



Mission Trip Guide

2022-2023

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A. Who is STC Guatemala?

STC(Suffer the Children) was founded by missionaries Bob and Tessa Yeater in 2014. The family has 14 years of experience in foreign missions and host a myriad of teams throughout the year. The heart of STC is a church plant in San Jose Poaquil, Guatemala. In addition to this ministry, the Poaquil is home to a feeding and bible center for almost 50 children. In addition to this, STC also has a bible and feeding center in the village of Pachimulin which is home to almost 400 children.

Because most men work in the agricultural fields of Guatemala during the day, the majority of our ministry, especially team related, revolves around women and children.

For more info on STC, please visit our website and 'like' us on Facebook:

Web: www.stcguatemala.com

Facebook: STC Guatemala

We hope to have you visit and minister with us soon!

Bob & Tessa Yeater

STC Guatemala



B. What is a week like and is it for me?

First of all and emphatically: YES! We have children as young as 7 years-old visit us and we have had visitors over 80 years-old come to Guatemala also! We will keep you safe and comfortable each night and you only will be pushing yourself as far as you will allow.

'Life begins outside your comfort zone.'

Normal week schedule:

Saturday: Arrive at airport and transport to mission home in Guatemala City

Sunday: Church service in a village church/lunch(small VBS to follow)

Monday: In-house training

Tuesday: Work/VBS in village

Wednesday: Work/VBS in village **(unless you choose a custom trip)*

Thursday: Work/Home Visits/Rice Distribution **(unless you choose a custom trip)*

Friday: Shopping Day / Closing Time after dinner

Saturday: Return to the United States

*Note:

If your visit to Guatemala includes any special add-ons and you choose to spend an extra day or two getting to know the country, Wednesday and possibly Thursday will also be an 'off' day spent enjoying the country.



C. Accommodations

Currently, all of our teams are hosted at STC's very own mission home outside of Antigua, Guatemala. The beds are brand new and the rooms are bunk style with space for 12 women and 12 men. Please message if you have more than 24 as we can accommodate more with the proper notice.

This secure property is a nice respite for every one who visits with us. All your food will be prepared by our trained cooking staff in-house. From Taco Tuesday to the hearty breakfast each day, you'll not go hungry!

When you're done eating and want to relax, you can find your way to a patio or garden with a panoramic view of Volcano Agua! In addition to hammocks and a fire pit area, STC maintains a ping pong table, foosball and corn hole. Personal space is important and we have ample! Come with your favorite board games and enjoy some time with one another in one of the many areas offered for your down time.

Coffee is ALWAYS available, brewing at 6a.m. each day!

General Information:

1. Is wi-fi available? YES
2. Can I call home if I need to? YES
3. Can I have my own room or room with my spouse? **NO**, all housing is bunk-style
4. Is laundry service available? YES. There is a washer/dryer available for \$5 per load
5. Will we be the only team there? YES.
6. What about my dietary needs? UNFORTUNATELY we currently can not make special exceptions for those with dietary restrictions. Many things(i.e. gluten free) are not readily available in Guatemala. It is YOUR responsibility to bring the food you need.
7. Snacks? YES. There is an open snack bar on site that is open to you 24/7

D. When Should I Come/Book My Visit to Guatemala?

Simply put; *the sooner the better.*

Any time from **January 31 until December 7** we are generally open to hosting your group.

We tend to fill our calendar quickly with teams; especially the months of April-August. It is always first come, first serve.

Guatemala is known as the 'Land of the Eternal Spring'. The temperatures average in the 70's to mid-80's(no humidity) and drops as low as the mid-50's at night. The mission is located at about 5000' feet elevation and you will work in areas near 8000'.

**Please note that January to late May is our 'dry' season*

If you are interested in booking your trip, simply send us an e-mail with the dates you're interested in and we will work with you to make it happen.

Send all inquiries to: info@stcguatemala.com



E. Project Options

STC: Guatemala hosts various groups of different age and gender make-ups that can accomplish a myriad of things.

Each team that brings a unique skill set and it is very much in your hands to get an idea of what you're capable of before the details of your trip are set in stone.

