

Travel Cost: \$2100

Note: Cost includes flights, baggage, transportation, accommodations, food

If I want to go, how do I sign up?

1. Go to www.waynepres.org/guatemala and click on the link which will take you to nextstepministries.org signup form.
2. Write \$2100 check out to Wayne Presbyterian Church
3. Call for trip insurance.
4. Add the 4 mandatory trip meetings into your calendar.

Last date to cancel is March 15.

After March 15 we are not able to reimburse any funds. To account for medical and family emergencies we highly recommend trip insurance. We will give more information on trip insurance at our first trip meeting.

Fundraising Options

LETTER WRITING INFORMATION

Use this information to adapt the sample letter to this trip, so that you send out a document that is well done, helpful, and clear.

For information on our Next Step Ministries site, go to this link and refer to the information packet from the December 16th meeting:

<https://nextstepministries.com/sumpango-guatemala-2/>

For information on the first part of our trip go to this link and refer to the information packet from the December 16th meeting:

<http://www.cedepca.org/en/programs/intercultural-encounters>

Here's some information on our group:

- There will be over 30 people going from our church
- We will be working with PCUSA mission partners working in migration and women empowerment with CEDEPCA from July 3-7. We will then be traveling to Sumpango, Guatemala doing construction, and volunteering at an HIV+ orphanage with 60+ kids until July 13th.
- This will be an 11 day trip
- Checks should be made payable to "Wayne Presbyterian Church" and include the name of the youth being supported in the memo line and Guat.2019. Checks and money should be mailed to you. You are responsible to collect the checks and submit them to Sarah or Andrew Hostetter.
 - Gifts are tax deductible
 - Youth are responsible for keeping track of money raised and submitting it to us

Letter writing can be used to do the following things:

- Make the cost of this trip cheaper for you
- Make the cost of this trip cheaper for another youth who needs more financial help
- Contribute to Next Step, or our PC(USA) mission partners in Guatemala
 - If you raise more than \$2100 you can chose to give the gift towards a scholarship for someone who can not raise the remainder of the funds, or we will be sending a donation to our PC(USA) mission partners that we will be working with in Guatemala.

FUNDRAISING USING AIRMILES

We have 30 flights reserved, if you would like to purchase your own ticket or use airmails towards your ticket please contact Sarah Hostetter.

We do however recommend that the flight you chose should arrive no later than 2pm on July 3rd in Guatemala City, Guatemala, and can arrive no later than 7pm at Philadelphia International Airport on Saturday, July 13th. If you do decide to do this option please contact Sarah Hostetter no later than March 1 so that she can cancel your ticket with no penalty.

SAMPLE SUPPORT RAISING LETTER (STUDENT FOCUS)

Dear Friends and Family:

How are you doing? I hope that God is doing as many wonderful things in you life as He is in mine. I am having a wonderful year at Central High School, and feeling God's will to do more for the world around me.

I want to share with you a challenging ministry opportunity that God has presented to me. From June 10 through June 20 God has offered me the chance to go to Indonesia with a youth group from First Calvary Church. This 10-day missions trip will be reaching out and spreading gospel to the Indonesian people while also learning more about the people there and their culture.

While God has opened up a door for me to develop a greater heart of compassion for His people around the world, the exciting part is that you will be able to share in this compassion in several ways. First, you can help pray for me and my fellow students. We will need prayers that God will prepare us for our visit and bless our efforts as we minister to the people of Indonesia. We will also need prayers that our financial needs will be met. At this time we need to raise \$3,000 each to attend this trip, and that is quite a challenge!

Another way you can be involved is to help provide that financial support. Would you consider supporting me with a small donation? I have included a postage-paid envelope for you to use if you feel led to contribute. I will need to raise all my funds by May 1 in order to pay for airline tickets and other items. Please make checks payable to First Calvary Church. Whether you feel led to contribute financially, through prayer, or both, all of your support is appreciated.

I look forward to doing God's work in Indonesia and letting you know all about how God has worked through this team when I return in June.

