**DRAFT**

PRUMC Guatemala

Mission Team

Handbook

February 2024  
*Team Leaders: Katie Amy and Noel McCullough*



**Table of Contents**

|  |  |
| --- | --- |
| Flight Information | Page 3 |
| Team Roster | Page 4 |
| General Trip Information | Page 6 |
| Packing List | Page 7 |
| Sample Itinerary | Page 8 |
| CRI – Host Missionary Team | Page 9 |
| Frequently Asked Questions | Page 10 |
| Map of Guatemala | Page 11 |
| Preparing Our Hearts for Service | Page 12 |
| Ten Commandments for Mission Teams | Page 13 |
| Basic Spanish Phrases | Pages 14 |

**Flight Information**

**Dates of Travel:** Wednesday, January 31, 2024 to Sunday, Febuary 4th, 2024

**From:** Atlanta, GA to Guatemala City, Guatemala

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Airline** | **Flight #** | **Date** | **Departure City** | **Arrival City** | **Departure time** | **Arrival time** |
| Delta Airlines | DL 1937 | 1/31/24 | Atlanta, Ga (ATL) | Guatemala City (GUA) | 9:45am | 12:53 |
| Delta Airlines | DL 1756 | 2/4/24 | Guatemala City (GUA) | Atlanta, Ga (ATL) | 2:23pm | 7:34 |

# 

# Team Roster

|  |  |
| --- | --- |
|  |  |
| Amy | Katie |
| Blackmon | Julie |
| Boa | Amy |
| Brannon | Jeanna |
| Chasteen | Kelly |
| Daniel | Lee |
| Fowler | Patton |
| Harris | Patty |
| Hyde | Emily |
| Kirbo | Cristin |
| McCullough | Noel |
| Ogle | Jane |
| ONeill | Jada |
| reed | katherine |
| Ross | Erica |
| Spencer | Beth |
| Taylor | Katie |
| Walters | Laurie |
| Ward | Ann |
| Ward | Caroline |
| Werner | Suzanne |

# Team Roles - Coordinators

# Devotions:

# Games / Activities:

# Photographer / Social Media:

# Trip journal, blog:

# Supplies

# Festival – orphanage

# Crafts (e.g. face painting) –

# Games / Activities / Bible lesson –

# Face Painter –

# Ideas(bubbles, bibles lesson color handout, relay race etc)

# Congregational Connection upon return:

# Host Gift and gratitude letter –

# Medical –

**GENERAL TRIP INFORMATION**

Accommodations  
Our group will stay at the team house located at the ministry center which is a gated property with room for multiple teams and activities. Accommodations will be dormitory style. They are clean but they are rustic. There are no private baths or A/C. Wi-fi is accessible at the ministry center, but is not entirely reliable. This is a week to unplug and enjoy spiritual fellowship.

Food  
Breakfast and dinner are served Buffet style for the teams at the ministry center. Peanut Butter and Jelly sandwich lunches are packed for job sites. It is not possible for CRI to accommodate special dietary needs so please plan to bring in food with you if necessary. People often bring snacks, bars etc to supplement. Extras can be left or shared!

Clothing  
Please bring conservative, modest clothing to wear while in Guatemala. Sleeveless shirts/tanks, running shorts will not be appropriate outside the ministry center. (leggings, longer tennis skirts or shorts are ok but be mindful) Pants are best on construction sites as well as shirts that will protect from the sun. Days are warm, but evenings are cooler and breezier so bring layers. See FAQs section for further information provided by our hosts, CRI.

Safety  
CRI is experienced at hosting mission groups and they do their best to make wise choices for your in-country travel.  We will travel in groups and stay away from areas of known dangers.  No travel is totally risk-free, though, even in the US.  You may check the US State Department website ([www.travel.state.gov](https://travel.state.gov/content/travel.html)) for any current travel advisories.  There is generally a warning from the US government to use caution during travel to Guatemala.

