

EMORY

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EHG
TRAVEL
BOOKLET



TRIP DETAILS

Trip Number:

Medical-2806

Community Development- 2816

Dates:

June 5th- June 15th

Team Name:

Emory College CDT/Medical

Helps Website:

<https://www.helpsintl.org/>

Helps Phone Number:

+1 (972) 638-9721



TEAM PROFILE

Clinical Team

- 2 surgeons
- 1 anesthesiologist
- 1 primary care provider
- 1 pediatrician
- 5 dentists
- 2 OB/GYNs (also doing procedures)
- 2 pharmacists
- 15 Guatemalan medical students (translators)

Education/Community Development Team:

- Education Team:
 - 6 volunteers – 3 volunteers assigned each to the onsite and the outreach clinic
- Community development:
 - 6 volunteers– 3 volunteers assigned to each team, two teams in total
- Volunteers will rotate each day to participate in each of these teams

Emergency Contacts:

Ariela Farchi (Trip Leader): +1(954)598-3972

Kiara Vazquez (Trip Leader): +1(912)657-3060

Maeve Shannahan (Undergrad): +1(608)235-7947

Sara (Guatemalan medical student):

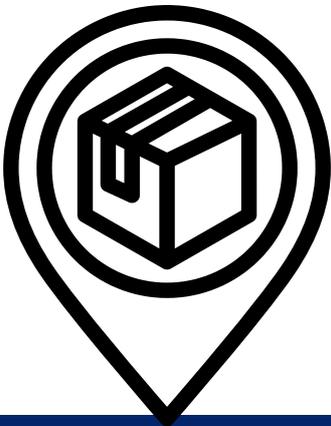
sara.cabrera.oliva@gmail.com

GENERAL DETAILS



Locations

- 1. Guatemala City, Guatemala:** June 5th–6th
 - a. Stay at Hotel Barcelo
- 2. Huehuetenango, Guatemala:** June 6th–13th
 - a. Stay at Quinta Brigada de Infanteria "Mariscal Gregorio Solares"
- 3. Antigua, Guatemala:** June 13th–15th
 - a. Stay at Hotel Santo Domingo



Travel Logistics

On June 6th, we will travel to the site (8-hour bus ride) and have orientation. On the 7th we will begin all clinic and CDT work. The last day of clinics will be June 12th. We will travel to Antigua on June 13th and have our team dinner. The 14th will be for rest and recreation with an option for tours to other parts of the country. Travel back to the U.S. will happen on June 15th for the majority of the volunteers.

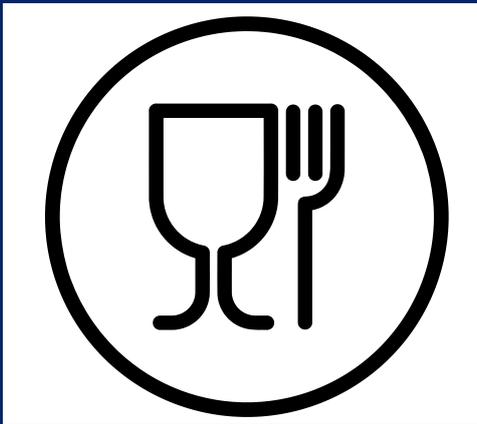
*If you are traveling at hours/dates different from the rest of the team a small "Barcelo" bus will be waiting for you outside the airport. Please contact team leaders with any further questions.



Lodging and Safety

At Huehuetenango, we will have modest accommodations (cots in military barracks and rooms for hospital staff to stay on site) with one bathroom for men and one for women. Each volunteer must bring sleeping bags and pillows (some bring sleeping pads/sheets and blankets etc.). Please let us know if you have lodging accessibility needs so we can find a way to accommodate them. A military escort always accompanies the team to ensure volunteer safety. In Guatemala City and Antigua, the team will be staying at a hotel.

