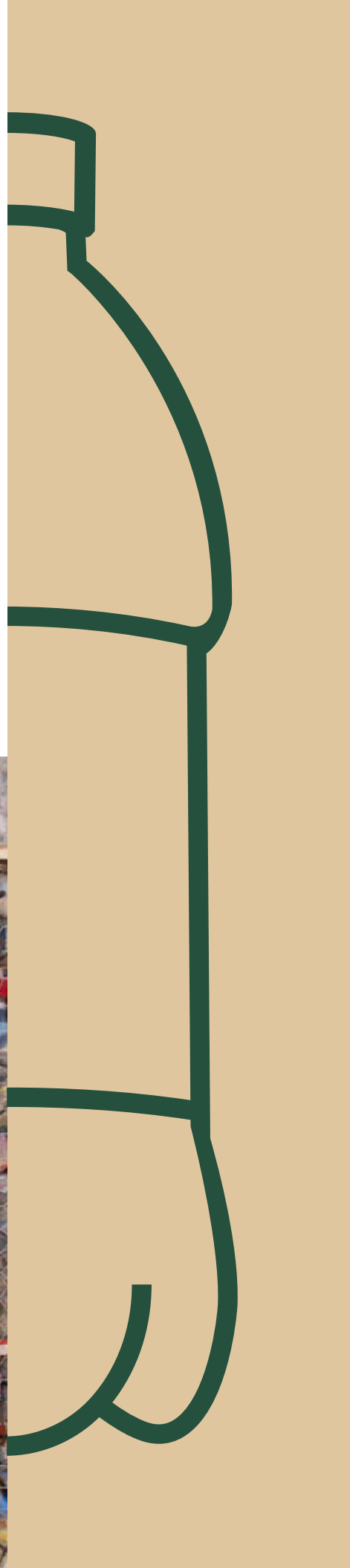




STWT

SERVE THE WORLD TODAY





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About Hug It Forward & STWT



Hug It Forward is a grassroots organization that promotes education and raises environmental awareness by empowering communities in Guatemala to build bottle schools: schools constructed using “eco-bricks” (plastic bottles stuffed with inorganic trash) in place of cinder blocks.

By building bottles schools, entire communities work together to build a more sustainable educational infrastructure for their future. In the past five years since its founding, Hug It Forward has built 48 bottle schools (as of November 2014).



The goal of Serve the World Today (STWT) is to give people in “developed” countries the chance to give back, by participating in a bottle school trip to Guatemala.

STWT facilitates one-week “voluntourism” trips, where volunteers can be part of building a bottle school, working side by side with the community they are serving, at the same time as learning about Guatemala culture and history and making deep personal connections.

“-----

To be able to see such a beautiful country and be able to interact on such a personal level with strangers was amazing. To know that I helped build something that will last for generations is awesome!

-----”

About Bottle Schools

Bottle schools are constructed using the tried and tested method of post and beam construction, with sturdy foundations, columns, and beams made of concrete reinforced with iron rebar.

The component that gives bottle schools their name and makes them environmentally-friendly is the use of “eco-bricks” in place of cinder blocks or bricks.



“Eco-bricks” are plastic bottles densely packed with inorganic trash (for example, plastic bags, chip packets, and polystyrene). Community members gather the trash and stuffs the eco-bricks to begin the construction process. Masons then sandwich the eco-bricks between chicken wire and cover them with cement to form the walls of the new bottle school.



About Guatemala

Guatemala is a country in Central America bordered by Mexico, Belize, Honduras, and El Salvador. Guatemala has an estimated population of 15,806,675; its capital, Guatemala City, is home to 2.3 million.

Ninety-three percent of the population speaks Spanish as a first or second language, although twenty-one Mayan and two non-Mayan indigenous languages are also spoken.

Guatemala's weather is eternally comfortable: neither too hot nor too cold. The temperature averages 22°C (72° F), but varies more according to altitude than season. Generally, however, the weather falls into a dry season and a wet season.

