Volunteer Handbook 2013
Welcome to Faith In Practice’s 20th Season!

As you embark upon this new adventure, following so many who have traveled before you in service to the poor of Guatemala, I would like to share the wisdom of Guatemalan poet, Julia Esquivel, who wrote,

“When it is necessary to drink so much pain, when a river of anguish drowns us, when we have wept many tears and they flow like rivers from our sad eyes, only then does the deep hidden sigh of our neighbor become our own.”

I believe that your decision to serve on a Faith In Practice team is more than a commitment to bring medical care. It is a leap of faith to enter another’s world, another’s pain. For your commitment to make another’s hidden sigh become your own, we are humbly grateful.

It is difficult for us to understand or appreciate what it means not to be able to take our children to a doctor or know that even though the pain is excruciating, we cannot receive the surgery we need. It is difficult to appreciate what it means to choose between placing food on the table and purchasing medicine for our baby who has a high fever. And, yet, you have chosen to enter into these places with the poor of Guatemala to listen to them, lend your skill, and share your heart.

With your commitment, you join thousands who have served before you in the name of our Wounded Healer. In 2012, more than 1,000 US and 600 Guatemalan Faith In Practice volunteers answered the call and provided healthcare to over 21,000 patients through our medical, surgical, cervical cancer screening, pharmacy and dental teams.

You are now a part of a greater whole providing integrated healthcare to the poor of Guatemala. As part of this greater whole, we ask that you widen the circle by participating in the Share The Mission program, which is the source of funds needed to provide continuous care. Through this program, your friends and family will be a part of bringing healing to those in great need and, through you, receive the blessings that surely will come from the Guatemalan patients you will meet.

Thank you again for being a part of this Life Changing Medical Mission. As the Guatemalans say with humility, “Muchas gracias y que Dios los bendiga y los cuide por todo lo que hacen.” Thank you so much and may God bless you and protect you for everything you are doing.

Bendiciones,

Rev. Linda L. McCarty
Chief Executive Officer
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.
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Reaching Out to a World in Need
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.”

**Courteous**
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

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

Dr. Bill Covington

“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
Why We Go

Faith In Practice seeks to serve in response to and in gratitude for 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 medical, clergy, and administrative Guatemalan staff as they seek to meet the needs of the poor. 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 1,000 medical professionals and support personnel from across the United States and world travel to Guatemala, paying their own direct expenses to serve the poor through Faith In Practice. Each year, more than 600 Guatemalan volunteers work beside us in this endeavor. In 2012, Faith In Practice volunteers saw more than 22,000 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 prevention teaching program.

Surgical Program: Our surgical teams then treat the patients referred by our medical teams. The surgeries are performed at one of the four hospitals with which we have partnerships. The first and primary location for our surgeries is Las Obras Sociales del Santo Hermano Pedro Hospital in Antigua. We have partnerships with three additional locations: Hospital Hilario Galindo, Retalhuleu; Hospital Corpus Christi, Patzun; and Sarstoon Clinic, Sarstoon. In each of these locations, Faith In Practice has invested, and is investing, significant funds to remodel and equip the facilities to ensure a safe environment for both our surgical teams and our patients. Our surgical teams represent the following specialties: ENT, gynecology, general, orthopedics, plastics, and urology. Services also include dentistry and audiology, with a focus on preventative, restorative, and rehabilitative care.

Casa de Fe: The Casa is a 100-bed patient guest house located in Antigua. Since 2003, our patients and their families have found clean beds, received hot meals, and recovered in the safety and comfort of the Casa. In addition to providing the transport that is necessary to safely bring our patients into the locations where our volunteer teams operate, Faith In Practice also provides patients with housing and food as they prepare for and then recuperate from their surgeries in the other locations where our partner hospitals are located.

Teaching Programs: 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 VIA/Cryo Program teaches local practitioners to identify and treat pre-cancerous cervical lesions through hands-on clinics using a program designed by Johns Hopkins. 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.
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 program. Through this program, our volunteers write and email personal letters to friends, family and colleagues asking them to participate 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 most fiscally responsible way possible. Faith In Practice has enjoyed a Charity Navigator 4 star rating for the past 7 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. We also have been approved by the Combined Federal Campaign.
Surgical Program

Las Obras Sociales del Santo Hermano Pedro

The majority of the surgeries our teams perform take place at Las Obras, 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 1985, Las Obras 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 Las Obras 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.

Las Obras is a residence for those 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 the primary mission of Las Obras. Permanent residents are divided into different wards according to their age and malady and may live there all of their lives.

The operating room facility was initiated by a grant from Federico Rivero in 1992. Faith In Practice began working at Las Obras 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. Of the rooms, four * are equipped with the following:

- Electro-cautery equipment (bovies)
- Anesthesia machines
- Flash sterilizers
- Arthroscopy and laparoscopy equipment
- Zeiss operating microscope (needs to be upgraded)
- Central oxygen and suction
- C-arm

*One of the five operating rooms is used exclusively for the ophthalmology program, run by the John Cheatham Medical Foundation, and is not available to visiting surgical teams.
Surgical Program (continued)

The Outpatient Clinic, located near the entrance, is usually open to the public in the mornings from Monday through Friday and is staffed by two to three Guatemalan physicians who also treat the hospital’s permanent residents. There is a small charge to the outpatients to be seen in this clinic. Our surplus supplies are donated to the hospital for clinic use.

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 Dona 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 Clinic is located on the second floor and is normally used for patient visits to volunteer Guatemalan specialists, such as neurologists and gynecologists. When visiting Surgical Teams are present, it is used to triage and select 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 the school programs on preventative health and to organize patients to be seen by volunteer dental professionals. The goal is for the clinic to be self-supporting, to provide 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 residents, local children in the school programs, and others in the community. The clinic is well-equipped with two modern dental units, ultrasonic cleaners, high- and low-speed hand pieces, and a digital x-ray unit.

The Physical Therapy Department usually has two physical therapists on staff. Physical therapists and occupational therapists periodically work with our teams and help to rehabilitate surgery patients and assist caregivers at the hospital in developing new techniques to care for the residents. Faith In Practice has donated additional physical therapy equipment to the hospital.

A Primary School is attached to the hospital, providing education to children with special needs. Currently, one vocational training program, sewing, is taught in the “tailor shop” on premises. The hospital also offers computer classes and English classes to residents from time to time. The government does not provide special education programs, but capable but physically impaired children living at Hermano Pedro are transported to public schools.

The Audiology Clinic is a new, exciting addition to Las Obras’ specialties services, funded through a partnership with Faith In Practice and other supporters. The clinic, which is in its second year of operation, is fitted with a soundproof testing area, audiometer, and tympanometer.
Regional Surgical Program

Faith In Practice partners with three hospitals outside of Antigua to provide surgery to patients around the country. In each of these regional hospitals, Faith In Practice has invested, and is investing, significant funds to remodel and equip the facilities to ensure a safe environment for both our surgical teams and our patients.

