

# SewHope Mission Trip: General FAQs



## WHEN IS THE NEXT TRIP?

- Trips typically occur three times a year:
  - February, about 3 weeks
  - May/June, about 1 week
  - October/November, about 10 days

In the meantime, if you have interest in scheduling a trip for your group at a specific time, use the "Contact Us" form to get in touch!

**SewHope can help you coordinate any in-country transportation needs.**

## WHERE WILL I STAY?

Our on-site hostel in Santa Ana, Peten, Guatemala, includes a bunkroom and shared bedrooms, American-style toilets and showers, a fully-functional kitchen, and a comfortable common area. (Yes, we have electricity and running water!)

## WHAT WILL I EAT?

Our kitchen will be stocked with snacks and familiar breakfast items (cereal, toast, eggs, etc.) for your use. Lunch and dinner will be prepared for the group by our Guatemalan cook. Please contact us directly with specific questions about special dietary needs.

## IS THE WATER SAFE TO DRINK?

We have a top-of-the-line industrial water filter on site and will keep the kitchen stocked with clean, safe, drinking water from this filter. (Your trip leader will show you this water during site orientation.) Bottled water is also available for purchase at local stores. We do not recommend drinking water straight from the tap.

# SewHope Mission Trip: General FAQs cont.



## HOW MUCH DOES A TRIP COST?

Costs are dependent on the length of trip and activities planned. But here are some costs you could expect:

- Room/Board at our Hostel: \$70/day
- TAG flight: \$200-250 (additional cost for luggage \$3/lb for every lb over 20)

## WHAT WILL WE DO ON THE TRIP?

Generally speaking, trip members will assist with SewHope's projects in the areas of education, health care, agriculture, public health, and grounds maintenance. Specific activities are tailored to the abilities and interests of the particular group. (Prior to your trip, your trip leader will meet with your group to discuss options and develop a detailed itinerary.)

## DO I NEED TO BE ABLE TO SPEAK SPANISH?

No. Technology has come a long way as a translation aid and is quite useful. However, we do find that trip participants who make an effort to learn Spanish (even just a few basics) feel more connected to the staff and community. Our staff is very patient with beginning Spanish speakers!

## WILL I BE ABLE TO SEE PATIENTS AT YOUR CLINIC?

If you are a medical professional, it depends. Please use the online contact form to inform us of your interest and credentials.

**Want more information? Contact us at [emilyosborn@sewhope.org](mailto:emilyosborn@sewhope.org)**

# SewHope Cervical Cancer Trip: Day in the Field

## HOW LONG WILL I BE WORKING?

Depending on the location of the screenings, it could be a very early start to the day. Some jornadas (trips out into the communities) are 1 hour away, others are 3-4 hours away. Typically patients stop arriving early afternoon and the return to SewHope's campus will follow shortly after.

## WILL FOOD/WATER BE AVAILABLE?

Yes. Often the local health promoters will coordinate a mid-day meal or the team will prepare a "picnic" lunch to bring on the jornada. If you are uncomfortable with eating local cuisine, you can pack your own food to sustain you throughout the day. There are many roadside stands that offer pre-packaged food and bottled water. We suggest that you verify with a member of the SewHope team if provided drinks have been made with purified water before consuming.

## DO I NEED TO BRING ANYTHING WITH ME?

That is up to you. We suggest bringing water, sunscreen, bug spray, toilet paper (or tissues), and hand sanitizer. You will likely be exposed to a lot of sun, heat, and insects. Bathrooms in some locations lack amenities (e.g., toilet paper or running water) so prepare yourself appropriately. It is always better to bring something you don't use than need something you don't have.

## WHAT ABOUT PATIENT FOLLOW-UP?

Patients receive results the same day! Anything requiring further treatment will be arranged with our social worker and a local social worker. We have relationships with local hospitals to help provide any treatments we are unable to provide at our clinic.

Want more information or to get involved? Contact us at [emilyosborn@sewhope.org](mailto:emilyosborn@sewhope.org)