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Introduction to One More Child

We would like to thank you for your heart to serve in Guatemala! We are excited to see how the Lord will work in your life and in your fellow team members’ lives not only leading up to your mission trip and while you are serving in Guatemala, but also upon your return home. This is an exciting time to be the hands and feet of Christ and be able to serve some of the most amazing children and families throughout the world!

Included in this handbook you will find useful information to help you prepare and plan for your upcoming mission trip. The requirements set forth in this handbook and any guidelines given by One More Child staff are designed to be respectful to the culture you are visiting and must be followed at all times. These rules may cause slight inconveniences to you or your team but your experience will be much more enjoyable, and your witness better received, by showing respect to those whom we go to serve. If you, or your team, have any questions regarding this material, please do not hesitate to contact our office. Thank you again and we look forward to serving with you!

Mission

Our mission is to reach out and provide Christ-centered services to orphans and other children and families in need throughout the developing world in order to meet their physical, spiritual, emotional and medical needs.

History

One More Child is the global childcare program established by the Florida Baptist Children’s Homes in 2008. Originally named, “Orphan’s Heart”, the department was rebranded to be called, “One More Child” in 2018. This change was brought about in order to better encompass our mission, and to be able to achieve higher goals in the care we provide as an agency both domestically and internationally. Our core strategies include sending short-term mission teams to our priority locations, supporting a child sponsorship program, implementing initiatives to combat child hunger, and increasing community development projects.

Since 2008, thousands of volunteers have traveled with One More Child providing hundreds of thousands of services to children and families. One More Child recognizes the importance of working alongside nationals; therefore, we partner with local ministries throughout the world to help improve the level of care for children, improve the safety and security of children and help improve conditions to foster better health and sanitation. Currently, One More Child partners with and works alongside organizations in 13 different nations, at more than 30 ministry sites throughout the world!

Scripture

As an organization we look to the Bible as the inerrant word of God, and uphold several key verses to guide our work.

James 1:27, “Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.”

Isaiah 58:10, “. . . and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.”

A spirit led attitude of service and ministry is a must for any mission trip. Mission team members must remember to be flexible, patient, and understanding at all times while serving. We will be traveling to a developing country – things do not always work like they do in America. One should not expect the
same level of comfort, convenience, accommodations, and/or sanitary conditions as you enjoy and are blessed with at home. We can assure you that things will not operate the same way they do in America, but this is all part of the adventure and blessing of experiencing another culture! We can also assure you that you will be safe at all times, that security is an utmost priority for our team.

An attitude of prayer and willingness to trust God through all situations and challenges is also essential. Schedules and situations can and will change in a matter of minutes. Through these experiences you will have the opportunity to experience firsthand God at work answering prayers, providing solutions, and opening doors.

**Country Specific Facts**

**Name:** Guatemala  
**Capital:** Guatemala City  
**Type of government:** Democratic Republic

**Where it is on the map:**

![Map of Guatemala](image)

**Flag:**

![Guatemalan Flag](image)

**Miscellaneous info:**

- Guatemala’s surface area is slightly smaller than the state of **Tennessee**
- The official language is **Spanish** but there are more than 23 officially recognized Amerindian languages
- The major agricultural crops are **sugar, coffee, bananas** and **vegetables**
- Guatemala’s main industries are **sugar, textiles, furniture** and **tourism**

**Statistics:**

- The population of Guatemala is just over **14,000,000** people
- The capital and largest city is **Guatemala City** (over 1 million)
- The **average annual income** in Guatemala is **$2,800.00 USD**
- **54%** of Guatemalans live below the **poverty line**
- Guatemala won its independence from Spain on **September 15, 1821**
- **50%** of children under the age of 5 suffer from **chronic malnutrition** (one of the highest rates in the world) and in some indigenous areas malnutrition rates can reach **70%**
The Ministry Work

History
In 2008, One More Child partnered with Colonia Infantil, a malnutrition center in San Juan, to help meet the needs of children suffering from chronic malnutrition. This was the organization’s very first global partnership. We partner by providing financial and administrative support and by sending approximately 35 mission teams per year. The Center typically has around 40 children in its full-time care recovering from malnutrition ranging from newborn to 5 years of age. Additionally, there is a daycare program with approximately 40 children ages 5-10, as well as over 400 children receiving ongoing care and support through child sponsorship. With so many children in its care there is much work to be done!