Requirements

* Valid Passport – expiration be past August 5th 2024 (technically 6 month, but allow extra time in event of quarantine)
* Proof of Primary Health Insurance (Supplemental insurance is purchased through UMVIM)
* Proof of COVID Vaccination is required
* Please refer to the CDC website for recommendations regarding other vaccines.

Photography

Guatemalans are fiercely protective of children. Please do not take photographs without permission of parents or clearing it with our hosts. (Mimi’s House is fine).

COVID Protocols

* Currently, there are no requirements but this could change.

Trip Cost

Participant Cost $1100

* Includes
  + airfare
  + Room, Board, Transportation
  + Supplemental health insurance
* Excludes
  + pre-trip PCR Test (may be free with insurance)
  + Excludes excursions / personal shopping ($50)
  + Excludes trip cancellation insurance

PRUMC Project Cost $20,000

* Community Festival, Stove Installation, Feeding program etc.(PRUMC provide funds)

**Suggested Packing List**

Clothing (Please remember to keep your clothing modest – no spaghetti straps or short-shorts)

* 2-3 pair of pants/shorts (recommend: casual pants, scrubs, jeans, etc.)
* 4-5 short sleeve shirts
* 2 long sleeve shirts
* 1 sweaters/sweatshirts
* Warm pajamas (no heat and it gets chilly at night)
* Undergarments
* 2 pairs of comfortable shoes for daily use (not ‘flashy’ gym shoes-they may be ruined if painting, cleaning, or construction)
* Flip flops for shower and retreat center
* Work gloves & extra pairs for CRI staff (Jane Ogle has purchased for team and workers)
* Bandana for dust or sun
* Baseball cap or sunhat
* Raincoat

Other Items

* Soap/shampoo/toiletries (travel sizes are sufficient for one week’s stay)
* Hair ties or something to hold your hair back while working
* Eyeglasses, extra contacts, and sunglasses (Guatemalans do not typically wear sunglasses so please remove your sunglasses when in conversation)
* Snacks for week for personal use (granola bars, raisins, chocolate, gum, etc. Snacks are going to be important while out each day, so think of things that are easy to pack and will curb your appetite if a meal is delayed)
* Travel umbrella/poncho (especially during rainy season – May-October)
* **Earplugs if you are a light sleeper—it can be noisy at night**
* Backpack for daily use (use as one of your carry-ons)
* Travel toilet paper/tissues
* Wet wipes/hand sanitizer
* Digital camera
* Spanish/English dictionary/phrase book (not necessary but nice)
* Journal
* Leisure activities: book, cards, etc.
* **Passport and two copies (pack in separate bags) Please make sure passport is valid six months past your return date.**
* Separate photo ID and two copies (pack with passport copies)
* Credit card (Visa or MasterCard is accepted in some markets. American Express and traveler’s checks are not accepted**. Call your credit card company before departure to inform them you may be using your credit card in Guatemala and the appropriate dates.)**
* Cash (can get Quetzals (local currency) at Guatemala City airport; have US SINGLES for tips if necessary. We will make a trip to the ATM in order to get money out for shopping purposes.
* Medications (Prescription & over-the-counter) **Keep in original packaging/bottles**!
* We recommend that everyone bring their own ‘stomach’ medications – Pepto, Imodium, and ask your doctor to prescribe you Ciprofloxacin in case you get ‘traveler’s diarrhea’, which is possible
* Pain medication for headaches or aches/pains
* If you have allergies, Asthma or other breathing problems, please bring your inhalers/medications and be aware that pollution in Guatemala is high.
* **Do not wear/bring expensive or flashy jewelry. It is recommended not wearing any at all. If you choose to do so, jewelry should be very simple, plain, and inexpensive. Consider leaving wedding rings at home.**

Towels and linens will be supplied by the ministry center.

No plug adapter is needed for things like hairdryers, laptops, etc.

# Itinerary

**Day 1 – Wednesday, February 1st 2023:**

Look for CRI sign after getting bags and exit the airport at ground transportation.

Load on to CRI bus and travel to CRI - find rooms and settle in.

