

Pray America~Manos De Jesus Leader's Guide

Trip Overview

The average trip consists of a team spending six nights in Chichicastenango, Guatemala. (4 days of projects (building and relational), a transition day and a travel day on each end) Your days will be spent on projects, visiting feeding programs, on-campus programs, enjoying the local market and nightly debrief sessions to process your day (debriefs can be led by Pray America staff or Team Leader).

The per person cost for a trip is \$800 + airfare + project costs (see page 2). This includes up to 6 nights lodging on our campus and one night lodging at a hotel in Guatemala City if needed. \$800 includes all food, lodging, ground transportation (arranged by PA), and emergency insurance. Your trip fee also provides food for one child for a year at one of our three feeding programs.

Let's Get Started:

If at anytime you have questions or need to clarify any information concerning your trip to Chichicastenango please email us at: trips@prayamerica.org

Step 1 - Pick your trip dates

-Trip dates are available year round - see our Mission Trip Calendar for availability.

<http://prayamerica.org/missiontrips/#missiontripcalendar>

-We have the ability to accommodate two teams per week. Please check with us for availability.

*your week is reserved only when your deposit is received, see step 3

Step 2- Submit Online Trip Request Form

<http://prayamerica.org/trip-information-request-form/>

Step 3 - Send in Trip Deposit

A non-refundable team deposit of \$100 per person (a minimum of \$1000 per team) is required to hold the dates of your choice. This deposit will apply to your overall trip cost. Please mail a check for the total trip deposit to:

Pray America

PO Box 14070

Lansing, MI 48901-4070

***Trip dates are 1st come 1st served and are only confirmed when the deposit is received.**

Step 4 - Build and Register Your Team

-**The ideal team size is 15-18 people.** Minimum is 10. Maximum is 40 (upon approval). There is a \$500 surcharge for teams larger than 18. Remember, bigger is not better...

-Each team member must fill out a Team Member Registration form at:

<http://prayamerica.org/team-member-registration/> *this must be done 60 days prior to your arrival.

Step 5 - Purchase Airfare

Please provide your flight itinerary to Pray America no later than 45 days prior to your trip. We request that all team members depart and return together on the same flight itinerary. Please select mid-day arrival and departure times.

Step 6 - Plan Your Week

Your Pray America contact will be in touch to help plan your itinerary and to answer any questions you may have. The following is a sample itinerary:

Sample Week:

Saturday-travel
Sunday-church service on campus & visit market
Monday-work projects & feeding program
Tuesday-work projects & feeding program
Wednesday-return to previous homes for foot washing & feeding program
Thursday-shopping in the market in the morning & visiting families in the afternoon.
Friday- transition day & stay at hotel in Guatemala City
Saturday-travel home.

Projects: Projects are planned and purchased “ala carte” depending on team finances, wishes and current needs of Manos De Jesus. Your week will include 2 days of “work projects” and 2 days of “relational projects”.

Work Projects:

1. New home construction - The cost to build a home for a widow is **\$1700**. This will provide a basic 12’x16’ wood structure with a metal roof, a concrete floor, bunk beds, a food basket and an audio Bible.
2. Restoration - The cost to restore a home previously built is **\$600**. This includes painting, the necessary repair to boards and roof and an audio Bible.
3. Restoration Packet - The cost of this packet is **\$1150** and includes paint, the necessary repair of boards and roof, latrine installation, water filter and an audio Bible.
4. Latrine Installation - The cost is **\$500** and includes a cement floor, a flushable toilet, a bathroom care package and an audio Bible.
5. Stoves - The cost of an efficient wood burning stove is **\$300**. This project includes a kitchen package and an audio Bible.
6. Water Filters - The cost of a water filter is **\$125**. This project includes an audio Bible.

Relational Projects:

7. Family Visitation - The cost of Family Visitation is **\$100** per family. Each truckload can visit 2 families in an afternoon, spend time with families, building relationship, evangelism/discipleship and giving an audio Bible and solar light.
8. Foot Washing- Revisit the widows of the week’s projects, wash feet and give 10 pairs of shoes to their families. Cost is **\$175** per family.

***We recommend that a team of 14 or more split into two groups, each group completing separate projects each day.**

Transition Day:

Following a week of service teams benefit from a day of reflection, processing, preparing for and travelling home. Recommended ways to spend your transition day:

1. Prayer and reflection morning. Spend time alone or as a group praying for Manos De Jesus, Chichicastenango and your team. Leave campus at 11am, travel to the city and enjoy a relaxing evening at the Barcelo. **No additional cost.**
2. Day at Lake Atitlan. Enjoy the beauty and culture of Lake Atitlan, shop, eat lunch (included) and return to Monte Flor in the afternoon. Travel to the airport the next morning. **Cost is \$50 per person.**
3. Visit Antigua. Sightsee, shop and eat on your own and then travel to the Barcelo hotel. **Cost \$150 per bus.**

***Important Deadlines*:**

1. Trip deposit is due at the time you pick your dates in order to reserve your week.
2. At least 10 team members must be registered 60 days before your trip.
3. Flight itinerary submitted 45 days prior to travel to Guatemala.
4. All trip funds, including room and board and project funds need to be sent to Pray America 45 days prior to your trip.

