

Intern Guide



Building Believers in Christ

We are so pumped that you're interested in interning with Building Believers in Christ! Interns play such an awesome, important role during team season! To lay everything out and make your stay more comfortable, we have compiled this packet to help answer any questions that you may have.

While you are in Guatemala, your "go-to" person will be our team coordinator, Salomé. She can answer any questions that you have while at the City of Refuge (COR). She will delegate your assignments every day and takes care of any needs that you have.

What you will be doing

1) Help with all teams that are at the COR during your internship. You will be expected to participate in all activities planned for the team unless you are needed for other duties. While teams are at the COR, you will have early mornings and late nights. Our interns are flexible and hospitable at all times as we give a warm welcome to all of our teams. Team chores will include but are not limited to the following:

- Cooking breakfast each morning
- Helping prepare items for the day's activities
- Helping organize team supplies
- Preparing lunch
- Helping prepare and clean up dinner
- Assisting team members with planned activities
- Organizing supplies that are left by the teams and storing them in their correct locations in the storage room
- Helping full-time missionaries prepare for teams
- Grocery shopping with full-time missionaries for teams

2) Be prepared to help the full-time missionaries and COR staff in any way that they need you. Daily chores and activities when teams aren't present may include but are not limited to the following:

- Conducting Bible studies when needed
- Teaching children's church when needed
- Helping to organize medicines for clinics
- Helping in any way at the foster home when necessary
- Helping in the clinic when needed
- Assisting full-time missionaries with activities as needed
- Preparing for ministry activities throughout the week
- Helping to clean and organize areas of the COR

There may be days that you will be less busy than others when teams are not at the COR. Our days on the mission field are ever changing and no two days are ever the same.

3) During your stay at the COR, you will take care of yourself and your room. Your daily chores will include:

- Preparing meals
- Cleaning your room and bathroom

- Laundering your clothes
- Cleaning up after yourself

We have prepared a list of regulations to follow while you are at the COR to ensure your safety and the safety of others. Please abide by these rules and represent God and our ministry to the best of your ability.

- Interns are not allowed to drive any of the ministry vehicles at any time
- Interns are not allowed to leave the COR alone for any reason
- Interns are not allowed to spend the night away from the COR unless they are accompanied by a team and a full-time missionary or team coordinator
- Interns are not allowed to invite anyone to the COR without prior approval from our team coordinator
- Interns are not allowed to have anyone in their rooms of the opposite sex including team members or other interns, or Guatemalans of either sex
- Interns are not allowed to purchase or consume alcohol or drugs

Packing

Be sure to check with your airline's specific luggage requirements. They typically allow one carry-on bag that cannot exceed 45 linear inches, one personal item, such as a backpack or purse, and one checked bag which cannot exceed 50 pounds per person. You are responsible for any fees that come along with your travel and luggage.

- Pack light—bring only what you can carry comfortably
- As a general rule, if you don't use it every day at home, you will not need it on this trip
- All liquids must be in containers of 3.4 ounces or less and fit into one quart size Ziploc bag that can be easily removed at airport security checkpoints
- Extra batteries must be in their original packaging or secured with tape at both ends and placed in a Ziploc bag
- Avoid wearing or bringing new shoes—you do not want to have blisters during this trip
- As you pack, please respect the cultural differences. In certain villages, women are not allowed to wear shorts or sleeveless shirts in public places. However, these types of clothing are acceptable at the COR.
- Additional information about airport security guidelines can be found at www.safetravel.dot.gov

Males:

- shorts or pants to work in
- work shirts (T—shirts)
- extra shirts for outings and church

Females:

- pants or capris to work in
- shorts for wear at the COR
- at least one knee length dress or skirt
- loose fitting work shirts (t shirts), no sleeveless
- extra loose-fitting shirts for outings, no sleeveless

All:

- underclothing and socks
- pajamas

- comfortable shoes to wear for outings
- athletic shoes or boots to work in
- flip flops
- hat
- swimsuit with shirt to cover
- extra pants for outings

Toiletries:

(All liquids should be in containers of 3.4 ounces or less to meet airline carry-on requirements)