God Bless,
Jane Student

TRAVEL INFORMATION

Note: Guatemala is 1 hour ahead

Wednesday, July 3, 2019

Meet at WPC 5am

American Airlines Flight 1533L (we will have a layover in Miami International Airport)

Depart Philadelphia 8:15am

Wednesday, July 3, 2019

Arrive Guatemala City, Guatemala 1:28pm

Wednesday, July 3 – Sunday, July 7

CEDEPCA (<http://www.cedepca.org/en/programs/intercultural-encounters>)

We will be transported by staff of CEDEPCA, The Protestant Center for Pastoral Studies in Central America who partners with PCUSA missionaries in Guatemala. Our intercultural encounter will include opportunities of dialogue and partnership with our Guatemalan mission partners as they empower women, train, strengthen, and provide spiritual resources for communities recovering from extreme weather and destitute conditions.

Sunday, July 7 – Thursday, July 11

Next Step Ministries (<https://nextstepministries.com>) (<https://nextstepministries.com/sumpango-guatemala-2/>)

On Sunday, we will join our friends at Next Step Ministries in Sumpango, Guatemala. Next Step Ministries is a short term mission organization who values long term relationships with the communities they serve alongside. They serve communities that are rural, still developing, intercity, and communities recovering from recent disasters. They have partnered with Sumpango for over 10 years, and have developed incredible relationships within the community. We are excited to meet and work alongside missionaries like Betty, local Sumpango Churches, and the Next Step staff as we build extensions on to small houses that house large numbers of people, create VBS programming, and volunteer at a local HIV orphanage with over 60 children. Here there will be projects for all, and opportunities to experience God in new and glorious ways.

Friday, July 12

Next Step Ministries (<https://nextstepministries.com>) (<https://nextstepministries.com/sumpango-guatemala-2/>)

5 of 10

On Friday we will have a free day, where we will be taken to numerous sites to experience Guatemalan culture, markets, and heritage. Bring a little spare money and a camera to explore the side streets, the markets, and the sites of Guatemala that you may have only seen in pictures.

Saturday, July 13

American Airlines

Flight # 1182L

Depart Guatemala City

7 a.m.

Arrive in Philadelphia

6:26 p.m.

Overall Preparation Information

DOCUMENTATION:

A valid passport is needed for travel in Central America. If you already have a passport, check to be sure that it will be valid for at least six months beyond the dates of your trip. If you do not have a passport, you should apply for one as soon as possible. Start early; it can take 6-8 weeks to receive your passport.

<https://travel.state.gov/content/travel/en/passports.html>

When you receive your new passport, be sure to SIGN IT at the appropriate place, thereby validating it. Then make a photocopy of the first several pages of your passport. Bring this copy with you on the trip, though separate from your passport. In case your passport was to be lost or stolen, application for a new passport would be facilitated by having this copy on hand.

For U.S. citizens, tourist cards and visas are no longer required by the Guatemalan government. The only legal document needed is a **validated passport**. For visitors from other countries, please check the requirements with a Guatemalan Consulate in your country or a local travel agency.

WHAT TO BRING:

The first rule is to PACK LIGHTLY! Your bags should be of a manageable size and weight so that you yourself can be responsible for handling them. Two smaller bags are better than one big one, especially since they often have to be put on the **TOP** of the bus we use. The best idea is to bring only carry-on luggage to avoid the frustrations of late or lost items. If you do check luggage, you should still plan on carrying with you important items such as a change of clothes, toothbrush, prescription medicines, camera, etc. in the event your checked luggage were lost or delayed. Additionally, please bring a refillable, reusable water bottle.

Daytime weather is warm (70-80's; 90's only on the Pacific lowlands), but nights are cool to chilly (Guatemala City 50's, highlands 30-40's). The layered look (e.g. turtleneck + t-shirt + sweater or sweatshirt) will be helpful for changes in temperature. Trips to the highlands will require some WARM clothing. However, weather in coastal regions and Cahabón is HOT and HUMID.

Casual, but neat, wash-and-wear apparel is appropriate--the kind that can pick up dust and dirt and not show it. Comfortable walking shoes are a must. One skirt or pair of dress slacks is important if the group will be attending worship or having a formal interview in an office. Capris for women work quite well. Bathrooms may be dormitory style so you may want to bring along a lightweight robe. If your trip falls during the rainy season (May-October), you will need a lightweight raincoat, poncho and/or collapsible umbrella. Work groups only may need work clothes, rubber boots and/or work gloves.