1:00 pm Lunch out

2:30 pm Orientation

3:30 pm Orphanage Activity Mimi’s House 1 (Babies) – hold, love, snuggle, play

5:30 pm Dinner

7:00 pm Team Devotion / games

10:00 pm Bed

**Day 2 – Thursday, February 2nd**

7:00 am Breakfast

9:00 am Community Feeding Program prep

11:30 am – Lunch

1:00 pm – Bathroom Installation

5:30pm – Taco Dinner at Local Restaurant (or food truck at retreat center)

7:00 pm Team Devotion / games

10:00 pm Bed

**Day 3 – Friday, February 3rd**

7:00 am Breakfast

9:00am – 3:00pm Stove installations

4:00pm – Antigua for afternoon and evening

Dinner in Antigua

**Day 4 – Saturday, February 4th**

7:00 am Breakfast

Mimi’s House 2 (Older Children) – VBS Festival (Jumpy, face painting, games)

Food distribution Program (as time permits)

7:00 pm Team Devotion / games

10:00 pm Bed

**Day 5 – Sunday, February 5th**

Worship will take place on site – departure for airport will be during services so pack and load bus before then.

PRUMC Hosts for the week

# CRI – Catalyst Resources International



Fontaine & Paula Greene

In 2003, we began our work in Guatemala, while serving as the Lead Pastor of Hope Community Church in Oviedo, Florida. Our eyes were opened to the great needs that existed among the poor in Guatemala, particularly the children. For the next several years, we found ourselves returning to Guatemala more and more often. Eventually, we realized that God was calling us to come to Guatemala as missionaries. In June 2006, we moved our family to Guatemala and began hosting work teams that came to minister in Guatemala. We have been amazed to see how God could use gifts of hospitality to expand His Kingdom and make disciples.

​In 2008, we founded Catalyst Resources International, a registered 501(c)3 organization. As Directors of CRI, we seek to partner in Guatemala with pastors and other Christian organizations in an effort to meet the physical and spiritual needs of the people. Through partnership and shared resources we see disciples being made and the process of multiplication taking place.

​Our role over the years has been to be used as a catalyst to connect resources to those in need. We anticipate and trust that God will continue to use us in this capacity to impact the world for His Kingdom.

*fontaine@catalystresources.net*

# Frequently Asked Questions:

**What does the trip involve?**

Your group will travel to Guatemala City and stay with Fontaine and Paula Greene at their home in San Cristobal. The Greene family lives at a ministry center that includes five team houses. They utilize your skills and expertise as well as your passions and desires in order to serve those in need.

**What is expected of our group?**

We ask that everyone keep a positive attitude throughout the planning of the trip as well as the trip itself. Group members need to BE FLEXIBLE and be respectful of Guatemalan culture while in the country. There are several sources in the back of this packet if you wish to learn more about Guatemala and the culture.

**Where will we stay?**

Your group will stay at the team house located at the ministry center operated by the Greene family. The name of the ministry is Catalyst Resources International. The property is gated and is also located in a gated neighborhood. Employees of CRI are completely trustworthy. 23 Calle 3-63 Lo De Coy Zona 1 Mixco, Guatemala 01057

**What do I need to wear?**

Please bring conservative, modest clothing to wear while in Guatemala. The people with whom

we will be working are very conservative and we do not want to give them the wrong impression

as we interact with them each day. Ladies, we ask that you not bring cami-style / spaghetti

strap tank tops nor short shorts / running shorts. Please ensure that your clothing is not tight

and/or revealing. Men, please do not bring sleeveless shirts. In addition, please remain clothed

at all times, both on the work sites and on Mimi’s House property. People may get the wrong

impression when they see men without shirts on or women wearing tight, revealing clothing as

they work. We want to be an example for Christ in this community and do not want to hinder

that example in any way.

**What about special dietary needs?**

At this point, CRI is unable to accommodate special dietary needs. Guatemala is a third-world

country and it is difficult to obtain gluten-free products and other special dietary foods. In

addition, due to the volume of people we host each day, a special grocery run is not possible.