Hilario Galindo Hospital, Retalhuleu
Hilario Galindo Hospital is located in the northwestern coastal plains of Guatemala. Faith In Practice renovated the operating suite at this hospital, which had fallen into severe disrepair, in 2008. 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. Each year Faith In Practice sends more surgical teams to Hilario Galindo to serve those in need. And, we expect to embark upon a significant expansion of Hilario Galindo in the months ahead, doubling the operating capacity of the hospital and improving the pre- and post-operative areas. Faith In Practice also installed a new dental clinic at this location where dental teams serve the community with an emphasis on children. We look forward to the future as Hilario Galindo and Faith In Practice seek to meet the need that is ever present in this part of Guatemala.

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. The relationship between the Sisters and our teams continues to grow as they serve the people of Patzún, side by side.

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.

The clinic was dedicated in 2008, with its first Faith In Practice clinic team. Sarstoon is also equipped with an operating room and we anticipate sending surgical teams there in the future.
Village Medical Clinic Program

Faith In Practice is committed to reaching out to those in the greatest need. Oftentimes, those most in need are those in the most remote areas of Guatemala. To reach out to these people, we developed our Village Medical Clinics. Visiting teams travel to remote areas of Guatemala to conduct medical clinics in either a church or a school and are supported by local volunteers.

US Volunteers
A typical Village Medical Team will include pediatricians, family practitioners, and gynecologists, as well as pharmacists and dentists. The purpose of these teams is to provide basic medical care and to identify surgical candidates for our Surgical 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.

In 2013 our Village Medical Teams will be serving in:

- El Progreso
- Jalapa
- El Petén
- Retalhuleu
- Santa Rosa
- Suchitepéquez
- Totonicapán

“My first week with Faith In Practice I found more rest than any other week of my life, despite it being one of the busiest weeks I have ever had. I left renewed.”

Dr. Stephen Patrick
Preventative Health Programs

VIA/Cryo Cervical Cancer Prevention and Teaching Program

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. Cryotherapy is a freezing with nitrous oxygen of the suspicious cells on the cervix. This procedure helps to diagnose abnormal cells on the cervix, a precursor to cervical cancer.

Teaching VIA/Cryotherapy to Guatemalan practitioners helps expand the techniques while creating awareness. Through its Women’s Initiative Training Program, Faith In Practice educates and empowers women in Guatemala who are treated by VIA/Cryotherapy and encourages them to tell others about the benefits of routine cervical and gynecological exams. Courses are held each year with more than 50,000 women screened in the past eight years. The graduates of this teaching program have screened thousands of women.

How the program works:

- Teams of volunteers train and certify local doctors and nurses in this technique through an extensive didactic and practicum course. Faith In Practice provides cryotherapy equipment to those certified to perform the “see and treat” procedure.

- Guatemalan practitioners then conduct their own VIA/Cryo clinics, increasing the number of patients screened and treated.

- If a woman has a positive reading, she is then referred for more extensive tests or treatments.

- In the case cervical cancer is detected in the clinic, Faith In Practice assists the patient in her cancer treatments.

- Through the VIA/Cryo program, Guatemalan women are learning how to prevent cervical cancer not only for themselves, but for their daughters as well.
Preventative Health Programs (continued)

Preventative and Restorative Dental Program

**Dental Programs**
The dental mission of Faith In Practice is to improve the lives of the poor in Guatemala. We offer dental volunteers a chance to serve underdeveloped and underserved areas of Guatemala.

**Immediate Care**
All of our medical teams have a dental component, which provides immediate dental care. Our volunteer dentists and hygienists provide pain relief and treat infection.

**Preventative and Restorative Care**
Preventative and Restorative Dental Teams either serve with certain Surgical Teams or serve independently at Las Obras Sociales del Santo Hermano Pedro Dental Clinic, Hilario Galindo Hospital Dental Clinic, or Sarstoon Clinic.

**Dental Clinic Programs**

**Medical Clinic Dentistry**
Includes primarily extractions, pain relief, and treatment of infections.

**Surgery and Restorative Dentistry**
Includes extractions, surgical procedures, amalgam restorations, composite restorations in anterior teeth, and root canal treatment on anterior permanent teeth.

**Preventative and Diagnostic Care**
Includes exams, x-rays, diagnosis, prophylaxis, patient education, sealants, and fluoride treatments.

**Educational Programs**
Includes dental hygiene, personal hygiene, and nutritional counseling at the clinic and local schools.
When asked why he came back year after year, Dr. Pogodzinski replied that “there wasn’t any one thing, but it was everything ... the people you work with, the people you serve, and the people you meet on the street.”
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 2012, more than 23,000 beds were filled by patients and their families, who find safety, rest, food, and healing at Casa de Fe.

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 safety of families and belongings
- Hot meals
- Coffee and pure water

At www.faithinpractice.org 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
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Dr. Patty Baiza  
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Medical Coordinator*

Carlos Gonzalez  
*Warehouse Manager*

Felipe Gutierrez  
*Referrals and Special  
Case Manager*

Omar Chan  
*Operations Director*

Shelley Darnall  
*Obras Surgical  
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Glenn Berkey  
*Medical Operations  
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Maria Elena Garcia  
*Administrative and  
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Dr. Patty Baiza  
*VIA/Cryo Program  
Medical Coordinator*
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Joe Heffner
Volunteer Logistics Director

Hector Ortiz
Chauffeur

Cindy Rodriguez
Finance Assistant

Raul Samayoa
Chauffeur

Bob Vela
Village Medical Clinic Director

Joanne Wessels
Regional Surgical Program Director
Staff - Casa de Fe

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House Manager

Clara Luz Lorenty  
House Assistant

Daniela Maldonado  
Administrative Assistant

Roberto Ordoñez  
Evening Support

Enrique Roquel  
Evening Manager
Friends at Hermano Pedro

Padre José Contran  
**Director**

Odra Flores, RN  
**Head of Nursing, OR**

Dr. Sandra Oviedo  
**Physician & Director of VIA/Cryo**

Hermana Ana Digna Mejia Cañas  
**Franciscan Leadership**

Dr. Hazel Quiñonez  
**Chief of Surgical Unit**

Fray Sergio Fallas  
**Hospital Administrator**
Friends at Hermano Pedro (continued)

Left to Right:
FRONT: Reyna Galicia, Anabela Morales, Odra Flores
BACK: José Díaz, Edgar Gómez, Ana Maria Lanuza, María de La Cruz García, Antonio Hernandez, Otto Sánchez, Juan Carlos Telón, Luis Ramírez, and Nicolas Oron

Operating Room Staff

Left to Right:
Lisbeth Barrera, Roberto Sanchez, María Muxtay, Wendy Pérez, Aura Ajsivinac, Hugo González, Lesbia Quintanilla

Laboratory

Left to Right:
Maria Magdalena Pérez, Norma Solís, Ruben Murga, Nora Dávila, Aura Roldan
Front: Floridalma Cojolon

Social Work Department
Friends at Hermano Pedro: Convalescent Ward

Dr. Henry Colaj
Internist

Dr. Edwin Sosa
Resident Internist

Dora Nidia Vela RN
Charge Nurse

Irma Rosales RN
Post-Op Charge Nurse

Alberto Xar Antun
Nurse Assistant

Dr. Hector Calderon
General Medicine

Dora Leticia Pelén Tataguin
Nurse Assistant

Dora Machan
Senior Post-Op Nurse

Ana Garcia
Senior Post-Op Nurse
Friends at Regional Partnerships: Hilario Galindo Hospital

Sergio Lopez
Coordinator of General Operations

Board Representatives

Dr. Julio Tecun
House Doctor

Mayra Kunze
Dentist

Romeo and Ninet de Alejos
Cooks
Friends at Regional Partnerships: Corpus Christi Hospital

Left to Right:
Sister Virginia, physician; Sister Blanca, nurse; Sister Reyna, administrator

Network Directors From Across Guatemala
Teams
Las Obras Surgical Teams

Las 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. Faith In Practice has been operating at the Obras since 1992.