Goals
Many of the children that come into our care at the Malnutrition Center come from households where they have parents who love them so deeply that they sacrifice their time with them in order to have the opportunity for their child to receive the incredible care that this facility offers. The children remain under the care of loving and compassionate nannies and receive access to medical care from a certified pediatrician and nurses. Additionally the family is paired with our trained social workers in order to establish a plan of care; and finally our nutritionist creates a unique diet for each child to be nursed back to health. Our goal in Guatemala is to restore health, educate families, provide access to tangible resources, and demonstrate the love of Christ in everything we do. Our desire is for each child to be restored to good health that they might return home to be with their families, and that they might know they are loved by a heavenly Father. This facilitation process typically lasts an average of 30 to 120 days.

Child Sponsorship
One way that we are working to break the cycle of malnutrition is to provide families with tangible love and support to their typical day-to-day provisions. We do this through the One More Child sponsorship program, which allows individuals to sponsor a unique and precious child for $35/ month. This supplement is used to provide life-changing food, clothes, school supplies, medicine and educational opportunities. Sponsorship opportunities are currently available in Colombia, the Dominican Republic, Guatemala, Nicaragua, Romania, Tanzania and Uganda. For more information about the One More Child sponsorship program, ask your team leader or visit our website: https://sponsorship.onemorechild.org/child-sponsorship/

Daily Routine
Prior to departure for your trip, a tentative daily schedule will be emailed to you. This will help you as you prepare mentally and emotionally for the work you will do on a daily basis. We do our best to utilize the talents and abilities of our mission team members, and assign meaningful tasks that will be beneficial to the ministry.

Pre-Trip: How to Prepare
This section of the handbook is devoted to preparing yourself for your upcoming adventure in every way possible. We hope to give you as much information as possible in order to equip you with the knowledge and understanding of the work you are about to set forth and do. While this list is by no means exhaustive, we pray that it gives you a starting foundation. We would like to encourage you to seek advice and wisdom from others who have traveled on missions, and to speak with your personal care physician regarding medical questions or concerns.
Physically

Recommended Medications/Vaccinations
Below you will find links for international travel recommendations as suggested by the Center for Disease Control. These may include medical prescriptions or vaccinations. For additional information please speak with your health care provider and visit these Centers for Disease Control websites relating to international travel:


Important Note: If you have not had Chicken Pox it is highly recommended that you receive the vaccination before the trip.

Existing Medical Conditions
If you have an existing medical condition(s) that is being treated by a physician, you ought to do the following:
1. Notify your treating physician that you will be traveling internationally,
2. Receive permission from your treating physician to travel and
3. Notify your mission team leader and a One More Child staff member of the condition(s). If the condition(s) is being treated with medication(s), please ensure that you have an adequate supply of medication to last the duration of the trip.

Potential Medical Conditions
The stress of travel, changes in surrounding environment, lack of sleep, excitement, change of time zone, and increase in physical activity are all factors that have the potential to wear down your body and increase your chances of getting sick while serving abroad. By following a few simple guidelines and paying attention to symptoms, you can greatly reduce your risk of becoming ill due to the following common problems:

- **Dehydration**
  At higher altitudes dehydration can occur faster than you think! This coupled with the amount of energy expended while serving and not making a conscious effort to drink plenty of water can dehydrate you without even realizing it. Signs of dehydration can include (but are not limited to): fatigue, weakness, confusion or fuzzy thinking, inability to concentrate, urine that is bright yellow gold, and salty lips when you lick them. Please drink plenty of purified water, especially when working outside. Purified water will be provided by One More Child at your lodging destination as well as the ministry site.

