

CASAS *Por* CRISTO

STUDENT MISSION TRIP

MARCH 26 - APRIL 1, 2023



TRIP DETAILS

Arrival & Departure

Your Casas missionary will contact your team leader before your trip to introduce themselves, go over expectations for the week, and talk about your airport pickup. All team members must be present at the time the team is scheduled to be picked up from the airport. We will pick you up from the airport at your scheduled arrival time and drop you off in time for your departing flight.

Animals

It is important that you do not feed or touch the animals in Guatemala. Many of them carry diseases and have the potential to bite or scratch.

Attire

Please bring clothing that is modest and appropriate. The following clothing items are prohibited: tank tops, cutoff shirts, torn pants, shorts shorter than knee-length (no cheerleading/running shorts), tight-fitting clothing (no leggings or yoga/spandex pants). On the worksite, everyone must wear long pants and closed-toed shoes for protection. You may wear modest, knee-length shorts whenever you are not on the worksite.

Cell Phones

Talk with your carrier to see if you will have service in Guatemala and what charges you may incur. Your Casas missionary will have a cell phone with service in Guatemala in case of emergencies.

Cultural Sensitivity

Casas por Cristo exists to open the door for local pastors and churches to share the love of Jesus Christ by serving. The Guatemalan church culture is generally more conservative than yours. Please be sensitive to the desires of the pastors you are here to serve. Our pastors have asked that our teams refrain from purchasing or consuming alcohol and tobacco, dress modestly, and respect the facilities. Ask your Casas missionary for more specific information about your assigned pastor/church.

Documentation

Passports are REQUIRED for all team members! If you plan to travel with minors without parents, please see the US Customs & Border Protection's **recommended documentation**.

Flights

Your team is responsible for purchasing your own airfare. Secure your flights to and from La Aurora International Airport in Guatemala City.

It is mandatory that you arrive and depart as a team as we will only make one trip to the airport to pick you up and drop you off. You should arrive any time Sunday and depart the following Friday for three-day builds or Saturday for four-day builds. We will do our best to be flexible with alternate schedules.

PACKING LIST

- Travel documents (passports, etc.)
- Toolbelt or nail apron
- Work gloves
- Protective eyewear
- Long work pants (No capri pants or shorts on work site)
- Work shirts (t-shirts)
- Sturdy closed-toed shoes or boots & flip flops
- Hat or bandana
- Insulated water container
- Sunblock
- Chapstick
- Bible
- Soap, shampoo, & other toiletries
- Feminine hygiene products (tampons are difficult to find)

REQUIRED TOOLS

- **Hammer (no smaller than 16 oz.)**
- **Carpenter's pencil**
- **25 ft. tape measure**
- **Utility knife**

These items aren't mandatory but can be helpful

**Earplugs (for sleeping)*

**Flashlight*

**Wet wipes*

**Knee pads*

DO NOT PACK

- Tank tops or sleeveless shirts
- Torn pants
- Hairdryers, curling irons, and hair straighteners
- Shorts shorter than knee length (no cheerleading/running shorts)
- Tight-fitting clothing (yoga/spandex pants)

Disclosure of Risk & Medical Release Form

You must fill out a Disclosure of Risk & Medical Release Form before you enter Guatemala. We now collect this form digitally. You will receive an email with instructions on how to fill out this form. Your form is due 30 days prior to your trip.

Immunizations

We do not require any immunizations; however, we do recommend current Tetanus and Hepatitis A & B immunizations. You may check the CDC website to see what they recommend for travel to Guatemala.

Internet

Most accommodations offer basic internet for \$10/week that will allow you to text and call (video streaming unavailable). Cash and credit cards accepted at the Casas store.

Money

In Guatemala, the currency is called the Quetzal. The US dollar is **not** accepted in San Raymundo. Exchange your money stateside for the best exchange rate or in the Guatemala City airport. You will need to have your passport and know where you are staying in San Raymundo in order to exchange money. The address you can give is **7 Calle 3-34, Zona 1, San Raymundo, Guatemala**. You can also withdraw money from the local ATM's in San Raymundo using your personal debit card. Please check with your bank to see what fees may apply. No banks will exchange \$20 bills in San Raymundo, so if you need to exchange money there, you will have to bring crisp \$50 or \$100 bills.

