



be. | humanitarian

# FAIR TRADE IN GUATEMALA PARTICIPANT GUIDE

A Complete Guide to your Service Vacation in Guatemala

BEHUMANITARIAN.ORG





## *A Message from Tobie & Julia*

Welcome and thank you for joining us on this journey. Our goal is that through this life affirming experience you will learn how to Be Humanitarian while experiencing how FairTrade artisans are impacted by your purchases and have an absolute blast while serving those in need. We're thrilled to have you!

This pdf serves to create one place where all needed items are listed. Please check back here for questions and needed forms.

Items Included here:

- Your Packing List:
- Volunteer Form:
- Travel Insurance Quote Info: Travel Insurance is REQUIRED
- Liability Waiver to be Signed:
- Notarized Form to be signed (minors only)
- Donation Ideas

Thanks a million,

**Tobie Spears & Julia Mooney**

Founder/Director  
Be Humanitarian



# Participant Checklist

Instructions: Please keep track to make sure you get all of this done.

- Fill out Volunteer Form
- Check out printable Packing List
- Get a Quote for Travel Insurance
- Read and Sign Waiver and Release Form
- Notarize Permission Form (minors only)
- Go through Donation Ideas list

## About Be Humanitarian

Through early nutrition and continued education, Be Humanitarian helps Guatemalan children, teens, and adults realize their full potential. Our Service Vacations assist individuals, families, and businesses in giving back while revealing what truly matters.

Our nutrition program provides thousands of meals per month to a remote Guatemalan community, while our volunteer-run preschool provides education five days per week. One child at a time, our community is putting in a lot of effort to combat childhood malnutrition.

Come along with us as we discover Guatemala's beauty and culture. We spend our days exploring various locations and volunteering with thought-provoking humanitarian projects.

Each trip is different, but here are some ideas for what we do: We will deliver backpacks, school supplies, and hundreds of pounds of books to local schools and organizations. We also install wood-burning stoves in homes and deliver much needed donations to meet the families who live there. We get to enjoy Lake Atitlan, play with the kids at our preschool, explore Mayan ruins, go to the black sand beach, shop at local markets, laugh a lot, and truly have a blast!





## Getting Travel Insurance

When traveling internationally, it is important to obtain travel insurance, especially when minors are involved. International travel can present risks, including medical emergencies, lost or stolen luggage, trip cancellations or interruptions, and personal liability issues. Without travel insurance, you may be responsible for covering the costs of these unexpected events.

Travel insurance can provide coverage for these risks, offering financial protection and peace of mind to your team members and their families. In addition, travel insurance policies often provide 24/7 emergency assistance, which can be invaluable when traveling in a foreign country, especially with minors. With emergency assistance, you can access medical care, legal assistance, or language interpretation services if needed, helping to ensure the safety and well-being of your team members while traveling internationally.

Overall, obtaining travel insurance is an important investment that can help protect you and its members from the risks associated with international travel.



**Action expresses priorities**

-Mahatma Gandhi



## LUGGAGE

Start collecting large luggage that can be filled with donations. Please note that the luggage stays in Guatemala and will not be taken back home.

# BEING A HUMANITARIAN

Read for instructions

## FOOD AND CLOTHING PROJECT

While in Guatemala you'll be able to deliver your donations along with a month's supply of food (purchased in Guatemala by Be Humanitarian) to families and visit them in their home.

In the homes is where you will see true Guatemalan culture and fall in love with the people. I believe this opportunity will allow you to experience a more intimate look at the life of the families we serve.

## What Past Volunteers Say:

“

My wife and I were fortunate enough to be able to go and help out and be with the families in Guatemala! Such a cherished experience and we hope to go again soon!

*Matthew Allen*

“

It was one of the most impactful experiences of my life. Tobie and her crew are full of love, light, knowledge, and boundless generosity of spirit.

*William Bessette*



## Our Regular Needs:

These are items we regularly take to supply our students with needed school supplies. Feel free to fill your luggage with any of these items and please reach out with any questions.

If you want to contact a store or company for a donation please let me know and I will supply you with our EIN for a tax deductible donation.

Thanks so much,  
Tobie

- Spanish Children's Books
- English Children's Books
- Coloring Books
- Activity Books
- Brand New or Like New Clothing: Talk to a local boutique and ask if they have unwanted items
- Brand New Shoes (All Children's Sizes & Women's Sizes under 7)
- Used Laptops
- Notebooks
- Matchbox Cars
- Jump Ropes
- Flash Cards
- Markers
- Sidewalk Chalk
- Watercolors
- Banners
- Powdered Peanut Butter
- Folders
- Colored Pencils: (24 pack).
- Pencil Cases (30 Pack).
- Playdough (42 pack).
- Paint Brushes (20 packs of 10).
- Washable Diapers
- Colorful Diaper Pins
- Washable Menstruation Pads



Only by **giving** are you able to **receive more** than you already have.