INOCULATIONS:

No shots are required. However, it is recommended that you are up-to-date on the following:

- hepatitis A (Havrix: 2-3 shots, 30 days apart)
- diphtheria/tetanus
- typhoid
- polio

Bountiful use of insect repellent should be sufficient protection against malaria should your group travel to the Pacific lowlands or Petén; however, if you wish to take further preventive steps, please consult your doctor. Also, there is no known vaccine to prevent the mosquito-borne diseases dengue, Chikungunya and/or zika, so insect repellent is very important.

Though cholera is present in Guatemala, the danger of your becoming infected is minimal. The vaccine is not recommended because of its limited effectiveness. Good hygienic procedures are the best way to avoid the disease, especially washing hands with soap and water several times a day.

HEALTH CARE:

Some visitors suffer from diarrhea or nausea caused by bacteria to which their bodies are not accustomed. For minor cases, Pepto-Bismol or Acidophilus are recommended. Medications such as Immodium, Lomotil and preventive antibiotics are discouraged, but sometimes are useful for long bus rides.

Please bring along antibiotic spray, such as bactine, and acetaminophen or ibuprofen. These items can be quite expensive to obtain in Guatemala and it is better that you bring them along with you.

Other factors that may affect you:

- High altitude in Guatemala City and the highlands (5-8,000 ft), heat and high humidity at sea level, possible strain from culture shock, and an intense schedule. **Rest assured that in case of severe illness for whatever reason, excellent medical care, including safe blood supply, is available in Guatemala.**
- Participants may want to check to see that their health insurance policies still cover them while traveling outside the USA. Those without insurance will need to purchase travel insurance. (We are looking into this)
- Participants with mobility-related issues should be aware that some strenuous activity is involved; for example, climbing in and out of buses and boats; almost all buildings and hotels will have stairs that cannot be avoided.

ZIKA:

We are aware about the news and warnings about the Zika virus and CEDEPCA and Nextstep are working on precautions concerning this.

As you know, there is a travel alert for all pregnant women. Even if we have no pregnant women coming, (nor women intending to get pregnant or women of childbearing age who may not yet know

that they are pregnant), we will keep an eye on the Center for Disease Control's (CDC) website and then send out the precautionary/preventive info.

<https://wwwnc.cdc.gov/travel/notices/alert/zika-virus-guatemala>

CEDEPCA does not believe that there is any need for this to negatively affect our travel or trip. They do recommend that you take precautions to avoid mosquito bites.

PERMETHRIN:

In case you're not already familiar with Permethrin for treating clothing, please see the following links:

<http://wwwnc.cdc.gov/travel/page/avoid-bug-bites>

<http://npic.orst.edu/pest/mosquito/ptc.html>

Finally, for participants who are really worried about this issue, we suggest mosquito netting.

ACCOMMODATIONS:

Groups are lodged in double or triple occupancy rooms in modest hotels or pensions. Linens are provided, but you may want to bring along an extra hand towel. Laundry services are available on occasion; otherwise, light clothing can be washed by hand and hung out to dry. If you are staying in a remote area, you will probably need sheets and a towel. ONCE WE FINALIZE OUR PLANS WE WILL GET YOU MORE INFORMATION.

If the group has an overnight stay in a village, accommodations will be more primitive. Participants should be aware that this trip is to be an immersion experience that emphasizes experiencing the reality of life in Central America.

GIFT-GIVING:

CEDEPCA- "Coming in contact with poverty in Guatemala produces the natural desire to give generously to whomever is near and in need. However, gift-giving can create problems for those who receive a gift as well as for those who do not. Therefore, it is preferable to not give gifts to individuals during your trip. Your presence and interest in the people themselves are important gifts that can be offered to those with whom you come in contact.