Triage/Clinic: On the first day, usually Sunday, the Surgical Team examines the patients, orders additional tests, and sets the surgery schedule for the week. During this important time the clinic utilizes four to six physicians, three to four anesthesiologists or CRNA’s, and nurses and interpreters as needed. 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 and Recovery Room, and unpacking supplies and medications.

In the Operating Room: There are five operating rooms in the Obras. Four of these five rooms are designated for visiting surgery teams. Surgeons, anesthesiologists and anesthetists, scrub nurses and scrub techs, and circulating nurses work together with the hospital staff to complete 60-100 surgeries per week, depending on the surgical specialties.

In the Pre-Op/Recovery Area: The Pre-Op and Post-Op rooms adjoin each other, separated by a wall with a large doorway, in the operating suite area. Pre-Op accommodates four beds and Post-Op 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 Wards: The convalescent area houses patients after they leave the recovery room until they are discharged from the hospital. The area consists of three wards to accommodate men, women, and children. These wards can accommodate approximately 35 surgical patients at a time. The resident ophthalmology program uses approximately 10 additional beds, 5 beds are reserved for isolation, and 6 beds are located in the Observation (elevated care) Unit, bringing the total number of beds to 56 for the surgical area of the hospital. Most patients are kept postoperatively no longer than one to three days. These patients are cared for by the hospital’s permanent staff in cooperation with the Faith In Practice nurses, operating surgeons, and Ward Physician/Nurse.

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 support the Dental Team.
Las Obras Surgical Team Formation

Each surgical team will be guided and supported by Faith In Practice staff and long-term volunteers.

**Team Leadership**
Mission Coordinator
Team Administrator*

**Staff Leadership**
Obras Surgery Program Director: Shelly Darnall
Obras Surgery Program Assistant

**Medical Roles**
Team Doctor
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)
Surgeon Assistant – as needed (particularly for gynecology and orthopedics)
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 or hygienist
Audiologist – one to two (for ENT teams)

**Non-Medical Roles**
Clergy/Spiritual Leader
Cook – two
Patient Advocacy Team – one to two
Team Photographer
Team Journalist
Translators – depends on the fluency of Spanish speakers on the team

* Will also provide computer support during Triage Clinic on Sunday.
** Please notify Faith In Practice Guatemala staff if additional scrubs or circulators will be needed.
*** Obras now has an additional staff nurse working in pre-op; teams only need to bring one pre-op nurse.
**** Obras’ physical therapists will provide therapy on the wards to adult patients who have undergone total joint replacement surgery.

*Please note that 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.*

**Note on RN minimums**
Pre/post-operative care: 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 rather than four RNs.
Operating room personnel: the minimum number of experienced OR personnel is three circulators and four scrub techs/nurses. Each OR should have a circulator or scrub tech who is a licensed nurse.
Schedules For Las Obras Surgical Teams

A Typical Weekly Schedule For a Surgical Team

Subject to change

Saturday: Team arrives in Guatemala City, proceeds through Customs
Team Orientation at Casa de Fe and tour of Las Obras Hospital

Sunday: Triage Day

Monday-Thursday: Surgery Days

Friday: Clean-up day; Free afternoon (if schedule permits)

Saturday: Team departs

A Typical Daily Operating Schedule For a Surgical Team

Subject to change

6:00 a.m. to 6:15 a.m. Coffee and light 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 and discharges
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

* Breakfast and lunch are at the hospital.
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. During this important time the clinic utilizes two to three surgeons, one to three anesthesiologists or CRNA's, two to three nurses, and interpreters as needed. Usually one or two support volunteers facilitate the gathering of data and the flow of paperwork, and subsequently enter the patient information of each surgical candidate into the database. 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:** There are currently three operating rooms at Hilario Galindo. All three rooms are available to visiting surgery teams. In addition to surgeons, scrub nurses, circulating nurses, anesthesiologists/CRNAs, and two local nurses for instrument cleaning and sterilization, one or two additional Faith In Practice volunteers are responsible for making sure that the operative report is done by the surgeon before the patient arrives at the post-op area.

**In the Pre-Op/Recovery Area:** During surgical missions, one of the wards is converted into the Pre-Op & Post-Op Area, which means that the Pre-Op Area and Post-Op Area are set up in the same room. Two Pre-Op nurses and two to three 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). Hilario Galindo also provides some staff for this area as needed (physician, head nurse, recovery room 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 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 Head Nurse and the Ward Physician/Nurse. During the night, each ward will have one local nurse (three in total). In case of an emergency, the nurses or Doctor of Turn 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:** On the first day, usually Sunday, the Dental Team sets up the clinic, evaluates the patients, and sets the treatment schedule for the week. A local dentist and her assistant support the dental team.

“We are constantly humbled and inspired by all of our volunteers.”

**Rev. Linda McCarty**
Hilario Galindo Surgical Team Formation

Each surgical team will be guided and supported by Faith In Practice staff and long-term volunteers.

**Team Leadership**
Mission Coordinator
Team Administrator *

**Staff Leadership**
Regional Surgery Program Director: Joanne Wessels
Medical Operations Consultant: Glenn Berkey (RN) **

**Medical Roles**
Team Doctor
Operating Room Director/Sterilization Supervisor ***
Anesthesia Director
Anesthesia Team – four, at least two MDs
Surgeons – three to four (will vary based on specialty, is ideal to have two of each specialty)
Surgeon Assistant – as needed (particularly for gynecology)
Scrub Nurse/Tech – three
Nurse, Circulator – three
Nurse, Pre-Op – two
Nurse, Post-Op – two to three
Ward Physician/Nurse
Pharmacist

**Special Clinics**
Dentist
Dental assistant or hygienist

**Non-Medical Roles**
Clergy/Spiritual Leader
Patient Advocate ****
Team Photographer
Team Journalist
Translators – depends on the fluency of Spanish speakers on the team

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

* Will also fulfill the role of Computer Support.
** Will participate depending on the needs of every individual team.
*** Will also fulfill the role of supervising local cleaning and sterilization staff. Please note this is not a full-time role, and can be fulfilled by other OR team members.
**** Can also be filled by Clergy/Spiritual Leader or Ward Physician/Nurse

**Note on RN minimums**

Pre/post-operative care: 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 rather than four RNs.

