

## Tree 4 Hope: We are . . .



### Hope Academy

Tree 4 Hope operates Hope Academy—a STEAM-based, Spanish and English bilingual school for girls with support for Kaqchikal, the indigenous Mayan language of the region, and hands-on internships at local businesses—in Santa Lucia Milpas Altas. The school grew from one kindergarten classroom in 2019 at the Miguel Magone orphanage to a new, modern school building with 67 girls in pre-K through Grade 6.

➔ Why is this important? “We meet our girls where they are. Through Spanish we prepare them for life and work in their community; through English we connect them to a global world; through Kaqchikal we ground them in the traditions of their culture.”



### Food Security

Every day, Tree 4 Hope delivers fruit, vegetables, and meat to 215 children at the Miguel Magone orphanage and the village of El Aguacate.

➔ Why is this important? “Daily deliveries of food ensure that every child has access to the nutrition they need to grow into the people they were meant to be.”



### Music Education

Each year, Tree 4 Hope funds a full-time music instructor, twice weekly music lessons, and performance opportunities for 100+ children at the Miguel Magone orphanage and the village of El Aguacate.

➔ Why is this important? “Learning and creating music gives children the opportunity to do the work of change, to empower the whole person, to be themselves in a world that often demands otherwise.”



### Psychological Care

Tree 4 Hope supports the costs for two full-time psychologists who conduct initial evaluations, hold counseling sessions, and attend court hearings for children at the Miguel Magone orphanage.

➔ Why is this important? “The importance of psychological care can’t be overstated. All of the children here have experienced trauma. We work to untie the knots in their hearts that keep them locked down and affect their everyday relationships.”



### Community Outreach

Once a month, Tree 4 Hope provides funding for an “ancianos” luncheon where the elders of El Aguacate share a meal, play bingo, and dance with the children at the Miguel Magone orphanage.

➔ Why is this important? “When the orphanage can also act as a community center, a hub, it creates an opportunity for the children to form intergenerational relationships and a sense of connection and hope not just for the elders, but for the children as well.”

# What you need to know about St. Matthew's Mission Trip to Guatemala

## Qualifications: You must

- Be in good health
- Be able to attend monthly team meetings
- Be active in serving the Lord
- Be able to get along well with others
- Be open-minded
- If you are under the age of 18, you must fill out a Parent Permission Form

## Commitment: You must

Be able to commit to the team meeting schedule & to meeting the deadlines. If you cannot, you may want to reconsider committing to this trip

Be able to attend the majority of the meetings. If you are unable to attend, you must notify Pastor Kathy, Brad or Andrea. If you miss too many meetings, you may lose your spot on the team.

Be able to meet ALL deadlines.

Be prepared to assist in the preparation of the trip. Example, packing, fundraisers, etc.

Be Spiritually ready!

## Code of Conduct:

- Respect each member of the team
- Have a positive attitude regardless of the task at hand or the environment/conditions in which we will be serving. We should maintain a respectful, loving & grateful attitude.
- Be OPEN! You must be flexible & understand that when in a third world country things may not always go as planned. You have to be ready for anything!

## Financials:

- See separate page for details of the trip cost
- All funds collected from fundraisers will be distributed only to those who participated in that event
- You must meet all financial deadlines.
- St. Matthews will not be responsible for any teams members lost money, stolen money, damaged luggage, lost luggage, or loss of any other personal property
- If for some reason\*\* you are not able to go on the trip, you will not be reimbursed money that has already been spent (Ex. supplies) All airline refunds will be subject to the policies of that airline &/or Travel Agency

\*\*Excluding medical emergencies for you or an immediate family member or death in the family\*\*