Personal Belongings

Don't bring anything to Guatemala that you would be heartbroken to leave without. We recommend keeping anything of value with you at all times (money, passports, jewelry, etc.), locked in the safe in our

office, or secured in the room at your lodging facility.

Recipient Family

We do not require that the recipient families participate in the building process beyond having the site prepared. However, many families are eager to help but are shy and feel like they would be in the way. Make every effort to include your family in the building process. Some families will prepare meals for teams to show their gratitude. These families make extra efforts to ensure that the food is safely prepared.

Spanish

The primary language spoken in Guatemala is Spanish. However, some families speak a Mayan dialect called Kaqchikel. We encourage you to learn some Spanish phrases beforehand to be able to speak with your family.

Support Your Missionary

In order to keep the cost of our mission trips low, our missionaries raise their own salaries to serve at the ministry. Each missionary depends on gifts from churches and dedicated individuals to cover their salaries. Changing a family's life this week could not happen without your effort and sacrifice. It also could not happen without your financial support of our missionaries. At the end of your trip, encourage your missionary by giving a donation and consider joining their monthly support team.

Team Composition

For the best building experience, we recommend 20 people. The work will include pouring concrete, building walls, and installing metal roofing, electrical, siding, windows, and a door. Each of these tasks has at least one element that everyone can perform. Skilled laborers are not needed.

Time Zone

Guatemala is in the Central time zone but does not observe daylight savings. When establishing meeting times, we will refer to this time zone.

Water

Tap water in Guatemala is not purified to American standards. To avoid getting sick, please drink only the purified water that Casas will provide for you at your worksite and lodging.

Weather

The temperatures in San Raymundo range from 55 to 80 degrees year-round. Rain is a common occurrence, and a light rain jacket is recommended.

Your Casas Missionary

One of the trained Casas missionaries will be with you 100% of the time you are in Guatemala. He or she will teach, supervise, and ensure safety and quality. We take care of the details so that you can focus on building and serving. Most of the missionaries have a basic understanding but are not fluent in Spanish.

EMERGENCIES

Casas por Cristo Office Number: 915.778.0046

Please leave our office number 915.778.0046 with your families and friends at home in case of an emergency where they would need to contact you while you're out of the country. Even if it is after business hours, they will reach one of our missionaries who will assist in relaying their message and provide any necessary follow-up.

Emergency Numbers in Guatemala

If an ambulance is needed, the Guatemala emergency numbers are 6630-8755 and 4548-8786.

First Aid Kit

Your Casas missionary will have a basic first aid kit. We recommend that you also bring a first aid kit to treat minor medical incidents throughout your trip.

Medical Treatment

In case of a medical emergency, your Casas missionary will evaluate the severity of the injury. For minor medical issues (dehydration, minor scrapes, and cuts, food-related sickness, etc.), the team member will see the local doctor in San Raymundo, Dr. Ramiro Cojon (GPS: 14.766925, -90.593245). For more serious injuries, the Casas missionary will call the international insurance your team has purchased and take the injured person to Guatemala City to receive treatment at a larger medical facility, Centro Medico (Zona 10, GPS: 14.610198, -90.509935). The team member will be accompanied by a Guatemala field missionary while another Casas missionary attends to the needs of your team. The injured team member will be sent back to the US as early as possible.

US Embassy Guatemala City

Sometimes, in spite of careful planning, things still go wrong during a trip abroad. Contact the US Embassy for help with emergencies.

US Embassy Guatemala City

Avenida Reforma 7-10, Zona 10
Guatemala City, Guatemala
Email: AmCitsGuatemala@state.gov

GUATEMALA LODGING

You will stay at one of the Casas facilities for the duration of your trip. We will email you the link to your trip profile page containing details about your lodging no later than 30 days prior to your arrival.

Bathrooms

All toilet paper should be thrown away in the trash can. Do not place it in the toilet.

