

Volunteer Manual



Everything you need to know about living and working with the
Long Way Home Team

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Preface

Long Way Home, Inc. (“Long Way Home” or “the Organization”) is very excited about the opportunity to welcome you into our organization. We hope that your time here will be fruitful and enjoyable. Please understand that we would not have asked you to join our organization if we did not trust that you would bring a work ethic and sense of empathy to our mission. By asking you to join our team, we are demonstrating that we believe you have the ability to contribute in a unique way to our Organization. We hope you will find Long Way Home to be a great place to work.

The Organization’s Mission, Vision, and Values: Long Way Home's mission as a registered US 501(c)3 is to mobilize people to actively participate in democracy and create innovative pathways to economic and environmental justice, through green building, employment, and education. We envision communities equipped to innovate and act responsibly in the face of local and global challenges.

Long Way Home considers the following values integral to our operations:

- There are leaders in all of us.
- Every person has a responsibility to fight poverty.
- We learn by doing and lead by example.
- Ethical and responsible financial management lead to higher impact.
- Learning is a lifelong process and flows in both directions —from us to our partner communities and from our partner communities to us.
- Our planet’s future is affected by our daily decisions.

The Long Way Home Story

Long Way Home’s Executive Director, Matthew Paneitz, is a former US Peace Corps Volunteer from Texas, USA. Matt was stationed in San Juan Comalapa during his Peace Corps service where he worked with youth groups through a local community development organization called Chuwi Tinamit. This organization owned land and had plans to build a park, but they lacked the funds and asked Matt for help.

Matt returned to the US and founded Long Way Home (LWH) at the end of 2004. Meanwhile, he was raising funds to build Chuwi's park, Parque Chimiya, and, at the beginning of 2005 he returned to Comalapa to start construction.



Once Parque Chimiya was finished, residents began coming to LWH for help with other projects, including green-designed homes and community-enhancing projects. This started LWH's involvement in residential and educational development and design.

In 2009, LWH began construction of Centro Educativo Tecnico Chixot (CETC), using alternative methods and natural materials. The primary and

secondary school has the capacity to educate up to 350 students, increasing affordable educational opportunities in Comalapa. Currently most residents of Comalapa wishing to pursue education beyond middle school must travel to a city 25 km away. In January 2012, LWH welcomed the first students and currently has 126 students enrolled at CETC from kindergarten to 11th grade. Ongoing construction has allowed LWH to increase the school's capacity and open a high school as well. In the 2018 school year, CETC added a 10th grade, the first year of high school. 11th grade was then added in 2019. CETC plans on continuing to add educational years in the coming years.

In-Country Staff



Matt (Mateo) Paneitz, Executive Director & Founder

Email: matt@lwhome.org / Cell #: +1 978 992 2231

Oversees general operations and represents LWH abroad. Focuses on fundraising for Long Way Home's projects. He is the man with the vision who started it all.



Grace Cantú, Nonprofit Development Director

Email: grace@lwhome.org / Cell #:+502 4630 6772

Responsible for the internship program along with handling the finance of the organization.



Amanda Mallory, Outreach Director

Email: outreachcoordinator@lwhome.org / Cell #: +502 3315 4743

Handles all the outreach events and efforts to expand. Also in charge of managing all of our social media and keeping them up to date.



Omar Flores, Volunteer Program Director

Email: volunteer@lwhome.org / Cell #: +505 886 93420

Runs the Volunteer Program and is your go-to person for any questions or concerns about your stay in Comalapa.



Werner Bal, Hero School Director

Email: werner.bal@lwhome.org / Cell #: +502 134 7660

Oversees LWH's school CETC *Hero School. Hero School general director and kindergarten, primary, middle school principal



Adam Howland, Director of Construction

Cell # *502 4932 2857

Oversees all alternative construction projects. He focuses on adapting alternative methods and systems to the local environment. He is the man with the architectural imagination.



Romeo Apen, Construction Team Leader

Oversees the construction team and assists with the volunteer program. Your go-to person when you need help with something or have any questions about Comalapa and its history.

All staff want to help make your experience as productive and worthwhile as possible. They have all come to Long Way Home for the same reason as you: to contribute their time and energy to a healthier world for all and working towards improving educational and economic opportunities in Comalapa. At one time they have all been in your shoes; do not hesitate to ask for their advice or help.

Upon your arrival, you and the Volunteer Coordinator will discuss your education, experience, abilities, and interests. They will help you become familiar with current LWH projects and, when applicable, assign you to a project manager. You will report directly to your project manager concerning your daily work, but any questions or concerns can be discussed with the Volunteer Coordinator at any time.



Projects

Técnico Chixot Education Center

Centro Educativo Técnico Chixot is a primary and vocational school (middle and high school) built and shepherded by Long Way Home. The school is currently run and developed by teachers who are members of the local community. The curriculum follows Guatemalan national standards and incorporates themes such as critical thinking, technical skills, environmental stewardship, and civic engagement.



In December 2008, LWH purchased 1.75 acres in the village of Paxán, about 1/2 mile from the center of Comalapa. The organization broke ground in 2009 and builds using environmentally friendly techniques (rammed earth construction, water-harvesting systems, eco-bricks, etc.). There are always full time local workers at the site working Monday-Friday 7:00am to 4:00pm, alongside whom most volunteers will work.



Volunteers are integral to our project and most will find themselves doing construction for the majority of their time with LWH. **It is physically demanding work; therefore you must remember to bring a water bottle, snacks, sunblock, and work gloves.**

The construction of the campus is almost complete with the 18 critical campus buildings. However LWH will always be working on maintenance at the school and green building construction projects in the area, including assisting CETC students with school-based projects within the community of Comalapa and nearby villages.

Contracted Green Building

LWH undertakes other green building projects throughout Guatemala and the world. The profits from these projects contribute funds to CETC and are a part of LWH's financial sustainability model. These projects help to continue giving jobs to LWH's construction workers and alumni as well as financially supporting the continuing operations of the school. In 2017, CETC began student-led projects in the neighboring *aldeas* (village) of Comalapa. Volunteers are welcome to support the students in these projects when available. Reach out to the Volunteer Coordinator on arrival if you are interested to see if these projects are currently ongoing.

Environmental Education and English Classes



LWH volunteers have the opportunity to develop and lead environmental education and English activities at our school. Because of the sensitivity of working with children and the importance of maintaining a stable educational setting, **interested volunteers must be with us for three months, have a background in education, advanced Spanish, and**

propose a lesson plan. Activities may take place in the classroom or on the grounds and should promote environmental and healthy lifestyles.

