



*Welcome to Our Mission!*

*Ave Maria Medical Missions,*

**13-21 March 2025**

*Dear Missionary,*

Thank you for considering participation in a mission with us to serve our brothers and sisters in need. This will be a fulfilling experience for your soul!

Ave Maria Medical Missions is an organization that provides healthcare, humanitarian aid, and the Gospel for the needy families of Guatemala through medical and spiritual outreach. We support the physical, spiritual, emotional, and economic development of needy families in Escuintla, Guatemala.

We serve in conditions that are challenging, sometimes finding us traveling on unpaved roads to communities that have no access to running water or electricity. Each day finds us at a location setting up our services and outreach to those in need.

We have a mission chaplain who travels with us to each site. He is available to all of the people we meet, as well as to all of the missionaries for spiritual direction, confessions, and dispensation of the sacraments.

The members of Ave Maria Medical Missions and our team of medical and lay members have been serving the poor in Escuintla, Guatemala since 2012.

Star of the Sea is our 501(c)(3) Nonprofit Organization incorporated with the state of Louisiana. All donations are tax-deductible as allowed by law.

We know this is a big commitment of time, patience, and hard work, and we hope you will prayerfully consider joining us. If you do, please read all of the accompanying information carefully, then complete and sign the forms and waiver and return them to our office.

God bless you!

William B. Fogle  
*Mission Coordinator*

Alma Levy, M.D.  
*Medical Director*

**Star of the Sea is a 501(c)(3) Nonprofit Organization which runs Ave Maria Medical Missions**



# Missionary Application Form

## Information

**Name** (as it appears on passport):

**Home Phone:**

**Cell Phone:**

**Email:**

**Street Address:**

**City:**

**State:**

**Zip:**

**Country:**

**Citizenship:**

**Passport Number:**

**Date Issued:**

**Driver's License #: Place of issue**

**Date and Place of Birth:**

**Current Religious Affiliation:**

**T-Shirt Size:**

**Do you have prior experience on other Christian mission trips? If so, where and when:**

## Profession and Professional Experience

**Specialty:**

**Fields of Study and Training:**

**Institution and State:**

**Degrees or Certificates**

**Employer:**

**Field of Work:**

**Dates:**

**Medical license number and state** (Medical Professionals):



# Teens Under 18 Years of Age

Ave Maria Medical Missions International welcomes teenagers 13 years of age and older to join our missions. Due to the demands of our daily schedule, and the distances we typically travel out from our base mission site, we do not recommend traveling with youth younger than 13. Please fill out the information for each youth under 18 years of age who is traveling with you.

*(Photocopy this form if you need additional spaces.)*

## Youth Information

**Name** (as it appears on passport): \_\_\_\_\_ **Age:** \_\_\_\_\_

**Citizenship:** \_\_\_\_\_ **Passport Number:** \_\_\_\_\_ **Date Issued:** \_\_\_\_\_

**Date and Place of Birth:** \_\_\_\_\_

**Name of Guardian Traveling with you:** \_\_\_\_\_

**Name** (as it appears on passport): \_\_\_\_\_ **Age:** \_\_\_\_\_

**Citizenship:** \_\_\_\_\_ **Passport Number:** \_\_\_\_\_ **Date Issued:** \_\_\_\_\_

**Date and Place of Birth:** \_\_\_\_\_

**Name of Guardian Traveling with you:** \_\_\_\_\_

**Name** (as it appears on passport): \_\_\_\_\_ **Age:** \_\_\_\_\_

**Citizenship:** \_\_\_\_\_ **Passport Number:** \_\_\_\_\_ **Date Issued:** \_\_\_\_\_

**Date and Place of Birth:** \_\_\_\_\_

**Name of Guardian Traveling with you:** \_\_\_\_\_

\_\_\_\_\_  
*Name of Parent or Guardian for participant(s) under 18 years of age*

\_\_\_\_\_  
*Signature of Parent or Guardian for participant(s) under 18 years of age*