GENERAL DETAILS (CONTINUED)



Food

The team will include a food services coordinator to meet all volunteer dietary preferences. Please specify any dietary restrictions in your application. Food will be provided for all meals except for lunch in Guatemala City and lunch and dinner in Antigua, Guatemala.



Supplies

Medical supplies and drugs for the trip (as requested by providers who are a part of the team) will be acquired through donations or purchased in Guatemala. (Please let the team leaders know if your place of practice has medical supplies that they are willing to donate).



COVID-19 Guidelines

All volunteers will be required to be fully vaccinated, and we will test before traveling to Guatemala. All patients will be tested prior to being seen. Helps has stipulations and resources in place in case a volunteer contracts COVID-19 and requires quarantine or care in Guatemala that are all covered by the cost of the trip.

AIRPORT INSTRUCTIONS

1

Arrive at 7:00 am

Plan to arrive 3 hours before the flight departure time, so the team can go through the airport together

2

Meet team leaders at the check-in desk

The team leaders will be waiting at the check-in desk to gather the team

3

Check in team bags

As the team starts checking in, you may be asked to check a team bag. Please let the team leaders know if you have a Delta card and can check in an extra bag. If you pay for the team bag, please keep your receipt to be reimbursed. **MAKE SURE TO KEEP YOUR BAG TAG! THEY WILL ASK FOR IT IN GUATEMALA**

4

Go through security

As a team, make your way to security and follow the airport's instructions

5

Meet at gate and fill customs form

Once at the gate, the team leaders will explain how to fill out the customs forms which you will need upon arrival.

6

Board and go to Guatemala!

Get ready for a great and meaningful adventure!

PACKING LIST

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- **PASSPORT** (plus a printed copy of passport, vaccination card, and driver's license) **MUST RENEW if expires within 6 months of entry. If not a US citizen, check if a visa is needed.**
 - **Please upload a copy of your passport to THIS DRIVE**
- **Backpack or carry-on-size luggage** with overnight necessities to carry on the plane for our overnight stay in Guatemala City.
- **One suitcase** (Maximum weight 50lbs). If traveling from ATL, you may be assigned a "team" bag as a 2nd checked bag.
- **Sleeping items:** sleeping bag/ twin-size sheets and blankets, pillow, camping sleeping pad for cushioning, - can mosquito net, small fan, etc. if wanted. We will each be given a cloth and metal cot for sleeping (see image).
- **Clothing respectful of Guatemalan culture.** Bring your scrubs if you are a medical professional—scrubs will be your primary "work" outfit each day—no short-shorts or tank tops, miniskirts, or revealing clothes on the worksite.
 - 6 work days- simple clothes (t-shirts, sweatshirts, jeans or tights/ scrubs)
 - 3 travel/ lounge outfits
 - 1 nice outfit for our "gala" dinner
 - 1 swimsuit for the pool in Antigua
 - 2 pairs of tennis/work shoes (apt for hiking in communities community development team or shoes for OR/wards—same rules as at Emory apply) in case it rains and one pair gets wet
 - Shower shoes
 - Rain jacket
 - Underwear
 - Socks
 - Pajamas (consider privacy will be limited)
 - Hat and sunglasses for the community development team and for travel days.

PACKING LIST (CONTINUED)

