



Trip Information Packet
Camas High School students
to Guatemala
August 1-10th, 2023





Welcome to Courts for Kids. Most likely, this is your first trip with our organization and we are confident that this trip will impact you in ways you cannot even imagine. We work closely with our in-country partner to make sure your basic needs are met, so we can all focus on the task at hand, creating a multi-purpose sports court with the initiative, help and support of the community.

A sports court is a great project because it requires the help of many community members, provides plenty of work for everyone, and becomes an asset that provides not only safe places for children to play, but also various other benefits. The hard work of our team will be a great bridge between us and the community and we will develop a mutual respect that will help provide inroads into a rich cross-cultural experience and first-hand insight into a developing world community.

We are looking for great cultural ambassadors, so please only sign up for this trip if you are willing to step outside of your comfort zone. You will need to work hard, you will be eating different foods, sleeping and bathing in less comfortable environments. But, as they say, if you want to live like you're in America, why leave?

Most importantly, we ask that you enter into this with a great sense of humility. We want you to be eager to learn and grow in this process as we are entering into a different culture with different values and norms. We want you be quick to listen and slow to speak.

We will not be giving you a detailed itinerary as things are very prone to change with this sort of construction project. But your time will be spent working on the court, taking part in various cultural activities and, most importantly, connecting with the locals.

Please look through this informational packet and feel free to contact us with any questions you may have.

If you choose to go, I can almost guarantee you will look back on this trip as a life-changing experience. You will grow so much in a week it will make you wish you could stay longer. In fact, you will probably say this was the best week of your year.

Hope you can come!

Derek Nesland
President
Courts for Kids

Community Information

You will be traveling to **Chuinimajuyub**, which is an indigenous community located in the northeast of Guatemala in one of the most mountainous and highest altitude areas of the country. For this reason it was given the name in Kiche (the indigenous language that is spoken) of Chuinimajuyub which means "on the mountain". The climate is a bit cold, especially in the months between December and February, when temperatures even reach -0°C .

The approximate population is two thousand people and it is considered that they are conservative both in their way of dress and in their way of being since they are very attached to the traditions instilled by their ancestors, which is why they are very united and always watch over the common good.



The area where the community is located is known for its forests and for its hot springs that many people believe have benefits for the body.

Years ago the primary activity of the population was agriculture but over the years people have dedicated themselves to selling clothing made in the region which they sell in the interior of the country. In terms of agriculture, 20% of the population is still dedicated to it for subsistence. Among the crops are corn, which is the base of Guatemalan food, beans, avocado and apple.

One of the typical foods is caldo de res (beef soup with carrots, potatoes, corn) and pepian (meat and vegetables in a thick and rich sauce, with a combination of roasted spices like pepitoria and sesame seeds).

The school currently has 115 children enrolled, and it has 10 classrooms, 1 kitchen, and bathrooms that have been achieved thanks to various institutions and the government, but also to the hard work of community members.

Our group will be met at the airport by the Courts for Kids Guatemala Country Director who lives in Guatemala and has been working closely with the community to plan all aspects of your visit. We will be staying in a community building sleeping on mattresses on the floor. The court will also be built at the school and will be used by the entire community. Many times it will be a place where the community will gather to dance and hold celebrations and ceremonies. We will work side-by-side with the locals and although it will be challenging there are jobs for everyone of every physical capacity. During the whole trip we will be fully immersed in the local culture eating authentic food, learning local traditions, customs, and way of life. It is important to note that this court will be built *with* the community not *for* the community. The community members are very motivated to make their court a reality and from the beginning, they have been the driving factor planning this project to see it come to fruition.

*More specific lodging, packing, and trip logistics will be provided as the departure date gets closer.

**Please note, the destination community is subject to change at the discretion of Courts for Kids in order to best meet the needs and safety of the volunteer group as well as the needs of the host community.

Picture on the right is the future court site. This community tried to build a court themselves in the past and only got this small section done before running out of funds to complete it. Therefore, you will assist them in completing something they have wanted and desired for many years.



Trip Safety

Courts for Kids makes your safety our number one priority. Being in a safe, tight knit community with strong awareness and ownership of the project will provide local people who will be personally invested in the safety of the team. Courts for Kids also has safety protocols in place that include, but are not limited to:

- A **Courts for Kids representative will lead the group** while in the destination country.
- We always contract **private transportation** to pick up and return the group to the in-country airport.
- We have a **strict behavior and conduct policy** for all trip participants which promotes the safety and security of the group. All participants are required to attend a **mandatory training**.
- We have **secure transportation** available to medical facilities in the case of any injuries.
- We will have a **first aid kit** with the group at all times.
- We only drink **clean, potable water**.
- We work with community cooks to adhere to our **Safe Cooking Practices**.
- We monitor the **US State Department** travel warnings and make travel adjustments as deemed necessary.
- We require all volunteers to be disconnected for the entirety of the trip. No cell phones will be allowed once in country.
- **Insurance coverage** for all trip participants that includes evacuation with a medical escort in a worst case situation. Policy details can be provided upon request.
- A **Child Protection Policy** which includes background checks for all adults traveling in a group where minors are present.
- Courts for Kids may conduct a **behavioral background check** through a student's school and reserves the right to refuse a participant based on the information we receive.

