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## Participant Packet/Forms 2017

Complete and sign appropriate forms (pg. 9-11), then scan & email forms to [info@ffhe.org](mailto:info@ffhe.org) (preferred method)  
OR mail signed forms to:

**Family to Family Humanitarian Expeditions**

**247 East 4700 North**

**Provo, UT 84604**

**Email: [ffhe.information@gmail.com](mailto:ffhe.information@gmail.com)**

**Contents of packet**

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**Address to complete for Immigration Form:**

Hotel El Mirador, Potrero  
Gavillero No. 4 El Pedregal  
Tequisquiapan, Qro.  
Querétaro, Qro.  
76060

**Emergency Information Querétaro, Mexico**

Using the emergency contact info for the family at home:

Make sure it is an emergency situation such as death of a family member or similar event.

First contact:

Kendon Eakett, Expedition Leader:  
Cell Phone: (801) 372-1087  
Email: [keakett@yahoo.com](mailto:keakett@yahoo.com)

In Utah:

Rae Eakett, Board of Directors:  
Cell Phone: (801) 360-1610  
Email: [rae.ffhe@gmail.com](mailto:rae.ffhe@gmail.com)

If unable to reach Kendon, then contact:

Jose Jimenez Rosales  
(H): (011)(52) 1-414-226-8077  
Email: [josesmart21@hotmail.com](mailto:josesmart21@hotmail.com)  
Address: Fuentecillas 27-A Col  
Pedregal, Tequisquiapan

## General Expedition Outline

### Day 1- Saturday (Mexico City)

4:00 PM- Meet at Mexico City Airport  
4:30 PM- Travel to Querétaro- Autobus  
8:30 PM – Travel to Tequisquiapan  
9:30 PM- Arrive at Hotel in Tequisquiapan  
9:30 PM – Light Meal  
10:30 PM- Lights Out

### Day 2- Sunday (Tequisquiapan, Querétaro)

8:00 AM- Breakfast  
10:00 AM- Sunday Worship  
1:00 PM- Family Visits  
2:30 PM- Midday Meal  
4:00 PM- Personal Time  
6:00 PM- Dinner  
7:00 PM- Musical Fireside/Points to Ponder  
10:30 PM- Lights Out

### Day 3- Monday (Landa, Querétaro)

6:00 AM- Travel & Breakfast  
9:30 AM- Arrive at Albergue - Landa  
10:00 AM- Service Projects – Morning Children  
(Health Training, Painting, Library project)  
1:00 PM- Midday Meal - Albergue  
2:00 PM- Service Projects – Afternoon Children  
(Health Training, Painting, Library)  
6:00 PM- Travel to La Lagunita to Hotel  
7:00 PM- Evening Meal  
9:00 PM- Points to Ponder  
10:30 PM- Lights Out

### Day 4- Tuesday (Tilaco, Querétaro)

8:00 AM- Breakfast  
8:30 AM- Travel to Tilaco  
10:00 PM- Service Projects – Morning  
Children (Health Training, Painting, Library  
project) 1:00 PM- Midday Meal - Albergue  
2:00 PM- Service Projects – Afternoon Children  
(Health Training, Painting, Library project) 6:00  
PM- Travel to La Lagunita  
7:00 PM- Evening Meal  
9:00 PM- Points to Ponder  
10:30 PM- Lights Out

### Day 5- Wednesday (Ezequiel Montes)

7:00 AM- Breakfast  
7:30 AM- Travel to Ezequiel Montes  
10:00 AM- Service Projects - Morning Children  
(Health Training, Painting, Library project)  
1:00 PM- Midday Meal –Albergue  
2:00 PM- Service Projects – Afternoon Children  
(Health Training, Painting, Library project) 6:00  
PM- Travel to Tequisquiapan  
7:00 PM- Evening Meal - Tequisquiapan  
9:30 PM- Points to Ponder  
10:30 PM- Lights Out

### Day 6- Thursday (Huimilpan)

7:00 AM- Breakfast  
8:00 AM- Travel to Huimilpan  
10:00 AM- Service Projects - Morning Children  
(Health Training, Painting, Library project, CLOTHES  
WASHING)  
1:00 PM- Midday Meal -Albergue  
2:00 PM- Service Projects - Afternoon Children  
(Health Training, Painting, Library project)  
6:00 PM- Travel to Tequisquiapan  
8:00 PM – Evening Meal – Angies Tacos  
9:30 PM- Points to Ponder  
10:30 PM- Lights Out

