

Critical Information

for Guatemala

The following information is critical. If you read nothing else, read this page.

Air Travel

You are responsible for purchasing your own airline tickets to Guatemala. All team members must arrive at La Aurora International Airport (GUA) on July 1st and depart on July 11th. *You must arrive no later than 3pm on July 1st as we will be traveling to Tecpan (at least a 2 hour drive) and do not want to travel after dark.* The costs for any extended stay beyond these dates are at your own expense. Please do not purchase airline tickets until you have sent your itinerary to Jeri@impactnations.com for approval. You will be responsible for any charges incurred if you have to change your ticket.

Passports & Visas

Make sure your passport does not expire within 6 months of travel date. Please bring a photocopy of your passport and return air tickets. Visas are not required for travel to Guatemala.

Vaccinations

All travelers should review which vaccinations are required and recommended. These 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. All travelers need to have their vaccination records on the trip.

Here are the vaccinations for Guatemala as recommended by the Center for Disease Control <http://wwwnc.cdc.gov/travel/destinations/traveler/none/guatemala>

- measles, mumps, rubella
- diphtheria, pertussis
- tetanus
- hepatitis A/B
- typhoid

Mosquitos: Do be sure to have strong insect repellent (DEET 28%+) with you and use it daily. There are no cases of Malaria in the area, but you may choose to take anti-malaria medicine. There are also no cases of [Zika](#) in the area, although there

have been some cases in the country. The government is actively spraying to kill mosquitos.

Orientation Videos

In your registration confirmation email, there is a link to the video recorded orientation teaching; five basic messages and methods of how we extend the kingdom and heal the sick. If you this is your first Journey with Impact Nations, it is mandatory that you watch these videos. If you have been on a Journey before, feel free to brush up on the teaching. Please do not share these links/videos, as these are products that we sell, and they are only free for Journey team members. If you would like to take your home groups or other small groups through them, please contact us and we can make them available to you. If you have any problems viewing these please contact the office.

Journey Information

Schedule

Your trip to Guatemala will take place from July 1 - 11, 2019

The following is the presently anticipated schedule for the trip. Please remember to be flexible. Almost every trip will experience changes in schedule and/or locations. Once we're on the ground at the destination things might change so please hold the following with an open hand.

Monday July 1st – Arrive in Guatemala City. You must arrive no later than 3pm. We will be traveling to Tecpan and do not want to travel after dark.

Tuesday - July 2nd – team orientation, sort donations

Wednesday/Sunday July 3rd and 7th – ministry activities, open air meetings around Tecpan

Monday July 8th – Day off in Antigua. Drive to Guatemala City (minimum 2 hours).

Tuesday/Wednesday July 9th and 10th ministry activities, open air meetings in Guatemala City

Thursday July 11th - depart

Hotel Accommodation

We will be staying at a guest house located at **8 Calle 23 – 83. Kaminal Juyu 1 Zona 7 Guatemala**. All rooms will have 2 beds with ensuite bathrooms and will be shared.

If you plan on reading after dark, you need to bring a personal reading light.

Luggage

Each team member may bring only one check-in piece and one carry on piece. (The airline will allow you two check-in pieces, but to accommodate the ground transportation, you should pack everything into one check-in piece).

The exception to this is if you have a suitcase full of things you are giving away.

Remember that you will be responsible to carry your own luggage so please choose a style and size that you will be able to manage by yourself.

Label your luggage inside and out with your full name and home address, including country. Also include the destination address with the dates you will be there 8 Calle 23 – 83 Kaminal Juyu 1 Zona 7 Guatemala. It is not uncommon to find luggage identical to yours on the airport conveyors so marking your luggage in some way for easy identification is a good idea. Be sure your suitcase can be locked while in the hotel.

Any carry-on toiletries must be in containers less than 90ml/3oz. and placed within a 1 liter/quart sized clear Ziploc bag.

DON'T FORGET TO PACK IN YOUR CARRY-ON ANY PRESCRIPTION MEDICATIONS THAT YOU NORMALLY NEED TO USE.

Bring a small backpack as your carry-on or in your luggage to carry your water, toilet paper in a ziplock bag and any other personal items when doing village ministry. If you have a favorite water bottle you can bring that along as well.

Dress Code

Each team member will receive 2 Impact Nations t-shirts that will be laundered daily (cost is covered by us).

