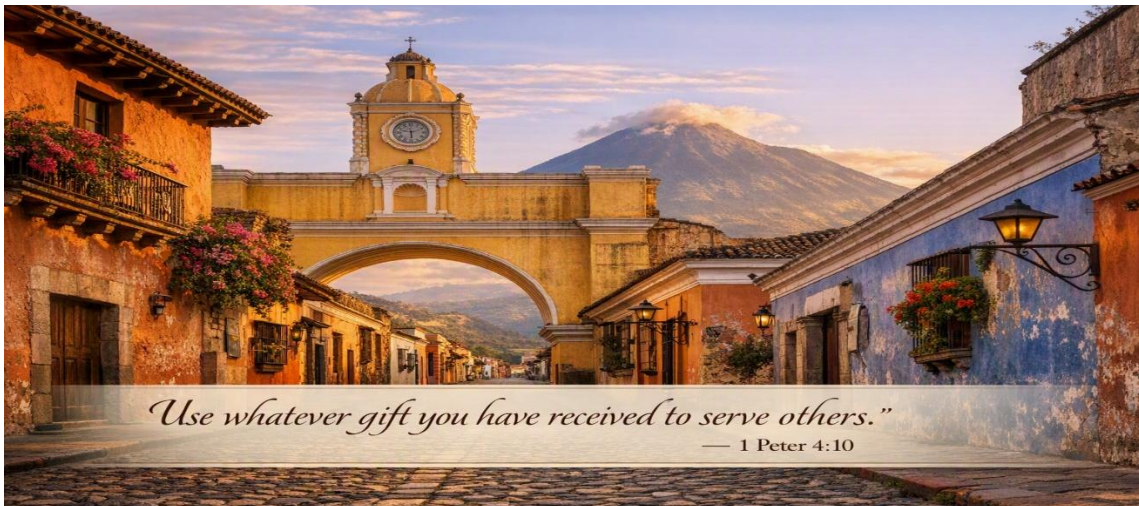




Guatemala

Mission Works: Guatemala Medical Outreach



"Whatever you did for one of the least of these brothers and sisters of mine, you did for me." - Matthew 25:40

Sacred Steps: Mission Works

A hands-on service series empowering students to support humanitarian, medical, and community-based projects through meaningful outreach, cultural connection, and real-world impact worldwide.



Hammock Expeditions, LLC
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A Message From Our Team

At STEM Study Tours, we believe students learn best when they're immersed, engaged, and inspired. Every program is built with intention - blending hands-on discovery, academic depth, and meaningful experiences that help students see the world (and themselves) in new ways. Our goal is for each itinerary to spark curiosity, build confidence, and create moments students carry long after the trip ends. We're honored to partner with schools who share that vision and to help bring learning to life beyond the classroom.

— Michele & The Hammock Expeditions Team

Why Travel With Hammock Expeditions & STEM Study Tours

Schools choose us because we design programs that are organized, intentional, and built around real learning. Our itineraries combine strong academics with smooth logistics, giving teachers confidence and giving students opportunities to explore, ask questions, and grow. We partner with trusted local experts, communicate clearly, and support groups every step of the way so educators can focus on their students - not the logistics.

What Sets Us Apart

- **Purpose-Driven Itineraries** - Students actively participate in meaningful, real-world learning.
- **Safety, Structure & Professionalism** - From 24-hour support to vetted partners and clear communication, we ensure teachers can focus on their students while we manage the logistics.
- **Hands-On, High-Impact Learning** - Our programs emphasize field science, conservation, and experiential learning - the kind that sticks with students long after the trip ends.
- **Student-Centered Design** - We balance learning with fun, reflection with adventure, and structure with flexibility. Every day is crafted to keep students engaged, energized, and supported.
- **A Team That Travels With Purpose** - We're educators, planners, naturalists, and travel professionals who care deeply about student growth. Your goals become our goals.

Our Commitment to You

When you travel with us, you gain a partner who understands your vision, anticipates your needs, and delivers an experience your students will remember for years to come. We're here to support your school, empower your students, and make every moment meaningful.