The Guatemalan academic year runs from mid-January to mid-October and kindergarten-eleventh grade classes.



Parque Chimiya

When LWH arrived in Guatemala in 2005 to start park construction, Chuwi Tinamit had already built two adobe cabins and the block building. LWH constructed the soccer field, basketball court, outdoor classroom, community kitchen, plant nursery, two storage sheds (bodegas), and terraced gardens.



Until 2009, Parque Chimiya was LWH's main project. Ownership and administration was then transferred back to the local park authority. The majority of LWH's resources are now directed towards the construction of CETC.

Funding



Grants and awards have paid for LWH's development, from the construction of Parque Chimiya's outdoor classroom to parts of Tecnico Chixot. In addition, individual donors, and the volunteer program provide the majority of revenue.

Therefore, the Volunteer and Internship Program Fee is an *extremely* important part of the income stream. The fees help sustain LWH and pay for materials and labor at the school. LWH maintains the lowest administration fees possible to ensure the projects are priority. Volunteers are an important part of

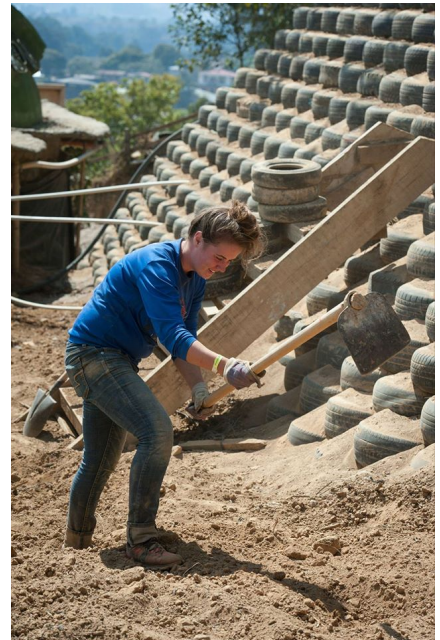
fundraising campaigns by sharing their experiences with LWH with friends, family, and social media and encouraging others to get involved in LWH.

A Volunteer's Daily Life

Volunteer Work Schedule

As a LWH volunteer or intern, you will be expected to work a minimum of 40 hours per week. The usual work week is Monday through Friday (7:30am to 4:00pm), but you may be asked to participate in occasional weekend activities. Your Project Manager and the Volunteer Coordinator will help you determine your specific daily work schedule. Always ask if you are unclear about your assigned tasks or schedule. Be prepared to work hard and to play in the dirt daily.

You are welcome to travel in your free time, but you **MUST** make arrangements with your Project Manager/Volunteer Coordinator in advance if you are planning a trip beyond the weekend. Talk to your housemates to make arrangements, and *please make sure the house is clean before you leave*. You may want to consider not traveling on the weekends because construction work is demanding, and you should be well rested for work on Monday.



Expectations and Time Off

Volunteers are an extremely important part of Long Way Home and part of the reason that we have been able to run an independent school as well as have such a successful and illustrious green-building team. We expect that our volunteers contribute to the projects the same amount as our local staff and work the same hours. All volunteers are expected to be on time to the worksite and work Monday-Friday.

In the event that a volunteer becomes ill, they are expected to let the Volunteer Coordinator know right away and stay at home until they have recovered. For more information on health and well-being in Comalapa, please see the section [Health](#).

Guatemala is a beautiful country with many scenic hikes and remote spots to see. Because we recognize that volunteers will also want to explore the country while they are working alongside us, all volunteers who work with Long Way Home for over a month will get one additional free day per month. If a volunteer stays for more than three months, they will get an additional three days to renew their visa if they so choose. Please arrange your travel with the Volunteer Coordinator as soon as you know, but no less than one week in advance. If you have any questions about visa extension, the Volunteer Coordinator can help answer any questions.

Tools

Tools are taken very seriously at LWH as they are the lifeblood of the construction and very hard to replace in Guatemala. Therefore every tool must be put back in its respective spot at the end of the work day. Before putting a tool away you **MUST** make sure it is clean. If you lose a tool or break it because of your own carelessness, expect to be asked to replace it.

Accommodations

The Volunteer House

Our Volunteer House is located just next to the school and designed in our green construction, self-sufficient style. The cost to stay here is \$85/week. Each volunteer is given their own bed and personal space in one of the six dorm-style bedrooms. It is the responsibility of every volunteer to maintain the house with the supplies provided by LWH. Please be considerate of those around you (i.e. no



loud music or yelling when your housemates are sleeping). We expect the volunteer house to run like a community where all help each other to be clean, healthy, and happy.

Kitchen: The house has a fully equipped kitchen with a propane stove, plates, bowls, cups, utensils, cutlery, and cookware. A *pila* (see the “pila” section for more information)

for cleaning dishes is set on the back porch next to the bathrooms. *Agua pura* (purified water) is also provided. All volunteers have personal space for food storage. Food areas need to remain clean in order to keep the mice away.

NB. The volunteer house does have a cat to keep away mice. The cat is taken care of by members of staff and is given monthly flea medicine. He is not allowed in volunteer rooms. If you are allergic to cats, please speak with the Volunteer Coordinator before arriving to make sure the room is well cleaned before arrival.

Bedrooms: 19 beds, across six rooms, are available in the volunteer house. These rooms are mixed gender. There is the possibility of having a private room in the case of couples or families. Please speak to the Volunteer Coordinator if this interests you to see if it is possible during your stay. Pillows, linens, and blankets are provided and cleaned every month. Rooms include electricity, lights, and some shelf and/or dresser space.

Bathroom: The bathrooms at the volunteer house are dry compost latrines. As a general rule, always put one cup of sawdust in the big hole in the toilet after you are finished. You can put your toilet paper in the toilet as well. This IS NOT the case for toilet paper disposal in flush toilets. Don't flush the toilet paper in any bathroom in Guatemala - the system can't handle it. Dispose of the TP in the wastebasket. Female hygiene products must be stuffed into the bottle provided. (For more on this subject see the "flush toilets" section.)

Shower: The shower in the volunteer house pulls from a finite water supply that has to be brought up the hill when used. For this reason, please be mindful of water consumption when showering. Some volunteers elect to take a "bucket bath" by dousing themselves with water heated on the stove. (See the "Bathing" section for more information.) The water in the shower is not heated. Often an assortment of soaps, shampoos, and conditioners are provided from the leftovers of previous volunteers. To be sure you are not using one of your housemates soap, ask before using what may appear to be leftover supplies.