Safety is a team effort and every trip participant is responsible for their behavior, must use common sense while traveling, and comply with Courts for Kids representatives and trip leaders at all times.

2023 COVID Policies

- Groups and participants agree to comply with any COVID-19 vaccine or testing requirements imposed by the destination country as well as the US State Department. This may require participants to show proof of vaccination or a negative COVID test if mandated by either the destination country or the US State Department. Courts for Kids will not impose any testing or vaccine requirements beyond those of the applicable governing authorities.
- As of June 2022, the US State Department no longer requires a negative COVID-19 test for reentry to the United States. In the event that this requirement is re-imposed in the future, Courts for Kids will be required to introduce additional measures to ensure trip participant safety and compliance with the testing requirement. These may include the necessity for COVID-19 trip insurance and a quarantine chaperone for each trip. Groups and participants acknowledge that this may require them to incur additional costs.
- CFK will consider travel to countries identified as "Level 4" by the U.S. Department of State, provided that such level is the result of possible COVID-19 concerns. CFK will not travel to countries identified as "Level 4" due to "crime or violent activity".
- Each participant will abide by the rules and recommendations of the destination country with regards to COVID-19 safety (e.g., in regard to mask wearing, social distancing, etc.), and community-specific measures. Participants will also abide by the latest recommendations for international travel issued by the Centers for Disease Control.

Funding Responsibilities

Everyone in your group will contribute to the total project costs.
Each participant will be required to fundraise/donate this amount:

\$2,600

100% of all donations are fully tax deductible

All funds raised are applied to court construction costs and the following group expenses:

- Round trip airfare (award points cannot be used)
- In-country costs (food, water, lodging, and transportation)
- Entrance/exit fees
- Emergency medical insurance
- Special activities
- Court construction costs (in addition to your giving, the host community also contributes making this court a reality).

Does not include: passport, immunizations, travel to and from the US airport, food or incidental costs on layovers and delays, or spending money for souvenirs.

**All donations are non-refundable (unless the entire project is canceled by Courts for Kids, funds will be refunded less non-recoverable costs). If you raise/donate more than the above amount, you can choose to apply the excess to passport or immunization costs (must submit receipts), the court construction costs, sports equipment, toward the balance of another trip participant or towards Courts for Kids in general. You will not be eligible for any other refunds or reimbursements due to IRS regulations.*

Scholarship Opportunities

Courts for Kids is committed to providing opportunities for every student, regardless of income. If you are facing financial hardship and/or qualify for free/reduced lunch in the school district in which you live (regardless of what school you go to), we encourage you to apply to our program.

If awarded a Courts for Kids scholarship half of your trip costs will be covered and you will be expected to fundraise the other half.

Information and Applications for Scholarships can be found on our website at:

<https://www.courtsforkids.org/scholarships/>

The participant must apply for a scholarship **within the first month** of registering for the trip.

A special thank you to all the Courts for Kids donors who have made this scholarship fund possible.

Trip Checklist

1. **Registration:** Register online at <https://www.courtsforkids.org/upcoming/>
Spots are reserved to the first 25 participants to turn in registration and deposit of \$300 and pass a behavioral background check from the school by CFK.

Interested in chaperoning? Please contact Selene Nesland at selene@courtsforkids.org

2. **Passport:** Make sure you have a passport that will not expire before **February 10th, 2024**. If you need a passport, go to the nearest post office for assistance. **In order to avoid the headache and stress, make sure you get your passport on time, do it ASAP.**

3. **Fundraising deadlines:**

- **Deposit of \$300 when registering— DEADLINE to register is January 11th! Spots are first come, first serve**
- **1st amount of \$700 by March 1st, 2023**
- **2nd amount of \$800 by May 1st, 2023**
- **3rd amount of \$800 or remaining balance by June 30th, 2023**

** All donations are non-refundable unless the entire project is canceled by Courts for Kids, in which case funds will be refunded minus unrecoverable costs.*

3. **Vaccinations:** The recommended vaccinations for travel to **Guatemala** according to the Center for Disease Control are the following (**keep in mind these are recommended, not required. Check with your local doctor and make the decision best for you**):

- Routine (DPT, MMR, Polio) and COVID-19—all travelers
- Hepatitis A , Hepatitis B, and Typhoid—most travelers
- Rabies and malaria—some travelers

4. Students must attend **mandatory** Courts for Kids pre-trip training. This meeting is mandatory and not attending is giving up your spot. Dates are TBD.

