



# Faith In Practice

Life Changing Medical Mission

# VOLUNTEER HANDBOOK





# TABLE OF CONTENTS

Welcome Letter from CEO .....	4
Mission Statement .....	5
Guiding Principles and Spiritual Philosophy .....	5
Serving In Guatemala .....	6
Guatemala History and Facts .....	6
Faith In Practice and Guatemala .....	7
Important Cultural Reminders .....	8
Where We Serve .....	10
Our Programs .....	11
Surgery Program .....	11
Medical Clinic Program .....	12
Mobility Program .....	13
Women’s Health Program .....	15
Audiology Program .....	16
Dental Program .....	17
Casa de Fe and Casa de Milagros .....	17
Guatemalan Volunteer Program .....	19
Our Volunteer Mission Teams .....	20
Team Leaders .....	20
What To Expect on a Mission Trip .....	20
Joining A Team .....	22
Volunteer Engagement Team .....	22
Application Process and Requirements .....	23
Minor Policy .....	23
Fees and Cost .....	24
Sponsorship Program .....	24
Team Composition and Typical Itineraries .....	26



# TABLE OF CONTENTS

Preparing For Your Trip .....	32
Volunteer Checklist .....	32
Volunteer Packing List .....	34
Travel Information .....	35
Health and Safety Information .....	35
Disease and Illness Precautions .....	36
Additional Safety Precautions .....	37
Share The Mission.....	38

# WELCOME LETTER FROM CEO

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Dear Faith In Practice Volunteer,

Thank you for joining us in our mission to bring health and wellness to those most in need in Guatemala! It takes great courage and selflessness to serve others – especially in a country that you may not have visited or where you may not speak the language. It is quite a big ask and we are grateful to you for saying, “Yes!”

More than thirty years ago, Joe and Vera Wiatt, our founders, answered God’s call to serve in Guatemala. He asked them to trust His plan, to see the beauty of the country and culture they had never known, to experience the unwavering faith of the people, and to bring health to those who were suffering.

What we experience in Guatemala as volunteers transcends our understanding. Proverbs 3: 5-6 states, “Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”

Many of us who volunteer with Faith In Practice experience an awakening when we serve – of our hearts; of our desire to connect beyond what we know, see, and feel every day; and of our faith. Every healing touch from a doctor, comforting hug from a translator or volunteer, or kind smile from the wheelchair technician awakens the spirit of God’s everlasting love – not only in our patients, but also in us.

I pray that you fully open your heart and your mind to this beautiful journey you are about to take! Thank you for giving yourself fully to the mission, to the team, to the people of Guatemala, and to His ask of you. May you be an instrument of peace and healing, and a beacon of hope and faith to others.

In Partnership and Faith,



A handwritten signature in black ink that reads "Katherine Parsley".

Katherine Parsley  
**CEO, Interim**

## **MISSION STATEMENT**

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Faith In Practice improves the health and wellness of underserved Guatemalans through health-related medical missions, community-based health initiatives, robust partnerships, and education while fostering spirituality and compassion in our patients and volunteers.

## **SPIRITUAL PHILOSOPHY & GUIDING PRINCIPLES**

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

*“Faith by itself, if it has no works, is dead.” - James 2:17*

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

*“Accept one another, then, just as Christ accepted you, in order to bring praise to God.” - Romans 15:7*

### **Appreciation of Cultural Differences**

*“There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus.” -Galatians 3:28*

### **Support and Nurture Volunteers**

*“As each has received a gift, use it to serve one another, as good stewards of God’s varied grace.” - 1 Peter 4:10*

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

*“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” - Ephesians 4:32*

### **Courtesy**

*“And let us consider how we may spur one another on toward love and good deeds.” - Hebrews 10:24*

### **Personal Integrity**

*“This is what the Lord requires of you: act with justice, love with kindness and walk humbly with your God.” - Micah 6:8*

### **Professional Ethics**

*“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” - Philippians 4:8*

### **Building Community**

*“Now you are the body of Christ, and each one of you is a part of it.”  
- 1 Corinthians 12:27*



# **SERVING GUATEMALA**



## **GUATEMALA HISTORY AND FACTS**

Guatemala is a beautiful country, rich in cultural traditions and natural resources. Despite this, 59% of the population lives under the poverty line and lacks access to adequate medical care. Additionally, 91% of the indigenous population lives in extreme poverty with limited to no access to food, education, or healthcare.

Of the 17 million people who live in Guatemala, around 41% are Mayan—who are indigenous to Guatemala—while around 56% is Ladino—people of mixed indigenous and European (primarily Spanish) ancestry. The most common dialect is Quiche.