Guatemala has 22 “departments” (states), each with its own regionally influenced cuisine. Many traditional foods have Mayan influences and prominently feature chilis, corn, and beans. While dishes may share the same name as dishes from a neighboring country, they often differ from their counterparts.

Guatemala is the most populous of the Central American countries with a gross domestic product (GDP) per capita roughly one-half that of Argentina, Brazil, and Chile. The agricultural sector accounts for about one-fourth of GDP, two-fifths of exports, and half of the labor force. Coffee, sugar, and bananas are the main products, with sugar exports benefiting from increased global demand for ethanol.



The work you'll be doing to build a bottle school addresses two pressing problems in Guatemala: only 68% of Guatemalan students enrolled in primary school complete it, and only 4% of rural Guatemalans have access to trash disposal services.



About San Martín Jilotepeque



You'll be working to build a bottle school in San Martín Jilotepeque, a municipality in the Chimaltenango department of Guatemala. It is one of the poorest and largest municipalities in Guatemala, comprised of a population that is 87% indigenous.

There are over 200 villages in San Martín, and they often lack modern, weatherproof schoolhouses, and the majority of the population lives on less than US\$2.00 a day.

Other than the region's rivers and ruins, San Martín Jilotepeque is largely unknown to tourists.

San Martín Jilotepeque's economy revolves around agriculture; most people depend on subsistence farming, due to the mild climate and fertile soil of the area.

In addition to the traditional harvesting of maize and beans, many villages have taken to producing non-traditional crops, such as beets, kale, and sweet potato, to diversify crop production.



Flights

Guatemala City (airport code GUA) is served by many different airlines. We recommend you search multiple airlines to find the best deal.

If possible, try to book flights that arrive no later than 4:00 PM on the day the trip starts to ensure you arrive in Antigua in time for the orientation and opening night dinner.

A member of the Hug It Forward team will meet you at the airport, then you'll take a private shuttle to Antigua (about an hour trip). Your return flight can depart at any time on the last day of the trip. All transportation to and from the airport is included in the price of your trip.



Accommodation

On the first and last days of your trip you will be staying in the beautiful city of Antigua, a UNESCO World Heritage Site.

In Antigua, you will stay at a beautiful hotel near the center of town with wi-fi, outside space, laundry service and walking distance to cafes, markets and tourist attractions.



On Days 2 through 6 of your trip, you will be staying in the rural mountain town of San Martín Jilotepeque at Hotel Posada San Jose.

The hotel offers wi-fi; a rooftop terrace; clean, spacious rooms with private bathrooms; and a very friendly staff!



“-----

It showed me how a small group can come together and make a big difference.

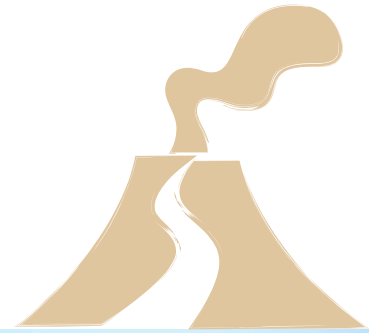
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Itinerary Day 1

Upon your arrival in Guatemala City, a Hug It Forward representative will greet you at the airport. Your party will travel in private transportation to Antigua, a journey of approximately one hour.

You'll have lunch with and meet the rest of your volunteer group, then spend the afternoon walking around the picturesque city of Antigua.

There will be an orientation during dinner to prepare you for the week ahead and for the group to get to know one another.



Itinerary Day 2

After breakfast at the hotel, you will drive to the community in which you'll be working and will be welcomed by the community. Then you'll get to work on a bottle school.

After lunch, you'll continue to work on the school and then learn about the Guatemalan Civil War from a community member.

Afterward, your team will go on a hike, during which you'll visit the home of some community members who will share their culture with you.