Staples Provided: LWH provides the volunteer house with the following staples. Please make sure you are aware of what needs to be replaced so you can inform the Volunteer Coordinator before it runs out. If you run out, ask the Volunteer Coordinator for a replacement, or reimbursement (you must have a receipt) if already purchased:

- Drinking Water

- Cooking Oil
- Salt
- Matches
- Propane
- Cleaning Supplies
- Toilet Paper
- Laundry: Bedding & Kitchen Towels Every Month

Home-Stays

Homestays are another accommodation option and cost \$100/week. LWH has a great relationship with local families that can offer you a bedroom in their homes in Comalapa.

Peren family



Our family is the Peren family, artist Oscar and housewife Vilma and their four children ages 7, 17, 20, 23 are kind and generous and always interested in speaking with you. They live in a quiet but populated area of town and are about a 10-15 minute walk from the school, town center, and volunteer house. The house itself has a large grass courtyard, two bathrooms, a kitchen and living room. Staying here you will have a 10x15ft private room that exits into the courtyard with a

large bed and electricity. You may share the home with another volunteer, depending on availability in the community. You can arrange to eat meals with them for around Q20-25 (\$3-4) a plate as well as laundry for Q20-60 (\$3-7), depending on size.

Hotel

Hotel Pixcaya

You may also stay in our partner hotel, Hotel Pixcaya, for a fee of \$130 per week (no meals included). You will have your own room, hot shower, wireless Internet (that sometimes “goes down”). The hotel is located not far from the town center, so a great option if you want to experience Comalapa town living.



Hotel Posada del Angel

You may also stay in our partner hotel, Hotel Posada del Angel, for a fee of \$130 per week (no meals included). You will have your own room, hot shower, wireless Internet (that sometimes “goes down”). The hotel is close to the town center and the central market, so you’ll definitely get to know the town well from your front door.



What to Pack

When packing for Guatemala, keep in mind that you can buy many of the things you need once you are here (toiletries, clothes, etc.) though it can be difficult to find specific things you may want (e.g. a particular brand).





CLOTHES

BECAUSE OF THE WORK INVOLVED, YOU CAN GET DIRTY FAST, SO YOU WILL WANT ADEQUATE CHANGES OF CLOTHING. QUICK DRY CLOTHING IS ALWAYS A GOOD IDEA.*

- T-SHIRTS
- LOOSE JEANS/TROUSERS (BRING AT LEAST TWO PAIR OF LONG PANTS SUITABLE FOR CONSTRUCTION WORK; THEY SHOULD NOT BE SKIN TIGHT AND THEY SHOULD BE COMFORTABLE!)
- WARM SWEATER AND PANTS (IT GETS COLD AT NIGHT)
- JACKET (A GOOD RAINCOAT DURING THE RAINY SEASON, MAY - SEPTEMBER; WINDBREAKER FOR THE DRY SEASON, OCTOBER - APRIL)
- HAT(S) (AS PROTECTION AGAINST THE SUN AND THE COLD)
- WARM SWEATS OR PAJAMAS (IT GETS COLD AT NIGHT)
- LOTS OF SOCKS AND UNDERWEAR (THESE WILL DICTATE WHEN AND HOW OFTEN YOU DO LAUNDRY).



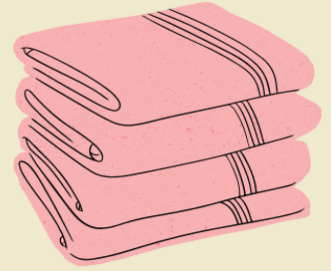
FOOTWEAR

- WORK/HIKING BOOTS OR SNEAKERS (APPROPRIATE FOR A CONSTRUCTION SITE)
- RUBBER BOOTS (DURING THE RAINY SEASON). THESE ARE ALSO LOCALLY AVAILABLE IF YOU DON'T WISH TO PACK THEM AND WANT TO WAIT AND SEE IF YOU WILL NEED THEM.
- SANDALS (SUGGESTED FOR EVENINGS AND WEEKENDS)

***COMALAPA IS A CONSERVATIVE COMMUNITY; OUR FEMALE VOLUNTEERS ARE NOT PERMITTED TO SHOW THEIR SHOULDERS, CHEST, MIDRIFF, KNEES, OR WEAR SPANDEX.* (SEE SECTIONS ON "CONFIANZA" AND "APPROPRIATE BEHAVIOR" FOR FURTHER REASONING).**

TOILETRIES

- TOWEL
- ANY SPECIFIC HYGIENE PRODUCTS NEEDED
- CONTACT SOLUTION (IF YOU WEAR CONTACTS)
- FEMALES: FEMININE HYGIENE PRODUCTS (TAMPONS ARE DIFFICULT TO FIND)



PERSONAL WORK EQUIPMENT (HIGHLY RECOMMEND)

- RUBBER-/PVC-COATED WORK GLOVES OR REGULAR WORK GLOVES
- HEARING PROTECTION (E.G. EAR PLUGS FOR WORK AND SLEEPING, IF YOU ARE A LIGHT SLEEPER)
- EYE PROTECTION (E.G. SUNGLASSES OR GOGGLES)
- DUST PROTECTION (E.G. DUST MASK OR BANDANA)
- TAPE MEASURE
- WATER BOTTLE
- DAY PACK
- POCKET KNIFE (LEATHERMAN/GERBER)
- PENCIL



MISCELLANEOUS RECOMMENDED ITEMS (PERSONAL)

- ANY MEDICATION NEEDED DURING THE TIME OF YOUR STAY
- SUNSCREEN
- FLASHLIGHT/HEADLAMP
- BATTERIES
- INSECT REPELLENT
- CAMERA/CHARGER
- BOOKS

San Juan Comalapa



Guatemala is divided into departments (rather than states or provinces). LWH is located in the department of Chimaltenango. The official name of the town is San Juan Comalapa but the Kaqchikel name is Chixot (Chi=land of and xot=tortilla plate). Comalapa is a municipality that consists of a main town and 16 outlying villages, or *aldeas*. Chimiya, where the park is located, is too small to be considered a village and Paxán, where the school is being constructed, is a *barrio* (neighborhood) of Comalapa.

Comalapa sits at about 7,000 feet above sea level and is in the region of Guatemala known as the Western Highlands. It is 1 and 1/2 hours from both the capital and Antigua, and 2-3 hours from Lake Atitlan. The population of 41,000 is 97% indigenous Kaqchikel Maya. The Kaqchikel language is spoken as a first language in many homes, especially farther from the main town. Although it is often a second language, almost everyone in Comalapa speaks Spanish.

