JOIN US AS WE SERVE THE PEOPLE OF GUATEMALA

Therapy Service Trip Information Packet

When:

Where: Zacapa, Guatemala

Sponsored by:

HEARTS IN MOTION

GENERAL INFORMATION

About Guatemala

Population: Approximately 18.12 Million live in Guatemala, the most populated country in Latin America. Of those, 59% live in poverty and 23% in extreme poverty.

Political Status: Guatemala signed a peace treaty in 1996. Since then, there has been no uprising, and it is one of the most stable third-world countries in the Western Hemisphere.

We will be working in the region of Zacapa noted on the map above. The region is very dry and arid, and temperatures can get extremely warm, so there will be measures taken to keep you hydrated and safe.

About Hearts in Motion

We are traveling with a group called Hearts in Motion (HIM). HIM is a non-profit, non-denominational organization focusing on the needs of impoverished children and families. Our volunteers work together with compassion and with purpose of promoting personal growth through cultural exchange. HIM's mission is committed to meeting the needs of individuals by aiding in the development of programs in health, education, and welfare, both in the US and throughout Central and South America, and was incorporated in 1993 with 501(c) 3 nonprofit status.

They are a very reputable organization and have a great working relationship with the community that we will be working with in Guatemala. The group does not extort or use the people of Guatemala in any way, shape, or form and places the majority of the money paid for the trip right back into the Guatemalan economy.

You can find out more about HIM at www.heartsinmotion.org.

OUR TRIP

When:

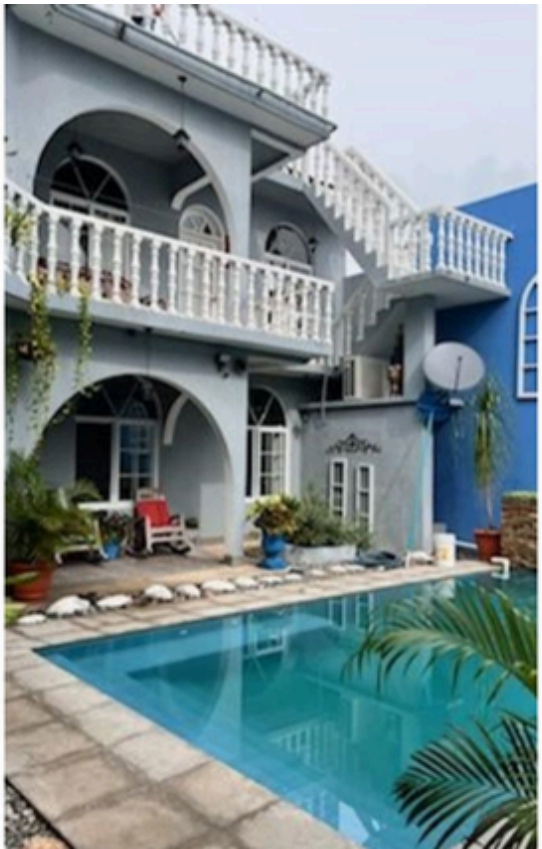
Who:

What are we doing? We will be providing rehabilitation services in our established clinics as well as mobile clinics in Guatemala, as well as visiting other programs that Hearts in Motion supports, including a senior center, nutrition center, daycare, and much more!

Where: We will be spending most of our time in the region of Zacapa but will spend the last two days of the trip in the city of Antigua. You will have electricity, private bathrooms, and access to clean water at both places.

When we are serving, we will be staying in the Hearts In Motion House located in Teculutan, Guatemala. The Hearts in Motion house has a/c in the rooms.

When in Antigua, we will be staying at the Hotel Casa de Las Fuentes. https://www.hotelcasadelasfuentes.com/?lang=en



WHAT DO YOU NEED FOR THE TRIP?

Passport:

The passport process:

1. Get Pictures taken for the Passport from Walgreens, AAA, etc.
2. Fill out the Required forms and turn into the Post Office or Courthouse (Be sure to bring two checks, and both guardians must be present)
3. They will take it from here and send you your passport.

Note: This must be done soon to ensure you get your passport back in time. It can take up to 2-3 months for you to receive your passport back.

The full US Passport application process can be found at:
https://travel.state.gov/content/travel/en/passports.html

Immunizations:

The following Immunizations are **recommended** for those traveling to Guatemala by the US government:

1. Typhoid-shot 2.
2. Hepatitis A-shot
3. Hepatitis B-shot
4. Tetanus-Diphtheria
5. Malaria (pills taken before, during and after trip)
6. COVID-19

-Ask your doctor or the local travel clinic for medications or immunizations

OTHER IMPORTANT INFORMATION

Trip Rules and Expectations

Our number one goal on the trip is keeping all participants safe while they are traveling. To help ensure, this, we ask all to follow the rules below.

-No one under the age of 21 years old is permitted to consume alcohol while on the trip. Marijuana and CBD are illegal in Guatemala, therefore participants should not travel with it.

-No student is allowed in the bedroom of the opposite gender, unless married.

-Students should travel in groups of 2-3 at all times and are discouraged to leave the house in Teculutan after dark.

-Dress Code: We want everyone to be comfortable while on the trip. While treating in the clinic setting, we ask that participants wear shirts with sleeves and scrub pants or shorts that are at least to their knees. We also encourage use of closed-toe shoewear while treating patients.

MONEY AND REGISTRATION

Costs for the Trip

$

100% Tax-Deductible Donation to HIM
Includes all-in-country transportation, lodging, and most meals.

Airplane Ticket
You are responsible for securing your airfare.

Other Costs:
-$165 for Passport
-$16.99 for Passport Photo
-Immunizations
-Spending Money ($200 is enough)
-Money for 4 meals in Antigua & travel days

Paperwork

All money and paperwork will need to be turned into
-An online Registration for HIM

READY TO JOIN US?

CONTACT