

GUATEMALA 2011-2012

Youthlinc Participant Folder

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Contact Information

Youthlinc Office:

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Team Leaders for Guatemala

Mark & Shelly Burningham: 801- 544-8358 (h), 801- 540-4022 (c); mburningham1@msn.com

Aubrey Marz: 801-654-3647(c); aubrey.marz20@gmail.com

Please contact our office manager about volunteering in the office or program payment questions:

Office Manager: Julia Wee-- 801-467-4417(w), 801-580-8310 (c); office@youthlinc.org

Please contact our Local Service Director for questions regarding the Local Service Directory, Young Humanitarian Award, or questions regarding your local service commitment that cannot be solved by your alum or team leader.

Local Service Director: Julia Wee-- 801-467-4417(w), 801-580-8310 (c); office@youthlinc.org

Please contact our International Service Director for questions regarding projects or fundraising for projects at the international site only when these cannot be answered by your team or alum leader. She can supply travel agent contact for divergent itineraries, but is not able to make these contacts for you.

International Service Director: Miriam Kramer-- 801-467-4417(w), 801.824.9855 (c); miriam@youthlinc.org

Please contact the Executive Director only for issues that cannot be resolved through contact with those listed above:

Executive Director: Judy Zone-- 801-278-4853(h), 801-403-9927(c); judy@youthlinc.org

BIENVENIDOS A GUATEMALA!

Welcome letters from your Team & Alumni Leaders

Congratulations on being chosen as a member of the Youthlinc 2011-2012 Guatemala Team! We're excited that you are part of this group, and hope you are ready for a life-changing experience. You have been accepted because of your commitment to service, your excellent leadership qualities and the ability you have to work with others. Your individual strengths will be a great addition to our team and we know that your involvement will help make this trip a huge success. We are looking forward to meeting you and working with you.

The mission of Youthlinc is to create lifetime humanitarians. Local service is a big part of this purpose. As you serve locally in your chosen area, you will grow. The local service that you render will be a great preparation for our international service. We love the Guatemalan people! We have taken the opportunity to not only travel to Guatemala but have also participated in other types of humanitarian efforts there. We know as you serve the people of Guatemala you will change because of what the people teach you. As you work hard and stay involved, you will go home realizing that you have gained much more than what you have given.

As your team leaders, our responsibility is to ensure we all have a safe and meaningful trip. To make sure all goes well throughout the year, please follow these important guidelines:

- Plan to attend ALL monthly team meetings. They will be held the second Saturday of each month at 9:00 am. Unless you are notified otherwise, these meetings will be held at the Youthlinc office.
- Plan to attend the team retreat on January 21-22, 2012. This will be an important team-building activity to help you get to know everyone on the team.
- Select your main service site now and begin accumulating your local service hours immediately. (Don't put it off!)
- Begin your fundraising soon to ensure your trip costs are covered.

Finally, never hesitate to contact us with any questions or concerns you may have. We look forward to working with you. Thanks for being part of Team Guatemala!

Mark and Shelly Burningham
Team Leaders for Guatemala
(801) 544-8358 home
(801) 540-4022 cell
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Dear Guatemala Team 2012,

First of all, I just want to say congratulations on being chosen to participate on the 2012 Guatemala team! I hope that you are all very excited to start this year long adventure together. We will be learning so many new things through our local service and team meetings as well as in Guatemala.

I know we all have busy lives, but let's be sure to be the best team this year and do all we can to get prepared for our journey to Guatemala. I hope that every one of us takes our local service seriously and grow to love the people that we serve. Getting involved in the community can not only change the lives of others, but it can also change us. From my experience, I believe the more we are involved and enjoy our local service, the more we will enjoy and learn from our international service.

My role this year will be to help each of you make sure that you are having the opportunity to do meaningful local service. Along with that I am here for any questions or concerns that you may have. But most importantly I am here to be a friend and support to each and every one of you! One of my goals this service year is to get to know and become friends with every person on our team. I hope that we can all make an extra effort to get to know each other and make our experience together even more amazing!