We want to be your educational partner. Let us know how we may serve you.

Michele, Christina, Izzy, Dana, Taylor, and the Team



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***Mission Works** is named in honor of Daryl Hall, whose passion for missions, compassion for others, and lifelong dedication to service shaped countless lives. His legacy lives on through every student who steps forward to serve with purpose.*



Guatemala: Where Service Meets Community

Where Service Finds Its Purpose: Guatemala welcomes students into a country shaped by resilience, deep cultural heritage, and a strong sense of community. In and around La Antigua - framed by volcanoes, vibrant markets, and centuries-old traditions - many families face challenges related to access to healthcare, nutrition, and long-term wellness. Serving here gives students a meaningful window into these realities and shows how compassion, education, and practical support can strengthen community health. This mission transforms Guatemala into a living classroom where service becomes connection and care becomes impact.

A Journey That Deepens Compassion: Throughout the week, students witness how basic healthcare can change lives, how education empowers families, and how small acts of kindness ripple outward in powerful ways. They experience the warmth of Guatemalan hospitality, the strength of communities rebuilding after natural disasters, and the importance of accessible medical care. Through reflection, cultural connection, and hands-on service in mobile clinics, participants gain perspective, empathy, and a renewed understanding of how purposeful work can support the wellbeing of others.

The Mission: Guatemala Medical Outreach

La Antigua, Guatemala

This Mission Works program partners with International Medical Relief to support communities in and around La Antigua - an area where access to consistent healthcare can be limited and families often face challenges related to nutrition, wellness, and long-term medical support. Students step into a week of meaningful service alongside IMR staff and local healthcare partners who are committed to strengthening community health. Whether assisting with mobile clinics, supporting basic health education, or helping clinic teams serve families with dignity and compassion, every task contributes to improved wellbeing and hope for the communities you meet.

Service in Guatemala is deeply relational. Students help create a welcoming, organized environment where families feel seen, valued, and cared for. In clinics, simple acts - guiding patients through intake, offering encouragement, helping children feel comfortable, or assisting medical staff with non-clinical tasks - become moments of connection that matter. For many families, these clinics provide rare access to care, and each student plays a meaningful role in



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supporting that experience. Every participant becomes part of the larger story of strengthening community health and reflecting God's love through service.

Throughout the week, students are invited to reflect on purpose, stewardship, and the impact of compassionate care. Teams learn how short-term medical missions can support long-term community wellness, and how they can continue championing IMR's work from anywhere in the world. This journey is designed to deepen empathy, strengthen faith, and inspire students to see their own circumstances - and their ability to serve - in new ways.

Lodging & Transportation

Teams stay in a clean, safe, and welcoming hotel in the heart of La Antigua, a vibrant city known for its colorful streets, historic architecture, and warm community atmosphere. Rooms are comfortable and shared by gender, with connected bathrooms, multiple showers, and provided linens and towels. The hotel is centrally located, allowing students to enjoy local food, music, and small shops during free time, all within easy walking distance.

Groups fly into Guatemala City (GUA), followed by a scenic 45-minute transfer to Antigua. All transportation to and from clinic sites is arranged for your team, with professional drivers, safe vehicles, and on-site support throughout the week. Students will travel to surrounding communities - typically 30 minutes to 1.5 hours from Antigua - where mobile clinics are set up to serve families in greatest need. All meals, beverages, and logistical support, including translation and security as needed, are included.

Meals in Antigua

All meals are provided through your hotel in La Antigua and prepared by the local team. Students can expect simple, home-style Guatemalan dishes such as rice, beans, chicken, fresh vegetables, and warm breads baked in traditional ovens. Meals are nutritious, familiar, and designed to keep teams energized throughout long clinic days. Clean drinking water is available at all times, and beverages are provided with each meal.

The hotel accommodates common dietary needs whenever possible, and teams should communicate restrictions in advance so staff can prepare accordingly. Meals are shared in a communal setting or enjoyed together in the hotel courtyard, offering students time to connect, reflect, and unwind after serving in clinic.

