

Guatemala

Short Term Mission Trip Guide



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Hearts In Action

Welcomes you to visit our Campus in the Mayan Biosphere-Peten, Guatemala.

We are happy to partner with you and plan a customized mission adventure. This trip will impact your lives, broaden horizons, give you more insight into indigenous cultures, children, cross cultural mission work and sharing the gospel.



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Step by Step Guide to Plan Your Trip

- ❑ **Share** with friends at churches, schools and affiliate groups about joining your team.
- ❑ **With dates** in mind, contact missions@heartsinaction.org to check for availability.
- ❑ **Complete** the Trip Confirmation form - HIA will email.
- ❑ **Send a non-refundable \$500.00** check to the address below to **reserve your dates**.
- ❑ **Your deposit** will be deducted from the final payment.

Hearts in Action P. O. Box 2552, Westerville, OH 43086

- ❑ **Look** for airfare flying to Guatemala City (GUA) connecting to Flores, Petén (FRS)
- ❑ **Schedule** group meetings to pray, discuss goals, trace action steps, get passports, and fundraise.
- ❑ **Discuss** projects, your group's skills and abilities with HIA, and practice ministry presentations.
- ❑ **Appoint** a spiritual leader, coordinate team devotionals, before, during and after the trip
- ❑ **Encourage** the team to 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.



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Step by Step Guide to Plan Your Trip

Guatemala In Country Cost Covers:

Food, lodging, internet, administratives cost, ministry site planning and local ground transportation.

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|--|-----------|
| <input type="checkbox"/> Adult - in country cost - 7 nights (Tikal Park entry included) | \$ 725.00 |
| <input type="checkbox"/> Children 10 and under - in country cost - 7 nights | \$ 500.00 |
| <input type="checkbox"/> Flights- Guatemala- Petén- Guatemala (approx.) | \$ 255.00 |
| <input type="checkbox"/> Bus Guatemala-Petén-Guatemala 8-9 hours (approx.) | \$ TBD |
| <input type="checkbox"/> Bus Belize-Petén-Guatemala 6-7 hours (approx..) | \$ 125.00 |
| <input type="checkbox"/> Bus Belize-Peten-Guatemala (groups with less than 12 members) | \$ 175.00 |
| <input type="checkbox"/> Translators - per week / per translator | \$ 150.00 |
| <input type="checkbox"/> Laundry - wash by hand (free) or pay to have clothes washed (approx.) | \$ 10.00 |

In Country Cost Does Not Cover:

- ☐ Transportation: International airfare & airport taxes; domestic air or bus transport to and from Petén
- ☐ Excursions, park entry fees, lake/river boat trips
- ☐ Personal expenses, phone calls, insurance
- ☐ Souvenirs, medicines and snacks
- ☐ Group's work project - HIA greatly appreciates that you raise funds for materials for your work project



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Important Information

- ❑ All prices are in **USD** and are subject to change without notice.
- ❑ Arrival and departure days **ARE** counted as full days
- ❑ **Custom family trips are our speciality**, children's pricing available, please contact us for details
- ❑ For stays over 1 week the daily cost is **\$50.00 USD** per day per person\
- ❑ To estimate your **total trip cost per person** consider: round trip airfare, in-country costs, excursions, tips & offering
- ❑ **Money Exchange** -please exchange your USD to Quetzales in the U.S. or at the airport.
- ❑ Please let us know in advance of any **dietary considerations, allergies** or food preferences such as vegan, vegetarian etc.
- ❑ **Cancellations** two weeks prior to departure date are non-refundable



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Adventure Awaits You



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Sample Itinerary

| | | |
|---|---|---|
| <p>Day One & Two Arrival at HIA in San Andres, Petén - Dinner</p> <p>Welcome & orientation Authentic Guatemalan refreshments Tour HIA campus Swing in a hammock Dinner Team building games & activities Evening Presentation</p> | <p>Day Three Breakfast Work with TJS students Lunch Community project Visit local families Free time Dinner Depart to local church service Return to HIA campus Visit La Guaya - authentic handicrafts</p> | <p>Day Four Breakfast Teach your skills at TJS Lunch Gardening and/or construction project Swim or boat ride at Lake Itza Free Time Dinner Evening Jungle walk</p> |
| <p>Day Five Breakfast Literacy projects or arts & crafts at TJS Lunch Outreaches in local villages Local bakery or ice cream stop Return to HIA campus Free Time Dinner Bonfire</p> | <p>Day Six Morning archeological & nature hike Breakfast Learn to cook Guatemalan food Feed TJS students Lunch Visit local hospital Visit the Owl Caves Dinner Star Gazing</p> | <p>Day Seven Breakfast Depart for TIKAL & Jungle Zip-Lining Picnic Lunch Visit Mayan Temples Depart to Flores Sightseeing & shopping in Flores Boat ride around the island of Flores Dinner Return to HIA campus</p> |