- soap
- shampoo/conditioner
- toothbrush & toothpaste
- comb/brush
- deodorant
- sunscreen
- personal medications (you should keep all prescription medications in their original container and packed in your carry-on)
- razor & shaving cream
- insect repellent
- feminine hygiene products
- antibacterial wipes/hand sanitizer

Other Items:

- PASSPORT
- Bible
- Medical License (doctors & nurses only)
- Stethoscope (doctors & nurses only)
- Patient chair & tools (dentists only)

Dress Code:

- Dresses must be knee length or longer and loose fitting, no spaghetti straps
- Shorts cannot be worn outside of the COR while working the villages
- Shorts cannot be worn to the foster home
- Swimsuits must be covered by a T-shirt
- Males must wear pants for church services
- Females wearing leggings should wear a long (butt-covering), loose shirt

Cost

Airfare + \$15 per day + the cost of your food

- \$15 per day paid by check or money order to BBIC in the States:
Building Believers in Christ
PO Box 188 Tuscumbia, Alabama 35674.
This should be paid at least two weeks prior to your arrival. The \$15 per day covers your room and water during your stay. You will have to pay for food separately. For example, if you are staying 30 days, you will need to mail \$450 to BBIC and bring money or a debit card to purchase your food.
- It is best if your arrival and departure dates are in sync with teams. If you travel without a team, you will also need to prepay for your driver and car. This amount needs to be included in the total from above and sent at the same time.
- If you bring cash, we suggest at least \$10 per day for food plus extra. Remember you will lose some in the exchange of money, so bring more than enough. (We highly suggest using a debit card instead.)

Personal Spending Money:

We suggest bringing a debit card that can be used internationally. Almost every place takes debit cards, so you will not have to exchange as much money that way. You can also take cash out at the ATM when you need it. If you choose to bring cash, you will have an opportunity to exchange currency in the Guatemalan airport. Please do so there. The banks in Guatemala are very strict about money exchange and it is not always possible. Bring crisp, new U.S. bills. Money changers will **NOT** exchange any worn bills or bills with rips, marks, or creases of any kind. Remember, you will lose money when exchanging because moneychangers charge a fee.

Communications

Technology and communications are not as readily available or as reliable in Guatemala as they are in the U.S. We will have access to a cell phone and will provide you with a number your family can call in an emergency only. Some cell phone providers do offer international calling for a fee, so you may want to check with your provider on your available options.

You will have limited access to the internet. Small electronic devices and phones with WiFi are a great way to send messages and updates via email and the internet. Remember, however that internet service can be unreliable and make sure to prepare your family and friends in case you are unable to contact them. Remind them that no news is good news!

Safety & Health

A few simple rules should be followed to keep the team safe and healthy.

- Contact your physician and let them know that you are traveling to Guatemala. Make sure that your Tetanus vaccination is up to date and you may need a flu shot if you are traveling during the months of November – April. If you are prone to motion sickness, it is a good idea to ask your physician for a prescription for motion sickness patches or creams.
- Make two copies of your passport. Leave one at home with a trusted person. Keep the other one with you at all times while you are in Guatemala. During your stay, your original passport will need to stay in your room at the COR.
- Drink only bottled water
- Avoid uncooked vegetables, salads, and fruit that you cannot peel yourself
- It is very easy to become sunburned and dehydrated. Wear sunscreen, a hat and drink plenty of water
- Keep a water bottle with you at all times
- Use bottled water when brushing your teeth and do not get water in your mouth while showering
- Wear insect repellent to guard against mosquitos
- Please make our team coordinator aware immediately if you are not feeling well or if you have any concern for your health or the health of others

Travel Insurance

We highly recommend travel insurance with medical emergency evacuation coverage. In the event that you are seriously injured or sick, you will be evacuated on a medical jet to the nearest U.S. hospital which will be quite expensive and this is a cost that you will be responsible for. Travel insurance is your responsibility and usually is inexpensive.

A list of popular travel recommend that you purchase insurance websites has been included for your convenience:

www.insuremytrip.com

www.travelguard.com

www.travelinsurancecenter.com

www.tripinsurance.com