Finally, you'll return to San Martín in the evening for dinner.





Itinerary Day 3

Following a breakfast prepared by our private chef, you'll spend the morning working on the bottle school.

Depending on the stage of construction you will participate in different tasks which may include stuffing bottles, classifying and placing bottles, cutting and bending rebar, mixing cement, putting cement on the walls, and painting the school.

In the afternoon, a community member will share a presentation on migration, after which you'll return to San Martín for dinner.



Itinerary Day 4

Today, you will visit the Mayan ruins of Chwa Nim Ab'äj, the last Kaqchikel fortress conquered by the Spaniards, and learn about Mayan culture and history from an expert guide, Dimas, who practices Mayan spirituality.





Itinerary Day 5

You will spend most of the day working on the bottle school, then participate in a Q & A session with the children.

Lastly, following a closing ceremony put on by the community, it will be time to say goodbye to your new friends and return to San Martín.



Itinerary Day 6

You'll spend the rest of your time in San Martín visiting Tikonel, an inspirational cooperative that helps local textile and woodwork businesses become more productive and sustainable, and the School for Children with Special Needs.

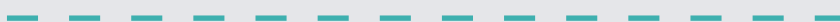
After driving to Antigua and enjoying lunch at the hotel, you'll spend your afternoon as you choose: visiting the artisan markets, museums, galleries, churches and sites of historical interest; resting; or just exploring this beautiful city.

A dinner at a local restaurant, where the group will share their experiences from the previous week, will bring your bottle school trip to a close.



Itinerary Day 7

Enjoy breakfast before heading to the airport and returning home.



“-----

To see such gratitude in the eyes of the children, families and teachers is a true blessing. To think that our little efforts could have an indefinite effect on the outcome of so many lives is incredible. With that gratitude and education, perhaps one day they will be able to help others. I learned just how much we take for granted and how redundant my excuses are. With so little, the people seem happy, and it shows in the abundance of gratitude/celebration for the bottle schools they now have. I learned that I have so much more to give.

-----”

How much will this cost?

The trip cost of \$1299 covers all transportation while in Guatemala, two local guides/trip leaders/translators, a private cook for the group, and accommodations. It does not include the mandatory trip insurance, immunizations (if required), or airfare.

Flights range from \$540 upwards, depending on where you're flying from, the time of year, and how far in advance you book your flights.

Previous trip participants have found that \$150 to \$320 is a reasonable amount to bring for spending money. You will have the opportunity to buy many beautiful handicrafts, which make great gifts and also support the communities where we work.

Apart from souvenirs, the only other expenses for which you will need money are discretionary tips for our Guatemalan staff (your trip guides, bus drivers, and private cook).

In the experiences of past guests, a total of \$50 to \$100 is an appropriate sum to set aside to show appreciation for the staff who are at your service throughout the trip.

No	Expense	Approx Cost
1	Airfare	\$540 - \$640
2	Trip Cost	\$1299
3	Trip Insurance	\$65 - \$95
4	Extra Spending Money	\$150 - \$320
	Total	\$2,055 - \$2,355



How much do I need to fundraise?

If you are joining us on a bottle school trip, you may also like to fundraise for Hug It Forward's Bottle School Project. Fundraising is optional - it is not a requirement to participate in a bottle school trip.

If you do choose to fundraise, we suggest a \$250 dollar fundraising goal, but some people choose to aim for more or less than this. A two-classroom schools costs around \$13,000 and a three-classroom school costs \$19,500. Any amount raised helps build more bottle schools.

It's really up to you: how much you think your friends and families are willing to give, how creative you can be, and how much time you're prepared to put into fundraising. Thank you for your support!



How to fundraise

Hug It Forward is a 501(c)(3) non-profit organization. All donations are tax deductible in the United States (please see the Hug It Forward web site if you have any questions about this).

