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COAR Peace Mission \* 28700 Euclid Ave. \* Wickliffe, OH 44092-2585  
(440) 943-7615 \* [coarpm@gmail.com](mailto:coarpm@gmail.com) \* [www.coarpeacemission.org](http://www.coarpeacemission.org)

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## **Guidelines for visitors to COAR Children's Village (COARCV)**

*Thank you for your interest in visiting COAR!!*

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## I. Planning Your Trip

### 1. Planning - Overview

#### *Service*

#### ★ *Begin at least 3 months in advance . . .*

- ☀ Make reservations with the COAR office
- ☀ Arrange flights
- ☀ Identify the group leader
- ☀ Apply for passports
- ☀ Get training to work with youth (Virtus® or similar) for all aged 18+ years
- ☀ Identify at least one FLUENT Spanish-speaker who will accompany the group
- ☀ Get legal releases from all travelers
- ☀ Schedule preparation meetings
- ☀ Consult your travel doctor

#### ★ *What we will help you with . . .*

- ☀ Lodging at COAR
- ☀ Food at COAR
- ☀ Activities with the COAR children
- ☀ Excursion itineraries
- ☀ (Romero's tomb, museums . . . what is reasonable to fit into each day. )

#### *Solidarity*

#### ★ *Preparing the group . . .*

Experiencing solidarity requires preparation. Groups are encouraged to meet at least three times *as a group* before traveling in order to get to know each other, set expectations, and reflect on preparation materials.

#### ★ *Preparing the community . . .*

Involving friends, family, and church members in your trip before you go will enhance the experience as well as provide support when you return. Fundraisers for a specific project that you can attest to when you return will also bring your community into your experience. If asked, we will even create a web page of your visit to share with folks back home.

#### ★ *Reading and movies . . .*

There are many books, movies, and documentaries about El Salvador. A list can be found on the Projects-Solidarity/[Classroom page](#) of our web site. We encourage members of your group to



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- ☀ Local transportation (Airport pick-ups, other sights, etc.)
- ☀ Fundraising projects

★ **Tips . . .**

- ☀ Air travel from a weekday - weekday is usually cheaper
- ☀ Plan to arrive in El Salvador before 6:00 pm
- ☀ When planning your itinerary, **plan** breakfast, lunch, dinner, and a snack - don't leave them to spontaneous decisions as you might in the US.

view or read these and come together for reflection before the trip.

★ **Food, entertainment, travel, walking ...**

We encourage your group to leave electronic entertainment devices behind. The children's school and house routines must be respected - that means early to bed and early to rise - 5 am! The food available at COAR is healthy and wholesome but simple. Travel by bus on poor roads will be hot, dusty, and bumpy. Most sites, including COAR, require lots of walking.

★ **Mass, prayer, worship . . .**

COAR is a Catholic school run by the Archdiocese of San Salvador. You are welcome to attend mass or organize your own prayer service or vacation Bible school with the children. Contact our office to assure time in the schedule.

★ **Donated Goods are Discouraged** ★

We discourage drives for any tangible goods that would have to be transported to El Salvador. In addition to the transport and customs expense, a mature understanding of charity requires that we respond to economic realities: *it helps build El Salvador's economy if we buy "goods" there.*

Purchasing in El Salvador gives store-owners, truckers, and many others jobs. It signals where there is real demand for products so that sustained growth in the economy can be recognized. It helps break the cycle of dependency.

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## ***2. Planning - Reservations***

### **Dates for Overnight Stays**

Reservations to stay at COAR must be made through the COAR Peace Mission office in Cleveland, Ohio. There is no minimum notice required. However, summer dates fill quickly.

### **Guide**

Overnight visitors are required to supply at least one "guide" very familiar with the developing world and fluent in Spanish. This is for your safety as well as to help the COAR staff work with your group. *There is no one at COAR who speaks English.* If you cannot supply your own guide, COAR Peace Mission can supply a guide for an additional fee.

### **Releases**

Overnight visitors are required to complete a release form and return the signed originals to the COAR Peace Mission office: *Forms are included in the appendix.*

### **Child-abuse Prevention and Awareness Training**

All overnight visitors are required to complete a course in child-abuse awareness and prevention training. Proof of completion is required with the release forms. All Catholic dioceses offer these training programs (e.g. Virtus). Other training is acceptable (e.g. Methodist Church's Safe Sanctuaries, Boy Scouts of America's Youth Protection training.)

### **Day visits**

Day visits for groups not staying at COAR are welcome and need only a day's notice to the Peace Mission office.

### **Children under 16**

Children under 16 must be accompanied by a parent or guardian, whether visiting for the day or an overnight stay.

### **CRISPAZ - Another option to arrange travel:**

If you wish to stay at other accommodations while in El Salvador, or otherwise want more travel options than COAR can provide, we highly recommend CRISPAZ, Christians for Peace in El Salvador. CRISPAZ organizes delegations to El Salvador to meet a wide variety of interests. A CRISPAZ-lead trip can incorporate one or several days at COAR.

CRISPAZ's U.S. office: [info@crispaz.org](mailto:info@crispaz.org) \* <http://www.crispaz.org/>

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### 3. Planning - Budgeting

- COAR Peace Mission will organize most of your trip in consultation with your group leaders: your itinerary, local bus, meals, and extended time and service with the COAR children.
- *PLEASE NOTE: Groups can no longer organize their own trips to COAR in El Salvador. The Archdiocese of San Salvador asks that all visitors from North America organize their visit through the COAR Peace Mission office in Cleveland.*

#### Your responsibility:

- **Airfare** - COAR cannot help you arrange flights or airfares. We can recommend an experienced travel agent in the Cleveland area. However, using your own travel agent who knows your local travel environment is the best way to proceed. Airline deadlines will likely drive your timeline for sign-up and payments. COAR reserves the right to cancel your trip at any time (with a full refund) so plan your flights and travel plans accordingly. Try to arrive before 6pm.
- **Travel insurance** - You can purchase travel insurance from most travel agents or a variety of sources. Travel insurance pays for emergency departure from El Salvador for medical or other reasons. Costs vary with the options selected.
- **Visa** - The fee for an entering tourist visa is \$10 and must be paid in cash at the airport in San Salvador. This fee is NOT included with your fee.
- **Outside Donations** - Past visitors have felt uncomfortable when they did not bring cash to place in the collection basket at masses or other excursions outside of COAR. A donation from your group is included to all excursions visited. While it is not expected, you can give directly to projects or other mission groups that you visit, or you can arrange a gift to them through the COAR Peace Mission office. Donations made within El Salvador are **NOT** deductible on US tax returns.
- **Shopping** - Souvenirs of all types (hammocks, shirts, decorative and religious objects like painted wooden crosses or plaques) range from \$5 - \$50 and more. Like most things (food, clothes, drugstore items,) prices are similar to North American prices, or a little lower.