WOMEN

During Daytime and Evening meetings

Pants or long capris are fine. Please no form fitting or low cut t-shirts or blouses or short skirts. Always make sure your knees, midriff and shoulders are covered. No

low-cut pants or skirts, they must sit at your waist. Shorts can only be worn at the hotel.

Sundays

A dress, a skirt and blouse, or blouse and nice pants. Shoulders, midriff and knees should be covered.

MEN

Daytime and Evening meetings

Jeans and a t-shirt are fine but avoid shirts with slogans or humor. Words are used differently in other cultures and this can often cause offense. Pants must be worn at your waist level. Shorts can only be worn in the hotel.

Sundays

Nice casual long slacks. Shirt with a collar- either long or short sleeve (this may be of a button down style or a golf shirt style). No T-shirts please.

EVERYONE

Comfortable shoes! You could be standing a long time. Avoid open toed shoes, as you will be walking on rough paths in the villages that are often littered with animal droppings. We ask that you not to walk barefoot in public areas, outside your room or around the house.

Also, in many places, body piercings, except for women's earrings, are offensive and should be removed for the trip.

During personal time, we ask that all dress remain modest. We will have an opportunity for a swim, so you can bring your best conservative swimsuit.

See packing list at the end of this document.

Spending Money

Your trip fee includes 3 meals a day, water, your accommodation (July 1st, check out July 11th) and domestic transportation in Guatemala. Please be aware that it does not cover additional costs such as telephone calls from the hotel (expensive!), personal shopping, laundry, etc.

The local currency is the Guatemalan Quetzal (GTQ) At the time of writing this document \$1 USD was equal to 7.69 GTQ. For the latest exchange rate in your currency, you can click [here](#).

The amount of spending money you bring depends on you, but for 11 days, you'll probably find \$50 US sufficient, plus any money you want for souvenir shopping. You can change currency at the airport.

Security

Some tips for cash & valuables: try not to appear wealthy, only carry what is necessary, remove all excess materials, and carry your money on the front side of your body. **It is highly recommended that you have a money belt or document pouch, which is worn around your neck or under your clothing to store your money and important papers.** These are readily available at travel stores and wilderness outfitters. **Bring a lock so that you can lock your suitcase while you are out of your room.**

Communication

WITH US DURING THE TRIP:

You will receive a name badge on the first day of the mission along with an emergency contact phone number and address that fits in your badge holder. One or two of the team will be carrying a cell phone and will be available for emergency assistance.

WITH HOME:

Because this is a ministry trip rather than a vacation, we encourage you to let go of home issues and focus on ministry. In any case, you should not make promises with friends and family that you will be in touch frequently by phone or by email as this is not likely possible.

If you have a cell phone you hope to use during the trip, or a calling card from your telephone service provider, please call your service provider before the trip to learn whether these are operational in Guatemala and what special instructions you might need.

Wireless Internet is usually available in the hotel.

YOUR FAMILY AND FRIENDS CONTACTING YOU:

Shortly after we arrive we will have a cell number that your family can use for emergencies.

Medical Insurance

Impact Nations provides travel medical insurance. It is in-country coverage only.

It includes:

- \$600,000 Medical Coverage with \$0 deductible (age 70-79 is \$50,000, age 80+ is \$12,000)
- \$100,000 Emergency Evacuation
- \$50,000 Return of Mortal Remains
- and \$25,000 accidental death.

No pre-existing medical conditions are covered (existing prescriptions or conditions for which you are currently under a doctor's care). If you choose to purchase your own travel medical insurance, it will be the primary policy. You must provide a copy of this coverage to Impact Nations. Impact Nations will pay expenses in country for your care. You will be responsible to reimburse Impact Nations when you receive funds from your insurance company.

Requests for money, gifts or personal information

It is not unusual in most 3rd World countries, or the poor areas of other nations, for the locals to request donations of money and gifts from ministry team members. They will also often want to have your personal telephone and email contact information so that they can continue to request donations. As a team member, how you handle these requests affects the whole team and other teams that may be coming in the future, so we ask you to adhere to the following policies:

Impact Nations is a *ministry*, not a foundation. What we have to give is spiritual impartation, training, primary local medical assistance during a Journey, power evangelism, healing and love. We seek *transformation* through Kingdom principles. We therefore ask our team members to refrain from giving out money or personal contact information. We sometimes will give the team the opportunity to give a love offering to the local church, which will be administered by the local church leaders. We also sometimes do likewise for our translators and others who have served the team faithfully (drivers for example).

When requested for personal contact information, you can provide them with our Impact Nations website (www.impactnations.com) and our email address (info@impactnations.com). We will forward any inquiries to you that come through us if you wish.