# Medical & Emergency Information

## Your Information

**Name** (as it appears on passport):

**Date and Place of Birth:**

## Emergency Contact Information

**Name:**

**Relationship:**

**Home Phone:**

**Cell Phone:**

**Street Address:**

**City:**

**State:**

**Zip:**

**Country:**

## Medical Information

**List allergies to medications or food:**

**List dietary restrictions:**

**List other medical conditions:**

**Are you taking any prescription or non-prescription drugs?**

# AVE MARIA MEDICAL MISSIONS

## WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT Event Release

1. Star of the Sea, Ave Maria Medical Mission is sponsoring a mission trip to Guatemala on \_\_\_\_\_ (dates of trip)(hereinafter referred to as "the Event"). In consideration of the opportunity to participate in the trip and inconsideration of the opportunity for the undersigned to make such trip and/or receive board, lodging, transportation and other benefits, and for other obligations incurred by Ave Maria Medical Mission, I, \_\_\_\_\_ (name of participant) of \_\_\_\_\_ (city and state), hereby release, waive, discharge and covenant not to sue Ave Maria Medical Mission (Star of the Sea), its officers, servants, agents and employees (hereinafter referred to as "releases") from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or relating to any loss, damage or injury, including death, that may be sustained by me, or to any property belonging to me, whether caused by the negligence of the releases, or otherwise, while participating in the Event, or while in, on or upon the premises where the Event is being conducted, while in transit to or from the premises, or in any place or places connected with the Event.

2. I am fully aware of risks and hazards connected with being on the premises and participating in the Event, and I am fully aware that there may be risks and hazards unknown to me connected with being on the premises and participating in the Event, and I hereby elect to voluntarily participate in the Event, to engage in activities knowing that conditions may be hazardous, or may become hazardous or dangerous to me and my property. I voluntarily assume full responsibility for any risks of loss, property damage or personal injury, including death, that may be sustained by me, or any loss or damage to property owned by me, as a result of my being a participant in the Event, whether caused by the negligence of releases or otherwise.

3. I further hereby agree to indemnify and save and hold harmless the releases and each of them, from any loss, liability, damage or costs they may incur due to my participation in the Event, whether caused by the negligence of any or all of the releases, or otherwise.

4. It is my express intent that this Release shall bind the members of my family, spouse, personal representative, and any person with a power of attorney concerning me, whether I am alive or deceased, and my heirs and assigns, if I am deceased, and shall be deemed as a Release, Waiver, Discharge and Covenant Not to Sue the above named releases.

*In signing this release, I acknowledge and represent that:*

- A. I have read the foregoing Wavier of Liability and Hold Harmless Agreement, understand it, and sign it voluntarily as my own free act and deed;
- B. No oral representation, statements or inducements, apart from the foregoing written agreement, have been made;
- C. I am at least eighteen (18) years of age and fully competent; and
- D. I execute this Release for full, adequate and complete consideration fully intending to be bound by same.

I hereby certify that I have personal health insurance. My insurance company is: \_\_\_\_\_

\_\_\_\_\_  
*Participant Signature:*

\_\_\_\_\_  
*Witness Signature:*

\_\_\_\_\_  
*Participant Name Printed:*

\_\_\_\_\_  
*Witness Name Printed:*

\_\_\_\_\_  
*Date:*

\_\_\_\_\_  
*Signature of Parent or Guardian required if participant is under 18 years of age.*

# AVE MARIA MEDICAL MISSION

## *Travel and Health Information*

Below is a list of helpful websites that you should visit to get more information about Guatemala, as well as important phone numbers and addresses that you should carry with you.