Operating room personnel: the minimum number of experienced OR personnel is three circulators and three scrub techs/nurses. Each OR should have a circulator or scrub tech who is a licensed nurse.
Schedules For Hilario Galindo Surgical Teams

A Typical Weekly Schedule For a Surgical Team

Subject to change

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

A Typical Daily Operating Schedule For a Surgical Team

Subject to change

6:00 a.m. to 6:30 a.m. Coffee, daily devotional time, team meeting (at hotel)
6:30 a.m. to 6:55 a.m. Breakfast at hotel
7:00 a.m. to 7:10 a.m. Daily transportation from hotel to hospital
7:10 a.m. to 8:00 a.m. Arrive at the hospital, make rounds, and change into scrubs
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

* Morning snack and lunch are at the hospital.
**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 gynecologists, pediatricians, family practice doctors, internists, nurse practitioners, pharmacists, dentists and other professionals provide medical and dental care. Travel is usually by private bus and is sometimes supplemented by boats, helicopters, or small planes to access more remote areas. The teams leave Antigua on Sunday and return to Antigua Friday morning.

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 later Faith In Practice surgical team (or another visiting team that can perform the surgery), provide financial assistance, and facilitate transportation to the hospital. Certain chronic illnesses are treated * by our volunteer providers, and patients are given specific education relative to the condition. Patients are 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 that have open wounds, serious infections, or fever
- Those that are malnourished, both children and adults
- Those that 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 that have the means to purchase them
- Those for whom we do not have a qualified medical professional for evaluation

*Education and an initial supply of medication for chronic disease, diabetes, hypertension, and arthritis is dispensed.*
Village Medical Team Formation

Each village team will be guided and supported by Faith In Practice staff and long-term volunteers.

Mission Coordinator
Team Administrator

Staff Members and Long-Term Volunteers

Village Medical Clinic Director: Bob Vela
Dentist: Hugo Lima
VIA/Cryo: Floridalma Esquivel
VIA/Cryo Assistant: Ana Garcia
Referrals and Special Case Manager: Felipe Gutierrez *
Referral Assistants – two
General Support Triage/Referral: Leonel Borja
Cook Supervisor/Logistics Director: Joe Heffner
Drivers and General Support: Raul Samayoa (Logistics/Pharmacy) and Hector Ortiz (Logistics/Cook)

Medical Roles

Dental Providers – two dentists, one dental assistant **
Pharmacy – five-person pharmacy team. One or two pharmacists, three to four assistants
Laboratory – one to two
Medical Providers (Physicians, Nurse Practitioners) *** – nine providers
  General – four
  Pediatrics – three
  Gyn – two

Non-Medical roles

Clergy/Spiritual Leader
Financial Manager ****
Team Photographer/Journalist
Triage – two minimum, after the providers and nurse practitioners go back to their respective clinics
Translators – depends on the fluency of Spanish speakers on the team. Please aim to bring as many Spanish-speaking medical providers as possible.

* The Referrals and Special Case Manager will be on some, but not all, the village teams to support the Referral Assistants as needed.
** Teams that are only able to recruit one dentist should inquire with staff about hiring a dentist in-country.
*** RNs may serve in the laboratory or triage. RNs may serve in the GYN clinic or in pediatrics as long as there are two additional MD providers in that area for support.
**** This is not a full-time role and is usually fulfilled by a team member also fulfilling another role.
Schedules for Village Medical Teams

A Typical Weekly Schedule for a Village Medical Team

Subject to change

Saturday: Team arrives in Guatemala City, proceeds through Customs
Team Orientation at Casa de Fe and tour of Las Obras Hospital

Sunday: Depart for village location and check into hotel
Staff meeting at the hotel in the afternoon

Monday: Depart for village clinic location and set up

Monday - Thursday: Clinics

Friday: Return to Antigua, clean-up day, afternoon free if schedule permits

Saturday: Team departs

A Typical Daily Schedule for a Village Medical Team

Subject to change

5:00 a.m. to 5:30 a.m. Wake up and coffee
5:30 a.m. Daily devotional, team meeting
6:00 a.m. Breakfast
6:45 a.m. Depart for Village Clinic *
8:00 a.m. Clinic begins
12:30 p.m. Lunch in shifts
4:00 p.m. Return to hotel
7:00 to 8:00 p.m. Dinner **

* Those with motion sickness should take medication before departure.

** Reflection time will be held after dinner.
## Contacts for Questions

The following volunteers and staff are glad to answer any questions you may have concerning practicing medicine and dentistry in Guatemala.

### General questions

*Faith In Practice Office*

<table>
<thead>
<tr>
<th>Contacts for Questions</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faith In Practice Office</td>
<td>713-484-5555</td>
<td><a href="mailto:info@faithinpractice.org">info@faithinpractice.org</a></td>
</tr>
</tbody>
</table>

### Medical Roles

#### Anesthesia

- **David Walker, MD** (H) 281-265-8270  
  [dcwalkermd@gmail.com](mailto:dcwalkermd@gmail.com)
- **Nancy Glass, MD** (H) 713-723-2276  
  [nglassmd@yahoo.com](mailto:nglassmd@yahoo.com)

#### Dentistry

- **David Jones, DDS** (H) 719-481-3584  
  [djdds@qwestoffice.net](mailto:djdds@qwestoffice.net)

#### Medicine, Village

- **David Chenault, MD** (H) 281-440-8274  
  [dichenault@aol.com](mailto:dichenault@aol.com)
- **Phil Johnson, MD** (H) 713-461-8906  
  [philip.c.johnson@uth.tmc.edu](mailto:philip.c.johnson@uth.tmc.edu)

#### Pharmacy

- **Reed Brooks R.Ph.** (C) 713-254-2582  
  [reedbrooks@cebridge.net](mailto:reedbrooks@cebridge.net)

#### Surgery, ENT

- **Gary Card, MD** (W) 281-649-7160  
  [ggarycard@gmail.com](mailto:ggarycard@gmail.com)

#### Surgery, General

- **Deanna Olson, MD** (C) 503-998-8752  
  [deanna@dkolsonmd.com](mailto:deanna@dkolsonmd.com)

#### Surgery, GYN

- **Gene Huebner, MD** (H) 281-242-2150  
  [gh718@aol.com](mailto:gh718@aol.com)

#### Surgery, Orthopedic, Spines

- **Chip Davis, MD** (W) 727-369-5009  
  [clintondavis@verizon.net](mailto:clintondavis@verizon.net)

#### Surgery, Orthopedic, Pediatrics

- **Don McCartney, MD** (H) 912-728-8248  
  [donaldmccartney@mac.com](mailto:donaldmccartney@mac.com)

#### Surgery, Orthopedic, Hips/Knees

- **Brian Parsley, MD** (C) 713-899-0993  
  [bparsley@houstonortho.com](mailto:bparsley@houstonortho.com)

#### Surgery, Plastics

- **Becky McGraw-Wall, MD** (C) 713-419-3100  
  [bmcqraw@comcast.net](mailto:bmcqraw@comcast.net)

#### Surgery, Nurse

- **Mary Stempel, RN** (C) 503-860-1432  
  [boxdoc@comcast.net](mailto:boxdoc@comcast.net)

#### Ward Nurse/Physician

- **Felicity Thompson, RN, MS, CNM** (H) 303-346-4505  
  [felicity53@q.com](mailto:felicity53@q.com)

### Non-Medical Roles

#### Clergy

- **Rev. Linda McCarty** (C) 773-954-1589  
  [lmccarty@faithinpractice.org](mailto:lmccarty@faithinpractice.org)

#### Cook

- **Katie Ramey** (H) 214-577-4292  
  [katieramey@texashealth.org](mailto:katieramey@texashealth.org)

#### Photography and/or Journalism

- **Jesús Rodriguez** (W) 713-484-5555  
  [development@faithinpractice.org](mailto:development@faithinpractice.org)
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. Half of Guatemala’s 14 million people live in poverty, defined as less than $2 per 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 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 landscape, 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. Guatemala is known as the Land of the Eternal Spring because of its pleasant climate.