Though Spanish is the official language of Guatemala, 23 different languages are spoken, including 20 Mayan languages. Some of the patients you will see on our teams may speak only a Mayan dialect and not Spanish. There will be translators to help facilitate communication with these patients.



Guatemala was the land of the Mayans for centuries until it was colonized by Spain in the 16th century, and later gained independence from Spain in 1821.

## GUATEMALA HISTORY AND FACTS

After a coup in the 1950s, Guatemala experienced decades of civil war and repression, which led to the death and displacement of hundreds of thousands of Guatemalans, particularly indigenous people.<sup>1</sup> This conflict exacerbated many of the social and economic inequalities that continue to affect Guatemala today.



The healthcare system struggles to meet the health needs of the population. The national hospitals often lack supplies and medicines, and the majority of people cannot afford either the diagnostics or the treatments prescribed by physicians.

## FAITH IN PRACTICE AND GUATEMALA

Faith In Practice seeks to fill this gap in medical care and improve the physical, spiritual, and economic conditions of the underserved in Guatemala through a network of care that integrates surgical, medical, and health-related educational programs, working in partnership with local Guatemalan hospitals and organizations.

This mission is deeply rooted in the Christian tradition, believing that God is working miracles in all our lives as we come together to serve and as we witness God creating a community of faith among our patients, volunteers, and supporters. Through this mission, it becomes clear that those who come to bring healing find themselves healed through the patients and families they meet.

<sup>1</sup> <https://kids.nationalgeographic.com/geography/countries/article/guatemala>



## IMPORTANT CULTURAL REMINDERS

Guatemala embraces a family and community-oriented culture, and Guatemalans are renowned for their warm and welcoming nature. When you bring loving care to our patients, it is important to stay open-minded, self-aware, and respectful of cultural differences.



## PLEASE REMEMBER THAT YOU ARE REPRESENTING FAITH IN PRACTICE WHILE IN GUATEMALA.

### HERE ARE SOME HELPFUL TIPS:

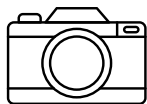
- Do not drink excessively.
- Avoid being excessively loud.
- Dress modestly.
- Do not dress in a way that displays wealth (no flashy jewelry, gold, diamonds, etc.).
- Use a handshake when you greet someone; many people will greet with a kiss on the cheek.
- It is not uncommon for patients to hug you.
- When addressing someone for the first time, use formal titles such as "Señor" or "Señora."
- Do not ask patients about their living conditions, wages, or political situations.



## IMPORTANT CULTURAL REMINDERS

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### PHOTOS



Photos are a wonderful way to capture your time in Guatemala. However, it is considered intrusive to take an abundant number of photos. Ask permission before taking photos of patients or their families (“Puedo tomar una photo?”) and do not promise to send photos to the people you take pictures of, as that may be difficult to do.

The team

Photographer/Blogger will also help capture photos of the trip that you can use.

It is not appropriate to describe people as “poor” in Guatemala as it has very negative connotations, so please refrain from doing so. Instead, you can use the word “underserved.”

You can donate toys, games, coloring books, etc. to our Casa de Fe patient guest house for the patients to use during their stay. Please contact our office for more information.

### GIFTS, CASH, AND TIPPING



Please do not hand out individual gifts, candy, or toys to patients or their children. It sets a precedent that Faith In Practice volunteers will always bring gifts. Please do not give cash to patients or hospital staff. It is unfair to give gifts or money to some patients and not others, and again sets the precedent that all volunteers or teams will be giving out money. If you would like to consider ways to recognize or support patients or hospital staff, please speak with a Faith In Practice staff member.



## WHERE WE SERVE

Through our surgical teams, medical clinic teams, and standalone mobility and women's health clinics, Faith In Practice serves the majority of Guatemala's 22 departments.



### Medical Clinics:

- El Progreso
- Escuintla
- Jalapa
- Jutiapa
- Peten
- Retalhuleu
- Santa Rosa
- Suchitepéquez
- Totonicapán

### Surgery:

- Retalhuleu
- Sacatepéquez

### Mobility and Women's Health:

- Alta Verapaz
- Izabal
- Quetzaltenango
- Quiché
- Sololá

# OUR PROGRAMS

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## SURGICAL PROGRAM

Faith In Practice surgical mission teams operate at one of our two partner hospitals in Guatemala: Obras Sociales del Santo Hermano Pedro in Antigua and Hospital Hilario Galindo in San Felipe, Retalhuleu. Each surgery team consists of 30-50 individuals, running 3-5 operating rooms and providing on average 60-100 surgeries over four days.

The patients treated by these teams are referred for surgery by either our medical clinic teams or by our partner hospitals. Surgical patients generally stay at one of our patient guest houses, Casa de Fe or Casa de Milagros, and are accompanied by our Guatemalan volunteers throughout the process. Thanks to the generosity of our donors, Faith In Practice is able to cover the cost of travel, food, and lodging for the patients during their surgical week.