Traditional Clothing



Most Mayan women in Comalapa wear *traje típico* (traditional indigenous dress). The basic female *traje típico* consists of a *huipil* (embroidered blouse), *corte* (skirt) and *faja* (sash/belt). Many women also wear aprons with their *traje*, even when they're not in the kitchen, to hold their money and cell phones. Each indigenous area of Guatemala has a *traje* that is specific to their region. The *traje* for Comalapan women consists of a red *huipil* with dark blue *corte*, but most Comalapan women wear styles from all over Guatemala.

Comalapan men have stopped wearing their *traje*, with the exception of a few elderly men you might see in their white pants, white long sleeved shirt, and small dark brown apron. In some parts of Guatemala *traje* is still commonly worn by both women and men.

Confianza

Gaining the trust, or *confianza*, of any new community is very important. *Confianza* is very difficult for outsiders to obtain and is a key component of successful development work. One of the reasons that LWH is so successful in Comalapa is because of the *confianza* built over a decade of working with the local people. **It is every LWH volunteer's responsibility to maintain and build on the *confianza* we have in Comalapa to continue our sustainable projects.** Therefore, please listen carefully to your Volunteer Coordinator when they explain appropriate behavior and the complex history of Guatemala. Always feel welcome to ask your Volunteer Coordinator questions if you are unsure on what is appropriate.

Trash

At Long Way Home, we are obsessed with waste! **We have a great system of trash separation here at LWH and expect every volunteer to follow it diligently.** *Every piece of trash that you create during your time in Comalapa should be managed appropriately and never make its way into the Municipal Landfill.*



We burn non-glossy paper, compost our fruit and veggie scraps, feed old food to the dogs, recycle aluminum cans, tetra packs, and styrofoam, return or reuse glass bottles, and fill empty plastic bottles with other inorganic garbage (cookie wrappers, chip bags, etc.). We also pound trash into tires when it doesn't fit into a plastic trash bottle. Look for signs in the volunteer kitchen to help direct your "waste" management and feel free to ask the Volunteer Coordinator if you are unsure where something goes.

Food & Drink

Groceries

Market days in Comalapa are Tuesday (the largest), Friday, and Sunday. You can get a lot of produce in the market area of town any day of the week, but there is more variety available on market days. Market is in full swing by 8 or 9 am, and there is always more food available in the mornings. By 2pm the vendors begin to leave, earlier if there are heavy rains. You will have 1 hr available during the work day each week to visit the market to get groceries.



Tiendas (small corner stores) sell many staple foods such as rice, salt and beer. There is also a small supermarket, “Super del Barrio”, on the main street.

Cooking



Be prepared to cook your own food unless you go to a restaurant or *comedor*.

All fruits and vegetables that will not be peeled or boiled should be washed with purified water (not tap water) before eating, especially if eaten raw. Be sure to cook meat thoroughly.

Restaurants

The few decent restaurants in Comalapa include: Rinconcito Chapin (local fare), Tz'inakan (Guate/American fusion), and Lisa's House (“Chinese” food). There are several small diners called “*comedors*” that offer a lunch plate for Q10-15. The food is tasty, but there is no guarantee of the cleanliness with which it is prepared. Food stalls line the main street during the day and especially at night. Eat at your own risk.

A Note to Vegetarians and Vegans

If you are a guest in someone's home, it is polite to accept the food you are offered. The simplest way to get around being served meat is to say that meat makes you sick to your stomach, or that your doctor told you not to eat it. Vegetarianism and veganism are not widely understood in Comalapa, and attempts to explain it are not always successful. One volunteer carefully explained her reasons for being vegetarian to a family she had befriended, only to have them trick her into eating something with pork in it in an attempt to show her that she likes eating meat after all. Please remain flexible, and understand that meat is often something that locals can rarely afford; as a luxury item, it can be offensive to refuse it.

Glass Bottles

Any time you get a beer or soda in a glass bottle, return the bottle to the store you got it from. Sometimes you can drink your drink while standing in the *tienda* and give the

bottle back right away. Other times drinks from a glass bottle may be poured into a plastic baggie for you to take with you and drink with a straw. We reuse non-returnable glass bottles as skylights or glass-bottle bricks.

Water

There is a purified water dispenser in all kitchens and on the construction site. Water is produced at the school site using an ion filter. Please use this water for drinking, raw food preparation, and brushing your teeth only. Please clean the water dispenser with vinegar or bleach weekly or it will grow algae.

Atól

Atól is a thick hot drink usually made from corn that can also be made from rice, other grains or beans. It can be homemade or comes from a powdered mix, and is common anywhere vendors are selling street food. You may be offered atól as a breakfast drink or snack.

Coffee

Coffee plays an important role in the Guatemalan culture and economy. Sadly, the good coffee grown in Guatemala is used almost exclusively for export (check your local Starbucks) and tourist sales. It is traditional for Guatemalans to drink coffee, but few can afford anything other than instant coffee anymore, and they generally put tons of sugar in it. Don't be surprised if you order coffee only to be served coffee-flavored sugar water instead of a strong cup of brew.

Beer

Gallo is the national Guatemalan beer. Your beer options here are usually limited to Gallo or Brahva, a similar South American export. There is also a darker beer called Moza and a decent Pilsner called Cabro but they're not as widely available. If you go to a *tienda* to buy beer and are told that it is "*al tiempo*," that means it is room temperature. Save your empty bottles and return them to the *tienda* where you bought them.

Liquor

Rum is the most popular liquor in Guatemala. Popular cheap rums are Venado and XL (EH-kees EH-lay), but you can also find other brands including Bacardi. Ron Zacapa is

a world-class rum made in the eastern Guatemalan department of Zacapa. You can find it throughout Guatemala, but it is cheapest at the duty free shops at the airport. There are also a few brands of whiskey, vodka, and tequila available in Comalapa.

Cuxa

Guatemalan moonshine is called *cuxa* (koo-sha), and every town in Guatemala claims to make their own special blend. It is made from corn chaff and sugar and is very crude. Try it if you like, but you're likely to regret it. When you see men passed out on the sidewalks at ten in the morning, *cuxa* is likely to blame. *Cuxa* is not permitted at the construction site.

Transportation

Chicken Buses



“Chicken buses” or *camionetas* are the public buses that go around Guatemala. They are old US school buses that get converted with diesel engines and colorful designs. They are pretty cheap and tend to get super packed with people, also great for an adventure! It is the main local form of transportation and you can take

camionetas to any location around Guatemala. It is usually the easiest way to get around the country and to your favorite tourist destination.