Itinerary at a Glance

Day 1 – Arrival & Orientation
Days 2–6 – Medical Service: Mobile Clinics & Community Health Outreach
Day 7 – Training Day & Cultural Exploration
Day 8 – Depart for Home



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Cultural Tips for Serving in Guatemala

Approach with Humility: Guatemalan culture is warm, welcoming, and deeply rooted in community. Students should enter each interaction with a posture of listening, learning, and respect, recognizing that they are guests in a place with its own traditions, history, and strengths.

Value Relationships Over Tasks: In Guatemala, connection matters. A smile, a kind word, or a moment spent encouraging a child can be just as meaningful as assisting in clinic. Take time to engage with families, local staff, and community members - relationships are at the heart of effective service.

Communicate with Kindness: Many families you meet may speak Spanish or local Indigenous languages, and your patience and encouragement make a difference. Speak clearly, use simple language, and remember that communication is about compassion, not perfection.

Honor Local Norms: Dress modestly, follow clinic guidelines, and be mindful of how your actions reflect the mission you're supporting. Simple choices - like being punctual, staying positive, and showing gratitude - communicate respect and build trust with the community.

Embrace Flexibility: Clinic schedules may shift based on weather, community needs, or local priorities. Flexibility is part of serving well. A willing spirit and a positive attitude help teams adapt and support the mission effectively.

Entry Requirements for Guatemala

Entry requirements for Guatemala can change, and all travelers are responsible for checking the most current information during planning and before departure. The guidelines below are accurate at the time of writing but are subject to change without notice. Always verify requirements through your government's travel authority and the official Guatemalan immigration and customs websites prior to travel.

General Requirements (All Travelers)

- ✓ **Valid Passport:** Most travelers, including U.S., Canadian, U.K., and EU citizens, may enter Guatemala for stays up to 90 days without a visa. A valid passport is required, and U.S. travelers should ensure at least 6 months of validity beyond arrival.
- ✓ **Return or Onward Travel:** Immigration may request proof of a return or onward flight. Airlines often verify this at check-in.
- ✓ **Proof of Accommodation:** Travelers may be asked to show a hotel reservation or host information, especially if arriving without a clear itinerary.
- ✓ **Proof of Sufficient Funds:** Immigration may ask travelers to demonstrate they can support themselves during their stay, though this is not always requested.
- ✓ **Customs Declaration:** Air and maritime travelers must complete Guatemala's electronic SAT Traveler Declaration before arrival. This form can typically be submitted online up to 15 days before travel.

Visa Requirements: Most travelers do not need a visa for short stays (up to 90 days). Citizens of many countries - including the U.S., Canada, U.K., EU nations, Australia, New Zealand, Japan, South Korea, and most South American countries - enter visa-free. Travelers from countries not on the visa-free list must obtain a visa prior to travel. Requirements vary by nationality, so travelers should confirm with the nearest Guatemalan consulate or embassy.



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Guatemala Medical Outreach

Medical Mission – La Antigua



Mission Inclusions

International flights to / from Guatemala
All transportation
Lodging in La Antigua
All meals & beverages
Costs associated with medical clinics
Translation services & security as needed
Travel pack (water bottle, journal, luggage tags, and more)
Dedicated Trip Director
2 sets of medical scrubs per participant
All clinic logistics coordinated through International Medical Relief

What's Not Included

Fully comprehensive insurance (**mandatory**)
Baggage costs, pay directly to airline if required
Baggage handling - everyone should be able to pull / load their own bag
Transfers to/from home airport
Lunches on travel days
Meal selections other than ones provided for the entire group (we are generally able to cater for allergy conditions, vegetarians, halal and in some cases vegan)
Cost of visas, visa waivers, passports or other legal requirements for entry/return
Cost of inoculations or medication required for travel
Sightseeing / Entertainment / Transport not shown in Itinerary
Gratuities – local guides for sightseeing excursions, tour director
Credit card fees if individuals wish to pay via credit card instead of ACH
Additional taxes, fuel surcharges or fees levied by governments / suppliers
Required medical mission supplies or personal equipment

This mission is offered through our partnership with International Medical Relief. As always, our staff are available to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.



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