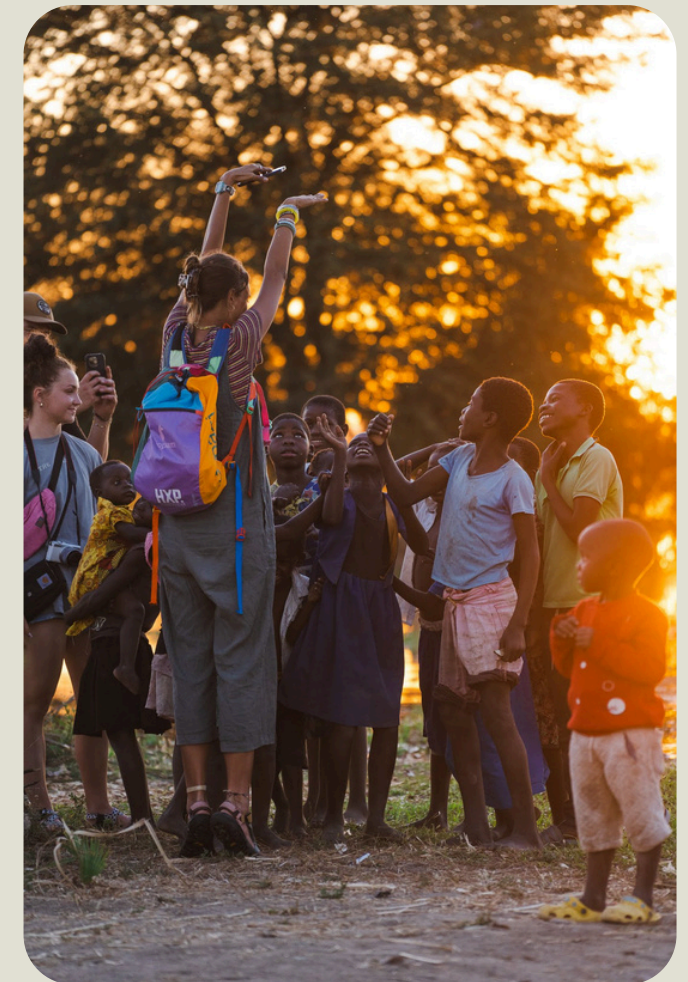


# Central America Region

PARENT AT HOME EXPO



# Agenda

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**SAFETY**

**PROJECT**

**FLIGHTS**

**TRIP ITINERARY**

**PACKING**

**HOW TO FOLLOW ALONG**





**Belize Cayo**

**Belize Orange Walk**

**Costa Rica Pura Vida**

**Costa Rica San Jose**

**Dominican Republic La Cienaga**

**Dominican Republic Tamboril**

**Guatemala Atitlan**

**Guatemala Mayan**

**Panama Bella Vista**

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**CENTRAL AMERICA**

# 2024 Trip Stats

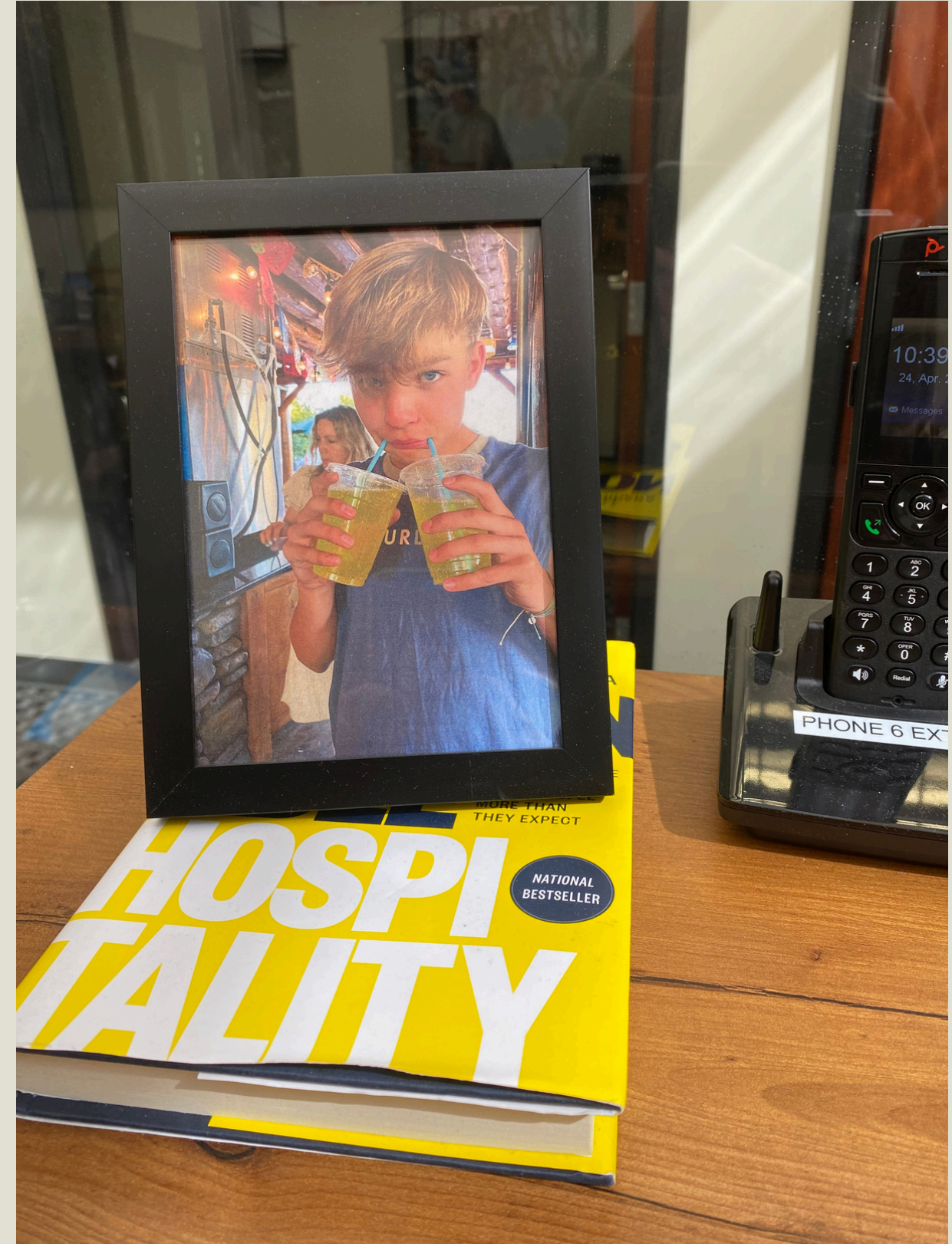
TOTAL INTERNATIONAL DESTINATIONS: 56

TOTAL DOMESTIC DESTINATIONS: 3

TOTAL BUILDERS: nearly 6,500

TOTAL PARENT BUILDERS: 600

TOTAL TRIP LEADERS: 360





SAFETY



In case of emergency, we have a 24-hour hotline during the summer. If there's an emergency at home or on your child's trip, HXP base will get you in touch quickly. We are **in constant communication** with all of our Trip Leaders throughout their trips, but we filter communication so they can focus first and foremost on running trips and connecting with their Builders.

For minor medical concerns (constipation, diarrhea, headache, etc.), Trip leaders will be in contact with the HXP medical team. For major medical concerns (including trips to local clinics/hospitals), HXP will be in contact with parents & guardians.