- **Car Sickness**
  If you suffer from car or motion sickness please let your team leader and/or One More Child representative know and we will make sure you have a seat towards the front of the bus or near a window. Roads in developing countries can be bumpy and full of twists and turns and traffic can be quite different than it is in America. Team members may consider bringing an over the counter supplement or medicine such as Dramamine (less drowsy) or a Ginger supplement to help with the symptoms of car/motion sickness.
• **Allergies**
  Pollen from unfamiliar flowering plants, dust, and excessive exhaust fumes can aggravate even the best sinuses. If you suffer from allergy problems, please consider bringing a nasal decongestant, antihistamine, or prescribed medicine (after contacting your physician).

• **Sun Burn**
  Please use sunscreen with an SPF of 15 or higher when planning on being outside for an extended period of time.

• **Gastrointestinal Illnesses**
  Most gastrointestinal illnesses in developing countries are due to consumption of contaminated food/drink and failing to thoroughly wash your hands and use hand sanitizer. As a note, ALL food and drinks provided to mission teams by/through One More Child (whether at a hotel, restaurant, or someone’s home) will be safe. Do not consume anything that is not provided to you by/through One More Child as food and drinks sold at street vendors or other restaurants may contain bacteria and/or parasites. It is a very good idea to bring anti-nausea and anti-diarrheal medicine as a backup or if you have a sensitive system. Lastly, many individuals who do a lot of foreign travel carry a prescription for Ciprofloxacin or Amoxicillin in case they pick up a “bug.” These are both prescription antibiotics that are great at treating intestinal bacterial infections. Please talk with your physician to see if one of the prescriptions would be right for you.

• **Blood Sugar**
  If you have known issues with your blood sugar and require more frequent meals please bring extra snacks. We will provide breakfast, lunch and dinner but there may be long periods between meal times depending on the nature of the ministry work in the country to which you are traveling. Be sure to let your mission team leader and a One More Child representative know if your blood sugar condition is serious.

• **Mosquitos**
  As mosquitoes and other insects are attracted to sweet smells, we discourage the use of perfumes, colognes, excessive hair products and most lotions. By minimizing the use of these products you reduce your risk of being bitten by mosquitoes. Malaria does exist in Guatemala but has not been much of a nuisance for teams as lodging and accommodations are at a higher altitude. For more specific information about the existence of malaria carrying insects, please refer to the Center for Disease Control website listed at the beginning of this section.

### Intellectually/ Culturally

As you prepare for your short term mission overseas, we encourage you to spend time learning a few facts and history about the country and culture in which you will be serving. Having a general grasp of basic knowledge and culture will help you be able to better understand the things you are experiencing and seeing and will help you more easily relate to the people. Before traveling we encourage team members to:

1. Research using reliable websites for statistics and data.
2. Reading academic articles published about topics you are interested in is a great way to become informed.
3. Watching movies about and filmed in the specific country will help you form a rough mental picture of a place before you arrive.
4. General resource websites (statistics, health, education, nutrition, etc.):
   ii. Google Scholar: [https://scholar.google.com](https://scholar.google.com)
iv. UNICEF: [https://data.unicef.org](https://data.unicef.org)
v. USAID: [https://www.usaid.gov/data](https://www.usaid.gov/data)

5. Language based phone applications (for training, learning, or general interpretation):

**Logistically**
For your reference, we thought it would be helpful for you to know the general timeline of when you ought to have information/funds prepared and/or turned into our offices:

<table>
<thead>
<tr>
<th>Days Before Departure</th>
<th>Task</th>
</tr>
</thead>
</table>
| **100 to 150 days**   | • Complete mission trip application  
                        • Begin fundraising support and find prayer partners  
                        • Apply for passport  
                        • Research your destination and sharpen your language skills |
| **100 Days**          | • Send passport copy to One More Child offices  
                        • Verify that airfare funds have been submitted  
                        • Talk to physician about traveling and confirm medications/vaccinations needed |
| **90 Days**           | • Confirm information submitted for VISA application *(Uganda and Kenya only)*  
                        • Receive ticket purchase email from One More Child staff |
| **60 Days**           | • Participate in orientation conference call  
                        • Continue to raise support for remaining land costs  
                        • Plan any in-country ministry activities that might be assigned and prepare supplies needed |
| **30 Days**           | • Receive team packet from One More Child  
                        • Submit remaining trip balance  
                        • Submit any remaining documents needed for travel  
                        • Confirm rooming status with One More Child *(except for Dominican Republic and Guatemala Mainutrition Center dorm teams)* |
| **14 Days**           | • Receive travel email from One More Child with airport details, customs information, and transportation details |
| **7 Days**            | • Wash clothes needed for trip and begin packing  
                        • Purchase any last minute toiletries or needed supplies  
                        • Pack donations bag (optional) |
| **Day before departure** | • Confirm location of your passport  
                         • Check flight status online/ check-in early if desired |
| **Travel Day**        | • Depart to airport and be ready to travel!! |
| **Upon return**       | • Send “thank you” letters to your supporters  
                        • Share your story with others  
                        • Be an advocate for the children you ministered to! |
**Socially**
Let your friends and family know what you are doing, and how they can be a part of your adventure, too!
- Share why you decided to do this and why it is important to you!
- Let folks know where you will be going and a general idea of activities you will be doing.
- Tell them how they can support you spiritually (prayer), or if appropriate, financially.
- Follow our blog before, during and after the trip in order to keep up with the latest happenings in Guatemala: [OneMoreChild.org/global/missions/blog](http://OneMoreChild.org/global/missions/blog).
- Tag #OneMoreChild on your social media or email accounts and encourage everyone to partner with you!

**Financially**
Our goal is to take care of as many of the logistical details as possible prior to your departure, so that when you are in country you can go and serve with your whole heart, not worrying about where you will stay or who will transport you to the ministry site. With that in mind, there are land costs and airfare costs for your trip. These expenses vary depending on destination, timing, and departure cities. Here is a list of all things that are included as a part of your trip experience:
- Designated One More Child staff to handle all details relating to your trip planning
- Airfare, ground transportation, lodging, food, water, and tips for housekeeping staff
- Travel insurance that covers medical emergencies and personal property insurance
- Interpreters to serve alongside the team as you minister to others
- Cultural excursion and/or sight-seeing activities
- Trained One More Child staff trip leader, who will be with you for the length of the trip
- Orientation materials and cultural preparation
- US State Department Safe Traveler Enrollment Program registration
- Visa applications (where necessary)

**Spiritually**
Being prepared spiritually for this experience is of utmost importance. You should expect that you will face some kind of opposition from the enemy as you prepare for service. We hope you have a practice of daily devotion already in place. If not, we suggest you begin one before you go to serve. Once you are in your country of service, we will have daily team devotions at the start of each day. We believe the Bible is the best resource book ever and encourage you to read it daily. In addition, we suggest potentially adding another book of study to your day. It could be about short-term missions or spiritual development in general.

**Book Recommendations:**
- *Helping Without Hurting in Short-Term Missions* by Steve Corbett and Brian Fikkert
- *When Helping Hurts* by Steve Corbett and Brian Fikkert
- *Generous Justice* by Timothy Keller
- *Too Small to Ignore* by Dr. Wess Stafford
- *Before You Go* by Jack Hempeling
- *If* by Mark Batterson
- *Crazy Love* by Francis Chan
- *Mere Christianity* by C.S. Lewis
Logistics of Trip

Passports
While traveling to and from Guatemala you will need your passport to enter the country and depart. It is recommended by the US State Department that you have at least 6 valid months remaining on your passport prior to your departure date. Please make sure that you have this available for use during all aspects of the travel days! Do not put your passport in your checked suitcase while traveling! We recommend that you make a color copy of the inside bio-page of your passport (the pages with your picture and your signature) and keep it separate from your passport in the event your passport is misplaced or stolen. Please make sure you send a copy of this to our offices as well, at Global@OneMoreChild.org.

