
EL SALVADOR TRAVEL PACKET



**Harvesting
In Spanish®**

www.harvesting.org

Harvesting In Spanish is a 501.c.3 Christian non-profit organization in the United States that supports the ministries operated by Iglesia Templo Piedras Vivas and Asociación Amigos para Latinoamérica in El Salvador.

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ABOUT EL SALVADOR

El Salvador, the smallest and most densely populated country in Central America, is a nation of rich cultural heritage and vibrant landscapes. Bordered by Honduras to the northeast and Guatemala to the northwest, El Salvador boasts a diverse geography that encompasses picturesque beaches along its Pacific coastline, lush mountains in the interior, and active volcanoes that dot the landscape. Despite its small size, the country is known for its remarkable biodiversity, with unique flora and fauna inhabiting its various ecosystems.

The history of El Salvador is deeply intertwined with indigenous civilizations, colonial rule, and more recent struggles for independence and social justice. It gained independence from Spanish colonial rule in 1821 and, like many Latin American countries, experienced periods of political upheaval, civil war, and conflict during the 20th century. The Salvadoran Civil War (1980-1992) left a profound impact on the nation, with scars that still influence its social and political landscape. In recent years, El Salvador has been working to strengthen its democratic institutions and promote economic development, while grappling with challenges such as poverty, crime, and migration.

El Salvador's cultural identity is a blend of indigenous heritage and Spanish colonial influences. The country's vibrant traditions are celebrated through colorful festivals, traditional music, and distinctive cuisine. Pupusas, a type of stuffed tortilla, are a beloved national dish. The Salvadoran people are known for their warmth and hospitality, making visitors feel welcome as they explore archaeological sites, colonial architecture, and natural wonders. As El Salvador continues to navigate its complex history and challenges, it remains a nation of resilience, striving to create a brighter future for its citizens.



ABOUT HARVESTING IN SPANISH

The ministry in El Salvador supported by Harvesting In Spanish (HIS) was founded by missionaries Don and Rose Ann Benner, who went to El Salvador with their 2 children, Teri and Chris, in 1977.

There were rumors that a civil war might break out and there was great need to have the gospel available through Bibles, Christian books, and Sunday School material. The Benners knew in their hearts this need was the Lord opening the door of where He wanted to use them on the mission field by distributing Bibles and Christian literature.

At the beginning of the 12-year civil war, the Benners saw many children had been left homeless and orphaned when their parents were killed or fled the country as refugees leaving their children behind.



Seeing this need, the Shalom Children's Home was created. It is located in the town of Santiago Texacuangos, 18 kilometers from the capital city of San Salvador. The children range in age from 7 to 25 years of age and receive shelter, clothing, food, medical care, education, and life skills training, in a Christian environment.

As the number of children grew in the home, so did the need for academic education. To meet this need, a Christian school was started in 1994 which now educates up to 300 students from the home and surrounding community, from pre-school through high school. The school offers the basic subjects such as math, science, social studies, and language, as well as Bible, computer, robotics, graphic design, swimming, art, band, and physical education.

Over the years, other ministries were started such as the Oasis Children's Feeding ministry and the Shalom Family Medical Center.

HIS is an independent, non-profit interdenominational evangelical mission in the United States that supports Iglesia Templo Piedras Vivas, a Salvadoran non-profit organization committed to advancing the gospel in El Salvador through literature distribution, health care, education, and investing in young lives by instilling Christian values and hope for a brighter future. The expectation is that these young people will be the agents of change for their nation as they grow up.

