



**1 MILLION
DREAMS
FULFILLED
IN 45 YEARS**

Participant guide

Foreign

Habitat for Humanity's work in Guatemala (HPHG)

We are a non-profit organization that works to ensure that all people live in decent housing. We have been working since 1979, improving the quality of life of families. We address the quantitative housing deficit through the construction of new homes, and the qualitative deficit through the improvement of existing homes we also serve people in extreme poverty through projects such as the Healthy Kit, and we offer technical assistance through training.

In Habitat for Humanity Guatemala, we have contributed for 45 years to the reduction of the housing deficit, impacting more than 165,890 families with a housing solution; more than 58,179 families have benefited from a new home and one million people impacted in the country historically.

Benefits of the initiative - 1 million of dreams fulfilled

For more than 45 years, we have called on people to build homes, communities and hope for families living in vulnerable conditions. This has been possible thanks to the support of strategic allies, companies, institutions and volunteers committed to the development of the country.

As part of our work, Habitat for Humanity Guatemala will celebrate "1 Million Dreams Fulfilled", an activity that aims to continue transforming the lives of Guatemalan families through a week-long program family in Guatemala through a week-long construction brigade (4 complete homes will be built and 15 concrete floors to improve people's health and quality of life).

The construction of the floors will contribute to the 100,000 Floors to Play regional initiative, which is part of the Pisos S³ program of the Inter-American Cement Federation (FICEM). This initiative aims to replace 100,000 dirt floors with concrete in vulnerable housing in Latin America and the Caribbean within five years (by 2028). The pilot program was developed in Guatemala during 2021 as a model for regional scaling.

In addition to this, we will have various activities, with the objective of continuing to strengthen our alliances and that together we can share and celebrate the achievements made during all these years.

For the above, we extend our fraternal thanks for being part of the event "1 million dreams fulfilled".



Prepare your trip in advance

Hello

I hope this message finds you well and excited for the adventure you are about to embark on. Traveling to Guatemala is an incredible experience that opens the door to new cultures, languages and landscapes. To ensure that your trip is as enriching and smooth as possible, we would like to share with you some recommendations:

Prepare your documentation: Make sure your passport is up to date and valid for at least six months. It is also a good idea to bring a copy of your important identification documents with you.

Plan your flight: Arrange an early arrival preferably on Sunday 14 and a suggested departure on Sunday 21, both dates in April, preferably not taking flights at night. Remember to share your flight itinerary by emailing icifuentes@habitatguate.org.

International travel medical insurance: This insurance coverage guarantees a comprehensive risk management program and is comprehensive risk management program and is mandatory for all participants in Habitat's international programs.

About the Airport: You will arrive at La Aurora International Airport, located in Zone 13 of Guatemala City, 6 km from the city center, which is about 20 minutes from the main hotel zone.

Once through Immigration, pick up your luggage, head to Customs and go through the "Nothing to Declare" inspections. Once you exit Customs, a Habitat for Humanity staff member will take you through the "Nothing to Declare" inspections. Once you leave Customs a member of Habitat for Humanity Guatemala staff will be waiting for you with a sign with the Foundation's logo.

Lodging: There is a wide variety of lodging options, from luxury hotels to budget hostels; it is recommended to choose lodging in areas with a good reputation for safety and services.

Safe Zones: Guatemala City, where you will be the main point of cultural activities, is divided into zones, some of which are safer than others; Zones such as 1 (Centro Histórico), 10, 14, and 15 (Cayalá) are popular with tourists and expatriates for their lodging, dining and entertainment options, but it is always prudent to remain alert and follow safety recommendations.

Traffic and Transportation: Traffic can be heavy, especially during rush hour; for commuting, cab services and ride-sharing applications are safe and reliable options; the use of city buses is discouraged due to safety and congestion issues.

Please note that for transportation to the construction site and planned activities, transportation will be provided for your safety.

Exchange rate: The quetzal is the legal tender in Guatemala, the average exchange rate is Q 7.8 for one U.S. dollar. Most establishments accept the use of credit cards, however, it is recommended to keep a minimum of cash in local currency, for any unforeseen events.