# Guatemala Service Trip, Summer 2023

## Checklist of Things to Do/Forms to Complete

<b><u>Form and Payment Checklist:</u></b>	<b><u>Due Date:</u></b>
<input type="checkbox"/> Registration Form ***	1/1/23
<input type="checkbox"/> \$300 non-refundable trip deposit*** *** Registration & deposit due to Andrea Hersh please	1/1/23
<input type="checkbox"/> Parent Permission Form (for anyone under age 18)	4/15/23
<input type="checkbox"/> Physician's Statement	5/15/23
<input type="checkbox"/> Copy of insurance card (both sides) and Passport	5/15/23
<input type="checkbox"/> Medical Authorization Form	5/15/23
<input type="checkbox"/> Child Abuse and Criminal Clearances	5/15/23
<input type="checkbox"/> \$700 trip balance	5/15/23
<input type="checkbox"/> Flights must be booked and paid for by May 1, 2023	

### **IMPORTANT:**

#### **If the traveler cancels:**

- up to 31 days of the trip start date, T4H will retain a non-refundable \$300 deposit.
- within 8-30 days of the trip start date, T4H will refund 50% of the trip cost.
- within 7 days of the trip start date, T4H cannot offer a refund.

### **To-Do ASAP:**

- ☐ CHECK PASSPORT FOR EXPIRATION DATE (must be **6 months or more** from departure date). APPLY FOR PASSPORT IF NECESSARY
- ☐ Book air travel to GUA. Call TRENT at Velocity Tours for assistance 801.296.8687
- ☐ Complete & submit form for Child Abuse Clearance and PA State Criminal Record Clearance
- ☐ Make appointment with doctor for completion of *Physician's Statement* and immunizations

### **To-Do Immediately Before Travelling:**

- ☐ Inform bank and credit card company that you are traveling out of country
- ☐ Send a reminder note/email to friends and family (especially those who have sponsored you on the trip) to ask for prayers/support
- ☐ Finish packing carry-on/personal items; be sure to consult baggage restrictions info

# General Trip Information

## **Passport:**

- A passport is required for all U.S. citizens traveling to Guatemala.
- PLEASE bring a photocopy of your passport. We also recommend that you bring a certified copy of your birth certificate so that you could get a new passport in Guatemala if necessary.
- PLEASE check the expiration date NOW. Airlines have been requiring travelers to show a passport which is valid 6 months AFTER travel.
- If you do not have a passport,
  - Go to <http://www.travel.state.gov/passport/> for info.
  - Processing time is variable and unpredictable. Apply ASAP. We have encountered problems with people not receiving them in time for trips before—don't let this be you!!
  - There are expedited services available through both the government and passport service agencies for an additional fee. These fees can get quite high, so it is much better to get started on your passport ASAP.
  - Many post offices accept passport applications. Some locations also take photos on site for a fee. For more information, including hours of operation and forms, visit [www.usps.com](http://www.usps.com) and search under "passports."



## **Child Abuse Clearance:**

All travelers age 18 and over must complete and submit a Criminal Background Check AND Child Abuse Clearance to Tree 4 Hope before traveling. This is an important step to protect everyone! If you have requested and received these clearances for another purpose in the past two years, Tree 4 Hope will accept these. Otherwise, please follow the procedure for your state.

For PA residents, go to:

PA Child Abuse History Clearance Form (CY-113) – check the VOLUNTEER box  
[http://www.dpw.state.pa.us/ucmprd/groups/webcontent/documents/form/s\\_001762.pdf](http://www.dpw.state.pa.us/ucmprd/groups/webcontent/documents/form/s_001762.pdf)

PA State Police Request for Criminal Record Check (SP4-164)  
Online at: <https://epatch.state.pa.us/> or  
[http://www.dpw.state.pa.us/ucmprd/groups/webcontent/documents/form/s\\_001769.pdf](http://www.dpw.state.pa.us/ucmprd/groups/webcontent/documents/form/s_001769.pdf)

- **It can take up to 4 weeks to receive the clearance, so please do this ASAP!**

**Safety:**

Guatemala City is a typical large city with much crime. Our groups avoid the city. We will be lodging in Antigua, which is Guatemala's largest tourist destination. In fact, Antigua is secured by its own tourist police force. We are lodging in a secure private boutique hotel that is locked in the evenings for additional safety. We travel to our locations of service aboard pre-arranged vans. While we do not anticipate any problems, we are asking you to sign a waiver acknowledging the risk inherent to traveling here.