Cleaning

The Guatemala cleaning team will service your accommodations daily to remove trash in the restrooms and common areas. They will not enter the dorm rooms where your team will stay. However, we recommend not leaving any valuables in the rooms. If your restroom trash should fill up before the next day's cleaning, please dispose of the trash into the larger trash containers.

Showers

All of our accommodations have a shower. However, many of them do not have hot water. We ask you to take military showers: get wet, turn the water off, soap up, and then turn the water back on to rinse off.

Sleeping

Sleeping arrangements vary by facility. A bed, pillow, sheets, blanket, and towels will be provided.

TYPICAL SCHEDULE

Day 1

Arrive at the airport, exit customs, and walk outside to meet your Casas representative and get on the bus. Arrive at your accommodations in San Raymundo and enjoy a simple sack lunch/dinner in case you haven't eaten prior. A short orientation will be given.

Days 2 - 4

- 6:30 a.m. — Breakfast
- 7:30 a.m. — Head to work sites
- 3:00-5:00 p.m. — Return from work
- 6:00 p.m. — Dinner
- 10:00 p.m. — Lights out

Day 5

Choose one excursion option for your team (or two Antigua excursions). You might be responsible for purchasing your lunch. Leave after breakfast, return late afternoon, and have dinner at your accommodations.

Day 6

Early morning: head to the airport. Time will be determined by your flight back to the U.S.

WORKSITE

Construction Process

The house you will be building will have a concrete foundation followed by 2"x4" framed walls. The outside of the house will be covered with wood lap siding. The inside of the house will have electricity, and 1/4" plywood wall paneling. The roof is framed with 2"x6"s then covered with corrugated metal roofing.

Preparedness

Be sure to arrive at the worksite with all of the equipment that you will need. You will need to take a positive attitude, sunscreen, a water bottle, and tools.

Stay in a Group

Your team leader and your Casas missionaries should know where you are at all times. Your team should stay together as a group.

Tools

Casas por Cristo provides the majority of the tools you will need, **but you do need to bring the required tools on the packing list.** You and your team are responsible for the tools we provide. If tools break due to normal wear and tear, we will replace them. However, if they are lost or neglected, your team will be responsible for the replacement costs. The Casas toolkit is equipped with the following power tools: cement mixer, drill, power saw, and generator, if necessary. You are welcome to bring any additional tools or nail guns. We have found that extra battery-powered tools are more helpful than corded tools. Your team may have to load and unload all of the tools multiple times every day.

Work Site Bathroom

There is a bathroom facility of some sort at each work site. However, some may be more primitive than others.

Work Site Safety

The two most frequent worksite injuries are debris in an eye and dehydration. If your Casas missionary asks you to do something that you are unable to perform, please ask him or her to reassign you to another task. Please take the following precautions.

- Wear eye protection at the worksite.
- Drink one gallon of water per day.
- Wear sunscreen or protective clothing to prevent sunburn

Group Meal Plan

- Three meals/day + drinks included
 - Includes: water, ice, trash bags, coolers, utensils, plates, napkins, toilet paper, etc.
- Reusable water bottle and snacks not included. **Sample Menu**
- Breakfast: cereal, bread, fruit, pancakes, eggs, coffee, juice, milk (at your accommodations)
- Lunch: burritos, ham sandwiches, peanut butter & jelly sandwiches, fruit, chips, snacks, water (on the work site)
- Dinner: hot meal (at your accommodations)
 - Examples: lasagna, black bean chili & rice, spaghetti, fajitas, potato casserole, mandarin chicken & chow mein noodles, grilled steak with baked potatoes and refried beans, taquitos (chicken or beef wrapped in a crunchy tortilla), nachos, beef stew, grilled onions, grilled pineapple, etc.
 - Desserts: brownies, pineapple upside down cake, chocolate cake, banana cake, fruit, etc. *We will do our best to accommodate any food allergies.*

NEXT STEPS

COST BREAKDOWN

Casas Fees **\$909**

Includes house build materials, lodging, food, and transportation in-country.

Flight & Checked Bag **\$776**

MARCH 26 | SDF -> DFW -> GUA

APRIL 1 | GUA -> MIA -> SDF

Passport **\$165**

TOTAL EXPENSE **\$1850 per person**