The best way to find yourself is to lose yourself in the service of others. – Mahatma Ghandi

Much love,

Aubrey Marz
Guatemala Alum Leader 2012

Guatemala Monthly Team Meeting Agenda

We will be meeting at the Youthlinc office on the second Saturday of every month from 9:00 to 11:00 am starting in December. ALL participants are required to attend. Participants are expected to have 100% monthly meeting attendance. In an urgent circumstance, you are permitted to miss one of the monthly meetings but you need to send a representative in your place, such as a parent. If you miss more than one meeting you will be dismissed from the team. Mentors, please plan to attend the mentor meeting at 8:30 am, just before the team meetings. The January team meeting is a retreat, which consists of a team meeting, a getting to know you slumber party and a group service project.

December Meeting – Saturday December 10th at 9:00am

- Announcements/review team positions
- Team Building/Getting to Know You Activity
- Local Service Site reporting, selection, and counseling as needed
- Binder Review
 - Youthlinc Service Year mission, goals, strategies
 - Payments, late fees, and refund policy
- January Retreat
- Reminder of first payment due date and passports
- Thank-you notes to sponsors
- Turn in passport copies, medical releases, medical information sheets and any service hour reports.

January Meeting and Retreat – Friday/Saturday January 20-21 beginning at 7:00pm

- Binder Review
 - Introduction to Lesson Plans
 - Fundraising ideas for individual participants
 - Fundraising for in-country projects
 - Donation drives
- Local Service Hours Reporting
- Turn in passport copies, medical releases, medical information sheets
- Local Service Reflection activity
- Committee Assignments and discussion of goals
- Committee meetings to formulate presentation to the team in February
- Basic language instruction
- Retreat Activities begin
- Saturday Service Project

February Meeting – Saturday February 11th at 9:00am

- Binder Review
 - Medical Policies (need all medical information sheets by March meeting)
 - Traveling Healthy handout
 - Fundraising for in-country projects (decide what to do)
 - Medical Mentor responsibilities
- Local Service Reporting and Local Service Reflection Activity
- Committee presentations to the team, committee work
- Reminder of second payment due date
- Reminder of Medical Clinic in March
- Basic language instruction
- Turn in passport copies, medical releases, medical information sheets

- Committee Work

March Meeting (Date TBA)

- Mandatory U of U Travel Clinic for information and shots. You must pre-register for this clinic by phone the day before and you must register again when you arrive at the travel clinic.
- Turn in Local Service Hour Reports
- Turn in passport copies, medical releases and medical information sheets.

April Meeting – Saturday April 14th at 9:00 am

- Final planning of team fundraising for projects
- Promotion of Youthlinc Annual Benefit
- Binder Review
 - Refund policy
 - Code of conduct
 - Responsibilities of mentors in-country
 - Packing list
- Local Service Hours Reporting
- Local Service Hour Reflection
- Committee meetings and/or reports including preliminary plans
- Turn in passport copies, medical releases and medical information sheets
- Basic language instruction
- Team Building

May Meeting – Saturday May 12th at 9:00 am

- Binder Review
 - Refund policy
 - Code of conduct
 - Responsibilities of mentors in-country
 - Packing list
 - Review of final in-country itinerary including flight schedule
- Local Service Hours Reporting
- Local Service Reflection
- Final Committee work/reports
- All lesson plans due for review
- Gather info to make phone tree
- Passport photocopies to Team Leaders
- Basic language instruction

June Meeting – Saturday June 9th at 9:00 pm

- Final Local Service Hours Reporting
- Preparation for Packing meeting (**packing meeting date announced**)
- Final Committee Reports and all Final Lesson Plans due
- Review of Final In-Country Itinerary
- Distribute Phone Tree
- Passport photocopies to Team Leaders
- Basic language instruction

August 4th (time and location TBA)

- Annual Team Reunion. An opportunity for each of our five teams to reunite, celebrate and communicate their local and international service accomplishments to the entire Youthlinc family, other teams, parents, sponsors, donors and alums.

FAQs about Guatemala

Here are some of the most frequently asked questions about Youthlinc and our trip to Guatemala. We are sure you'll think of more so please ask at any time. You and/or your parents are always welcome to contact us.

