



El Salvador Sister Parish Delegation ORIENTATION

1. The purpose of our delegation is accompaniment. That means we want to serve.
2. The trip often turns out to be a personal spiritual experience. You are expected to attend:
 - a. Devotions - To help with processing, will be held every morning at breakfast; responsibility for devotions will be rotated amongst the group, volunteers encouraged
 - b. Reflections - will be held every evening, usually after dinner. Participation means being present – you do not need to talk if you do not want to.
3. We are learning about the poor in El Salvador, and how they live. That means:
 - a. flexibility in schedule
 - b. conveniences (such as coffee first thing in the morning, water, electricity, etc.)
 - c. respect for our hosts and hostesses
4. Meals are not always on time – your responsibility to carry a snack if it is important that you eat at certain times.
 - a. There are 3 meals/day, and not a lot of snack time; it is important not to skip a meal.
 - b. Typical meals can have any of the following: beans, tortillas, vegetables, avocado, eggs, plain rolls, pasta and on occasion chicken.
5. There is a fair amount of walking; it is hot and dusty. When we are in the community, we stay in the school. There is a separate building with toilets. Compost latrines are the norm when we are away from the school. It is very much like camping in tent cabins. This means:
 - a. WATER, WATER, WATER; it is so important to drink lots of water, even if it is warm and doesn't taste all that refreshing.
 - b. Sunscreen/hat
 - c. Bugs at night; you must use a bug repellent at bedtime, especially on your legs and feet.
 - d. Please let at least one of us know if you are experiencing any physical distress (constipation, diarrhea, blisters, bug bites, etc.) that you are not prepared for. Chances are one of us has something to help, and/or can give advice.
 - e. The rule to prevent gastrointestinal problems:
 - i. Peel it, boil it, cook it, or forget it unless you are told it's okay to eat.
6. We have a few meetings -
 - a. With community leaders, teachers, healthcare workers, students, etc. They are often slow and laborious (translation) and it is hot. Much of our purpose in going is to listen.
 - b. There is also a worship service every year; date and time can change depending on the circumstances in the community.
7. Lodging in the community for delegation members: if a delegation has 1-10 members, they will stay in La Hermandad, the new hostel owned by Don Fito and managed by Ana Ruth. If a delegation has 11+ members, all will stay in the assigned school rooms.
8. We often meet and/or have dinner with the Bishop of the Salvadoran Lutheran Church, Medardo Gomez.
9. It is expected that all will participate in the activities – show of solidarity.
 - a. Please remain flexible as scheduled events don't always start at the designated time
 - b. The daily schedule will be reviewed at breakfast; this is a good time to voice your concerns or needs. It is expected that every one will be present for this.
 - c. We are a group, and we see a LOT of each other.
 - d. Respecting the opinions, experiences, and feelings of other group members is the first step toward building solidarity.
10. Most important. . . we want you to have fun on this trip, stay healthy, enjoy the experience of visiting El Salvador. It is important for your health and safety to follow the safety instructions of our delegation coordinator.



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Medical Precautions

Vaccines

- Hepatitis A (2 shots)
- Hepatitis B (3 shots)
- DTap Booster (every 10 years)
- MMR / Polio
- Influenza
 - Regular (late September 1 shot)
 - Swine Flu (mid-October 2 shots)
- Typhoid (Water Precautions)
- Rabies

Malaria - Insect Repellent - DEET(20%)
Prophylactic Meds high rate side effects - limited effectiveness

Dengue Fever - Insect Repellent - DEET(20%)
Long sleeves, long pants, good prevention

Sunscreen - cap/hat

Food / Water Precautions

- Drink only Purified Water
- Eat only food that is cooked or peeled - "Boil It, Cook It, Peel It or FORGET IT"
- Hand Washing - Hand Sanitizer

Prescriptions - Must be in original RX bottle - supply for entire trip plus 3-4 days

