

The mission of Faith In Practice is to improve the physical, spiritual, and economic conditions of the poor in Guatemala through short-term surgical, medical, and dental mission trips and health-related educational programs. Our mission is based on an ecumenical understanding that as people of God we are called to demonstrate the love and compassion that is an outward sign of God's presence among us. Faith In Practice's life-changing medical mission is to minister to the poor, while providing a spiritually enriching experience for our volunteers.

*Surgical • Medical • Dental • Educational*



# Table of Contents

<b><u>Reaching Out to a World in Need</u></b>	<b>1-15</b>
Spiritual Philosophy & Guiding Principles	2
Foundational Scriptures	3
Why We Go & What We Do	4 - 5
<b><u>Team Structure &amp; Financial Support and Funding</u></b>	<b>6</b>
Surgical Program	7 - 8
Hilario Galindo and other Regional Surgical Programs	9
Village Medical Clinic Program	10
Preventative Health Programs	11 - 12
Casa de Fe and Casa de Milagros	14
<b><u>Teams</u></b>	<b>16-24</b>
<b><u>Surgical Program</u></b>	
Obras Sociales Surgical Teams	17
Obras Sociales Surgical Team Formation	18
Schedules for Obras Sociales Surgical Teams	19
Hilario Galindo Surgical Teams	20
Hilario Galindo Surgical Team Formation	21
Schedules for Hilario Galindo Surgical Teams	22
<b><u>Village Program</u></b>	
Village Medical Clinic Program	23
Schedules for Village Medical Clinic Teams	24
<b><u>Guatemala</u></b>	<b>25-46</b>
General Information	26 -27
Traveling in Guatemala	28
<b><u>Cultural Reminders</u></b>	<b>29 - 30</b>
<b><u>Safety Standards and Precautions</u></b>	<b>31</b>
<b><u>Health and Immunizations</u></b>	<b>32</b>
Staying Healthy	33 -34
Clothing	35
Packing Suggestions	36
Antigua, Guatemala & Important Addresses	37
<b><u>Recommended Restaurants and Vendors</u></b>	<b>38 -39</b>
Recommended Research and Reading	40
Basic Spanish Phrases	41 - 43
Spanish Medical Questions	44 - 45
Additional Information	46
<b><u>Deadlines</u></b>	<b>47-49</b>

# Reaching Out to a World in Need

## Spiritual Philosophy

The spiritual mission of Faith In Practice is distinctively Christian in its perspective, practicing hospitality to all, striving to fulfill the Great Commandment given in both the Old and New Testaments ... to love God and love our neighbors.

This two-fold commandment challenges us to live out our faith in tangible ways.

## Guiding Principles

As Faith In Practice volunteers, we are privileged to represent our communities, our professions, and our spiritual beliefs in Guatemala and at home. Each Faith In Practice volunteer is personally accountable for his/her actions and pledges to support the mission and goals of Faith In Practice and these Guiding Principles.

### **Sharing Our Faith through Deeds**

*We share and demonstrate our faith in God through selfless deeds of service and caring for the needy.*

### **Acceptance, Respect, and Empathy**

*We value each individual with whom we work and express this through our acceptance, respect, and empathy for them.*

### **Appreciation of Cultural Differences**

*We strive to foster friendships and mutual understanding among those with whom we work, finding joy and fascination in our cultural differences, approaching each unfamiliar situation with an open and accepting frame of mind.*

### **Support and Nurture Volunteers**

*We support and nurture our volunteers, recognizing it is only through their commitment to Faith In Practice that we are able to accomplish our mission.*

### **Sharing Our Gifts and Talents**

*We believe in the principle: "To whom much is given, much is expected."*

### **Courtesy**

*We strive to extend every professional courtesy to fellow professionals in the country we serve, respecting their opinions, methods of treatment, and social mores.*

### **Personal Integrity**

*We will conduct ourselves in a manner that is exemplary and beyond reproach at all times.*

### **Professional Ethics**

*We will be professional, in every aspect, in the treatment of our patients.*

### **Building Community**

*We value the friendships that are created and developed throughout our journey as Faith In Practice volunteers.*



## Foundational Scriptures

“Hear, O Israel: The Lord our God is one Lord; and you shall love the Lord your God with all your soul, and with all your might. And these words which I command you this day shall be upon your heart...”

***Deuteronomy 6:4-6***

“Teacher, what is the greatest commandment in the law?” And He said to him, “You shall love the Lord with all your heart, and with all your soul, and with all your mind. This is the great and first commandment. And a second is like it, You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets.”

***Matthew 22:34-40***



**“We give physical healing, but the reason we come is to love these people and be compassionate.”**

**Faith In Practice Volunteer**

## Why We Go

Faith In Practice seeks to serve in response and in gratitude to the grace we have experienced in our own lives. We also experience the humble blessing that comes when all come together in a common purpose. In all things, we rely on the calling, wisdom, and love of God. We truly believe that we could do nothing without God's hand in this work.

The majority of the Guatemalan population lives in extreme poverty and has virtually no access to medical care. Over the years, Faith In Practice has developed a deep respect for the Guatemalans seeking to meet the needs of the poor in their country. We are honored to join them in this mission.

## What We Do

Faith In Practice is committed to serving the poor of Guatemala through short-term medical mission trips that take an integrated approach to care and strive to reach those who need help the most. Each year, more than 1,300 medical professionals and support personnel from across the United States and beyond travel to Guatemala, paying their own direct expenses to serve the poor through Faith In Practice. More than 1,000 Guatemalan volunteers work beside us in this endeavor each season. Last season, Faith In Practice volunteers saw more than 25,000 patients.

**Village Medical Clinic Program:** Our village medical clinics are conducted in areas of the greatest need in the farthest reaches of Guatemala. Prior to the beginning of the season, we travel to each of the villages to meet with our local Guatemalan volunteer leadership. These dedicated Guatemalan volunteers organize the clinics months before our teams arrive.

During each season, our medical teams travel to these rural villages and conduct medical clinics in order to treat open wounds, infections, dental pain, parasites, and other serious health conditions. The volunteer medical teams also identify surgical candidates to be referred to one of our partner hospitals. In the case of a surgical referral, the patient receives information concerning when and where he or she may expect to receive surgery by one of our surgical teams that will be coming in the months ahead. Our local Guatemalan partners then accompany the patient to the designated hospital to receive his or her surgery.

Our volunteer medical teams also make referrals to other healthcare providers in Guatemala with whom we have relationships. For example, we refer children with heart defects to UNICAR, the cardiac hospital in Guatemala City. We also have a relationship with INCAN, Guatemala's cancer hospital, which has agreed to accept the cervical cancer cases we discover through our Cervical Cancer Screening and Teaching Program.



**Surgical Program:** Our surgical teams treat the patients referred by our village medical teams as well as patients who come directly to the two hospitals with which we partner. Our volunteer surgical teams serve at: Las Obras Sociales del Santo Hermano Pedro Hospital in Antigua. Faith In Practice's began at Las Obras and has invested much in the partnership and infrastructure of the facility. Faith In Practice expanded and built out the operating rooms in 2006 and continues to support the facility's equipment needs. The Obras has five operating rooms, a procedure room, and an audiology clinic and is supported by local medical professional clinics. Hilario Galindo Hospital in San Felipe. Faith In Practice began serving at Hilario Galindo in 2008 and has conducted a major expansion and renovation of the facility which is located on the Western Coastal plain. There are four operating rooms at Hilario Galindo. Our surgical teams represent the following specialties: ENT, gynecology, general, orthopedics, plastics, and urology. Services also include dentistry and audiology.

**Patient Guest House Program:** In addition to providing the transport that is necessary to safely bring our patients to Antigua and Retalhuleu where our volunteers teams operate, Faith In Practice also provides patients with housing and food as they prepare for and then recuperate from their surgeries. The patients stay at Casa de Fe in Antigua or at Casa de Milagros in Retalhuleu depending on the hospital where they will receive surgery. At the Casas, our patients and their families find clean beds, receive hot meals, and recover in the safety and comfort of guest houses.

**Teaching Programs:** In addition to providing direct medical care, Faith In Practice also has a preventative and restorative dental program designed to not only provide dental care, but to work in the attendant schools to change behavior. Our Cervical Cancer Screening and Teaching Program teaches local practitioners to identify and treat pre-cancerous cervical lesions through hands-on clinics using a program designed by Johns Hopkins. With our Training Program for Traditional Birth Attendants we help reduce the infant and maternal mortality rate by improving the knowledge and skills of traditional birth attendants (*comadronas*) in childbirth emergencies, essential newborn care, and *Helping Babies Breathe*, which is a curriculum developed by the American Academy of Pediatrics. Our medical professionals also give medical symposiums to assist Guatemalan practitioners in learning and improving their skills. We have similar practicums for nurses in Guatemala.

**Orthopedics, Prosthetics, and Wheelchair Program:** This program provides braces, prostheses, and wheelchairs for our patients in Guatemala. In the cases where our surgical teams need to amputate limbs, Faith In Practice provides these patients with prostheses to return them to wholeness as much as possible. Faith In Practice also provides customized and refurbished wheelchairs for disabled children and adults. In 2016, Faith In Practice launched a pilot program providing wheelchairs to patients in a limited number of Village Medical Clinic Missions and Hilario Galindo Surgery Missions. In partnership with a US non-profit organization, more than 300 wheelchairs were assembled, custom fitted, and given out for free to patients with disabilities by our wheelchair teams. The goal is to provide a better, custom-fit chair that can be easily repaired should problems arise. We expanded the program in the 2017, fitting nearly 1,000 patients for wheelchairs and at the same time providing them with a medical clinic visit. In 2018, we will continue this program and expect to serve many more patients with disabilities around the country. In Guatemala, there are many people with disabilities who often live in isolation and do not have access to the same opportunities as others within their communities. Distributing wheelchairs will be a life changing experience for the patients, their caregivers, and consequently, for our volunteers.





## Team Structure

Teams are formed throughout the United States by committed volunteers, including the Mission Coordinator, who is the leader of each team, and the Team Administrator, who is responsible for team logistics. These dedicated volunteers interact with the Faith In Practice staff in Houston and Guatemala.



## Financial Support and Funding

Faith In Practice has been consistently blessed by our many volunteers and their friends and family. Our volunteers not only pay for their expenses through a trip fee, but they ask for donations of supplies, medications, and equipment from their institutions and also participate in the **Share The Mission** Fundraising program. Through this program, our volunteers write and email personal letters to friends, family, and colleagues asking them to journey with them in this mission through financial support. Faith In Practice is also supported through fundraising events and grants from foundations, churches, and hospitals. Still other organizations donate supplies, medicines, and equipment to support the mission.

Faith In Practice takes the trust our volunteers, partners, and supporters place in us very seriously. We strive to provide the best care possible in the most fiscally responsible way possible. Faith In Practice has enjoyed a Charity Navigator 4-star rating for **14 consecutive years** — as many years as we have been rated. This honor, we are told, is held by only 1% of all organizations rated by Charity Navigator. We also have been endorsed by Independent Charities of America with its Seal of Excellence and by the Better Business Bureau with an Accredited Charity designation.

## Surgical Program

### Obras Sociales del Santo Hermano Pedro

Faith In Practice welcomes 16 surgical missions each year to serve at Obras Sociales Hospital, which was founded in 1643 by the Dominican Order as the Hospital San Juan de Dios. The Obras Sociales del Santo Hermano Pedro Hospital complex included the Church of San Pedro, which served as the Cathedral of Antigua from 1668 until 1680. In 1981, Obras Sociales was established by the Franciscan Order as a private orphanage and care facility for disabled, abandoned, and malnourished infants and adults.

