

Chiropractic Mission to Xelajú, Guatemala

by Tanaka Chiropractic Missions Organization (www.tanakachiromissions.org)



Mission Quiropractica Guatemalteca-2018 Xelajú, Guatemala



TANAKA CHIROPRACTIC MISSIONS

2018

GOAL: The goal of this mission is to bring high quality Chiropractic care to the people of Xelajú/Xela/Quezaltenango (three names for the city). It is not a vacation. If you want to vacation, arrive early or stay late and do it on your own time.

WHAT YOU NEED:

Current passport: You need a current passport—If you have a passport, check the expiration date (renew it if it expires less than 6 months before the mission)

Portable adjusting table: Make certain that it doesn't exceed 62 linear inches (with + length + depth) when packed (if you order an Astrolite, tell them it's for a mission and they will give you a discount.) This is in order to avoid the extra airline fee.

Participants: We are currently looking for 10 dedicated Chiropractors and clinically competent Chiropractic students. (*First come first serve*). Contact us via email, info@tanakachiromissions.org or check out our website, www.tanakachiromissions.org for a copy of the application form. Deadline for

application is **August 11, 2017**. There is a non-refundable application fee of \$25, which will go towards your participation fee (\$475.00).

Approximate Expenses:

- Airfare is the primary expense (we don't do group flights; you make your own reservations). If you watch the fares closely, you may get it for ~\$450.
- The participation fee is \$475.00 per person and we only have 10 total participant space available.
- Dr. Tanaka would like each participant to chip in for the gifts he buys for our helpers.
- Accommodations in Xela are paid by the fee that the patients are charged (25 Quetzals/about US\$3.40). Hopefully, there will not be any shortfalls; if so, we make up the difference. To date, it's always paid for the accommodations.
- If you must stay in Guatemala City due to arrival or departure times, hotel charges will depend upon which hotel/guest house in Guatemala City you stay in (see note on Flights below).

- Meals: Cost for meals on excursions (rest days) or extra meals are on your own.
- They will set up some cultural (tourist) experiences on rest days - both Saturdays; the cost for these is variable - how much you eat and how many souvenirs you buy.
- If a non-DC spouse joins the mission, they must cover their share of the hotel, meal, and transportation. There are many tour options they can look into.

Guatemalan legal tender is the Quetzal. It is approx. 7.36 Quetzals to US\$1.



Flights

Airlines that go into Guatemala include: Avianca/TACA/LACSA, Continental, United, and Delta. Don't make reservations yet, although it's good to check on flight availability. **NOTE:** if you cannot arrive by 10am on Friday (February 2, 2018) as TACA or LACSA flights do, it is best that you arrive the day before Thursday (February 1, 2018) as we will travel to Lake Atitlan Friday morning with a lunch stop in the colonial capital, Antigua. TACA and LACSA leaves Sunday (February 11, 2018) after 5pm in the evening. If you can only get a flight that leaves Guatemala on Sunday morning or before 12 pm, consider leaving on Monday (February 12, 2018) we might be able to arrange for you to take a bus back on Saturday like we had to do in 2009 in order to depart Sunday morning. Please contact **Dr. Justine Rhee (Pasadena, CA)** prior to making reservations outside of above times. If it is not explained clear enough here, please contact us via info@tanakachiromissions.org.



ALTITUDE ACCLIMATIZATION

Guatemala City is at an elevation of almost 5000 square feet. Quetzaltenango is at an elevation of nearly 8000 ft. None of us have had problems working in Quetzaltenango, except when going uphill or upstairs. Until the mission, exercise sufficiently to keep your lungs and cardiovascular system working efficiently.

TRAVEL GUIDEBOOKS: Most of the major travel guidebook companies have books on Guatemala specifically or Central America generally. I recommend Guatemala guidebooks

from Rough Guide and Lonely Planet. Both are quite good.

OPTIONAL SIDE TRIP

If you want to combine the mission with a pre-mission side excursion to the spectacular pyramids at Tikal, you can make arrangements with our in-country organizers (one daughter is a travel agent). I can get you in contact with them for arrangements, including cost.

Safety Warning

Give the gift of chiropractic to those with little access so they may enjoy the benefits and live healthier lives.

Safety is a concern in all countries, including the US. Guatemala is no exception. Guatemala has emerged from a long, devastating and brutal civil war that began with a CIA-sponsored coup in the 1950s and ended in the late 1990s. The crime rate is high as a result of extreme poverty, racism, political and class unrest, and high unemployment. As much of Central America, there are numerous natural disasters: earthquakes, torrential storms and hurricanes, and volcanic action. Tropical diseases sometimes occur- malaria has been found below 5000 ft. (Guatemala City (5000 ft.) and Quetzaltenango (7700+ft) are both above). 'Turista,'ie., GI tract disorders from unfamiliar food, is common. IF you have a history of altitude sickness, we will be working at 7700+ft elevation. You are responsible for your own health and well-being. You are an adult, and it is not possible for any of us to be responsible for you or your actions. U.S. Dept. of State has Traveler's advisories that you should check.

Some Useful Websites:

Xelapages: <http://www.xelapages.com> (very useful site as the discussion pages have recent entries about Quetzaltenango and Guatemala, in general, by travelers)

US Dept of State: http://travel.state.gov/travel/cis_pa_tw/cis/cis_1129.html (Safety warnings)

CIA world Facts: <http://www.cia.gov/cia/publications/factbook/geos/gt.html> (general country information. Yes, it's that CIA)

Guatemalan Travel Bureau (Inguat): <http://www.guatemala.travel.com.gt>

Gutemela info: <http://guatemalaweb.com> (last two are travel information sites)