Culture and Color on The Jungle School Campus



Sharing Your Gifts

Things to do on the mission field:

- ☐ Help teach conversational English
- ☐ Read to students, tutor, help in the computer or science labs
- ☐ 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
- ☐ Preach at local churches
- ☐ Work on construction projects, medical clinics or other Ranch projects.
- ☐ Practice songs in Spanish (please bring your own Bluetooth speakers & music)
- ☐ **Group Projects** - please contact HIA for a list of possible work projects for your team

Do you have an artistic ability, musical talent, play a sport, cook or have other abilities? We'll make time for you to instruct others in your area of interest.

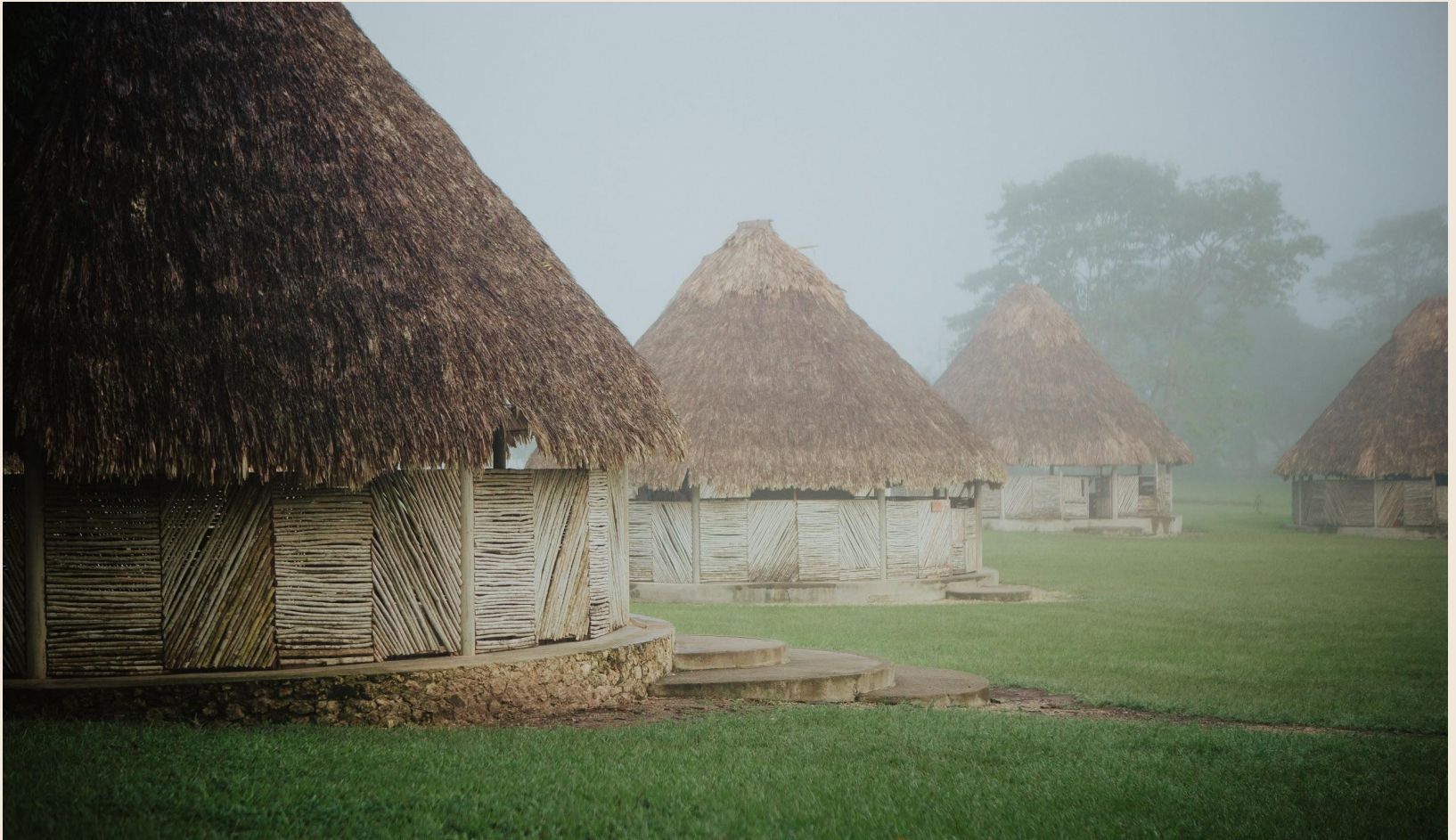
HIA Welcomes you to share your skills and hobbies.