Payment Information

- We ask that all trip and projects funds are sent to the Pray America office in **ONE check**
- Your team members financial contributors can write their checks for your trip to the church or non-profit organization handling your team funds.
- If you do not have a church or non-profit organization to handle your team funds, please contact us for suggestions so you/or your contributors can still receive a tax deduction for the funds donated.
- Please mail checks to the following address with your trip dates and group name clearly marked.

Pray America
PO Box 14070
Lansing, MI 48901-4070

Team Member Preparation

Each team member will have different expectations for your trip to Guatemala. It can be very helpful and healthy to discuss expectations. God typically grows and stretches us in very unique ways on a mission trip. A helpful place to start is to be reminded that you are in Guatemala to serve, not to be served. The following serving order is a helpful tool for your team to remember during your trip in Guatemala:

- 1) Widows and local Guatemalans
- 2) Your team members
- 3) Pray America~Manos De Jesus staff
- 4) Yourself

Legal Documents and Immunizations

- A current passport, not due to expire within six months.
- A current Tetanus shot is required for all participants.

Pre-Trip Meeting Topics

We strongly encourage you, the Team Leader, to hold regular meetings leading up to your trip. This will facilitate group cohesiveness and it will provide a chance for you to help your team with any questions they may have concerning your upcoming trip. The following topics should be covered:

1. Travel plans, team expectations, fundraising, payments and deadlines, and initial team member requirements.
2. Prepare your team spiritually.
3. Culture and history of Guatemala.
4. Give-Away Items for Families

An important lesson we have learned is "less is more" as it applies to "give away stuff". We know your hearts and that you are all givers, we love that about you! But we want to give in the right way. So, following is a new list of give away items to bring down.

- Bring things that draw the families closer to Jesus-Spanish Bibles for kids and adults, Bible coloring books...
- Bring things that make them smarter-school supplies, easy to read Spanish kids books, flashcards, pencils, notebooks, backpacks...
- Bring things that have a daily practical use-socks, underwear, feminine products, hair brushes, hair bands, toothbrushes & toothpaste, solar lights, mini umbrellas. Bringing shoes? Remember, newer is nicer...
 - Children's sizes
 - Womens: size 7 and below
 - Men's: size 9 and below
- Bring some fun things to interact with the family during our time with them-soccer balls, coloring books, crayons, jump ropes, trail mix, peanut butter crackers. NO candy please...

Packing List

Pack clothing appropriate for any type of weather. The weather here can change quickly. This is a modest culture, so we ask everyone to keep knees, shoulders and cleavage covered.

- ___ Bible, Journal, Notebook, Pens, Etc.
- ___ Clothing (work and paint clothes and casual clothing)
- ___ Work Gloves
- ___ Shoes (closed toes shoes for project days and shoes for leisure)
- ___ Hand Sanitizer
- ___ Sunscreen
- ___ Hat
- ___ Medications (Personal, Pepto, Immodium, Ibuprofen, Dramamine, etc.)
- ___ Backpack
- ___ Rain Poncho
- ___ Camera and Batteries
- ___ Flashlight
- ___ Snack Items for Yourself (including special dietary needs)
- ___ Personal Water Bottle

Other Things You Need to Know

- Unplugging Policy: We provide community iPads that will be connected to our wifi on campus and available in the debrief room so that emails and updates home can be done with ease.
- Exchanging Money: We are able to exchange your US dollars for Q's here at Monte Flor. We ask that we exchange everyone's money all at the same time and only once during the week. Banks here have become extremely fussy about the money they will accept so we ask that you bring **crisp**, unmarked and untorn bills in **denominations of \$50 or larger** (banks here no longer accept \$1's, \$5's, \$10's or \$20's).
- Alcohol Use: No drinking alcohol while in Chichicastenango. This includes bringing alcohol back to Monte Flor.
- Tips and Gifts: At the end of the week you will have the chance to tip the Guatemalan staff of Manos. This is given in quarterly bonuses and is another opportunity to show our love and our appreciation to the kitchen staff, the men that worked with you during the week as well as the rest of the staff. *Please do not give gifts or tips directly to individual Guatemalan staff members.

If you have any questions, concerns, please call Melinda at: 001 (502) 4595-4525 or 1-616-299-7316 .