Faith In Practice has been committed to working in partnership with Obras Sociales since our incorporation in 1994. Together with the Franciscans, Faith In Practice continues to expand the services and care offered to the poor and disabled from all across Guatemala.

Virgen del Socorro is the new facility Obras built for 300 permanent residents (patients) who are unable to care for themselves and live with chronic conditions such as cerebral palsy, muscular dystrophy, mental retardation, polio paralysis, deafness, blindness, and senile dementia. Caring for these residents is a primary component of the mission of Obras Sociales. Residents are divided into different wards according to their age and malady and may live there all of their lives. The new facility is at the outskirts of Antigua (2 miles away from Obras).

**The Operating Room Facility** was initiated by a grant from Federico Rivero in 1992. Faith In Practice began working at Obras Sociales shortly thereafter and immediately started updating the operating rooms with the medical and diagnostic equipment needed to provide the highest level of care for patients. In June 2006, Faith In Practice completed the remodeling and renovation of the surgery area.

There are now five state-of-the-art operating rooms donated and constructed by supporters of Faith In Practice. One of the five operating rooms is used exclusively for the ophthalmology program, run by the Mathis Eye Foundation.



## Surgical Program (continued)

**The Outpatient Clinics**, located near the entrance, are open to the public in the mornings from Monday through Friday and are staffed by Guatemalan physicians. There is a small charge to the outpatients to be seen in this clinic.

**The Nutrition Center** treats malnourished children from all over Guatemala and instructs the family in treatment practices prior to their return home. Louise Wheeler, the owner of Doña Louisa's Restaurant and a nutritionist, founded the center, and Carolyn Thompson, owner of Finca Los Nietos, helps support it through coffee sales.

**The Specialties Clinics**, located on the second floor, are open Monday through Friday for volunteer Guatemalan specialists, such as neurologists and gynecologists. On Sundays, visiting surgical teams use this space to triage and screen patients for surgery.

**The Dental Clinic** was moved upstairs and remodeled in 2009 by Faith In Practice. A Guatemalan dentist was hired to manage the clinic and to schedule patients to be seen by volunteer dental professionals. The goal is for the clinic to be self-supporting by providing free services to those that cannot afford to pay and to charge a reduced rate to those that can.

Faith In Practice dentists, hygienists, and assistants provide dental care to many of the Obras Sociales residents, patients accompanied by partner organizations, and others in the community. The clinic is well-equipped with two modern dental units, ultrasonic cleaners, high- and low-speed handpieces, and a digital x-ray unit.

**The Physical Therapy Department** supports the needs of both the residents of Obras Sociales and the post-operative needs of surgical patients. Physical therapists work with surgical teams to rehabilitate surgery patients and assist caregivers at the hospital in developing new techniques to care for the residents. Faith In Practice has donated physical therapy equipment to the hospital.

**The Special Needs School** provides education to the permanent residents including art classes, computer classes, and English classes from time to time. The government does not provide special education programs, but capable physically impaired children living at Obras Sociales are transported to local public schools.

**The Audiology Clinic** is funded through a partnership with Faith In Practice and other supporters. The clinic is fitted with a soundproof testing area, audiometer, and tympanometer.

## Hilario Galindo Surgical Program

Hilario Galindo Hospital is located in Retalhuleu, in the southwestern region of Guatemala. Faith In Practice renovated the operating suite at this hospital, which had fallen into severe disrepair, in 2008. In addition to improving the surgical area, Faith In Practice also installed a new dental clinic at this location, allowing dental teams to serve the community with an emphasis on pediatric care.

That same year, Faith In Practice sent its first surgical team to serve. Since that time, the partnership between Faith In Practice and Hilario Galindo has grown, as Faith In Practice sends more surgical teams to Hilario Galindo each year to serve those in need.

Faith In Practice continues to support Hilario Galindo through improvements to the hospital's infrastructure. In the fall of 2014, Faith In Practice began renovating and improving key areas of the hospital. Recent renovation and additions include central air conditioning in the OR suite of four, restricted and air-conditioned pre- and post-op area, new sterilization system, break room, new clinic space, patient guest house, new lab and x-ray, new chapel, and all related equipment.

## Other Regional Surgical Programs

In addition to Hilario Galindo, Faith In Practice has invested significant funds to remodel and equip two other hospitals: Hospital Corpus Christi (Patzún, Chimaltenango), and Sarstoon Clinic (Sarstoon, Izabal). At this time, we are currently sending surgical teams to Hilario Galindo Hospital in Retalhuleu and Obras Sociales in Antigua.

### Hospital Corpus Christi, Patzún

Hospital Corpus Christi is located in a small town in the Guatemalan highlands. This hospital, originally built by Sara Merdes-Judd, had fallen into serious disrepair. Notwithstanding those limited circumstances, the Franciscan sisters and Dr. Ramon Maxul, a family practice physician, provided a wide range of services to the community. While Sara continued to support the mission, the need was greater than the resources available.

To assist these steadfast individuals who were so committed to serving the poor, Faith In Practice entered into a partnership arrangement with Hospital Corpus Christi and renovated the hospital. Corpus Christi, a 12-bed hospital, now has two fully functioning operating rooms and a new break room for visiting physicians. Faith In Practice's first team performed surgeries at Corpus Christi in April 2007.

### Sarstoon Clinic, Sarstoon

Faith In Practice has served the isolated Sarstoon area for several years. This clinic—funded by Faith In Practice, managed by Refuge International, and constructed with the labor of the local villages—is the only medical facility with a doctor for miles around.



## Village Medical Clinic Program

Faith In Practice is committed to reaching out to those in the greatest need. This program is addressed to give medical attention to the most vulnerable people from Guatemala. To reach out to these people, we developed our village medical clinics, where the providers see general, pediatric and gynecologic patients and give medical attention when there is need or refer patients that need other procedures or a surgery. Visiting teams travel to remote areas of Guatemala to conduct medical clinics in schools or other buildings and are supported by local volunteers.

### U.S. Volunteers

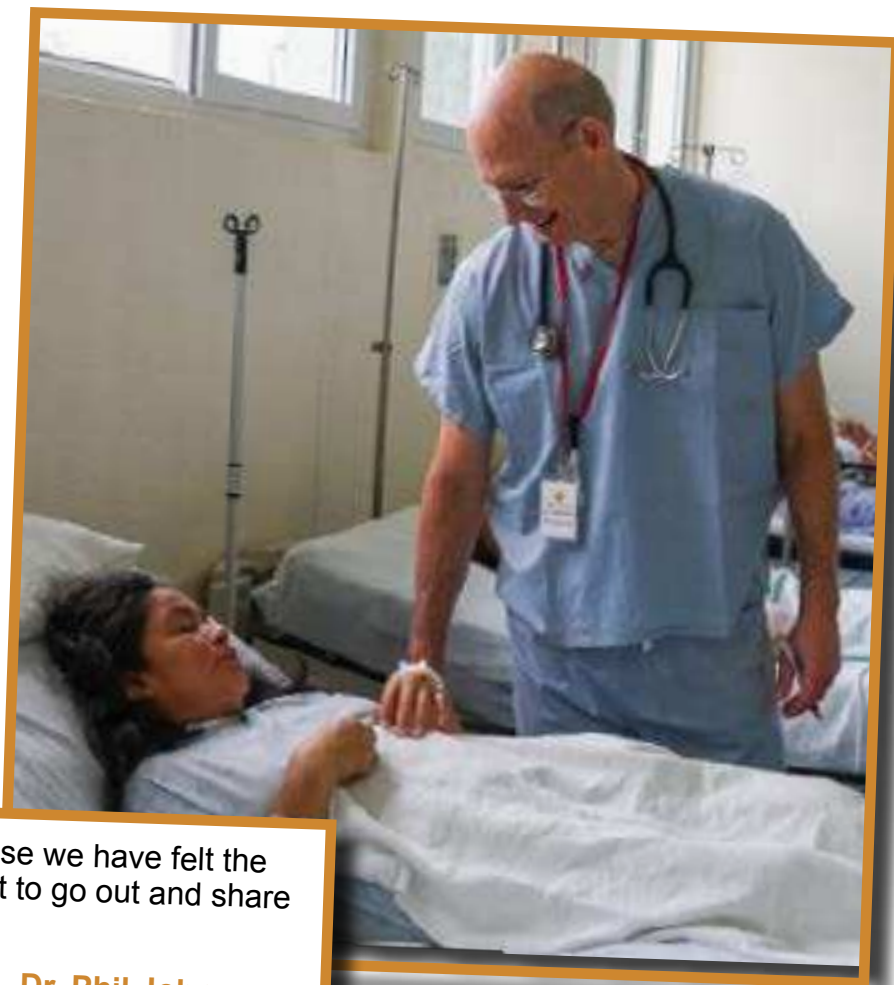
The purpose of these teams is to provide basic medical care and to identify surgical candidates for our surgical teams. A typical village medical team will include pediatricians, general and family practitioners, gynecologists, as well as pharmacists and dentists. We strive to include other specialists like dermatologists, ENT doctors, and orthopedists to enrich the teams.

### Guatemalan Volunteers

The program would not be successful without our network of Guatemalan volunteers, who work throughout the year to organize the clinics, set up the locations, work side by side with us throughout the clinic week, and later accompany the triaged patients to one of our surgical partner hospitals throughout the year.

### Our village medical teams typically serve in the following departments:

Jalapa  
Petén  
El Progreso  
Retalhuleu  
Santa Rosa  
Suchitepéquez  
Totonicapán  
Quiché



"We volunteer because we have felt the love of God and want to go out and share it with others."

**Dr. Phil Johnson**



## Preventative Health Programs

### VIA/CRYO Cervical Cancer Screening & Prevention

Cervical cancer remains a significant problem in poor countries such as Guatemala. The mortality rate for women with cervical cancer in Guatemala is eight times higher than in the United States.

VIA stands for Visual Inspection with Acetic Acid and helps to diagnose abnormal cells on the cervix, a precursor to cervical cancer. Cryotherapy is a freezing with nitrous oxide of the suspicious (pre-cancerous) cells on the cervix.

Faith In Practice conducts VIA/Cryo training courses several times a year and also provides VIA/Cryo services during all of its village missions. Teaching VIA/Cryotherapy to Guatemalan practitioners helps expand the techniques while creating awareness. Since 2006, Faith In Practice has organized 24 training courses, and certified close to 400 local health professionals.

Additionally, through its partner clinic project, Faith In Practice has lent 27 cryotherapy units to 24 partner clinics all over Guatemala and has also organized conferences, partner clinic visits and refresher trainings to support health professionals who will offer VIA/CRYO services on an ongoing basis.

Through its Cervical Cancer Special Cases component, Faith In Practice also supports a limited number of patients with cervical cancer at INCAN, the national cancer hospital in Guatemala City.

#### How the program works:

- **Training and Screening:** Teams of volunteers train and certify local doctors and nurses in the VIA/Cryo technique through an extensive didactic and practicum course. Between 800 and 900 women are being screened during each course.
- **Partner Clinic Support:** Faith In Practice provides cryotherapy equipment to those who are certified to perform the “see and treat” procedure and able to create a sustainable VIA/Cryo program in their clinics, with the goal of increasing the availability of cervical cancer screening in Guatemala.
- **Special Cases:** If a woman has a positive reading, she is treated with cryotherapy or referred for more extensive tests or treatments. In the case that cervical cancer is detected in the clinic, Faith In Practice assists the patient in her cancer treatments.
- **Education:** Through the VIA/Cryo training courses, Guatemalan women are learning how to prevent cervical cancer not only for themselves, but for their daughters as well.