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- **Towel**, washcloth, toiletries
- **Altitude Patches**, if you are prone to altitude sickness
- **Cash/Credit Cards**. We can exchange \$100 each at the Barceló in Guatemala City. There are ATMs in Antigua/Guatemala City Hotel lobbies.
- **Credit/Debit Cards**: Write down the **toll-free numbers** to report lost credit cards. **Notify your Banks of your travel schedule** (Guatemalan currency is called Quetzales or “Q”)
- **Personal RX**, including your anti-allergy kit, prescriptions, and medication
- **Earplugs** and/or eye masks— People snore!
- **Bug repellent and sunscreen**
- **Antibacterial wipes**, alcohol rinse for hands, soap (we do provide this onsite)
- **Daypack** or fanny pack for personal items
- **Flashlight** - very practical for nighttime vision
- **Reusable Water bottle with a screw-off cap**. (Sports caps are easily contaminated) UNPURIFIED WATER IS YOUR ENEMY! Purified drinking water will be given to you at the Military base.
- **Glasses/Contacts** and contact solution if needed
- **Medical Supplies** - Stethoscopes, otoscopes, blood pressure cuffs (adult/pediatric sizes, not large adult), eye protection, pulse oximeter, thermometer (temporal is fine), headlamp, pens, etc. for medical folks. We can recharge tools (normal plugs, like in the U.S.) at night. Don't forget batteries if needed.
- **I-Pads, laptops, and other personal electronic devices** are NOT NECESSARY. If you think you need them you are responsible to keep them safe and should consider we will have limited wifi.
- **CPAP machines** if you use them at home!
- Snacks, card or board games you think may be fun!! And kids in town love stickers and bubbles if you want to bring some :)

Keeping Healthy

- **Keeping Healthy:** a recommendation to bring a 10-day supply of **Pepto-Bismol** to prevent traveler's diarrhea. This will significantly reduce your risk. Antibiotics and other medications are available from our team pharmacists.
- **Consider Probiotics** to "beef up" your gut's immune system.
- **Remember to only drink purified water. HELPS provides plenty.**
- **Do not eat food from street vendors**
- **Avoid fruits and vegetables that cannot be peeled, boiled, or cleaned appropriately.**
- **Use your hand sanitizer before eating anything.**

Airline Luggage Requirements, Restrictions

- Aerosol cans are not allowed.
- **No sharps are allowed in carry-ons;** put them in your checked luggage.
- All checked bags are searched by hand for explosive residue or go through a CAT scanner. Team members will assist you if there are questions about a team bag that is being searched.
- Tripping the metal detector results in a personal wand scan and pat-down. Before going through the metal detector, put all metal objects in your carry-on, which will be scanned by the X-ray machine.
- You will need your passport for identification; carry it with you at all times when traveling.
- **All carry-on liquids** (i.e. toiletries etc.) must now be 3oz. or less and assembled together in a quart-sized clear plastic bag for immediate viewing. Any liquids greater than 3 oz. must be placed in checked luggage.
- **No Lithium batteries in checked bags— carry-on only!**

Communication in Country

- **Guatemalan SIM cards will be available at the airport.** If you do not have an international phone plan, we highly recommend that you buy a SIM card from here.
- **Many phone wireless companies offer international phone plans.** Please call your phone company at least five days before traveling to confirm whether you are eligible for these phone plans.
- You may or may not have service on the military base; we will measure that you have a way to communicate with your loved ones.
- **Follow @emory_hdg on Instagram.** Instagram posts will be made daily for your loved ones to follow the trip.

WhatsApp Communities

- **We will be using WhatsApp to communicate in country. Please download WhatsApp before we travel.**
- We will be using a feature called WhatsApp Communities. There will be a larger “General” chat for trip-wide announcements. **Everybody should join the “General” chat.**
- There will be separate, smaller, chats for different parts of the team. **Please join the chat that is appropriate for your role on the trip.**
- **List of smaller chats:**
 - PC and Pediatrics
 - Education and CDT
 - Dental
 - Pharmacy
 - OBGYN
 - Pharmacy
 - Translators
- If you are having trouble joining the WhatsApp group, please contact your respective trip leaders.

Overview

There will be triage, on-site clinics, and we will have the team travel daily to remote communities for outreach clinics.