Economy

The economy is primarily agricultural, employing about 38 percent of the labor force. Major products include sugarcane, bananas, and coffee. The currency is the quetzal (pronounced “ket sal”) that has an exchange rate of approximately 7.8Q per $1.
**General Information (continued)**

**Population**
Guatemala’s population of more than 14 million is the largest of the Central American countries. The indigenous Maya represent about 40 percent of the population and they have retained a distinct identity and native Mayan languages. About 60 percent 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 Catholic and 40% Protestant.

**Language**
Spanish is the official language of Guatemala, but 24 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 Municipios. Antigua, the base of operations for Faith In Practice, is located in the Departamento of Sacatepéquez. The principal sources of revenue for Sacatepéquez are tourism and agriculture. Surrounding Sacatepéquez are the Departamentos of Chimaltenango, Escuintla, and Santa Rosa.
Traveling in Guatemala

Getting There
Delta, US Airways, TACA, 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. Please note there may be a 20Q (approximately $3 US) security fee upon departure from Guatemala.

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 Miriam De Leon at the Embassy of Guatemala, 2220 R. Street NW, Washington, DC 20008, telephone 202-745-4952, fax 202-745-1908, email info@guatemala-embassy.org, website http://guatemala.usembassy.gov/, or one of the consulate offices in Chicago, Houston, Los Angeles, Miami, New York, or San Francisco.)

Please send a copy of your passport to your Team Administrator 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. New US security measures do not allow the issue of new passports outside of the US. All lost passports are processed through the US Embassy in Guatemala and coordinated with the State Department in Washington, D.C.

Currency
The currency is the quetzal and the exchange rate is about 7.8 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 year. 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.

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 V 60 – cycles — which means the hair dryer you use at home will work in the outlets at the hotel in Antigua. Do not plug two electrical devices (i.e. hair dryer) in at the same time in a room or condo.

IMPORTANT:
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.

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 Mayan 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 are a wonderful way to remember your trip and to Share The Mission. At the same time, taking too many photos 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.** Ask permission before taking any pictures. 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 pictures are very personal. Always ask permission to take photos.

- **Restraint.** Consider taking limited photos of the same person or area. Many cameras flashing in the hospital may be unsettling, so use your best judgment in this setting.

- **Promises.** Do not promise a Guatemalan that you will send them a copy of the picture. They take you at your word and will be eagerly waiting for it, and 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 North Americans as people with unlimited wealth who come simply to offer gifts. They are more prone to ask for things from North Americans in the future and from the Hermano Pedro and satellite clinic staff who live there full time. This practice also encourages begging. That said, each team may bring one trunk full of items to be handed out in a managed fashion. Please contact your team leader should you wish to bring limited items for distribution.
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.

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 Concerns” & “Staying Healthy”).

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 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 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. Teams traveling outside of Antigua will have security accompany them as they travel to their destinations.

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 at all times:

**WALK** only in groups.

**INFORM** team leaders where you plan to go and when you plan to return.

**ADHERE** to team curfews (10 p.m. for Antigua Surgical Teams).

**ALWAYS** take a taxi after dark.

**DO NOT** walk at night, even in groups.

**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.

**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.

**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 pictures 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.
Health and Immunizations

Please refer to the Centers for Disease Control for Health Information for Travelers to Guatemala at http://wwnc.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.

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.

“It was a meaningful, positive and life-affirming experience.”

Faith In Practice volunteer from Glass Surgery Team 330
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 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.
- Wash hands often with soap and water, drying your hands completely.
- Drink and brush teeth only with bottled or boiled water, or carbonated drinks in cans or bottles.
- Avoid tap water, fountain drinks, and ice cubes.
- 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 CDC site noted on page 41 for more information.
- Protect yourself from insects by using repellents (applied sparingly at four-hour intervals) and wearing long-sleeved shirts and pants from dusk to dawn, especially if in an area of malaria risk.
- 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 before letting us know. You are an important part of the team and we need you!
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 Antigua 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 May 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 in which we serve. Scrubs should not be worn on the streets.

For Regional and Village Medical Clinic Team volunteers:
Other 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.

Clothing
- Jeans or other lightweight pants and T-shirts
- Skirt and blouse for women
- Slacks and shirt for men
- Tennis shoes
- Flip-flop sandals (for showering only)
- Sweater, sweatshirt, or light jacket
- Water repellent jacket, poncho, or umbrella: Rainy season begins in May
- Underwear, socks, PJ’s etc.
- Hat for sun protection
- Bathing suit (some hotels have pools)

For those serving outside of Antigua, please check with leadership for additional suggestions.

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

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)
Antigua, Guatemala

Antigua, the capital of Central America from 1543 until 1773, was founded in 1543. It is an attractive colonial city of about 41,000 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 Capucinas (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’s 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
Phone: 011 502 7931 2100

Casa de Fe
7a Avenida Norte No. 65
La Antigua, Guatemala
Phone: 011 502 7832 8700
Recommended Restaurants

**Local Cuisine**

**Frida’s**
Address: 5a Ave Norte #29  
Near Arco de Sta. Catalina  
Hours: Mon-Sun: 11 am - midnight  
Phone: 7832-1296  
Price: Moderate

**El Asador de Don Martin**
Address: 4a Ave. Norte #27  
Hours: Mon-Sat: 6 pm - 10 pm  
Sunday: 1 pm - 9 pm  
Closed Mon.  
Phone: 7832-1063  
donmartin@itelgua.com  
Price: Moderate

**La Fonda de La Calle Real**
Three Locations:  
1: (Small groups) 5a Ave. Norte #5  
2: (Large groups) 3a Calle Poniente #7  
3: Fonda 5 Avenida Norte #12  
Phone: 7832-0507  
Hours:  
1: Daily 12 pm - 10:30 pm  
2: Daily: 7 am - 11 pm  
Fri and Sat: 8 am - 11 pm  
www.lafondadelacallereal.com  
info@lafondadelacallereal.com  
Price: Moderate

**Casa Escobar**
Address: 6a. Avenida Norte #3  
Phone: 7832-5250  
Hours: Mon-Sun: 7 am - 10 pm  
Price: Moderate

**Pan e Fantasia**
Address: 3ª. Calle Poniente # 2  
Phone: 7832-3333  
Hours: Tues-Sun: 9 am - 7 pm  
Price: Moderate

**Italian Cuisine**

**Tre Fratelli**
Address: 6a Calle Poinente #30  
Phone: 7832-7730  
Hours: Mon-Thurs: Noon - 10 pm  
Fri-Sat: 12 pm - 11 pm  
trefratelliantigua@hotmail.com  
Price: Moderate