**The medical professionals who serve on surgical teams provide care within the following surgical specialties:**

- **General**
- **Gynecology**
- **Urology**
- **Orthopedics**
- **Pediatrics**
- **Ear, Nose, and Throat**
- **Plastics**



# OUR PROGRAMS

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## MEDICAL CLINIC PROGRAM

Faith In Practice conducts village medical clinics across Guatemala in rural communities where healthcare is often difficult to access. Teams provide care to more than 1,200 patients over a four-day period.

Our Medical Clinic teams provide the following services:

- **Pediatric clinic**
- **General Medicine clinic**
- **OB/GYN clinic**
- **Cervical Cancer screening**
- **Audiology clinic\***
- **Orthopedic evaluations**
- **Mobility Clinic\***
- **Full pharmacy**
- **On-Site Lab  
(EKG/ultrasound/ basic  
blood and urine analysis)**

***\*Only on select teams***

In addition to evaluating and treating patients' immediate needs, Medical Clinic teams also refer patients for surgery. These patients will generally be scheduled for surgery with one of our surgical teams at the Obras Hospital in Antigua or Hilario Galindo Hospital in Retalhuleu.



# OUR PROGRAMS

## MOBILITY PROGRAM

Faith In Practice's Mobility Program is designed to reach those in need of mobility aids to provide them with a complement of services. Our wheelchairs are provided by our partner, Free Wheelchair Mission, a faith-based nonprofit that designs and manufactures durable wheelchairs specially designed for use in developing countries. Mobility Clinics are held within our Medical Clinic teams, Surgical teams, and as standalone clinics conducted throughout the year, serving communities all across Guatemala.

**Patients who attend a mobility clinic receive the following services:**

- **Medical Consult**
- **Physical Therapy Consult**
- **Surgical Referral (if necessary)**
- **Training on mobility aid usage and pressure sore prevention**



**Depending on their specific needs, patients may receive one of the following mobility aids:**

- **Wheelchairs**
- **Canes**
- **Walkers**
- **Referrals for Specialty Wheelchairs**



# OUR PROGRAMS

## MOBILITY PROGRAM

Oftentimes, mobility patients have spent years relying completely on their family members to carry them on their backs and support them with all their daily needs. The mobility aids given to our patients at these clinics allow our patients to better navigate their surroundings with more independence and greater dignity and gives them the opportunity to live productive and healthy lives. Some patients that come seeking a wheelchair or walker may be referred for surgery with one of our orthopedic surgical teams.



# OUR PROGRAMS

## WOMEN'S HEALTH PROGRAM

Women in Guatemala often do not have adequate access to cervical cancer screenings, and the HPV vaccine is not widely available, so detection is late and treatment options are limited. Faith In Practice's women's health program is designed to identify the disease through a process called VIAA Thermocoagulation before it advances. Our program also teaches and trains local providers to do the same.



Women's Health Clinics are held within our Medical Clinic teams and as standalone clinics conducted throughout the year with partner organizations such as Nursing Heart, Partners in Development, and Xela Aid, enabling us to serve communities in need across Guatemala.

# OUR PROGRAMS

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## WOMEN'S HEALTH PROGRAM

VIAA stands for “Visual Inspection with Acetic Acid,” and the process involves a visual examination of the cervix after acetic acid has been applied. If cancerous or pre-cancerous cells are present, the physician or nurse will treat them via cryotherapy or thermocoagulation at that visit and refer them for additional treatment when necessary. Faith In Practice holds training sessions throughout the year to teach local providers how to use this process to identify and treat pre-cancerous cervical cells.



In instances where patients have been identified with advanced disease, Faith In Practice accompanies and supports the patient through care at the national cancer hospital, INCAN.

## AUDIOLOGY PROGRAM

Audiology Clinics are held within our Medical Clinic and Surgical teams. Audiologists who serve in these clinics use equipment such as an audiometer and tympanometer to assess patients' hearing quality and prescribe them with hearing aids and several months' worth of batteries as needed. We are looking to grow and expand this program in coming years.



## DENTAL PROGRAM

Before the COVID-19 pandemic, each of our medical clinic teams included a dental clinic where dentists and dental hygienists performed extractions, provided pain relief, and treated infections. Additionally, some Obras and Hilario Galindo surgical teams had dentists and hygienists provide preventative, diagnostic, and restorative dental care. This included x-rays, exams, prophylaxis, extractions, restorations, root canals, and other surgical procedures.

Due to pandemic-related concerns and restrictions our dental program was put on pause in 2020. Beginning in 2024, we are re-launching our dental program on select Obras surgery teams.

