

# Guatemala

Global Apprentice Planning Guide



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ACTION

## Hearts In Action

Welcomes you to visit our Campus in the Mayan Biosphere - Peten, Guatemala. We believe this experience will have a profound and positive effect on your life, making a lasting impact as you pursue your high calling in Christ Jesus. The time you spend in Peten will change you. It will broaden your horizons and give you more insight into indigenous cultures, compassionate work with children, cross cultural missions and sharing the gospel.



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# Plan Your Trip

- ❑ **With dates in mind**, contact [missions@heartsinaction.org](mailto:missions@heartsinaction.org) to check for availability
- ❑ **Complete** the About Me Questionnaire - HIA will email
- ❑ **Look for airfare flying** to Guatemala City or Belize, connecting to Flores, Petén (FRS)
- ❑ **Set goals**, trace action steps, get passports, and fundraise
- ❑ **Learn as much Spanish as possible.** The Duolingo app is very helpful.
- ❑ **Pray** and stay involved with HIA both before and after your trip; you may share projects, volunteer or host a fundraiser.





# Culture and Color on The Jungle School Campus





# Cost Per Person

**Monthly Cost: \$800.00 USD**

## **Your Cost Covers:**

- ☐ HIA-Guatemala in-country administrative fees
  - ☐ Roundtrip transportation to/from Flores, airport
  - ☐ Specialized Training sessions and activities with seasoned missionaries & staff
  - ☐ Lodging
  - ☐ Welcome packet
  - ☐ Internet
  - ☐ Transportation for ministry outings
  - ☐ Tikal National Park entry
  - ☐ Meals - 3 per day with lots of fruits and vegetables
- Note that HIA provides ingredients to make your own breakfasts, lunches and dinners.  
At other times you will be eating together as a group.

## **Your Cost Does Not Cover:**

- ☐ International airfare & airport taxes; domestic air or bus transport to and from Petén
- ☐ Excursions, park entry fees, lake/river boat trips, except TIKAL, which is covered by your cost
- ☐ Personal expenses, phone calls, insurance, souvenirs, medicines and snacks
- ☐ Laundry - wash by hand (free) or pay to use a machine \$3.00 for a large load.

\*Arrival and departure days are counted as full days.

**Cancellations** two weeks prior to departure date are non-refundable.



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# Make A Difference





# Share Your Gifts

## Things to do on the mission field:

- ☐ Help teach conversational English
- ☐ Read to students, tutor in math, science, spelling or help in the computer lab
- ☐ Learn to cook typical foods and experience new dishes.
- ☐ Serve with the team and students in events.
- ☐ Visit local villages and minister in churches and children's bible clubs
- ☐ Cook and serve food for the HIA team or TJS students
- ☐ Share memory verses, songs, arts & crafts, and object lessons
- ☐ Teach a choreography or special musical presentations
- ☐ Develop workshops for school teachers to reinforce skills & techniques
- ☐ Work on construction or other projects at HIA campus.

Do you have an artistic, engineering or musical talent, play sports, love cooking, gardening, birdwatching or ecological projects? We'll make time for you to instruct others in your area of interest.

**HIA Welcomes you to share your skills and hobbies.**



**Adventure Awaits You**



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# Excursions

## Here are some of the many excursions choices:

<input type="checkbox"/>	Tecolote Caves (includes transport, cave guide & lunch)	\$25.00
<input type="checkbox"/>	Camp Zuriel - Ropes Course and Team Building at HIA ( 2-3 hours with instructors)	\$20.00
<input type="checkbox"/>	Tikal National Park, or other Mayan sites	\$25.00
<input type="checkbox"/>	Ixpampajul Park - Fantastic Air bridges through the jungle and excellent canopy zip lining	\$35.00
<input type="checkbox"/>	Canopy tree top zip lining	\$35.00
<input type="checkbox"/>	Boat trips on Lake Itza, Flores (4-person minimum)	\$8.00
<input type="checkbox"/>	Boat trip on Lake Itza, San Andres (15-person boat)	\$25.00
<input type="checkbox"/>	Horseback excursions at HIA (2 hours)	\$20.00
<input type="checkbox"/>	Sports Fishing	\$35.00
<input type="checkbox"/>	Guided archeological nature hike, wildlife, exotic birds & plants	\$7.00
<input type="checkbox"/>	Sayaxche, Aguatemala & Passion river adventure – extraordinary boat ride, bird watching, Mayan Temple Hike (includes transport, guide & lunch)	\$50.00
<input type="checkbox"/>	El Mirador - world's largest ancient Mayan temples (5-7 days hiking)	TBD
<input type="checkbox"/>	Antigua, Guatemala - A must see, beautiful colonial town near Guatemala City	TBD