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## COAR Peace Mission Fee:

**\$100/person/day (including arrival and departure dates):** will cover all the following services. The COAR office will work with your guide to arrange the details:

- ***Guide***
  - COAR Peace Mission supplies one guide who will stay with the group at all times to facilitate the visit including meals, accommodations, local travel, and time with the COAR children.
  - The guide will meet your group at the airport in San Salvador.
- ***Guest house accommodations***
  - Capacity: 20-25 (depending on whether you can use bunk beds.)
  - It is behind our armed security fence, patrolled by security guards 24/7/365. There is 24-hour access but always tell the guards when you plan to leave and return.
  - A bed, usually 2-3 per room. A few single rooms, bunk beds, and one king size double bed are available.
  - Sheets, pillows, and a bath towel are provided.
  - Bathrooms (4.2) with toilettes and (cold) showers.
  - Limited laundry facilities (for hand washing and clothes line to dry.)
  - Dining tables and a living room gathering space.
  - Kitchen with stove, refrigerator, microwave, cooking equipment, and dishes. Feel free to buy groceries and cook your own meals or snacks.
  - Drinking water coolers; you can use them to fill your personal water bottles.
  - Parking for cars (max 3), vans (max 3), bus (max 1)
- ***Meals***
  - All meals are included and depending on the itinerary will be from the COAR cafeteria, groceries (for weekends and snacks), and the occasional restaurant.
- ***Itinerary***
  - Includes up to three half-day excursions and one full-day excursion per seven days. (See a choice of excursions in a following section.)
  - We will happily work with you to accommodate the types of excursions you want for your group.
  - If you want more excursions we can probably arrange them for an additional fee.

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- ***Solidarity and Service with the COAR children***
  - We will work with your group leader to organize activities with the children that are appropriate to your group's:
    - Numbers
    - Spanish-language level
    - Interests (e.g.: playing soccer, doing crafts, teaching English)
    - Excursion schedule
- ***Local transportation:***
  - The COAR Peace Mission office will reserve local transportation, including airport pick-up/drop-off. Planners should identify how many people will go on any excursion so that the right sized vehicle is reserved. The Children's Village does have a few vehicles and drivers for emergencies, but these cannot be driven by guests and should not be used for planning activities.

## **Additional Guide Fee - \$1,000**

- In addition to the COAR-supplied guide, the group must include a guide very familiar with conditions in the developing world and fluent in Spanish. This is for your safety as well as to help the COAR staff work with your group.
- There is no one at COAR who speaks English. If an emergency arises requiring the COAR guide, a second guide must be available to stay with your group.
- COAR Peace Mission reserves the right to approve the group's guide.
- If you cannot supply your own guide, COAR Peace Mission can supply a guide for an additional fee of \$1,000.

## **Payment Schedule and Refunds:**

- Full payment is due to the COAR office in Cleveland **one month** before arrival at the COAR Children's Village.
- Payment must be made with one check payable to "COAR" sent to the Cleveland office. (Individuals should not send their fees separately to COAR.)
- Cancellation and refund policy:
  - If your group cancels or any individual cancels, the refund schedule is:
    - 50% refund up until one day before scheduled arrival.
    - The group leader must notify the COAR office in Cleveland in writing of the cancellations.

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- If COAR cancels:
  - COAR reserves the right to cancel at any time before arrival. We will not be responsible for other losses incurred by our cancellation. We have never done it and hope we never will, but with earthquakes, floods, and other uncertainties of the developing world we must reserve this right. *Please purchase your airline tickets and other services with this in mind.*
  - If COAR cancels, all fees will be refunded.

### Additional Gifts and Donations:

- Please do not make donations directly to the COAR Children's Village:
  - They cannot issue a receipt valid for U.S. tax deductions.
  - Your group should not carry more cash than is absolutely necessary.
  - It can encourage a false impression of the wealth of your group, North Americans, COAR itself, and it can encourage a sense of dependency.
- The COAR Peace Mission office can create a dramatic ceremonial check to represent a donation for a great photo-op and presentation to the staff at the Children's Village.
- Please do not assume you can give candy to the children. Too many people do this and it has become a problem for their teeth! Ask your group guide to check whether it is OK and when and how it should be handled.
- Gifts of "goods" (coloring books, T-shirts, school supplies) that express to the children that you care are great. But . . . we discourage goods generally:
  - It is expensive to transport these to El Salvador.
  - It is better for the economy of El Salvador that goods be purchased in the country.
  - When large quantities of goods arrive at the Children's Village it gives the employees, children, and surrounding community a false impression of wealth that COAR does not have.
  - However, occasionally there are special needs that are hard to fill in El Salvador. You can contact the COAR Peace Mission office to find out if there are any special needs at the time of your visit.

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### 4. Planning - Service & Solidarity

**Service** - COAR welcomes groups wishing to be of service to the impoverished community that we serve.

#### ★ **Child Care . . . The most under-rated service in the world . . .**

The children who live at COAR, like children everywhere, never get enough attention! They love having stories read to them, playing soccer, and dancing. They love showing off their homework, school projects, and bunk beds. Visitors are assigned to a foster-care house where they can get to know the children and help take the load off the housemothers.

Caring for the infants or just playing with the older children is a tremendous service to us!

**Special events:** Please get permission from the COAR Peace Mission office in advance of your arrival for any special events your group would like to do with or for the children such as parties, lessons, etc.

#### ★ **Teaching English . . .**

Knowing English is not only no barrier - it is a plus! Any amount of conversation in English helps the children learn a valuable skill. We can help you with materials, like learning the same song in English and Spanish and then having a simple conversation with the vocabulary learned. Bring your own ideas - the more fun and creative the better! Any conversation on any level is a service.

#### ★ **Manual labor . . .**

There is always the need to clean, repair, and paint. Your group can give the added service of raising the funds for the materials needed, too. Working with Salvadorans, who desperately need unskilled jobs, will add "solidarity" to your service. Check with the COAR Peace Mission office for any special needs at the time of travel.

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### *Solidarity*

Solidarity comes from identifying with the impoverished community that we serve:



**"When we speak for the poor, please note that we do not take sides with one social class. What we do is invite all social classes, rich and poor, without distinction, saying to everyone let us take seriously the cause of the poor as though it were our own."**

- Monseñor Romero, 9/9/1979

### **★ *Visiting COAR . . .***

Any visit to El Salvador will confront you with poverty. A visit to COAR will bring the poor into your heart. Our children have few "things" like toys or clothes, but they have the most important things: nutritious food, safety, education. As you get to know the circumstances of the individual children who touch your heart, poverty takes on a deeper reality.

We have simple guest quarters that usually have running water, but when they don't there is always a bucket. You can wash your clothes as the children do, by hand. Keeping the experience simple and focused by leaving games and electronic devices behind increases awareness, and . . . a great bonding experience will be had by all!