To and From Comalapa

Chicken Buses leave Comalapa for Guatemala City at least every hour from 3:30 am to 6 pm. Buses go through Zaragoza, Chimaltenango and then continue on to the capital. It takes about 45 minutes to get to Chimaltenango and 2 hours to get to Guatemala City. The last bus leaving Chimaltenango for Comalapa is at 7pm but they are hard to find after 5pm. Antigua is about 1.5 hrs away and Lake Atitlan is about 3 to 4 hrs away by bus. For directions to or from Comalapa, just ask one of our staff members or a trusty Guatemalan. We ask that all volunteers traveling do so during daylight hours as a security precaution.

Donal Catu, a trusted friend for many years, offers a taxi service. He does direct trips to and from the airport, Antigua or anywhere else you would like to go. This is what we recommend if you are looking for a safe and reliable option. Please ask the Volunteer Coordinator if you would like to arrange a ride.

Around Comalapa



Tuk tuks are the three-wheeled taxis you see all over town. The usual fare is Q3 per person to go anywhere in town. If you are carrying a big pack or traveling late at night you will be charged more. Be prepared for a bumpy ride. Your driver may also pick up additional passengers who are headed in the same direction.

Communication

Internet

Internet cafes are all over Comalapa, and internet use is usually Q5 an hour. “Compu Chex” is one of the staff favorites, (take a left at Banrural and it is up the street) and it has comfortable seats, reliable Skype cameras and headsets, and is well lit. Internet is available at the school site and volunteers may use it after work hours. Wifi is also available at the Volunteer House and usually available in homestays for an extra fee.

Phone Calls

To make calls to the States dial 001 followed by the area code and the seven-digit number. For people outside of Guatemala to call you they dial (from the US/Canada 011) +502 and then your eight-digit Guatemalan cell phone number. Calls outside of Guatemala are fairly expensive but you can stretch your funds by calling on a triple day. Receiving a phone call on a Guatemalan cell is free to the recipient.

Buying a Cell Phone

You can buy cell phones at several stores in town with prices starting at Q150 (approx. \$20 USD). Before buying a phone, check to see if there is an extra phone left by a previous LWH volunteer. Tigo is the company that seems to have the best nationwide coverage, but Claro does get decent service throughout Comalapa (although not at the school). Movistar is another cell phone provider in Comalapa, but coverage is limited. You also have the option to buy a local SIM card that they can cut down to fit into most smartphones (if it is not locked to a carrier).

Buying Minutes (*Saldo*)

If you have a Tigo phone, you can only use Tigo phone cards. If you have a Claro phone, you can only use Claro cards. Stores put up signs to let you know when it's a discount day for buying minutes. Buy minutes on triple days and get more minutes for your money. But be careful, on those days your calls cost triple the minutes as well.

Sending and Receiving Mail

Comalapa's main postal office was demolished in mid-2011 and it is very unlikely that you will receive mail or be successful in sending. There are post offices in Guatemala City and Antigua if you would like to send something by mail, but to make sure you actually receive something, you are best using DHL or other specialized mail.

Money/Bargaining

The Quetzal (ket-SaL) or (Q) is the currency of Guatemala and the exchange rate is approximately 7.6 quetzales to the US dollar. The quetzal is divided into 100 centavos (cents), and there are coins worth up to Q1. There is also a paper bill for Q1, as well as Q5, Q10, Q20, Q50, Q100 and Q200. Although the Q100 bill is worth about USD \$13, it can be hard to get change when paying with a Q100 bill. It is recommended that you carry small bills when making small purchases.

ATM's

There are a couple ATMs in Comalapa, with the mark "Cajero 5B". One is next to the Banrural on the main street, and another across the street inside the large Galeno

pharmacy. There is a service fee per transaction. The ATMs accept Visa, MasterCard, Plus, and Cirrus. Your bank may also charge a fee for their use. There are ATMs throughout Guatemala, but it's wise to withdraw cash you will need before heading to small, non-touristy towns.

Cash from the US

NO banks in Comalapa will change your US dollars to Quetzals. **It is best if you use the ATM, or exchange your USD before you get to Comalapa.**

Bargaining

When buying things in the market setting, where prices are not marked, you are expected to bargain with the vendors. If you are buying produce at the Comalapa market, vendors will usually ask for only a small amount more than they expect to receive. If you're not a committed bargain shopper, you can say something like, "*y lo menos?*" and see if their price comes down, or simply pay the asking price. People won't think you're rude if you don't bargain with them- they'll just think you are not a clever shopper.

If you are in a tourist area shopping for clothing, jewelry or souvenirs, a good rule of thumb is to try to pay less than half the original price you are quoted. For example, if a vendor asks for Q100, try to talk him down to under Q50. It's a tourist vendor's rule of thumb to ask for at least twice as much as they're willing to sell for.

Activities

There are many different activities that you can partake in while you are here. We offer classes in tortilla making, painting, weaving, as well as Spanish and Kaqchikel. Please let our Volunteer Coordinator know if you are interested in any of our extra activities. Cost varies, depending on what you would like to do.

If you want to play pick-up basketball, you can hop in a game or toss-around in the central square. People are usually out and playing around 4pm to sunset.

Weather

In Guatemala there are 2 distinct seasons. The dry season is usually between November-April and is the “summer”, and the rainy season is generally May-September which is the “winter”. During the dry season, there is virtually no rain and tends to get very dusty. It also tends to be very cold here, in Comalapa, in the evenings. Even if it is a cloudy day, the sun is very strong here (especially since we are at the top of a mountain) so it is advised to wear sun protection and have a good hat. The rainy season is just that, raining majority of the time. It usually rains every day, in the afternoons and overnight. There is sometimes sun and clear skies in the morning, but usually muddy. Quick-dry clothing will be your friend. It is important you are prepared for rains with a good rain jacket and footwear if you are in Guatemala during this time.

Health and Hygiene

Always tell LWH staff immediately if you need to see a doctor or have an urgent medical concern. You are required to have an up-to-date tetanus booster prior to your arrival at LWH. Also recommended are Hepatitis A and B vaccines. Malaria, Zika and Dengue Fever are not a danger (due to the elevation above 6,500 ft) in Comalapa but can be contracted if you plan to travel elsewhere in Guatemala, especially in the East. You may also want to consider a typhoid vaccine.

The most common health issue for LWH volunteers is an upset stomach or diarrhea. Changes in climate, diet and stress levels are just some of the factors that can contribute to intestinal problems. These problems often occur upon entering the country, but can pop up at any time during your stay. They are not often serious but can be inconvenient. To avoid intestinal distress, wash produce properly, cook meats thoroughly, and drink and brush your teeth with purified water. Remember to wash your hands before you eat and after you use the bathroom. If you become ill, you should rest, drink lots of fluid and stick with bland foods.