If you need to renew or apply for your passport for the first time, visit the State Department’s website here:

https://travel.state.gov/content/travel/en/passports/apply-renew-passport/how-to-apply.html

State Department
We utilize your basic contact and passport information you submit with your mission trip application to register you with the US State Department Safe Traveler Enrollment Program (STEP). It is recommended for all international travelers to submit this information to the government, as it makes it easier for the nearest U.S. Embassy to contact you (and your loved ones) in case of an emergency overseas. You may receive an alert or warning via email if there are any travel warnings for the particular country you are traveling to serve. Safety is an utmost priority for One More Child and we are always staying up-to-date on travel advisories and potential situations abroad.

Travel Insurance
As you prepare to travel with One More Child, we ask that you submit information for emergency contacts and beneficiary information. This is because we register each mission trip participant with a travel insurance company that covers medical emergencies and personal property insurance expenses while serving overseas. If, heaven forbid, an emergency should happen overseas, or perhaps a personal item of yours is misplaced or stolen—you will be covered! Talk to your One More Child trip leader if you experience an issue in-country that impacts your trip.

Finances
We know that raising funds to cover the cost of your trip can be an intimidating process. Please know that we are praying for your success and are here to support you in any way we can! Feel free to contact us if you ever have any questions or need ideas on ways to raise your support. It is important to let potential donors know that all gifts given to One More Child are tax deductible. Contributions can be made by mailing a check to our Lakeland address below or online at:
http://www.onemorechild.org/missiontrippayments

Checks made payable to:
One More Child
PO Box 8190
Lakeland, FL 33815
Land costs
An initial deposit of $250 is due when your application is approved, and this will ultimately be applied towards your final remaining balance. Remaining balances are typically due 30 days prior to departure. If you are experiencing issues with raising funds, please keep us informed and let us know how we can be of assistance.

Airfare
The price of airfare can vary by country, departure city, and dates of travel. Many factors go into planning the best and most cost effective itinerary for our team members! This is something that will be planned with you and/or your group as we prepare for departure. Estimated airfare expenses (as listed on the website) are due approximately 100 days prior to departure. In order to get the best prices possible, our goal is to purchase flights for each team 90 days prior to departure.

If you are a frequent flyer and prefer to use points or miles to book your flights, please contact our offices to determine if that is a viable option for your particular trip.

Luggage
Depending on your destination, most major airlines do not allow free checked luggage. Standard costs for these are:

<table>
<thead>
<tr>
<th>Number of 50lb Checked Bags</th>
<th>Approximate Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$25/ each way</td>
</tr>
<tr>
<td>2</td>
<td>$40/ each way</td>
</tr>
<tr>
<td>3</td>
<td>$150/ each way</td>
</tr>
<tr>
<td>4+</td>
<td>$200/each way</td>
</tr>
</tbody>
</table>

You will also be allowed one carry-on (i.e. a backpack/small suitcase that can fit in an overhead compartment) and one personal item (i.e. a small purse or bag that can fit underneath the seat in front of you). Teams are more than welcome to bring more than one checked bag per person in order to carry supplies to your destination. Please refer to the chart above as you are planning your additional costs needed for the trip. Many times team members’ Sunday school classes or Life Groups are willing to help pay this amount to get supplies to missionaries and the local church – do not hesitate to ask!

Frequently, team’s suitcases are transported on the top of vehicles. This is not the time to bring your brand new, beautiful matching luggage set! Also, make sure your luggage is easily identifiable. One More Child will be providing bright luggage tags to help in this effort. Please make sure you and your fellow team members have the luggage tags on all your checked luggage and carry-on bags!

Medications
When traveling, if you are on medications or supplements, it is important to carry enough of them with you for the duration of your trip. We encourage all team members to pack pills or capsules in the original prescription bottle, or in a days-of-the-week pill container. You should not place your pills in a sandwich bag while traveling, as they will likely be confiscated when traveling through customs and security. An assortment of pills in a plastic bag has a tendency to look suspicious to customs officers. As mentioned earlier, make sure you have an adequate supply of whatever medicines you need for the duration of your trip. If you have a question about specific medicines and traveling with them, please call our office so that we can assist you!
Vaccinations
When traveling to Guatemala it is not necessary to carry a record of your vaccinations, and there are no required vaccinations. If you would like to see a list of suggested vaccinations, please speak with your physician and refer to the Center for Disease Control website:


Additional Travel Tips
- DO NOT put your passport in your checked suitcase while traveling! We recommend that you make a color copy of the inside flap of your passport (the pages with your picture and your signature) and keep it separate from your passport in the event your passport is misplaced or stolen.
- DO NOT give money to anyone!!! If you need assistance with your luggage while traveling through the airport, please let a staff member know.
- Check your flight status the night before you go to sleep and make sure that all flights are scheduled to depart on time. In the event of a cancellation or delay, you can let our office know at Global@OneMoreChild.org and we will gladly assist you in getting that rebooked!
- Print a copy of your itinerary, ticket number, and record locator to carry with you while traveling. This is for convenience and ease of use while navigating the check-in and boarding process.

Upon Arrival into country
You should be handed a basic customs form on the plane. (If you do not receive one on the plane, you can usually find these near the gate when you land.) You will want to complete this using your personal information contained in your passport, as well as the location of where you will be staying during your time in country. A sample completed form will be emailed to you prior to departure for your trip for you to review. Once you are off the plane and can reunite with your group (if you are traveling with one), walk together on toward Customs and Immigration to turn in your form and get your passport stamped. Once your passport is stamped please proceed on to baggage claim. Do not hover or wait in the Customs Area. The security in most nations does not prefer to have large groups of people waiting in their secure area as they are verifying people’s unique information. Continue on to the baggage area and meet with the rest of your group there! Prior to departure we will send you a thorough email as to where to meet our Global in-country staff once you arrive at the airport.

Requirements and Expectations

Dress code
With an average high temperature of 72°, Guatemala has the perfect climate! Its nickname is, “The land of the eternal spring.” So remember as you pack, “Think pleasant weather”, casual and comfortable. However, with that in mind please remember to be modest. At the Center you ought to dress as you would any time you are working with children. Comfortable, closed-toed shoes are a must! Sandals and flip-flops are only allowed for showering and for lounging around the hotel or dorm (if you are staying at the Center.) Shorts*, revealing tops, sleeveless tops and tight clothing such as yoga pants are not appropriate. Capris are acceptable. Wearing modest clothing demonstrates cultural sensitivity and preserves the team’s testimony. Remember whom we are representing and the purpose for which we have come. It is also a good idea to avoid military camouflage and excessive, exposed tattoos as
they may represent something completely different in another culture. We suggest bringing a light jacket for the cool nights and mornings!

**Important Note:** Shorts are not acceptable to wear for ministry work at the Center or as we are out in Antigua. Team members are permitted to wear modest shorts while lounging around the hotel or dorm in the evenings.

**Conduct Code**
The following information is pulled from our Code of Conduct document that all mission trip members e-sign as a part of the application process. Any guidelines given by One More Child staff are designed to be respectful of the cultures in which we work and must be followed at all times. Many behaviors and expressions, while accepted in the U.S., may be highly offensive in other countries. These guidelines may cause slight inconveniences but your witness and service will be better received by being respectful of those we are going to serve. For specific questions, please contact your trip leader.

**Conduct while on the mission trip:**
- Please do not consume any alcoholic beverages
- Please refrain from smoking
- Please avoid coarse language and/or swearing
- Please be conscious of what you say around nationals (although English may not be their first language, most nationals understand more English than you think)
- If you are traveling with a minor, you will be responsible for the child at all times
- Please maintain a Christ-like attitude

**Health & Safety**
- **DO NOT** give money to anyone!!! If you see a need that you believe should be addressed, please let an One More Child staff member know.
- **DO NOT** leave the group without telling your team leader and a One More Child staff member.
- **DO NOT** leave the ministry site or lodging facility alone.
- **DO** be discreet when taking pictures. Taking pictures of nationals without asking permission is highly offensive. Remember we want to be respectful and maintain our testimony.
- **DO** wash your hands and sanitize frequently
- **DO** drink plenty of purified, bottled water (**DO NOT** drink from the tap or brush your teeth with water from the tap!)
- **DO** remember that although English may not be their first language, most nationals understand more English than you think – please be careful about what you say and who you say it in front of!