### **CDC Website**

*Health information for travelers to Guatemala.*

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/guatemala>

### **State Department Website**

*Safety, security, entry and exit requirements, local laws, and other helpful information about the country and people of Guatemala.*

<http://travel.state.gov/content/passports/en/country/guatemala.html>

*State Department's fact sheet on Guatemala*

<http://www.state.gov/r/pa/ei/bgn/2045.htm>

### **Passport Health**

*Find a Passport Health Travel Clinic in your area of the U.S. where you can get immunizations and information.*

<http://www.passporthealthusa.com/>

### **Hacienda Pantaleon**

*This is our home base while staying in Escuintla.*

Finca El Colorado/Ingenio Pantaleon

Address: Kilometro 56 Carretera al Pacifico  
Escuintla, Guatemala

### **Information for Landing Card/Immigration Form Upon Arrival in Guatemala**

*Keep the name of our local residence and our destination city below handy for your landing card:*

**Lodging:** Antigua (private residence)

**Address:** Jacarandes de Antigua Lote #7

**City:** Antigua

**You are traveling "as a tourist"**

### **Emergency Phone Numbers to Leave with Your Family**

**William Fogle, Mission Director**

Cell: 504-292-2380

**Alma Levy, MD, Medical Director**

Cell: 985-264-9056

### **Guatemala RC Country team**

**Carolina Urrutia Perez**

Cell: 011-502-5203-3417

**David Perez**

Cell: 011-502-5203-8623

### **Passport and Validity**

A passport is required to travel to and from Guatemala. It is also required for visitors to Guatemala that **your passport be valid for at least six months from the date of your return back into the United States**. Remember to leave a copy of your passport with someone at home. American citizens DO NOT need a visa to enter Guatemala.

### **Flights**

Missionaries are responsible for purchasing their own airfare. Your mission fee DOES NOT include the cost of your ticket. You can fly from your departing city to Houston International Airport to meet the team where we will fly together to Guatemala City. If you cannot meet the team to fly from Houston, please ensure your flight arrives in Guatemala City no later than 1:00pm. Our mission site is 60 minutes from the airport so it is important that we all depart the airport together. Spring is a busy season for travel to Guatemala so secure your airfare early. On arrival at immigration at the Guatemala City airport you will be asked the reason for your visit and your destination. Say you are traveling as a tourist and staying in Escuintla. We will all have lunch and then travel to our lodging at Finca el Colorado/Ingenio Pantaleon, a sugar cane refinery in Escuintla.

### **Airport Exit Tax**

Depending on the airline that you travel, there may be an exit tax of about \$30 (U.S.) due prior to departure at the airport in Guatemala. Certain airlines, such as American Airlines, already include this exit tax in the cost of your ticket price. Be sure to have cash handy.

*continued...*

## Travel and Health Information (continued)

### Health Information for Missionaries Traveling to Guatemala

Most travelers get travel vaccines and medicines because there is a risk of diseases in the country they are visiting. Our information below is given as advice only and should not replace any advice given to you by your doctor, or any advice that you read on the CDC website. The vaccinations you decide to receive are at your own discretion. The list of vaccinations below is recommended by the CDC and should be received four to six weeks prior to departure.

#### Routine Vaccines

Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine (*every 10 years*), varicella (*chickenpox*) vaccine, polio vaccine, pneumococcal vaccine (*recommended for those age 65 and over*), and yearly flu shot (*recommended for those age 50 and over*).

#### Typhoid

You can get typhoid through contaminated food or water in Guatemala. The CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater. Please keep in mind that we will be coming in contact with sick adults and children.

#### Hepatitis A

Hepatitis A is a liver infection caused by the Hepatitis A virus (HAV). Hepatitis A is highly contagious. It is usually transmitted by the fecal-oral route, either through person-to-person contact or consumption of contaminated food or water. Hepatitis A is a self-limited disease that does not result in chronic infection.

#### Hepatitis B

Hepatitis B is a liver infection caused by the Hepatitis B virus (HBV), which can cause lifelong infection, cirrhosis (scarring) of the liver, liver cancer, and liver failure. You can get hepatitis B through sexual contact, contaminated needles, and blood products. This is recommended for healthcare workers.

#### Rabies

Rabies is a preventable viral disease most often transmitted through the bite of a rabid animal. Travelers are likely at risk for rabies if they are to come in contact with wild or domestic animals in parts of the world where rabies is common.

#### Malaria

Malaria is a mosquito-borne disease caused by a parasite. People with malaria often experience fever, chills, and flu-like symptoms. Anti-malarial medication (Chloroquine or Doxycline) which you will take before, during, and after the mission. Talk to your doctor about a prescription.