Crime: Although certain areas are safer, the city as a whole faces challenges related to crime, including robberies, thefts, and assaults. It is vital to take standard precautions such as not displaying valuables and avoiding walking alone at night in poorly lit or lightly traveled areas.

Pollution: As in many large cities, air pollution can be a problem, especially during the dry season. People with respiratory conditions should take extra precautions.

Respect for Cultural Diversity: The city is a melting pot of cultures, including indigenous, Ladino, and expatriate communities. Showing respect for different cultures and practices is fundamental to an enriching experience.

Keep an open mind: Travel is about discovery and learning. Keep an open and flexible attitude to cultural differences and new experiences.

Learn some basic phrases: Knowing a few phrases in the local language can open many doors and make your trip much easier. Don't underestimate the power of a "please" and a "thank you" in the local language.

Earthquake in Guatemala: Because Guatemala is a highly seismic country, it is vital to be prepared in case an event occurs.

Mainly, you must remain calm. Some of the indications that should be taken into account to protect your life are: stand in one of the corners of the house or hotel, cover your head, hold on to a strong structure and stay away from windows.

After the earthquake, turn on the radio to listen to situation reports and instructions from the authorities and contact Habitat for Humanity Guatemala's emergency contacts to report your health condition.

Climate: The weather in Guatemala City in April 2024 has a low temperature of 16°C and a high of 28°C.

This is the perfect temperature to explore Guatemala without feeling too hot or too cold.

You can expect rain during the middle of April in Guatemala. Expect 8 to 15 days of rain, so bring your boots and umbrella, as they will come in handy if you want to stay dry.

Meals: On our event days, we will provide breakfasts and lunches.

Other lunches and dinners during your stay should be taken at your hotel or at local restaurants.

Snacks will also be provided throughout the day.

Water: It is best not to drink tap water during your stay. You will always have bottled water or water fountains to refill your bottle.

Photographs: We recommend that you bring a camera and take pictures during your trip. It is usually best to ask permission, at least with a smile and a gesture, before photographing someone.



Also offer to show them the image on the preview screen of your camera. In addition, Habitat for Humanity Guatemala staff will ask for image permission to take pictures of you on this trip for documentation of the event.

Medications and other health items:

- The use of face masks is optional for this event.
- Sunscreen (SPF 30 or higher).
- Lip balm with sunscreen.
- Insect repellent.
- Moist towels.

Emergency contacts: The reference numbers for any emergency situation are as follows:

Julio Ulin, security focal point
jculin@habitatguate.org
+ (502) 4703-3974

Remember, the most important thing is to enjoy the trip and the new experiences that come with it. Each destination has something unique to offer, so make the most of this opportunity to grow and discover.

We wish you a trip full of adventures, learning and unforgettable memories!



Dress code

We are excited to have you at our next 1 Million Dreams Fulfilled event, a unique experience where we will combine the best of two worlds: the natural beauty of outdoor activities, such as our construction sites, and the elegance of a gala evening. We want you to enjoy every moment to the fullest, feeling comfortable and brilliant at the same time. Therefore, here are some dress code recommendations:

For field activities:

We suggest comfortable clothing suitable for the outdoors, taking into account that the construction site is located in the east, a hot area with an expected maximum temperature during the month of April of 31°C. Think about clothes that allow you to move freely and that are suitable for the weather and nature, do not forget that you are going to a construction day. Zapatos cerrados y resistentes serán tus mejores aliados para explorar sin limitaciones.

Long work pants. Shorts are not recommended.

Lightweight short-sleeved T-shirt (cotton or dry fit) and a long-sleeved T-shirt for sun protection.

Don't forget a hat or cap and sunscreen to protect you from the sun while enjoying the construction process.

Please note that Habitat for Humanity Guatemala will provide protective gear at the construction sites.

For the gala event:

It's your time to shine. We invite you to dress up, choosing an elegant outfit that reflects your personal style. For the ladies, an evening or cocktail dress will be perfect; and for the gentlemen, a formal suit or tuxedo.