While there are many different options for fundraising, here are a couple that past volunteers have found successful:

1 Tell friends, family, co-workers, and neighbors!

You can raise money online, or send checks payable to “Hug It Forward” to:
Hug It Forward, 4307 ½ Ocean Blvd, San Diego, CA 92109

2 Run an event!

While running an event requires a bit more work, it pays off, generally raising more money than an online fundraising campaign. Some tips on running an event:

- Decide what the event will be.
- Assemble a fundraising team.
- Determine basic logistics: date/time, location, what types of payment you will accept, whether the event will be free admission or require tickets.
- Check with appropriate authorities to see if you will need to complete any paperwork.
- Get the word out - tell people in conversation, design posters/publicity materials, send emails. Be enthusiastic!
- Pre-sell tickets, if needed (also, decide ahead of time whether you will sell them at the door as well).
- Make a list of materials you may need, then gather them.
- Make sure to plan ahead and be ready in advance - things will generally take longer and/or prove more complicated than you think they will.

For example, successful events in the past have included: a dinner and dance, bowling, a Zumba/fitness event, a car wash, a silent auction, and a golf tournament.

- For more ideas about how to get involved please visit www.hugitforward.org/get-involved/
- Please email fundraising@hugitforward.org with ideas or questions

Frequently Asked Questions

Will there be any excursions?

Your voluntourism trip includes time devoted to both volunteering and tourism. Activities in which you will participate include a visit to the Mayan ruins of Chwa Nim Ab'äj; a visit to Tikonel, a women's artisan cooperative; walks around the UNESCO Heritage city of Antigua; cultural and historical talks; and much more! See the detailed itinerary on pages 9-15 for more information.

What kind of foods will we be eating?

During your time spent in Antigua, you will be eating at beautiful, high quality restaurants. In San Martín the group will have a private chef who will cook three meals a day for us. Our chef can cater to any dietary restrictions or preferences that you may have - just let us know.

Dinners generally consist of typical "American" food such as spaghetti, pizza, tacos, etc, and lunches will be a more traditional Guatemalan meal consisting of chicken, rice, and vegetables. Breakfast typically includes: eggs, toast, fruit, beans, and/or pancakes or french toast.

Will I be able to send emails and make phone calls?

There will be wi-fi access at the hotel in Antigua to send emails and make phone calls. There is also wi-fi internet access at the hotel in San Martín Jilotepeque, but it may be slower than you are used to and is not always reliable. A phone will be available at all times for any emergency calls.

What will we be doing in the evenings?

You will generally be at leisure in the evenings, to rest and recuperate after a tough day, and spend time socializing with the group.

Who can people contact in the event of an emergency?

While you are on a Voluntourism trip, please tell your loved ones they can email one of our Hug It Forward contacts in Guatemala at any time. You can also share the phone numbers of the trip guides, which will be given to you in advance of your trip.

- Adam Flores - adam@hugitforward.org
- Zohe Telón - zohe@hugitforward.org

Who is Serve The World Today?

Serve The World Today is a company that runs voluntourism trips in partnership with Hug It Forward. Serve The World Today is a conscious business, and a portion of proceeds from bottle schools trips go towards offsetting Hug It Forward's administrative costs, overhead, and expenses

What do I do when I arrive in Guatemala?

After we receive your booking, we will send you a guide detailing what to expect at every step of your trip, starting with your arrival at the Guatemala City airport, where you will be greeted by a friendly face holding up a big blue "Hug It Forward" sign.

Throughout your trip, you will be in the safe hands of our amazing trip leaders, who use their experience and enthusiasm to ensure you have an incredible time in Guatemala.

Is alcohol consumption allowed while on the trip?

Serve the World Today has a no-tolerance policy regarding alcohol or drug consumption while on our voluntourism trips. The rationale behind this policy is two-fold: to ensure your safety and to maintain a good relationship with the communities with which we work.