***We also recommend that you travel with the following: mosquito repellent that contains DEET; Pepto-Bismol or Ciprofloxacin (by prescription) to treat travelers' diarrhea; and sun protection (sunblock, sun hat, and sunglasses).***

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### Interaction with Local Animals

Animals can attack if they perceive threat, are protecting their young or territory, or are injured or ill. Attacks by domestic animals are more common than that of wild animals, and secondary infections of wounds may result in serious systemic disease. Animals can transmit disease by more than one route. Try to not touch or pickup local animals such as dogs, cats, rodents, monkeys, etc. This will help in avoiding scratches and bites which could lead to injury and diseases including rabies. Always wash your hands upon exiting animal areas, if you visit such an area, even if you did not touch any animals, and after removing soiled clothes or shoes.

*continued...*

## *Travel and Health Information (continued)*

### **Food and Water Safety While in Developing Countries**

Unclean food and water can cause travelers' diarrhea and other diseases. Travelers to developing countries are especially at risk. Reduce your risk by sticking to safe food and water habits.

#### **Food**

Eat food that is cooked and served hot, fruits and vegetables that have been washed in clean water or that can be peeled (citrus fruits, bananas, and melons), and consume only pasteurized dairy products.

Avoid food served at room temperature, food from street vendors, raw or undercooked meat, poultry, seafood, and eggs, unwashed or unpeeled raw fruits and vegetables, and unpasteurized milk and milk products.

#### **Water and Beverages**

Drink water, sodas, or sports drinks that are bottled, canned, and sealed.

Avoid unpasteurized milk. Avoid tap water, including the water from the tap at the Hacienda. Brush your teeth with bottled water and avoid getting water from the shower in your mouth. In developing countries water may be contaminated by bacteria, parasites, and viruses that cause hepatitis, cholera, and typhoid fever. Even a small amount of contaminated water can make you ill.

Remember that adequate fluid intake is essential to preventing dehydration. It is important to keep drinking safe water even if you have diarrhea. The most common cause of travelers' diarrhea can be treated with over-the-counter products, used according to directions.

***Be sure to wash your hands often with soap and water when available.***

***Remember to keep your feet dry and avoid being barefoot to help prevent against any fungal infections.***

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### **Traveling with Large Quantities of Medications for Our Pharmacy**

Should you be traveling with medications, please email us a full list of what you are bringing at least 6 weeks in advance of the date of the mission. We kindly ask that each missionary bring the following for use in our pharmacy: ibuprofen 400mg (1000 tablets); adult multivitamins (1000 tablets); children's multivitamins (1000 chewable). Please ensure that the medications are transported in unopened bottles/packages to avoid any problems. When carrying medications to a foreign country it is never permissible to carry any type of narcotic. Laws strictly forbid this and these laws must be respected.

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## *Notes About Guatemala*

The Republic of Guatemala is located in the Mayan heartland of Central America and has a population of approximately 12.6 million people. It covers an area of 42,042 square miles. Guatemala City is the capital city and has a population of 2 million people. Our mission sites are located roughly 60-90 minutes south of the capital by bus. The majority of the families living in this area were repatriated here after the civil war in Mexico. Due to a lack of priests, there are many places in this area where people only have access to Mass being celebrated once a year.

56% of the population of Guatemala is mestizo and 44% is of Mayan descent. Spanish is the official language of Guatemala, but many Mayan dialects are also widely spoken. Poverty is extreme and widespread in many regions leaving 70% of the population to reside in such conditions. 80% of the people are Roman Catholic and 20% are Protestant.

***Our efforts seek to help all needy individuals of Guatemala, regardless of faith, ultimately helping to build stronger families and improve the quality of life of everyone that we meet.***



# AVE MARIA MEDICAL MISSIONS

## What to Pack

In addition to patience, love and a sense of adventure, below is a list of important things to remember to pack along with other items that you might find helpful to have with you in a mission setting.