Because the nature of our ministry is local church oriented you will have much contact with our national pastor, Abel Hernandez and his family. The majority of our work is done during daylight hours and involves women and children.

During an average trip you can plan to...

1. Prepare for and direct a VBS for 3 days(*2 days for special weeks).

*Please bring all crafts, coloring sheets, candy and give-aways

*A translator will be provided for all lessons

*Be prepared to be flexible

*Upon booking your trip, we will let you know how many children to plan for.

*Generally, we average between 30-50 in one village and up to 300 in another!

2. Build a Home *Each team should fundraise for & be prepared for at least (1) home build.

For every 12 people, each team must raise the appropriate funds to either build a new home for a family or a STC specific project with prior planning.

COST: Home build: \$4800 Stove: \$450 House Painting: \$1000

Example: A team of 12 can easily build a home and paint a home in 1 week.

3. Gospel distribution and rice/beans/clothes.

Guatemala is one of the most poor and malnourished nations on the planet. We will almost always spend time sharing the gospel and handing out rice/beans.*

We encourage you to set aside **\$300 of your budget for this outreach*



F. Children's Ministry 101

Because of the nature of our ministry and where we work, one thing is certain; you will interact and work with children.

In the previous section we briefly touched upon a normal VBS. In order to be able to maintain a great and productive budget, it is generally imperative to plan well and absorb your Children's and/or Women's Ministry work cost via the team itself prior to the trip by dividing up and purchasing what you need months in advance.

Keep in mind we can be around children at any given moment to being ready 'spur of the moment' for games or just loving the children is paramount. Ponder ways in which you can do so.

Things to Bring for Children's Outreach:

1. All copies for coloring sheets
2. Crayons(prepare to leave these behind for the children)
3. Crafts, Puppets
4. Soccer balls and beach balls
5. Various game items such as jump ropes, frisbees etc.
6. Any visual teaching materials that you'd like to use
7. Candy for each day plus candy to pass out during evangelism
8. Clothes/shoes/hats/sunglasses for giving away
9. Anything else you would like to bring!

Please be prepared for 1 to 2 hour of teaching, crafts and play each day



G. Ladies Outreach Ministries

During the time we are in the field, most all Guatemalan men are in the 'fields' working. Because of this we are constantly finding that even during many VBS type activities we are having lots of women attend also.

On the average trip, we are doing work projects in the morning hours and sometimes not all ladies or young people feel comfortable or able to do so. Although we want anyone to participate in these projects, we have found the ladies in Guatemala will come in the mornings to a special event if invited(though their timing of arrival can vary!).

If your group would like to do some bible studies, hair washing/manicures, life skills(applicable to 3rd world living conditions) crafts or in one village we can even show them some baking; it would be a welcome activity! These times can range from 1 to 1.5 hours also.

Things to bring for Ladies Outreach (depending on your desire/abilities):

1. All craft supplies needed
2. Hair supplies for hair washing
3. Pedicure/Manicure supplies
4. Cookie/Cake mixes for baking
5. All material for bible lessons

Feel free to reach out if you have any ideas not listed!

Please be prepared to minister between 1 to 1.5 hours each morning



H. Dress Code and Cultural Considerations

In previous years we have given a spoken 'dress code' and now find it necessary to spell it out for you to avoid any confusion or problems once you arrive in country.

Guatemala, in spite of her problems, is a very conservative country. Because of this, it is very easy for someone who innocently visits to unknowingly offend the people and/or hurt the testimony of the church and/or missionary.

To help avoid this, we ask you to use the following dress code:

Ladies:

- All shorts/dresses should be loose fitting and *at least* mid-knee length
- NO running shorts
- NO yoga type pants
- NO spaghetti straps
- Please keep jewelry simple and avoid anything flashy that may draw attention

Men:

- All shorts should be loose fitting and *at least* mid-knee length
- NO tank tops
- Please keep jewelry simple and avoid anything flashy that may draw attention
- No earrings allowed in the villages

Ladies & Men:

-If you have any large tattoos, we ask when we are out that you try to keep them covered to the best of your ability. *Why?* Gang activity is very prevalent here and most people associate tattoos with gang association.