## CASA DE FE AND CASA DE MILAGROS

Casa de Fe is a patient guest house in Antigua for the patients and their families who travel great distances to receive care at Las Obras Sociales del Santo Hermano Pedro. Casa de Milagros is the patient guest house which offers similar services at Hilario Galindo Hospital in San Felipe. Casa de Fe and Casa de Milagros provide patients and the family members who accompany them with a clean, warm, and secure place to stay before and after their surgeries. They are provided coffee, meals, hot showers, toiletries, and they have access to a chapel 24 hours a day.



# OUR PROGRAMS

## CASA DE FE

Volunteers on Obras Surgery teams may have an opportunity to visit Casa de Fe during the week and spend time cooking meals for the patients and their families, playing with the children, and teaching educational health programs.



Casa de Fe is able to serve hundreds of patients throughout the year due to the generous financial support of volunteers and donors when they purchase commemorative tiles as well as other merchandise such as Guatemalan coffee, jewelry, purses, and Faith In Practice branded scrub caps, water bottles and more. Volunteers will have an opportunity to purchase merchandise during their mission trip. Casa de Fe tiles can be purchased any time through our [website](#).

# OUR PROGRAMS

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## GUATEMALAN VOLUNTEER PROGRAM

Our mission teams could not successfully provide life-changing care to our patients without the valuable efforts of our Volunteer Health Navigators. These volunteers are key to providing a continuity of care to those who live in the areas with the least access to healthcare.



Within each department of Guatemala that we serve, there are designated Volunteer Health Navigators who together lead and manage more than 300 local Guatemalan volunteers and carry out the following responsibilities that are essential to the mission:

- Recruiting patients from among their communities and inviting them to the medical clinics scheduled within their department.
- Working with local municipalities to secure clinic space in schools or multipurpose areas, organize patient flow and clinic spaces, obtain donations of tents, chairs, manage security, etc.
- Recruiting, leading, and managing local volunteers to work beside the U.S. volunteers each day of the clinic.
- Collaborating with U.S. volunteers to ensure the patient receives quality care.
- Accompanying all surgical or specialty referral patients identified during a clinic to their surgical appointments at one of our partner hospitals, helping to organize and manage travel and food.
- Acting as a liaison throughout the patients' stay at our patient guesthouse and hospital.
- Accompanying the patient home safely from the surgery and managing any required follow up care.

## OUR VOLUNTEER MISSION TEAMS

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Volunteers are essential to the mission of Faith In Practice. No matter what role you fill on the team, when you join a Faith In Practice mission team, you join an entire network of volunteers and play an essential role in providing health care to patients who otherwise might not have access to care.

### TEAM LEADERS

Each mission team has 1-3 “team leaders.” These team leaders are volunteers that provide leadership to the team both before and during the trip. They recruit team members to fill the volunteer roles on the team, procure supplies and medications for the team, and work closely with staff to help prepare and organize the logistics of the trip. When you join a team, your team leader will be an important point of contact for you and will be there to provide you guidance alongside our staff during the mission week.

### WHAT TO EXPECT ON A MISSION TRIP

Mission trips are 7 or 8 days, either Saturday to Saturday or Friday to Saturday. The team will start out every day with a short devotional. Teams will spend around 8 hours per day serving patients at the hospital or clinic site. On Friday, each team will have free time in Antigua to explore and rest. All meals will be provided, except during the free day on Friday and if you choose to get meals outside of the group setting during the week.

# OUR VOLUNTEER MISSION TEAMS

## WHAT TO EXPECT ON A MISSION TRIP

As a volunteer, you will make an important, life-changing impact on the patients you serve and can expect to feel fulfilled by the work you are doing. Here is what some of our volunteers say about their experience serving with Faith In Practice:



***“I love Guatemala because it feels like a small community. Whatever you need, someone will tell you where to find it. There’s so much I love about Guatemala. Every day something beautiful happens.”***

**— Nancy, 15 Faith In Practice mission trips**

***“Of all the ways I’ve given back, this is my favorite because I have the honor of witnessing deep care and compassion. Seeing someone’s life change by being given a wheelchair cracks me open every time. Watching our providers truly listen and care. It’s beautiful.”***

**— Annie, 3 Faith In Practice mission trips**



***“It fills up my cup. I was curious about this and when I got here it totally changed who I was. It brings out humanity and humility I’ve never felt before in my life.”***

**— Esther, 4 Faith In Practice mission trips**

***“This is the most tangible way for me to see the difference we make in healthcare. I’ve always wanted to help others – this is the purest form I have ever felt.”***

**— Kat, 6 Faith In Practice mission trips**



# OUR VOLUNTEER MISSION TEAMS

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## JOINING A TEAM

There are several different medical and non-medical volunteer opportunities on our mission teams. Many of our volunteers are recruited directly by team leaders for specific roles that need to be filled on the team. For volunteers who are interested in serving with Faith In Practice but may not be connected to a specific team, we can work with you to find the right volunteer opportunity for you on one of our teams, based on availability and your skills and interest. You can review the Team Composition section of this Handbook to see what volunteer opportunities are available.

