

### Refuge International Code of Conduct

It is imperative that you read and understand our Code of Conduct policy (separate document) prior to joining us in Guatemala. Infractions will result in you being sent home at your own expense.

### HEALTH & HYGIENE ISSUES

**Food & Water:** Tap water is NOT SAFE for drinking or brushing your teeth anywhere in Guatemala. While at the clinic, local staff will prepare our meals. Safe food and water are a top priority. While fresh fruits and vegetables are readily available, it is best to eat only that which has a thick peel protecting the inner fruit such as bananas, oranges, etc. Local produce can be eaten, but only after being cleansed by the kitchen staff. It is inadvisable to eat food for sale in open-air markets or from street vendors. Carrying hand sanitizer or Clorox wipes is a good health precaution as you travel in Guatemala.

### Guidelines from the CDC:

Unclean food and water can cause traveler's diarrhea and other diseases. Travelers to developing countries are especially at risk. Reduce your risk by sticking to safe food and water habits.

### Food

#### Eat:

- Food that is cooked and served hot
- Hard-cooked eggs
- Fruits and vegetables, you have washed in clean water or peeled yourself
- Pasteurized dairy products

#### Don't Eat:

- Food served at room temperature
- Food from street vendors
- Raw or soft-cooked (runny) eggs
- Raw or undercooked (rare) meat or fish
- Unwashed or unpeeled raw fruits and vegetables
- Condiments (such as salsa) made with fresh ingredients
- Salads
- Flavored ice or popsicles
- Unpasteurized dairy products
- "Bush meat" (monkeys, bats, or other wild game)

### Beverages

#### Drink:

- Water, sodas, or sports drinks that are bottled and sealed (carbonated is safer)
- Water that has been purified/disinfected (boiled, filtered, treated)
- Ice made with bottled or purified water
- Hot coffee or tea
- Pasteurized milk

#### Don't Drink:

- Tap or unfiltered well water
- Fountain drinks
- Ice made with tap or unfiltered well water
- Drinks made with tap or unfiltered well water (such as reconstituted juice)
- Unpasteurized milk

## **Bathing and Swimming**

Unclean water can also make you sick if you swallow or inhale it while bathing, showering, or swimming. Try not to get any water in your nose or mouth. In most areas, tap water is not safe for brushing your teeth, and you should use bottled water. People who are elderly or have weakened immune systems might want to stay away from areas where there is a lot of steam and water vapor that can be inhaled, such as showers and hot tubs.

**Malaria, Chikungunya, Dengue, and Zika:** Sarstun sits almost at sea level in a tropical/coastal region of Guatemala and precautions should be taken to avoid mosquito-borne illnesses such as dengue, chikungunya, zika and malaria. **Malarial Prophylaxis** is recommended for Guatemalan regions below 1,500 meters altitude. A mosquito repellent containing DEET should be used. You may also consider spraying your clothing with Permethrin, which should be done at home prior to packing for the trip.

**Typhoid Fever:** CDC recommends that travelers to Guatemala receive Typhoid vaccination.

**Tetanus Immunization:** Please be current with your tetanus booster. No cholera immunization is necessary at this time.

**Hepatitis A Immunization:** The series are recommended for everyone. Hepatitis A is transmitted through contaminated food and water.

**Hepatitis B Immunization:** This is also recommended for anyone likely to come in contact with blood or body fluids.

**Traveler's Diarrhea:** Please refer to the CDC's website for travelers. You will note that there are no recommendations for prophylaxis for traveler's diarrhea other than watching what you eat and drink. However, some sources recommend taking 2 Pepto Bismol tablets 4 times a day, while others recommend prophylactic antibiotics. For concerns, please contact your personal physician regarding this issue. Certainly if anyone becomes ill, we will provide care in the clinic.

**Motion or Seasickness:** We have a long journey by small (private) bus and then by boat to get to Sarstun. If you suffer from motion or seasickness, please be sure to bring medication with you!

**Hygiene: Nowhere in Guatemala can toilet paper be flushed down the toilet.** The septic systems are not capable of handling it and it will back up right away. **Always dispose of toilet tissue in the waste paper basket.**

## **PACKING**

### **Clothing**

Refuge International medical mission t-shirts will be distributed prior to the trip and must be worn for arrival into Guatemala. These shirts help us to identify each other, as well as assist us getting through customs in Guatemala.