Information Form - Must be complete about allergies, chronic illness, and contain emergency contact information

Safety

- Most common serious medical problems are caused by accidents
- Use seat belts when available
- Do not ride in the bed of a pickup
- Be careful around animals, especially dogs and cats
- Wash any injury, bite, scratch, cut, burn, etc., with soap and water immediately

Personal 1st Aid Kit

- BandAids
- Antibiotic Ointment
- Medicines you occasionally need at home for:
 - Pain / fever / allergies / asthma / stomach pain / diarrhea
- Personal Hygiene items in small sizes



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What to Bring / How to Pack

1. Luggage (per airline guidelines)
 - a. One carry-on, 45 lbs.
 - i. "3-1-1" policy for carry-on
 1. 3 oz or smaller containers of toothpaste and other liquids
 2. Gels and paste must be in a 1-qt clear plastic bag
 - a. i.e. lipstick, chapstick, gels, liquid medications
 3. Bags must be zip-top
 4. 1 baggie per traveler is allowed
 5. Must be in hand at security checkpoint or put in security conveyor container
 - b. One checked piece, 50 lbs. is free; a second checked piece may cost (tbd)
 - i. One will be for your personal stuff
 - ii. The other one will be used for medical supplies, clothes and other items collected
2. Identification
 - a. Your passport (make sure it has not expired), make a photocopy and keep separate in your luggage
 - b. If you are a minor, a letter from both parents stating it is okay for you to be on the ES Delegation visiting El Salvador
3. Clothing, bedding and personal items
 - a. Warm weather clothes; 1 sweatshirt or jacket (sometimes there are some chilly nights). It is possible to have some clothes washed - they may not get back to you for 2 days.
 - b. Walking shoes and socks, sandals
 - c. Pajamas
 - d. Pillow
 - e. Sheet (flannel or other); some of us bring a bottom sheet, and a flannel sheet as a blanket; the beds in the classrooms have a small pillow and oilcloth bedspread.
 - f. Towel and wash cloth
 - g. Toiletries: Soap, shampoo, toothbrush, toothpaste, etc. (bathing is done at the sink at the bathrooms w/a tarp for some privacy.
 - h. Water bottle
 - i. Flashlight
 - j. Day Pack for hikes and walks between communities
 - k. If you wear contacts, please bring glasses; the dust may bother your eyes.
 - l. Camera
 - m. Journal/notebook and pen/pencil
 - n. Sunscreen
 - o. Insect repellent; very important to avoid bites on your legs especially at night
 - p. Hand Sanitizer; use frequently
 - q. Tissue packets
 - r. Pepto-bismol tablets
 - s. 1 or 2 hangers for hanging towels or handwashing.



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4. Money

- a. The US dollar is the currency in El Salvador (you may still see reference to colons)
- b. Your in-county cost covers
 - i. Lodging
 - ii. Food
 - iii. Transportation
 - iv. Water and toilet paper
 - v. Honorariums
 - vi. Stipend for our interpreter(s)
 - vii. Unforeseen costs
- c. What is not covered
 - i. Tourist Card - You will purchase at the Salvadoran airport when you go through Immigration and Customs; cost is \$10.
 - ii. Shopping
 - iii. \$1-2 for Ana Ruth if you have her wash some clothes (\$.50/piece).
 - iv. \$1 shower usage fee at Ana Ruth's; recommend arranging day/time you would like to take a shower; water is turned on at 6AM
 - v. Tips (suggested amounts; you can give more/less if you wish); 'thank you' cards will be available for you to sign and they will be given to the recipients at the end of the trip.
 1. Our bus driver; \$2-5 per person
 2. Our in-country co-ordinator; \$5-10 per person
 3. Areli and her helper(s) who make breakfast for us everyday; \$2-5 per person
 4. Ana Ruth and her helper(s) who will provide lunch and maybe dinner on specific days.
- d. The Exit Tax is part of your airfare.