**You will need to bring your own towels and washcloths. These items WILL NOT be provided at the two homes where we stay. The two homes does provide linens for our beds, but if you prefer your own linens please bring them with you. (2 sheets and 1 pillow case if you so choose).**

### Personal and Health Items

Valid passport\* (*You do not need a visa for Guatemala.*)  
Rosary Beads, Small Bible  
Pen and small journal  
Earplugs (*if you're a light sleeper!*)  
Flashlight and batteries  
Travel alarm clock  
Small personal fan (*optional*)  
Camera and batteries  
Backpack or daypack  
Small mirror, small scissors  
Personal toiletries, soap  
Sunblock  
Insect repellent (*that contains DEET*)  
Antibacterial gel or wipes  
Shower sandals or flip flops  
Towels  
Wash cloths  
Face cloth  
Plastic ziplock bags (*all sizes*)  
Personal stethoscope and blood pressure cuff (*doctors and nurses*)  
Personal prescription medications (*in original containers*)

### Clothing and Accessories

Rain jacket  
Jacket or sweatshirt with hood (*for cool evenings*)  
Scrubs for clinic days  
Comfortable and modest clothes for daily wear  
such as khakis, capris, cargo pants, t-shirts  
Clothes for Sunday Mass (*khakis, slacks, skirt, dress*)  
Sneakers or good walking shoes  
Backpack/daypack  
Sun hat, Sunglasses

### Other

Snacks (*granola bars, peanut butter crackers*)  
Hard candies  
Gatorade or Crystal Light powdered drink packs  
(*to add to your water bottles*)  
Adapter for charging electronics and instruments  
(*electricity in Guatemala is 120 volts*)  
International calling card for calls back home  
Local currency: Guatemalan Quetzals (*Only a small amount is needed and you should exchange at the airport when you arrive. \$100 American dollars worth of Quetzals should be enough if you want to buy snacks, bottled drinks, small souvenirs, etc...*)

***We kindly ask that each missionary also bring the following for use in our pharmacy as these items are often difficult and expensive to buy upon arrival: ibuprofen 400mg (1000 tablets); adult multivitamins (1000 tablets); children's multivitamins (1000 chewable)***

***\*Please be sure that your passport will still be valid for at least six months from the date of your return back into the United States***

## What Not to Pack

No gummy vitamins (*The climate is too hot and the vitamins will melt.*)  
No chocolates or candies that will melt easily  
No drugs or alcohol

No sleeveless shirts, shorts, or short skirts on clinic days  
Keep items of great or sentimental value at home  
(*When traveling out of the country it is often difficult to ensure the security of items of great value.*)

***Be sure to visit your airline's website to check their baggage allowances for checked and carry on luggage, as well as any fees or restrictions that may apply for international flights.***

# AVE MARIA MEDICAL MISSIONS

## What to Expect

### **Prayer**

Our days start and end in prayer. We give thanks to Our Lord for the opportunity to serve our brothers and sisters and ask him to bless our efforts each day. We will have time each morning for private prayer before breakfast which starts at 7:00am. We will usually have the opportunity to pray a daily Rosary as a team while on the morning bus ride to La Democracia. We will celebrate mass daily as schedule allows, once we get to the mission site. A Missionary Commissioning Mass will be celebrated on Monday at the beginning of the mission at which time you will receive your Missionary's Crucifix. In the evenings you are invited to pray as a group or spend some time in the silence personal prayer.

### **Spiritual Direction**

Our Mission Chaplain is available not only for the local people in the communities where we serve, but also for the missionaries for dispensation of the sacraments or should you want to take a quiet moment and converse with him. Everyone, should they want, will have an opportunity for Confession, spiritual direction, and prayers with our Chaplain.

### **Daily Service**

Wake up at 0530am, followed by breakfast from roughly 7:00am-7:30am. After breakfast we collect what we will need for the day and board our bus by 7:45am to go to the mission site. We set up our clinic at the Parish of San Benito in La Democracia and start to see patients by 9:00am. We use what we have at our disposal to set up waiting areas, triage, and examination areas. This requires patience, and it is important to remember that missionaries find light in all situations offering a positive attitude! Expect the unexpected. You will find that we do not always have everything that we need at first glance, but with some creativity we always manage! Lunch is served each day at the mission site typically between 12:30pm-1:00pm. Our clinic closes between 5:30pm-6:00pm depending on the flow of patients waiting to be treated, and then we are transported back to our base site in Antigua where we all enjoy dinner around 7:00pm. We see approximately 1200-1300 patients during our week-long mission.