**Money:**

This trip includes the costs of ground transportation, lodging, meals, and team supplies. There will be a "free day" with lunch and any optional activity fees on your own. Guatemala is a country known for its handicrafts and richly colored fabrics. Some vendors accept US dollars, but they must be very new, without rips, writing, or stains.

There are secure ATM machines throughout Antigua where you can withdraw Guatemalan money with a standard debit card, Visa, or MasterCard. You get a better exchange rate this way. Before traveling, remember to inform your bank that you will be out of the country so that you do not encounter a problem using your debit/credit cards.

**Weather:**

The rainy season in Guatemala is technically May-October. However, even in the "dry season", while the mornings are clear and sunny, downpours can occur in the afternoon. The highs will probably be somewhere around 80°F with lows sometimes in the 50's. Mosquitoes can be around at night. Please be sure to bring long-sleeved shirts or jackets and bug spray or lotion with a high DEET concentration.

**Physician's Statement/Immunizations:**

You must have a Physician's Statement completed and signed by a doctor in the U.S. before traveling.

We may be around sharp objects at several of the locations -- especially doing maintenance work. In addition, some of the children or adults may have Hepatitis. Fortunately, the 5000'+ altitude of our main locations is high enough to alleviate the risk of malaria. Therefore you will not need anti-malaria medication for this trip. Please be aware that vaccinations and additional medications prescribed by a travel clinic or your doctor can be costly. Please take this into account, noting that these expenses are in addition to your trip cost.

We recommend the following immunizations for this trip:

- ☐ Tetanus
- ☐ Hepatitis A
- ☐ Hepatitis B

**Please Note:** Please make arrangements NOW to have your Physician's Statement completed. Remember that getting an appointment for a routine physical and/or immunizations with your doctor can sometimes take several weeks. Your Physician's Statement must be completed and turned in with your final payment for the trip. If you

have completed a Physician's Statement within 24 months preceding the end of your trip, you do not need to send in a new one.

### **Baggage/Donations:**

We will be taking not only all of our materials with us, but also an incredible amount of donations for the people we serve. We need your help by graciously committing your checked bags to donations. We encourage you to pack creatively in your carry-on and one "personal item" (which can be a backpack) and allow your checked bag to be used for donations. Baggage is occasionally lost en route to Guatemala, and so in reality, you are better off having all of your personal items physically "with you" on the plane anyway! Please check all current baggage regulations via the internet at the homepage of the airline you are flying!

Many airlines like Delta are including a 50 pound checked bag in the cost of your ticket. Please check when you book. We will give everyone a list of items we are collecting for donations so you can fill a checked bag!







# Guatemala

Guatemala is located in Central America, bordering the Caribbean Sea, between Honduras and Belize, and bordering the North Pacific Ocean, between El Salvador and Mexico.

The land is mountainous and has volcanoes and the weather is tropical to temperate. The capital of Guatemala has an active cultural life throughout the year. It is also a great place for shopping for handicrafts, woodcarvings, leather, ceramics, and textiles. Although Spanish is the dominant language of Guatemala, the Mayan people retain a multitude of native dialects.



Guatemala is a young democracy. A long civil war lasting 36 years ended in 1995. Genocide of over 200,000 Mayan civilians, out of 11 million, left about 200,000 orphans. In 1996, democracy was established and has progressed, showing a voter turnout of 82%.

Antigua was established as the first capital of Guatemala in 1543, lasting to 1773, when the capital was moved to its current location in Guatemala City. Antigua retains its colonial charm with cobblestone streets throughout the small city. If you could take away the cars, you might think you stepped back in time 300 years. The volcanoes, Volcan Agua, Fuego, and Acatenango, which can often be seen on clear mornings, surround Antigua. Antigua was the religious hub of Central America with 30 monastic settlements. Remains of more than 40 churches, convents, and monasteries can still be seen and explored in Antigua today.