Please understand we are not trying to be legalistic or offend anyones personal taste or manner of dress. The most important thing to us is that we serve God and the people of Guatemala in a manner which glorifies Him without harming our testimony and more importantly, offend the Guatemalan people.

*NOTE: The missionary will NOT come to you should there be an issue unless it is extraordinary. The dress code is always the team leaders responsibility.

I. Travel Insurance

Although accidents are very rare, we ask that every team member purchase short-term travel medical insurance.

In the case of an accident, this would allow you access to better hospitals and under the worst case scenario: Medical evacuation back to the United States.

Without travel insurance you put yourself at undo risk and in the event of emergency, much pressure upon the missionary and your team fellow team members.

Many plans can be purchased easily and online for 7 days for as little as \$20-\$30. Compare this with the cost of a medical evacuation which costs over \$100,000 and you can see the value of such a small purchase. It's well worth the peace of mind.

Recommended Companies:

There are hundreds to choose from but we would recommend looking into a company that specializes in foreign expats like IMG.

Visit their website to learn more @

<https://www.imglobal.com/travel-medical-insurance>



MOST POPULAR



Patriot Travel Medical Insurance

Highlights

- ✓ Travel medical insurance for individuals, families and groups
- ✓ Renewable up to 24 months
- ✓ Deductible options from \$0 to \$2,500
- ✓ Maximum limits from \$50,000 to \$2,000,000
- ✓ Coverage for medical expenses, evacuation, and repatriation

Patriot Travel Medical Insurance

[PLAN DETAILS](#) [VIEW BROCHURE](#)

J. Health/COVID-19

1. It is the responsibility of EACH team bring personal medicines needed and to know the current COVID entry requirements for Guatemala and the United States.

Suggestions include, but are not limited to:

- Tylenol
- Ibuprofen
- Pepto/Tums/Roloids
- Ducolax
- Band-aids
- Allergy meds
- Cold meds/throat lozenges
- Travel size hydrogen peroxide/alcohol wipes
- Dramamine (many roads we travel are 1-2 hours long and VERY curvy/bumpy)

What are the vaccination requirements?

There are currently no vaccination requirements.

COVID REQUIREMENTS (subject to change):

ENTRY:

To enter Guatemala, EACH traveler will need either a) a legal COVID vaccination card or a negative COVID test within 72 hours of arrival. (as of 4/7/2022)

EXIT:

To exit Guatemala, you will need a negative COVID test within 24 hours of leaving. The United States currently does not allow entry with a vaccine card only. EVERYONE must take the pre-departure COVID test and bring an unblemished \$50 bill to fulfill payment. Testing will be done at STC Mission home with a reputable physician the day prior to departure.

MASKS:

Guatemala currently enforces a public, country-wide mandate.

*NOTE:

Please visit <http://wwwnc.cdc.gov/travel/destinations/traveler/none/guatemala> for the most up to date recommendations from the U.S. Embassy.

K. Some Ideas on what to bring

- (2) copies of your valid U.S. Passport (passports must be valid THRU your trip)
 - (2) copies of another valid I.D.
 - Negative COVID test or completed COVID vaccine card
 - Bible
 - Standard work clothes and undergarments sufficient for 6 days
 - Old shoes: it is quite possible to ruin a pair while working
 - Comfortable shoes for shopping day and/or volcano hike
 - Backpack for daily needs (use one as your personal item)
 - Sunglasses
 - Sunscreen
 - Both long and short-sleeve shirts
 - Warm sweatshirt for chilly evenings/bus rides
 - Earplugs (if you sleep lightly!)
 - Games for down time (you generally be free from 6p.m. each day)
 - Credit Card (some shops accept these for purchases on your shopping day)
 - Cash for activities/spending*
- *make sure all cash is in MINT condition. NO tears, stains or marks.
- Snacks for the road (snack bar available also/U.S. cash accepted)
 - Dietary Needs (as stated, if you have dietary restrictions bring your food with you)
 - Candy (for you or the children!)
 - Fingernail polish (the children love it!)
 - Soccer balls etc. + pumps
 - Poncho/Light rain jacket (especially helpful if you come late May thru late September)
 - Hand gel
 - Wet wipes
 - Travel toilet paper
 - Journal
 - Hat
 - Head band
 - Hair ties for work time
 - Extension cord & power strip (no adapters needed/Guatemala uses standard outlets)
 - Tip money for workers \$25-\$30
 - Money for ministry coffee \$15 per bag and STC t-shirt \$20