SUGGESTED PACKING LIST & TIPS

Clothes

- Rain Jacket, Poncho, or Umbrella if coming in May through November
- Light jacket or sweater
- Shirts - must cover shoulders
 - No strapless, spaghetti straps, crop tops, low cut, or revealing tops
 - No shirts that are tight or showing the midriff
 - No sexually suggestive expressions or actions, profanity, obscenity, drugs, alcohol, tobacco, or political propaganda
- Shorts - must come to your knees (not above)
- Pants - no holes above your knees
- Work shoes/boots (if you are doing physical labor), rubber flip-flops for swimming/beach
- Skirts/blouses, dresses for women (optional)

Other Important Items

- Bible / journal, additional reading materials and writing supplies
- Personal hygiene items: shampoo, soap, toothbrush, toothpaste, deodorant, shaving, etc.
- Swimming attire (shirt & one-piece suits for women, swim trunks/bermudas for men)
- Refillable water bottle - refill stations located around campus
- Phone and device chargers
- Backpack, fanny pack, or tote to keep with you during the day
- Hat or cap / Sunglasses / Sunscreen / Mosquito repellent
- Hand sanitizer/disinfectant wipes
- Prescribed medications and basic first aid items and over the counter medication: band-aids, antibiotic cream, pain reliever, allergy medication, etc
- Spending money/credit or debit card
- Preferred snacks and/or dietary supplements
- Laundry detergent & dryer sheets if you will be doing laundry

Packing Tips

- Passport and Plane Ticket
- Pack your carry-on with your "must have" items: medicines, extra change of clothes, important documents, etc.
- Leave all expensive jewelry at home
- You will have the option of leaving used clothes (those without holes or excessive stains) and shoes to be given away. You will not need to wash them prior to your departure - they will be washed after you leave
- Use TSA luggage locks or zip ties to avoid theft while flying (remember zip ties for the flight home)

CLOTHING GUIDELINES

General requirements

Shirts should cover your shoulders and not be excessively tight. No strapless, spaghetti straps, crop tops, off-the-shoulder, low cut, or revealing tops.

Shorts and skirts/dresses must reach your knees. Pants must not have holes above your knees. Pants and skirts should not be excessively tight.

No clothing with display of sexually suggestive expressions or actions, profanity, obscenity, drugs, alcohol, tobacco, or political propaganda.

Swimming attire for women should be a one-piece suit and rashguard shirt or T-shirt; for men swimming shorts/bermudas and rashguard shirt or T-shirt.

Shalom Home campus - free time attire

For free-time on campus, feel free to wear shorts, jeans, pants, skirts and tops according to the above general requirements. Flip-flops, sandals, tennis shoes, and other similar footwear may be worn during free-time and weekends. Please see swimming attire requirements above.

School and Shalom Home work attire

If you will be serving in the school programs or working in Shalom Home offices/programs during the day, the recommended attire is nice slacks & blouse or shirt w/collar; and/or casual skirt/dress. Please do not wear shorts, T-shirts, or flip-flop sandals during work times.

Medical Clinic attire

Healthcare volunteers and medical students may wear scrubs of any color; and/or nice jeans/slacks/skirt/dress with white coat. Please wear dress sandals or closed-toe shoes. Please do not wear shorts, T-shirts, or flip-flop sandals.

Church attire

We attend a church that meets in the facilities of the Holiday Inn Hotel in the capital of San Salvador. Women may wear dresses, skirts, nice slacks and blouses. Men may wear nice jeans or slacks, and shirts that have a collar (polo/oxford/dress shirt); neckties are optional. At times the air conditioning is high, if you are prone to being cold, feel free to bring a light sweater or jacket. Please do not wear shorts, T-shirts, or flip-flop sandals.

Sight-seeing/tourism attire

Depending on the destination for free day outings, ministry leadership will advise you on what to wear. A general guideline is shorts/jeans/pants and shirt/T-shirt, comfortable walking shoes, a hat is optional. Women may also wear casual skirts & dresses.

CODE OF CONDUCT

Music Preferences

We teach our children to listen to Christian or classical music only, and we ask your help in maintaining this standard.

Movies & TV Preferences

DVD's and TV can be shown to our children at designated times. Sexual content, offensive language, violent or frightening visuals or audios are not acceptable. We normally show G-rated movies, but may show a PG-rated movie after reviewed by children's home staff first.