While building bottle schools, you will be amid a very conservative community where drinking may be viewed as offensive. Once you return to Antigua after your trip, we request that you refrain from drinking alcoholic beverages simply because being out drinking late at night greatly increases the risk of something unfortunate happening.

While we respect the rights of adults to make their own choices, any incident can jeopardize Hug It Forward's reputation and therefore our entire bottle school program in Guatemala; we don't want to risk our ability to help these communities.

We have a great safety record because we avoid potential situations that could hinder your beautiful trip to Guatemala. Thank you for respecting our guidance.

Is Smoking Allowed on the trip?

Smoking cigarettes while on the bottle school trip is only permitted during specific times. If you need to smoke while on the trip, you can do so outside of the hotel in Antigua and/or on the rooftop terrace of the hotel in San Martin Jilotepeque. We ask that you do not smoke in the communities or during the Mayan Ruins tour, as smoking is a big social taboo, and the biggest consideration is that the kids look up to us as role models.

For a full list of FAQ's visit: <http://servetheworldtoday.com/faq/>

“-----

The Bottle School Trip opened my eyes to another way of life and another culture. It opened my heart to a type of love I didn't know existed. I am truly grateful for this experience.

-----”

Sustainable Giving

Our View

We are often asked if it's okay to bring soccer balls, school supplies, clothes, shoes, books, Bibles, English study books, etc.

Our view is that bringing these types of gifts is not sustainable and may even cause more harm than good. Our intention in saying this is not to limit you or tell you no, but rather to ensure that every action we take in a community is well thought out and as sustainable as possible.

Our Rationale

Bottle schools are built by the people. 90% of the work is done by community members.

We want to create a true, authentic connection between volunteers like you and community members. By taking out material items, we feel we can create a more sustainable connection for everyone by avoiding a benefactor-recipient relationship and instead engaging with the community side-by-side.

What You Can Bring

The only gift we ask that you bring is the gift of yourself. Our program is based on sustainable practices like “teaching people to fish, not giving them fish”.

Your gift of hugging, playing, practicing Spanish, and working side-by-side with the community is the best and ONLY gift you can give personally on our trips.

Thank you for respecting our policy.

If you would like to read our Sustainable Giving Policy in full, or if you have any questions, comments, or suggestions, please email adam@hugitforward.org.

Bringing your family

A bottle school trip is a wonderful experience to share with your family—as you step outside of your comfort zone together, you can learn and grow a lot. Young minds have the most to gain from a powerful community service experience at this point in their lives; it can truly change the way they look at the world.

Guatemala is a safe environment for children, and our trip leaders are experienced in working with younger travelers. Children will have the opportunities to both help build the bottle schools and play and interact with the children in the communities you'll be working alongside.

While we generally uphold ten as the minimum age for a bottle school trip participant, this policy is flexible for families participating as a group. We have had children as young as eight on our trips in the past - it really depends on the individual child, his or her level of maturity and travel experience, etc.

If you're thinking of bringing your children on a trip, and they are under 10 or you have any questions or concerns, please email Adam:

- adam@hugitforward.org



Arriving early and staying late

If flights from your home are limited and you are unable to arrive in Guatemala City before 4:00PM on the start day of the trip, you may want to consider arriving one day earlier, so that you don't miss the first night's orientation dinner.

Some travelers also prefer to arrive early or extend their stay in order to spend more time in Antigua. If you arrive or depart one or more days before or after the start or end dates of your trip, we can arrange transfers and hotels for you, but you will be responsible for the cost.

Since you are traveling to a foreign country with various scenic destinations and cultural sites to explore, you might be interested in visiting other places in addition to those we tour during the bottle school trip.

We understand and appreciate this sense of adventure. However, we do not feel comfortable making suggestions for accommodations outside of Antigua.

Serve the World Today uses our familiarity with Antigua and San Martín Jilotepeque to create a very safe environment for our guests; however, this safety does not necessarily extend to businesses, neighborhoods, or other locations in Guatemala that you may visit outside of the context of your supervised Serve the World Today voluntourism trip.