### **★ *COAR-inspired activities at "home" . . .***

Feeling poverty through sacrificing a meal, a purchase, or some entertainment experience (a movie, television, video game) takes on a new meaning when you can associate it with a particular child.

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### ***6. Planning - Excursions***

*See a sample itinerary in the Appendix.*

There are many things to see and do in El Salvador while staying at COAR. Summarized below are common attractions and things to know about them that will help set an itinerary for a group. However, operating hours and accessibility to destinations can vary unpredictably. It is likely that your guide will need to finalize parts of the itinerary once your group arrives.

**Half days:** Many attractions are located in or near San Salvador. Two or three of these can be combined for a half-day excursion, depending on expected traffic and time to enjoy the destination. Traffic in central San Salvador is extremely heavy during week days.

**Full days:** Most destinations located outside of the San Salvador area should be scheduled for a full day's excursion. The distance between destinations as measured in miles (or kilometers) on a map are NOT reliable indications of the time required to travel. If you would like guidance or suggestions about scheduling a destination not listed, please contact the COAR Peace Mission office.

#### **Romero's Tomb at the Cathedral - San Salvador**

Monseñor Romero is buried in a crypt under the Cathedral in the heart of downtown San Salvador. Traffic in the capital can be quite congested.

*Planning.* Therefore, it may be best to plan a visit on Sunday when time spent in traffic is less and more predictable. There is craft shopping in the main mercado nearby open on Sundays. There are also small restaurants nearby.

#### **Romero's Residence at Divina Providencia - San Salvador**

Monseñor Romero was assassinated while saying mass at the convent chapel on the grounds where he lived. His residence is a museum of his personal effects.

*Planning.* The residence does not maintain regular hours. Your guide may need to seek out the groundskeeper who can open the residence. The current mass schedule at the residence also can be obtained once the group arrives in El Salvador.

#### **UCA/Museum of the Jesuit Martyrs, their housekeeper and her daughter - San Salvador**

The UCA (University of Central America) has a small, lovely campus in San Salvador. The residence where the six Jesuits, their housekeeper, and her daughter were

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murdered in 1989 is maintained as a museum. The campus chapel also contains compelling art inspired by these events.

*Planning.* The museum is definitely closed 12-1pm (lunch time); other operating hours should be confirmed upon arrival in El Salvador.

### **Shrine of the Four Church Women - near San Pedro Nonualco**

The site where the bodies of the four North American Churchwomen, murdered in December 1980, were found is located in a lovely rural area about a 2 hour drive from COAR. The chapel and grounds are locked. COAR has a copy of the key for guests to use. Groups are asked to clean-up the area with the brooms and rakes available.

*Planning.* This activity is best considered an all-day affair. Many groups stop for dinner in a nice restaurant in the fairly large port city of La Libertad, as the highway back to COAR passes close by "the port."

### **La Libertad and Beaches**

A relaxing day at the beach is welcomed by most groups. The coastal city of La Libertad is approximately 30 minutes from COAR. While famous as a surfing destination, it is not recommended for swimming. COAR has several friends with beach property or access to beach clubs who occasionally welcome visitors. Contact the COAR Peace Mission office or your guide to arrange a beach visit.

### **Cultural Museum - San Salvador**

The cultural museum is small but well worth a trip. It contains pre-Columbian artifacts, antique pictures, and other evidence of a vanished past and generally charts the anthropological, cultural, and historical development of El Salvador.

*Planning.* Unlike museums like Mexico City's huge anthropological museum, the Cultural Museum in San Salvador can be viewed in its entirety in 1-2 hours. Heavy traffic should be anticipated and included in travel time.

### **Ruins - Joya de Cer n**

Joya de Cer n is a Unesco World Heritage site and one of the most important archeological discoveries in the Mayan world in recent history. Joya de Cer n was suddenly buried 1,400 years ago by the ashes of a violent volcanic eruption that left the whole Mayan village frozen in time.

*Planning.* Joya de Cer n is approximately a one hour drive from COAR, located on the major east-west highway going from Nueva San Salvador to Sonsonate.

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### Izalco Volcano

Two hundred years ago Volcán Izalco was nothing but a hole in the earth from which columns of black sulfuric smoke would rise. Then a cone began to form and within a short time it grew to its present size of 1910m (6265ft). Izalco continued to erupt into this century, sending out smoke, boulders and flames that became such an impressive sight by night or day it earned the reputation as 'the lighthouse of the Pacific'. The volcano is about two hours west of San Salvador near Cerro Verde national park.

*Planning:* The volcano is approximately a two-hour drive west of San Salvador. A marked path leads to the top, about a 3-hour hike - very strenuous but the young and healthy might enjoy the challenge.

*Update:* **The volcano resumed erupting in 2005. Only plan this excursion after consulting the COAR Peace Mission office.**

### Buying Crafts and Shopping

Salvadoran crafts can be purchased in many places. Organizations committed to a fair wage to the artisans include CIS and CRISPAZ in San Salvador, as well as many smaller, regional cooperatives. Your guide should be able to select an appropriate shop within your itinerary.

An Artesenia Feria is located near Santa Tecla and most excursions into San Salvador pass by it on their way to and from COAR. Most booths contain items available at fair prices for the artisans who made them.

There is a very large craft market (Mercado) in San Salvador, near the Cathedral. However, these are not fair-trade crafts and it can be difficult and time-consuming to try to get to the mercado on a week day.

There are several large, opulent (by Salvadoran standards) shopping complexes around San Salvador. Many shops sell typical crafts as well as some more expensive, high-end craft items. It can be very instructive to contrast these malls with the other excursions and the lives of the COAR children.

A unique shopping experience is the gallery of El Salvador's world-renowned artist, Fernando Llort, in San Salvador. Moderately priced prints, cards, and other merchandise are available along with fabulously expensive original art works.

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### **Cleveland Mission Team**

Members of the Cleveland Mission Team, in El Salvador since 1964, are currently working at three parishes in El Salvador. Their time is heavily committed to their ministries but a visit with them during the day, if they are available, will be the highlight of the trip. The COAR Peace Mission office can often arrange a full or half day with them.

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## ***II. Participating in a Trip to COAR***

1. Overview and Emergency Contact Information
2. Medical
3. Security
4. Legal requirements
5. What to pack
6. Food and Accommodations

### ***1. Participating - Overview and Emergency Contact Information***

- ★ Before visiting COAR overnight, you must arrange the trip through the Cleveland office of COAR.
- ★ Information specific to your group must be obtained from your group leader, e.g.:
  - Flight information, costs, deadlines
  - Travel insurance for emergency medical evacuation
  - Daily itinerary in El Salvador

#### ***Emergency contact information:***

- ★ When the group arrives at COAR, we will either phone or e-mail your US point-contact. ***From the US your emergency contact is  
The COAR Peace Mission office in Cleveland, Ohio  
(440) 943-7615  
coarpm@gmail.com***
- ★ Phones
  - US cell phones can work in El Salvador depending on the type of chip and your service plan. Check with your carrier.
  - Your COAR guide will not carry a US-accessible cell phone
- ★ E-mail
  - COAR has 24/7 e-mail access except during power failures.
  - However, access to computers is limited. You may have three or four brief opportunities to use web-based e-mails during your stay, but it is not guaranteed.