Reading Material

Reading material for our children must be monitored in the same manner as movies and TV.

Romance and Dating

No romance or public displays of affection (except between married couples) is permitted. Remember that our children are watching and learning.

Offensive and Contradictory Language

Never use English or Spanish language that is swearing, offensive or disrespectful. We also require that you do not teach or discuss actions/beliefs that contradict our Statement of Faith or Code of Conduct to our children.

Damage to Ministry Property

The cost of repairing any damage to ministry property or vehicles due to negligence or done deliberately will be paid by the person responsible.

Interaction with the Children

Refrain from showing special attention or favoritism to a particular child or group of children. You should never be alone or behind closed doors with a child. Do not allow the children to use or hold your phone. If any disciplinary action needs to be taken, please bring it to the attention of the ministry executive leadership and/or Director of the Shalom Home.

CODE OF CONDUCT

Dress Code

We ask for your cooperation in observing the following requirements relating to personal appearance, so as not to contradict rules we have in place with our children and staff or hinder our relationship with pastors and Christian leaders in the community.

Shirts should cover your shoulders and not be excessively tight. No strapless, spaghetti straps, crop tops, low cut, or revealing tops.

No clothing with display of sexually suggestive expressions or actions, profanity, obscenity, drugs, alcohol, tobacco, or political propaganda. Shorts must come to your knees, and pants must not have holes above your knees.

Jewelry, Body Piercings, & Tattoos

Tattoos that are very large or contain certain imagery may be culturally sensitive and you could be asked to cover it. If you want to discuss any tattoos or body piercings before your trip, please feel free to reach out.

Drugs, Alcohol, and Tobacco

Absolutely no illicit drug use will be tolerated. We also ask that you refrain from bringing, purchasing, or consuming any alcohol or tobacco products while serving with us. This includes the use of vape pens or E-cigarettes.

Political Involvement

You must remain politically neutral, and at no time should you publicly support or endorse any of the Salvadoran political parties, which is illegal for non-citizens.

SOCIAL MEDIA GUIDELINES

Unfortunately, pictures with the faces of the Shalom Home children are not allowed to be posted publicly. However, if the child is 18 or older, you can post a picture with their face. We ask that before you post it, please check with the staff to ensure they are of age.



You can post pictures of the children as long as their face is not easily identifiable. Some ways to do that are by blocking out their face with an emoji (see photo above), their face isn't shown at all (see photo to the left), or only part of the face is being shown (see photo below).

Please tag us in your posts on Facebook and Instagram so we can share with the HIS family all the wonderful work you are doing in El Salvador.



LOCAL CUSTOMS AND TRADITIONS

El Salvador, a small Central American country, has a rich cultural heritage influenced by indigenous, Spanish, and other Central American cultures. Local customs and traditions in El Salvador reflect its history, religious beliefs, and societal norms. Here are some key customs and traditions:

Religious Festivals: El Salvador is predominantly Roman Catholic, and religious festivals play a significant role in its culture. The most important of these is Semana Santa (Holy Week), which occurs during Easter. Salvadorans participate in processions, reenactments of biblical events, and attend church services.

Independence Day: September 15th marks El Salvador's Independence Day. Celebrations include parades, fireworks, and the singing of the national anthem. People dress in blue and white, the national colors, and enjoy traditional foods like pupusas.

Pupusas: Pupusas are a staple in Salvadoran cuisine and a beloved traditional dish. These thick corn tortillas are filled with cheese, beans, meat, or other ingredients and served with curtido (a type of cabbage slaw) and tomato salsa.

Día de los Difuntos: Similar to the Mexican holiday, El Salvadorans observe Día de los Difuntos (Day of the Dead) on November 2nd. Families visit cemeteries to clean and decorate graves, light candles, and offer food and drinks to honor deceased loved ones.