It's important to note that Comalapa is located at 7000 ft.; therefore one should expect a few days to acclimate to the elevation. Drinking plenty of water, getting plenty of rest and avoiding intoxicating substances are good ways to ease into the thinner atmosphere, especially if you are coming from sea level.

Personal hygiene is an important factor in health.

Bathing

The bucket bath is the most common method of bathing in this part of Guatemala. Heat water on the stove, fill a bucket or tub with the warm water, and use a *palangana* (small bucket) to scoop out water to wet and rinse yourself. For more warm water, and a bigger bath, heat water to a boil and mix it with cold water in your tub.

The Composting Latrine

There are several dry composting latrines (*letrina abonera*) at the school, that are designed to separate the urine from the feces. This design allows more efficient bacterial decomposition, keeping the feces dry and reducing the smell. Never pee in the large back hole. As a general rule, put a scoop of sawdust in the poop hole after you are finished.



Again: Never pee in the large poop hole, or poop in the small front hole.

Flush Toilets

Never throw toilet paper into any (flush) toilet. Most bathrooms in Latin America provide a trash can for you to throw away your toilet paper, and the same is true for Guatemalan toilets. When the trash can gets full, toilet paper can be taken outside and burned.

If you are using a flush toilet that doesn't flush when you push the handle, look for a bucket or barrel of water nearby. Take a big scoop of water and pour it quickly down the toilet bowl to make it flush.

Pila Sink

The *pila* is the large concrete sink used throughout Latin America. The middle part is the receptacle for clean water and that is to stay clean. You take the water from the middle to the side (usually the right) to wash dishes, clothes or other dirty things. The left side is usually where dishes and clean things are put to dry. There are large



public pilas in Comalapa where women gather to wash. Families without plumbing bring water to their homes from public pilas, and sometimes we see people taking their horses or cattle to the pilas for a drink.

Laundry

You can wash your clothes by hand in your *pila*, on the clean (left) side, wash it by hand at that public *pilas* (bring your own soap and *palangana*). You can also give your laundry to Roberto's wife who will wash and have it returned in 24 to 48hrs for a 30-50Q cost.

Safety

Guatemala is a developing country and has its share of crime and violence. The capital is more dangerous than the rest of the country and it is advisable not to spend too much time there unless you are staying with someone you know. When you hear news about gang violence or the homicide rate in Guatemala, it is generally a reflection of the statistics in Guatemala City. In Comalapa, you might hear loud bangs at night, these **are not** gunshots, they are fireworks which people like to set off for any random occasion.

Comalapa is not dangerous, but you should always take precautions. Don't walk around alone at night and never drink or smoke in public. Get to know your neighbors. Be mindful of your surroundings and personal belongings. You may never see or be involved in any problems during your time at LWH. However, as an outsider it is good to keep your guard up a little; more than you would in your own country, especially when you are first learning your way around.

Theft

Petty theft is extremely common in Guatemala. We have actually had plants stolen out of the garden. You are most at risk when you are traveling on buses or staying in touristy areas. The bus-change point in Chimaltenango can be a likely place for pick pocketing. Be wary of people who offer to help you for no reason. Elderly women and children can be skilled pickpockets. People sometimes work in teams and try to distract you. Keep an eye on your belongings.

In Comalapa theft most often results from volunteers leaving their belongings unattended. Things that you might not think anyone would want to steal, like a dirty

baseball cap or a shovel, are fair game, even if you only leave them unattended for a short time in broad daylight. Do not leave tools lying around. If LWH tools are stolen as a result of your negligence, you will be expected to replace them.

When you are leaving the volunteer house, make sure your room is locked behind you. Non-volunteers are not permitted at the volunteer house, even the ones we work with. This is to ensure your safety, as well as everyone else's. Feel free to hang out with our workers at the school, or in town.

Any possessions that you bring with you (ex. electronics, passport, large sums of money, etc.) should be locked up in the safest room at the volunteer house. Let the Volunteer Coordinator know when you arrive that you would like to lock up your items in a safe place.

Theft has never been an issue for LWH volunteers staying with our current homestay families, but it's still probably best not to leave our valuables lying around. Set clear boundaries with the children in the house about them handling your things or coming into your room.

Unwanted Attention for Women

Catcalls

Snappy comebacks or attempts to educate Guatemalan men about why catcalls are demeaning, or annoying, are generally fruitless. Even a negative response from you will often provoke more whistles and shouts. The best option is to ignore them.

Come-on's

What do you do when a casual conversation suddenly turns sketchy? These situations are best dealt with on a case-by-case basis, but you should use the same self-preservation skills you would use in your own country. Giggling as a response to come-on's will often provoke more attention. You can always simply end the conversation and walk away.

Bolos (Drunk Guys)

If you are walking to town and see a *bolo* headed your way (the staggering should give him away), walk fast and keep walking. He will usually be too drunk and confused to bother you. On rare occasions he might want to talk to you, shake your hand, or grab onto you. However, he will pretty much never want (or be able) to run alongside you to keep up. Don't slow down or stop.

Appropriate Behavior

While some unwanted attention is unavoidable for foreign women, there are behaviors that will make you stand out even more. For example, short skirts and tank tops that seem appropriate to wear in Antigua and at Lake Atitlan are much less common in Comalapa, and will draw extra attention to you. Wearing tight or revealing clothing and going without a bra are signs of promiscuity here, and are not permitted on the construction site and in town. The same goes for drinking and smoking in public; it is not permitted for either men or women to smoke and drink on the street in town. Please also be mindful that the culture of romance in Comalapa is probably unlike your home town and “dating rules” between men and women may be quite different from what you're used to.

These actions obviously do not give anyone the right to harass you, but modest dress and conservative behavior in public are likely to make your stay in Comalapa more pleasant. Your behavior helps shape the impression of all foreign women in Comalapa. Behaving appropriately to Comalapa helps maintain a safe environment for all current and future female LWH volunteers. Inappropriate behavior on the part of our volunteers may result in being asked to leave Long Way Home immediately, without a refund.

Sexual Harassment & Consent Definition

LWH abides by these definitions of [sexual harassment](#)¹ and [consent](#)². Please refer to your Volunteer Contract and the Reporting Procedures documents, linked in the next section for more information on our Zero Tolerance Policy for Harassment and Sexual Assault. If you are a victim of, or witness to sexual harassment and/or non-consensual

¹ https://www.eeoc.gov/laws/types/sexual_harassment.cfm

² <https://www.rainn.org/articles/what-is-consent>

sexual activity, please report ASAP to your supervisor and follow the steps outlined in the document found in the next section.