If a Team Member feels that the Lord has put it on their heart to give a donation to an individual or for a specific local cause, we ask that they discuss this with the Impact team leadership who will consult with the local leadership.

It is important to understand that this tendency to ask for support is culturally normal, and should not be viewed by us as wrong or bad behavior on their part. But in the long term, we can easily be hindering God's work through monetary gifts rather than helping it.

Location Information

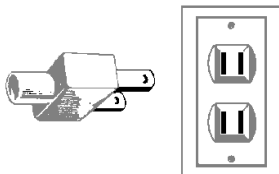
Climate

The temperature in Guatemala City in July averages 25° C (77° F) during the day and 17° C (62° F) at night. There may be scattered thunderstorms.

Electric Current

Guatemala's electrical power is distributed at 120 volts cycling at 60 Hz.

A short extension cord that provides 3 outlets can be very handy for charging several items at the same time, ie. Camera battery, phone, laptop.



This flat two-prong plug is the most commonly found outlet in <http://whatplug.info/from/usa/to/guatemala>

Language

Spanish is the official language. We will be using local translators.

Useful websites for more Information on Guatemala

<https://www.lonelyplanet.com/guatemala>

<https://en.wikipedia.org/wiki/Guatemala>

<http://www.bbc.com/news/world-latin-america-19635877>

Packing List

Travel light. Pack only what you think you need; you will probably find that you need and use less than you originally thought. It is possible to hand wash personal items and there is a laundry service at the hotel. Clothes items should be versatile and efficient. Be prepared for variances in temperatures and humidity.

Essential Items:

- One clearly labeled suitcase and carry-on (include in these a small backpack for day use)
- Passport
- Airline tickets and Itinerary (always keep a copy in carry on)
- Copy of Passport (photocopy, digital picture, scan)
- A lock for your suitcase to be used in your room
- Money belt/document case to be worn in front, or the kind you wear around the neck
- A list of emergency contact numbers (lost cards, etc.)
- Cash, an optional credit card and/or bank card
- Your personal toiletries: shampoo, soap, etc.
- Hand sanitizer
- Your favorite diarrhea medicine
- All necessary prescription medications, and a copy of the prescription.
- Mosquito repellent
- A good, RELIABLE, travel alarm clock (might be a long walk to the ministry site!)
- All your chargers for cameras, shavers, phones, etc. (Optional; a short extension cord - 3 outlet.)
- Bible, pen(s) & notebook
- Breath Mints for the ministry sessions! (You'll be up close & personal).
- Snack food: trail mix, energy bars, breakfast bars. Meals aren't always on time.
- Sun equipment: sunglasses, suntan lotion, hat(s)
- Face cloth and towel (hotel towels can be quite small, a cloth for sweat is helpful)
- A roll of toilet paper in a plastic bag (to be on your person at all times!!!!)

- Small packets of tissues
- A small flashlight (also optional -a small reading light; room lighting is often poor)
- Lightweight sleepwear (rooms are not air conditioned)
- A light jacket or umbrella
- Ladies: dress, skirt, for Sunday
- Men: Collared shirt for Sunday

Recommended Optional Items:

- A comfortable pillow if this is essential to your ability to sleep
- Sleeping aids: Ear plugs, blindfold, drugs... whatever you require.
- Extra eyeglasses or contacts in case current ones are misplaced
- Spare batteries for camera, flashlight, etc.
- Digital Camera
- A travel coffee maker if your morning coffee is essential to your well-being and sociability
- A few Band-Aids, perhaps a small first aid kit, pain pills, antacids... your normal pharmaceuticals
- A few pictures from home to show the locals when they ask about your family, etc.
- Some re-sealable plastic bags of various sizes for items that are soiled, wet, smelly, etc.
- Personal water bottle; you will be given a standard bottle there

Other Items:

These are some items that would be put to good use. If possible, you could purchase some of these and bring them in your suitcase. Thanks!

- Cheap face cloths, small toiletry items, especially teeth care, shampoo, nail polish.
- Small gifts for translators; possibly something unique to your country.

For Kids:

- Children's shoes have been requested; black leather for wearing with school uniform, running/tennis shoes, flip flops
- Soccer balls & pump
- Coloring books and crayons, school supplies
- Small toys, bouncy balls, cars, stickers, pens & notepads... Dollar Store Stuff!
- Also any other supplies for playing with children or giving away to local schools and churches.