## *Frequently Asked Questions*

### **Where do we stay?**

This depends on the number of people. We typically rent large Airbnb's so we can stay together as a group.

### **Can I book my own flight?**

We will tell everyone what time we will be meeting at the airport in Guatemala (GUA), and everyone can book their own flights.

### **What is the weather like?**

It is spring like weather where we visit. We encourage you to bring layers as it gets a bit chilly in the early mornings and evenings.

### **What is the food like?**

The food is mostly locally grown fresh food. We hire local women to prepare our meals and we will eat at local restaurants. There are plenty of meat and non-meat options and we can handle many food restrictions. Just let our team know.

### **Do I need to get vaccinations?**

No vaccinations are required but we do encourage you to talk to your physician prior to your trip.

### **What types of service projects do we do?**

Depending on what time of year we are going we may be assisting with gardening, painting or even building within the community. There are projects for people of all skill levels.

### **How many people go on the trip?**

Our trips range between 10 and 16 people.

### **Can I go early or stay longer than the group?**

Yes! We encourage you to make this trip everything you want it to be. We will ask that you meet us on a specific day/time and stay with us throughout the trip, but you are free to plan extra things before or after our time together.



## Fundraising for your Trip

First tip when looking for fundraising ideas for your service vacation: Be creative and have fun. The possibilities are endless!

### Here are some ideas:

- Customize a t-shirt for you to sell to friends and family (everyone loves a T-Shirt)
- Coffee (Utah residents) – You can sell Organic Guatemalan Coffee for \$15+ a pound. We can purchase coffee wholesale for \$10 a bag and you can keep \$5.00.
- Auction – Ask local businesses, artists and craftspeople to donate items for auction. A great event idea with children (a school group, for example), is to organize an art auction featuring the children's artwork.

### Get busy in the kitchen:

- Make and Sell Your Own Cookie Dough \$7+ tub
- Dinner \$20+ Spaghetti is a low-cost meal that's easy to make in large amounts, and everyone loves it!
- Some other fun, low-cost meal options are pancakes and hotdogs.
- Your favorite dish, soup or curry \$12+ tub – sell to neighbors and friends and include your delivery to make it extra special.

### Car wash coupons:

- You can raise money by selling our 2pk car wash coupon. When you purchase a 20pk of car wash coupons, you will pay \$99.99 and you will be able to sell them for \$200.00. The face value for the coupons is \$16. Each coupon is discounted to \$5 so your group can sell the coupon for \$10. You will make \$5 for each 2pk coupon you sell.
- To purchase the 20pk of car wash coupons, please contact one of our locations that has a car wash. Locations and phone numbers are listed on our website.

Visit Holiday Car Wash

### Papa Murphy's:

- Papa Murphy's is independently owned. Many owners are willing to work with you on fundraising ideas if you contact them.

### Bake Sale:

- This tried and true fundraising event is an American classic everyone loves. Participants love to show off their culinary expertise, and check out the accomplishments of friends and neighbors.

### Yard Sale:

- One person's trash is almost always another person's treasure, which is why yard sales are such fun and successful events.

### Create a fundraising event:

- Collaborate with others. Host a talent show, art show, concert, auction using donated items from local businesses, 5K, tournament, dance party, cook off, car wash, luau, etc.

### PRE-SELL ITEMS others will receive after your trip:

- Guatemalan Hot Chocolate – a delicious treat that you could sell for \$20 when you return from your trip.
- Art Show – you could print out your trip photos and sell them. Have an art show for local friends and family to come enjoy light refreshments and buy your artwork
- Organic Guatemalan Coffee – a delicious treat you can sell in Guatemala and sell it for a profit when you return home.

### Other:

- Send letters to friends, relatives, friends of the family, acquaintances, old teachers, co-workers, professors.
- Waive all holiday & birthday gifts; request financial gifts instead (to use towards your experience).
- Network via social media platforms.
- Check with local businesses.
- Check with your employer. Some companies are willing to provide financial support for a service experience if they feel it will add value to their organization.

I'm sure there are additional ways for you to earn your Service Vacation and I can't wait to see what you come up with. Please reach out with any additional questions.

**[Click here](#) to create a fundraiser with Guatemalan Humanitarian Tours and watch your donations come in.**





## CONTACT US

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We love our work, you'll love it too! There are several ways to get involved with Be Humanitarian, please contact us with any questions. Come do some good with us!

## WHAT YOU CAN EXPECT

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Regular communication from our team. Please add [support@behumanitarian.org](mailto:support@behumanitarian.org) to your contacts so emails and updates don't go to spam. You are always welcome to reach out with questions as well.



[support@behumanitarian.org](mailto:support@behumanitarian.org)  
[www.behumanitarian.org](http://www.behumanitarian.org)  
<https://linktr.ee/behumanitarian>  
801 . 830 . 0310

*We're excited to share  
this experience of a  
lifetime with you!*

*Tobie & Julia*