Q: *How much money will I need?*

You will need extra money for food, Monday, June 18th, while we travel from Guatemala City to Finca Tatin (bring money for breakfast and possibly lunch). Also bring money for breakfast, lunch and dinner Saturday, June 30th. All other meals are paid for while in Guatemala. You may also bring extra money for additional snacks or drinks not covered. Most people will want to shop at the end of the trip for souvenirs. Depending on your taste and budget, \$100-200 USD should be enough. Those wanting to participate in an additional Tikal trip will need to budget an extra \$100 for expenses. Also various activities will be available while staying at Finca Tatin. If you want to participate in any of those additional activities you will need to pay for those out of pocket.

Q: *In what form should I bring my money?*

To get the best exchange rate you should bring an ATM/Debit card to use at many ATMs around the city. This is safe because if your card is lost, no one can access your money. American dollars are accepted in the airports and some places in Guatemala, but you may get a poor exchange. If bringing cash be sure not to store it all in one place. The Guatemalan currency is Quetzal (GT, GTM). The Guatemalan Quetzal is also known as Quetzales. The symbol for GTQ can be written Q. The Guatemalan Quetzal is divided into 100 centavos. \$200 US Dollar = 1,602.48 Guatemalan Quetzals. 200 Guatemalan Quetzal (GTQ) = \$24.96131 US Dollar (USD).

Q: *Do I need a passport? Do I need a Visa?*

YES you need passport, NO, you will not need a Visa. If you do not have a passport, apply for one immediately! It takes several weeks to arrive, but is good for 5-10 years. If you do have a passport, double check the expiration dates NOW. You may need to have it renewed. Please visit www.travel.state.gov/passport to learn everything you need to know about applying for a passport. Most countries require that your passport will not be expiring within the six months following your time in country. U.S. citizens do not need a visa for a stay of 90 days or less in Guatemala.

Q: *Will I need to pay departure tax?*

An exit tax must be paid when departing Guatemala by air. The exit tax (currently \$30) is generally included in an airline ticket price, but may be charged separately. There is an additional airport security fee (20 Quetzals, approximately \$2.60) that all travelers must pay at the airport.

Q: *Is a Youthlinc service trip tax deductible?*

Yes, Youthlinc is a 501(c)3 organization. Donations, including program payments, to Youthlinc are usually tax deductible. Check with your tax advisor about making charitable donations.

Q: *Do I need shots?*

Our medical team will go over recommendations for shots. You are responsible for the cost of the shots, but you should check with your insurance company to see if some are covered. We will have a medical travel clinic in March to go over all of this critical information and you are able to get needed vaccinations at that time. Anti-malaria pills are **strongly** recommended and are taken before, during and after the trip. Minors MUST bring a parent to the vaccination clinic.

Q: *What will the weather be like?*

Guatemala's climate has been described as the "Land of Eternal Spring" – much of the country does enjoy an agreeable climate, however, there are exceptions. There are two seasons in Guatemala. Winter, or the rainy season, is from May to October. There is usually a mix of sunshine and clouds and you can expect periodic short tropical downpours in the late afternoons with clearing for the evening. With the rains come the mosquitoes, bring rain gear and repellent. Be prepared for temperatures to cool off at night – make sure you pack some layers!!

Q: *What should I pack?*

Pack as lightly as possible, considering that you will need warm pajamas and layers in the day. Each participant is allowed to bring one checked piece of luggage and a carry-on. One other bag per participant will be filled with donations and project supplies. **A complete packing list is included in the binder** (includes bug spray, sunscreen, etc.). The clothes worn in Guatemala should be modest (no short shorts, no low riding jeans for men or women, no halter tops or low cut tops, etc.) and should be professional especially if you are involved in presenting to parents and teachers. Bring clothes to play sports. In addition to clothes, you may want to bring snacks to hold you over between meals.

Q: *How much can my luggage weigh?*

Each suitcase or duffel bag is limited to **50 lbs**. You will carry your personal suitcase plus one Youthlinc duffel bag with supplies (also 50 lbs). On the way home you cannot use Youthlinc duffel bags for personal items. You should also bring packing supplies (e.g., bubble wrap, etc.).

Q: *How can I bring donated items?*

We love to bring donated items to Guatemala, but some things are unrealistic. Sometimes it is better off accepting cash and purchasing items when we get there. However, large bulky items such as school supplies are needed. Ask your team leader about donating these items. Money is always a better donation in terms of weight and usability.