Our top priority is keeping our volunteers safe, and although we cannot guarantee safety in Antigua, we feel we can better limit chances of something happening there. For this reason, we request that you don't ask us for suggestions of places to visit outside of Antigua. We greatly appreciate your understanding in this matter.



Health and Safety

We have an excellent safety record on our bottle school trips. We have drawn upon our experience in Guatemala to put many measures in place to safeguard the health of participants on bottle school trips.

As you will be in a very different and new environment, please follow the simple steps outlined below.

Remember that this is only basic information; you should research and consult with your own doctor to ensure you are healthy and that the trip aligns with your own personal capabilities, and be sure to look into your medical insurance coverage both in your home country and abroad before the trip begins.

Vaccinations

Serve the World Today is unable to give advice on which vaccinations you “should” or “shouldn’t” get, as this is a personal choice that you will have to make in consultation with your physician, and there is no one “right” answer. We are not trained medical professionals, and for liability reasons, we cannot give additional advice beyond the following.

Very few visitors to Guatemala choose to get vaccinated against rabies or malaria, and many choose not to get any vaccinations at all. Others choose to get every vaccination available to them. It is entirely up to you and what makes you feel comfortable.

One source for information on vaccines is the Center for Disease Control’s website:

- <http://wwwnc.cdc.gov/travel/destinations/traveler/none/guatemala>

Having read the CDC web site, you should consult your doctor or visit your local travel clinic before making any decisions about what vaccinations to get.

To find a travel clinic near you visit the CDC:

- <http://wwwnc.cdc.gov/travel/content/travel-clinics.aspx>

We also suggest that you do your own research (such as Google searches and consulting sources you find credible) before making decisions on getting any vaccinations.

International Travel Health Notices

For the latest health information and warnings for countries around the world visit one of the following websites:

- <http://wwwnc.cdc.gov/travel/notices>
- <http://travel.state.gov/content/passports/english/country.html>

Food and Water

- Don't drink the tap water. We will always have purified water available; make sure to use it to brush your teeth, and keep your mouth closed in the shower.
- Only eat the food that we provide you. Your meals will be prepared either at a trusted restaurant or by our US-trained private chef. Don't buy or accept food or candy off the street. You may also want to bring packaged snacks from home.
- Wash your hands often, with soap and with hand sanitizer (at least 60% alcohol).
- Stay hydrated by carrying a water bottle everywhere and drink a minimum of one gallon of water per day. Remember that coffee and tea cause your body to lose water and that your thirst reflex declines as you age, and adjust the amount of water you're drinking accordingly.
- Apply sunscreen regularly, and bring insect repellent.

Safety

Guatemala may be perceived as a "dangerous" country, but most parts of the country are not dangerous at all. Antigua is a popular tourist destination, and the places you will be traveling with Hug It Forward are very safe. San Martín Jilotepeque is very remote and does not see many tourists; you will be welcomed as an honored guest or even like a family member.

Please stay aware and with the group at all times. Be especially careful when getting money out and don't store your iPhone or camera in a visible or accessible place (no back pockets).

Always follow the instructions of your trip guide, and communicate any specific requests to your trip guide and group leader.

To avoid bites, do not handle or pet animals. In the event that you are bitten, wash immediately with soap and water, and seek medical attention.

Expectations

Communication is Essential

If you don't feel well, aren't comfortable, aren't getting the experience you would like to have, or don't understand something, please let us know.

Health Concerns

All health concerns must be raised immediately with the Trip Guide. Please inform your Trip Guide of any and all symptoms immediately, so that we can avoid any issue escalating.

No Alcohol

No alcohol consumption or drug use is permitted. If a volunteer abuses alcohol, they will not be allowed to continue volunteering with the group; if anyone is suspected of using drugs, he or she will be sent home immediately.