*NOTE: ALL TOWELS AND ALL BED LINENS PROVIDED (2 towels per week, per person)

L. Mission Trip Cost

Basic Cost:

***\$600 per person** (includes all food, transportation and airport transfers)

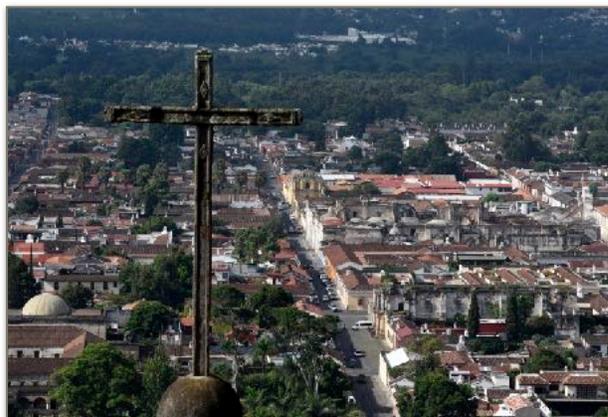
***Teams that are under 12 members or less, the cost is \$675 per person**

Family Pricing:

With full price adult close family members of 3 or more, receive \$75 off per person.

(Family Pricing does **NOT** apply for group size 12 & under)

SHOPPING DAY: Antigua, Guatemala **included with every trip*



Travel Time: 5 min.

Our family friendly and must-see trip!

Sitting at the foot of the Volcano Agua, come with us to the cobble stone streets of the most visited city in the country.

With its beautiful buildings, ruins and the 'Street of the Arch'; you will love your visit here. Complete with shopping, coffee shops and a beautiful park you will be able to spend a day relaxing while 'people watching' or shopping until your hearts content!

Cost: **FREE**

CUSTOM ADD-ON

(All add-on trip fees are payable in cash upon arrival)

Volcano Pacaya Hike



Travel Time: 1.5 hours

Hike an active volcano or ride a horse to the top! Enjoy spectacular views while, if you're physically able, descend into the lava field and roast marshmallows and visit National Geographic proclaimed most unique store in the world: The Lava Store.

This activity can be done by people of all ages. Many prefer to hike while others prefer to take a horse. Regardless of your preference it is truly a once-in-a-lifetime experience!

Who wouldn't want to take a free lava rock home as a keepsake?!

Cost: \$70 per person

*Includes horse ride ONE WAY. Roundtrip is **extra \$20**

**Please note we CANNOT do the Standard Shopping Day & the Volcano Pacaya hike the same day.*

M. Basic Trip Cost

1. Calculate your basic trip:

***\$600 x number of people + Work Budget = TOTAL BASE COST**

***\$675 for teams under 12 members**

***PLEASE NOTE: Your base trip cost does not include misc. expenses.**

N. Work Budget Cost

Guatemala is a country in great need both spiritually and physically. We are constantly finding families close to our ministries that need our help. By coming and participating in any given project, you are making a life-altering impact on a families life here.

How much finances do we need?

-The minimum work budget you will need is \$5000*.

This will allow you to purchase rice/beans and complete a physical work project.

*This total does not include your supplies needed for Children's/Ladies Ministries

*\$5000 includes a complete new home build + rice/beans for distribution.

Project Pricing:

1. Build a stove: **\$400** each (stove materials plus flue pipe)
2. Build a home: **\$4800** each (block base, cement floor, wood frame & metal roof)
3. 200lbs of rice and beans: **\$200** (you will bag this for distribution upon arrival)
4. House Painting: **\$1000** for 2 homes



O. Trip Scheduling / Payment Terms / Misc Expenses

1. Send your e-mail requesting your preferred week to: info@stcguatemala.com
2. A non-refundable deposit of \$1000 is due upon booking to reserve your week.