**Cafe Mediterraneo**
Address: 6a Calle Poniente #6a  
Phone: 7832-7180  
Hours: Wed-Sat: 12 pm - 3 pm, 6 pm - 10 pm  
Sunday: 12 pm - 4:30 pm, 7 pm - 9 pm  
Closed Tues.  
Price: Moderate

**El Cazador Italiano**
Address: 3a. Avenida Norte #1B  
Phone: 7832-2955, 7832-7328  
Hours: Daily: 12 pm - 11 pm  
Sun - Mon: 12 pm - 11 pm  
Price: Moderate/Expensive

**Queso y Vinos**
Address: 1a. Calle Poniente No. 1  
Phone: 7832-7785  
Hours: Daily 12 pm - 10 pm  
Closed Tues.  
Price: Inexpensive

**Papazitos**
Address: 4a Calle Oriente #39  
Phone: 7832-5209  
Hours: Tue - Sun 11 am - 10 pm  
Closed Mon.  
Price: Moderate

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**KEY: U.S. Dollars - Per person**  
Inexpensive Approximately $15 or less  
Moderate Approximately $20  
Expensive Approximately $30

For more restaurant locations:  
[www.antiguaselect.com](http://www.antiguaselect.com)  
[www.aroundantigua.com](http://www.aroundantigua.com)
**Recommended Restaurants (continued)**

<table>
<thead>
<tr>
<th>North American Cuisine</th>
<th>French Cuisine</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Doña Luisa</strong></td>
<td><strong>Tartines Restaurant</strong></td>
</tr>
<tr>
<td><strong>Address:</strong> 4a Calle Oriente #12</td>
<td><strong>Address:</strong> 4 Calle Oriente #1C</td>
</tr>
<tr>
<td><strong>Phone:</strong> 7832-2578</td>
<td><strong>Phone:</strong> 7882-4606</td>
</tr>
</tbody>
</table>
| **Hours:** 7 am – 9:30 pm | **Hours:** | Tues - Wed: 11 am - 7 pm  
Thurs - Sat: 11 am - 10 pm  
Sun: 11 am - 4 pm |
| **Price:** Inexpensive | **Price:** Moderate/Expensive |

<table>
<thead>
<tr>
<th><strong>Café Condesa</strong></th>
<th><strong>Hector’s</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong> 5a Ave. Norte #4</td>
<td><strong>Address:</strong> 1a Calle Poniente #9a</td>
</tr>
<tr>
<td><strong>West side of the central park</strong></td>
<td><strong>Phone:</strong> 7832-9827</td>
</tr>
<tr>
<td><strong>Phone:</strong> 7832-0038, fax: 7832-3684</td>
<td><strong>Hours:</strong> Daily 12:30 - 10 pm</td>
</tr>
</tbody>
</table>
| **Hours:** Sun - Thurs: 7 am – 8 pm  
Sunday buffet 10 am - 1:30 pm  
Fri - Sat: 7 am - 9 pm | **Price:** Moderate |
| **lastrescondesas@hotmail.com** | **Price:** Inexpensive/Moderate |
| **Price:** Inexpensive/Moderate |

<table>
<thead>
<tr>
<th><strong>Fast Food</strong></th>
<th><strong>Como Como</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>McDonald’s</strong></td>
<td><strong>Address:</strong> 6 Calle Poniente #6</td>
</tr>
<tr>
<td><strong>Address:</strong> 4a Calle next to La Bodagona</td>
<td><strong>Phone:</strong> 7832-0478</td>
</tr>
</tbody>
</table>
| **Hours:** Daily 7 am – 10 pm | **Hours:** Tues: 6:30 pm - 10 pm  
Wed - Fri: 12 pm - 3 pm, 6:30 pm - 10 pm  
Sat - Sun: 12 pm - 4 pm |
| **Price:** Inexpensive | **Price:** Moderate |

<table>
<thead>
<tr>
<th><strong>Pollo Campero</strong></th>
<th><strong>Bistro Cinq</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong> 5 Avenida Norte #14</td>
<td><strong>Address:</strong> 4 Calle Oriente No. 7.</td>
</tr>
<tr>
<td><strong>Phone:</strong> 1777</td>
<td><strong>Phone:</strong> 7832-5510</td>
</tr>
<tr>
<td><strong>Hours:</strong> 7 am – 10 pm</td>
<td><strong>Hours:</strong> Sun - Sat: 12 pm – 10:30 pm</td>
</tr>
<tr>
<td><strong>Price:</strong> Inexpensive</td>
<td><strong>Price:</strong> Moderate to Expensive</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Wokco</strong></th>
<th><strong>Luna de Miel</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Address:</strong> 6 Calle Poniente #7</td>
<td><strong>Address:</strong> 6a Avenida Norte # 40</td>
</tr>
<tr>
<td><strong>Phone:</strong> 7832-7563</td>
<td><strong>Phone:</strong> 7882-4559</td>
</tr>
</tbody>
</table>
| **Hours:** Sun - Thurs: 11 am - 9 pm,  
Fri - Sat: 11 am - 10 pm | **Hours:** Mon – Sun: 9:30 am - 10 pm |
| **Price:** Moderate | **Price:** Inexpensive |

<table>
<thead>
<tr>
<th><strong>Oriental Cuisine</strong></th>
<th><strong>KEY: U.S. Dollars - Per person</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Juan Carabela</strong></td>
<td><strong>Inexpensive Approximately $15 or less</strong></td>
</tr>
<tr>
<td><strong>Address:</strong> Primera Avenida Sur #7</td>
<td><strong>Moderate Approximately $20</strong></td>
</tr>
<tr>
<td><strong>Phone:</strong> 7832-9239</td>
<td><strong>Expensive Approximately $30</strong></td>
</tr>
</tbody>
</table>
| **Hours:** Tues - Fri: 12 pm - 11 pm  
Saturday: 12 pm - midnight  
Closed Mon. | **For more restaurant locations:**  
www.antiguaselect.com  
www.aroundantigua.com |
Recommended Restaurants (continued)

International Cuisine

Panza Verde
Address: 5a Avenida Sur #19
Reservations Preferred
Phone: 7832-2925
Hours:
Daily
Lunch: 12 pm - 3 pm
Dinners: 7 pm - 10 pm
Lunch Sun: 12 pm - 4 pm
Closed Mon.
www.panzaverde.com
Price: Expensive

El Sereno
Address: 4a Ave. Norte #16
Phone: 7832-0501
Hours: Sun - Fri: 12 pm - 10 pm
Sat: 12 pm - 11 pm
www.elserenoantigua.com
Price: Moderate/Expensive

Las Antorchas
Address: 3 Avenida Sur #1
Phone: 7832-0806
Hours:  Mon - Fri: 11 am - 3 pm, 6 pm - 10 pm
Sat: 11 am - 4 pm, 6 pm - 10 pm
Sun: 11 am – 5 pm
Price: Moderate