During clinic hours, all volunteers wear scrubs. There are scrubs to borrow at the clinic in Sarstun, or you may bring your own. After clinic hours, most people continue to wear their scrubs, but if you choose to change, attire is casual, jeans, etc. No short-shorts are worn in the clinic, even after hours. Elsewhere in the country, out of respect for the local people and their culture, the following guidelines for dress are suggested. For all: no exposed armpits or thighs, no tight clothing. Slacks, jeans, casual shirts or t-shirts are fine for men. For women, clothing should be loose, skirts- below knees, pants baggy. If traveling in December, bring a light jacket or sweater; the weather can be cool, especially in the mornings and evenings. Otherwise, it is hot and hotter.

### **Luggage**

ONE carry-on, which must meet airline specifications, such as small roller, backpack, or small duffel is allowed. (Check with your airline for carry-on requirements). When going through security, travelers are only permitted one carry-on and ONE personal "bag", such as tote bag, purse or laptop case.

**All personal items that you will need for the week can be packed in your carry-on if you adhere to the essential packing list below and forgo non-essential items. You will be surprised how simply you can live!**

**One checked bag** should be reserved for medical supplies which are essential to our trip. Depending on your location and itinerary, we will delivery a Refuge International medical bag to you before checking in for your flight. If you decide to take an additional personal bag (besides your carry-on) you will be responsible for any additional charges associated with a second checked bag. If you are charged an airline fee for the medical bag you are carrying for Refuge International, please keep your receipt and we will reimburse you for this expense (note that the reimbursement amount is based on the charge for a “first” checked-bag).

*Because you will have limited personal packing space, these items will be provide for you at the clinic:*

- One towel
- All bedding
- Scrubs (3 sets)

### **Personal Packing List**

Be sure that your liquid items all fit in one, quart-size Ziploc bag.

**Clinicians: Please bring your own otoscopes, stethoscopes and mini pulse-oximeters to use in your clinic room, as we do not have enough of these items to supply on-site.**

**Anesthesia Providers: Please bring your own laryngoscope.**

- Mosquito Repellant
- Passport and color copy of your passport photo page
- Underwear
- Personal medications
- Closed-toe shoes for clinic
- Sweater or jacket (wear this on the plane to save packing space)
- Washcloth or scrubbie (even hotels do not have washcloths)
- Shower shoes/flip flops
- Good rain jacket or poncho
- Long-sleeved shirt (if you are cold-natured, to wear under scrubs)
- Swimsuit and sunscreen
- Hat
- 2-3 outfits for Antigua and travel home from Guatemala
- Reusable water bottle and travel coffee mug
- Camera
- Small flashlight/headlamp
- Book or magazine
- Earplugs
- Optional:
  - 2 or 3 sets of scrubs – if you do not want to wear those provided by the clinic
  - Individually-wrapped snacks – you will be fed very well on trip, this is just in case you need something specific or extra.

**PLEASE DO NOT WEAR ANY EXPENSIVE JEWELRY IN GUATEMALA.**

It might make you, or the group, a target for thieves.

### **Optional: Items for local residents**

These are good items to bring to the clinic: Toothbrushes, toothpaste, bath and hand soap (non-scented), shampoo, lotion, Chapstick, small jars (personal size) of Vaseline and washcloths. All items will be given out in clinic by the attending clinicians or in pre-op/post-op or pharmacy. **Nothing is to be given outside the hospital or in the courtyard.**

Refuge International supports indigenous schools in Guatemala. These schools are very remote and get very little attention. Their need for supplies and financial support is very acute. Should you feel the desire to help with education, here is a list of common school supplies that are always very much in need: pencils, crayons, spiral notebooks, markers, tape, construction paper, children's scissors, children's book in Spanish, flash cards, and rulers; also playground items such as balls.