Our HXP medical team is a huge piece of the puzzle when it comes to **extra precautions we take to keep Builder safe**. In addition to 24/7 availability over the summer, the HXP medical team comes to the three-day Trip Leader training, where Trip Leaders are prepared for common travel health occurrences dehydration, motion sickness, and diarrhea. **Regardless of the hour of day and severity of the question, the HXP medical team is quick to answer, patient beyond measure, and confident in his advice on how to best move forward.**

# World Travel Protection

Monitor Global Risks, Locate Your Travellers & Get Real-Time Alerts If Threats May Occur



**If you have any questions while your  
Builder is on their trip, reach out to HXP:**

**801-900-4111**

**801-882-7797**

# INTERACTIONS WITH LOCALS

# Our Local Coordinators





**Foreman**



**Students**



**Bus Drivers**



**Food Providers**

PROJECT

Our unapologetic mission is to change lives through service—by that, we mean the lives of Builders, as well as the lives of those we serve. Over the years, we’ve found that this is a symbiotic relationship; unless our project is truly sustainable and has a long-term impact for good in the community, it does not have the life-changing effect on Builders that we promise.



This vision has helped us design a rubric that we now use as the HXP standard for sustainability to evaluate our economic, environmental, social/cultural, and political footprint. This rubric was originally designed by a group of MPA students at Brigham Young University and has undergone many iterations since then.