## VOLUNTEER ENGAGEMENT TEAM

Our staff will support you throughout the volunteer process. The Volunteer Engagement Team, which is based in our Houston office, works closely with the volunteers and team leaders to plan and prepare each team for their week in Guatemala. Staff from the Volunteer Engagement Team will be in contact with you about your volunteer application and about your trip. We are available to help answer any questions or concerns you may have. You can contact us at:

[teams@faithinpractice.org](mailto:teams@faithinpractice.org)

(713)-814-5590

Once you arrive in Guatemala, staff from either the Surgery Program or Medical Clinic Program, depending on the type of mission team you are serving on, will be with you and your team throughout the entire mission week.



# OUR VOLUNTEER MISSION TEAMS

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## APPLICATION PROCESS AND REQUIREMENTS

If you have been invited by a team leader to join their team, you can submit your application for that team and let the team leader know you are applying for their team. If you do not know which team to join but want to volunteer with Faith In Practice, please reach out to us at [teams@faithinpractice.org](mailto:teams@faithinpractice.org) so we can work to place you on a team.

To complete your application, all volunteers are required to pay a non-refundable application fee of \$125. This fee helps to cover the cost of the administrative work associated with checking and processing over 1,300 applications each year and the planning, organizing, and managing of the trips.

Applications and application fees must be submitted 90 days prior to the trip.

## MINOR POLICY

Potential volunteer opportunities may be available for individuals under the age of 18 but are not guaranteed. Minors may be allowed to serve on a mission team with certain restrictions: the minor must complete a separate interview process with a Faith In Practice volunteer manager, a parent or permanent legal guardian must accompany the minor during the entire mission week and must serve in a non-clinical role, space must be available for the parent/legal guardian and minor on the team, and the team leader must approve the minor joining their team.

# OUR VOLUNTEER MISSION TEAMS

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## FEES AND COSTS

There is a non-refundable application fee of \$125 due at the time of applying. In addition, there is a trip fee of \$1,400 for a 7-day trip or \$1,450 for an 8-day trip. The trip fee covers some of the costs associated with lodging, meals, and ground transportation for volunteers traveling on the team flight, and medical emergency insurance (not trip cancellation insurance). Faith In Practice absorbs the remaining cost associated with in-country travel and lodging through the generosity of our many donors and supporters. Our goal is to keep the mission accessible by keeping trip fees minimal. Our ability to serve is only possible because of people like you who believe in giving back to those less fortunate. Additionally, all volunteers are responsible for purchasing their own flights to and from Guatemala City.



There will be no refund of the trip fee for cancellations made 15 days or less prior to the departure date. The application fee, which supports pre-trip administration costs, is not eligible for a refund.

Please speak with your team leader for more information on how to apply for sponsorship (financial aid) if you need assistance covering the cost of the fees.



# OUR VOLUNTEER MISSION TEAMS

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## SPONSORSHIP PROGRAM

Faith In Practice has a sponsorship program to help volunteers with the cost of their trip fee. Sponsorship only applies to the trip fee, not the application fee or cost of flights. You can request sponsorship up to \$600. If you need additional financial assistance, please talk to your team leader.

In order to receive sponsorship, an application form will need to be completed by both you and one of your team leaders. You should notify your team leader if you are interested in applying for sponsorship. You can request sponsorship application forms from your team leader or by contacting [teams@faithinpractice.org](mailto:teams@faithinpractice.org).

Sponsorship requests are awarded based on various criteria. Please refer to the sponsorship application form for more information.



# OUR VOLUNTEER MISSION TEAMS

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## TEAM COMPOSITION AND TYPICAL ITINERARIES

### MEDICAL CLINIC TEAMS

#### Medical Roles

- 2-3 General or family practice physicians or nurse practitioners
- 1-2 Pediatric or family practice physicians or nurse practitioners
- 1 Orthopedic specialist
- 1-2 OB/GYN physicians or nurse practitioners
- 1-2 Laboratory
- 2-3 Pharmacists and pharmacy assistants
- 1-2 Imaging Specialist: including sonographers or radiologists

#### Non-medical roles

- 1 Clergy/Spiritual Leader
- 1 Photographer/Blogger
- Interpreters (depends on Spanish level of providers)

#### Roles for select Medical Clinic teams with a Mobility Clinic

- 1 General or family practice physician or nurse practitioner
- 1-2 Physical or Occupational therapists
- 2-3 Wheelchair assemblers
- 1-2 Interpreters