## **MONEY**

The Quetzal is the currency of Guatemala. The exchange rate is about 7.5 Quetzals to one US dollar. Most volunteers don't spend any money while in Sarstun. Refuge International can exchange small amounts of up to \$5/person. You will need to bring money for meals and shopping while in Antigua. There are banks in Antigua, but you will find vendors in the market (and most stores) will accept US currency (in pristine condition). Bring small bills and you will not have to exchange money. Meals can range from \$5-\$30 a person in Antigua, depending on the restaurant. Many stores and restaurants will also accept Visa or MasterCard credit cards. Guatemalan textiles are incredible and inexpensive and make great souvenirs or gifts to take home. It is possible to spend a lot of money shopping. Guatemalan currency is very hard to exchange once outside Guatemala, so don't get more than you really need. You will need \$15 to \$40 (USD) cash for the airport shuttle from Antigua at the end of the week (depends on total number of passengers) (**IMPORTANT NOTE:** your US dollars MUST BE clean, unmarked, free from creases and tears. Think "fresh off the press"; this is no joke as Guatemalans will refuse a bill that has the slightest mark on it because their banks will not honor the bill.)

## **HOUSING**

In Sarstun, we will be sleeping on the second floor of the clinic in a beautiful, open-air dorm-style area with communal bathrooms. Each bed has a mosquito net. If you are a light sleeper, bring good earplugs! There are showers (although not hot showers) and flush toilets. In the event we make an overnight village clinic visit, we'll sleep in a school or church building in that village.

## **MEALS**

Meals are served in the home of Telma & Rafa Milian, which is right next to the clinic. Telma prepares our meals (with the help of a few local women). The food prepared is what the local people eat, lots of fish, beans, eggs and tortillas. We will have fresh fruit for most meals. Please be courteous to her and her family when in their home. The team will meet at 6:30-7:00am for breakfast and the morning meeting. Lunch is usually served from 11:30am-1:00pm, in shifts. Dinner will begin after clinic with most of the team eating together, usually around 6:30pm.

## **Dietary Restrictions**

Basic food restrictions can be accommodated on trip: gluten-free is not a problem in this country as they use little gluten in their cooking and vegetarian options are available. Please inform the team leader of food allergies so that we can advise our cooking staff. If you have other restrictions, please let us know in advance and we will try our best to accommodate you (but you may need to bring your own food options, depending on your needs).

## **CLIMATE**

The temperatures can range from mid-70's at night to mid-90s during the day, with a possibility of rain (and when it rains in Sarstun it typically comes down in buckets). Usually a light fleece is good for early mornings or evenings (but really only necessary in December) and don't forget rain gear.

## **CONDUCT**

We will be working with local residents who reside in/around Sarstun. We will refrain from any conduct that might be viewed as immoral to the local people. While at the clinic the following rules are suggested:

- Absolutely no alcoholic beverages
- Please refrain from public displays of affection
- No profanity
- No open use of tobacco (we have a discreet smoking location)

## CLINICA REGIONAL DE SARSTUN

The Clinica Regional de Sarstun was built by Refuge International and Faith in Practice. It opened in December of 2007 and serves about 12,000 people living in the area, some of which live several hours (hike) from the Sarstun River. There are three full-time employees whose salaries are paid by Refuge International. They will be working in the clinic and are wonderful people, who have become like family members for us. Please take the time to get to know them!

**Zoila Gonzales:** lead nurse who works the clinic

**Jorge Paz:** a nurse who works at the clinic and does village outreach visits

**Rafael (Rafa) Milian:** Committee member, Ambulancha (ambulance boat) captain and oversees clinic maintenance

### SARSTUN HOSPITAL COMMITTEE:

**Pablo Castro Mendez:** President and does village outreach visits

**Saul Castro:** Vice-President

**Gaby Milian:** Treasurer and teacher at the local, public school

**Telma Castro Milian:** Member; she also cooks for our teams (her tortillas are AMAZING!) and is Rafa's wife

**Desiderio Cha Bolon:** Member and Q'eqchi (local Mayan dialect) translator

**Marcos:** Member

**Rosa Yaxcal:** Member

**Marta Tiul:** Member

## SAFETY

At the end of the trip we will be spending time in the city of Antigua. Although we do feel this city is safe, you should use the same sensible precautions you would in any city:

- Do not go out alone at night.
- Always secure your wallet or purse. (*Under-clothing money carriers can be found at a variety of retailers like Target, Walmart or Amazon.com.*)
- Discreet use of your cell phone in public places (cell phones are the item most commonly stolen from travelers).
- Do not wear flashy or expensive jewelry.
- Always keep your passport locked in a hotel safe.
- Ask your team leader if you have any questions about safety issues.