Please note that we eat peanut butter and jelly sandwiches each day for lunch while working on

the field. When planning to come and serve with CRI, you would need to bring all food with you

for your trip (Note: CRI is unable to discount the daily room and board rate due to dietary

restrictions). If you have a concern, please notify your team leader or email us at

info@catalystresources.net prior to your trip.

**Will I be safe?**

CRI is experienced at hosting mission groups and we do our best to make wise choices for your

in-country travel. We will travel in groups and stay away from areas of known dangers. No

travel is totally risk-free, though, even in the US. You may check the US State Department

website (www.travel.state.gov) for any current travel advisories. There is generally a warning

from the US government to use caution during travel.

**What shots do I need before we leave?**

Personal discretion and your doctor’s recommendation should be considered. General

guidelines include each traveler being up to date on tetanus, Hepatitis A, and Hepatitis B

vaccinations. Please check http://wwwnc.cdc.gov/travel/destinations/traveler/none/guatemala

for the most up to date recommendation and if you are working in areas outside of Guatemala

City.

**What medicine is suggested to bring for personal use?**

Cipro - This is a prescription drug you can ask for from your Dr in case you get traveler's

diarrhea. You should ask for 1 500mg pill twice a day for 7 days.

Bandaids and first aid cream or a first aid kit

Cold medicine

Throat Lozenges

Allergy medicine

Tums or Rolaids

Advil/Tylenol

Ducolax

Ammonium

Any personal medication that you take or may need.

**Are passports needed?**

YES! A valid passport is required when traveling to and from Guatemala. Please check your

passport to ensure it is valid for six months past your return date. You do not need a separate

visa. You will be given a form to register with the US Embassy as you travel.

**What will the weather be like while we are there?**

Guatemala hosts spring-like temperatures all year round. The climate is tropical, so it is likely to rain on some point of your trip.. It is usually cool in the

mornings and evenings (50’s) and warm during the day (70’s and 80s). It can be cooler and

breezier than expected due to the elevation. There is no heat or air conditioning. Make sure to

pack layers, warm pajamas, and a rain coat.

**MAP OF GUATEMALA**

****

**Suggested Reading Materials**

* **Culture Smart! Guatemala: A Quick Guide to Customs & Etiquette –** An excellent book to learn a general overview of the country.
* **Guatemala** – Lonely Planet ([www.lonelyplanet.com](http://www.lonelyplanet.com))
* **Paradise in Ashes** – Beatriz Manz
* **Guatemalan Journey** – Stephen Connely Benz 1996
* **To the Mountain and Back** – Jody Glittenberg 1994
* **I, Rogoberta Menchu** – Edited by Elisabeth Burgos-Debray
* **The Heart of the Sky, Travels Among the Maya** – Peter Canby
* **National Geographic Magazine, Into the Mayan Underworld** – November 2004, page 36
* **Smithsonian Magazine, Beguiling Tikal, Mysteries of the Ancient Maya** – July 2004, page 49

# Preparing our Hearts for Service

***Be flexible and patient and remember we are there to serve and learn!***

* Remember that you are traveling to a third world country. The conveniences of home will not be available. You will be sharing a room with many others, some of our transportation may not be very comfortable and the roads may be worse than you imagined.
* Patience is a fruit of the Spirit, always keep this in mind. Your team leaders have made plans but these plans are ALWAYS subject to change due to current needs, weather or other circumstances. Being flexible and adaptable is the key.
* Keep an open mind as you travel. Don’t go with preconceived ideas of the trip. Trust the fact that God has placed you on this team at this time and is in control, from beginning to end.
* In the kingdom of God, there are no all-stars or celebrities; we are equal in His sight. God loves us all the same. We should treat everyone (our team members, our hosts, those we work with and those we serve) with the same dignity, honor and respect that God has for each one of us.
* Hold 1 John 3:18 closest to your heart “Dear children, let us not love with words or tongue but with actions and in truth”.