#### Roles for select Medical Clinic teams with an Audiology Clinic

- 1-2 Audiologists



# OUR VOLUNTEER MISSION TEAMS

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## Typical Weekly Schedule for Medical Clinic Team

**Friday/Saturday:** Team arrives in Guatemala; hotel check-in and orientation/ team meeting

**Sunday:** Team travels to village and sets up clinic site; Check into hotel; Team meeting and clinic/triage orientation

**Monday:** Clinic day

**Tuesday:** Clinic day

**Wednesday:** Clinic day

**Thursday:** Clinic Day; tear down and pack up clinic at the end of the day; Celebration Dinner at village hotel

**Friday:** Team travels to Antigua; free afternoon as schedule permits

**Saturday:** Team rides Team Bus to airport in Guatemala City and departs

## Typical Daily Schedule for Medical Clinic Team

Subject to change

**6:00 a.m.** Daily devotional

**6:15 a.m.** Breakfast at hotel

**7:00/7:30 a.m.\*** Depart for clinic site

**8:00 a.m.** Clinic begins

**12:00-2:00 p.m.** Lunch in shifts

**4:00 p.m.** Wrap up clinic

**4:30 p.m.** Depart for Hotel

**7:00 p.m.** Dinner

\*Time may vary based on commute time from hotel to village clinic site.

# OUR VOLUNTEER MISSION TEAMS

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## TEAM COMPOSITION AND TYPICAL ITINERARIES

### OBRAS SURGERY TEAMS

#### Medical Roles

The number of personnel on the team will vary and depend on the number of operating rooms and surgical specialties.

**4-6 Surgeons**

**5-6 Anesthesia Providers**

**1 Operating Room Director**

**4-5 Scrub Nurses/Scrub Techs**

**4-5 Nurse Circulators**

**3-5 Post-Op Nurses**

**1 Pre-Op Nurse**

**1 Ward Physician/Nurse**

**1 Pharmacist**

#### Non-medical roles

**1 Clergy/Spiritual Leader**

**1 Photographer/Blogger**

**Interpreters (depends on Spanish level of providers)**

#### Roles for select Obras teams with a Mobility Clinic

**1 General or family practice physician or nurse practitioner**

**1-2 Physical or Occupational therapists**

**2-3 Wheelchair assemblers**

**1-2 Interpreters**

#### Roles for select Medical Clinic teams with an Audiology Clinic

**1-2 Audiologists**

# OUR VOLUNTEER MISSION TEAMS

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## Typical Weekly Schedule for Obras Surgery Team

**Saturday:** Team arrives in Guatemala; hotel check-in and orientation/  
team meeting

**Sunday:** Hospital Orientation at 8:00 a.m.; unpack supplies and prepare  
operating rooms; Patient triage (generally until 4:00 pm)

**Monday:** Surgeries

**Tuesday:** Surgeries

**Wednesday:** Surgeries

**Thursday:** Surgeries; clean and pack up supplies; Celebration Dinner

**Friday:** Morning rounds; free afternoon in Antigua as schedule permits

**Saturday:** Team rides Team Bus to airport in Guatemala City and departs

## Typical Daily Schedule for Obras Surgery Team

Subject to change

**6:00 a.m.** Daily devotional

**6:15 a.m.** Breakfast at hotel; team meeting

**6:50 a.m.** Walk to Hospital

**7:00 a.m.** Rounds; prepare for surgeries

**7:30 a.m – 5:00 p.m.** Surgeries, recoveries, discharges (last patient in the  
OR by 3:30 p.m.)

\*Snacks and lunch provided at hospital

**5:00 p.m.** Afternoon rounds with Obras physician

**5:30 p.m.** Depart for Hotel

**7:00 p.m.** Dinner

## **OUR VOLUNTEER MISSION TEAMS**

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### **TEAM COMPOSITION AND TYPICAL ITINERARIES**

#### **HILARIO GALINDO SURGERY TEAMS**

##### **Medical Roles**

The number of personnel on the team will vary and depend on the number of operating rooms and surgical specialties.

**3-5 Surgeons**

**3-5 Anesthesia Providers**

**1 Operating Room Director**

**3-4 Scrub Nurses/Scrub Techs**

**3-4 Nurse Circulators**

**2-4 Post-Op Nurses**

**1 Pre-Op Nurse**

**1 Ward Physician/Nurse**

**1 Pharmacist**

##### **Non-medical roles**

**1 Clergy/Spiritual Leader**

**1 Photographer/Blogger**

**Interpreters (depends on Spanish level of providers)**

##### **Roles for select Obras teams with a Mobility Clinic**

**1 General or family practice physician or nurse practitioner**

**1-2 Physical or Occupational therapists**

**2-3 Wheelchair assemblers**

**1-2 Interpreters**

##### **Roles for select Medical Clinic teams with an Audiology Clinic**

**1-2 Audiologists**



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## OUR VOLUNTEER MISSION TEAMS

### Typical Weekly Schedule for Hilario Galindo Surgery Team

**Friday:** (for teams arriving on Friday) Team arrives in Guatemala City; Hotel Check-in; Team Orientation if time permits.