Fund drives are always most useful in accomplishing goals at the international site. When we bring money to Guatemala we help the local economy and we are sure that the people there are getting exactly what they need. Also, because of weight restrictions for baggage, we can only bring so much.

Q: *What kind of food will I be eating?*

When in Guatemala, eat like the Guatemalans! We will have a variety of Guatemalan dishes. Most meals include mainly eggs, rice, beans and tortillas.

Q: *Will there be a lot of bugs?*

Yes. Because of the rain and humidity there are a lot of mosquitoes. Be sure to bring bug repellent with Deet or some other strong repellent. Long sleeve cotton shirts and long pants are a great way to avoid bugs. We would recommend that you purchase Permethrin and spray all of the clothes you plan to wear. Permethrin is a strong bug repellent that will stay in your clothing for six weeks or up to ten washings.

Q: *Can I call home?*

You will not have access to a phone or the internet. The team leader will have phone access in case of emergencies.

Q: *How about a Christmas list?*

Here are some things you may wish to get before your trip. They are optional, not mandatory. Since this is a once in a lifetime opportunity for most of us, you will want to save those memories.

- Good walking shoes
- Journal
- Good quality camera
- Luggage (with wheels)

Q: *What about local service hours?*

You will need to complete 60 documented hours of local service. You are required to perform 30 of these hours at the same site so that you can build a bond with the people you are helping. You are also encouraged to complete hours at the Youthlinc office. You must document every hour with a signature from your service supervisor. Local hour sheets are included in the binder. We will also have group service projects.

Q: *What if I cannot complete the 60 hours, can I just pay the difference?*

NO. If you do not complete all 60 hours, you will not earn your sponsorship and you will not be allowed to go on the trip. We are about LOCAL and INTERNATIONAL service. They go hand in hand. Fortunately, only two students in 12 years have been dismissed from the Youthlinc program for failure to complete hours. You must have all of your hours completed by our May meeting.

Q: *Can I go out on my own while I am there?*

It is important for safety reasons that we stay together in groups of no less than five. Although we are all “adults,” we ask that you have a Youthlinc mentor with all groups that go out. Our policy is to watch out for each other. **Never go out on your own** and make sure you always let the Team or Alum Leader know where you are going!

Q: *How are the bathrooms?*

Some of the bathrooms are dorm style and some are private bathrooms. **TOILET PAPER DOES NOT GO IN THE TOILET.** The water system in Guatemala is different, even in nice hotels and restaurants, and cannot handle paper in the toilet. In such cases, toilet paper should be placed in trash receptacles located nearby. Hint: bring your own toilet paper.

Q: *Can I drink the water?*

We drink bottled water. Never drink water from the tap. Be careful not to even rinse your toothbrush in the tap water – a habit that is hard to break! Write your name on each of your water bottles in a sharpie, so we know whose is whose. It’s best to avoid ice in your drinks at restaurants. Always ask for your soft drinks in the bottle “en botella, por favor”.

Global Statistics: If the World were a Village of 100

www.100people.org/statistics_detailed_statistics.php

If we could reduce the world's population to a village of precisely 100 people, with all existing human ratios remaining the same, the demographics would look something like this:

- The village would have 61 Asians, 13 Africans, 12 Europeans, 9 Latin Americans, and 5 from the USA and Canada
- 50 would be male, 50 would be female
- 75 would be non-white; 25 white
- 67 would be non-Christian; 33 would be Christian
- 80 would live in substandard housing
- 16 would be unable to read or write
- 50 would be malnourished and 1 dying of starvation
- 33 would be without access to a safe water supply
- 39 would lack access to improved sanitation
- 24 would not have any electricity (And of the 76 that do have electricity, most would only use it for light at night)
- 8 people would have access to the Internet
- 1 would have a college education
- 1 would have a computer
- 1 would have HIV
- 2 would be near birth; 1 near death
- 5 would control 32% of the entire world's wealth; all 5 would be US citizens
- 48 would live on less than US\$ 2 a day
- 20 would live on less than US\$ 1 a day

When one considers our world from such a compressed perspective, the need for acceptance, understanding and education becomes glaringly apparent. The following is also something to ponder...