Go with a servant’s heart, ready and open to serve in any capacity

# Ten Commandments for Mission Teams

(Adapted from the United Methodist Volunteers in Mission Team Leader Handbook)

* Thou shalt not expect to find things as thou hast them at home, for thou hast left home to find things different.
* Thou shalt not take anything too seriously, for a carefree mind is the beginning of a fine work experience
* Thou shalt not let other team members get on your nerves, for thou art ready to have a good time.
* Remember thy documents so that thou knowest where they are at all times. A person without their documents is a person with big problems.
* Remember to take only one half the clothes thou thinkest thou need and twice the money. What thou hath is generally far better than those with whom thou will live and work.
* Remember if we were to stay in one place we would have been created with roots.
* Thou shalt not judge the people of a country by the one individual with whom thou hast had trouble.
* Though shalt not make thyself too obviously American..english.. whatever.. When in Rome do as the Romans.
* Thou shall not worry. They that worrieth hath no pleasure. Few things are ever fatal. Thy team leaders, your team members and the Lord will care for thee.
* Remember that thou art a guest in every land and that those who treat their hosts with respect shall in turn be treated as an honored and much loved guest.

**Basic Spanish Phrases**

|  |  |  |
| --- | --- | --- |
| **Good morning.** | **Buenos días.** | **booEHN-os DEE-as** |
| **Good afternoon.** | **Buenas tardes.** | **booEHN-as TAR-dehs** |
| **Good evening. (greeting)** | **Buenas noches.** | **booEHN-as NO-chehs** |
| **Hello, my name is John.** | **Hola, me llamo Juan.** | **OH-la meh YA-mo Wahn** |
| **What is your name?** | **¿Cómo se llama usted?** | **KOH-moh seh YA-mah oos-TEHD** |
| **How are you?** | **¿Cómo está usted?** | **KOH-moh ehs-TA oos-TEHD** |
| **I am fine.** | **Estoy bien.** | **ehs-TOY bee-EHN** |
| **Nice to meet you.** | **Mucho gusto.** | **MOO-choh GOOS-toh** |
| **Goodbye.** | **Adiós.** | **ah-dee-OHS** |
| **See you later.** | **Hasta luego.** | **AHS-ta looEH-go** |
| **I am lost. Where is the restroom?** | **Estoy perdido. ¿Dónde está el baño?** | **ehs-TOY pehr-DEE-doh. DOHN-deh ehs-TA el BAH-neeo** |
| **Excuse me.** | **Con permiso. OR Perdóname** | **kohn pehr-MEE-soh OR pehr-DOH-nah-meh** |
| **Please.** | **Por favor.** | **pohr fah-VOR** |
| **Thank you.** | **Gracías.** | **gra-SEE-ahs** |
| **I'm sorry.** | **Lo siento.** | **low see-EHN-to** |
| **Bless you.** | **Salud.** | **sah-LOOD** |
| **You are welcome (it was nothing).** | **De nada.** | **deh NA-da** |
| **How much does it cost?** | **¿Cuánto cuesta?** | **kooAN-to KWEHS-ta** |
| **How many are there?** | **¿Cuántos hay?** | **kooAN-tohs eye** |
| **There are many.** | **Hay muchos.** | **eye MOO-chohs** |
| **Do you want to buy this?** | **¿Quiere comprarlo usted?** | **kee-EHR-eh kohm-PRAR-loh oos-TEHD** |
| **What time is it?** | **¿Qué hora es?** | **keh OR-ah ehs** |
| **May God bless you?** | **Que Dios te bendiga** |  |
| **May God bless you (formal)** | **Que Dios le bendiga** |  |
| **Yes.** | **Sí.** | **see** |
| **No.** | **No.** | **no** |
| **I do not understand.** | **Yo no comprendo.** | **yoh no kom-PREN-doh** |
| **Would you speak slower, please.** | **Por favor, habla mas despacio.** | **pohr fah-VOR, AH-blah mahs dehs-PAHS-ee-oh** |
| **Who?** | **¿Quièn?** | **kee-EHN** |
| **Why?** | **¿Por què?** | **pohr keh** |