Our focus at HXP has always been love—developing real relationships with the people we interact with and with one another. At first glance, that can be perceived as self-serving. However, the relationships developed on trips turn into real friendships that are mutually supportive, and through social media, often last indefinitely. We hope to constantly improve as we continue to learn more about the needs of the people we love. As humans, and as Christians, we believe that is all we can ask one another.



**Belize Cayo** - Build classrooms for an overcrowded school

**Belize Orange Walk** - Build classrooms for an overcrowded school

**Costa Rica Pura Vida** - Build two additional classrooms for a school in a low-income community

**Costa Rica San Jose** - Build classrooms for an overcrowded school

**Dominican Republic La Cienaga** - Build a brand new school for Amigos de Syndrome Downs (Downs Syndrome Friends)

**Dominican Republic Tamboril** - Build two additional classrooms for a school in a low-income community

**Guatemala Atitlan** - Build a health center in a small town

**Guatemala Mayan** - Build classrooms for a school that has been run out of a rented home for the past 15-20 years

**Panama Bella Vista** - Building an extension to a current school

FLIGHTS



Click [here](#) for Flights expo slides.

# TRIP ITINERARY

# WEEKDAY SCHEDULE

ACTIVITY	START TIME	END TIME
Wake Up/Get Ready	6:30 AM	7:00 AM
Scripture Study/Devotional	7:00 AM	7:45 AM
Breakfast	7:45 AM	8:30 AM
Travel to Project Site	8:30 AM	9:00 AM
Work on Project	9:00 AM	12:00 PM
Lunch	12:00 PM	1:00 PM
Work on Project	1:00 PM	4:00 PM
Travel Home	4:00 PM	4:30 PM
Shower/Get Ready	4:30 PM	5:00 PM
Dinner and Nightly Culture/Ward Activity	5:00 PM	9:00 PM
Devotional/Journal Time	9:00 PM	10:00 PM
Get Ready for Bed	10:00 PM	10:30 PM
In Bed	10:30 PM	

# SUNDAY SCHEDULE

ACTIVITY	START TIME	END TIME
Wake Up/Get Ready	7:00 AM	7:30 AM
Scripture Study/Devotional	7:30 AM	8:15 AM
Breakfast	8:15 AM	9:00 AM
Travel to Church	9:00 AM	9:45 AM
Church	10:00 AM	12:00 PM
Lunch	12:00 PM	1:00 PM
Splits with the Missionaries	1:00 PM	2:00 PM
Travel Home	2:00 PM	2:45 PM
Group Activity/Journal Time	3:00 PM	5:30 PM
Dinner	5:30 PM	6:15 PM
Fireside with the Ward	7:00 PM	9:00 PM
Devotional	9:45 PM	10:00 PM
Get Ready for Bed	10:00 PM	10:30 PM
In Bed	10:30 PM	

HOW TO  
FOLLOW ALONG

hxp.fijinadi

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HUMANITARIAN EXPERIENCE

2,513 posts   1,376 followers   1 following

HXP Fiji Nadi  
Formerly @hefy.fijinadi  
[www.humanitarianxp.org/registration](http://www.humanitarianxp.org/registration)

Followed by hailey\_wilson32, woolley and 3 others

Follow   Message

Takeover   Highlights   Fijinadi5   Fiji Nadi 4   Group 3 '23...

THANKS TO YOU, 2023 WAS THE BIGGEST SUMMER YET  
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hxp.guatemalamayan

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1,103 posts   824 followers   1 following

HXP Guatemala Mayan  
[www.humanitarianxp.org/registration](http://www.humanitarianxp.org/registration)

Followed by kaylee.barloww, mitch\_stepan and 25 others

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Takeover   Trip 4

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hxp.kenyamasaimara

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1,396 posts   1,308 followers   1 following

HXP Kenya Masai Mara  
Followed by ljtate11, bollisbunt and 2 others

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745 posts   774 followers   1 following

HXP Peru Iquitos  
This is the OFFICIAL HXP Peru Iquitos Account! -HXP HQ  
Followed by hxp.humanitarianexperience and hattiejackson\_

Follow   Message

Takeover   Group 5 Iqu...   Group 5 Iqu...   Group 5 Iqu...   Iquitos grou...