Be Culturally Appropriate

We are guests in another country, so just because something is considered "the best way" or is widespread practice in your home country does not mean it will work or be appropriate in theirs.

Disagreements

All disagreements should be brought up with your Trip Guide and Trip Leader.

Any group environment will include many different personalities, and team morale will make or break your trip. In the case of a conflict, we encourage you to remind yourself that we are there for the people we are serving.



Book Now!

If you would like to come on a bottle school voluntourism trip, we request that you bring a group of at least 15 people.

If you would like to lead a trip, please visit:

- <http://servetheworldtoday.com/apply-for-a-trip/>

If you would like to participate in a trip, but not as a group leader, please visit:

- <http://servetheworldtoday.com/book-now/>

Thank You!
We Look forward to
seeing you in
Guatemala!

Appendix A: Guatemala Readiness Checklist

5+ months before your trip

1. Book your trip

This includes the following:

- Reading the terms and conditions on Serve The World Today's website.
Visit - <http://servetheworldtoday.com/terms-and-conditions/>
- Booking your spot online and paying the \$1299 cost of the trip in full.
Visit <http://servetheworldtoday.com/book-now/>

☐

2. Request vacation time off of work

Inform your employer, family, and other commitments that you will not be available during your bottle school trip.

☐

4 months before your trip

1. Ensure that you have a valid passport with at least two blank pages

If you do not have a passport or your passport has expired, visit www.travel.state.gov/content/passports/english.html to start the application or renewal process. For non-US citizens please visit your government website for information on how to apply for your passport.

☐

2. Book your flight!

See the "Flights" section for more information.

☐

3. Purchase travel insurance

Visit <http://servetheworldtoday.com/travel-insurance/> for required insurance amounts. Please send a copy of your policy to adam@hugitforward.org

☐

4. Sign the release form and send to adam@hugitforward.org

The form will be sent to you by email when you book. You can not participate on the trip without signing. We request that you do this early so that it does not become a last minute detail.

☐

2 months before your trip

1. Immunizations

Inquire with your doctor about whether certain travel immunizations are required to go to Guatemala. Understand the risks and choose what additional vaccinations you need, if any.



1 month before your trip

1. Notify your bank

Call your banks and inform them of your travel plans to ensure that your ATM card, debit card, and credit cards work while away. If they are unaware of your travel plans, you will not be able to access your money while in Guatemala.



2. Read about Guatemala

Read about Guatemala, learn about the culture, and understand the history of the people. See “Appendix B: Recommended Reading”.



2 weeks before your trip

1. Re-read this information packet

Be sure that you have read the contents of this information packet and emails that have been sent to you thoroughly.



2. Exchange your money

Exchange money from US Dollars (or your home currency) to Quetzales. Alternatively, bring new, clean, unmarked, unripped dollar bills to Guatemala. See “How much will this cost?” section.



1 week before your trip

1. Make two copies of your passport ID page, travel itinerary and travel insurance

Ensure that you always have copies of all three items throughout your travel.



2. Pack your belongings; you’re going to Guatemala!

See Appendix D: “What to Pack”.

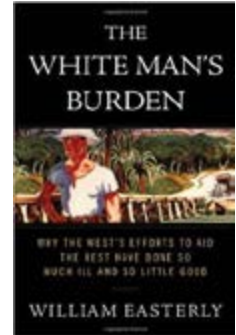


Appendix B: Recommended Reading

The White Man's Burden:

Why the West's Efforts to Aid the Rest Have Done So Much Ill and So Little Good

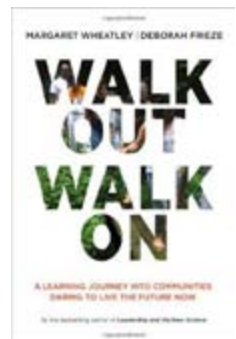
by William Easterly



Walk Out Walk On:

A Learning Journey into Communities Daring to Live the Future Now

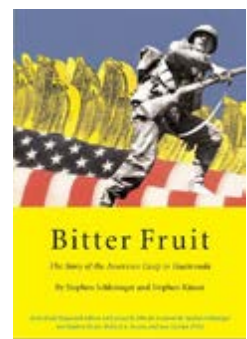
by Margaret Wheatley & Deborah Frieze



Bitter Fruit:

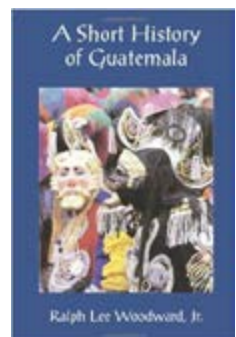
The story of an America Coup in Guatemala

by Stephen Schlesinger and Stephen Kinzer



A Short History of Guatemala

by Ralph Lee Woodward, Jr.



Appendix C: Key Contact Information

To inquire about availability and pricing for upcoming bottle school trips or if you have any further questions, please email bookings@servetheworldtoday.com

Before booking, please read the Frequently Asked Questions section of this info pack.

Join our Voluntourism Group on Facebook where you can connect with people who have participated in previous trips, see photos from trips, and share stories and ideas. Please visit www.facebook.com/groups/voluntourism/

While you are on a Voluntourism trip, please tell your loved ones they can email one of our Hug It Forward contacts in Guatemala at any time:

- Adam Flores - adam@hugitforward.org
- Zohe Telón - zohe@hugitforward.org



Appendix D: What to pack

Reusable water bottle

Prescriptions

Sunscreen

Sunglasses

Safety Goggles

Work boots

Comfortable shoes

Sun hat

Anti-bacterial wipes

Insect repellent

Thick socks

Waterproof jacket

Health insurance card

Energy snacks

Camera

Earplugs

Additional money



Your Travel Health Kit

- Please pack prescriptions you normally take in your carry-on and bring extra in case of unanticipated travel delays. If your life depends on any of your medications, please make your trip leader aware immediately after booking your trip
- A daily probiotic to take while in Guatemala if you tend to have a sensitive stomach

Special Prescriptions

- Your doctor may have recommendations for preventative medicines to help you on your trip (e.g. anti-diarrheal)
- Any over-the-counter medicines that you or your doctor feel you may need (e.g. allergy medications)

Other important items

- Insect repellent
- Anti-itch aide (ointment, spray, pill, hydrocortisone cream) for insect bites
- Sunscreen (SPF 30 or greater with both UVB and UVA protection)
- Anti-bacterial wipes
- Health insurance card

Appendix E: Basic Spanish

English	Español
Hello	Hola
My name is Jennifer	Me llamo Jennifer
Yes	Si
No	No
I speak a little	Hablo un poco
In Spanish	En español
In English	En inglés
Goodbye	Adios
Thank you	Gracias
Please	Por Favor
School	Escuela
Trash	Basura
What is your name?	¿Como se llama?
How are you?	¿Como está(s)?
I don't understand	No entiendo
Do you speak English?	¿Habla inglés?
How much does it cost?	¿Cuánto cuesta?
At what time does the store open?	¿A qué hora abre la tienda?
At what time does the store close?	¿A qué hora cierra la tienda?
I would like this	Necesito esto
I'd like to pay in cash	Me gustaria pagar en efectivo

English	Español
I'd like to pay with a credit card	Me gustaria pagar con tarjeta de crédito
Bottle	Botella
Eco-brick	Eco-ladrillo
The hotel	El hotel
The bathroom	El baño
Excuse me	Perdón
Where is...?	¿Dónde está?
Straight ahead	Todo recto
On the left	A la izquierda
On the right	A la derecha
It's nearby	Está cerca
It's far away	Está lejos
A ticket to...	Un billete para
Opposite	Enfrente
I am from (city/country)	Soy de





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