



# Prepare for Your Trip

## VISA

U.S. citizens do not need a visa for entry. Please inquire if you hold a passport of a different country.

## IMMUNIZATIONS

It is recommended that you be up to date on routine vaccines, Typhoid, and Hep A. Please consult with your personal healthcare provider prior to travel. Also, remember that the Zika virus has been present in the past in Guatemala, but no new cases have been reported.

Reference the [Center for Disease Control](#) for full details.

## LEARN MORE

World Help partners with Hope of Life, an organization founded in 1987 to serve Guatemala through the power of the practical Gospel. Since 2008, World Help, Hope of Life, and dedicated donors have been in the business of saving lives and transforming entire communities through: child sponsorship, rescue programs, water filtration systems and wells, feeding centers, family homes, village transformations.

Read more on our blog:

- [How Can Your Passions Impact Others?](#)
- [Meet Fabricio: A sponsor's story](#)

## INVOLVE OTHERS

A great and easy way to involve your friends and family is to share on social media. When posting photos be sure to tag @world\_help. Also, feel free to share any of World Help's [videos](#), [blogs](#), and other resources to help advocate.

# What to Expect

## TRAVEL DAYS

Upon arrival in Guatemala City, you will have lunch and then drive for 4-5 hours to reach Hope of Life. Be prepared for a long day! If your flight arrives in the evening, you will spend the night at a hotel in the city before driving to Hope of Life the next morning.

## IN-COUNTRY TRANSPORTATION

In addition to traveling by bus, some villages also require transportation via "cattle car". You will be standing in the bed of a pickup, which is outfitted with handrails for safety. Please be prepared that this is a bumpy ride. This could be the mode of transportation for at least an hour to your village, depending on the specific location.

## LODGING

The accommodations at Hope of Life are clean and secure, and the majority of the rooms have air-conditioning. All of the rooms are located near bathrooms equipped with toilets, sinks, mirrors, and showers. You are encouraged to wear flip-flops in the showers. In the restrooms, please do not put toilet paper in the toilets - the pipes are smaller and get clogged easily.

## FOOD & WATER

The meals at Hope of Life are prepared fresh daily and are safe and delicious! If you usually have trouble with different foods, try to stick to things you know and bring along some snacks to supplement meals as needed.

Plenty of bottled water will be provided throughout the trip and should be used for everything, even when brushing teeth.

## INTERNET

Access to the wireless internet at Hope of Life is available for a fee of \$10 per device. This can be paid in USD at the gift shop.

# What to Expect (cont.)

## CELL PHONE

To avoid excessive fees for cell phone usage during the trip contact your service provider regarding a short-term international plan upgrade. Another option is to keep your phone turned on "airplane mode" and avoid roaming charges altogether.

## MONEY & CREDIT CARDS

You are welcome to bring cash for small purchases but do not need to exchange it into local currency before the trip. The Hope of Life gift shop is stocked with souvenirs, ice cream, drinks, and snacks, and you can make purchases using USD, Guatemalan quetzals, as well as credit/debit cards. The airport merchants also accept USD.

If you choose to use a personal debit/credit card during the trip, be sure to call your bank ahead of time to inform them of your destination and dates of travel. International charges often cause your card to be frozen as a protective measure against fraud.

## SAFETY & SUSTAINABILITY

For your own safety and the sustainability of the ministry in Guatemala **do not share personal contact information** with the locals. We have had instances where phone numbers and email addresses have been given out and subsequent fraudulent requests and claims have been made in an attempt to receive money or items from the U.S. Not only is this difficult to police, but it can also cause jealousy and division in the village. Our goal is always to support our partner and the village by bringing unity, not division.

## MEETING YOUR SPONSORED CHILD

If you do sponsor a child and would like to meet them, please let our Travel Department know and they will see if it is possible to arrange a meeting, however this is not guaranteed.



# Packing Essentials

## LUGGAGE

Your ticket will determine exact luggage rules, though most charge \$30 for the first checked bag and \$40 for the second (50 lbs. weight limit).

## WEATHER

Guatemala has a tropical climate with a rainy season May-October. Temperatures and humidity vary across the country due to the mountainous terrain, though while at Hope of Life it's safe to prepare for higher temperatures (80-100 F) and high humidity during the day, with cooler evenings. For an updated weather forecast, **check online** the week before the trip.

## ATTIRE

Comfortable, lightweight clothing is recommended, as is a lightweight rain jacket and a few warmer items for nighttime. Short shorts, strapless, or spaghetti strap tops are not allowed. If in-country over a Sunday, prepare to attend a local church service (modest skirts or dresses for women and collared shirts for men). Swimwear is optional (there is a pool at Hope of Life that will be accessible in the evenings).

## SHOES

Comfortable walking shoes are best. If your team will be involved in a construction project, please wear closed-toe shoes.

## FIESTA NIGHT

Bring something nice to wear for the special dinner on your last night!

## ELECTRICAL ADAPTERS

You will not need a power plug adapter or converter for this trip.

## DON'T FORGET

- Passport
- Masks
- Hand sanitizer wipes or gel
- Personal medications
- Imodium AD (anti-diarrheal) and Pepto Bismol (for nausea)