

### Travel Tips

#### **Before traveling:**

- Have 1 person for logistics for the group and have a 2nd trip leader.
- Go to the travel clinic before the trip.
- Purchase trip insurance.
- Register with the U.S. Embassy in Guatemala.
- Have the customs website on your phone prior to leaving the U.S.

#### **Packing:**

- Place copies of passports in every bag.
- Recommended toiletries: toilet paper, toilet seat covers, Imodium, and Azithromycin.
- Bring activities for down time/travel. Be prepared for long bus trips—you can prepare things while traveling.
- Bring a smaller suitcase for local travel—leave a larger bag at Lutheran Center.
- Bring breathable, appropriate, hot weather sleepwear.
- Bring light-colored, rectangular mosquito nets (Note: dark colors attract mosquitoes).

#### **While in Guatemala:**

- Be flexible and patient, you will be on “Guatemala time.”
- Purchase as much as possible in Guatemala (activity supplies).
- Do not encourage use of Imodium unless traveling on a plane or a bus—can plug you up for 2 weeks.
- If you don’t like coffee, buy ENERGY DRINKS!
- Flying to Flores:
  - 20 lb. limit for checked bags
  - Flight changes and delays inevitable

### Colegio Agustino Luterano de Guatemala: CLAG

- Schedule when students are there—dedicate a day to visit CLAG.
- Make sure to learn some Spanish and Q'eqchi'.
- Bring youth on your delegation for their energy and to connect with youth.
- Thank the CLAG staff for their dedication—in words! Also, a gift of teachers’ supplies is appreciated.
- Activities to do together:
  - Use your church’s VBS or Sunday School activities to share with students.
  - Cook.
  - Learn music and play simple instruments.
  - Play cards and other simple small games (purchase in country).
  - Play educational games (if interest in learning English—activity related to both Spanish and English).
  - Have unstructured time to play games and laugh.

### Partner Congregations

#### **Activities:**

- Be a good listener.
- Focus on activities with the whole community, not just church members.
- Ask your partner congregation what they would like to do together.
- Bible study in smaller groups (men, women, children).
- Visit community members’ homes, asking for joys and concerns to pray together.
- Visit community members’ farms.
- Have them teach us games or words in native language: Q'eqchi'.
- Sing songs in English and Spanish.
- Play intergenerational games (many older people haven’t experienced childhood).
- Make a meal or treat for your partner congregation:
  - Rice Krispy Bars
  - Spaghetti (didn’t go over well)
  - Hamburgers
  - Hot dogs
  - S’mores

### **Photography:**

- Bring a polaroid-type camera (Fuji makes one). They love to have photos of themselves.
- Take photos of church members/families and provide frames for them to put them in.
- Take a congregational picture (we have everyone turn around after worship and take it from the balcony).
- Bring photo books (make sure photos don't show wealth).

### **Gifts:**

- Weavings or banners for church
- Aprons (made by quilters from our church)
- Potholders (made by quilters at our church)
- Paraments and stoles (made by quilters at our church)
- Community School Supply Bag
- ONIL Water purifiers
- Backpacks with school supplies for school age children
- Sports equipment
- Hygiene kits for families
- Healthcare supplies
- The Shoe that Grows

### **MILAGRO**

- Listen to a presentation given by the MILAGRO women.
- Play games, such as Spoons.
- Learn magic tricks to share with them.
- Have them teach us something/we teach them something:
  - Baking
  - Sewing
  - Crafts: painting rocks
- Young women's health and hygiene.
- Business skills.
- MILAGRO cultural-based activity.

### **Guatemala Culture**

#### **Visit Mayan ruins to help understand their history:**

- Ixkun near Dolores (and museum)
- Tikal

#### **Visit cooperatives:**

- Cooperatives in San Tomas on Lake Atitlan near Panajachel.
- Coffee Cooperative Chicoj near Chisec.
- Visit cooperatives MILAGRO young women have visited.

#### **Movies:**

- *Abrazos*: Immigration effects on family and children based off the Guatemalan community in Worthington, MN
- *Living on One Dollar* (understanding poverty) a film that captures the experience of living on \$1 a day for two months in rural Guatemala.

#### **Books:**

- *Tree Girl Book* by Ben Mikaelson (easy read) the story of a young Guatemala girl who survives unspeakable atrocities during the Civil War.
- *Paradise in Ashes: A Guatemalan Journey of Courage, Terror, and Hope* (University of California Press, 2004) is a detailed account of how this village embodies the forces and conflicts that defined Guatemala then and continue to do so today.