- **If** you woke up this morning with more health than illness...you are more blessed than the million who will not survive this week.
- **If** you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation ... you are ahead of 500 million people in the world.
- **If** you can attend an ideological meeting without fear of harassment, arrest, torture, or death...you are more blessed than three billion people in the world.
- If you can read this article of perspective, you are more fortunate than over two billion people in the world that cannot read at all.
- **If** you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of this world. If you have money in the bank, in your wallet, and spare change in a dish someplace...you are among the top 8% of the world's wealthy.

"I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again." ~William Penn

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." ~Margaret Mead

Youthlinc Guatemala 2012 Team Tentative Itinerary

(This itinerary is subject to change)

June 17 (Sunday)

Leave Salt Lake City 9:45 PM - **Flight # DL 2041**
Arrive in LA – 10:38 PM
Leave LAX 11:45 PM - **Flight # DL 457**

June 18 (Monday)

Arrive Guatemala City 5:36 AM
Breakfast at airport or in route (paid by individual)
Take bus to Puerto Barrios (5 hours)
Stop at Quirigua
Lunch at Puerto Barrios with Rotarians
Take boat to Finca Tatin (1 hour)
Eat Dinner and unpack at Finca Tatin

June 19 (Tuesday)

Breakfast at Ak'Tenamit
Opening/welcoming ceremony
Tour of Ak'Tenamit
Lunch at Ak'Tenamit
Back to Finca Tatin to organize supplies and prepare for work
Dinner at Finca Tatin
Team meeting (reflections)

June 20 (Wednesday)

Breakfast and lunch at Ak-Tenamit
Begin Committee Projects

- Education lessons begin (Vocational-small engine repair and Health/Nutrition training)
- Microenterprise interaction begins
- Construction begins (Tables, Latrines, Playground)
- Medical begins

Dinner at Finca Tatin
Team meeting (reflections)

June 21 (Thursday)

Breakfast and lunch at Ak-Tenamit
Committee Projects

- Education lessons
- Microenterprise
- Construction
- Medical

Dinner at Finca Tatin
Team meeting (reflections)

June 22 (Friday)

Breakfast and lunch at Ak-Tenamit

Committee Projects

- Education lessons
- Microenterprise
- Construction
- Medical

Dinner at Finca Tatin

Team meeting (reflections)

July 23 (Saturday)

Breakfast, lunch and dinner at Finca Tatin

Local excursions (to be paid by individual)

Possible visit to orphanage in Livingston

Team meeting (reflections)

July 24 (Sunday)

Breakfast, lunch and dinner at Finca Tatin

Church with Locals

Delivery of Shoes

Possible visit to orphanage in Livingston

Guatemalan History Activity

Team meeting (reflections)

July 25 (Monday)

Breakfast and lunch at Ak-Tenamit

Committee Projects

- Education lessons
- Microenterprise interaction
- Construction
- Medical

Dinner at Finca Tatin

Team meeting (reflections)

July 26 (Tuesday)

Breakfast and lunch at Ak-Tenamit

Committee Projects

- Education lessons
- Microenterprise interaction
- Construction
- Medical

Dinner at Finca Tatin

Team meeting (reflections)

July 27 (Wednesday)

Breakfast and lunch at Ak-Tenamit

Committee Projects

- Education lessons
- Microenterprise interaction
- Construction
- Medical

Dinner at Finca Tatin

Team meeting (reflections)

Pack-everything but what you need for the next couple of days

July 28 (Thursday)

Breakfast at Ak-Tenamit

8am -10am - Fun Fair (soccer games, outside games & relay races)

10am – 11am - Closing ceremony & goodbyes to Ak'Tenamit

11am – 12:45 - Lunch at Finca Tatin

1pm - Travel to La Casa De Don David from Rio Dulce

6pm - Dinner at La Casa De Don David

July 29 (Friday)

5am - Breakfast at La Casa De Don David

6am - Morning Trip and Sack lunches in Tikal

2pm - Travel to Guatemala City

10pm - Dinner in Guatemala City

Team meeting (reflections)

July 30 (Saturday)

Travel and breakfast at Airport (breakfast and lunch to be paid by individual)

Leave Guatemala City 12:31 PM - **Flight # DL 456**

Arrive Atlanta 606 PM

Dinner at Airport (to be paid by individual)

Leave Atlanta 9:45 PM - **Flight # DL 1835**

Arrive SLC 11:57 PM

Guatemala Packing Checklist

Remember: This is not a fashion show! We will be working hard, but having fun. Comfortable, casual and durable are the key ingredients!