### Training Program for Traditional Birth Attendants

Guatemala has among the highest maternal mortality rates in the Latin American and Caribbean region with 113 maternal deaths per 100,000 live births, compared to a regional average of 85. While the percentage of mothers giving birth with a skilled birth attendant rose from 29 percent to 51 percent in the past decade, half of these deliveries are still done by traditional Mayan midwives (Comadronas). The majority of births in Guatemala’s rural areas take place at home, and women have to rely on these comadronas to manage their delivery.

With this program, Faith In Practice teaches traditional birth attendants how to identify, prevent and manage maternal and infant complications during pregnancy and delivery. Most comadronas are not educated and learned their skills from their mother or other women in their community. Because many are illiterate, Faith In Practice designed a program with a lot of hands-on practice using birth simulators and infant models to train the midwives in childbirth emergencies and a curriculum called Helping Babies Breathe, which focusses on possible complications during the first minute after birth (the golden minute), and how to resuscitate a newborn baby.

Since 2014, Faith In Practice has organized 12 course weeks, and trained 500 Mayan midwives.

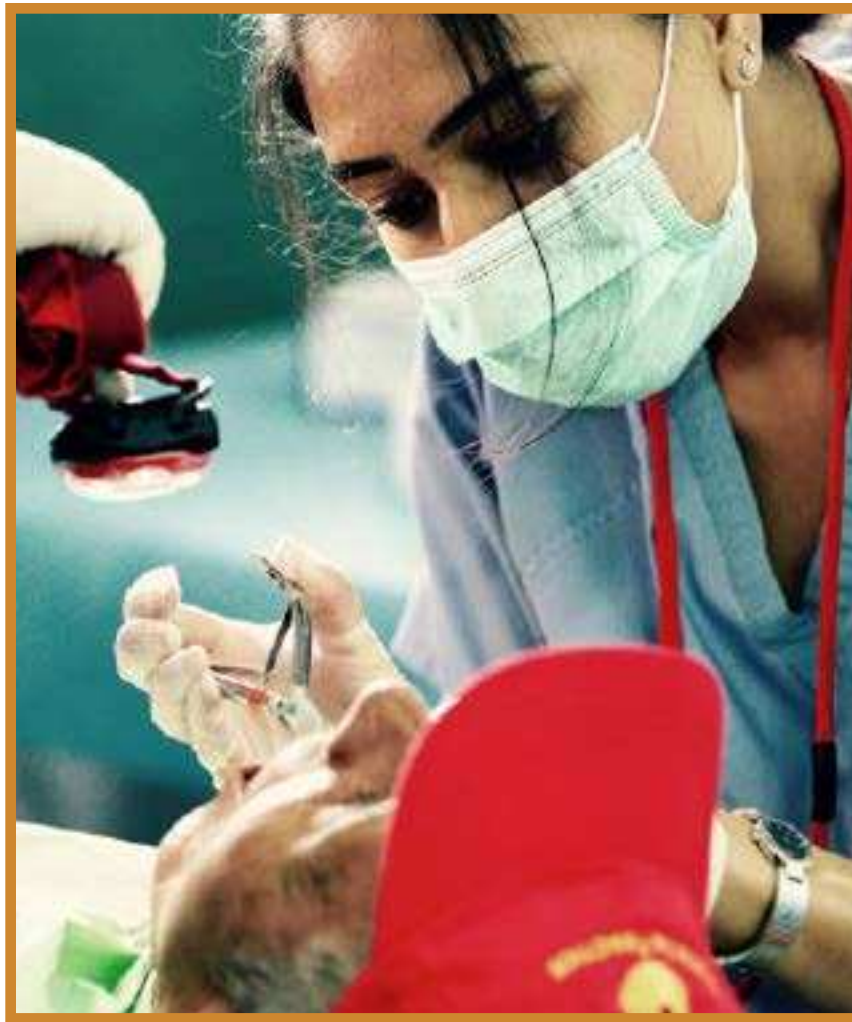
## Preventative Health Programs (continued)

### Preventative and Restorative Dental Program

All of our village medical teams have a dental component, which provides immediate dental care. Our volunteer dentists and hygienists in the villages perform extractions, provide pain relief, and treat infection.

In addition, preventative and restorative dental teams serve with certain surgical teams. Our volunteer dentists and hygienists offer a wide array of preventative, diagnostic and restorative care, including exams, x-rays, diagnosis, prophylaxis, sealants, fluoride treatments, extractions, surgical procedures, amalgam restorations, composite restorations in anterior teeth, and root canal treatment on anterior permanent teeth.

An important component of our Preventative and Restorative Dental Program is patient education and includes dental hygiene, personal hygiene, and nutritional counseling at the clinic and local schools.





**“This trip opened my eyes, humbled me, and changed me in ways I can’t explain.”**

**Faith In Practice Volunteer from Providence Surgery Team 346**

## Casa de Fe and Casa de Milagros

Imagine being released from the hospital, sore and groggy after major surgery, facing two options. You can sleep on the street until you're ready to make the long journey home or you can prepare yourself for a long, crowded bus ride through rural Guatemala, each bump of the road causing pain to your healing body.

In 2003, Faith In Practice opened the doors of the Casa de Fe to patients and their families who travel great distances to receive care at Las Obras Sociales del Santo Hermano Pedro, Antigua's charity hospital. This is our patient guest house, which is a haven of hope to our patients and their families before and after surgeries. In 2017, nearly 22,000 beds were filled by patients and their families, who find safety, rest, food, and healing at Casa de Fe. Since its inauguration in 2015, an additional nearly 1,800+ bed nights have been provided by Casa de Milagros patient guest house which offers similar services at Hilario Galindo Hospital in San Felipe.

Our Faith In Practice teams visit the Casa de Fe as part of their mission trip to Guatemala. Faith In Practice surgery teams in Antigua often have team members that spend time at the Casa de Fe during the week, cooking meals for the patients and their families, playing with the children, teaching educational health programs, and following up with patients recovering from their surgeries.

### The Casa de Fe provides:

- A clean, warm place to sleep for 100+ people
- Security cameras and doors that lock for the safety of families and belongings
- Hot meals
- Coffee and purified water
- Hot showers with toiletries provided
- A chapel open 24 hours a day for prayer
- A loving, dedicated staff



At [www.faithinpractice.org/casa-de-fe](http://www.faithinpractice.org/casa-de-fe), you can make a donation in support of the Casa de Fe and a personalized tile will then be placed on a wall in the Casa.

**4x4 tile - \$125**  
**6x6 tile - \$500**  
**8x8 tile - \$1,000**

Casa de Fe is located at:  
 7a Avenida Norte No. 65, La Antigua Guatemala, Código Postal 03001, Tel: 7832-8700  
[casade@faithinpractice.org](mailto:casade@faithinpractice.org)



## Volunteer Leaders From Across Guatemala





# Teams

## Obras Sociales Surgical Teams

*Obras Sociales del Santo Hermano Pedro holds five state-of-the-art operating rooms where Faith In Practice surgical teams perform most of their surgeries.*

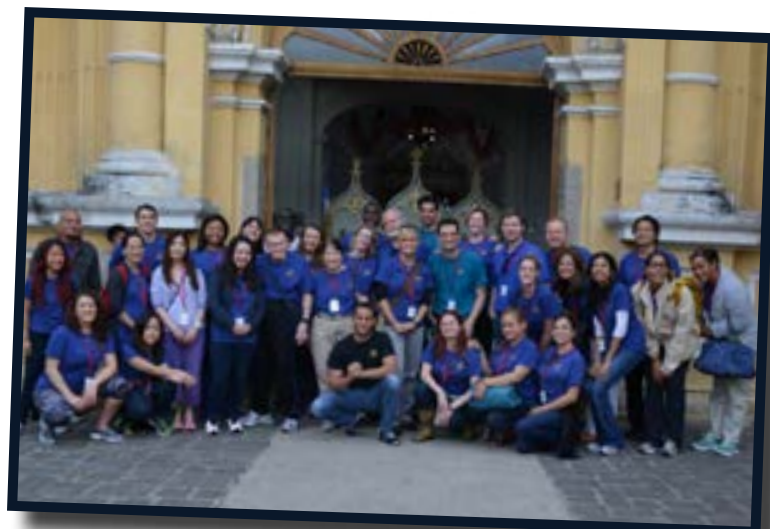
**Triage/Clinic:** On the first day, Sunday, the surgical team evaluates the patients, orders additional tests, and sets the surgery schedule for the week. The triage clinic utilizes four to six physicians, three to five anesthesia providers, and nurses and translators as needed. Faith In Practice staff and Team Leadership will explain the logistical details of the triage process. While patients are being triaged, other team volunteers are setting up the OR and recovery room, unpacking supplies and medications, and ministering to patients and family members while they wait for their consult.

**In the Operating Room:** There are five operating rooms in the Obras, in addition to a minor procedure clinic. Four of these five operating rooms are designated for visiting surgery teams. Surgeons, anesthesiologists, anesthesiologists, scrub nurses, scrub techs, and circulating nurses work together with the hospital staff to complete 60 to 80 surgeries per week, depending on the surgical specialties.

**In the Pre-Op/Recovery Area:** The pre-op and recovery rooms adjoin each other, separated by a wall with a doorway, in the operating suite area. The pre-op area accommodates four beds and the recovery area accommodates five beds. Central oxygen, suction, and vital sign monitors are available in both rooms. A team of four to five nurses are needed for this area, to work alongside local staff.

**On the Post-Op Ward:** The post-op ward, known as the convalescent ward, cares for patients after they leave the recovery room until they are discharged from the hospital. The ward consists of 4 main rooms and 2-3 small rooms that can accommodate approximately 40-50 surgical patients at a time. Included in this total are 7 beds reserved for isolation or overflow and 6 beds in the Observation (elevated care) Unit. Most patients are kept postoperatively no longer than 1-3 days.

**In the Special Clinics:** On the first day, usually Sunday, the dental team and/or audiology team sets up the clinic and prepares to see patients throughout the week. One local dentist and one dental assistant work alongside the visiting dental team throughout the week.



# Obras Sociales Surgical Team Formation

*Each surgical team will be guided and supported by Faith In Practice staff.*

## Team Leadership

Mission Coordinator  
Team Administrator  
Customs Coordinator

## Medical Roles

Operating Room Director  
Anesthesia Director  
Anesthesia Team: five, at least two MDs  
Surgeons: four to six (will vary based on specialty; is ideal to have two of each specialty)  
Scrub Nurse/Tech: four \*  
Nurse, Circulator: four \*  
Nurse, Pre-Op: one  
Nurse, Post-Op: three to four  
Pharmacist  
Physical Therapist: as needed for orthopedic teams \*\*  
Ward Physician/Nurse

## Special Clinics

Dentist  
Dental assistant and/or hygienist  
Audiologist: one to two

## Non-Medical Roles

Clergy/Spiritual Leader  
Cook: two  
Team Photographer  
Team Journalist  
Interpreters (depends on the fluency of Spanish speakers on the team)

*This recommended worksheet is based upon the assumption of surgical procedures planned in four operating rooms and that one individual may serve in more than one role.*

*\* Obras staff cannot assist as scrub techs or surgical assists, only as circulators requested with prior notice.*

*\*\* Obras' physical therapists will assist in providing therapy during orthopedic teams.*

## RN minimums

**OR:** Each OR must have an actively practicing, licensed nurse (not including the CRNA) to be able to provide emergency care in the event of a cardiac or respiratory arrest.

**Pre/post-operative care:** A minimum of four nurses, two of whom should be experienced PACU, ER, or ICU nurses or ACLS certified within the past two years. Some teams may have physicians, physical therapists, or LVNs assisting in this area apart from four RNs.