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# Explore the Mayan Biosphere





# Packing Recommendations

- T-shirts & casual shirts
- Comfortable walking shoes
- Jeans & light weight long pants
- Women's long shorts, leggings
- Summer dresses or skirts
- Personal hygiene products
- Poncho and or umbrella
- Hats, small backpack for day-trips
- Insect repellent & sunblock
- Hat, sunglasses, water bottle
- Bathing suit, cover up & flip flops
- Bible, Notepad & Pen
- Light jacket, rain boots (optional)

**Pack** only what you are willing to carry.  
To avoid any lost or stolen valuables  
(i.e.. jewelry), please leave them at home.



**Weather:** Petén temperatures range from an extremely hot 90-100 degrees F° during the day to mild 60-80° at night. It's summer most of the year with cooler times in December, January and February. Rainy season from June to November.

**Women:** please wear modest clothing. No- Halter tops, mini-skirts, very short-shorts or bikini tops.

**Prescriptions:** be sure to bring your personal RX & additional medications such as: Benadryl, Ibuprofen, soothing itch creams or gels

**Construction teams:** please bring work gloves, boots and tools. The tools you use at home are even more necessary & valuable on the field! You may also bring tools to donate to **The Jungle School vocational program.**



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# Health Considerations

**Please** inform HIA in advance if anyone requires an EPIPEN for **allergies** to bee stings. Notify us if you have any special health or medical conditions on your team. **Team infirmities**, physical disabilities, allergies or weight problems must be reported to HIA. Cases will be assessed on an individual basis and permission to travel could be granted or denied.

**Anyone with** a medical prescription should bring a written copy of their **prescription**. There are well trained medical personnel and pharmacies in **Guatemala** to handle most situations. However, an emergency can be expensive.

Check your **health insurance** to see if your coverage extends outside the U.S. If not, we recommend purchasing International *Health Travel Insurance* coverage for the time you will be in Guatemala.

We recommend having an up to date **Tetanus Shot**; it lasts about 10 years. **Vaccinations** are not required to enter Guatemala. **You DO NOT need malaria** medicine. **Hepatitis A, B, and C are optional**.

Nausea or diarrhea could be considered a normal part of the **experience in a new country**. They are usually caused by your stomach adjusting to foreign bacteria; please inform your HIA leader if you or anyone in your team have such discomfort.

If you have any dietary restrictions or **preferences** vegetarian or vegan, please let us know in advance.



## Four Weeks Before Departure

- ❑ Full in-country payment must be sent to:  
**Hearts In Action**  
**P. O. Box 2552 - Westerville OH 43086**
- ❑ HIA recommends that you register with the US Embassy if **coming from USA**. You may register at:  
<https://step.state.gov/step/>
- ❑ Complete the **Medical and Insurance Release Form** and email to HIA
- ❑ Email HIA your **flight itineraries**
- ❑ E-mail HIA a photo copy of your passport
- ❑ Please inform **HIA** of any last-minute airline changes, late arrivals, special situations, dietary needs, medical conditions etc. Email: [missions@heartsinaction.org](mailto:missions@heartsinaction.org)



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# Departure Day

- ❑ Arrive at the **airport** three hours before departure time; this is standard for international travel.
- ❑ Mark and count your **luggage**; check on luggage, especially when arriving/leaving local airports & bus stations.
- ❑ **Documentation:** Make sure the following documents are in order:
  - ❑ Airplane ticket
  - ❑ Current passport. **Carry it**, do not pack it in your checked luggage
  - ❑ **Minors** (under eighteen years old) must carry a notarized permit signed by both, parents or guardian stating that he/she is permitted to travel to Guatemala.
- ❑ If traveling to **Guatemala though Belize by bus**, the team has to get off the bus and walk through Belize/Guatemala border, go through immigration, then get back on the bus. The exit fee for **Belize is \$20.00 USD** per person; there is no fee to exit Guatemala.







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**Email:** [missions@heartsinaction.org](mailto:missions@heartsinaction.org)

**Phone:** 502-5201-2959

**Facebook:** @heartsinaction | @tjsguatemala

**Instagram:** @tjs\_guatemala

**Web:** [www.heartsinaction.org](http://www.heartsinaction.org)

**Mail:** P.O. Box 2552, Westerville OH 43086