One idea might be to take a group photo before leaving the USA and to make copies of it which could be distributed to those with whom you come in contact. Another idea would be for the group to make a banner (or banners) which could be left with one of the churches or organizations with which you will be meeting here, and/or to bring copies of a photo of your group taken prior to departure.

Please remember that we should not act like Santa Claus when visiting villages. It is not a good idea to distribute sweets, pens, money or other presents to the people, especially children. It is a generous act, but teaches people to beg. Many aid organizations consider the increase in begging to

be due to tourists distributing gifts indiscriminately in some areas. Also, many village elders see a loss of their people's dignity when their children start asking visitors for things.

If your group desires to make a donation to one of the villages, institutions, or churches that we visit, please speak with your group facilitator and they will work with you on finding the best way to do so. The priorities would include the following: medical equipment and supplies, antibiotics in quantity, aspirin, children's vitamins, office, supplies, bilingual school supplies, and Sunday School arts & crafts supplies such as colored paper, crayons, scissors, paste, etc. From time to time, special items may be needed."

MONEY EXCHANGE:

Please do not bring traveler's checks, as they are VERY difficult to exchange within the country.

Money for personal purchases and souvenirs should be in cash. U.S. cash to be exchanged **MUST** be new or in excellent condition: No ink stains, marks, writing, tears, staple holes; nothing. Additionally, as of January 2017 small bills of US \$5, \$10, \$20 dollars will no longer be exchanged inside Guatemala.

CEDEPCA has warned us that it is no longer feasible to take a group into a bank and have each person exchange their own money. The best and easiest place to exchange your cash into Guatemalan Quetzales will be:

1. AAA (if you are a member) OR
2. At your international departure airport OR
3. At the Guatemalan airport, prior to going through baggage claim, immigration & customs. Be sure and ask for Q100 in small bills. A money belt is highly recommended. Unless you are a BIG spender, some amount between US\$150-250 should easily cover your needs. On the other hand, Guatemala's hand- woven items are some of the most beautiful to be found anywhere--and you could get a head start on your Christmas shopping. Favorite items are vests, sweaters, placemats, blankets, liturgical stoles, handbags, leather items, but there's so much more....
4. ATMs: It is possible to use US debit cards and credit cards at ATMs (Cajeros) in Guatemala. Please be aware that up to \$10 of fees may apply for each withdrawal, and that there are safety risks involved. Up to Q2,000 per day (approximately \$260, plus fees) may be withdrawn from an ATM. You will need to know your PIN, even for a credit card. Be sure to notify your bank or credit card company **BEFORE TRAVELING** if you plan to do this in Guatemala. Otherwise, the fraud prevention mechanisms may freeze use of your card.

SECURITY CONCERNS:

<https://gt.usembassy.gov/travel-advisory-guatemala/>

<https://gt.usembassy.gov/improvements-safety-security-information/>

CEDEPCA- "We understand that there are safety concerns about visiting Guatemala. While nothing in life can be guaranteed 100%, please be assured that we will take every possible precaution to ensure that your group has a safe and enjoyable trip. For example, your group will always be accompanied by **two group facilitators (or more for larger groups)**, and we use **private transportation**. Please feel free to be in contact with your trip coordinator if you have any specific concerns or questions."

EMERGENCY CONTACTS:

Sarah Hostetter: 717-344-7220

shostetter@waynepres.org

Andrew Hostetter: 717- 406-8611

ahostetter@waynepres.org 10

In case of family emergency, messages can be left at the following numbers:

--weekdays CEDEPCA phone PBX: 011-502-2254-1093

--e-mail: emerson@cedepca.org, esirin@cedepca.org or nancyc@cedepca.org

--Cell phones: Emerson: 502-4472-9732, Esvin: 502-5697-3948 or Nancy: 502-5709-8340

Weekends: --Judith Castañeda cell phone: 011-502-5709-9912 (if you call from the U.S. you should dial 011 then the country code: 502 and then the number)

Time zones: U.S. Central Standard time = Central American time. When the U.S. is on Daylight Savings time, Rocky Mountain time = Central American time. Though you will not always have immediate access to a phone during your trip, it is possible to make (expensive) collect or credit-card calls to the USA via US phone services. In some communities, it also may be possible to access your e-mail.