**Social Media**
In an effort to share the mission of One More Child, we invite you to tag all posts from your trip on Instagram and Facebook with #OneMoreChild, #missions, #childsponsor, #Guatemala

For the best interests of both team members and the children in our care, One More Child does not permit team members to friend or accept friendship of children or in-country staff on any social media accounts including Facebook and Instagram. To stay up to date with our ministry locations, please follow the official One More Child accounts.
**Photo policy**
In an effort to protect the children we serve in every way possible, we ask that mission team members are conscious of the pictures they take of children and post on social media or use in print/media. Mission team members are prohibited from taking pictures of children that are not fully clothed (i.e. in diapers or bare chested), using the bathroom (i.e. being toilet trained in Guatemala) and/or bathing. Photographs of children’s faces and children that are fully dressed are permitted. If you plan on posting pictures of children on social media or in any other type of print/media, **DO NOT** label the photo with the child’s name or the city where they are located. For specific questions, please talk with your trip leader.

**Packing List**
The following is a listed of suggested items that have been useful to team members in previous years. It is by no means exhaustive, but should be used as a guide to help you as you prepare for your mission trip.

**Personal**
- Cash (small denominations)
- Passport
- Color copy of passport
- Sports Bottles (empty)
- Single use packets of electrolyte replacement (such as Gatorade or Propel) or single use packets of drink mix for water (such as lemonade, etc.)
- Snacks
- Backpack or small bag to take personal items, water, food, etc. to and from the ministry/construction site
- Flashlight or head lamp with a few extra batteries
- Sun block
- Toiletries
- Mosquito repellant
- Appropriate clothing and footwear (comfortable walking shoes)
- Flip flops/sandals/shower shoes (to be worn around the hotel)
- Swimsuit (for the hotel pool)
- **FLEXIBLE ATTITUDE**
- **SERVANT’S HEART** . . . Come prepared to join God where He is at work!

- Modest pajamas
- Washcloth
- Poncho/Rain Gear
- Sanitary wipes and/or hand sanitizer
- Plastic bag for dirty laundry
- Camera
- Bible
- One More Child t-shirt
- Journal (optional)
- Hat and sunglasses
- Surge protector (to use when charging electronic devices)
- Small first aid kit (optional)
- Bandanas or sweat rag (optional)
- Prescription medicines (as needed)
- Medicines such as Dramamine, Ciprofloxacin, anti-diarrheal medicines (please consult your physician regarding what medications are best for you)
- Supplies for children's ministries (if applicable)

**Money**
The local currency is the Quetzal – named after the national bird! Exchange rates fluctuate daily, but generally there are about 7.5 Quetzales to the American dollar. All of your in-country expenses, including tipping, are covered by One More Child. The only thing you will need money for is souvenirs. $100.00 USD is usually enough for team members. If possible, try to bring clean bills (not torn or written on) in smaller denominations (1’s, 5’s, 10’s).
Staying At the Hotel
- No adaptors are needed and the outlets are the same as in the United States
- No tipping is required – One More Child covers all expenses
- Please remember that there are other guests staying at the hotel – please be respectful
- There is free wifi available at the hotel
- Do not flush toilet paper in the toilets (a small trashcan will be located in every bathroom for waste)
- Bottled/filtered water will be provided by One More Child – do not brush your teeth with the tap water
- It is safe to leave important things in your bags in your room (passport, iPad, etc.)