Mayan Heritage: Indigenous Mayan culture has left a significant imprint on Salvadoran customs and traditions, particularly in areas like art, folklore, and traditional clothing. The town of Izalco, for example, is known for its indigenous heritage.

Handicrafts: El Salvador is known for its vibrant and intricate handicrafts, including pottery, textiles, and woodwork. These crafts often reflect the country's fauna and culture.

LOCAL CUSTOMS AND TRADITIONS

Folklore and Legends: El Salvador has a rich tradition of folklore and legends, often featuring supernatural or mythical beings. One well-known character is La Siguanaba. These stories are often passed down through oral tradition.

Music: Traditional Salvadoran music includes cumbia, merengue, and salsa. Folk dances like the Danza de las Flores (Dance of the Flowers) and the Danza de los Historiantes (Dance of the Historians) are performed during festivals and special occasions. A traditional instrument is the marimba which looks like a large wooden xylophone played by 2-3 people.

Fiestas Patronales: Each town and city in El Salvador has its own patron saint, and they celebrate their local patron saint's feast day with processions, music, dancing, and fireworks.

Customs and traditions can vary from region to region within El Salvador, as the country has diverse cultural influences and local customs.

CULTURAL SENSITIVITY AND AWARENESS

Cultural sensitivity and awareness are essential when visiting or interacting with people in El Salvador. Being respectful and understanding of the local culture helps foster positive relationships, avoid misunderstandings, and opens the door for sharing the gospel. Below are some key considerations for cultural sensitivity and awareness in El Salvador.

Language: Spanish is the official language. While many people in urban areas may speak some English, especially in tourist areas, it's beneficial to learn basic Spanish phrases. This effort is often appreciated and can go a long way in establishing rapport.

Greetings and Names: When meeting someone, it is customary to exchange a warm greeting. A common greeting is a handshake or a kiss on the cheek between women. Addressing people with titles like "Señor" (Mr.), "Señora" (Mrs.), or "Don" (used before a first name) is a sign of respect.

In the evangelical sub-culture, it is common to address people as "Hermano" (Brother) or "Hermana" (Sister) before their first name. For example: Hermano Julio = Brother Julio, Hermana Maria = Sister Maria

For professionals who hold a college degree, it is also common for them to be addressed with the type of degree they hold before their last name: "Licenciado" (Male with a B.A. degree), "Licenciada" (Female with a B.A. degree), "Arquitecto" (Person with an architect degree), "Doctor" (Male with a PhD or M.D. degree), "Doctora" (Female with a PhD or M.D. Degree), and so forth. Example: Doctora Gutierrez (Refers to a female doctor with the last name of Gutierrez).

Punctuality: While punctuality is important in professional settings, social gatherings in El Salvador may start later than the scheduled time. It's a good idea to be flexible and patient with timing when attending social events.

Personal Space: Salvadorans generally value personal space, although it may be a smaller space than what is customary in other countries. It's essential to follow social cues and respect people's personal boundaries. Maintain a comfortable distance when interacting with others.

CULTURAL SENSITIVITY AND AWARENESS

Religion: The majority of Salvadorans are Roman Catholic, and religion plays a significant role in their lives. Be respectful of religious customs and practices, especially during Holy Week (Semana Santa) and other religious festivals.

Dress Code: El Salvador has a relatively conservative dress code, especially in rural areas and when visiting churches. Modesty in attire is appreciated. In urban areas, casual dress is more common, but beachwear should be reserved for the beach. Flip flop sandals are considered house slippers or beach wear, and should not be worn in professional or worship settings. In our Volunteer Travel Packet we provide a recommended Dress Code and list of what to bring.

Gift-Giving: When invited to someone's home, bringing a small gift, such as cookies, pastries, or flowers, is a gesture of appreciation.

