

El Salvador 2010

Volume 1, Issue 1

Special points of interest:

- Airport Code: SAL
- Entry Fee: \$10 CASH
- Currency : US Dollar
- Dates: 01/02-01/08



Welcome To Spinal Missions: Mission El Salvador

We at Spinal Missions are pleased that you are joining the mission trip to El Salvador. Within this newsletter you will find the answers to the most commonly asked questions regarding our mission trip. It is important that you read this newsletter in its entirety. Also it is understood that the fees for the mission trip are completely **non-refundable**.

Salvadorians are beautiful people and we are truly very happy that you have decided to share your gift of chiropractic with the amazing people of this third world country. With that being said please remember that you are traveling to a 3rd world country. We look forward to your hard work.

Communicating With the USA

- It is highly advised that before leaving the airport you pick up a cell phone .
- A cell phone will cost you between \$12-25 dollars depending on your desired features.
- This phone is the cheapest way to phone back to the USA.
- There is also email if you do not need to call back to the states.
- It is not advised that you use a USA phone in El Salvador!

Entering With the Right Perspective

- This is a 3rd world country and is very poor.
- You must understand that the country will be very dirty and you will get very dirty while working.
- You must respect the customs of the country.
- The people are very excited to get your help.
- You are regarded as a North America doctor and seen as a true authorities in all aspects of the body.
- The people are looking for your attention so please handle each patient with compassion.
- The work days will be long and hard and often draining but remember why you are here.
- This experience is one of a life time but it is **not a vacation.**



Working Days

- You may or may not be adjusting outside so be prepared for the heat
- Work will begin at 8:30 am and will terminate around 5:30 dependant on patient volume
- You will be provided lunch on days that you are adjusting
- You will also be given a short break during the lunch period to rest
- You will have patient of all age ranges
- There will be at least one translator with each group; however, you must become familiar with the terms to perform a basic adjustment

Must Pack Items

- Portable table
- Any Adjusting Instruments that you might use
- Approximately \$200 cash for your personal needs
- Passport and any needed Visas (if you are not a US citizen)
- Light Clothing (the heat is very strong)/ comfortable shoes

El Salvador Quick Facts

- **Capital:** San Salvador
- **Currency:** US Dollar
- **Population** (July 2008): 7 million
- **Nationality:** Salvadoran (s)
- **Religions:** Roman Catholic 83%
- **Languages:** Spanish, Nahua among the indigenous groups
- **Literacy:** age 10 and over can read and write: 80.2%
- **Trivia:** El Salvador is the world's largest exporter of live iguanas.
- **Borders** Guatemala and Honduras and the Pacific Ocean

Customs Issues

- You must have a **valid passport** to travel to El Salvador
- You must have **\$10 cash** to enter the country.
- Boulevard Universitario # 2032, San Salvador 503, El Salvador
- You must mark on you customs form that you are visiting. **This is not a business trip.**



Expected Conduct

You have signed a **conduct agreement** prior to joining this mission trip. It is essential that you understand that the conduct agreement will be implemented. At all times you are to have a profession decorum while managing patient. The employees that will be working with us in El Salvador are employees of Spinal Missions are **not** in place for personal interaction. These employees are here to assist you in patient management and transportation as need by our group. Understand that approaching these employees to acquire drugs of any type will result in immediate release of you from the trip and your money will not be refunded as well as you being escorted off the premise.

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Bringing Chiropractic to the World

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Bringing chiropractic to Latin America. Join us and have the opportunity to help thousands.

Chiropractic mission trips that are design for hard work but abundant rewards.

Terms That You Should Know

Breathe. Respira. (Rehs-pee-rah)

Relax. Descansa. (Dehs-kahn-sah)

Take a deep breath. Respira hondo. (Rehs-pee-rah ohn-doh)

Let it out. Exhala. (Ehx-ah-lah)

Face Down: Boca Abajo

Face Up: Boca Arriba

On your Side: En Su Lado