**Review your role description prior to your mission week by logging into your volunteer portal through the Faith In Practice website at [www.faithinpractice.org](http://www.faithinpractice.org). For questions or concerns regarding the role you will fill, please contact us at 713-484-5555 or [teams@faithinpractice.org](mailto:teams@faithinpractice.org).**

# Schedules For Obras Sociales Surgical Teams

## A Typical Week For a Surgical Team

Saturday:	Team arrives in Guatemala City, proceeds through Customs Continues on to Antigua; Team Orientation at Casa de Fe and Tour of Virgen del Socorro if time permits.
Sunday:	Triage from 7:00 am until we are done with the last patient (around 4:00 pm).
Monday-Thursday:	Surgery days are from 7:00 am until we are done with the last patient. Please take into consideration that the last patient cannot go inside the OR later than 3:30 pm. Normally we will finish around 6:00 pm
Friday:	Clean-up day; Free afternoon (if schedule permits)
Saturday:	Team departs

*Subject to change*

## A Typical Day For a Surgical Team

6:00 a.m. to 6:15 a.m.	Coffee and hearty breakfast at hotel
6:15 a.m. to 6:50 a.m.	Daily devotional time, team meeting
6:50 a.m. to 7:00 a.m.	Walk to hospital
7:00 a.m. to 7:30 a.m.	Make rounds and change into scrubs
7:30 a.m. to 5:00 p.m.*	Surgeries, recoveries, discharges, patient and family ministry, meal prep at Quinta
5:00 p.m. to 5:30 p.m.	Afternoon rounds with Obras physician
5:30 p.m. to 6:00 p.m.	Leave hospital
7:00 p.m. to 8:00 p.m.	Dinner

*Subject to change*

*\*Snacks and lunch are provided at the hospital. Please note on your application and inform your team leader if you have any food allergies or dietary restrictions.*

"The people of  
Guatemala are beautiful  
people who gave me  
more than I could have  
ever given them."

**Faith In Practice  
Volunteer**



## Hilario Galindo Surgical Teams

**Triage/Clinic:** On the first day, usually Sunday, the surgical team evaluates the patients, orders additional tests, and sets the surgery schedule for the week. At minimum, three surgeons, one to five anesthesiologists or CRNAs, one nurse, and interpreters as needed, screen the patients. The Mission Coordinator will explain the details of this very important day to the team. While patients are being triaged, selected team personnel are setting up the OR, pre- and post-op area, and unpacking supplies and medications.

**In the Operating Room:** As of January 2018, there will be four operating rooms at Hilario Galindo. All four rooms are available to visiting surgery teams. In addition to the surgeons, scrub nurses, circulating nurses, anesthesiologists/CRNAs who come as part of the mission team, there will be two local nurses for instrument cleaning and sterilization.

**In the Pre-Op/Recovery Area:** The pre- and post-op area share a room directly adjacent to the ORs. One pre-op nurse and three to four post-op nurses are needed per team, or a total of four to five nurses for this area (not including the Ward Physician/Nurse role). Ideally the pre-op nurse would be comfortable assisting in the recovery if needed. The Hilario Galindo staff also provides some support for this area as needed. The recovery team always collaborates with the local physician, nurse manager, and a local pre-op nurse.

**On the Wards:** There are three wards at Hilario Galindo (one for men, one for women, and one pediatric ward), but the surgical team can collaborate with the nurse manager to set up these wards as they see fit. During the day, three local nurses take care of the patients on the wards. They are assisted and accompanied by the local nurse manager and the Ward Physician/Nurse. During the night, each ward will have one local nurse (three in total) under the supervision of a staff physician. In case of an emergency, the nurses or staff physician will call the team immediately. Since the team is staying at a nearby hotel, it will not take long to get back to the hospital if needed.

**In the Special Clinics:** If the team brings a dental component, on the first day (Sunday), the dental team sets up the clinic, evaluates the patients, and sets the treatment schedule for the week. As the hospital is between local dental providers, the team will not have local dentists working alongside the Faith In Practice Volunteers. Due to the lack of local support, it is very important that all teams with a dental component bring, at minimum, a dentist and a dental assistant. There are two dental chairs, so the second chair could be used by a second dentist or a hygienist. We look forward to growing the Hilario Galindo Dental Program as part of the expansion of care that will parallel the physical building expansion.

**Wheelchair Clinic:** In 2016, Faith In Practice launched a pilot program providing wheelchairs to patients in a limited number of teams, including some at Hilario Galindo Hospital. In partnership with a US non-profit organization, more than 300 wheelchairs were assembled, custom fitted, and given out for free to patients with disabilities by our wheelchair teams. The goal is to provide a better, custom-fit chair that can be easily repaired should problems arise. We expanded the program in the 2017, fitting nearly 1,000 patients for wheelchairs and at the same time providing them with a medical clinic visit, while also offering referrals for additional treatments. In 2018, we will continue this program and expect to serve many more patients with disabilities.





# Hilario Galindo Surgical Team Formation

*Each surgical team will be guided and supported by Faith In Practice staff.*

## Team Leadership

Mission Coordinator  
Team Administrator  
Customs Coordinator

## Medical Roles

Operating Room Director\*\*  
Anesthesia Director\*  
Anesthesia Team – five, at least two MDs (REQUIRED)  
Surgeons – four to six (will vary based on specialty, is ideal to have two of each specialty)  
Scrub Nurse/Tech – four  
Nurse, Circulator – four  
Nurse, Pre-Op – one  
Nurse, Post-Op – four  
Ward Physician/Nurse  
Pharmacist

## Special Clinics

Dentist  
Dental assistant  
Hygienist (optional for second dental Chair)  
Wheelchair Clinic\*\*

## Non-Medical Roles

Clergy/Spiritual Leader  
Team Photographer  
Team Journalist  
Interpreters (depends on the fluency of Spanish speakers on the team)

*This recommended worksheet is based upon the assumption of surgical procedures planned in four operating rooms and that one individual may serve in more than one role.*

*\*This role should be fulfilled by one of the two MD anesthesia providers.*

*\*\*Teams with a wheelchair clinic will be chosen prior to the season and will include a physician or nurse practitioner, two physical and/or occupational therapists, three wheelchair assemblers, and three therapist assistants.*

## Note on RN minimums

**Pre/post-operative care:** A minimum of four nurses, two of whom should be experienced PACU, ER, or ICU nurses or ACLS certified within the past two years.

**Operating room personnel:** The minimum number of experienced OR personnel is four circulators and four scrub techs/nurses. Each OR must have an actively practicing, RN (not including the CRNA) who is able to provide emergency care in the event of a cardiac or respiratory arrest.

**Review your role description prior to your mission week by logging into your volunteer portal through the Faith In Practice website at [www.faithinpractice.org](http://www.faithinpractice.org). For questions or concerns regarding the role you will fill please contact us at 713-484-5555 or at [teams@faithinpractice.org](mailto:teams@faithinpractice.org).**

## Schedules For Hilario Galindo Surgical Teams

### A Typical Weekly Schedule For a Surgical Team

Friday/Saturday:	Team arrives in Guatemala City, proceeds through Customs Team travels to San Felipe, Retalhuleu (+/- 4 hours) Tour of Hospital Hilario Galindo and Team Orientation Meeting
Sunday:	Triage Day
Monday-Thursday:	Surgery Days; clean-up on Thursday afternoon
Friday:	Team travels to Antigua; free afternoon (if schedule permits)
Saturday:	Team departs

*Subject to change*

### A Typical Daily Operating Schedule For a Surgical Team

5:30 a.m. to 6:00 a.m.	Coffee, daily devotional time, team meeting at hotel
6:00 a.m. to 6:45 a.m.	Breakfast at hotel
6:45 a.m.	Daily transportation from hotel to hospital
7:15 a.m. to 7:30 a.m.	Arrive at the hospital, change into scrubs, and make rounds
8:00 a.m. to 5:00 p.m.*	Surgeries/recoveries and discharges
5:00 p.m. to 5:30 p.m.	Afternoon rounds with Hilario Galindo physician
5:30 p.m. to 6:00 p.m.	Leave hospital
7:00 p.m. to 8:00 p.m.	Dinner

*Subject to change*

*\*Snacks and lunch are provided at the hospital. Please note on your application and inform your team leader if you have any food allergies or dietary restrictions.*



## Village Medical Clinic Program

Our village medical teams travel to sites all over Guatemala. The team establishes a base hotel and visits villages within a reasonable distance from that base each day to concentrate on areas that lack or have limited access to health care. Normally, various specialists such as general doctors, gynecologists, pediatricians, family practice doctors, internists, nurse practitioners, pharmacists, dentists and other professionals provide medical and dental care. Travel is usually by private bus. The teams leave Antigua on Sunday and return to Antigua Friday.

The primary objectives of the village medical teams are to provide individuals with immediate medical and dental care and to identify those who need surgery. In the latter cases, the volunteer physicians will refer these patients to a Faith In Practice surgical team (or another visiting team that can perform the surgery). Faith In Practice provides financial assistance, and facilitates transportation to the hospital for these surgical patients. Patients with certain chronic illnesses are treated\* by our volunteer providers, and given specific education relative to the condition, then referred to the closest clinic that can provide long-term care. All patients who meet the requirements are given medicine to treat the majority of intestinal parasites.

### Our volunteer practitioners can expect to see:

- Those who believe they need elective surgery
- Those who have serious infections or fever
- Those who are malnourished, both children and adults
- Those who have other symptoms, such as physical or dental pain, cough, or fever

**Our volunteers can also expect to see** those whose illnesses are beyond our scope of care, which is always difficult, but a reality with which our volunteers often struggle. For example:

- Those only seeking prescription refills who have the means to purchase them
- Those for whom we do not have a qualified medical professional for evaluation

*\* An initial supply of medication for chronic disease, diabetes, hypertension is dispensed.*

In 2018, many of our village teams will have a wheelchair clinic. In partnership with a U.S. non-profit organization, our wheelchair teams provide custom fitted chairs that are given out for free to patients with disabilities. The goal is to provide a better, custom-fit chair that can be easily repaired should problems arise. We piloted the program in 2016, and expanded it in 2017, fitting nearly 1,000 patients for wheelchairs and at the same time providing them with a medical clinic visit. In 2018, we will continue this program and expect to serve many more patients with disabilities.



## Schedules for Village Medical Clinic Teams

### A Typical Weekly Schedule for a Village Medical Clinic Team

Friday or Saturday:	Team arrives in Guatemala City, proceeds through Customs, Continues on to Antigua
Saturday:	Team Orientation at Casa de Fe and tour of Las Obras Hospital or Virgen del Socorro
Sunday:	Depart for village and set up clinics for Monday; Check into hotel
Monday:	Depart for village clinic location and finish clinic set up; run clinic
Tuesday:	Village clinic; tear down clinic at the end of the day and move equipment and supplies to the next clinic location
Wednesday:	Set up and run village clinic
Thursday:	Village Clinic; tear down clinic at the end of the day Celebration Dinner at village hotel
Friday:	Return to Antigua, afternoon free if schedule permits
Saturday:	Team departs

*Subject to change*

### A Typical Daily Schedule for a Village Medical Clinic Team

5:30 a.m.	Coffee, daily devotional time, team meeting at hotel
6:00 a.m.	Breakfast at hotel
6:45 a.m.*	Depart for Village Clinic
8:00 a.m.	Clinic begins
12:00 p.m.	Lunch in shifts
4:00 p.m.	Return to hotel
7:00 to 8:00 p.m.**	Dinner

*Subject to change*

*\*Time may vary based on commute time from hotel to village clinic site. Those with motion sickness should take medication before departure.*

*\*\* Please note on your application and inform your team leaders if you have any food allergies or dietary restrictions. Please be aware that food options may be limited in the villages. Please call us if you have comments or concerns about food options available.*

# Guatemala



## General Information

Guatemala has one of the highest poverty rates in Latin America, and its income distribution is among the most unequal in the world. More than half of Guatemala's 16.3 million people live in poverty. Currently 23% of the population lives below the international poverty line of \$1.25/day and 56% has to make do with less than \$2.50/day. In addition, Guatemala is home to 23 indigenous Mayan groups, each with their own language. Poverty weighs more heavily on this population; 74.2% of the indigenous population lives in poverty. The majority of Guatemalans have basically no access to healthcare.