Food Etiquette: When dining with Salvadorans, it's customary to wait until the host invites you to start eating. Try local dishes like pupusas and be open to tasting traditional Salvadoran cuisine.

Respect for Elders: Elders are highly respected, show deference and use respectful language when interacting with older individuals.

Tipping: Tipping is common in restaurants and for various services. A 10% tip is generally appreciated.

Photography: Always ask for permission before taking photos of people, especially in rural areas or indigenous communities. Some individuals may prefer not to be photographed.

DO'S AND DON'TS IN EL SALVADOR

Do Learn Basic Spanish Phrases: While some people in El Salvador speak English, it's helpful to know some basic Spanish phrases. Locals will appreciate your effort to communicate in their language.

Do Show Respect: Salvadorans are generally polite and respectful, and they appreciate the same in return. Use titles like "Señor" and "Señora", or "Hermano" and "Hermana" if they are Christians, when addressing people and be polite in your interactions.

Do Dress Modestly: El Salvador has a more conservative dress code, especially in rural areas and in church settings. Dress modestly and appropriately for the occasion.

Do Practice Safety Precautions: Stay informed about the current safety situation with ministry leadership, and implement recommendations. Avoid walking alone at night, and be cautious with your belongings.

Do Lock Your Apartment: Keep your apartment on our campus locked when you are not there. Any valuables such as cameras, laptops, purses and cell phones should be kept with you or left in your apartment, please do not leave unattended in open-air or common areas.

Do Try Local Food: Salvadoran cuisine is delicious, and trying local dishes like pupusas, tamales, plantains, and quesadilla is a must. Be adventurous and explore the culinary offerings. Savor these foods in established commercial locations as recommended by staff leadership. Tropical fruits are a delight such as mangos, papaya, and pineapple. Do not eat peeled fresh fruit that is sold from street vendors, as it may be exposed to insects, vehicle exhaust, and unsanitary handling.

Do Ask for Permission: Always ask for permission before taking photos of people, especially in rural communities. Some individuals may prefer not to be photographed.

Do Treat Elders with Respect: Elders are highly respected in Salvadoran culture. Show deference and use polite language when interacting with older individuals.

Do Practice Good Hygiene: Maintain good personal hygiene and use hand sanitizer, especially when handling food.

DO'S AND DON'TS IN EL SALVADOR

Don't Assume English Fluency: While English may be spoken in tourist areas, don't assume that everyone you encounter will understand or speak English fluently. Learning a few basic Spanish phrases can be very helpful.

Don't Display Valuables: Avoid wearing expensive jewelry or displaying valuable items and large amounts of cash in public, as this can make you a target for theft.

Don't Drink Tap Water: It's generally not advisable to drink tap water in El Salvador. Stick to bottled water or purified water. Visitor apartments on our campus have purified water provided, and commercial restaurant chains are known to use purified water and purified ice.

Don't Discuss Politics: Avoid engaging in political discussions or expressing strong opinions about politics. Political views can be sensitive topics in El Salvador depending on your view or preference. To keep relationship doors open, it's best to avoid topics that could create distance or misunderstandings.

Don't Litter: Keep the environment clean and dispose of your trash properly. Although littering may be evident in public places, it is illegal. Collaborate with government authorities and best practices by putting trash in designated receptacles.

Don't Bargain Aggressively: While bargaining is common in markets, don't engage in aggressive haggling. Be respectful and fair when negotiating prices.

Don't Wander Alone: For safety reasons, it's generally best to avoid walking alone when participating in tourism. Venturing outside of our facilities without being accompanied by authorized staff is prohibited. When you need to move between our facilities, our drivers will drive you in one of our vehicles back and forth between the children's home, school, and medical center.

Don't Give Your Personal Contact Information: Please do not give your personal contact information such as email address, phone number, social media handles, or home address to any of our children or teens at the Shalom Home, as they are with us through Salvadoran Social Services. If you desire to maintain contact with any of them, you may do so through the office of Harvesting In Spanish who can facilitate translation of letters and emails.