The people of Guatemala are deeply religious. Holy Week of Easter is a very important week in Antigua, hosting the largest Easter celebration in the Western hemisphere. In general, Catholic traditions have been blended with Mayan roots. Today, many other Christian denominations are found within Guatemala as well.

There is a tremendous gap in Guatemala between the “haves” and “have nots.” Seventy-nine percent of the population lives in poverty, with 59% in extreme poverty, meaning no running water, reliable shelter, or adequate food and water. Children who work total 28% to 41%. The United Nations estimates over 12,000 orphans remain, although this number does not include the thousands of children living on the street or in the city dumps.

So, when you look to the question, “What do we do?” it becomes, “Where do we start?” Our efforts so far have been focused on children either living in orphanages or in “managed programs.” Guatemala is a young democracy, without a developed concept of social responsibility, but compassion is awakening in some people.

This is where the Team Trip enters: to continue programs of humanitarian aid that have already been set to action while developing new ideas and programs to serve these children in the charitable spirit.

# Guatemala Team Trip Registration

*Dates of your trip: St Matthew's July 19-27, 2023*

	YOUR INFO
Full Name	
Address	
Phone(s)	
E-mail	
Birthday, Age, Gender	

EMERGENCY CONTACT

	(Optional) HOME CHURCH INFO
Church Name Denomination	
Address	
Pastor	
Phone(s)	
E-mail	

ALTERNATE EMERGENCY CONTACT

- Do you have any special skills that you are bringing to this trip? (e.g., speak Spanish, teacher, manual labor, doctor, nurse, construction, electrical or plumbing, etc.)
- Will you be celebrating any special days while on the trip? (birthday, anniversary, etc.)

Complete & digitally sign this form, send an image to Susan Kern ([wanderlust1@comcast.net](mailto:wanderlust1@comcast.net)) or, mail a signed copy to:

**Tree 4 Hope  
Attn. Susan Kern  
2370 Allentown Road  
Quakertown, PA 18951**

I, \_\_\_\_\_, state that the information included in this application form is true and accurate, to the best of my knowledge. I further agree to cooperate with the service team to fulfill the goals of this service trip.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



**Please Print and Use Black Ink Pen**

Dates of Trip \_\_\_\_\_

NAME & ADDRESS	RELATIONSHIP	DAY PHONE	EVENING PHONE

NAME & ADDRESS	RELATIONSHIP	DAY PHONE	EVENING PHONE

CLINIC NAME & ADDRESS	PHONE
PRIMARY CARE DOCTOR NAME & ADDRESS	PHONE

		PHONE
Person Responsible for Payment (& Relationship)		
Name & Address of Employer		
Name & Address of Insurance Company		
Policy Number		

\_\_\_\_\_  
BLACK INK signature – Parent, Legal Guardian, Self

**Return to:** Tree 4 Hope  
Attn. Susan Kern  
2370 Allentown Road  
Quakertown PA 18951

# Guatemala Team Trip

## Physician's Statement and Health History

Dates of Trip: \_\_\_\_\_

Patient's Name \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_  
Last First Middle Initial mo. day yr.

Gender: Male Female (please circle)

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

**Note to Physician: Activities include:**

- Air travel up to 1 day in length, vehicular travel up to 4 hours, walking on cobblestone up to a mile.
- Manual labor on the average of ~8 hours per day over a one to two week period; labor may include painting, shoveling, carrying loads, planting activities, other physical activities.
- Less than adequate rest at times.
- Exposure to many different foods, often unusual in comparison to one's normal diet
- Stress from communal living and from witnessing trauma associated with children in poverty.
- Traveling and living in developing nations.