### Geography

Guatemala is the most northern of the five Central American countries. It is bounded on the north and west by Mexico, on the southeast by Honduras and El Salvador, and on the east by Belize and the Caribbean. Guatemalan coastlines cover about 200 miles on the Pacific Ocean and 70 miles on the Caribbean Sea. Compared to a state in the US, Guatemala is roughly the size of Tennessee. Guatemala's total area of 42,042 square miles contains diverse landscapes ranging from thick jungle to rugged mountains and volcanoes. About two-thirds of the country's total land area is mountainous, with fertile valleys that have produced world-famous coffees. The country is roughly divided into four geographic regions: the central-western highlands, a low northern plateau section that is largely jungle, the southern volcanic regions of the Sierra Madre, and the tropical coastal lowlands.

### Climate

With geographic regions that range from mountainous forests to lowland jungles, Guatemala's climate varies throughout the country according to altitude. The department of El Petén, a tropical lowland region, is often described as hot and humid throughout the year. The central and southern mountainous regions are characterized by moderate temperatures and a rainy season from May to the beginning of October. During the dry season, days are clear and the weather is hot at midday, with chilly to cold mornings and evenings. The city of Antigua is known as the Land of the Eternal Spring because of its pleasant climate.

### Economy

The economy is primarily agricultural, employing about 40% of the labor force. Major products include sugar, coffee, bananas, and vegetables. The currency is the quetzal (pronounced "ket sal"), and it has an exchange rate of approximately 7 - 8Q per \$1.



## General Information (continued)

### Population

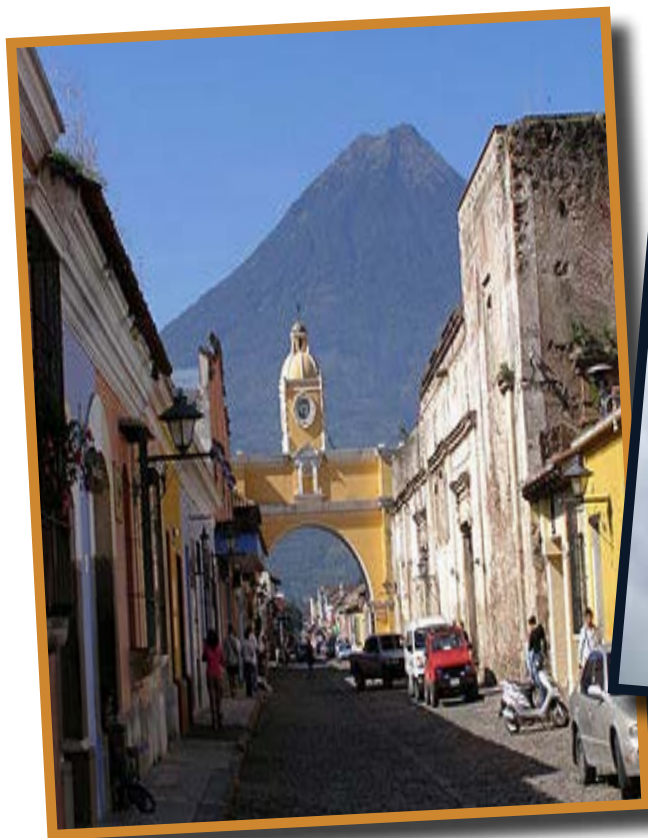
Guatemala's population of nearly 16.3 million is the largest of the Central American countries. The indigenous Maya represent about 40% of the population, and they have retained a distinct identity and native Mayan languages. About 59.4% of the population is ladino (people of mixed indigenous and European ancestry) or European. The majority of the population lives in the western highlands and around Guatemala City. The country is quite religious with approximately 60% of the population identifying as Catholic and 40% as Protestant.

### Language

Spanish is the official language of Guatemala, but 23 different languages are spoken, including 20 Mayan languages, a Pipil-based language spoken by the Xinca people, and a language called Garifuna. Many Maya speak Spanish, but you cannot always assume they do, as many elderly and children do not. Many Maya children only learn Spanish when they start school. There is great concern that the traditions of the Maya are being lost.

### Departments

Guatemala is divided into 22 departments, called *departamentos* in Spanish, which are considered to be the equivalent of states in the US. These departments are further divided into *municipalidades*. Antigua, the base of operations for Faith In Practice, is located in the Department of Sacatepéquez. The principal sources of revenue for Sacatepéquez are tourism and agriculture. Surrounding Sacatepéquez are the departments of Chimaltenango, Escuintla, and Guatemala.



# Traveling in Guatemala

## Getting There

Delta, US Airways, American, and United are the well-known airlines flying to and from Guatemala. Each team member is responsible for purchasing his or her own flight. Please refer to the “official team flight” given to you by your Team Administrator.

## Required Documents

A passport is required to enter/exit the country. No visa or tourist card is currently being required of US citizens unless travelers plan to stay three months or longer. A visa may be required for those volunteers with passports from a country other than the United States. If you are not an American citizen and do not have a US passport, it is your responsibility to contact a government official concerning specific requirements for entering and exiting the country. For further information, you may contact the Embassy of Guatemala, 2220 R. Street NW, Washington, DC 20008, telephone 202-745-4953, fax 202-745-3873, email [info@guatemala-embassy.org](mailto:info@guatemala-embassy.org), or one of the consulate offices near you. A listing of the consulates in the United States can be found online at <http://guatemalaembassyusa.org/te-ayudamos/consulados-en-ee-uu/>.

**Please bring a copy of your passport and driver’s license with you to Guatemala and bring your passport to the airport!**

US citizens whose passports are lost or stolen in Guatemala may not be able to return with the team. First, report lost or stolen passports to the team leadership and staff so they can work with you to follow the procedure to obtain an Emergency Passport. Emergency passports are only approved under special circumstances and are only valid for direct return to the United States.

As a precaution, due to changing passport regulations, it is recommended that your passport be valid 6 months past your departure date from Guatemala back to the US.

## Currency

The currency is the quetzal and the exchange rate ranges between 7 and 8 quetzales per dollar. Although many volunteers have used ATMs without problems in the past, there have been increased reports of fraud associated with ATMs over the past years, particularly in Antigua. Please check with your team leader regarding current safety and security for using ATMs in Guatemala. We encourage you to exchange money before your departure. Most major US banks can help you to obtain quetzales within one week’s time. The safest course of action is to bring adequate cash (dollars or quetzales in Antigua; quetzales if you will be in other parts of the country) to cover your incidental expenses during the week.

Most major credit cards are accepted by hotels, restaurants, and shops in Guatemala City and Antigua and most of the tourism areas. Visa is the most widely accepted. Credit cards are generally not accepted in outlying areas. When using a credit card, ensure that the transaction takes place in front of you.

Prior to your departure, you may wish to alert the bank that issued your credit card that you will be in Guatemala, so they will not place a fraud block on your card after the first transaction. Should your card be lost, alert your financial institution immediately.

## Electric Current

The electric current is 110 volts and the outlets use a US-style plug, which means the phone charger you use at home will work in the outlets in Guatemala. Be cautious about plugging in too many appliances or devices at the same time. If your device has a three-prong plug, it is recommended to bring a 3-2 prong adapter as not all outlets in Guatemala are 3 prong.

## IMPORTANT:

**Be sure to keep your passport in a safe and secure place. Keep all of your travel documents that show when you entered the country (e.g., your boarding pass stub).**

**Keep credit card numbers, including the notification telephone numbers, in a separate location than your cards, so that in the event your card is stolen, you may quickly cancel the cards.**

## Cultural Reminders

### Greeting Guatemalans

Guatemalans are very friendly but very formal. They are accustomed to greeting each other frequently and will greet you as well. It is much appreciated if you can respond in the appropriate way, so please review the listing of basic Spanish words and phrases included in this section. *Buenos días*, *buenas tardes*, and *buenas noches* are easy and a must to learn!

### Maya are quiet people

The Maya Indian people are very gentle and quiet when compared to most North Americans, who have the reputation of being loud and boisterous. When your team is walking down the street or at a restaurant, bear in mind you might be talking louder and making more noise than anyone else around you. This is often offensive to those observing you and is something to remember. Loud American tourists are considered the classic “ugly Americans”, and this image is not the one Faith In Practice wishes to portray.

### Photography

Photos and videos are a wonderful way to remember your trip and to Share The Mission. At the same time, taking too many photos and/or videos can be considered intrusive to the Guatemalans. In all cases, it is important to treat our Guatemalan brothers and sisters with respect. Following these guidelines will make this possible.

- **Permission.** Always ask permission before taking any photos and/or videos. Outside of the hospital or clinic settings, local residents may ask for payment (usually \$1). Within the medical clinic and hospital settings, families at the hospital are usually more willing to give permission. Please remember that photos and video are very personal. Please treat patients as you would like to be treated if you were in their shoes.
- **Restraint.** Consider taking limited photos and/or videos of the same person or area. Many cameras flashing in the hospital may be unsettling, so use your best judgment.
- **Promises.** Do not promise a Guatemalan that you will send them a copy of the photos or video. They take you at your word and will be eagerly waiting for it, however, it can be very difficult to mail items such as photos to Guatemala. If you would like to give gifts in this way, please bring a small photo printer or a Polaroid camera, both of which can produce instant picture-gifts.

### Handing out candy and toys

Please do not hand out items such as candy, balloons, marbles, crayons, or money to the Guatemalan children on your own. Candy can create a problem since children cannot brush their teeth on a regular basis. Handing out toys or money also sets a difficult precedent in that Guatemalans begin to see Americans as people with unlimited wealth who come simply to offer gifts. They are more prone to ask for things from Americans in the future and from staff who live there full time. This practice also encourages begging.

### Tips, gifts, financial assistance

Please check in with your team leader and staff person before giving tips, gifts or any type of financial assistance to patients, hospital or clinic staff, local volunteers, drivers, Faith In Practice staff, hotel staff or law enforcement or other government personnel. This is a culturally sensitive matter, with ramifications that volunteers may not understand. Staff and team leadership will guide you to appropriately recognize good service or respond to a special need.

## Cultural Reminders (continued)

### We are guests

As invited guests in Guatemala, it is not our responsibility to critique established methods of our hosts. Arguing or second-guessing hospital procedure or policy is not permitted. Remember not to criticize our Guatemalan friends as they are very sensitive and understand most of what you say, even if they do not speak English. Please express concerns to Faith In Practice staff.

### Different, not better or worse

Indigenous Guatemalans do most tasks by hand and are very skilled and strong. You will see them manually washing clothes, mixing concrete, and hauling wood. Given the premium the US culture places on using machines to do things efficiently, many North Americans are quick to think that the Guatemalan ways are inferior. Try to be open-minded and not assume one way of doing things is necessarily superior to another way; it is just different. A critical remark about how things are done may be taken as an insult. This is not the image that Faith In Practice wishes to portray.

### You are representatives

By participating in this mission, you are representing Faith In Practice and the United States. Faith In Practice has a very strong and positive reputation in Guatemala. Help us to maintain it by being as caring, respectful, and polite as you can be. Be aware of your surroundings and keep in mind that we are guests and should treat our hosts and fellow guests with the utmost courtesy.