HEALTH AND SAFETY

Vaccinations: While our organization does not have specific vaccination requirements, before traveling to El Salvador, it's advisable to consult with a healthcare professional or travel clinic for the most up-to-date recommendations based on your individual health and vaccination history.

Some general recommendations are to ensure that your routine vaccinations, such as measles, mumps, rubella (MMR), diphtheria, tetanus, and pertussis (DTaP), polio, and flu, are up to date. Consider getting the hepatitis B vaccine if you might be at risk of exposure, such as through medical procedures.

Check the latest requirements and recommendations before traveling.

Take precautions to prevent mosquito bites with insect repellent when outdoors to reduce the risk of dengue fever, which can be prevalent during the rainy season (May through November).

Stay informed about the latest COVID-19 guidelines for El Salvador.

Health Precautions: Avoid consuming raw or undercooked seafood such as raw oysters and mussels, which for the most part are available at the beach and seafood restaurants; and be cautious with street food. Commercial restaurant chains are known to be safe in regard to food handling and use purified water and purified ice.

Use insect repellent and wear long sleeves and pants to minimize exposure to mosquitoes when outside in the evenings.

Other Precautions: Practice frequent hand washing with soap and clean water, or use hand sanitizer when soap is not available, especially before eating and after using the restroom.

HEALTH AND SAFETY

Water Safety: The safest option for drinking water in El Salvador is to consume bottled water, or filtered water. Purified bottled water is provided within the facilities of our organization, and commercial restaurants are known for using purified water and purified ice.

Food Safety: Opt for hot, freshly cooked meals from reputable restaurants and food vendors. Avoid raw or undercooked seafood, meats, and eggs, as they can carry a higher risk of foodborne illnesses. Be sure that pork is well-cooked before consuming. If you want to consume raw fruits and vegetables, peel them or wash them thoroughly yourself before eating; and/or eat them from reputable commercial restaurants.

Personal Security: El Salvador has seen improvements in its safety situation in recent years, but it still faces challenges related to crime and security. As a visitor, it's important to take precautions to ensure your personal safety.

Avoid displaying expensive jewelry, electronics, or large amounts of cash in public.

Keep your valuables concealed or leave them at home. You may leave your passport in your locked apartment during the day to avoid misplacing it or leaving it somewhere by accident, and only carry a photocopy.

HEALTH AND SAFETY

Health Services and Medical Facilities: There are several modern private hospitals that offer a range of services in the capital city of San Salvador. These facilities may have English-speaking staff and may accept some international health insurance policies. Ensure you have comprehensive travel health insurance that covers medical expenses, including hospitalization and medical evacuation. Confirm whether your insurance is accepted in Salvadoran healthcare facilities or if you'll need to pay upfront and seek reimbursement later.

Pharmacies are readily available throughout El Salvador. They often carry a wide range of medications, including over-the-counter and prescription drugs. Many medications are available without a prescription, except for antibiotics and opioids.

Ambulance services are available, but response times can vary. In emergencies, it's best to call 911 or the local emergency number, if available.

If you require prescription medications, bring an adequate supply with you, along with a copy of the prescription.

Communication: The phone app called WhatsApp is a free platform that allows phone calls, video calls, and text messaging in and outside of El Salvador via WiFi and data plans. It is recommended that you download this app to your phone, which can be used to communicate with your loved ones in your home country, as well as to communicate with executive ministry staff in El Salvador.

If you will be in El Salvador for several months, you may consider purchasing a local SIM card with a data service plan to stay connected when off-campus. Learning some basic Spanish phrases can be helpful for communication and navigating daily activities.

SERVING WITH EXCELLENCE

Please **stay on schedule**. We will update you with any adjustments, but please arrive a few minutes early for any meeting points so we can stay on track for the day.