**Saturday:** (for teams arriving on Saturday) Team arrives in Guatemala City and rides Team Bus to Retalhuleu; Hotel Check-in; Team Orientation and tour of hospital if time permits.

**Sunday:** Set up operating rooms; Patient triage (generally 7:00 am until 4:00 pm)

**Monday:** Surgeries

**Tuesday:** Surgeries

**Wednesday:** Surgeries

**Thursday:** Surgeries; clean and pack supplies; Celebration Dinner at hotel

**Friday:** Team travels to Antigua; free afternoon as schedule permits

**Saturday:** Team rides Team Bus to airport in Guatemala City and departs

### Typical Daily Schedule for Hilario Galindo Surgery Team

Subject to change

**6:00 a.m.** Daily devotional

**6:15 a.m.** Breakfast at hotel; team meeting

**6:45 a.m.** Depart for Hospital

**7:15 a.m.** Rounds; prepare for surgeries

**8:00 a.m. – 5:00 p.m.** Surgeries, recoveries, discharges

\*Snacks and lunch provided at the hospital

**5:00 p.m.** Afternoon rounds with Hilario Galindo physician

**5:30 p.m.** Depart for Hotel

**7:00 p.m.** Dinner

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## PREPARING FOR YOUR TRIP

To prepare for your mission trip, we recommend reviewing the health and safety information, travel information, and important cultural reminders provided in this handbook. For additional information and the most up-to-date resources, visit our [Volunteer Resource](#) page.

Around 20 - 30 days before your mission trip, you will receive a volunteer welcome packet that will include a Faith In Practice t-shirt (if requested), information and materials about Share The Mission fundraising, an emergency contact card so you can contact staff upon your arrival, and helpful information about packing and preparing for the trip.

## VOLUNTEER CHECKLIST

- **Read the Volunteer FAQs.** The Volunteer FAQs is an excellent resource full of the most up-to-date information about serving with Faith In Practice and can be found on our [website](#).
- **Set up your Share The Mission fundraising page.** Share The Mission is Faith In Practice's fundraising program, which raises money to cover the costs of patient care such as supplies, medication, patient transportation, and administrative costs. To set up your fundraising page, follow the instructions in the [Fundraising Toolkit](#).
- **Medical supplies.** If you plan to bring any medical supplies or medications, you should contact your team leaders about the customs process. If you are a medical provider, you should plan to bring your own stethoscope, otoscope, and head lamp.



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## PREPARING FOR YOUR TRIP

### VOLUNTEER CHECKLIST

- **Book Flight.** After you are officially added to your team, contact your team leaders for information about the official team flight. Due to safety and security requirements, all team members must arrive in Guatemala on the same official team flight. When leaving Guatemala, team members must depart on flights within the same timeframe and ride the team bus to the airport.
- **Pay Trip Fee.** The trip fee covers the cost of hotel rooming, food, transportation on the team bus, and trip insurance for the week. We ask that you pay the trip fee by 45 days before your team departs. You can make this payment online, by mail, or by phone.
- **Notify us of any dietary restrictions.** If you did not include any dietary restrictions or allergies on your application, please contact us no later than 30 days before your trip so that we can arrange the proper accommodation for you.
- **Pack for your trip.** Check out the suggested packing list included in this Handbook and in the volunteer portal for tips on what to bring with you on your trip to Guatemala.



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## PREPARING FOR YOUR TRIP

### VOLUNTEER PACKING LIST

Use the list below as recommendations for packing. Out of respect for Guatemalan culture, we recommend all volunteers dress modestly during their trip.

#### Clothing

- T-Shirts, long sleeve shirts, and jacket
- Jeans or lightweight pants
- One dressy-casual outfit for celebration dinner
- Comfortable walking shoes
- Flip flops (for the shower)
- Rain jacket or poncho
- Underwear, socks, etc.
- Pajamas
- Swimsuit (some hotels have pools)

#### Medical

- Personal medication
- Medicine for motion sickness, stomach issues, etc.
- Antibiotics
- Tylenol or ibuprofen
- Stethoscope, otoscope, headlamp (medical clinic team providers)

#### Toiletries

- Shampoo and conditioner
- Body wash/soap
- Toothbrush, toothpaste
- Lip balm
- Sunscreen
- Lotion
- Insect repellent
- Hand sanitizer
- Kleenex

#### Miscellaneous

- Phone charger
- Passport
- Sunglasses
- Ear plugs
- Notebook and pen
- Bible
- Spanish/English dictionary
- Extra wash cloth

**Scrubs** will be provided to all team members at the hospital and medical clinic sites.

Outlets in Guatemala are the same as in the U.S. so **no need to bring a power adapter.**

**May through October is rainy season** in Guatemala. Bring warmer clothes to wear if serving in Tonicapán or Quetzaltenango.

