



PREPARING FOR YOUR TRIP

6 MONTHS BEFORE YOUR TRIP

COMPLETE AND SUBMIT YOUR APPLICATION

- LMR uses an application process both to gather information about you and to advise you of the expectations we have for all team members.
- A non-refundable deposit of \$400 CAD or \$275 USD is required 30 days after your application has been processed. This deposit will be applied to the total cost of your trip.

HAVE A CURRENT PASSPORT

- The expiry date on your passport must be no less than **six months prior to the date of your return** to Canada. If not, you will need to obtain a new passport.
- If you have not done so on your trip application, please provide us with your passport information as soon as possible:
 - Name exactly as it appears on your passport.
 - Country of Issue; Passport Number; Expiry date
- LMR needs this information to be able to book your flights. Your name on the airline booking must be exactly as it appears on your passport.

GET THE NECESSARY VACCINATIONS

1. Hepatitis A & B (TWINRIX)

- The Hepatitis A & B vaccine (TWINRIX) is a 3-dose regimen that is administered over six months. The second dose is given 1 month after the first, and the third dose 6 months after the first. LMR requires that you receive at least the first 2 doses before your trip.
- You can arrange with your family doctor to receive this vaccine. It is also available at travel clinics and at some drugstores. If you have a drug plan that covers TWINRIX, you will need a prescription from your doctor.

2. Tetanus

- You also need to make sure your Tetanus shot is up to date. If it has been 10 years or more since you had a Tetanus shot, you must get another one.
- Cost: This is typically free of charge from your family physician.

4 MONTHS BEFORE YOUR TRIP

FLIGHT ARRANGEMENTS

- This is the responsibility of the individual or of Love Made Real, depending on mutual agreement.
- To avoid multiple trips to the airport, the flights of all team members should arrive at and depart from Guatemala International Airport at approximately the same time.
- If you are Canadian and would like a tax receipt for your airfare costs, LMR needs to book your flight for you.

If LMR is booking your flights, we need to receive your payment at this time.

- As well, please provide Guy with a copy of your passport so he has accurate information to make your booking.

2 MONTHS BEFORE YOUR TRIP

FINAL PAYMENT DUE

- Your final payment consists of Room & Board, Transportation, and Project costs, less your \$400 CAD or \$275 USD Deposit.

2 – 4 WEEKS BEFORE YOUR TRIP

TRAVEL MEDICAL INSURANCE

- Purchase out-of-country medical insurance, should you not already have such insurance. This can be obtained at your local bank or your insurance company.
- **Please make sure to provide a copy of this information to Guy prior to your departure.**

DUKORAL VACCINE

- DUKORAL is an oral vaccine that you may choose to take to protect against traveler's diarrhea. It can be purchased over the counter, but if you have a drug plan that covers it, you will need a doctor's prescription.
- 2 doses are required for first-time users. The second dose needs to be taken 1 week after the first and 1 week before you arrive in Guatemala. If you have taken DUKORAL in the past 2 years, you will only need a booster of 1 dose.

OTHER MEDICAL

- Purchase an antidiarrheal medication, such as Imodium, and an antibiotic cream, such as Polysporin (or their generic versions).
- Ensure you have a sufficient supply of your personal medications for the duration of your trip.

PURCHASE GUATEMALAN QUETZALES FROM YOUR BANK or FOREIGN EXCHANGE OUTLET

- **You cannot exchange Canadian currency in Guatemala.**
- The local currency is the Guatemalan Quetzal (Q). **We prefer that you obtain Quetzales in your home country before you leave,** as trips to the bank can eat into our already busy schedule.
- We recommend that you order Quetzales from your financial institution two or three weeks in advance of your trip for all your in-country purchases. One Canadian dollar is worth approximately 5 Quetzales; one US dollar is worth approximately 7 Quetzales.
- Note that not all merchants accept US cash.
- Expenses could include the following:
 - Usually, teams like to have one or two meals together at a restaurant in Antigua. (\$35/165 Q per meal)
 - Spending money while in Guatemala – lots of opportunities to buy souvenirs. (\$220/1100 Q)
 - Optional: Some teams like to do a trip to a local tourist area, like Lake Atitlan, Volcano Pacaya, or a beach on the Pacific Coast. These costs would be quoted separately if your team is interested.
- If you are flying through the US, you may also require some American funds for the American airports, optional.
- Not all ATMs in Guatemala are safe to use. If for some reason you unexpectedly need to withdraw Quetzales using your debit or credit card, Guy will take the team to a safe location.
- The credit card of choice in Guatemala is VISA.

SETTING UP COMMUNICATION

- Set up the WhatsApp app on your phone and add Guy and Beth's phone numbers to your contacts. Guy's Phone #: 1 613 296-2815; Beth's Phone #: 1 613 894-6725
- Make sure Guy's email is in your contacts (grobittaille57@gmail.com) and/or that you are friends with Guy on Facebook so you can contact him in Messenger.
- All these options are free only if you use an airport's or the Mission house's Wi-Fi.
- If you desire to use data or to telephone to Canada or the US while in Guatemala, you will need to purchase an international plan from your service provider.

WHAT TO PACK

Documents

- Original Passport & 2 colour photocopies
- Provincial Health Card
- Trip itinerary with Flight numbers and times
- Out-of-country health insurance documents
- Address and phone number for house in San Lucas (in case of lost luggage)

Money

- Quetzales (Guatemalan Currency)
- US Dollars for airports
- ATM card and one credit card (VISA)
- Money belt, security pouch, or crossbody bag

Clothing for Temperatures 20° – 25° C (Modest necklines and shorts/skirt lengths please)

- Work clothes – T-shirts and summer pants or shorts
- Work gloves
- Running shoes with hard soles
- Casual tops and pants/shorts/dresses for church, shopping, etc.
- Warm sweater or jacket for evenings or early mornings
- Pyjamas, underwear, and socks; slippers for cold floors
- Sandals
- Hat and Sunglasses

Toiletries

- Toothbrush and toothpaste
- Soap, shampoo, moisturizers, etc.
- Shaving equipment/Hair dryer
- Sunscreen
- Face cloth
- Personal Medication(s), including Gravol and Antihistamines if needed
- Anti-diarrhea medication
- Anti-bacterial cream
- Personal-sized Kleenex packages, for washrooms without toilet paper

Other

- School type backpack for lunches
- Water Bottle
- Personal electronics and charging cables

What NOT to bring - Expensive jewellery/watches/rings/necklaces