



Welcome to Our Mission!

Ave Maria Medical Missions,

17-23 June 2026

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 El Salvador through medical and spiritual outreach. We support the physical, spiritual, emotional, and economic development of needy families in El Salvador.

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 are embarking on a new journey to serve the poor of El Salvador. With Gods love and spiritual support we know this will be fulfilling for all missionaries.

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 yrs old 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

* Passport must not expire with in 6 months of your return.



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 El Salvador on June 17-23, 2026 (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 maybe 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 El Salvador, as well as important phone numbers and addresses that you should carry with you.

CDC Website

Health information for travelers to El Salvador.

http://wwwnc.cdc.gov/travel/destinations/traveler/none/el_salvador

State Department Website

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

http://travel.state.gov/content/passports/en/country/el_salvador.html

State Department's fact sheet on El Salvador

<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/>

Centro Salesiano de Retiro Ayagualo (Retreat Center)

This is our home base while staying in El Salvador.

Information for Landing Card/Immigration Form Upon Arrival in El Salvador

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

Lodging:

Address:

City:

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

Alvaro Mira

Cell: 504-329-0048

Passport and Validity

A passport is required to travel to and from El Salvador. It is also required for visitors to El Salvador 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 El Salvador.

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 El Salvador. If you cannot meet the team to fly from Houston, please ensure your flight arrives in San Salvador Airport no later

than. 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 El Salvador so secure your airfare early. On arrival at immigration at the El Salvador airport you will be asked the reason for your visit and your destination. Say you are traveling as a tourist and staying Centro Salesiano de Retiro Ayagualo (in the city of Ayagualo in La Libertad). We will travel to our lodging at Centro Salesiano de Retiro Ayagualo

Airport Exit Tax

Depending on the airline (covered in price of ticket) **exit tax** at the airport in El Salvador. Certain airlines, such as American Airlines, United already include this exit tax in the cost of your ticket price. Be sure to have **U.S. cash** handy.

Travel and Health Information (continued)

Health Information for Missionaries Traveling to El Salvador

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 El Salvador. 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).

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.

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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 bottled (1 case of water will be provided to each missionary), 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.

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. - MEDICINES WILL BE PURCHASED in El Salvador due to customs.

Notes about El Salvador

Background: El Salvador achieved independence from Spain in 1821 and from the Central American Federation in 1839. A 12-year civil war was brought to a close in 1992 when the government and leftist rebels signed a treaty that provided for military and political reforms. Geography The area - total : 21,041 sq km; land: 20,721 sq km; water: 320 sq km. Climate: tropical; rainy season (May to October); dry season(November to April); tropical on coast; temperate in uplands. Natural resources: hydropower, geothermal power, petroleum, arable land. People and Society Population - total: 6,628,702 (2024 est.). Ethnic groups: Mestizo 86.3%, White 12.7%, Indigenous 0.2% (includes Lenca, Kakawira, Nahua-Pipil), Black 0.1%, other 0.6% (2007 est.). Languages: Spanish (official), Nawat (among some indigenous). Religions: Roman Catholic 43.9%, Protestant 39.6% (Evangelical - unspecified 38.2%, Evangelical - Methodist 1.3%,Evangelical - Baptist 0.1%), none 16.3%, unspecified 0.2% (2023 est.)

Our efforts seek to help all needy individuals of El Salvador, 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.

Towel will be provided however, it is suggested to bring an additional towel and washcloth. These items WILL . The retreat center 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 El Salvador.*)
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 El Salvador is 120 volts*)
International calling card for calls back home
Local currency: El Salvador uses US dollar as its
official currency (Local banks and ATM use US
dollars)

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 celebrate mass daily as schedule allows, breakfast then to our mission site for the day. A Missionary Commissioning Mass will be celebrated on Wednesday 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 - BEING DEVELOPED

Team Work

We work hand in hand with each other and our local ground team which includes translators, family and youth missionaries from El Salvador, 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 El Salvador. 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 El Salvador works differently than time back at home, so expect delays.

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 El Salvador 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 El Salvadoran 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 El Salvador where we can shop or simply walk around. On our last day we have mass followed by breakfast then to the airport.

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>

Checklist Notes: 17-23 June 2026 - Once flights are scheduled please send your information to Medical Mission Coordinator - wfogle0204@yahoo.com