Flexibility is the key to having a successful volunteer experience. While much planning goes into each trip, things may change and be beyond our control. Please be attentive to announcements so we can clearly communicate any adjustments that need to be made.

Please avoid sarcasm, as it may not be understood cross-culturally and can cause unnecessary conflict.

Respect and honor everyone in the community as well as children, staff, and volunteers you are serving alongside.

Never walk away from the group or site without another volunteer or authorized staff member.

Do not make promises to do things that you may not follow through with. The kids will remember them and can cause trust issues if not followed through.

Do not hand out any gifts to children and individuals in the community or at the ministry sites as this can cause conflict and/or put people in danger. We will give you instructions on arrival regarding any items you have brought for donation. If you feel led to give a specific person or child something, please reach out to leadership in order to find an appropriate time and space to do so.

ARRIVAL LOGISTICS

Airport Information

When you arrive in El Salvador, there is a **\$12 Immigration Fee** to be paid at the Immigration Desk upon arrival for your tourist visa. This can be paid with cash or card, but we recommend using cash in case the card machine is down. If asked, the address is:

Hogar Infantil Shalom
Km 13 1/2 Carretera Antigua a Zacatecoluca
Santiago Texacuangos, San Salvador

Once you collect your luggage, you will go through the Customs checkpoint where they will check your passport one more time. They may ask for you to scan your luggage on the X-ray belt. After the Customs checkpoint you can exit the airport to the waiting area outside. Most likely, there will be many people standing and waiting to receive arriving passengers.



Pick-Up From the Airport

Once you exit the airport, take a left and head to the curbside pick up area (pictured below). You will be picked up by one of the Salvadorian Ministry Representatives. A few days before your arrival, you will receive detailed instructions regarding who is picking you up (along with a photo for easy recognition) and what type of vehicle they will be in. Sometimes, a short waiting time is required as cars need to circulate around the pick up area until passengers arrive curbside. There will be policemen standing in the pickup area to keep the traffic moving. It is about a 30 minute drive to our ministry's facilities from the airport.



TRIP LOGISTICS

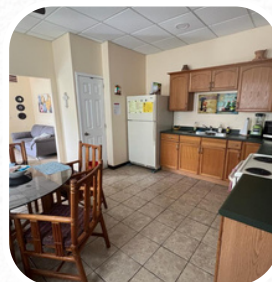
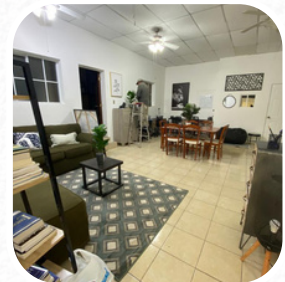
Lodging

You will be staying on site in comfortable, apartment style units. Most apartments have a full kitchen, furnished living room, 1-3 bedrooms, and multiple bathrooms. Most bedrooms have a bathroom attached and either a queen bed, twin beds, or dorm style bunk beds. Depending on your group size, multiple travelers may need to share a bedroom. Men and women are housed separately unless you are related or married.

Upon arrival, you will be given the wifi password. This will allow you to access the wifi while in your apartment and other places on campus.

Linens, towels, iron, and hair dryer are provided. Each apartment is also air-conditioned.

You will have breakfast, lunch, and dinner on site in the dining hall of the children's home. Once you arrive, we will provide a menu for the length of your trip, but please keep in mind that it is subject to change. We can accommodate most dietary restrictions, but please reach out if you have any questions. You will be given the opportunity at the beginning of your trip and weekly to visit the local grocery store. You are welcome to purchase snacks or alternative meal options that can be prepared in your apartment.



Shopping and Souvenirs

You may want to bring extra funds for the grocery store visit or food at the airport. There may be opportunities on your excursion day(s) to purchase souvenirs, snacks, drinks, etc. Most places we will go will take a card, but we highly recommend bringing some cash (small bills) just in case. The bills should not be torn or there is a chance they may not be accepted.