To understand your role in preventing sexual assault as a bystander, [please click here](#).³

Reporting a crime and or misconduct to LWH

LWH takes reports of harassment, crime, and/or misconduct seriously. If you are a witness to, or a victim of any of these, please follow the steps outlined in [this document](#)⁴ to report to the organization and/or local authorities.

In Case of Emergency

Emergency Contacts

Comalapa Fire Fighters – +502-78499000

Comalapa Police – +502-30515613

National Police in Chimaltenango – +502-5784958

National Police – 110

Asistur (bilingual emergency response connector) - 1500

Natural Disasters

Guatemala experiences occasional natural disasters including earthquakes, volcanic eruptions, hurricanes, floods, and landslides. It is a good idea to contact your family if you hear of a natural disaster happening in Guatemala, even if you are not affected. There's always a chance they'll see something about it in the news and become worried if they can't reach you.

Earthquakes

Earthquakes occur frequently in Guatemala and many parts of Central America. You are likely to feel a small tremor or two during your stay. If you're in the volunteer house

³ <https://www.rainn.org/articles/your-role-preventing-sexual-assault>

⁴ <https://drive.google.com/file/d/1tZslJV2e3nwGCdzi7SNfpMJb7tdmr9o6/view>

during an earthquake slowly go outside away from trees. Don't go running out of the house. If you are in a home, school or other facility, calmly move to a doorway or a more structurally sound part of the building. Most earthquake injuries occur from people falling down while trying to evacuate, or moving through a building that has falling debris, so don't try to run. If there is a large earthquake it may last longer than one minute. Stay calm and help others around you to remain calm. People are more capable of making rational decisions when they are calm. The school is probably the safest place to be in the whole region.

Volcanoes

Volcanoes don't pose an immediate threat to Comalapa, though you can see them in the distance from the main street in town. The closest active volcano is Volcán Fuego where you can frequently see puffing smoke from the construction site. The most popular active volcano to climb is Volcan Pacaya (a day trip from Antigua). Climb active volcanoes at your own risk.

Hurricanes, Flooding, and Landslides

Hurricanes do occur in Guatemala but are rare. They produce flooding and landslides. Hurricanes are not sudden, and precautions can be taken in the event of an approaching hurricane. Landslides can also occur during very heavy rains, and might affect you if you are traveling during the rainy season. Ask locals and check newspapers for information about road conditions before heading out.

Protests and Riots

Protests and riots, or manifestations, don't often occur without warning. They are usually in the form of roadblocks at major highway intersections, which will only affect you if you are traveling. Asking locals and checking newspapers when you are traveling are two ways to find out if roadblocks are planned in your area. Always avoid angry mob and unruly crowds.

Please ensure that you have your embassy contact information and know the location of the nearest embassy prior to coming to visit. We advise you to look at their travel recommendations and it may be a good idea to let them know you will be travelling in Guatemala.

Health

For small illnesses and broken bones, we go to our local health center. It is 5 minutes from the construction site by car. For more serious health concerns, we go to Chimaltenango. This is an hour's drive from Comalapa. For more specific needs, we go to Guatemala City which is a 2.5 hour drive from Comalapa.

Customs and Courtesy

Greetings

When walking around Comalapa or to and from town, always smile and say *buenos días* (before noon), *buenas tardes* (afternoon) or *buenas noches* (at night) to the people you pass. You can also say *adios*, or a simple *buenas*. *Buenas* is particularly useful if you're not sure whether it's morning or afternoon. People generally won't address you first, but will be happy to respond. Always make an effort to communicate with people in the neighborhood where you live or you will be perceived as unfriendly.

"Con Permiso"

When entering someone's home, ALWAYS say "*con permiso*" as you enter, even if they have already invited you in. It is polite to do the same when entering a store or other small business. When someone says "*con permiso*" to enter your home, your appropriate response is "*pasé adelante*." Also use "*con permiso*" to excuse yourself from a room or a conversation. In that situation, the appropriate response is "*propio*."

"Buen Provecho"

At the end of every meal, everyone says "*gracias*" and then "*buen provecho*." You can also say "*buen provecho*" to other customers as you are leaving a small restaurant or *comedor*.

Yes or No Questions

An important custom to remember, when asking questions, is that Guatemalans tend to say yes, regardless of the correct answer. They simply feel it is impolite to tell you no. For example, if you ask someone, "Do all your children attend school?" A polite response is "yes." To be sure you get the correct information, it is better to ask, "How many of your children attend school?" Be careful not to use yes or no questions when asking for directions.

Dating and Relationships

It is recommended that you refrain from having anything more than a platonic relationship with local Guatemalans during your time here. The cultural values here are extremely conservative and are likely very different from yours. There is no casual dating in Comalapa. Therefore you should never lead anyone on, or even show interest in someone you're attracted to, unless you are interested in getting married.

Drugs/Alcohol

It is **not allowed** to be drunk in town. Having a drink at a restaurant is ok, but going out to social drink in Comalapa is not permitted. When outside of your lodging, please keep yourself to a 1-2 drink limit. The reason is, just as everything else we do, we are all examples to the community and do not want anything to reflect badly against foreigners and most importantly the project. Remember the *confianza* section. Volunteers are strongly encouraged not to smoke cigarettes in town. Additionally, we want a good reputation with our workers at LWH therefore smoking cigarettes with other Comalapans is not encouraged. **We are here because we have built a good relationship with the community. Please recognize that your actions could jeopardize that.** There are private locations, such as the volunteer house that if you would like to participate in these activities, do so with other volunteers in private. Drug usage is illegal in Guatemala and therefore strictly **not allowed** anywhere on premises or in Comalapa.

Specific to Women

Sincere friendships between men and women are rare in Guatemala. Men who attempt to befriend you, or ask you for English lessons, likely have romantic intentions. Never assume a man is not hitting on you just because he's married. Inviting a man into your home is viewed as an invitation for courtship, no matter how you explain it or what your

intentions really are. Think twice before giving your phone number to a man; calling women 20 times a day is an acceptable way to show interest in Guatemala.

Specific to Men

Something as simple as asking for a phone number may have you playing groom in a shotgun wedding. For the sake of self-preservation, take care to not appear as if you are courting a Guatemalan.

Community Contacts

Donal is our taxi driver, one of our homestay fathers and good friend. He can take you anywhere at anytime for a price, and his honesty and friendship have been priceless to LWH.