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### *2. Participating - Medical*

As with most developing countries, care must be taken with hygiene and food. There are also special considerations in tropical climates.

- \* Consult your own physician or medical travel specialist for medications, vaccinations, etc. General information can be found at the U.S. Centers for Disease Control and Prevention: <http://www.cdc.gov>
- \* COAR cannot tell you what is appropriate for your situation and comfort level.
- \* Emergency situations: travel insurance for emergency medical evacuation to the US is required of every overnight visitor.

Common sense health precautions:

- \* Do not eat raw fruits or vegetables, ice, or food from small vendors unless advised to do so by your guide. Most cooked food from reputable restaurants or preserved food from stores is acceptable; however, check with your guide. All food served at the COAR cafeteria is washed and prepared hygienically.
- \* Do not leave food in your luggage. In the guest house use the kitchen containers provided for that purpose (bugs!)
- \* Bring bug repellent in case flies or mosquitoes become annoying
- \* Bring hand-sanitizers and disinfectant wipes for excursions
- \* Check your shoes before putting them on (spiders and scorpions)
- \* COAR has a clinic and nurses on site nearly full time. If you feel sick in any way, alert your guide.

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## 3. Participating - Security

Violence from the war ended with the peace accords of 1992. However, as with most poor countries, criminal violence and other random crimes are prevalent.

- \* El Salvador has a high rate of violent crime.
- \* Never leave the COAR grounds without the permission of your group leader.
- \* Group leaders MUST confirm for the guards, every day, when the group is leaving and expected back.

Security in El Salvador:

- \* Details of the security situation in El Salvador can be found at the U.S. Consulate's web site: <http://travel.state.gov>
- \* An article from the New York Times that talks about the difficulty of assessing security according to your own comfort level is reprinted as an appendix to this document.
- \* Security at COAR:
  - o COAR is patrolled 24-hours a day by several security guards. Both vehicle entrances are guarded and the guards are asked to be very careful about anyone trying to enter after dark. For this reason, please ask your guide to tell the security staff if any members of the group will be returning to COAR after 6:00 pm, and approximately when they will be expected.
- \* Common sense security precautions:
  - o Do not wear expensive jewelry (leave it at home) or wear flashy clothing that attracts attention to you as a wealthy tourist
  - o Do not carry more cash than necessary
  - o Be aware of your surroundings and belongings at all times
  - o Do not become isolated from the group
  - o Do not take public transportation or otherwise take excursions separate from the group without consulting your guide or another trusted source inside El Salvador
  - o Give any valuables to the COAR staff to store for you in the administration office
- \* Do not give your phone number or US address to a Salvadoran unless you *want* to be contacted directly by that person and his/her family members in the US when you return.

## Guidelines for visitors to COAR Children's Village

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fax: (440) 943-7618 \* e-mail: [coardirector@gmail.com](mailto:coardirector@gmail.com) \* <http://www.coarpeacemission.org>

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### ***4. Participating - Legal requirements***

COAR asks visitors to sign a release form and acknowledge some basic guidelines that protect the COAR children, staff, and fellow visitors.

- \* You must have a valid passport
- \* The COAR office in Cleveland must have a signed release form
- \* Under 16 years old must be accompanied by a parent or guardian
- \* Over 18 years must provide proof of training to recognize and prevent child abuse.

Legal checklist:

- \* COAR Release Form - located in the appendix of this document  
Return a signed and dated copy to:  
COAR Peace Mission  
28700 Euclid Ave  
Wickliffe, OH 44092-2585
- \* Photocopy of your passport information page:  
Carry this with you in El Salvador and leave your actual passport locked in the COAR office. It is also useful to leave copies with your emergency contact and with the COAR office in Cleveland.
- \* Your group or organization's release form, returned to your group leader, as instructed.

# Guidelines for visitors to COAR Children's Village

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## 5. Participating - What to pack?

El Salvador is HOT, and sometimes also rainy (during May - November, it rains heavily once or twice a day.) Pack light. Wear socially appropriate clothing - you will stand out no matter what you wear and you will represent your group, COAR, and your country.

- ✦ Make sure to check latest airport security measures for what you can carry-on, etc.

Packing guidelines:

- ✦ Do not pack shorts, uncomfortable shoes, or overtly sexy clothing. Despite the heat Salvadorans rarely wear shorts or overtly sexy clothing. It will be interpreted as a sign of disrespect or an invitation for unwanted attention.
- ✦ Pack a flashlight, bug spray, sunscreen, hat, personal water bottle
- ✦ Pack light-weight pants (like khakis), capris, or skirts (not too mini)
- ✦ Pack good walking shoes; do not wear open-toed sandals except around the guest house - there is lots of muck in the streets
- ✦ Pack something nice for mass on Sunday
- ✦ Pack an umbrella - lightweight and compact. Check current regulations regarding checking umbrellas (vs. carry-on). You will probably find it too hot to wear a rain coat.
- ✦ Pack swim suit (reasonably modest - no string bikinis) and beach towel
- ✦ Bring shampoo, toothpaste, etc. - COAR has a limited supply of the basics in case you forget, but there is no place to buy these near COAR
- ✦ Do not pack a hair-dryer; electricity at COAR is expensive and the circuits will overload
- ✦ Pack light - the only clothes storage in the guest house is a small closet for hanging clothes. You will be living out of your suitcase for most of the time.
- ✦ There is an iron and ironing board in the guest house - Salvadorans' clothes are always clean and pressed
- ✦ Laundry:
  - Washing machines and dryers are not available. Laundry must be done by hand, the traditional Salvadoran way using a pila - you'll love it! A pila is a large concrete tub with side counters (outside the guesthouse), used to store water for a variety of washing purposes. Drying in the rainy season can take more than 24 hours - plan accordingly.

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### 6. Participating - Food and Accommodations

The COAR Children's Village has a large guest house that was the original coffee plantation owners' (it is very atmospheric.) You will wake when you hear the children wake (5:00 am!) It has several bedrooms, a large common room, and a kitchen. There is running water (usually), toilettes, and electricity - but with limits, read on . . .

- \* Visitors usually need to exercise extreme caution with food and water in El Salvador.
- \* COAR requires lots of walking up steep hills.