DONATION REQUESTS

The following are items that are always in need by our ministry. All items (except for medical items) can be gently used unless mentioned below. Your support is greatly appreciated!

Clothing & Accessories

- Children's Clothing ages 7 - 18
- Children's Shoes (for 7 y/o +, and teens)
- Pajamas
- Hair clips, bands, ribbons, etc.
- New Socks and Underwear
- New White Crew Socks for School (girls)
- New Black Crew Socks for School (boys)
- Rashguards, swimming suits for children & teens

Games & Sporting Equipment

- Board Games: Chess, Connect Four, Uno, Jenga, Battleship, Puzzles, Etc.
- Soccer Balls, Basketballs, Volleyballs (deflated)
- Ball Pumps & needles
- Baseball Gloves
- Softballs, Baseballs
- Musical Instruments

Medical Supplies

- Adult and Children's OTC Allergy Medications: Allegra, Zyrtec, Clarinex
- Adult and Children's Advil, Tylenol, (not infant formula), antidiarrheal, and other OTC medications
- Bandages and Wound Dressings
- Cortisone and Antibiotic Cream
- Exam Gloves, especially S & M sizes
- Eyedrops
- Autoclave Tape/Bags
- Vacutainer Tubes & slides for Lab
- Speculums - All Sizes (metal or disposable)

Office and Art Supplies

- Construction and Colored Paper
- Scissors, Glue, Rulers, Calculators
- Colored Pencils and Markers
- Wooden Pencils and Sharpeners
- Acrylic Paint and Paint Brushes
- Permanent Black Markers
- Post-it Notes (all sizes)
- White Out
- Blue and Black Ballpoint Pins
- Masking Tape, scotch tape

Other Items

- Twin Sheets and Pillowcases
- Towels and Washcloths
- Used Phones & Laptops (please reset)
- Bar soap, shampoo/conditioner, skin lotion, hair gel, deodorant
- Silverware and Tupperware
- Adult and Children Backpacks and lunch bags
- Toothbrushes, adult & children's toothpaste, dental floss
- Kitchen cooking utensils, aprons, towels

In addition to this list, please refer to the Amazon Wishlist [here](#). This list is updated by our staff and addresses more specific needs. Please remember to have these items shipped to your home so you can pack them and bring them on your trip!

FAQS

01 What if I have to cancel my trip?
Harvesting In Spanish is a 501(c)3 charity and cannot refund donations. Please keep in mind that the funds you raise must be solicited and donated with this understanding. In order for the funds donated to allow a tax deduction, they are not yours, or contingent upon your ultimate participation, but are Harvesting In Spanish's funds to be used to further its charitable purposes.

02 Do I need to exchange currency?
No, The official currency of El Salvador is the US dollar. We recommend bringing small bills (nothing larger than a 20). Be sure they are not torn.

03 Will I be attending church?
The children and staff attend church every Sunday. If you are visiting on a Sunday, you will be required to attend church as well. Men and women are able to wear nice jeans. Women, please wear a nice top or blouse, and, if you decide to wear a shirt or dress, please be sure it comes to your knees. Men, please wear a shirt with a collar. We ask that you do not wear flip flops or any athletic wear to church.

04 What is the weather like in El Salvador?
The climate is considered tropical, but is moderated by elevation inland. The rainy season is from May to October and can be very humid. The dry season is from November to April, but will still see occasional showers. We recommend looking up the weather forecast shortly before your trip in order to better gauge what the weather will be like while visiting.

05 Can I use/charge my electronic devices?
Yes, the outlets in El Salvador are the same 120 voltage and Type B plugs as the United States. There are outlets throughout the bedrooms and living spaces.

06 Can I do laundry while I am there?
Yes, we have washer and dryer sets where you are able to do your laundry. Please be sure to either bring your own detergent or purchase some during the grocery store visit. Each apartment is equipped with an iron and hair dryer.