### Drinking alcohol

Any excessive drinking is inappropriate and is not the impression that Faith In Practice wishes to portray under any circumstances. Excessive drinking of alcohol, and the behavior that results, will NOT be tolerated by Faith In Practice. The offending volunteer will be asked to return home at his or her own expense and will not be invited on subsequent trips.

Faith In Practice budgets a specific amount of money for team food and non-alcoholic beverages. Team finances may NOT be used to purchase alcohol. Team members may NOT bring individually purchased alcoholic beverages onto the premises of a team hotel. Alcoholic beverages may be purchased at the hotel bar or restaurant. This is an agreement that was reached between Faith In Practice and the management of the hotels and will be enforced by Faith In Practice.

### Flexibility and open-mindedness

One of the most important things to remember is to go with a flexible attitude and open mind. The pace in Guatemala is different and more relaxed than our rushed, time-conscious lifestyle. Guatemalans do not judge themselves according to the speed with which tasks are done. Try not to be frustrated by this approach. This can be a very enlightening and enjoyable difference.

### Health and safety reminders

Do not wear expensive jewelry or display large amounts of money at the market as you are being watched! Be careful what you eat and drink (see the next section on “Safety Standards and Precautions” and the section “Staying Healthy” on page 47). Do not flush toilet paper in Guatemala; it will clog the pipe! Place it in the trash can next to the toilet.

### We are doing God’s work

While we come to serve and to offer our skills and time for Guatemalans in need, we will undoubtedly receive far more than we could ever give. Please approach all experiences not only from the perspective of what you can give, but from the perspective of what you can learn.



## Safety Standards and Precautions

Although Guatemala saw its 36-year internal conflict end in 1996, the country continues to suffer from excessive violence and crime. While Antigua has been considered relatively safe during the day, there are increased incidences of theft and assaults on North American citizens and other foreigners during daylight hours. The government seems to be unable to control crime and the judicial system is slow and sometimes ineffective. People are not concerned about being punished for their crimes. There is widespread belief that the police are corrupt and often involved in crimes themselves. There is increasing gang activity, organized crime, and drug use, even in Antigua.

Absolutely no area in Guatemala can be characterized as “always safe.” Remember there are many needy, desperate, and unemployed people in Guatemala. EVERY visiting North American is considered wealthy.

No matter how well-traveled our volunteers are or how well they speak Spanish, incidents of violence can and do occur. For your own safety and for the good of Faith In Practice, please adhere to the following Standards and Precautions at all times:

### Standards:

- **WALK** only in groups, even during the day.
- **INFORM** team leaders where you plan to go and when you plan to return.
- **ADHERE** to team curfews (10 p.m. when in Antigua).
- **ALWAYS** take a taxi after dark.
- **DO NOT** walk at night, even in groups.
- **DO NOT** leave Hilario Galindo Hospital, IRTRA or village clinics or hotels without the team.
- **ADHERE** to the Volunteer Safety and Security Standards articulated by staff.
- **DO NOT** climb volcanoes.

### Precautions:

- **DO NOT** resist if confronted. Pickpockets and purse-snatchers are prevalent in major cities and tourist areas such as Antigua. There have been situations where bags were snatched while people were walking. Be careful with purses or bags, especially in crowded markets and deserted streets.
- **DO NOT** carry large sums of money with you.
- **WEAR** little to no jewelry; consider leaving engagement rings and nice watches at home.
- **DO NOT** walk or stand on the street with your cell phone or camera visible.
- **DO NOT** carry your passport with you. Leave your passport at the hotel and take a copy with you, unless you plan on cashing traveler's checks or changing money.
- **DO NOT** forget to have the numbers of your credit cards and contact information of the credit card companies recorded somewhere safe and/or with family members at home so they can be canceled quickly, if need be.
- **DO NOT** take photos or video of children without permission of their families. Periodically, rumors that foreigners are involved in the theft of children have led to threats in various parts of the country. To eliminate any fear they might have, it is a good idea to avoid contact with children unless in a group setting.

Crime is a serious problem in Guatemala and it is crucial that you follow these guidelines to reduce the risk of a serious incident.

An emergency number will be printed on every volunteer's name tag. Should the volunteer need assistance in an emergency situation, they may call this number at any time of day or night, and it will reach one of the English-speaking staff leaders in Guatemala, who will provide assistance.

## Health and Immunizations

Please refer to the Center for Disease Control for Health Information for Travelers to Guatemala at <http://wwwnc.cdc.gov/travel/destinations/guatemala.aspx>. The CDC has extensive and valuable information related to travel in Guatemala, and Faith In Practice encourages all volunteers to review this site. Faith In Practice also urges all volunteers to consult with their personal physicians for specific, individual advice regarding medical precautions. While Faith In Practice does not make any official health recommendations, it is vital that volunteers carefully consider CDC recommendations, including vaccinations, malaria pills, and other recommendations.

Please note that emergency medical care, emergency rooms, and sophisticated medical centers are not common or readily available in Guatemala. It is important that you consult your personal physician regarding any health concerns and to discuss the appropriateness and risks of participating in this mission.

Carry appropriate health and accident insurance documents as well as copies of any important medical records with you. Bring an adequate supply of all prescription medications (at least two weeks), any necessary personal hygiene items, and a spare pair of eyeglasses or contact lenses.

**Ultimate decisions concerning healthcare precautions are the responsibility of the volunteer.**



**“The experience was both inspirational and humbling to serve the people of Guatemala.”**

Faith In Practice volunteer

## Staying Healthy

Notify the team doctor of any pre-existing conditions or allergies so that he or she may be prepared to treat you should the need arise.

Notify the team doctor at the first signs of illness. We want to be sure you are able to fulfill your team role so please seek immediate assistance.

Due to changes in elevation, headaches and/or insomnia the first night or two are common. Some may encounter shortness of breath and fatigue, so drink plenty of water — five to eight glasses per day. Soft drinks and coffee do not count! Most team illnesses are caused by dehydration.

### To Stay Healthy:

- Take your water bottle with you to refill during the day. Water bottles are not available at every location. This is particularly important on surgery teams. In the villages, you will be given bottled water and also will be able to refill your bottle with gatorade or iced tea.
- Wash hands often with soap and water, drying your hands completely.
- Avoid tap water, fountain drinks, and ice cubes.
- Drink only bottled water or carbonated drinks in cans or bottles.
- Brush teeth only with bottled or boiled water.
- Eat only thoroughly cooked food. Fruits and vegetables should be carefully washed or peeled. Remember: Boil it, cook it, peel it, or forget it.
- If you will be visiting an area where there is risk for malaria, take your malaria prevention medication before, during, and after travel, as directed by your personal physician. (Antigua is not considered a malaria risk because of its altitude.) Please refer to the following link for more information:  
<http://wwwnc.cdc.gov/travel/diseases/malaria>
- Protect yourself from insects by using repellents (applied sparingly at four-hour intervals) and wearing long-sleeved shirts and pants, especially if in an area with risk of mosquito-borne diseases such as malaria, dengue, chikungunya, or zika. Please refer to the following links for more information:  
<http://wwwnc.cdc.gov/travel/diseases/dengue>  
<http://wwwnc.cdc.gov/travel/pdf/dengue-mission-trip.pdf>  
<http://wwwnc.cdc.gov/travel/diseases/chikungunya>  
<http://wwwnc.cdc.gov/travel/pdf/chikungunya-mission.pdf>  
<http://www.cdc.gov/zika>
- To prevent fungal and parasitic infections, keep feet clean and dry and do not go barefoot.
- Only visit the restaurants that have been recommended.
- Avoid green, leafy salads at all restaurants.

### To Avoid Getting Sick:

- Do not eat food purchased from street vendors, even if cooked, due to food handling practices.
- Do not drink beverages with ice (ice at recommended restaurants in Antigua is generally safe).
- Do not eat dairy products unless you know they have been pasteurized.
- Do not handle any animals to avoid bites and serious diseases.
- Do not swim or wade in any streams or lakes. Most are contaminated.

**Important: If you feel ill, including headache, constipation, cramps, or diarrhea, report it immediately to your Mission Coordinator and Team Doctor. Please do not wait 24 hours.**

## Staying Healthy (continued)

### Zika Information:

Knowledge of Zika is constantly evolving, and we recommend you visit <http://www.cdc.gov/zika> for the most current information. At the time of updating this handbook, some of the important facts were:

- Zika can be passed from a pregnant women to her fetus. Infection during pregnancy can cause certain birth defects.
- There is evidence that the virus can be sexually transmitted.
- This means that female volunteers who are pregnant, or male or female volunteers who are trying to conceive or are of childbearing age, may be at special risk.

### Team-specific information

The CDC has reported that the mosquitos that carry Zika are more often found at altitudes below 2,000 meters. What does this mean for our volunteers?

- Antigua and Guatemala City are lower than 2,000 meters but above 1,500 meters.
- Reu is below 1,000 meters, so there is a greater potential risk to Hilario Galindo surgical teams which serve on the coastal plane.
- Most of our village teams serve in locations under 1,000 meters, where the risk is greater. If you are unsure where your team will be serving, talk to your team leader or call the Faith In Practice office.

### Precautions and next steps

- If you or your partner are pregnant, or trying to become pregnant, speak to your healthcare provider to determine the best course of action for you.
- In country, we are providing an ample supply of mosquito repellent to all teams, and we are emphasizing bite avoidance at team orientations.
- Whenever possible, we also are fumigating our clinic sites and hotel before the team arrives.

**Important: If you feel ill, including headache, constipation, cramps, or diarrhea, report it immediately to your Mission Coordinator and Team Doctor. Please do not wait 24 hours.**



## Clothing

All personal items and clothing need to be packed in one carry-on bag or backpack. We require that you pack all your personal items in one carry-on bag or backpack so that Faith In Practice can check one or two trunks in your name. Even if the team is not bringing trunks, local transport has limited space for luggage. Please take this requirement very seriously!

### For Obras Sociales Surgery Volunteers:

Most restaurants are very casual and you will feel comfortable in jeans or clothing you would wear to a neighborhood restaurant. Spring or summer clothing is needed for most of the year. The evenings are cool, so a jacket or sweater is nice to have. The rainy season begins in May, so bring a poncho or waterproof jacket if you will be in Guatemala after April 1.

Comfortable shoes are a must since the streets are cobblestone and walking is the primary means of transportation to and from the hospital. If you have health problems or a disability that prevents you from walking eight or more blocks, you may arrange for taxi service (about \$5).

Women should not wear shorts of any length or short skirts to the hospital in Antigua or any hospital or clinic in which we serve. Scrubs should not be worn on the streets.

### For Hilario Galindo Surgery and Village Medical Clinic Team Volunteers:

Hilario Galindo surgical teams and the village clinic medical teams will travel and stay outside of Antigua for much of their time in Guatemala. Please talk to your team leadership about specific weather conditions and clothing suggestions for your team. In all cases, modesty is required.

### General Rules of Dress for Your Mission Team:

Wear shoes that do not expose your toes or feet to protect from injury and from the trash and waste prevalent in the villages.

Do not bring expensive jewelry or watches.

Women should dress modestly. Do not wear skimpy tank tops or low-cut shirts.

Short shorts or skirts are inappropriate for our volunteers. Walking shorts can be worn at the team hotel and for tourist travel only. For women, skirts below the knee and slacks are recommended. Men can wear walking shorts in the village setting where the weather is very hot.

The only “dress-up” occasion is the Celebration Dinner held on the last night of the volunteer week. You may want to bring one special outfit or skirt for that, or save a clean shirt!

## Packing Suggestions

It is recommended that after your team meeting, you and your roommate discuss what items you can share.

