlet

The Type I Electrical Plug has two flat, oblique blades that form an inverted V, and a grounding blade.

### Currency
Currency used in Guatemala is Quetzals. ATM’s are available with disbursements given in Quetzals. ATM machines are available in the airport. Please be sure to notify your bank before departure to allow usage of your debit card in Guatemala and check for additional fees you may incur using your debit card.

### Phone Usage
Team members will be able to use their cell phone provided international service is set up with their carrier prior to departure. SIM cards can also be purchased upon arrival provided it is an unlocked GMS phone. Phone cards can be purchased from $3.50 and up.

Internet access is available at the hotel.
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 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
          cristoptlنغuate@gmail.com
Website: 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