

## ASELSI MINISTRIES

---

Chichicastenango, Guatemala, Central America



# Team Member Manual

## Getting Started



**M**ost mission teams are born out of a desire to help others and to share Christ. Often, this group has one or two shared skills, i.e. children's ministry, medical work, etc. Once the desire and focus are determined, the team needs to start planning for ministry!

1. Begin to pray in earnest for this endeavor and for guidance in the selection of the team members, ministry and hosts.
2. Your team leader will have meetings for the group before coming. PLEASE plan on attending these meetings. Getting to know your group and planning for what you will do on your trip is so important.
3. Start a prayer support team of family and friends who will pray for you, the team and hosts before and during the trip. This is critical!
4. If you already know some Spanish, brush up on it! Learn what you can and practice, practice, practice!

### WHY WE DO TEAMS

*ASELSI hosts mission teams to:*

- **"Equip the saints"** from the States for the work of ministry in a different culture and setting;
- Build relationships between the team and a local church in Guatemala;
- Help meet the spiritual and physical needs of our brothers and sisters;
- Be a witness to the communities that we work in of the love of Jesus and his saving power.

## Packing for the Trip



**M**ix supplies with personal items. Identify each of your suitcases with some marking or color.  
Do not use boxes or tubs, as customs will be sure to stop you.

ASELSI is in the mountains of Guatemala. Mornings and evenings are cool to cold. There is always a chance of rain. The temperature will go from hot to cold quickly. Bring layers and bring a raincoat in any season.

You will be walking on rough terrain. Bring good walking/hiking shoes. Flip-flops and sandals are only useful in hotels.

### Suggested Clothing

- **Lightweight jacket, sweatshirt, good shoes & raingear are must haves (shorts ONLY for soccer)**

#### Men

- Jeans, sweats, slacks (for church or ministry) (no shorts)
- Casual shirts
- Collared shirts and a tie if you will be preaching
- Work clothes
- Swim trunks

#### Women

- Skirts or dresses (for church & home visits)
- Pants/Slacks /sweats (no shorts)
- Comfortable tops (no tank tops or sleeveless tops)
- Swimsuit, one-piece please
- Jeans, Capri pants
- Work clothes
- Modest (and warm) nightwear

### Personal items- Don't bring anything you can't part with.

- Your Bible – (can be on your phone) **this is a must!**
- A copy of the main page of your passport - carry separately from your original – **this is a must!**
- Prescription meds or over-the-counter meds that you use or might need.
- Insect spray
- ***(No Travelers Checks. We've had problems cashing them here.)***
- Photos from home to share
- Extra batteries for anything battery-operated
- Kotex, tampons – (tampons are difficult to find here.)
- Favorite snacks

- Sunscreen – you will be closer to the sun and will burn easier
- Sunglasses
- Hat
- Eye care supplies for contact lenses
- Spending money - most good shoppers can spend \$100 or more without too much effort!
- Hairdryer - may or may not be able to use (current is the same as the States)
- Antibacterial hand cleanser
- Reading materials
- Flashlight
- Small notebook to keep a journal
- Leave your good jewelry at home!

**Other Packing Ideas: REMEMBER: There are no convenience stores up the street to purchase the things you forgot to bring!**

- ❖ Don't bring anything you can't stand to lose.
- ❖ Pack lightly on clothes- remember a washer and dryer may not be available.
- ❖ Pack your own pillow if you are particular.
- ❖ If you choose to bring a credit card (Visa). Be sure to list your numbers in a separate place and a phone number to call if stolen. Contact your bank to tell them you will be in Guatemala. **You will still need cash for spending money.**
- ❖ We provide the team with a phone. You can call home-but one phone to 8-10 people.
- ❖ **Please only bring crisp and clean (no marks or rips) cash from your bank. Currently they will only exchange \$50 and \$100 bills. Banks will not exchange money that is in used condition.** The exchange rate is currently between 7.4- 7.2 Quetzals for each American dollar.
- ❖ We do not suggest that you use ATMs. There have been problems.
- ❖ Do not exchange money at the airport!

**HEALTH ISSUES:**

We are concerned about the health of our teams. We will provide pure drinking water and vegetables and fruits will be washed in a Clorox solution by our cooks. Please do not eat any food outside of ASELSI without first checking with an ASELSI leader. The restaurants we take you to are safe, street food is not.

We are no longer recommending you take Cipro during your time here, unless you get sick. Then we use it for treatment, and can provide it. This is following guidelines from the Center for Disease Control (CDC).

The CDC offers as a possible preventive, Pepto Bismol: This should be started the day before coming to Guatemala and continue for the duration of the trip. This coats the stomach lining and prevents infection. Chew two tablets with meals and at bedtime four times a day. It can cause constipation, black stools and a black coating on the tongue.

**REQUIRED IMMUNIZATION:**

- Tetanus Booster

**RECOMMENDED:**

- **Typhoid Vaccine (or pills)**
- **Hepatitis A Vaccine Series (at least started)**
- **Hepatitis B (for health care workers)**

You may contact your local public health department for other suggested immunizations and to discuss rabies immunizations.

NOTE: We will not be in a malaria-infested area so malaria prophylaxis will not be needed. Daily vitamins are also a good boost.

We require that a health information form be filled out by each team member online at least 3 weeks in advance. Anyone with serious health problems such as insulin-dependent diabetes, serious cardiac problems, asthma that is frequent and difficult to control, difficulty walking or climbing through rough terrain, or other such problems needs to be evaluated for the trip. ***We need to know of such conditions in advance as this may affect where we go and what we can do as a team.*** Quality healthcare is not generally available except in the capital and we will be several hours away on mountain roads.