Things to pack for the plane in your backpack or carry-on: 1 Carry-on and 1 personal bag (i.e., purse, Computer bag)

- Light jacket in case you get cold on the airplane. You want to be comfortable on the plane
- **Passport** and your ticket (you'll get your ticket at the airport)
- **Cash**, ATM card (best to have these on your person)
- Camera, extra batteries (packed in ziploc bags to keep out moisture)
- Toiletries (You will want to brush your teeth, etc.)
- Any prescription medicine that you must take
- Blow-up neck pillow for napping
- Socks to keep your feet comfy--your feet might swell during the flight!
- Books, music listening device, games to entertain you.
- Water bottle (though be prepared to empty it every time we go through security)
- Snacks
- Change of underwear and something to sleep in just in case your luggage is temporarily misplaced!

****Be sure to put away your passport in the same place every time. It is recommended to get a money belt to keep your passport/money/and any debit or credit cards in.**

Stuff to pack in your suitcase: 50 lb. limit. Remember downpours are common in June. Please bring water-proof items.

- If you can afford to buy something for this trip, I would suggest **breathable** material long pants/capris/shorts(that are knee length) and shirts. Cotton absorbs the moisture and may keep you wet. REI sells clothing that is breathable and keeps moisture out.
- Work clothes—Cool enough to work outside, yet modest enough that we don't look ratty. Plan on approximately 7 days of outdoor work. It's okay to wear dirty clothes to work in! Clothes can be sprayed with permethrin spray prior to trip to help keep mosquitoes away.
- Sturdy old sneakers for outdoor work and good socks
- Teaching clothes: The teachers will most likely come dressed professionally (not in shorts and a t-shirt). If you are teaching or presenting, you will want to look professional, while accommodating the heat and humidity. You don't have to wear something different every day. Two/three outfits are fine.
- A camel-back would also be a good way to have your water with you. Not necessary but will keep you from losing your water bottle
- 3-4 Light weight long pants/pairs of shorts. You want light weight, quick drying ones. They **MUST** be knee length or longer.
- 7-8 t-shirts
- RAINGEAR—lightweight poncho or hooded rain windbreaker (both would be ideal)
- Boots, for rain and mud
- Some things to sleep in (remember it gets chilly at night).
- Underwear
- Layering items: lightweight long sleeved t-shirts, jackets that can be worn over and under other jackets and your hooded rain jacket. Remember: you can tie everything around your waist to be prepared for weather changes.
- Small sample sizes of toiletries you will need (shampoo, soap, deodorant, etc.)
- Sunscreen, bring plenty!
- Chapstick with sunscreen
- Sunburn medication of your choice (just in case)

- Hat for outdoors
- Reusable water bottle
- **Mosquito repellent with DEET** (Sawyer's Timed Release is very good –at REI)
- Your own personal first aid kit with: Benadryl, Cipro, aspirin or Motrin, Neosporin, band-aids, Alcohol swabs in packets and cortisone cream (for bug bites), Pepto Bismol, pain reliever
- Hand sanitizer and Hand wipes and Kleenex packets
- Toilet paper (in a ziploc bag)
- Wash cloth(s)
- Flashlight and extra batteries
- A few small gifts that you may want to leave with special students you've made friends with.
- A journal and pens (extra pens)
- Two pairs of flip-flips (one for the shower, and a dry pair to wear around the premises)
- Jacket or sweatshirt
- Pocket Spanish Dictionary
- Several gallon sized zip-lock bags
- Electrical Converter- get the universal one
- Sunglasses
- Any stuff you need for your committee assignments that didn't go into duffel bags at the packing meeting
- **Work gloves, work gloves and more work gloves!!!!**
- Wrapping tape and bubble wrap if you intend to purchase souvenirs. You must use your own luggage to carry all items on the return trip. You WILL NOT be allowed to borrow a Youthlinc duffel bag on the way back for your souvenirs, no matter how much you beg!
- Snacks: non-crushable things like granola bars, fruit roll ups, nuts and trail mix, beef jerky, small cereal boxes, jar of peanut butter, crystal light packets, Gatorade or sport drink powder packets. Protein bars may be a great asset too, and participants may eat less meat than usual on the trip.
- If you have any other food allergies or special diet restrictions (gluten intolerance, etc...) be sure to bring snacks and supplements you will need.