### Day 7- Friday (Tequisquiapan)

7:00 AM- Breakfast  
7:30 AM- Group Meeting  
8:00 AM- Construction Projects  
12:00 PM- Lunch  
1:00 PM- Hike to Opal Mines  
5:00 PM- Shopping in Plaza Center  
7:00 PM- Optional outing to Temazcal (Mexican  
Sauna)  
9:30 PM- Points to Ponder  
10:30 PM- Lights Out

### Day 8- Saturday (Mexico City)

5:00 AM- Travel back to Mexico City  
9:00 AM- Arrive at Mexico City Ai

## Personal Packing List

We have found it useful to classify luggage into 3 levels. Level one items are most critical if you want to return to the USA and be safe in Mexico. Level two items are suggestions for staying in Mexico without too much discomfort. Level three items are nice to have, but if you will probably be fine without them. Please pack your luggage accordingly.

### Level 1- Personal Items

- ☐ Flight Itinerary
- ☐ Immunization Record (Suggested)
- ☐ Participant Information Packet
- ☐ Forms – Adult Release, Minor Release, Temporary Guardianship
- ☐ Passport
- ☐ Travel Insurance
- ☐ \$75-\$100 Spending Money (Exchange from dollars to pesos prior to expedition)

### Level 2- Carry On Luggage

Many participants pack all that they need for trips in their carry on luggage, and use their check-on luggage for any liquids and personal or group donated items.

- ☐ 8 days worth of clothing
  - 4 days worth of work clothes for painting and cement work (use work clothes more than once)
  - Leisure summer clothing for evening classes and tourist outings
  - Dress, white shirt, tie and pants for those who choose to participate in religious services
  - Pajamas and shower shoes
  - Swim attire and sandals
- ☐ Light jacket
- ☐ Shoes (2-3 pair, work, leisure, and dress)
- ☐ Hat and sunglasses
- ☐ Bandana and work gloves
- ☐ Toiletries (including bath towel)
- ☐ Sunscreen
- ☐ Empty water bottle with wide mouth (easier to fill)
- ☐ \*\*\*\*Back pack - needed for Mon. am to Wed pm as you will be away from your main luggage
- ☐ Bug spray
- ☐ Personal medications
- ☐ Flashlight
- ☐ Ear plugs (so the roosters and other local animals etc will not disturb your sleep!)
- ☐ Small personal fan
- ☐ Hand sanitizer/ Wet wipes
- ☐ Spanish/English Dictionary
- ☐ Bring your own extra foods if snacks are needed – eg granola bars, trail mix etc

### Level 3- Checked Luggage

- ☐ Personal reading material
- ☐ Personal medical kit (i.e. lip balm, analgesics, Imodium, prescriptions)
- ☐ Pillow and sheet or light blanket (optional)
- ☐ Donations – books and hygiene supplies

#### NOTE:

Clothing needs to be modest and simple

Long sleeved light-weight clothing is recommended.

Do not bring new or expensive clothes.

Laundry facilities are not be available

You will want something (a back pack or fanny pack work well) to carry with you each day that holds water and a few items.

## SPANISH PHRASES

### GREETINGS

Hello/Hi!	¡Hola!
Good morning !	¡Buenos días!
Good afternoon!	¡Buenas tardes!
Good night!	¡Buenas noches!
Good bye!	¡Adios!
See you later!	¡Hasta Luego!/ ¡Nos vemos!
How are you?	¿Cómo está(s)?
Nice to meet you!	¡Mucho gusto!

### GRAMMAR

I am/have/want	Yo soy/tengo/quiero
You are/have/want	Tú eres/ tienes/quieres
He/She is/has/wants	Él/ella es/tiene/quiere
We are/have/want	Nosotros somos/tenemos/ queremos
They are/have/want	Ellos son/tienen/quieren
Y'all are/have/want	Ustedes son/tienen/quieren
The (singular/plural)	El/la Los/las
A/an	Un/una
Some	Unos
Of/from	De
That	Que

### QUESTION WORDS

Where?	¿Dónde?
When?	¿Cuándo?
Why?	¿Por qué?
What?	¿Qué?
What is that/this?	¿Qué es eso/esto?
Who?	¿Quién?
How?	¿Cómo?
How do you say...?	¿Cómo se dice...?
How much/many?	¿Cuántos/cuánto?
How much does it cost?	¿Cuánto cuesta?
Is/are there...?	¿Hay...?