Poverty is rampant in Guatemala, so the less you advertise affluence the less likely you are to attract unwanted attention. Do not do things to call attention to yourself or to your group.

## ANTIGUA

We will arrive Friday afternoon in the beautiful colonial city of Antigua. Once you arrive, your meals will be at your own expense as well as your shuttle to the airport (breakfast is included with your room at our hotel). The cost of this shuttle is \$15-\$40 (depending on number of people). Shuttle arrangements will be coordinated by your team leader. If you are staying an additional night at the hotel in Antigua, there is an additional cost of \$75 (non-refundable and arrangements must be made in advance).

You will need money for snacks, tipping (10% to waiters, \$1 a bag for luggage), meals in Antigua, your shuttle from Antigua to the airport and travel contingencies.

## MISSION TRIP POLICIES

1. Participants are registered for the trip after we have received the following:
  - a. Refuge International Application
  - b. Signed Waiver
  - c. \$200 deposit
2. Medical licensure copies are also required, but may be sent at a later date, if not available at the time of application.
3. Participants must be at least 16 years or older (those under age 18, must be accompanied by an adult).

The trip fee includes:

- Bus transportation (private) from the airport to Puerto Barrios (lunch provided)
- In-country travel insurance
- Overnight lodging and two meals in Puerto Barrios
- Round-trip boat transportation to the Sarstun clinic
- Lodging and Meals in Sarstun
- Local Translators
- Medical supplies and medications used during our service week
- Bus transportation (private) from Puerto Barrios to Antigua at the end of the week
- 1 night hotel lodging in Antigua (breakfast included)
- Your Medical Mission T-shirt

### Flights

You are responsible for booking your flights and airfare. For each mission trip there are designated team flights. You can find the information on our website or contact the Refuge International office.

**Do not make flight reservations on other flights unless you have cleared this with the Team Leader!!**

Anytime someone flies, there are some basics you should know. Airlines can “overbook” based on statistics that not everyone shows up for their scheduled flights. If a flight you are on is overbooked, the airlines usually will ask for “volunteers”, those people who will take a voucher for a trip in the future and wait until the next flight (PLEASE do NOT volunteer to take a later flight!). If the need for seats are not met this way, there is a policy on who will be “bumped.” If you happen to be bumped, the airline will let you know what your next flight will be plus what they will do for you such as meal and lodging vouchers. **Call the Refuge International office immediately with your new arrival information. We need to know as soon as possible if you are bumped from your flight!!**

“Missed connections” happen when there is a delay, which can be caused by weather, flight crew, security, a gate not available when the plane arrives, all sorts of uncontrollable events. If this happens, AND the missed connection is due to the airline adversity, they will take care of your meals and a place to stay until the next flight. If it is NOT the airline’s responsibility, such as weather, they will help you find a place to stay but will not pay for it. **Allow money for contingencies.**

“Cancelled flights” are usually created by weather or mechanical repairs to the plane. If a flight is cancelled, the counter agents or the 800# of your airline will try to “reroute” you to your destination. If they cannot get you on a flight, if it is something that is the airline’s responsibility, such as a mechanical, they will usually provide lodging and meal vouchers. If it is weather or something out of their control, like a security issue, they will help to find lodging but will not pay for it. **Allow extra money, clothes, medicine, etc for travel contingencies.**

**PLEASE NOTE:** Due to the transportation logistics and distance to the Sarstun clinic, if you arrive later than the group we may be unable to accommodate separate transportation to the clinic. Therefore, it is imperative that you communicate with the team leader or executive director as soon as you are aware of any travel delays.