**Food** - Meals are planned in your group's itinerary. The options are:

- \* **COAR Cafeteria:**
  - o Serves a variety of hot and cold meals and snack foods at very reasonable prices (cash only). The cafeteria is open from 7:00 am - 1:00 pm, Monday - Friday. Food is prepared to high sanitary standards and should be acceptable to group members. The cafeteria cannot accommodate food allergies.
- \* **Guesthouse kitchen:**
  - o The group can prepare meals or snacks in the kitchen from food bought at grocery stores (e.g.: spaghetti, sandwiches, peanut butter, yogurt, milk and cereal, fruit, etc.) A trip(s) to the grocery store will be built into the group itinerary. There are no stores near COAR.
- \* **Store-bought food:**
  - o Packaged food bought in stores is safe only if it was packaged safely. Some foods in water that were packaged in El Salvador or surrounding countries should be avoided. Foods such as brand-name bread, peanut butter, yogurt, and milk are generally safe. Check with your guide before buying. Fruit and vegetables must be disinfected by soaking in iodine.
- \* **Restaurants:**
  - o Eating in restaurants is generally safe. Avoid ice or raw foods. There are many restaurants in and around most touring destinations. Many of the cheaper franchised restaurants (Campero Chicken or Margo's Cafeteria) are highly recommended. There are also a variety of nicer restaurants in San Salvador and other large cities and suburbs such as La Libertad and Santa Tecla.
- \* **Pre-packed meal:**
  - o The cafeteria can prepare meals for the road if given enough notice.

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## *Special Section - Table Manners - "Buen Provecho"*

- \* Salvadorans have *excellent* table manners:
  - o They chew with their mouths closed.
  - o They NEVER blow their noses at the table and NEVER into the table napkin. (They excuse themselves to another room to blow their noses.)
- \* Salvadorans *never* leave food on their plates:
  - o If you aren't sure if you will like it, don't take much onto your plate or order it in a restaurant.
  - o Do not disparage the food. It will offend the cooks and Salvadorans who take pride in their national cuisine.

*If you are eating, Salvadorans will greet you with the phrase, "Buen provecho," both approaching the table and leaving. Loosely translated it means, "Take advantage." In severe poverty food is not taken for granted, thrown out, or criticized. They always thank God for what they have.*

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## **Accommodations** - Things to know about your COAR guesthouse:

- \* water:
  - o There is running water in the guest house. Drinking water is provided in large water bottle dispensers.
- \* electricity:
  - o The guesthouse has electricity, lights, a few fans. Brief power failures are common (sometimes daily) and prolonged failures of 24+ hours happen occasionally. Circuits cannot withstand hairdryers or other high-voltage equipment. If you have special needs in this area, check with your guide or the COAR office in Cleveland.
- \* showers and washing:
  - o There is no hot water at COAR (OK most times because it is HOT.) Running water for showers and washing occasionally gets shut-off due to the general shortage of water in El Salvador. Salvadorans (and your group) store water in buckets, drums, and concrete tubs and use small basins for all washing when the water in the tap is off. You will love a bucket shower!

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- \* bathroom:
  - o The guesthouse has flush toilettes. When water is shut off, you must flush "manually" by pouring water from a bucket into the bowl of the toilette. Plumbing in most developing countries is **fragile - do NOT flush the toilette paper - the toilette will jam**. Please place it in a receptacle provided.
- \* kitchen:
  - o The guesthouse has a large kitchen: stove (propane), microwave, refrigerator, dishes and silverware, food storage containers, sink and drain board (sorry - no dishwasher!)
- \* hygiene:
  - o Leaving food around will draw bugs; please store food in the kitchen and sweep-up crumbs and wrappers and clean dishes promptly.
- \* beds and bedding:
  - o Sheets and towels (one per guest) are provided. Twin and bunk beds are comfortable but not luxurious and there is little privacy. If you have special needs regarding sleeping accommodations, talk to your guide or the COAR Peace Mission office in Cleveland.
- \* storage:
  - o There is a small closet for EVERYONE's hanging clothes, there are a few hooks, and a small table or two. Clothes storage is primarily your suitcase, so plan accordingly.
- \* there is an iron and ironing board in the guest house - Salvadorans' clothing is always clean and pressed
- \* Laundry:
  - o Washing machines and dryers are not available. Laundry must be done by hand, the traditional Salvadoran way using a pila - you'll love it! A pila is a large concrete tub with side counters (outside the guesthouse), used to store water for a variety of washing purposes. Drying in the rainy season can take more than 24 hours - plan accordingly.

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- ***Appendix***

1. Sample Itinerary and map
2. HEADS UP: TRAVEL WARNINGS; Safe or Not? It Depends on Whom You Ask, *New York Times*, January 28, 2007
3. COAR Release form

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### 1. Appendix - Sample Itinerary and Map

Date	Monday -	Tuesday -	Wednesday -	Thursday - June 3 <i>Jueves - Junio 3</i>
<b>Activities</b>	+ 11:55am arrive, get visas, bus to COAR +Meet COAR Director, room assignments, lunch + Trip to grocery store +Tour of Grounds + Prepare for teaching English +Dinner +Evening reflection	+9am Teaching English Activities +Lunch + 2pm Teaching English Activities +Dinner + Prepare for teaching English +Evening reflection	+9am Teaching English Activities +Lunch + Afternoon talk about 4 Churchwomen w Fr. Paul Schindler in La Libertad +Dinner back at COAR + Prepare for teaching English +Evening reflection	+9am Teaching English Activities +Lunch + 2pm Romero home and museum, + 4:00pm UCA and martyrs museum, +Dinner at Las Cebollinas in Santa Tecla +Evening reflection
<b>Breakfast</b>	--	+ cafeteria	+ cafeteria	+ cafetería
<b>Lunch</b>	+ cafeteria	+ cafeteria	+ cafeteria	+ cafetería
<b>Dinner</b>	+ cafetería-supplied*	+ cafetería-supplied	+ cafetería-supplied	+ restaurant
<b>Transportacion: (17 personas)</b>	11:55 am: aeropuerto, Supermercado en Zaragoza	none	1pm - 5pm - La Libertad	2pm - 8pm -Divina Providencia, UCA, Santa Tecla

