

WORK PLAY LOVE

How to Prepare for an Amazing Trip!

**Welcome to your Work, Play, Love Volontour,
one of the most rewarding experiences you will have in your life!**

To begin, we want to thank you for your efforts and interest in what we do. We work hard, but it's easy because this work means so very much to us. We know that once you experience the level of care, compassion, and love at Hogar Miguel Magone & María Auxiliadora, you will understand why we do what we do. But we want to make sure that you know that we see *you*. You could have chosen over a dozen different ways to make an impact with your time and effort, but you chose us. We want to extend a most heartfelt thank you for coming along on this journey with us.

We have prepared a note to help you navigate some of your questions and to provide the information you will need to have a fun and rewarding trip. This is an evolving document, so if something doesn't seem to make sense given the timing of your trip, please let us know, so we can clarify. We have led many trips to the Hogar (Spanish for "home") over the last 14 years, and we like to think that we get better at it each time. Still, it takes your help to ensure that everyone stays safe and brings their very best to these wonderful kiddos that you are only a few weeks away from meeting.

So, without further ado, we have some information and considerations for you to read through. Please do not hesitate to ask if you have any questions! They say the journey of a thousand miles begins with a single step. Consider this your "primer paso!"

Personal Fundraising:

We ask our volunteers to take on a personal fundraiser about six to eight weeks prior to their trip. By that point, you'll likely have shared the exciting news of your trip with others, and they'll have become emotionally invested in your efforts to help the kids too. That is a perfect opportunity to get some support for the work that you will witness being done in the Hogar. You can do a carwash, bake sale, Facebook fundraiser, or any number of other fundraisers that show off your creativity and dedication to making a difference.

One of our Ambassador Angels will reach out to you directly with more information about your fundraiser and share what others have done in the past. The possibilities are endless! Get creative, have fun, and don't forget that your hard work benefits all the kiddos you will be spending time with!

[Please find our template for your fundraising efforts here](#), and feel free to connect with your Ambassador Angel should you have any questions or if you would like to bounce ideas off one another.

Cost & Considerations:

While we wish we could accommodate everyone who joins us for a voluntour, it's just not feasible as that money would come out of the funds that help the children. However, given the cost of travel these days, we think that you will find our setup and local accommodations more than affordable.

For a 4-night stay, you pay \$400. That covers all food and lodging at Hogar Miguel Magone, your transportation everywhere, and one FUN group dinner in Antigua. For a 5-night stay, the cost increases to \$500.

Please make your payment 45 days before the trip. (If you want to pay in increments, let us know)

[You can make your payment HERE.](#)

You are responsible for: Your airfare, your hotel stay, and any extra shopping, meals, or other expenditures in Antigua.

Health Notes:

Medical Form: Please complete the required medical form for you and/your party. Your spot will not be reserved until this form is submitted. Thank you for your understanding.

[Find the Form HERE.](#)

Make sure you stay healthy: We *highly recommend* that you start taking a probiotic before the trip to help build your immune system. Some people also take Cold Snap, an all-natural immune booster, both before and while they are with us. Volunteers who have never traveled to another country may have a weak immune system and can experience immune responses resulting from new stimuli. Fortifying your system before you come will help you to be around a lot of kids, eat different foods, and support you while you travel.

Altitude: Guatemala City and Antigua are both at nearly 5,000 feet in elevation—almost as high as Denver—and the Hogar is located on a hill. Due to the large number of kids we serve, there will be lots of walking up and down hills and stairs. We recommend making sure that you are in shape and ready to bring your best to the kiddos. If you really want to pose a challenge for yourself, hit the gym and hop on the treadmill at the steepest angle. If you are out of breath in 60 seconds, you might want to add a few more walks into your weekly exercise routine prior to joining us at altitude! Even if you are in great shape, it is always a smart idea to bring something like Ibuprofen, Tylenol, or your preferred pain medication for arthritis or discomfort. We are **Work, Play, Love** for a reason, so don't forget to bring everything you need to keep your body at optimal performance during your visit!

Water: Please bring a water bottle with you to refill and carry with you at all times. **We DO NOT drink tap water, and we DO NOT brush our teeth with it.** There will be plenty of filtered water (agua pura) to drink at the Hogar and in Antigua. Drink a lot; it is easy to get dehydrated when you are having fun. Remember to wash any fruits or veggies you eat in purified water. When we stay at the Hogar or go to restaurants, you do not need to worry. I will be sending a link with a list of safe places to eat in Antigua. If you eat alone or buy something from a vendor, you do so at your own risk.

Must Haves:

- Remember your passport and green card (if you require one).
- Check with your cell phone carrier to get coverage if needed. WIFI may not work at the Hogar, but texting normally does. WIFI will work at the hotel in Antigua.
- If you bring US \$, make sure it is in perfect condition. Even if it is, it will not be accepted everywhere you go. You can get \$ exchanged at the airport, withdraw cash from an ATM in Antigua, or get it at your local bank prior to departure. Check for the best rates at your bank.
- Visa and Cash are best; however, there is often a 5% service charge for using credit/debit cards.

Things to Consider Bringing:

- Camera & phone (keep on your person at ALL times)
- Bug spray and anti-itch medicine (Cortisone or Calamine)
- Coconut oil, Tea Tree oil (or Neem oil) has been used in the past to help promote a healthy balance in your immune system and to deter insects of all shapes and sizes!
- Thieves oil or Neem oil (a few drops in a spray bottle with water is good as an insect repellent for your bedding and rooms)
- Compact umbrella if coming during the rainy season (May-Oct)
- Wipes or hand sanitizer
- Small flashlight
- Sunscreen and sunglasses for sunny weather
- Any medicine you may need (Advil, allergy medication, prescriptions)
- Tote bag or backpack to carry your personal items in at the Hogar & in Antigua
- Protein bars and any other snacks you enjoy

Clothing: Keep in mind the daytime temperature is 65-80 and 55-60 at night.