### **ALL team members should bring:**

#### **Clothing**

- Jeans, or other lightweight pants, and T-shirts
- One dressier outfit for Celebration Dinner (skirt or blouse for women, slacks and shirt for men)
- Tennis shoes
- Flip-flops (for showering only)
- Water-repellent jacket, poncho, or umbrella (rainy season begins in May, and lasts through October)
- Underwear, socks, PJs, etc
- Hat for sun protection
- Bathing suit (some hotels have pools)

#### **Basic toiletries and personal medications**

- Personal toiletries: soap, shampoo, toothpaste, etc.
- Personal medications: discuss medications with Team Doctor
- Antibiotics (such as Ciprofloxacin)
- Lip balm
- Insect repellent for skin or to spray in the room
- Sunscreen
- Pepto-Bismol or other diarrhea medicine. If you tend to get travelers' diarrhea, you might want to ask your doctor for other medications.
- Hand sanitizer
- Hairdryer

#### **Miscellaneous**

- Notebook, pen, Bible
- Alarm clock (many hotels do not furnish)
- Spanish/English dictionary
- Sunglasses
- Flashlight
- Kleenex (some bathrooms have no toilet paper)
- Film, camera, and camera batteries
- Extra washcloth (most hotels do not furnish)
- Ear plugs
- Stethoscope
- Otoscope
- Headlamp (medical providers on Village teams)

#### **Volunteers serving in hot climates (El Progreso, Jalapa, Petén, Retalhuleu, Santa Rosa, and Suchitepéquez) will also need to bring:**

- Mosquito repellent (Faith In Practice will also provide.)
- Warm-weather clothing for downtime (shorts, tank tops, sandals, etc. for time spent at hotel and in evenings)

#### **Teams serving in cool climates (Quiché and Totonicapán) also need to bring:**

- Warm layers for cool evenings (heavy jacket, pants, etc.)

**Unsure of where you are serving? Ask your team leader, or visit [faithinpractice.org/trip-dates](http://faithinpractice.org/trip-dates).**



## Antigua, Guatemala

Antigua, the capital of Central America from 1543 until 1773, was founded in 1543. It is an attractive colonial city of about 40,000 people located approximately 30 miles southwest of Guatemala City in a valley at an altitude of about 5,000 feet. Antigua is surrounded to the south and west by three volcanoes: Agua, Fuego, and Acatenango. Fuego is the only active volcano. Antigua is beautifully preserved with a large central plaza and cobblestone streets. Its churches have lost much of their Baroque splendor due to the many earthquakes and restorations, but many remain impressive, in particular, La Merced, the Iglesia de San Francisco, and the Convento de las Capuchinas (now a museum). The city has some of the most well-known Spanish language schools in Latin America and is a popular destination for tourists and students.

Faith In Practice bases its operations in Antigua.

During Antigua's rainy season (May through early October), the skies are clear in the morning with the afternoon bringing showers that can last a few hours. The dry season boasts temperatures ranging from 75 to 80 degrees. March and April temperatures average a little above that. Evenings can be chilly, especially during December and January.

Special health note: Antigua is about the same altitude as Denver, Colorado. The air is thin and travelers may tire early during the first day or two. You may also experience a headache or insomnia during the first couple of days. Dehydration is common, so please drink plenty of water!

## Important Addresses

### **Obras Sociales del Santo Hermano Pedro Hospital**

6 Calle Oriente, No. 20

La Antigua-Guatemala, Guatemala

Phone: 011 502 7931 2100

### **Casa de Fe**

7a Avenida Norte No. 65

La Antigua-Guatemala, Guatemala

Phone: 011 502 7832 8700



*Casa de Fe Patient Guest House*



*Obras Sociales del Santo Hermano Pedro*

## Recommended Restaurants and Vendors

Dial 011-502 from US, then the 8-digit Guatemalan number

\* Denotes restaurant that supported the 2018 Gala.

### **Bistrot Cinq**

(French bistro)

4<sup>a</sup> Calle Oriente No. 7  
7832-5510

Open Sun-Th: Noon-10:30pm

Fri-Sat Noon-11pm

[www.bistrotcinq.com](http://www.bistrotcinq.com)

Expensive

Between \$20 and \$30

### **Don Martin**

(Tipica & International)

4a Ave Norte No. 27  
7832-1063

Open: Tues-Sat: 6pm-10pm

Sunday: 1pm-9pm

[donmartin@itelgua.com](mailto:donmartin@itelgua.com)

Expensive

Between \$20 and \$30

### **Monoloco**

(International Sports Bar)

3a Ave Norte No. 1B  
7832-2955

Open daily: 11am-12:45am

[www.restaurantemonoloco.com](http://www.restaurantemonoloco.com)

Inexpensive

Less than \$20

### **Café Sky**

(International)

1<sup>a</sup> Ave Sur No. 15  
7832-7300

Open daily: 8am-11pm

Inexpensive

Less than \$20

### **El Cazador Italiano**

(Italian)

3<sup>a</sup> Ave Norte No. 1B  
7832-2955

Open Mon-Sat: Noon-11pm

Sunday: Noon-9pm

[www.elcazadoritaliano.com](http://www.elcazadoritaliano.com)

Expensive

Between \$20 and \$30

### **Las Palmas**

(Cuban)

6 Ave Norte No. 14  
7832-9734

Open Mon-Fri: Noon-10pm

Sat-Sun: 8:30am-10pm

Expensive

Between \$20 and \$30

### **Casa Escobar**

(Steak House)

6<sup>a</sup> Ave Norte No. 3  
7832-5250

Open daily: 7am-10pm

[www.casaescobar.com.gt](http://www.casaescobar.com.gt)

Moderately Expensive

More than \$30

### **Epicure**

(International)

3 Avenida Norte #11B  
7832-5545

Open Mon-Sun: 10am-7pm

Expensive

Between \$20 and \$30

### **Panza Verde\***

(International)

5<sup>a</sup> Ave Sur No. 19  
7832-2925

Open Sun: Noon-4pm

Monday: 7pm-10pm

Tues-Sat: Noon-3pm, 7-10pm

[www.panzaverde.com](http://www.panzaverde.com)

Moderately Expensive

More than \$30

### **Casa Santo Domingo\***

(International)

3a Calle Oriente No. 28A  
7820-1220

Open: Breakfast 7am-11am

Lunch: Noon-3pm

Dinner: 7pm-10pm

Moderately Expensive

More than \$30

### **Fonda de la Calle Real**

(Traditional Guatemalan Cuisine)

5<sup>a</sup> Avenida Norte No. 5,  
7832-2696

3<sup>a</sup> Calle Poniente No. 7,  
7832-0507

5<sup>a</sup> Avenida Norte No. 12,  
7832-0507

Open Daily: 12:00pm-9:30pm

Moderately Expensive

Between \$20 and \$30

### **Quesos y Vinos**

(Italian)

5a Ave Norte No. 32A  
7832-7785

Open: Noon-4pm & 6pm-10pm

Closed Tuesday

[www.quesosyvino.com](http://www.quesosyvino.com)

Expensive

Between \$20 and \$30

### **Como Como\***

(French Belgian)

2a Ave Sure #12  
7832-0886

Tues 6pm-10pm

Wed-Mon 12pm - 3pm &

6pm - 10pm

Moderately Expensive

More than \$30

### **Fridas**

(Mexican)

5<sup>a</sup> Ave Norte No. 29  
7832-1296

Open daily: Noon-1am

Inexpensive

Less than \$20

### **Micho's Gastro Pub**

(International)

4a Calle Oriente #10  
7832-3522

Open daily: 7am-11pm

Expensive

Between \$20 and \$30



## Recommended Restaurants and Vendors

Dial 011-502 from US, then the 8-digit Guatemalan number

\* Denotes restaurant that supported the 2018 Gala.

### **Sabe Rico**

(International)

6a Ave Sur No. 7

7832-0648

Open Mon & Wed: 8am-7pm

Tues: 8am-4pm

Thurs-Sat: 8am-9pm

Sunday: 9am-4pm

Inexpensive

Less than \$20

### **El Sereno**

(International)

4a Ave Norte No. 16

7832-0501

Open Sun-Thurs: Noon-10pm

Fri-Sat: Noon-11pm

[www.elserenoantigua.com](http://www.elserenoantigua.com)

Expensive

Between \$20 and \$30

### **Tartines\***

(French)

4a Calle Oriente No. 1C

7882-4606

Open Tues-Wed: Noon-8pm

Thurs-Sat: Noon-10pm

Sunday: Noon-4pm

Expensive

Between \$20 and \$30

### **Welten Restaurant\***

(International)

4a Calle Oriente #21

Sun-Thurs 12:00pm-10:00pm

Fri-Sat 12:00pm – 11:00pm

7832-0630

[www.weltenrestaurant.com](http://www.weltenrestaurant.com)

Expensive

Between \$20-\$30

For other restaurants around

Antigua, go to:

[www.degustantigua.com](http://www.degustantigua.com)

[www.antiguaselect.com](http://www.antiguaselect.com)

[www.aroundantigua.com](http://www.aroundantigua.com)

## **VENDORS**

(Note: Many of these vendors are long-standing supporters of Faith In Practice. We encourage you to consider patronizing them. All of the businesses below supported our 2018 Gala.)

### **Antigua Tours, Travel & Hotels by Elizabeth Bell\***

<http://antiguatours.net/>

### **Choco Museo\***

<http://www.chocomuseo.com/english/our-locations/antigua-gua/>

### **Filadelfia Coffee Resort & Tours\***

<http://www.filadelfiaresort.com/default-en.html>

### **Grazia Italian Kitchen**

<http://www.graziaitaliankitchen.com/>

### **Hotel El Meson de Maria\***

<http://hotelmesonde maria.com/esp/>

### **Hotel La Casa del Mundo**

[www.lacasadelmundo.com](http://www.lacasadelmundo.com)

502-5218-5332

### **Hotel Quinta de las Flores\***

<http://www.quintadelasflores.com/>

### **Joyería del Angel\***

<http://www.theantiguaguide.com/joyeria-del-angel/>

### **Posada Del Angel\***

<http://www.posadadelangel.com/>

### **San José El Viejo Spanish School\***

[www.sanjoseelviejo.com](http://www.sanjoseelviejo.com)

817-230-4673 or 7832-3028

### **Voyaquer Tours\***

<http://www.cometoguatemala.com/index.php/en/>





## Recommended Research and Reading

### **“Where There Is No Doctor: A Village Healthcare Handbook”**

By David Werner, Carol Thuman, and Jane Maxwell

### **“A Short History of Guatemala”**

By Ralph Lee Woodward Jr.