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<b>Date</b>	<b>Friday -</b>	<b>Saturday -</b>	<b>Sunday -</b>	<b>Monday -</b>
<b>Activities</b> <i>Actividades</i>	+Visit Chiltiupan Cleveland parish (meet at El Zonte) +Lunch in Chiltiupan + 3pm Teaching English Activities +Dinner +Evening reflection	+Breakfast +All day trip: <ul style="list-style-type: none"> <li>• Chapel of 4 Church Women Martyrs</li> <li>• Visit to beach club</li> </ul> +Dinner at Punta Roca in La Libertad	+ 10:00 am mass at Cathedral, San Salvador, Romero crypt + Lunch and shopping at Metro Centro luxury mall + Last afternoon fun with COAR children, pack, clean + Dinner at COAR despedida (good-bye party) +Evening reflection	+Return home: 12:55pm Cleveland arrival: 10:35 pm
<b>Breakfast</b> <b>Lunch</b> <b>Dinner</b>	+ cafeteria + Chiltiupan + cafeteria-supplied	+ cook + beach club + restaurant in La Libertad	+ cook + restaurant + COAR party!	+ cafeteria
<b>Transportacion:</b> <i>(17 personas)</i>	6:30am -2pm: Chiltiupan	9am-8pm: San Pedro Nonualco, Los Barriles en San Blas, La Libertad	9am - 2pm: San Salvador	9 am: airport

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<u>Main Sites:</u>	<u>Drive times (approx):</u>	<u>Minutes:</u>
* San Salvador Airport (SAL)	Airport - LaLibertad	60
* San Pedro Nonualco - Chapel of 4 Churchwomen	LaLibertad - COAR	30
* <b>Zaragoza - COAR Children's Village</b>	COAR - San Salvador (central)	30
<u>In the city of San Salvador:</u>	LaLibertad - Teotepeque	45
* University of Central America (UCA)	Teotepeque - Chiltiupan (no direct route)	45
* Cathedral and Romero tomb	San Salvador - San Pedro Nonualco	60
* Romero home and museum	LaLibertad - San Pedro Nonualco	90
<u>Cleveland parishes:</u>		
* Teotepeque		
* Chiltiupan		
* La Libertad		

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### **2. Appendix - HEADS UP: TRAVEL WARNINGS;**

Safe or Not? It Depends on Whom You Ask

*New York Times*, January 28, 2007

By JOSHUA KURLANTZICK

IN the days after Bangkok 's New Year's Eve blasts, which killed three people and came on the heels of a military coup, many travelers seemed confused about how to respond. Some travelers appeared unfazed; one Briton hurt in the bombings, Paul Hewitt, quickly told reporters, "I can't see why this would deter me from coming back." Expatriate friends of mine wrote that Bangkok seemed normal, and they planned to spend New Year's Day engaged in one of Thailand's favorite activities, cellphone shopping.

Some travelers trying to decide whether Thailand was truly safe looked to the old standby, the State Department's travel information, which is broken down into Public Announcements, Consular Information Sheets and Travel Warnings, all available at [travel.state.gov](http://travel.state.gov). The Public Announcements "disseminate information quickly" about short-term threats to security abroad; the Consular Sheets provide detailed, broad background on safety and other issues in foreign countries; and the Travel Warnings advise Americans to avoid a country or to take significant precautions while visiting.

Yet the State Department's reports, while useful and thorough, can also prove confusing. The most serious category, Warnings, includes nations like Indonesia where there are real terrorist threats but generally low levels of violent crime against foreigners. Warnings do not include countries popular with tourists like South Africa that have high rates of assault and murder, which are more likely to affect travelers than terrorism. The Public Announcements sometimes seem too broad to follow: One recent announcement warns of terrorist threats on nearly every continent. Consular Information Sheets offer serious cautions about so many relatively peaceful countries, from Greece to Vietnam , that they can lose their impact.

But savvy travelers know not to rely solely on the State Department reports. Many look to the Web sites of the United States embassy at their destination, which tend to be more detailed. Travelers also turn to the advisories of the British and Australian governments. Australia offers nuanced advisories that use factors ranging from terrorism to crime, to grade nations' safety on a continuum from one to five, with five being the most dangerous. Australia 's advisories are available at [www.smartraveller.gov.au](http://www.smartraveller.gov.au), and tourists can sign up for a handy e-mail service that automatically sends Australian updates about a particular place. ( Britain 's advisories are available at [www.fco.gov.uk](http://www.fco.gov.uk) -- travel advice is available on the left-hand side of the page.)

Local English-language newspapers can prove even more vital, and the Web sites [www.thebigproject.co.uk/news/](http://www.thebigproject.co.uk/news/) and [world-newspapers.com](http://world-newspapers.com) offer links to Web sites of English-language publications from The Times of London to The Times of Central Asia. Often, the local papers offer early warnings of events that later threaten tourists. In Thailand , The Bangkok Post and The Nation, English-language dailies, reported credible talk of a coup well before the Thai military actually seized power in September.

"This had been predicted in the press for weeks," a Bangkok Post editor, Songpol Kaoputumpit, told me just after the coup.

Many of the local papers' Web sites also contain discussion forums, which travelers can use to assess the state of local concern about anything from avian flu to air safety. Local news media also cover mass emigrations,

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the best sign that people in that country are genuinely afraid. After the 2002 Bali bombing, Indonesian papers reported few exoduses of middle-class Indonesians to Singapore, suggesting that locals thought the nation remained stable. By comparison, during rioting in Jakarta in the late 1990s, many Indonesians fled the country.

Conversely, the local press often understands best when seemingly disturbing developments should merit a yawn rather than a canceled vacation. While I was visiting the Philippines last winter, President Gloria Macapagal-Arroyo had declared a state of emergency, warning that the government feared a coup attempt. But when I wandered the crowded streets of Manila's shopping district, I noticed that virtually no one seemed worried. Later, local reporters told me few Filipinos feared a real coup.

Local blogs in English can serve a similar function as English-language newspapers. For example, the Web site [asiapundit.com](http://asiapundit.com) has links to hundreds of blogs from across Asia, some of which contain debates about pressing political and security issues.

Travelers can provide foreign safety tips, but Web forums catering to backpacking budget tourists, who often spend more time than high-end travelers dealing with local police, aggressive hawkers and other such difficulties, generally prove the most detailed. Lonely Planet's [thorntree.lonelyplanet.com](http://thorntree.lonelyplanet.com) contains pages for nearly every country.

Other sites collate travel information into one accessible location. The comprehensive site [allsafetravels.com](http://allsafetravels.com) compiles travel reports, warnings and breaking news from many countries, while [airsafe.com](http://airsafe.com) allows visitors to research many facets of air safety in foreign nations.

LESS comprehensive than [allsafetravels.com](http://allsafetravels.com) but far more thrilling, [comebackalive.com](http://comebackalive.com), the official Web site of Robert Young Pelton, author of "The World's Most Dangerous Places," offers firsthand reports from the slums of Haiti and similar places. It also has a discussion group focusing (not surprisingly) on alarming questions, like "Congo, Rwanda, or Colombia as a Solo Female Traveler?" or "How Do I Know if I've Gotten a Concussion?"

Ultimately, nothing beats old-school local knowledge -- contacting people on the ground before you go, including locals not affiliated with the travel industry. Local bloggers and journalists, identified through e-mail addresses on the Web sites of local papers, are often willing to answer e-mailed questions.