You can find the form on our website: aselsi.org under the “teams” tab:

<http://aselsi.org/teams/forms--handbooks/health-and-contact-information>

## **Adapting to the Culture**

Ministering in another culture takes thought and consideration. Certain behaviors and appearances may be fine in the US but are not acceptable by Christian standards in another culture. In order to protect your witness and our reputation as a ministry, we ask that you:

- Limit the amount of makeup that you use. (no dark nail polish etc.)
- Piercings (except for one small earring-women) are not acceptable; please do not arrive with any other pierced jewelry in place.
- Tattoos are seen as gang-related markings in our culture. If you have tattoos, please wear clothing to cover them if possible.
- The attitudes towards drinking and smoking are very different here than in the states. You will not see social drinking here. You will see alcohol as a major problem for families in poverty. Drinking alcohol, smoking, and use of illegal drugs are not accepted as Christian behavior. You are a representative of ASELSI here in Guatemala. Please do not hamper our ministry by drinking alcohol or smoking. We do not need to explain why use of illegal drugs is inappropriate.

- Do not leave the group for any reason or set a different schedule than the group.
- Any type of "pairing off" of unmarried couples in the group is discouraged.
- Team members sometimes feel an attraction for someone in Guatemala. The culture prohibits male/female relationships such as are common in the US. Boyfriend/girlfriend behavior such as: going off alone with someone of the opposite sex, sitting really close, kissing, hugging, or any type of flirting or exclusive activity is not allowed and will affect the team's witness and our ministry's reputation.
- We must remember that the Guatemalans may not understand our language but they watch us and read us like a book. We are "living epistles" in front of both believers and non-believers.
- Do not give or promise gifts, such as money, clothes, jewelry, iPods, etc. Although the intent of the giver is good, the result after you leave is sometimes hard for us to deal with. If you feel compelled to give a gift, **consult first with one of your hosts before you promise or give the gift.** Please abide by the final decision of your host on this matter.

### **Required Forms :**

Each short-term team member with ASELSI Ministries is required to complete the following forms before departure from the States.

- **Please fill out the Health and Contact Information form online at least 3 weeks in advance!**

<http://aselsi.org/teams/forms--handbooks/health-and-contact-information>

***Your Team leader will give you the other forms, or you can go to the ASELSI website to download them.*** You must give these to your leader.

- Medical Consent
- Release of Liability
- Travel Consent for Minors (if under 18)
- Proof of travel insurance- that covers medical evacuation.

Also in this booklet are some lists of medicines, materials that ASELSI can use for the different ministries, or for activities on your trips, such as hospital visits. We wouldn't want you to waste an ounce of your allotted weight 😊

### **WHAT TO BRING:**

**If your team in going on a hospital visit you will need to bring the following:**

Patients in Guatemala do not receive extras at the hospital so we would like you to provide large Ziplock bags with...

- for men's and women's wards:(travel size: toothpaste, toothbrush, soap, shampoo, wash clothes, plastic cup, comb, body lotion, and others items people can use while they are in the hospital) 15-20 bags
- for newborn area: items for the mother (see above) and the newborn (Baby lotion, baby shampoo, baby blankets, socks, hats etc.) 15-20 bags
- for the pediatric area: (see above and) a toy (it can be a unisex toy like teddy bear, soft balls, rattle, etc.) 15-20 bags

**You will go on a home visit: Your team fee already supplies the family with food. If you would like to bring some small things to share with the children such as:**  
small toys, stuffed animals, crayons, paper, hair ties, bubbles etc.

### **IF YOU HAVE SOME ROOM IN YOUR SUITCASES: 😊**

**We don't need suitcases full of these things, but if everyone put 2-3 of these things in their suitcases it would be appreciated:**

#### **Items always needed at ASELSI's Father's Heart Clinic**

*(Medications must be in date with at least 6 months before they expire)*

Tylenol – Adults, Children, Infants  
Ibuprofen – Adults, Children, Infants  
TUMS  
Vitamins- Adult, Children's Chewable  
Cough/cold medicine – Adults,  
Children  
Hand Sanitizer  
Cotton Balls  
Sunscreen  
Diaper Rash Cream  
Zip Lock Sandwich bags  
Zip Lock Snack bags  
Vaseline

#### **Ovejitas de Jesus:**

Folders (Double pocket or with brads)  
A glue gun and extra glue  
Markers for whiteboard (dry erase)  
Pens  
Glitter glue  
Masking tape (1")  
Paper clips & staples (regular)

#### **Milk program:**

Sippy cups (can be disposables)  
Small 4 oz. Bottles  
Small balls (but not too small-for 1 yr olds)  
12-24 mo. Outfits/socks  
Small toothpaste  
Small stuffed animals (Beanie babies are great)  
Crayons- Small coloring books  
Shoes in good condition for children

**Baby/children items:**

Receiving blankets  
Baby fingernail clippers  
Newborn sleepers/onesies  
Newborn hats  
Small, stimulating toys like rattles  
Baby combs/brushes  
Newborn socks/booties

**Misc. Items**

Boys and Girls clothes for 5 -10 year olds  
Toothbrushes, Adult and Children  
Adult Tooth Paste

**May God richly bless you as you prepare both your hearts and minds for this trip!**