### **“Re-enchanting the World: Maya Protestantism in the Guatemalan Highlands”**

By C. Matthews Samson

### **“Guatemala: Never Again!”**

By ODHAG (Human Rights Office of the Archdiocese of Guatemala). Orbis Books.  
*A detailed report of human rights abuses in Guatemala.*

### **“I, Rigoberta Menchu”**

By Rigoberta Menchu Tum

*Personal account by the Guatemalan indigenous leader who won the 1993 Nobel Peace Prize.*

### **“What Prize Awaits Us”**

By Bernice Kita

### **“Threatened With Resurrection: Prayers and Poems by a Guatemalan Exile”**

By Julia Esquivel

### **“Secrets of the Talking Jaguar, A Mayan Shaman’s Journey to the Heart of the Indigenous Soul”**

By Martin Prechtel

### **“To the Mountain and Back, The Mysteries of Guatemalan Highland Family Life”**

By Joann E. Glittenberg

### **“Bridge of Courage, Life Stories of the Guatemalan Compañeros and Compañeras”**

By Jennifer Harbury

*Personal accounts tell how and why people made the difficult and dangerous decision to work for their revolution; describe earlier stages of the war, hardships, and battles in the early 1980s; and describe present day life, the changes made, and the hopes for the future.*

### **“Bitter Fruit: The Story of the American Coup in Guatemala”**

By Steven Schlesinger and Stephen Kinzer

### **“Unfinished Conquest: The Guatemalan Tragedy”**

By Victor Perera

*Personal narrative, reports and oral testimony portray an embattled country facing the third cycle of a conquest that began when the conquistadors arrived in Guatemala in the 16th century.*

### **“Silence on the Mountain: Stories of Terror, Betrayal and Forgetting in Guatemala”**

By Daniel Wilkenson

### **“Guatemala, A Cry from the Heart”**

By V. David Schwantes

*Personal notebook about the daily struggles of Guatemalans during civil war and their fight for social justice.*

### **“Bird of Life, Bird of Death”**

By Jonathan Evan Maslow

*A naturalist’s journey through land of political turmoil.*

# Basic Spanish Phases

## Pronunciation

Spanish is pronounced as it is written with the following exceptions:

Letters	Spanish Usage	Word Example	Pronunciation
a	aah	adios (goodbye)	"ah-deeos"
e	a	que? (what)	"k"
h	(silent)	hola (hello)	"ola"
i	e	aqui (here)	"ah-kee"
j	h	rojo (red)	"ro-ho"
ll	y	me llamo (my name is)	"may yamo"
ñ	nya	baño (bathroom)	"ba-nyo"
q	k	pequeño (small	"pa-kay-nyo"
r	r	pero (but)	as it looks
rr	rolled r	perro (dog)	roll your tongue
u	oo	azul (blue)	"ah-zool"
v	b	verde (green)	"ber-day"
x	sh	xela (city)	"shay-la"



## Basic Spanish Phrases (continued)

### English

the hotel  
the project  
the restaurant  
the bathroom  
ladies  
gentlemen  
the check  
the car  
big  
small  
early  
late  
cheap  
expensive  
easy  
difficult  
open  
closed  
good  
bad  
above  
below  
with  
and  
or  
nothing  
also  
here  
there  
now  
later

### Spanish

el hotel  
el proyecto  
el restaurante  
el baño  
damas  
caballeros  
la cuenta  
el carro  
grande  
pequeño  
temprano  
tarde  
barato  
caro  
fácil  
difícil  
abierto  
cerrado  
bueno  
malo  
arriba  
abajo  
con  
y  
o  
nada  
también  
aquí  
allí  
ahora  
más tarde

### English

mother/father  
son/daughter  
grandfather/mother  
uncle/aunt  
boy child  
girl child  
baby  
brother/sister  
cousin  
husband/wife  
friend  
godfather  
godmother  
godchild  
boyfriend/girlfriend

### Spanish

madre/padre  
hijo/hija  
abuelo/a  
tío/a  
niño  
niña  
bebe  
hermano/a  
primo/a  
esposo/a  
amigo/a  
padrino  
madrina  
ahijado/a  
novio/a

### Colors

red  
green  
blue  
yellow  
black  
white

### Colores

rojo  
verde  
azul  
amarillo  
negro  
blanco



## Basic Spanish Phrases (continued)

English	Spanish	English	Spanish
Yes	Sí	Where is ...?	Dónde está...?
No	No	The check please	La cuenta, por favor
I don't speak Spanish	No hablo español	See you later	Hasta luego
Good morning	Buenos días	What?	Que?
Good afternoon/ evening	Buenas tardes	When?	Cuando?
Good night	Buenas noches	Where?	Dónde?
Hello	Hola	How much?	Cuánto?
Good-bye	Adiós	How many?	Cuántos?
Please	Por favor	Why?	Por qué?
Thank you	Gracias	Do you speak English?	Habla inglés?
You're welcome	De nada	I understand	Comprendo
Excuse me	Disculpe	I don't understand	No comprendo
Excuse me (getting through a crowd)	Con permiso	Can you give me ...	Puede darme...
What is your name? or What is this called?	Cómo se llama?	Can you please help me?	Me ayuda, por favor?
My name is ...	Me llamo...	I'm hungry	Tengo hambre
Fine, thank you	Bien, gracias	I'm thirsty	Tengo sed
Good-bye (formal)	Que le vaya bien	I'm hot/cold	Tengo calor/frío
Pleased to meet you	Mucho gusto	I'm tired	Estoy cansado/a (f)
How do you say?	Cómo se dice...?	I'm lost	Estoy perdido/a (f)
How much does this cost?	Cuánto cuesta?		
More	Más		
Less	Menos		
I want ...	Yo quiero		
I need ...	Yo necesito		
Are there? Is there? or There is/are	Hay...		



# Spanish Medical Questions

## English

My name is...

What is your problem?

How do you want us to help you?

How old are you?

When did the problem begin?

Does anyone in your family have this problem?

When was your last menstrual period?

When was your last bowel movement?

Was there any blood in your stool?

Have you fallen or injured your...  
shoulder, arm, leg, etc.?

Have you vomited?

Is there any blood in the vomit?

Does it burn when you urinate?

Do you have a cough?

Is there blood in the material you cough up?

Do you have fever/temperature, sweats at night  
when sleeping?

Do you have trouble seeing?

## Spanish

Mi nombre es...

¿Cuál es su problema?

¿Cómo quiere usted que lo ayudemos?

¿Cuántos años tiene usted?

¿Cuándo empezó el problema?

¿Alguien más en su familia tiene este problema?

¿Cuándo fue su última regla?

¿Cuándo fue la última vez que fue al baño? or ¿Cuán-  
do fue su última evacuación?

¿Había sangre en el excremento?

¿Usted se ha caído o se ha dañado...  
el hombro, el brazo, la pierna, etc.?

¿Ha vomitado?

¿Hay sangre en el vómito?

¿Siente dolor al orinar?

¿Tiene tos?

¿Tose flema con sangre?

¿Tiene usted fiebre? ¿Suda en la noche, mientras  
duerme?

¿Tiene problemas con la vista?



## Spanish Medical Questions (continued)

### English

### Spanish

Do you have headaches?

¿Usted tiene dolor de cabeza?

What part of your head hurts?

¿Qué parte de la cabeza le duele?

Is the hurt/pain constant, steady, continuous, intermittent, pounding, sharp?

¿El dolor es constante, continuo, intermitente, palpitante, agudo?

Describe the nature of the pain... i.e. constant cramping, pounding, sharp, dull.

Describe el dolor... es decir, es constante, calambres, palpitante, agudo, o solo molestia.

Does anything relieve the pain?

¿Hay algo que calme su dolor?

Take one pill per day or once per day or twice, thrice, etc.

Tome una pastilla (or píldora) al día o una vez al día o dos veces, tres veces, etc.

Take one teaspoon one, two, three, four times per day.

Tome una cucharilla (or cucharita) una, dos, tres, cuatro veces al día.

Take the medicine until you have used all of it.

Tome la medicina hasta que se acabe.

Do not give the medicine to anyone else.

No le dé la medicina a nadie más.

Have you ever had a bad reaction to taking medicine before?

¿Alguna vez tuvo usted una mala reacción al tomar medicina ?

Have you had any operations before?

¿Lo han operado alguna vez?

Have you broken any bones before?

¿Usted ha tenido alguna fractura?

Can you hear me?

¿Me oye?

I need to listen to your lungs/heart/abdomen, etc., with this instrument.

Necesito escuchar los pulmones / el corazón / el abdomen, etc., con este aparato.

Take a deep breath.

Respire profundo.

Relax your stomach.

Relaje su estómago.

I am going to feel your stomach gently with my hands.

Voy a tocar su estómago suavemente con mis manos.

## Additional Information

### Medical Spanish Learning Resources

Medical dialogues, vocabulary, illustrations, and cultural topics. Includes audio tools.

<http://www.medicalspanish.com/learning-resources.html>

### Medical Spanish for Health Care Professionals

Collection of medical terminology, including tutorials, quizzes, and audio tools.

[http://www.123teachme.com/learn\\_spanish/medical-spanish](http://www.123teachme.com/learn_spanish/medical-spanish)

### Medical Spanish for Healthcare Providers

Includes vocabulary with visuals, medical interview terminology, and audio tools.

<http://www.practicingspanish.com/>

Includes articles on health topics, drugs and supplements and a medical encyclopedia in Spanish

<http://www.nlm.nih.gov/medlineplus/spanish/medlineplus.html>

### Medical Spanish for iPhone applications

“Medical Spanish: Healthcare Phrasebook with Audio” By Batoul Apps

“AUDIO- Medical Spanish (EMSG)” By Mavro Inc

“Duolingo - Learn Languages for Free” By Duolingo

### Online Spanish to English Dictionary

<http://www.spanishdict.com/> and [www.wordreference.com](http://www.wordreference.com)

### Additional Resources

“Understanding the Guatemalan Patient” By Steve Hammer

“Donde No Hay Doctor” By David Werner

Medical Vocabulary List - List of standard medical spanish terms and local Guatemalan language compiled by Faith In Practice staff and volunteers during the Village Medical Clinics, located under Resources on the Volunteer Portal

“A Guide for Visiting Clinicians to Guatemala: Common Presenting Symptoms and Treatment”

*By William H Chickering, MD, MPH*

An accredited journal article about treating patients in remote areas of Guatemala.

# Deadlines

## Summary of Deadlines

### Team Member Checklist: Prior to Arrival in Guatemala

*\*Please enter your specific deadline dates onto the checklist*

90 days prior to departure: \_\_\_\_\_

- **Application:** Submit all applications and supporting documents to the Faith In Practice office. This includes the application fee payment.
- **Share The Mission:** 60-45 days prior to your team's departure, you will receive a Volunteer Welcome Package in the mail that includes Share The Mission materials. Begin talking to your family and friends about the Share The Mission program and your Faith In Practice mission trip. Set up your personal Share The Mission Page for fundraising. If you have any questions, please email [sharethemission@faithinpractice.org](mailto:sharethemission@faithinpractice.org) or call 713-484-5555.
- **Trip Fee:** If you need to set up a payment plan, please call our Houston office and speak with our Finance Department to set up a plan in order to pay your trip fee in full by 45 days before departure.

60 days prior to departure: \_\_\_\_\_

- **Purchase Flights:** Contact your Team Administrator for your team's official flight information.
- **Passport:** Update current passport information with the Faith In Practice office if it was not available at the time of application.

45 days prior to departure: \_\_\_\_\_

- **Trip Fee:** Full payment of trip fee is due.
- **Customs:** If you need medications, supplies, and/or equipment for your role on the team, please talk to your team leader as soon as possible. Your team leader will need this information **no later than 45 day prior to your departure**. Please note that certain items require special permissions and specific expiration dates; talk to your team leader for more information.
- **Sponsorship:** All sponsorship candidates must submit their sponsorship application in full no later than 45 days prior to departure. Talk to your team leader for more information.

30 days prior to departure: \_\_\_\_\_

- **Review role description:** Review your role description prior to your mission week by logging into your volunteer portal through the Faith In Practice website at [www.faithinpractice.org](http://www.faithinpractice.org). For questions or concerns regarding the role you will fill please contact us at 713-484-5555 or at [teams@faithinpractice.org](mailto:teams@faithinpractice.org).

## Thank You, Mission Trip Volunteer!

Thank you for answering the call to serve the poor of Guatemala. It is your commitment, faith, and energy that make this mission possible.

As you prepare for your upcoming journey, we encourage you to invite your family and friends to step out in faith with you. Share The Mission, our volunteer fundraising program, is designed to give those near and dear to you the opportunity to support your involvement.

The majority of Faith In Practice's financial support comes from those who donate through Share The Mission. We have created a toolkit full of ideas and resources to make sharing the mission easy and fun. It is available through the Volunteer Portal at [www.faithinpractice.org](http://www.faithinpractice.org).



**For nothing is impossible with God.**  
**- Luke 1:37**