## **GUATEMALAN CONTINGENCIES**

If you decide to arrive in Guatemala before the team arrives or if you find yourself stranded because of a cancelled or delayed flight, be aware that Guatemala City is considered a dangerous city. Consider choosing a hotel near the airport that offers shuttle services. Some hotels we have used in the past are:

Hotel Casa Veranda Guatemala	011-502-2411-4100
Barceló Hotel Guatemala City	011-502-2378-4000
Hilton Garden Inn Guatemala City	011-502-2423-0909

## **EMERGENCY NUMBERS** (Keep with you and give to your loved ones)

Refuge International, US office	903-234-8660 (during normal business hours)
Executive Director, Ginia Northcutt	903-237-9652 (nights and weekends)
Director of Guatemala, Kimberly Johnson	011-502-4493-0447 (Guatemala)

Messages will be frequently checked during trips. Many US wireless carriers have service in Guatemala. Check with your carrier for availability and international rates.

## **GUATEMALA AND THE PEOPLE**

Guatemala is the most populous of the 7 Central American republics, with over 13.5 million inhabitants. There are basically two ethnic groups in Guatemala: the mestizos or Ladinos who are people of Spanish heritage, while the majority are people of Mayan descent. Repressive regimes, social conflict between the poorer Mayans and the better-off Ladinos and outside intervention resulted in a civil war that lasted over 36 years, killed over 200,000 people and left more than 50,000 people “missing”. In 1996, a peace agreement was reached and the slow rebuilding of a civil society began.

Today, the per capita income of the people is less than \$1,200 per year, literacy rates are very low, infant mortality is high, access to medical care is limited and there is NO CLEAN WATER in the country (well, except for Sarstun!). Our part in the rebuilding of the Guatemalan society lies within these issues. We believe that everyone has the right to clean water and medical care. Our goal is to help the people of Guatemala achieve these rights through sustainable medical care and water programs.

The poverty in Guatemala is obvious, and you will want to help. The workers who live there best distribute gifts for children in the schools. Children will approach you begging in the street, or with items for sale, and you will find it hard to resist. Buying from them fosters the begging problem, and encourages them not to be enrolled in school. The best approach is not to make eye contact: be firm, refuse the first time and walk away. Instead, buy goods from an adult vendor in a market.

Guatemalan vendors expect you to do a little bargaining as part of the social exchange of the purchase. The first price offered is not the actual price for the item. “Haggling” is as much a part of the selling process as the “pitch” is in the US. Expect it and take part in it; it’s part of the fun of the experience.

It is inconsiderate to photograph the Guatemalan people without asking their permission first. Please ask their permission before taking a picture of anyone. Remember that many places we consider public, such as porches, courtyards, or the steps of a church are considered private. We encourage you to take as many photos as you like to document your time and experience as a Refuge International volunteer.

Making a small attempt at communicating with the residents of Guatemala will go a long way. While Spanish is widely spoken, there are dozens of indigenous languages spoken in the countryside. Still, “Buenos Dias”, “gracias”, and “por favor” are gracious gestures of a guest in their country.

The people of Guatemala have a rich, diverse cultural and historical heritage, thousands of years in the making. Many guidebooks have brief histories of the area that will help you understand a little bit more about the country. If you have time, read the book by Rigoberta Minchu, an indigenous Mayan woman who tells the story of her life during the civil war. The more you learn about the country, the more you will understand the reasons for our being there.

## **OTHER FAQs**

### **Emergency**

In case of an emergency, please have your family contact the Refuge International office or Ginia Northcutt, Refuge International Executive Director, at (903) 237-9652. Please let your family know that you are in a remote area and will check-in when able.

### **Laundry**

There is no laundry service available except for emergencies. The facility is small and has to keep up with the hospital needs.

### **Electricity**

It is the same as we have in the states. There are not a huge number of outlets in the sleeping area so if you want to recharge a phone or sleep with a CPAP, you might want to bring an extension cord/multi plug.

### **Noise**

If you are a light sleeper (and even if you are not!) you will want to bring several sets of VERY GOOD earplugs as the snoring, roosters, dogs and even cows will compete with one another to create a cacophony of noise. All night. You think I'm kidding... ☺

### **Internet**

There is no Wifi in Sarstun and cell signal can be weak so embrace this opportunity to “unplug”! Please keep this in mind and remind your family that no news is good news. You may want to check with your US phone carrier regarding an international data/phone plan option while you are in Sarstun. You will have Wifi access once we arrive in Antigua at the end of our trip. Be sure to leave the Refuge International office/emergency numbers listed above with your family in the event they must get in touch with you.

*Updated: 02/2020kj*