Please note this deposit in non-refundable, without exception.

3. Once your week is agreed upon, within 7 days please fill out and scan/e-mail **'Preliminary Team Form'** along with your \$1000 deposit.

*NOTE: We understand things change, we simply need an idea of projected team size.

4. If your team is OVER 15 people, you will need to plan to build 2 homes.
3. Your week will NOT be locked in until the aforementioned items are received.
4. 60 days prior to arrival, return your **'Official Team Form'**, with your advance payment.
*Please include a copy of each persons passport at this time.

Handling Trip Fees/Expenses:

Make all checks payable to:

Suffer the Children
500 Westover Dr. #14023
Sanford, N.C. 27330

(*Note team name on check)

A. Your Trip Cost is broken into 2 payments: Advanced + Upon arrival

1. **The first advance payment(\$400)** is mailed to STC and payable no less than 30 days prior to arrival.
2. **The second in country payment(\$200)** is payable upon arrival in USD in Guatemala.

B. Work Budgets

***The work budget** is mailed to STC and due no later than 60 days prior to arrival.

C. Misc Expenses(minus COVID test, these are recommended only)

Each team member should consider the following possible expenses:

1. COVID test: \$50 per person, payable in Guatemala before departure
2. Coffee/Merch: \$35 can buy you a t-shirt and a fresh bag of our own 502 Coffee!
3. Shopping Day: \$75+ (cash buys cheaper, but many vendors accept credit/debit)
4. Tips: \$40
5. Volcano Hike(if desired): \$70
6. Discretionary spending: ? (this would be special cake for a birthday/offerings etc)

***NOTE:** If you are interested in additional saving methods to reduce cost, please contact us before booking at bob@stcguatemala.com.

STC Guatemala Refund Policy

100% advance team fee(\$400) refund within 90 days

50% advance team fee(\$200) refund within 60 days

0% advance team fee(\$0) refund within 30 days

Please note: 90 days prior to your arrival, STC informs the family of your home project. Please be financially prepared for STC to build this home for you.

P. Tips for Team Leaders

As team leader, you are a very big part in the success of your mission trip. We will help you in any way we can and please don't be afraid to ask questions!

Here are some basic tips to help you avoid frustration before your arrival:

1. Read this guide book multiple times to become informed and familiar with it.
2. Hold regular meetings; up to once every week as your departure date nears.
3. Set your fundraising plan early in the process.
4. Decide on who will handle money in transit and make sure everyone brings paper currency in excellent to near mint condition.
5. Hold people that 'commit' accountable financially if they back out and add more overall debt burden to your group.
6. Inform your team if they would like to exchange dollars to local currency, please do so before they leave the airport.
7. On your shopping day, U.S. dollars and most major credit cards are widely accepted.
*NOTE: As stated earlier, all U.S. dollars must be in mint condition.
8. Break your team down into smaller accountability groups well before your visit.
9. As a group, decide what you would like to bring in order to minister.
(toy balls, candy, finger nail polish, tools, VBS materials etc.)
10. Learn some basic Spanish together like, 'Hello', 'What's your name', 'My name is', 'Where is the bathroom', 'How are you', 'God bless you' etc.
11. Decide on VBS teachers & song leaders early on. (1.5 hour VBS time is standard)
*NOTE: We can help you with singing if that is more comfortable for you.
12. Prepare the team to be involved. Play with the children, show interest in others.
When there is downtime, you can always interact with the people here.
13. Be sure to have all paperwork and finances completed and turned in on time.

The list could go on and on. The most important?: *Be well-prepared for your trip and responsibilities + be ready to be FLEXIBLE!!!*

We cannot wait to have you with us in Guatemala soon and you have any questions or concerns, please feel free to reach out to us.

Kingdom building together,

STC Guatemala
www.stcguatemala.com
info@stcguatemala.com