Flight Itinerary

American Flight Itinerary*

(Award points cannot be used)

Date	Fl. #	Airport	Dep.	Airport	Arrival
August 1	2216	Portland	5:50 am	Dallas– DFW	11:40 am
August 1	1013	Dallas– DFW	12:20pm	Guatemala City	2:39 pm
August 10	1486	Guatemala City	10:32 am	Dallas– DFW	3:10 pm
August 10	1986	Dallas– DFW	6:50 pm	Portland	8:45 pm

You are eligible for frequent flier miles on American. To enroll go to www.aa.com

*Flights and carrier are subject to change

Fundraising Help

Online Appeal

• **Personal Fundraising Page:** Upon registration, you will receive a personal fundraising page and an email with instructions on how to customize it. Come up with a list of friends and family members to send it to. Once somebody donates, it will show up immediately in your registration page.

•Facebook/Instagram Fundraisers:

- Anyone can create a fundraiser on Facebook or Instagram, including your family members; however, fundraisers must follow the rules outlined below. When fundraisers are created correctly, Courts for Kids will directly receive the funds you raise and we will credit 100% of the donations towards your trip fundraising responsibilities.

Rules for Fundraising on Facebook and Instagram

Fundraiser 'titles' (on Facebook) and the text of 'donation stickers' (on Instagram) **MUST** include the trip participant's first and last name or donations received through this fundraiser will **NOT** be able to be credited to your trip costs.

Examples:

•**ACCEPTABLE:** *'John Smith's summer Xavier HS trip to Nicaragua fundraiser'* - Created by John Grandmother

•**NOT ACCEPTABLE:** *'Fundraiser for my summer Xavier trip to Nicaragua'* - created by John Smith

Fundraisers must be created for Courts for Kids, not for yourself. When creating a fundraiser, choose Courts for Kids under the 'Nonprofit' section, do not choose the option to raise money for 'Yourself' or 'For a Friend.'

Support Letters

- Come up with a list of friends and family members who might support you on this trip. Don't rule people out too quickly. You will be very surprised at who will support you. Get their addresses.
- Type up a support letter for people to make a tax-deductible donation on your behalf (use the sample on the next page for an idea).
- Send the letter and a return-addressed envelope (to your house) to everyone on your list.
IMPORTANT- Get this letter out ASAP to make sure you get your support raised in time.
- Make sure people give you checks made out to Courts for Kids. When you receive a check, make sure and send them a thank you card. Next send the checks to Courts for Kids and be sure to include your name and what trip you are on.

Other ideas

- If applicable, see if your home church, service club, or other organization will sponsor you.
- Do a game night, movie night, adult prom, Zumba-thon, Bunco party or another fun event and sell tickets.
- Solicit donations you can sell in a garage sale, silent auction, online auction, or raffle.
- Make a craft, shirt, or food item that you can sell.
- Some companies have donation matching programs and will match donations employees make to nonprofits such as Courts for Kids. You can check if a company has a donation matching program here:
<http://www.matchinggifts.com/search/rit>
- Be creative, go online— there are many fundraising ideas out there!

(IT IS BEST TO REWRITE THIS LETTER ADDING YOUR OWN WORDS TO GIVE IT A PERSONAL TOUCH. USE THE FOLLOWING AS A GUIDE)

Today's Date

Dear *(personalize it by adding their name here),*

I am excited to share with you about an upcoming service project in *{insert country}* this upcoming *{month of trip}* through Courts for Kids. I need to raise *{amount needed to raise}* in order to participate so I am asking friends and family members to consider helping out with a tax-deductible contribution.

We will travel to *{insert country}* and make our way to *{insert a couple sentences of community information from the site details page of the packet}*. This community applied to Courts for Kids for assistance in building a multi-use athletic court, which is where I come in. I want to help make this vision a reality for the community but need some help. I am raising money not only for travel costs but also for construction materials, as well.

Our primary project will be to build this court, but we will also take part in other service and cultural learning activities as well. Our primary purpose for going is to serve the local community, but also to grow and learn as we get out of our comfort zone. We will be staying in relatively primitive conditions within the community and will be eating the local food the entire time. This is definitely not a touristy trip, but I am excited for the change I am sure will happen in my life and the impact we can have.

{If you have the space, enter a personal story of why this trip is significant for you}

Would you consider supporting me as well as the local community in this project? I need to raise *{amount needed to raise}* for this trip to be possible. If you are interested, please make a check out to **Courts for Kids** and return it in the enclosed envelope. Could you please return this envelope as soon as possible in order to make sure I hand everything in with enough time to spare? Your donation is **tax-deductible** and **100%** of what you give will go directly to this trip.

Sincerely,

{Your signature and name}

Questions?

Courts for Kids
PO Box 873786
Vancouver, WA 98687

Selene Nesland
360.909.0684
selene@courtsforkids.org