Café Sky
Address: 1 Avenida  Sur #15
Phone: 7832-7300
Hours: Daily: 8 am - 10 pm
cafesky-antigua@hotmail.com
Price: Inexpensive

La Peña del Sol Latino
Address: 5 Calle Poniente #15 C
Phone: 7882-4468
Hours: Daily: 12 pm - 10 pm
Price: Inexpensive

Welten
Address: 4A Calle Oriente #21
Reservations Preferred
Phone: 7832-0630
Hours: Sun - Thurs: 12 pm - 10 pm
Fri and Sat: 12 pm - 11 pm
reserve@weltenrestaurant.com
Price: Expensive

Las Palmas
Address: 6 Avenida Norte #14
Phone: 7832-9734
Hours: Mon - Sun: 12 pm - 11 pm
www.laspalmasantigua.com
Price: Moderate

Sabe Rico
Address: 6 Avenida Sur #7
Phone: 7832-0648
Hours: Mon - Wed: 8 am - 7 pm
Thu - Sat: 8 am - 10 pm
Sun: 9 am - 4 pm
Price: Inexpensive
www.saberico.com

Ixcot’s
Address: 4 Avenida Norte # 3
Phone: 7832-4284
Hours: Tues - Sun: noon – 10 pm
Price: Moderate

Camino Real/Restaurante las Velas
Address: 7ª Calle Poniente # 33B
Phone: 7873-7000
Hours: Daily: 6 am - 10 pm
Price: Expensive

Chez Christophe
Address: 5 Calle Poniente # 8
Phone: 7832-1784
Hours: 12 pm - 10 pm
Closed Wednesday
Price: Moderate

KEY: U.S. Dollars - Per person
Inexpensive Approximately $15 or less
Moderate Approximately $20
Expensive Approximately $30

For more restaurant locations:
www.antiguaselect.com
www.aroundantigua.com
**Recommended Restaurants (continued)**

### International Cuisine

**39 Azul**
- **Address:** 6a Calle Poniente #39
- **Phone:** 5580-3000
- **Hours:** 12:30 pm - 3 pm
- **Closed Wed.**
- **Price:** Expensive

**Rafa Bistro**
- **Address:** 4a Calle Oriente #5
- **Hours:** Tues - Sun: 10 am - 3:30 pm, 6 pm - 10 pm
- **Closed Mon.**
- **Price:** Moderate

**Culinaria/Pushkar**
- **Address:** 6a Avenida Norte
- **Phone:** 7882-4098
- **Hours:** Mon - Sat: 10 am - 10 pm
- **Sun:** 11 am - 10 pm
- **Price:** Moderate

### Delicatessen

**Epicure**
- **Address:** 6 Avenida Norte #35A
- **Phone:** 7832-5545
- **Hours:** Mon - Sat: 10 am - 9 pm
- **Sun:** 10 am - 7 pm
- **Price:** Moderate

Epicurecia@gmail.com

**View from Café Sky**

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**KEY: U.S. Dollars - Per person**

- Inexpensive: Approximately $15 or less
- Moderate: Approximately $20
- Expensive: Approximately $30

For more restaurant locations:

- [www.antiguaselect.com](http://www.antiguaselect.com)
- [www.aroundantigua.com](http://www.aroundantigua.com)
Recommended Research and Reading

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!”
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:

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

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

Dr. Phil Johnson
<table>
<thead>
<tr>
<th>Spanish</th>
<th>English</th>
<th>Spanish</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>el hotel</td>
<td>the hotel</td>
<td>madre/padre</td>
<td>mother/father</td>
</tr>
<tr>
<td>el proyecto</td>
<td>the project</td>
<td>hijo/hija</td>
<td>son/daughter</td>
</tr>
<tr>
<td>el restaurante</td>
<td>the restaurant</td>
<td>abuelo/a</td>
<td>grandfather/mother</td>
</tr>
<tr>
<td>el baño</td>
<td>the bathroom</td>
<td>tío/a</td>
<td>uncle/aunt</td>
</tr>
<tr>
<td>damas</td>
<td>ladies</td>
<td>niño</td>
<td>boy child</td>
</tr>
<tr>
<td>caballeros</td>
<td>gentlemen</td>
<td>niña</td>
<td>girl child</td>
</tr>
<tr>
<td>la cuenta</td>
<td>the check</td>
<td>bebe</td>
<td>baby</td>
</tr>
<tr>
<td>el carro</td>
<td>the car</td>
<td>hermano/a</td>
<td>brother/sister</td>
</tr>
<tr>
<td>grande</td>
<td>big</td>
<td>primo/a</td>
<td>cousin</td>
</tr>
<tr>
<td>pequeño</td>
<td>small</td>
<td>esposo/a</td>
<td>husband/wife</td>
</tr>
<tr>
<td>temprano</td>
<td>early</td>
<td>amigo/a</td>
<td>friend</td>
</tr>
<tr>
<td>tarde</td>
<td>late</td>
<td>padrino</td>
<td>godfather</td>
</tr>
<tr>
<td>barato</td>
<td>cheap</td>
<td>madrina</td>
<td>godmother</td>
</tr>
<tr>
<td>caro</td>
<td>expensive</td>
<td>ahijado/a</td>
<td>godchild</td>
</tr>
<tr>
<td>fácil</td>
<td>easy</td>
<td>novio/a</td>
<td>boyfriend/girlfriend</td>
</tr>
<tr>
<td>difícil</td>
<td>difficult</td>
<td></td>
<td></td>
</tr>
<tr>
<td>abierto</td>
<td>open</td>
<td></td>
<td></td>
</tr>
<tr>
<td>cerrado</td>
<td>closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>bueno</td>
<td>good</td>
<td></td>
<td></td>
</tr>
<tr>
<td>malo</td>
<td>bad</td>
<td></td>
<td></td>
</tr>
<tr>
<td>arriba</td>
<td>above</td>
<td></td>
<td></td>
</tr>
<tr>
<td>abajo</td>
<td>below</td>
<td></td>
<td></td>
</tr>
<tr>
<td>con</td>
<td>with</td>
<td></td>
<td></td>
</tr>
<tr>
<td>y</td>
<td>and</td>
<td></td>
<td></td>
</tr>
<tr>
<td>o</td>
<td>or</td>
<td></td>
<td></td>
</tr>
<tr>
<td>nada</td>
<td>nothing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>también</td>
<td>also</td>
<td></td>
<td></td>
</tr>
<tr>
<td>aquí</td>
<td>here</td>
<td></td>
<td></td>
</tr>
<tr>
<td>allí</td>
<td>there</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ahora</td>
<td>now</td>
<td></td>
<td></td>
</tr>
<tr>
<td>más tarde</td>
<td>later</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Colors**
- rojo: red
- verde: green
- azul: blue
- amarillo: yellow
- negro: black
- blanco: white
<table>
<thead>
<tr>
<th><strong>Spanish</strong></th>
<th><strong>English</strong></th>
<th><strong>Spanish</strong></th>
<th><strong>English</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sí</td>
<td>Yes</td>
<td>Dónde está...?</td>
<td>Where is ...?</td>
</tr>
<tr>
<td>No</td>
<td>No</td>
<td>La cuenta, por favor</td>
<td>The check please</td>
</tr>
<tr>
<td>No hablo español</td>
<td>I don’t speak Spanish</td>
<td>Hasta luego</td>
<td>See you later</td>
</tr>
<tr>
<td>Buenos días</td>
<td>Good morning</td>
<td>Que?</td>
<td>What?</td>
</tr>
<tr>
<td>Buenas tardes</td>
<td>Good afternoon/evening</td>
<td>Cuando?</td>
<td>When?</td>
</tr>
<tr>
<td>Buenas noches</td>
<td>Good night</td>
<td>Dónde?</td>
<td>Where?</td>
</tr>
<tr>
<td>Hola</td>
<td>Hello</td>
<td>Cuánto?</td>
<td>How much?</td>
</tr>
<tr>
<td>Adiós</td>
<td>Good-bye</td>
<td>Cuántos?</td>
<td>How many?</td>
</tr>
<tr>
<td>Por favor</td>
<td>Please</td>
<td>Por qué?</td>
<td>Why?</td>
</tr>
<tr>
<td>Gracias</td>
<td>Thank you</td>
<td>Habla inglés?</td>
<td>Do you speak English?</td>
</tr>
<tr>
<td>De nada</td>
<td>You’re welcome</td>
<td>Comprendo</td>
<td>I understand</td>
</tr>
<tr>
<td>Disculpe</td>
<td>Excuse me</td>
<td>No comprendo</td>
<td>I don’t understand</td>
</tr>
<tr>
<td>Con permiso</td>
<td>Excuse me (getting through a crowd)</td>
<td>Puede darme...</td>
<td>Can you give me ...</td>
</tr>
<tr>
<td>Cómo se llama?</td>
<td>What is your name?</td>
<td>Me ayuda, por favor?</td>
<td>Can you please help me?</td>
</tr>
<tr>
<td>Me llamo...</td>
<td>or What is this called?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bien, gracias</td>
<td>My name is ...</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Que le vaya bien</td>
<td>Fine, thank you</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mucho gusto</td>
<td>Good-bye (formal)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cómo se dice...?</td>
<td>Pleased to meet you</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cuánto cuesta?</td>
<td>How do you say?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Más</td>
<td>How much does this cost?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Menos</td>
<td>More</td>
<td>Tengo hambre</td>
<td>I’m hungry</td>
</tr>
<tr>
<td>Yo quiero</td>
<td>I want ...</td>
<td>Tengo sed</td>
<td>I’m thirsty</td>
</tr>
<tr>
<td>Yo necesito</td>
<td>I need ...</td>
<td>Tengo calor/frío</td>
<td>I’m hot/cold</td>
</tr>
<tr>
<td>Hay...</td>
<td>Are there? Is there? or There is/are</td>
<td>Estoy cansado/a</td>
<td>I’m tired (men use “o”/women use “a”)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Estoy perdido/a</td>
<td>I’m lost</td>
</tr>
<tr>
<td>Spanish Medical Questions</td>
<td>English</td>
<td></td>
<td></td>
</tr>
<tr>
<td>---------------------------</td>
<td>---------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mi nombre es...</td>
<td>My name is...</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Cuál es su problema?</td>
<td>What is your problem?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Cómo quiere usted que lo ayudemos?</td>
<td>How do you want us to help you?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Cuántos años tiene usted?</td>
<td>How old are you?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Cuándo empezó el problema?</td>
<td>When did the problem begin?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Alguien más en su familia tiene este problema?</td>
<td>Does anyone in your family have this problem?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Cuándo fue su última regla?</td>
<td>When was your last menstrual period?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Cuándo fue la última vez que fue al baño? or ¿Cuándo fue su última evacuación?</td>
<td>When was your last bowel movement?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Había sangre en el excremento?</td>
<td>Was there any blood in your stool?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Usted se ha caído o se ha dañado... el hombro, el brazo, la pierna, etc.?</td>
<td>Have you fallen or injured your... shoulder, arm, leg, etc.?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Ha vomitado?</td>
<td>Have you vomited?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Hay sangre en el vomito?</td>
<td>Is there any blood in the vomit?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Tiene dolor al orinar?</td>
<td>Does it burn when you urinate?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Tiene tos?</td>
<td>Do you have a cough?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Tose flema con sangre?</td>
<td>Is there blood in the material you cough up?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Tiene usted fiebre? ¿Suda en la noche, mientras se duerme?</td>
<td>Do you have fever/temperature, sweats at night when sleeping?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¿Tiene problemas con la vista?</td>
<td>Do you have trouble seeing?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Spanish Medical Questions (continued)

Spanish

¿Usted tiene dolores de cabeza?

¿Qué parte de la cabeza le duele?

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

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

¿Qué alivia el dolor?

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

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

Tome la medicina hasta que se acabe.

No le dé la medicina a nadie más.

¿Alguna vez usted ha tenido una mala reacción al tomar medicina?

¿Lo han operado alguna vez?

¿Usted ha tenido alguna fractura?

¿Me oye?

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

Respire profundo.

Relaje su estómago.

Voy a tocar su estómago suavemente con mis manos.

English

Do you have headaches?

What part of your head hurts?

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

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

Does anything relieve the pain?

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

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

Take the medicine until you have used all of it.

Do not give the medicine to anyone else.

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

Have you had any operations before?

Have you broken any bones before?

Can you hear me?

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

Take a deep breath.

Relax your stomach.

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

Medical Spanish Learning Resources
Medical dialogues, vocabulary, illustrations, and cultural topics. Includes audio tools.
http://www.medicals spanish.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

Medical Spanish for Healthcare Providers
Includes vocabulary with visuals, medical interview terminology, and audio tools.
http://www.practicingspanish.com/

Medical Spanish for iPhone applications

Online Spanish to English Dictionary
http://www.spanishdict.com/
Deadlines
Summary of Deadlines

Team Member Checklist: Prior to Arrival in Guatemala

*Please enter your specific deadline dates onto the checklist

75 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: Once you are added to the official team list you will receive a 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. If you have any questions please contact Jesús Rodriguez, our Share The Mission Coordinator, at development@faithinpractice.org.

60 days prior to departure: ________________

• Flights: Purchase your flight and send the itinerary to your Team Administrator. If you are not able to fly on the team flight, please speak with your Team Administrator prior to this date.

• 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: ________________

• Customs: If your Mission Coordinator asks you to procure any medications or supplies for the mission trip, please submit the appropriate listing of these items to your Mission Coordinator for inclusion on the team’s customs forms by their 45 day deadline. Ask your Mission Coordinator for more information with plenty of time prior to the deadline if applicable.

• Sponsorship: All sponsorship candidates must submit their sponsorship application in full and speak with their team leader to complete an application 45 days prior to departure.

30 days prior to departure: ________________

• Trip Fee: Full payment of trip fee is due.
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, and we created a toolkit full of ideas and resources to make sharing the mission easy and fun. Learn more at www.faithinpractice.org/stmresources.

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