I learned the hard way. Before embarking upon a recent trip to East Timor, I spoke with few Timorese, though I did talk to one American friend who had returned from Timor and warned me about safety issues.

Still, I disregarded her caution. Days after touching down in Dili, Timor's capital, locals filled me in with more detail. My guide, Chico Tilman, who was receiving frequent frantic calls from his wife, told me of an upcoming clash between disgruntled soldiers.

I was lucky. Even as armed soldiers from opposing factions rumbled into Dili, the city remained relatively calm. I even had time to sneak out of town on a short snorkeling trip. Days after my plane departed Dili for northern Australia, the capital erupted into violence, with militias torching parts of the city.

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## 3. Appendix - COAR Release Form

### Instructions:

- Print, sign (or have your parent or guardian sign) the completed release form and mail it to COAR in Cleveland:

COAR Peace Mission  
28700 Euclid Ave  
Wickliffe, OH 44092-2585

- If any required information is left blank, or if you cannot answer "yes" to any terms of the release information, you may be ineligible to travel to COAR. Please discuss any problems or questions with your group leader.

### 1. Your Personal Information (\* required)

Name: \* \_\_\_\_\_

Passport number: \* \_\_\_\_\_ Country: \_\_\_\_\_

Address Line 1: \* \_\_\_\_\_

Address Line 2: \_\_\_\_\_

City, State, Zip: \* \_\_\_\_\_

\* one of these phone numbers is required:

Work/day Phone: \* \_\_\_\_\_ Home/evening Phone: \* \_\_\_\_\_

Cell Phone: \* \_\_\_\_\_

Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

Travel Dates : \* \_\_\_\_\_

Group or organization: \* \_\_\_\_\_

Group leader : \* \_\_\_\_\_

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### 2. Emergency Contact Information (\* required)

Emergency Contact Full Name: \* \_\_\_\_\_

Relationship to you: \* \_\_\_\_\_

Work/day Phone: \* \_\_\_\_\_

Home/evening Phone: \* \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Additional information:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### 3. Release Information (\* required)

Yes	No	<i>Place a check mark in either the Yes or No box for each item*</i>
<input type="checkbox"/>	<input type="checkbox"/>	I voluntarily join the trip to El Salvador, named above. In that capacity, I will be traveling to El Salvador, volunteering at COAR Children's Village and visiting pertinent sites.
<input type="checkbox"/>	<input type="checkbox"/>	I grant to COAR Peace Mission, COAR Children's Village, and the Archdiocese of San Salvador, its representatives and employees the right to take photographs or videos of me and my property in connection with my visit to COAR, including preparation for the trip, while in El Salvador, and events afterward and further authorize them and their assigns and transferees to copyright, use, and publish the same in print and/or electronically.
<input type="checkbox"/>	<input type="checkbox"/>	I agree that COAR Peace Mission, COAR Children's Village, and the Archdiocese of San Salvador, may use such photographs and videos of me with or without my name for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.
<input type="checkbox"/>	<input type="checkbox"/>	I grant to COAR Peace Mission, COAR Children's Village, and the Archdiocese of San Salvador, its representatives and employees the right to use any photos or videos that I take and give to them for any purpose such as publicity, illustration, advertising, and Web content, with or without attribution.

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Yes	No	<i>Place a check mark in either the Yes or No box for each item*</i>
<input type="checkbox"/>	<input type="checkbox"/>	I understand that the COAR children are minors. As such, I will NOT publish in any way (social media, web sites, newsletters, etc.) any photos or videos of the children taken at COARCV. Note: photos or videos taken at the COARCV school or outside of COARCV may be used by me in a way that is respectful of the subject's dignity & privacy.
<input type="checkbox"/>	<input type="checkbox"/>	I understand that if I choose to share my personal information (e-mail, phone number, address, social media) with anyone in El Salvador, including the COAR children and staff, I am inviting them to contact me, stay in contact with me, and pass on my contact information to others.
<input type="checkbox"/>	<input type="checkbox"/>	I recognize and assume all risks of travel to, from, and within El Salvador, a country with extreme poverty and crime and often very difficult conditions.
<input type="checkbox"/>	<input type="checkbox"/>	On behalf of myself, my family, heirs, representatives, executors, administrators and all other persons making any claim by any reason of any relationship to me, I hereby release and hold harmless COAR Peace Mission, the Archdiocese of San Salvador, COAR Children's Village, and any of their affiliates, subdivisions, officers, directors, trustees, teachers, employees, advisors, agents and representatives from any claims, damages, costs, including attorney fees, or other liabilities resulting from personal injury, property damage, or other losses of any kind in any way connected with participation in this program.
<input type="checkbox"/>	<input type="checkbox"/>	I understand that sponsoring organizations take no responsibility for my medical care or the availability of medical services during this trip.
<input type="checkbox"/>	<input type="checkbox"/>	I understand that if my behavior endangers the children or staff of COAR, my group, or myself, or if my behavior is disruptive to the group or to COAR, as determined by the group leader or the Director of COAR, I may be asked to leave COAR and El Salvador at my own expense. I understand that if my minor child is asked to leave, he/she will be accompanied by an adult, also at my expense.
<input type="checkbox"/>	<input type="checkbox"/>	<p><b><i>(For 18 and over: )</i></b>                      I have attended training to recognize and prevent child abuse:</p> <p>Name (e.g.: "Virtus"): _____</p> <p>Date: _____</p> <p>Location (e.g. Boy Scout Troop #324, Cleveland Heights, OH): _____</p>
<input type="checkbox"/>	<input type="checkbox"/>	<p><b><i>(For 18 and over: )</i></b>                      I have attached a certificate or other proof of child abuse prevention training.</p>

# Guidelines for visitors to COAR Children's Village

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(440) 943-7618 \* e-mail: [coardirector@gmail.com](mailto:coardirector@gmail.com) \* <http://www.coarpeacemission.org>

## Visitor Agreement for COAR Children's Village

### A component of the Institutional Regulations of COAR-CV

COAR-CV has instituted a Zero-Tolerance Policy regarding the violation of child & teen rights.