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## PREPARING FOR YOUR TRIP

### TRAVEL INFORMATION

You must have a valid passport to travel to Guatemala. A visa is not required for U.S. citizens. Please bring a copy of your passport with you. For additional travel information, **visit the U.S. State Department website**. If your passport is from a different country, please check your country's travel requirements to enter Guatemala.

Volunteers are responsible for purchasing their own airfare and are expected to travel to and from Guatemala on the team flights. Team leaders select the team flights to and from Guatemala and will communicate that information with their team members.

Volunteers should make every effort to travel to Guatemala on the team flights or select flights that arrive or depart within 1 hour of the team flights.

Faith In Practice provides secure travel for volunteers between the airport and the team's mission location on the team bus.

### HEALTH AND SAFETY INFORMATION

Please refer to the **Center for Disease Control** for the most up-to-date health recommendations for travel to Guatemala. We encourage you to also consult your primary physician about individual health needs while traveling internationally.

Each team will have a medical professional serving as the designated Team Doctor. If you have any medical concerns or experience any symptoms of illness during your trip, you should consult the team doctor and your team leaders right away.

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## PREPARING FOR YOUR TRIP

### DISEASE AND ILLNESS PRECAUTIONS

There are potential risks for contracting diseases such as Zika, Malaria, Dengue, Chikungunya, and others when traveling to Guatemala. Please take precautions to minimize risks and stay safe and healthy during your mission week.

- **Wear long sleeves and use insect repellent to avoid mosquito bites, especially if you will be travelling to warm and humid areas of Guatemala.**
- **Talk to your primary care physician about recommended vaccinations or Malaria pills before your trip.**
- **Please refer to the Center for Disease Control or World Health Organization for additional recommendations and updates on prominent diseases.**



**While in Guatemala, you should avoid ingesting tap water as it can make you ill. You should take the following precautions:**

- **Drink only bottled water (bottled will be provided at the hotels and hospitals each day).**
- **Avoid ice cubes which may have been made from tap water.**
- **Do not use tap water when brushing your teeth, use bottled water only.**
- **Avoid eating lettuce or other raw vegetables that may have been washed with tap water.**

**Do not eat food from street vendors. Our staff can share a list of recommended safe restaurants to eat at during your trip.**



## PREPARING FOR YOUR TRIP

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### ADDITIONAL SAFETY PRECAUTIONS

- Be aware of your surroundings at all times.
- Walk in groups and avoid walking at night.
- Do not drink excessively.
- If you are out after dark, take a taxi.
- Do not ride Tuk tuks (small, motorized three-wheel taxis).
- Do not wear nice jewelry or carry large sums of money with you.
- Do not carry your passport with you; leave it locked in the hotel safe.
- Do not hike the volcanoes.
- Avoid using ATMs.



## SHARE THE MISSION

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Share The Mission (STM) is our volunteer fundraising program. We depend on the funds raised through Share The Mission to support the costs of caring for each of our patients.

Although only you and your team travel, your family and friends can participate in this life-changing medical mission by providing desperately needed healthcare in Guatemala. Their prayers and donations make a difference for all Faith In Practice patients by directly supplying:

- Medical supplies and medications
- Pre-and post-operative screenings and follow-up care
- Transportation, housing, and food for patients and Guatemalan volunteers
- Infrastructure and administrative costs ensuring efficient care
- Wheelchairs, mobility aids, prostheses, and hearing aids
- Special case management and a referral system

## HOW TO PARTICIPATE

All volunteers are asked to participate in Share The Mission by setting up an individual fundraising page and inviting their family and friends to make a donation in support of this life-changing mission. To get started, check out the **Share The Mission toolkit** on the Faith In Practice website. It includes a guide on how to set up a page, tips for managing your page, and helpful email and social media templates

If you need assistance with setting up your Share The Mission page or general questions, please contact **[sharethemission@faithinpractice.org](mailto:sharethemission@faithinpractice.org)**.

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If you have additional questions, please contact our  
Houston office.

**[teams@faithinpractice.org](mailto:teams@faithinpractice.org)**

**(713) – 814 – 5590**

We can't wait to see you on a Faith In Practice mission trip!



**Faith In Practice**

Life Changing Medical Mission

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