We want this event to be an opportunity to create unforgettable memories, enjoying a magical night under the stars. Your comfort and happiness are our priorities, so if you have any questions or need advice about your attire, don't hesitate to contact us.

We are counting the days to share this experience with you! Get ready to laugh and explore in an event that promises to be unforgettable.



Construction site information

El Progreso, San Antonio La Paz, comunidad Prados de Canaan

El Progreso is a department located in the northeast of the country, one hour from Guatemala City.

El Progreso is at a medium altitude (518 meters above sea level), which may affect some visitors not accustomed to such conditions. It is important to acclimatize and stay hydrated. The weather can be very hot, especially during the day, so it is advisable to wear light, cool clothing.

Participating in the construction of a house and concrete floors is a very rewarding experience, here are some essential safety recommendations:

Pre-training: Before starting work, make sure you receive training from us on the specific tasks you will be performing and on the correct use of tools and machinery.

Personal Protective Equipment (PPE): Always use the appropriate personal protective equipment for the task you are performing. This includes safety helmet, safety glasses, sturdy gloves, safety boots (Bring your boots, Habitat for Humanity Guatemala will provide the rest of the protective equipment).

Proper clothing: Wear appropriate clothing that protects your skin but at the same time is not so loose as to get caught in machinery or tools. Avoid wearing jewelry or accessories that can get caught.

First aid knowledge: Make sure you know where the first aid kit is located and how to use its contents. An ambulance and medical assistance personnel will be available at the construction site as a preventive safety measure.

Effective communication: Maintain clear and constant communication with the other participants, especially with those responsible for each construction site, especially if you are going to perform work that involves additional risks.

Respect safety signs and barriers: Never ignore signs, barriers or tapes that delimit dangerous areas or areas where you are actively working.

Correct use of tools and machinery: Do not use tools or machinery that you are not familiar with or trained to operate. Always follow the specific safety instructions for each piece of equipment.

Be aware of your surroundings: Be aware of your surroundings at all times to avoid accidents, especially with regard to falling objects and activities of other volunteers.

Report unsafe conditions: If you observe any condition that you consider unsafe, report it immediately to your supervisor or site safety officer.



Breaks and hydration: Take regular breaks and stay well hydrated, especially on hot days. Exhaustion and dehydration can increase the risk of accidents.

Remember that safety is everyone's responsibility. By following these recommendations and maintaining a proactive attitude towards safety, you can contribute to a safe working environment for both you and your fellow participants.



Cultivating Our Commitment to Excellence and Integrity

We are very pleased to welcome you to Habitat for Humanity Guatemala. We deeply appreciate the opportunity to share with you this important milestone of 1 million dreams fulfilled.

At Habitat for Humanity Guatemala, we abide by a code of ethics that guarantees an environment of respect, integrity and professionalism. This code not only reflects our commitment to excellence, but also our dedication to creating a safe and welcoming environment for all.

As you join us, we kindly request your cooperation in adhering to the following standards of behavior, which are fundamental to us:

Mutual Respect: Treat everyone with dignity, courtesy and respect, regardless of their role within or outside our organization.

Integrity: Act with honesty and transparency in all our interactions, maintaining confidentiality and protecting shared information.

Professionalism: Maintain a professional atmosphere at all times, ensuring that our actions and language are appropriate for a work environment.

We understand that each of you comes from different backgrounds and cultures, and we celebrate that diversity as a source of enrichment and learning for all of us.

We firmly believe that respecting these standards will not only contribute to a positive experience during your stay, but will also foster lasting and constructive relationships among us.

If you have any questions or need more information about our code of ethics, please do not hesitate to approach any member of our team. We will be more than happy to assist you or log on to our website www.habitatguate.org and explore our code of ethics.

To report any ethical breaches within the event, you can use the following channels:



Call Center
+502 2378-1943



denuncias.habitatguate@etictel.com



www.ethikosglobal.com/habitatguate

Thank you for your understanding and cooperation. We hope your time with us will be both enriching and enjoyable.



If you have any questions or need additional information:



Diana Reyes
dreyes@habitatguate.org



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Habitat for Humanity®

Guatemala

A world where
everyone has
a decent place to live

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