I, thereby, promise to follow the current policies documented below:

Yes	No	
		<ul style="list-style-type: none"> <li>➤ Respect the visitation schedule established by the institution;</li> <li>➤ Present appropriate identification upon entering the installation;</li> <li>➤ Check-in with the administration or ask the guards to inform the housemothers in the houses that I intend to visit that I have arrived;</li> <li>➤ Accept that the visit will be directly or indirectly supervised by COAR-CV staff;</li> <li>➤ Visit with the children in a visible location, preferably, the Casa Comunal or the Gazebos.</li> <li>➤ Maintain the appropriate personal space with each child or teen;</li> <li>➤ Avoid using any type of inappropriate, dishonest, denigrating, or abusive language or gesture;</li> <li>➤ Dress appropriately to the nature of the institution which means not revealing inappropriate cleavage or revealing clothing;</li> <li>➤ Avoid lending cellphones, Ipods, or any electronic devices to the kids; this also applies to making cash loans or loans of any item of value to any of the kids or teens at COARCV. Any infraction of this policy will bar your bringing a cellphone with you to your next visit.</li> <li>➤ In the event that a child or teen behaves in front of you in a seductive manner, withdraw from their presence, do not respond to that behavior in any way, and report that behavior to the appropriate authorities;</li> <li>➤ Care for and respect the property and buildings on the grounds of COAR. Assist in cleaning up after your visit by placing trash in the appropriate receptacles.</li> <li>➤ Respect the Communication Policies of the institution regarding communication with the children residing at COARCV: Outside communication with the children should go through the director or social worker during normal business hours. It is not permitted for children to receive phone calls placed to the cell phones belonging to their housemothers.</li> </ul>

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Yes	No	
		<p>I agree to refrain from the following:</p> <ul style="list-style-type: none"> <li>➤ Being found in a state of inebriation or under the influence of any illicit drug;</li> <li>➤ Bringing into COAR any type of weapon</li> <li>➤ Bringing into COAR alcoholic beverages, tobacco products, or any substance that could be harmful to the health of the children and teen residents;</li> <li>➤ Making any improper or violent behavior on the grounds of COARCV;</li> <li>➤ Publishing through any media videos or pictures showing the faces of the children and teen residents of COARCV;</li> <li>➤ Asking any of the children about their past (family) history;</li> <li>➤ Giving any object of value including cell phones, Ipods, jewelry, or money to the children and teens;</li> <li>➤ Entering any residence without authorization;</li> <li>➤ Mistreat, abuse sexually / physically / emotionally any of the children or teens;</li> <li>➤ Participating in any sexual activity with the children or teens including exposing them to pornographic material;</li> <li>➤ Walking arm-in-arm, hugging, kissing, touching or carrying any of the children or teens in a way that is inappropriate or lacking cultural sensitivity;</li> <li>➤ Making sexual jokes or innuendo or behaving in a provocative way towards any member of the COAR community;</li> <li>➤ Disrespecting or encouraging others to disrespect any of the authorities at COARCV.</li> </ul>
		<p>I am aware of the obligation of the Institution to report any infraction of this policy to the appropriate authorities. Further, I will abide by the sanctions imposed due to any infraction such as temporary or permanent suspension of visitation rights.</p> <p><i>"Every person possesses the same Human Dignity: when you trample on other people's dignity, you are trampling on your own" (Pope Francis: 2014)</i></p>

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## 4. Medical Information (\* required)

### ***Privacy Statement:***

COAR understands that privacy concerning personal medical information is important. We will make every effort to keep this information confidential.

Travel Insurance Company name: \* \_\_\_\_\_

Travel Insurance policy number: \* \_\_\_\_\_

Travel Insurance authorization contact phone number: \* \_\_\_\_\_

Medical Insurance Company Name: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Emergency Authorization Phone Number: \_\_\_\_\_

Primary Physician Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

***A. Describe any existing medical condition or limitations (if none, write "none"):***

***B. List all prescription medications you are currently taking, or may require, and the condition(s) for which they are required (if none, write "none"):***

***C. List any allergies, especially to drugs or insects (if none, write "none"):***

***D. List recent immunizations (if none, write "none"):***

Date of last Tetanus Booster \_\_\_\_/\_\_\_\_/\_\_\_\_

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### 5. Release for Medical Treatment (\* required)

Yes	No	<i>Place a check mark in either the Yes or No box for each item*</i>
		<p><b>For minor children:</b> I authorize _____ to make decisions regarding my minor child regarding admittance to any hospital or medical facility for diagnosis and treatment. He/she may request and authorize physicians, dentists, staff, technicians, or nurses, to perform any diagnostic procedures, treatment procedures, operative procedures and x-ray treatment. I have not been given a guarantee as to the results of examination or treatment. I authorize the hospital or medical facility to dispose of any specimen or tissue taken.</p> <p><b>For adults:</b> If I am unconscious or otherwise unable to participate in my treatment I authorize _____ to make decisions regarding admittance to any hospital or medical facility for diagnosis and treatment. He/she may request and authorize physicians, dentists, and staff, technicians or nurses, to perform any diagnostic procedures, treatment procedures, operative procedures and x-ray treatment. I have not been given a guarantee as to the results of examination or treatment. I authorize the hospital or medical facility to dispose of any specimen or tissue taken.</p>

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### 6. General Understandings (\* required)

Yes	No	Place a check mark in either the Yes or No box for each item to indicate that you understand the conditions you are likely to encounter on this trip. Please discuss any questions or concerns about these items with your group leader.*
		I understand that travel in El Salvador may be difficult and uncomfortable, hot, dusty, and with unexpected delays; that COAR and other sites require walking and climbing; that electricity at COAR and excursion sites is limited and unreliable. I understand that food availability and preparation is limited in El Salvador and special dietary needs or restrictions (e.g.: vegetarianism, peanut allergies) may not be accommodated. I feel that my general physical health is sufficient for this trip.
		I understand that COAR exists to serve the best needs of impoverished children. I want to participate in COAR's mission by respecting the children's schedule, honoring any requests made by the housemothers, teachers, or staff regarding the well-being of COAR, and bringing any concerns about my understanding of these requests to my group leader.
		I understand that El Salvador has a tragic and complex past, through which many people I meet will have lived and suffered. I will ask any questions about that time and receive the answers humbly and with the understanding that I may not have the language ability or experience to judge the actions or opinions of those Salvadorans who share their experiences with me.
		I understand that the needs of my group must be respected and I will follow the established schedule, participate in group activities and reflection times, and be considerate of my fellow-travelers.
		I understand that if my behavior endangers the children or staff of COAR or my group I may be asked to leave COAR and El Salvador at my own expense.

### 7. General Questions

Please take a moment to consider these four (4) questions. The answers need not be long, but we hope they will be well-considered so that your experience at COAR will be as rich as possible:

A. What do you understand to be the purpose of your group's visit to COAR?

B. What are you curious about regarding COAR, El Salvador, the developing world, or the poor?

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C. What do you feel you can bring to your group and what do you hope to gain from the group?

D. How do you plan to follow-up your experience at COAR?

**I have carefully reviewed the foregoing and this form in its entirety, and by signing below agree to its terms with full understanding of its meaning and effect.**

Signature of participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent or guardian : \_\_\_\_\_ Date: \_\_\_\_\_

***Parent or Guardian Information:***

Print name of parent or guardian: \_\_\_\_\_

Address, Street, City, Zip: \_\_\_\_\_

\_\_\_\_\_

Phone numbers: \_\_\_\_\_

E-mail or other contact information: \_\_\_\_\_

***Return signed original to:***  
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