**The above individual has been examined by me and I find him/her: (please check)**

- ☐ Qualified for the Guatemala Team Trip with no restrictions.
- ☐ Qualified for activities but has a minor condition(s) that will not interfere with participation.  
 Explain, if necessary. \_\_\_\_\_
- ☐ Qualified for the Guatemala Team Trip with the following recommended restrictions: \_\_\_\_\_
- ☐ This individual is, in my estimation, not qualified for a Guatemala Team Trip per the activities as suggested.  
 Reasons for this have been fully discussed with the individual concerned.

Physicians Signature \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Name (please print) \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Please check any applicable items and explain in section below:

HEALTH ISSUES	IMMUNIZATIONS (Please list most recent dates)	MEDICAL CONDITIONS	ALLERGIES
<input type="checkbox"/> Physical	<input type="checkbox"/> Tetanus*	<input type="checkbox"/> Knee problems	<input type="checkbox"/> Medications
<input type="checkbox"/> Emotional	<input type="checkbox"/> Polio	<input type="checkbox"/> Back problems	<input type="checkbox"/> Bee stings
	<input type="checkbox"/> Measles/Mumps/Rubella	<input type="checkbox"/> Asthma	<input type="checkbox"/> Pollen
<b>REQUIRED RESTRICTIONS</b>	<input type="checkbox"/> Hepatitis A*	<input type="checkbox"/> Attention Deficit Disorder	<input type="checkbox"/> Dander
<input type="checkbox"/> Activities	<input type="checkbox"/> Hepatitis B*	<input type="checkbox"/> Menstrual Pain	<input type="checkbox"/> Food
<input type="checkbox"/> Diet	<input type="checkbox"/> Acne	<input type="checkbox"/> Other _____	
		<input type="checkbox"/> Chemical Imbalance	
	<b>*Strongly Recommended</b>		

Please explain any **HEALTH ISSUES, MEDICAL CONDITIONS, REQUIRED RESTRICTIONS, ALLERGIES** or **MEDICAL CARE** that Guatemala Team Trip needs to be aware of: \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

Please list any **SPECIAL MEDICATION**. If so, explain for what reason and how often? Please state need for any staff or counselor supervision or allocation. \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

Print this form, have your doctor fill it out, send an image to Susan Kern ([wanderlust1@comcast.net](mailto:wanderlust1@comcast.net)) or, alternatively mail a copy to:

**Return to:** Tree 4 Hope  
 Attn. Susan Kern  
 2370 Allentown Road  
 Quakertown PA 18951

# PARENT PERMISSION FORM

(Required for travelers under 18 years old)

Dates of Trip \_\_\_\_\_

To whom it may concern:

**I/We** \_\_\_\_\_  
name(s) of parent(s) or guardian(s)

give permission for **my/our child** \_\_\_\_\_ to  
participate in a Guatemala Team Trip traveling to Guatemala.

**I/We** understand that **every effort** will be made to contact and discuss any major treatment with **me/us**. **I/We** understand that communication can be erratic, difficult, and sometimes impossible internationally.

**I/We** \_\_\_\_\_  
name(s) of parent(s) or guardian(s)

give permission for the designated trip point of contact and/or the applicable persons to make all health and medical decisions for my/our child during the duration of the Guatemala Team Trip, occurring: \_\_\_\_\_ (please list dates of trip).

**I/We** \_\_\_\_\_  
name(s) of parent(s) or guardian(s)

give permission for **my/our child** \_\_\_\_\_ to be  
transported across country borders if necessary for medical treatment and/or evacuation.

**I/We** \_\_\_\_\_  
name(s) of parent(s) or guardian(s)

understand that **my/our child** \_\_\_\_\_ may be in  
proximity to and/or participating in activities with children who may be HIV+.

RELATIONSHIP	NAME	SIGNATURE	DATE

Complete & digitally sign this form, send an image to Susan Kern ([wanderlust1@comcast.net](mailto:wanderlust1@comcast.net)) or, mail a signed copy to:

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