Staying At the Center
- The current and outlets are the same as in the States – however, if you have a three prong plug you will need a three-to-two prong adaptor
- Wifi is available in the dormitory
- Do not flush toilet paper in the toilets (a small trashcan will be located in every bathroom stall for waste)
- Bottled/filtered water will be provided by One More Child – do not brush your teeth with the tap water
- There is a boys’ dorm and a girls’ dorm but there is only one bathroom facility with four bathroom stalls and five shower stalls – a shower schedule will be provided by your team leader

Valuables
The best advice we can provide in this area, is that if you are traveling with something you would be disappointed or afraid to lose, then it is best to leave it at home. Culturally, one should not bring or wear flashy or expensive jewelry. With regards to technology, there is no ministerial reason that you would need to bring a laptop, tablet or professional computer with you on the trip—however, if you need to do work, or would be more comfortable with bringing one of these items, we ask that you leave them in your room or in a hidden, safe location. Furthermore, since your entire trip expenses are covered for the duration of your trip, there is no reason to bring large sums of money with you. The only funds you will need to carry are for souvenirs, snacks, or additional baggage. Please remember that these items are your responsibility, and One More Child is not responsible for lost or damaged items.

Donations List
If you would like to provide an additional blessing, the following supplies are in need by our ministry partners in Guatemala. Please note that this is not expected or mandatory but is appreciated! Teams wishing to bring supplies to leave in Guatemala are encouraged to collect the following:

- Children’s books in Spanish
- Children’s vitamins (chewable!)
- Onesies (all sizes)
- Children’s socks and shoes (all sizes up to children size 2)
- Baby Soap (bar)
- Pajamas with “feet” (all sizes up to 8)
- Diapers (Size 3 and 4)
- Infant formulas (powdered, all stages)
- Baby wipes
- Baby/child nail clippers
- Surgical gloves
- Diaper rash ointment
- Baby shampoo
- Baby lotion
- Baby oil
- Crib sheets (fitted)
- Fitted and flat sheets for twin beds
- Blankets for twin beds
- School supplies
- Large hand sanitizer bottles
- Disinfectant wipes
- Children’s puzzles
- Magic Erasers
Post Trip: How to debrief
When you return from your trip it is important to reflect back on your time in country. Often folks who supported your trip, donors or prayer warriors, will want to know, “What was it like?” Each person has a unique experience, and it is okay to need time to process. Simply begin with a sentence or an overarching idea that was evident throughout your trip. How was God present with you? Did a child or person have a particular impact on you spiritually? How can you sum up your experience without glossing over what was considered important to you at the time?

Once you have your sentence, go deeper and think about 3 things that had a major influence on your experience. Create a conversation around those three ideas, and don’t be afraid to share with others!

1. **Did you have a tough time adjusting to the culture?** Ask someone about their multicultural experiences and how they overcame similar challenges.
2. **Are you feeling called to more full-time ministry?** Talk to someone who is currently serving overseas or stateside and see what they recommend for next steps!
3. **Perhaps you feel uncomfortable coming back to the luxuries of life back home?** Put those feelings to positive action and be an advocate for the children you met by:
   - Sponsoring a child
   - Giving towards a feeding program
   - Hosting an event at your church to raise awareness
   - Praying for guidance on how to help one more child!

Important Contact Information
Please share the following information with your loved ones to have on file while you are traveling. In case of emergency, these are the best numbers to use in order to contact our staff. Prior to departure you will also receive your trip leader’s cell-phone number that will be used in-country—we have included a place for you to list that here once it is received.

**One More Child Main Office**
863.577.4488
[Global@OneMoreChild.org](mailto:Global@OneMoreChild.org)

**Hotel Soleil**
9a Calle Poniente
Antigua, Guatemala
011-502-7879-4444

**OMC Trip Leader:**
In-country phone: __________

**The Embassy of the United States in Guatemala**
Luis E. Arreaga, Ambassador to Guatemala
Avenida Reforma 7-01, Zona 10
Guatemala City, Guatemala

Hours of Operation:
Monday - Thursday 8:00 a.m. to 5:00 p.m.;
Friday 8:00 a.m. to 12:30 p.m. (Except Holidays)
Telephone: 011-502-2326-4000
Fax: 011-502-2326-4654

Closing
We could not be more excited to have you travel with One More Child to impact the life of children and families globally! Thank you for deciding to partner with us and partake in what we hope is a life-changing adventure for you and your family. Be encouraged that we are praying for you and the people you will meet. We know believe that the Lord has called each of us to do a good work, and we are grateful that you have chosen to do so with us! May He bless you abundantly!