Feliciano owns the hotel, *Comalapa Sol*, where LWH work groups stay. He also owns the hardware store, *Ferreteria Quetzal*, where we purchase many of our construction materials. His wife Clara teaches at the main elementary school in Comalapa, up the road from Paxán. They have three children: Clarissa, Carol and Manuel (Chino) and grandsons, Diego and Luis.

Nico owns Tz'inakan restaurant and is a great contact for activities happening in Comalapa. He is also a great friend for language exchange.

Oscar and Angelica are the owners of Alpha Omega English school in town. You are also welcome to take lessons with Angelica. If you want to help with English Classes in the evenings, this is also an option.

Animals

Long Way Home staff, Roberto and Adam, have many dogs. The concept of pets is very different in Guatemala, the only dogs you should pet are staff animals. All other dogs should be treated as if they have rabies (though this is unlikely). **Do not feed** any dogs on campus unless you have asked the Volunteer Coordinator.

Chuchos

Chuchos are street dogs. Sometimes nice dogs during the day turn into chuchos at night. Do NOT feed or touch chuchos, or let them follow you. Do NOT bring them to the school or volunteer house. The same goes for stray cats and just about all animals- better not to touch. If threatened by a dog, stomp your foot, throw rocks or act like you're going to throw a rock, and say CHUCHO loudly and they will run away. If you get bitten you will need a rabies shot. Always assume that an animal has rabies.



Please do not feed any dogs, including members' of the staff or dogs you may see on the street. Because we are not permanent members of the community here, it is important that the dogs do not learn to depend on us. It will do more harm than good for the dog when you leave. Additionally, most dogs in Comalapa have fleas and carry parasites and bad bacteria. We do not want these brought in the house, so we want to prevent the dogs from coming to look for food in the volunteer house. It is typical for the dogs to eat scraps out of the compost pile, but do not intentionally give them food.

In the event of a dog bite and a dog with rabies:

In Comalapa we can find many stray dogs and we must always be careful with them. Within the LWH manual, it is clear that all participants should not approach, pet or feed stray animals. Regarding rabies, it is not something that happens frequently or that you frequently find stray dogs with rabies, however, it is something that can happen.

The procedure to follow when you are bitten by a dog:

- Make sure that you will not be attacked by the dog again and that you are in a safe space.
- If possible at the time, make sure if the dog is a stray or belongs to a home or person. To identify the owner and home, review the animal's vaccination card and confirm if it has been vaccinated against rabies.
- Travel to the Comalapa health center, seek medical attention, which will consist of:
 - Cleaning of the wound

- Delivery of prescription for necessary medicines or delivery of medicines by the health center (antibiotics, healing agents, etc.)
- After evaluation, if necessary, the health center will deliver the necessary vaccines (at no cost)
- Report of the attack of the animal, so that the authorities can carry out the protocol related to the handling of animals.
- If it is necessary to visit the health center to follow up on the wound in the following days (depending on the severity).

Items that are hard to get here and very much appreciated

The following list is of materials, equipment and/or tools that are always necessary in our programs. If you want to bring a donation, this list can help you decide what to bring, it has a priority order based on colors:

Red: High Need

Yellow: Medium Need

Green: Basic need

For the construction projects:

Priority order	List of materials, equipment and / or tools
Red	<ul style="list-style-type: none"> ● Submersible Bilge Pump & Float Switch: 14' head, Dc, 1" output port (If you are interested in bringing this, please ask Roberto for details) ● Rotary Hammer ● Anti-dust solution for cleaning solar panels ● Tin snips and or aviation snips ● Socket set w/Ratchets 1/4", 3/8" & 1/2" ● Jig Saw
Yellow	<ul style="list-style-type: none"> ● Solar Lamp (If you are interested in bringing this, please ask Roberto for details) ● Duct Tape ● Reciprocating saw / Saws-All Blades for Bamboo (Pruning Poda/ Taille, Marca Porter Cable codigo PC760R) ● Jigsaw t-shank blades ● Circle Saw blades for 7.25 inch / 6 inch saws

	<ul style="list-style-type: none"> • Dc light bulbs 12 V • Sharpie markers • Screw driver set • Angle grinder and 4 1/2" blades for concrete • Heavy duty scissors
Green	<ul style="list-style-type: none"> • Eyewash (Para limpieza para los ojos en caso de emergencia. • Exterior Screws (2", 2.5", 3", 3.5", 4") • Masks • Heavy Duty, PVC-Coated Rubber Gloves • Drill Bits #2 Philips Drivers • Drill Bits (For wood, metal, concrete) • Lithium ion batteries (20v) for porter cable and DeWalt • Circular saw 15 Amp • Japanese pull saw and or replacement blades • BRAIDED Mason line (please NOT twisted) • Pool floats 3 inch x 8 inch

For the school

Priority order	List of materials, equipment and / or tools
Red	<ul style="list-style-type: none"> • EPSON L1590 Printer Ink • Pens, Pencils, Erasers & Pencil Sharpeners • Slate pad • Computer speakers • USB flash drive • Staplers, Scissors, Masking/Scotch Tape, Elmer's Glue, Glue Gun & Glue Sticks
Yellow	<ul style="list-style-type: none"> • Headphones • Ream of bond paper (legal size) • Ream of leaves with pictures (legal size) • Laptops • Construction, Tissue & Plain Paper • White Board/Permanent Markers & Erasers (Black, Red & Blue); Preferably "Marker rechargeable" • ink for marker pilot (red, black, blue) • Notebooks & Manila Folders • Paper sheets printing (legal size, 100) • Big scissors

Green	<ul style="list-style-type: none"> • Coloring Books & Crayons • Children’s Books in English and Spanish • Small Toys and Trinkets for Prizes • Maps & Educational Posters • Sports uniforms • Spanish Dictionaries • Star Stickers, Ink Pads & Fun Stamps • Calculators & Rulers • Watercolors & Brushes • Gun for silicone • Liquid silicone • Silicone bars
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For the staff:

Priority order	List of materials, equipment and / or tools
Red	<ul style="list-style-type: none"> • Good Cheeses • Chunky Peanut Butter
Yellow	<ul style="list-style-type: none"> • Good Chocolate • Incense
Green	<ul style="list-style-type: none"> • Doggie Treats (Beggin’ Strips) • Dill Pickles • Flea Treatment for Dogs & Cats • Homemade Cookies

Onsite Medical Supplies:

Priority order	List of materials, equipment and / or tools
Red	<ul style="list-style-type: none"> • Eye drops
Yellow	<ul style="list-style-type: none"> • Ibuprofen • Tylenol • Antihistamine
Green	<ul style="list-style-type: none"> • Band Aids • Sports/athletic tape • Disposable nitrile gloves