- Leave your expensive jewelry at home.
- A light raincoat for the rainy season will serve you well!
- Flip flops and/or Sandals for hanging out inside.
- Bringing warm layers for nighttime keeps you comfortable during our group dinner and evenings at the Hogar.
- Please plan on bringing supportive, comfy walking shoes (there are many hills at the hogar).
- Casual Items: jeans, capri pants, hiking pants, shorts, long skirts, comfy shoes, cute sundresses. ***(Ladies, please dress modestly. i.e., tank tops should be long and high, and shorts should be close to knee level. Avoid anything too tight or too low, please.)***

If you want to bring things for the kids, the following are always needed and appreciated:

- **Princess dresses for ages up to 17**
- **Kids always love games, toys, stickers, and temporary tattoos**
- **Multivitamins and/or probiotics for kids**
- **Girls love clothes and hair accessories**
- **Bras and underwear for teenage girls**
- **Toys, clothes, socks, and underwear for boys from 3-18**
- **Backpacks of all sizes**
- **Kids books (English or bilingual)—check your local library for a sale**
- **Jeans in all kids' sizes**

Things to see and places to eat in Antigua:

A more extensive and detailed list of recommendations can be found in [Dia's airbnb guidebook](#).

Hotel Candelaria is your beautiful hotel. The courtyard is gorgeous, and the views from their terrace are phenomenal. They have a very friendly staff, and breakfast is included.

www.hotelcandelaria.com

Tel +502 7832 8420

(Note that it's called Candelaria Antigua on Google Maps.)

Casa Santo Domingo is a hotel, restaurant, and attraction all in one. It is very close to the hotel. They boast a 5-star restaurant in the ruins of an old convent with probably THE MOST romantic atmosphere anywhere, *plus* excellent food; they even have vegetarian dishes. We will likely have our team dinner here.

You can pay an entrance fee that allows you to see all the ruins of the convent as well as a silver museum, a museum of pre-columbian Mayan art, an art gallery, and an apothecary museum. You can also take a free shuttle from there to their sister property up the hill and visit beautiful sculpture gardens, multiple galleries featuring famous Guatemalan artists, a nice restaurant called el Tenedor (the fork), and even go ziplining.

Mesón Panza Verde – This is another 5-star restaurant with a very extensive menu set inside a stylish boutique hotel. Make sure to go upstairs to check out the art gallery and the terrace. There's an amazing view of Volcán Agua from up there. A lovely place to practice yoga, YogAntigua (www.yogantigua.com) offers daily classes in the mornings in the gallery. Pitaya is a separate restaurant that rents its courtyard and is also great for lunch, coffee, and juice.

Learn a little Spanish:

You can use many language apps to get familiar with the pronunciation rules and learn some basic sentence structures and vocabulary. Try to spend 10 minutes a day before you come. You can also download Spanish onto the Google Translate app on your phone, so it works even if you are offline.

Here are some key phrases that will be helpful to know.

You:

There are two forms of "you" in Spanish. **Usted is the formal/polite** form used with adults and people you don't know. **Tú is the familiar** form used with friends and children.

Courtesy vocabulary:

Por favor. Please.

Muchas gracias. Thank you very much.

Señor. Mr./Sir.

Señora. Mrs./Ma'am.

Señorita. Miss.

Perdóname. Excuse me.

Greetings/farewells:

Hola - Hi

Buenos días - Good morning.

Buenas tardes - Good afternoon.

Buenas noches- Good evening. (Also means "Good night.")

Adiós - Goodbye.

Hasta mañana - See you tomorrow

Hasta luego - See you later.

¿Cómo está usted? How are you? (formal)

¿Cómo estás? (How are you (familiar)

Muy bien - Very well.

Bien - Well/good/fine

Así así - Okay/ So-so.

Cansado/cansada - Tired

Enfermo/enferma - Sick

Names:

Me llamo _____. My name is _____.

¿Cómo se llama usted? What is your name? (formal)

¿Cómo te llamas? What is your name? (familiar)

Mucho gusto. - Pleased to meet you.

¿Cómo se llama ____? What is ____'s name? (the teacher, your brother, etc.)

Se llama _____. His/Her name is _____.

Shopping:

The quetzal is the currency of Guatemala (and also the national bird).

¿Cuánto cuesta _____. How much does it cost?

¿Cuánto cuestan _____. How much do they cost?

¿Acepta Usted tarjetas de crédito? Do you accept credit cards?

Te gusta...? Do you like:

la escuela - school

bailar - to dance

Cantar - to sing

Dibujar - to draw

Leer- to read

Jugar al fútbol - to play soccer

Jugar al baloncesto- to play basketball

Food:

¿Quieres (más) ____? Do you want (more) _____?

¿Tienes ____? Do you have _____?

¿Necesitas ____? Do you need_____?

Aquí está _____. Here is _____.

Time:

¿A qué hora? At what time?

A las__ - At __ o'clock.

a las dos - at 2:00

a las dos y diez - at 2:10

a las dos y media - at 2:30

Emergency Situations:

Tenemos una emergencia médica. We have a medical emergency.

Necesitamos una ambulancia. We need an ambulance.

Important numbers:

Please! Download Whatsapp before departing.

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Itinerary:

Aug 16-18 Time with Kids at the hogar

Aug 19 Quinceañera Party

Aug 20-21 Antigua

Aug 22 Home

Muchas Gracias!

Again, we can't tell you how excited we are for you to join us and how much we appreciate your work, your play, and your love. Remember, if in doubt, ask!