



## Guatemala

Thank you for your interest in taking a trip with One Way Ministries! We are excited that God will use you in powerful ways as you minister in the name of Jesus Christ.

Please read over this packet of information and contact us with any questions. We are here to help you in any way possible. Here's how you can get in touch with us:

### Phone:

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(205) 706-8173 (Sheryl)

### Email:

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## ***Mission***

The mission of 1 Way Ministries is to boldly share the whole truth of God's Word through evangelism and outreach to impoverished, forgotten and desperate people groups by motivating and mobilizing believers in Jesus Christ to take the first steps in reaching the world with the message of eternal hope.

## ***Vision***

- to share the message of the Gospel through effective evangelism training with believers and church leaders.
- to encourage leaders in disciple-making and the kingdom work of evangelism.
- to preach boldly, without compromise, the whole truth of God's Word in every opportunity God provides.
- to reach the fringe members of society with a radical message of salvation and lordship found in Jesus.

## ***Goals***

- to reach impoverished, forgotten and desperate people groups with the Gospel of Jesus Christ through tangible, physical means (food distribution, home construction/repair, etc).
- to reach impoverished, forgotten and desperate people groups with the Gospel of Jesus Christ through educational programs (tutoring, VBS, sports camps, etc).
- to reach impoverished, forgotten and desperate people groups with the Gospel of Jesus Christ through personal evangelism (door to door, Crusades, etc).

## **Location Information**

### ***Weather***

The weather in Guatemala is relatively consistent in comparison to many other locations in the world. Seasonal changes are not as dramatic because of its proximity to the Equator. Temperature varies based on elevation. In the summer, temperatures are in the 80's and 90's consistently throughout the day. The winter brings cooler temperatures and rain.

### ***Families/Income***

The people of Guatemala are predominantly of Mayan descent. Therefore, the family is central to everyday life. The average family has 5-7 members. Marriage is very important. Divorce is not prevalent. Although the Guatemalan economy is very stable, there is a great deal of poverty. Their currency is quetzal, although many areas accept the US dollar.

### ***Language***

The primary language spoken in Guatemala is Spanish. Their word usage is uniquely Central American. Their language is also influenced by the Mayan language. English is spoken in the larger cities. A great way to show people that you are truly interested in their culture is to learn a few phrases in Spanish before you go!

### ***Geography***

Guatemala is an extremely mountainous country. Four tectonic plates meet just off the coast of western Guatemala which causes an average of 3000 earthquakes a year. There are also several active volcanoes dispersed throughout the region. The majority of the country is rural. Guatemala City is the capital city, hosting over one million people.

### ***Housing***

While in Guatemala, there is a variety of lodging used for groups. Most trips involve housing in a guest house in Guatemala City. The rooms either have a bathroom attached or share a bathroom in the hallway. All participants will be informed of the housing/restroom accommodations prior to the trip.

## ***Religion***

The primary religion in Guatemala is Catholicism. However, due to its rural nature and Mayan heritage, traditional beliefs are prevalent in most communities. There has developed a unique blend of belief and practice when it comes to religion and tradition. As a result, many people know of Jesus and who He is, but do not have an understanding His Lordship or recognize their need for a personal relationship with Him. Most Guatemalans have a high level of respect for the church, which is helpful in ministry and mission.

## **Frequently Asked Questions**

### **Guatemala**

#### ***Is there a grocery store nearby?***

In most villages/communities, there is a local market where we purchase food and drinks. However, each participant may need to bring peanut butter and/or protein bars to supplement the Guatemalan diet.

#### ***Can I drink the water in Guatemala?***

The water is safe in some locations. Where clean water is an issue, the team will either purchase bottled water or use a water filter to clean the drinking water.

#### ***When will I know what I'll be doing?***

Each night, our team will meet and the leadership in Guatemala will let us know what the needs for the next day are. Each participant is encouraged to pray about the projects, and as we gather the next day, we will divide into teams. The key to the effectiveness of the trip is flexibility and prayer!

#### ***What if I have a specific medical condition?***

Please let us know of any specific medical condition on the medical form provided. We will attempt to accommodate any special needs you may have as much as possible.

#### ***Is there a hospital nearby?***

There are hospitals in most of the cities. However, oftentimes, we will rely on the medical personnel who are members of the team or local medical clinics.

#### ***Will my cell phone work in Guatemala?***

Some cell phones work in this region of the world. Check with your service provider about your phone's capabilities and coverage areas. The team will purchase phones and phone cards for emergency use if necessary.

#### ***Do I need a converter?***

No, you will not need a converter. However, you will need a standard plug adapter. They are available anywhere international adapters are sold.

***Is there a washer/dryer on the premises?***

No, you will not have access to a washer/dryer. You may bring sink detergent for washing clothes in the bathroom sink. In addition, local laundry service is available on occasion.

***Are there any special traveling instructions?***

Yes, please remember the following: (1) only one checked bag per person (limit is 50 lbs). (2) Plan to pack most, if not all, of your personal items in your carry-on baggage. This will allow the group greater ability to carry supplies as checked baggage. (3) All prescription medicine that is in your carry on must be labeled with your name as listed on your passport. (4) Be familiar with the 3-1-1 rule and all other TSA requirements for baggage.

## **Transportation**

All transportation will be secured by One Way Ministries. Flights will depart from the Birmingham, Alabama airport (BHM) to Guatemala City Guatemala, Guatemala (GUA). In general, Delta or American Airlines is used for air transportation.

The travel time is approximately 4-6 hours. During the plane ride, food is available for purchase.

## **Cost**

A non-refundable \$500 deposit is required for each person committing to a trip to Guatemala. The total cost is \$850 per person and includes lodging, food and ground transportation. The cost of an airline ticket has been averaging \$850 per person. Airline reservations are the responsibility of the participant though One Way will be glad to assist in any way.