Teams may have multiple itineraries depending on people's skills.



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Explore the Mayan Biosphere



Fun Day Activities

Please advise HIA one month in advance about your excursion choices

| | | |
|--------------------------|--|----------------|
| <input type="checkbox"/> | Tecolote Caves (includes transport, cave guide & lunch) | \$25.00 |
| <input type="checkbox"/> | Camp Zuriel- Ropes Course & Team Building at HIA | \$20.00 |
| <input type="checkbox"/> | Tikal National Park, or other Mayan sites | \$25.00 |
| <input type="checkbox"/> | Canopy tree top zip lining | \$35.00 |
| <input type="checkbox"/> | Ixpanpajul Park - Air bridges through the jungle & zipline | \$45.00 |
| <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, Aguateca & 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 ruins (5-7 days hiking) | TBD |



Packing Recommendations

- T-shirts & casual shirts
- Comfortable walking shoes
- Jeans & Light weight pants
- Women's long shorts, leggings
- Lightweight dress or skirts
- Personal hygiene products
- Poncho and or umbrella
- Hats, small backpack for day-trips
- Insect repellent & sunblock
- 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 very 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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Make A Difference



Donations Are Welcomed

To bless HIA, TJS and nearby villages; here is a list of possible items to bring.

- ❑ **School Supplies** - notebooks, notepads, pencils, pens, highlighters, coloring books & crayons
- ❑ **Art Room Supplies** - dry paint, paint brushes, kids aprons, crafts items, glue sticks, playdough
- ❑ **Sewing Notions** - needles, threads, buttons, tassels, rhinestones, fabrics, rick rack etc.
- ❑ **Classroom & Teacher Supplies** - stickers, folders, markers, notepads, science equipment
- ❑ **Dance Team** -black leggings for teen girls (12), shirts, masks, wigs and drama items, face paints
- ❑ **Music & Sound** - instruments, bluetooth speakers, microphone, megaphone, any sound systems or music
- ❑ **Office Supplies** - labels, envelopes, staplers, sticky notes, rubber bands, permanent markers (wide black)
- ❑ **Outreach Supplies** - candy, prizes and little toys like frisbees, cards, small balls, yo-yo's, balloons, etc.
- ❑ **Education** - books & bibles in Spanish, board games, educational DVDS/CDs & movies
- ❑ **Clothing** - kids clothing, shoes and sandals. **Please do not bring** extra large shoes and heavy winter clothes.
- ❑ **Home** - full & twin bed white sheets, kitchen towels, sandwich sized ziplock bags, solar lights, Christmas lights
- ❑ **Hygiene** - soap, shampoo, lotions vitamins, adult & children toothbrushes, deodorant, perfumes, makeup, hair accessories
- ❑ **Construction** - 25 foot tape measures (better if they have feet & metric), duct tape, blue tape, garden snipers, extension cords (all sizes), paint brushes, sanders & sandpaper, electric hand sanders and replaceable, batteries, dust masks

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 anyone on your team have such discomfort.

Four Weeks Before Departure

- ❑ Full in-country payment must be sent to:
Hearts In Action
P. O. Box 2552 - Westerville OH 43086
- ❑ Register your team with the US Embassy at:
<https://step.state.gov/step/>
- ❑ Complete the **Team Information Form** and email to HIA.
- ❑ Have all team members complete the **Medical and Insurance Release Form**, email or bring with you to HIA.
- ❑ Email HIA your **flight itineraries** & excursion choices.
- ❑ Make **color copies** of each passports photo page, send with the team leader.
- ❑ Make a colorful **luggage** tag for the group's bags.
- ❑ Please inform **HIA** of any last-minute airline changes, late arrivals, special situations, dietary needs, medical conditions etc. Email:
missions@heartsinaction.org



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Departure Day

- ❑ Arrive at the **airport** three hours before departure time; this is standard for international travel and necessary with a large groups.
- ❑ Mark and count your **luggage**. Assign a person to be responsible for keeping a 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 through 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.
- ❑ **Communication:** we suggest forming a **WhatsApp** group chat PRIOR to arrival to communicate with your team as it works well in Peten, Guatemala. Note that internet does not work well when you travel to some villages within Guatemala.



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