THANKS TO YOU, 2023 WAS THE BIGGEST SUMMER YET  
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# PARENT BUILDER INSTAGRAM CALENDAR

<b>TRAVEL DAY 1</b>	<b>TRAVEL DAY 2</b>	<b>SIGHTSEEING DAY 1</b>	<b>SIGHTSEEING DAY 2</b>	<b>SABBATH DAY</b>	<b>WORKSITE DAY 1</b>	<b>WORKSITE DAY 2</b>
MEETUP AIRPORT: 1 POST OF GROUP IN U.S. POST FOR EACH LAYOVER	<b>ARRIVAL IN COUNTRY: POST UPON ARRIVAL!!</b>	2 POSTS TODAY <b>INCLUDE AT LEAST 1 ENTIRE GROUP PICTURE!</b>	2 POSTS TODAY <b>INCLUDE AT LEAST 1 ENTIRE GROUP PICTURE!</b>	<b>YOUR CHOICE POST</b>	WORKSITE POST (INCLUDING A <b>GROUP PHOTO &amp; "BEFORE" PROJECT PHOTO</b> ) EVENING ACTIVITY POST	WORKSITE POST FROM LIST  EVENING ACTIVITY POST FROM LIST
<b>WORKSITE DAY 3</b>	<b>WORKSITE DAY 4</b>	<b>WORKSITE DAY 5</b>	<b>SIGHTSEEING</b>	<b>SABBATH DAY</b>	<b>WORKSITE DAY 6</b>	<b>WORKSITE DAY 7</b>
WORKSITE POST FROM LIST  EVENING ACTIVITY POST FROM LIST	WORKSITE POST FROM LIST  EVENING ACTIVITY POST FROM LIST	WORKSITE POST FROM LIST  EVENING ACTIVITY POST FROM LIST	2 POSTS TODAY <b>INCLUDE AT LEAST 1 ENTIRE GROUP PICTURE!</b>	<b>YOUR CHOICE POST</b>	WORKSITE POST FROM LIST  EVENING ACTIVITY POST FROM LIST	WORKSITE POST FROM LIST  EVENING ACTIVITY POST FROM LIST
<b>WORKSITE DAY 8</b>	<b>TEMPLE DAY</b>	<b>TRAVEL HOME DAY</b>				
WORKSITE (INCLUDING A <b>GROUP PHOTO &amp; "AFTER" PROJECT PHOTO</b> ) EVENING ACTIVITY POST	<b>YOUR CHOICE POST</b>	BACK TO THE U.S.: 2 POSTS INCLUDING A <b>GROUP PICTURE WHEN YOU LAND IN THE U.S.</b>				

**Mandatory specific posts**

**Your choice posts**

Refer to the list for content ideas

**BELIZE CAYO**

@hxp.belizecayo

**BELIZE ORANGE WALK**

@hxp.belizeorangewalk

**COSTA RICA PURA VIDA**

@hxp.costaricapuravida

**COSTA RICA SAN JOSE**

@hxp.costaricasanjose

**GUATEMALA ATITLAN**

@hxp.guatemalaaatitlan

**GUATEMALA MAYAN**

@hxp.guatemalamayan

**DOMINICAN REPUBLIC LA CIENAGA**

@hxp.drlacienaga

**DOMINICAN REPUBLIC TAMBORIL**

@hxp.drtamboril

**PANAMA BELLA VISTA**

@hxp.panamabellavista

# LETTERS HOME

Halfway through the trip—typically Sunday—all builders write a handwritten note home. Trip Leaders will take pictures of the letter and email it to you. This is a great opportunity for them to talk about the trip and what they've learned, and you'll be blown away by their growth and perspective shift in such a short period of time.



PACKING

**One of the best parts of HXP trips is learning to love a new culture. Builders can show gratitude and appreciation for the people that so generously welcome us into their lives is by respecting their culture. This can be done in a variety of ways.**



**Builders can show respect by the clothing they wear. Some countries have traditional clothing that they share with us, and Builders can show appreciation by honoring this clothing and wearing it appropriately. Other places have different standards of what appropriate dress means, and we can honor the country and culture by dressing according to this more modest standard.**

HXP Pro-tip:

# ‘UNPACK WITH YOUR BUILDER’

This is the perfect opportunity to get to know all the little details of your Builder’s trip!

Click [here](#) for HXP Packing lists.





## CONTACT US

801-900-4111 (MW 9-4:30, F 9-2)

[info@hxp.org](mailto:info@hxp.org) (M-F)