The deadline for payments is as follows:

\$500 deposit is due 120 days prior to trip

\$350 payment is due 90 days prior to trip

All payments should be sent to One Way Ministries at 105 Silver Leaf Lane, Alabaster, AL 35007. Payments can also be made online at [www.1wayministries.org](http://www.1wayministries.org) using Paypal. For any payments made using Paypal, please add 3% for administrative costs associated with this service.

There are NO refunds for any payments paid. Monies (with the exception of airfare funds) may be transferable to another trip.

## **Cost Considerations**

Due to the nature of an international trip and the expenses involved, the cost for children is the same and there are no discounts available.

## **Project Funding**

There are numerous projects available in Guatemala that necessitate additional funding. These projects include construction, community outreach, and orphan care. We encourage individuals and groups to bring additional funds and/or items that would help support these efforts. For example, groups may raise funds or bring medical supplies, clothing, books or other needed items. A list of items needed for each trip is provided prior to the trip.

## **Necessary Health Information**

Each mission trip participant must complete a medical form (one per year) and ensure that it is dated and notarized. In addition, a copy of the participant's current health insurance card is required. These documents must be provided to OWM 60 days prior to the trip.

Though not required, OWM highly recommends that each participant obtain the following vaccines prior to the trip:

**Hepatitis A and B, Typhoid**

**One time booster dose of polio for adults**

**Boosters(if needed) for tetanus-diphtheria, measles**

OWM also highly recommends that you carry with you Cipro medication. Please consult your primary care physician for a prescription. For more information and recent updates, you may visit the following website:

<http://www.cdc.gov/travel>

## What Will We Do?

This is the most often asked question from any mission trip participant. In Guatemala, we generally base our work out of Guatemala City. We secure housing that is central to various ministry opportunities. Most of our work centers around the following:

- VBS in local schools, at local ministry sites and at New Jerusalem Baptist Church
- Caring for children at New Jerusalem and various ministry sites including Sacajvilla.
- Working in the dump – may involve construction on houses but mainly centers around home visits. During these visits, we take food bags to families who live in the dump, share the Gospel boldly, and minister to them.
- Conferences – at various times during the year, our local pastor will ask us to lead conferences for specific age groups or people within the church.

Prior to each trip, we will know what we will be focused on for that trip. However, plans can always change (as they tend to do in a hot culture). We will communicate the schedule to you as soon as we receive it.

## Sample Schedule

7:00 Personal Quiet Time  
8:00 Breakfast with entire group  
9:00 Projects (prepare to go out for the day, take lunch)  
5:00 Return to home base; debrief  
7:00 Dinner with entire group  
9:00 Team Meeting and Preparation  
11:00 Bedtime

One of the most successful requirements for any mission trip is to totally depend on the presence of God for direction each day. We will begin each day with intense prayer time (as well as the night before) seeking God's plan for the next day. At any time, plans may change and we will adjust accordingly.

Time is relative in Guatemala, and we encourage participants to avoid using watches and paying close attention to matters of the clock.

## Packing List

- Current passport!!!! Keep an extra copy in your checked baggage.
- Fleece jacket (for winter months) and/or light jacket (for summer months)
- Rain Jacket
- Gloves, winter hat and scarf (for nighttime in the winter months)
- Night clothes (long pants for men and women).
- Clothes for church (long skirts for women; pants for men)
- Comfortable walking shoes.
- Work clothes (for one week, we suggest 3-4 pairs of pants/jeans, 6-7 shirts – short and long sleeve mixed).
- Undergarments
- Water bottle
- Backpack (you can use this as your carry-on item). Note: 2500-3500 cubic inches is the ideal size.
- Bible, journal and pen.
- Toiletry items (see TSA guidelines for the 3-1-1 rule on carry-ons). Remember to pack sunscreen, bug spray and chapstick.
- Any medicines you will need (the name on any prescription medicine MUST match the name on your passport)
- Sleeping bag and pillow possibly based on housing arrangements (a compression pack will keep the sleeping bag at a minimum size!)
- Flashlight
- Protein bars, peanut butter (if desired)
- Bowl, fork, spoon, knife for personal use\*
- Plug Adapter (check the internet for varieties needed)
- Sunglasses, visor and/or hat
- Towel/washcloth (smallest size)
- Sink detergent (sink packets are recommended as no washer/dryer is available).
- Money (for meals on the way/at the airports; souvenirs and any money you want to use to purchase items for needs in country).

According to current airline standards, checked bags can weigh no more than 50 lbs and cannot exceed 62 inches (length plus height plus depth). Carry-on luggage must weigh less than 40 lbs and cannot exceed 45 inches (length plus height plus depth).

\*Based on the location and project

## Dress Code

- Shorts are occasionally acceptable on the field. All shorts worn must be extremely modest and must pass the fingertip when hands are fully extended by sides. Shorts are generally only worn for athletic activities.
- No visible undergarments
- No spaghetti straps, tank tops or sleeveless shirts
- Shirts should fully cover tummy at all times (even when hands are extended above head).
- No tight clothing
- Avoid messages on t-shirts – the plainer, the better
- Use modesty in order to witness through your dress
- Daily shoes should be extremely comfortable
- Daily clothes should be able to get dirty and messy
- For worship gatherings and community outreach, women should wear long skirts or dresses. Men should wear pants.
- Many people come to Guatemala with clothes that they wish to give away. Bring plenty!
- Dress in layers as to maximize the use of clothing and minimize the need to wash.

When on a mission trip, dress is extremely important. It communicates our first impression to the people we are attempting to minister to during the week. We want to avoid any sense of misunderstanding or judgments based on our clothing.

Group/team leaders will help to maintain modesty and to observe the dress code at all times!