Donation items needed for Guatemala

(Please make sure all used items are in good condition)

Please consider the climate in Guatemala. Heavy clothing like snow jackets and pants, boots, etc. will not be necessary. Also, consider the size of adults in the village: Most adults are less than 5' 8" and wear smaller sized clothing. Male shoe sizes should not exceed size 9. Due to the muddy conditions in the village, closed-toed shoes are preferred over flip flop sandals.

- *School supplies
- *Books in Spanish (especially for secondary students)
- *Personal hygiene supplies
- *Lightweight and heavy socks
- *Shoes
- *T-shirts, long sleeved shirts, sweaters, etc.
- *Bug repellent/ sunblock
- *Children's clothing
- *You can also raise money for projects!!

Youthlinc Lesson Planning

Every team does lesson planning, and it is a skill that not everyone is familiar with, and even though there is some instruction in lesson planning offered at monthly meetings, this material is meant to be a reference. *Some things to keep in mind when preparing any lesson:*

- **Your audience:** How old are your students? What kinds of activities and materials would be most appropriate for their age and learning abilities?
- **Your time constraints:** How long will each topic/lesson take? Will students get bored with this activity after 5-10 minutes? Will this take a long time to explain?
- **Cultural barriers:** Will they understand the reference I am making? Is this a topic that is applicable in this culture? Some things are not universal, some are, will this get lost in translation?
- **Variety:** Is this lesson full of hands-on/ visual aids? Do I lecture too much? Is this something that would engage my interest?

Lesson Planning Sheet

Guatemala Youthlinc 2012

Title of Activity: _____

Creators: _____

Brief Description and Goal:

Number of Participants _____

What age levels can participate in this lesson _____
(try to build it for all age levels or at least either all elementary or all secondary)

Time Needed to Complete (Ex.15-60 minutes) _____

Must an interpreter be present to facilitate the activity? YES NO

Is the activity accessible to all ability levels? YES NO

If no, what might limit a student from participating (i.e., must be able to use hands, etc)?

Supplies Needed (List all possible supplies: glue, scissors, etc.):

Suggested Activity Steps:

Lesson Plan Example

Title of Activity: Emotions

Creators: Erik Jensen

Brief Description and Goal: students will learn 12 basic emotions words plus up to 12 other emotion words depending on time and student ability.

Number of Participants: Any number will work- small to large group.

Age level: This lesson is appropriate for any age group.

Time Needed: 30-40 minutes

Must an interpreter be present? NO

Is the activity accessible to all ability levels? YES

Supplies needed: Pictures of people expressing different emotions, big foam die with different emotions written on it and pictures of my family and of Utah.

Activity Steps:

Introduction: explain that we are learning "emotions" today.

1. Go over emotion pictures, show emotions on my face and say names of emotions. Have students repeat. Practice by saying "I am _____, she is _____, you are _____" and have students repeat and add their own.

2. Introduce emotion dice game and play: student rolls dice, whatever emotion comes up student has to say correct word. The class will repeat the word.

3. Introduce more emotion pictures and words; have class repeat (see #1).

4. Play ball game: students sit in circle and throw ball to each other. Student who catches ball has to show emotion on their face and other students have to say what it is.

** (If there is time I want to show pictures of Utah, my family etc. and practice conversation with students)

Type the name of your lesson here:

Grade _____ Subject: _____ Prepared By: _____
Level: _____

Overview & Purpose What will be learned and why it is useful.

	Teacher Guide		
Objectives (Specify skills/information that will be learned.)			Materials Needed Paper Pencil Others
Information (Give and/or demonstrate necessary information)			
Verification (Steps to check for student understanding)			Other Resources (e.g. Web, books, etc.)
Activity (Describe the independent activity to reinforce this lesson)			
Summary			Additional Notes