- Providers can rotate going on outreach and staying at the on-site clinic.
- Providers work from approximately 8:00 AM - 6:00 PM each day.
- Opportunities may arise in which medical professionals must come up with creative solutions to provide care to patients given the resources available, but all medical practices must comply with the rules and regulations followed in the United States. It is encouraged for all providers to research alternative and complementary medical practices that may be more readily available and sustainable for the population we will work with that can supplement the care they provide. Treatment plans should be constructed to culturally and logistically be reasonable for the patients.
- Helps International requires that all MDs provide active licenses so they can obtain temporary licenses for them to practice in Guatemala
- Adjacent to the clinical team will be an educational team providing workshops to guide patients on healthier lifestyles. The workshops will focus on diet, stretching and exercising, mental health, hygiene, and women's, maternal and infant care. This component of the trip allows for sustainable long-term benefits that accompany personalized medical advice.

Post-Clinic Details

Every night, volunteers will meet to debrief and attend clinical conferences with invited Guatemalan providers. Team members are expected to bring up and any concerns or ideas for improvement that can be addressed the following day. The dining space which is far from medical and lodging spaces.

DAILY SCHEDULE

6:30 AM	Wake Up
6:30– 7:30 AM	Breakfast (Outreach and CD pack lunches)
7:30 AM	Busses leave (Outreach and Community Development teams)
7:30 AM	Triage and Education start at clinic
8:00– 12:00 PM	Clinic begins
12:00–12:30 PM	First lunch shift
12:30–1:00 PM	Second lunch shift
6:30 PM	Clinic ends
7:00–9:00 PM	Dinner, night conference, and activities

CLINIC SCHEDULE

June 6th	Clinics set up Stoves Training Education Training
June 7th	Peds clinic Primary Care Clinic OB/GYN Clinic Dentist Clinic Clinic Education Stoves *NO OUTREACH

CLINIC SCHEDULE (CONTINUED)

<p>June 8th- June 11th</p>	<p>Peds Clinic Primary Care Clinic OB/GYN Clinic Dentist Clinic Outreach Clinic (Primary and OBGYN) Clinic Education Stoves</p>
<p>June 12th</p>	<p>Packing Day Clinic education with local providers *Stoves and Education done at school</p>

FREQUENTLY ASKED QUESTIONS

Do I have to speak Spanish?

No, we have translators volunteering from Guatemala to work with us. The 3-way translation is often necessary from Guatemalan dialects spoken in the communities we will work.

Do I need to bring a sleeping bag?

You can bring either a sleeping bag or blankets but you will only be provided a cot. A sleeping pad is also recommended. See the "Packing List" for other items to bring.

Will purified water be provided?

Yes, HELPS will provide purified water for you. Bring an empty water bottle for refills. Don't drink tap water!

What food will be provided?

All meals are provided except lunch on the day of arrival since you will be taken to an outdoor shopping center with restaurants after checking in to the hotel (bring snacks for the plane because that will be around 4 pm so you will probably get hungry before), and lunch and dinner on the 25th and when you will be able to explore Antigua's incredible culinary scene. There will not be sodas provided while we are on the worksite so feel free to bring some if you would like to have them during the trip.

How safe is Guatemala?

HELPS ensures that the areas we travel to are safe. We will have military escorts during our time spent at the worksite, but in our opinion, it is an extra precautionary measure that would not be necessary. Use common sense at night- don't walk alone, and always have 1 or more people with you when it's dark.

Where do we stay?

We will be staying at a military base at the department head of Huehuetenango, Hotel Barceló in Guatemala City, and Hotel Porta in Antigua Guatemala.

What happens if I get sick?

We will assign team doctors to oversee your care. Helps staff will have measures in place if any further care is necessary.

Can I have a beer or a glass of wine?

Alcohol is strictly prohibited while we are working, it is Helps policy and if broken our team will get banned. When in Antigua, if you are legal, you can drink responsibly. If anyone gets drunk our team gets banned as well.

How do we exchange our money?

The currency is Quetzales. The exchange rate varies but it's usually around Q7.50 to \$1. You'll be able to exchange, up to \$100 at the front desk of the Barceló Hotel in Guatemala City and there are ATMs in the lobby of the hotel that will take your debit cards.

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THANK YOU!

EMERGENCY CONTACTS:

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