### **Team Work**

We work hand in hand with each other and our local ground team which includes translators, family and youth missionaries from Guatemala, Regnum Christi groups, and sometimes medical students. It is important to be respectful of your fellow missionaries, any volunteers helping our team, and all of the adults and children who we encounter. We function as a team serving our brothers and sisters in Guatemala. Every missionary adds something valuable to our team, no matter how large or small their task is. It is important to be patient, flexible, and open-minded! You will be outside of your general comfort zone in many different ways. You might be asked to participate in a task that you have never done before, and sometimes you may have to change the way you are used to doing things depending on a given situation that may come up. Again, this is where patience helps! Time in Guatemala works differently than time back at home, so expect delays from time to time. Any problems or concerns that you may have are welcomed by our Mission Director.

### **Safety**

Being exposed to a different culture is exciting! It is wonderful to see the world in a new way experiencing different customs, hearing different languages, and trying new foods. But it is important to remember that you are in a foreign country and you will also be exposed to poverty and difficult situations. Always follow all of the instructions from our Mission Director. Never wander away from the clinic or the mission group on your own. Should we be in an area that has a small store where we can buy drinks or snacks be sure to ask the Mission Director permission to do so, and always go with a fellow missionary. Never leave the group by yourself. This helps to maintain safety and also organization.

*continued...*

## *What to Expect (continued)*

### **Blessings**

Being a missionary is a special calling. You will be pushed to personal limits both physically and spiritually. You will share experiences with your team that you might not have the chance to experience back at home. In many ways this opportunity will change your life, and the graces you receive will be abundant! By selflessly serving your brothers and sisters in Guatemala with love, compassion, and hope, you are ultimately serving Christ. This is an opportunity for you to improve to the spiritual lives of the people you meet just as much as you will improve their physical lives.

### **Fun**

Dinner always provides a great opportunity to chat and to get to know your fellow missionaries as we eat traditional Guatemalan food. We have time to talk about the day's events and share our personal experiences of how we brought Christ to the people we met. We will also talk about what the following day might bring. After dinner and night prayers the evenings are at your leisure, although given the busy schedule we keep most missionaries retire early to prepare for the next day. On Sunday we will have a half-day retreat followed by lunch. After lunch we have the chance to enjoy the beautiful town of Antigua where we can shop or simply walk around. On our last day we have a shortened clinic schedule. We will return to the Hacienda for a farewell party with our local ground team and volunteers to celebrate a great week of working together!

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### *Checklist New Participants*

Completed *Missionary Application Form*  
Completed *Form for Teens Under 18 (if traveling with you)*  
Completed *Emergency Contact and Medical Info Form*  
Signed Waiver  
Photocopy of your passport (*picture and info page*)  
Medical license number and state (*medical professionals*)  
Mission participant fee: \$700.00 (U.S.)  
Each missionary is responsible for their airfare.  
Email our office a list of medications and/or medical supplies that you are bringing (*please include medication names, descriptions, quantities, dosages, expiration dates, and values*)

### *Checklist Returning Participants*

Updated *Emergency Contact and Medical Info Form*  
Signed Waiver for current mission participation  
Updated photocopy of your passport (*picture and info page, if renewed*)  
Mission participant fee: \$700.00 (U.S.)  
Email our office a list of medications and/or medical supplies that you are bringing (*please include medication names, descriptions, quantities, dosages, expiration dates, and values*)  
***Travel Insurance is recommended and is the responsibility of each missionary.***  
***GeoBlue Travel Insurance - 1-610-632-5048, <https://go.geobluetravelinsurance.com>***

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*Checklist Notes:* 13-21 March 2025 - Once flights are scheduled please send your information to Medical Mission Coordinator

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