

Quick Facts

Living Waters Team Trip to Guatemala

How much will it cost?

Team members should be prepared to pay for about five or six meals on the trip. All other meals will be paid by monies that we raise through donations, grants and fundraisers.

Team members will not be expected to pay for accommodations, airfare or ground transportation. All of these expenses will be paid by monies that we raise through donations, grants and fundraisers.

You will want to have some spending money available for purchasing souvenirs and purchasing snacks and drinks during the week.

Will I be asked to help raise funds for the project and trip?

Yes!

Do I need a passport?

Yes. If you do not have a passport, apply early, as it can take several months to get one. Recently the turnaround has been about three weeks, but do not delay applying if you do not have a passport. If departure time arrives and your passport has not, you can't go, and we will forfeit the cost of your plane ticket.

http://travel.state.gov/passport/passport_1738.html

Do I need a Visa?

No.

Do I need a birth certificate?

No.

What immunizations do I need?

Some of the recommendations conflict depending on the source of the information, so you will need to make your own decisions. However, here is some information from the following web sites (you should visit these sites and others to research this more thoroughly).

(Note that the recommendations for malaria immunizations specifically exclude the areas of Lake Atitlan and Antigua. We will be spending the week at Lake Atitlan and a day in Antigua. We will travel into and out of Guatemala City. The malaria map specifically shows all of the above areas as “minimal risks - antimalarials usually not advised”)

http://wwwn.cdc.gov/travel/destinationGuatemala.aspx#mal_risk

http://www.mdtravelhealth.com/destinations/mamerica_carib/guatemala.php

<http://www.fitfortravel.scot.nhs.uk/destinations/malariamaps/guatemala.htm>

Summary of recommendations:

All travelers should visit either their personal physician or a [travel health clinic](#) 4-8 weeks before departure.

Malaria: Prophylaxis with chloroquine is recommended for all rural areas below altitude 1500 m (4921 feet), except Antigua and Lake Atitlan.

Vaccinations:

Hepatitis A	Recommended for all travelers
Typhoid	Recommended for all travelers
Yellow fever	Required for travelers arriving from a yellow-fever-infected area in Africa or the Americas
Hepatitis B	Recommended for all travelers
Rabies	For travelers spending a lot of time outdoors, or at high risk for animal bites, or involved in any activities that might bring them into direct contact with bats
Measles, mumps, rubella (MMR)	Two doses recommended for all travelers born after 1956, if not previously given
Tetanus-diphtheria	Revaccination recommended every 10 years

Your local health department will be able to supply all of these immunizations; the cost is not prohibitive (perhaps on the order of \$100 - \$150), and the costs vary for the different immunizations. If you need any of them, go ahead and make the arrangements now.