### ETIQUETTE

Please	Por favor
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Thank you (much)	(Muchas) Gracias
You're welcome	De nada/No hay de que
Excuse me	Disculpe
Excuse me (to get by)	Con permiso
I'm sorry, but...	Lo siento, pero..
That's a shame	Que lástima/triste

### GENERAL RESPONSES

Yes	Sí
No	No
That depends	Depende
I don't know	No se
I don't think so	Creo que no
I think so	Creo que sí
I didn't understand	No entendí
Can you repeat that?	¿Lo puede repetir?
Huh?	¿Cómo?/¿Mande?
(i.e. I didn't understand)	
It doesn't matter	No importa
I don't care	No me importa
It doesn't bother me	No me molesta
Of course	Claro
True	Cierto/Es verdad
With pleasure	Con gusto

### SPECIAL OCCASIONS

Congratulations	Felicidades
Happy Birthday	Feliz Cumpleaños
Merry Christmas	Feliz Navidad
Happy New Year	Feliz Año Nuevo
Good luck	Suerte
Enjoy the meal	Provecho
Have a safe journey	Buen viaje
Have a good holiday	Buenas vacaciones
Take Care	Cuidate/Cuidese
Have fun	Diviértate/diviértese

### PHRASES TO USE TO FIND YOUR WAY

Could you point me to the city center (or the nearest OXXO)?	¿Dónde queda el centro (o el OXXO más cercano)?
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Do you have a phone I could use?	¿Tiene un teléfono que podría usar?	Day	Día
I need to contact this person.	Debo contactar a esta persona.	Week	Semana
They are waiting for me.	Me están esperando.	Month	Mes
Could you dial the number for me?	¿Me haría el favor de marcar el número por mí?	Year	Año
		Last, previous	El/la último/a
		Next	El/la próximo/a
Thank you.	Gracias.		

### COMMON QUESTIONS AND PHRASES

I'm hungry	Tengo hambre
I'm thirsty	Tengo sed
I'm hot	Tengo calor
I'm cold	Tengo frío
I'm tired	Tengo sueño
Where is the bathroom?	¿Dónde está el baño?
More please	Más por favor
It was so good	¡Que rico/delicioso!

### DAYS AND TIME OF DAY

Morning	De la mañana
Afternoon	De la tarde
Evening	De la tarde
Night	De la noche
Dawn	La madrugada
Sunrise	El amanecer
Sunset	El atardecer
Midnight	La medianoche
Noon	El mediodía
Yesterday	Ayer
Today	Hoy
Tomorrow	Mañana
The day before yesterday	Anteayer
The day after tomorrow	Pasado mañana
Monday	Lunes
Tuesday	Martes
Wednesday	Miércoles
Thursday	Jueves
Friday	Viernes
Saturday	Sábado
Sunday	Domingo

### YEAR AND TIME OF YEAR

Summer	Verano
Winter	Invierno
Spring	Primavera
Autumn	Otoño
January	Enero
February	Febrero
March	Marzo
April	Abril
May	Mayo
June	Junio
July	Julio
August	Agosto
September	Septiembre
October	Octubre
November	Noviembre
December	Diciembre

### COLORS

Black	Negro
White	Blanco
Grey	Gris
Red	Rojo
Yellow	Amarillo
Blue	Azul
Orange	Anaranjado
Pink	Rosa
Green	Verde
Brown	Café
Purple	Morado

### ANIMALS

Cat	Gato
Dog	Perro
Rabbit	Conejo



Bird	Pájaro
Horse	Caballo
Mouse	Ratón
Tortoise/Turtle	Tortuga
Cow	Vaca
Chicken	Gallina
Rooster	Gallo
Donkey	Burro
Pig	Cerdo
Fish(es)	Pez (Peces)
Snake	Víbora

### THE WEATHER

It's a nice day	Esta bonito el día
It's cold	Hace frío
It's overcast	Esta nublado
It's rainy	Esta lluvioso
It's windy	Hace mucho aire
It's foggy	Hay nieblina
It's snowing	Esta nevando
Storm	Una tormenta
Lightning	El relámpago/ un rayo
Thunder	Truenos

### RELATIONS

Father	El padre
Mother	La madre
Parents	Los padres
Brother	El hermano
Sister	La hermana
Son	El hijo
Daughter	La hija
Godfather	Padrino
Godmother	Madrina
Grandfather	El abuelo
Grandmother	La abuela
Grandparents	Los abuelos
Grandchildren	Los nietos
Grandchild	El nieto
Granddaughter	La nieta
Uncle	El tío
Aunt	La tía
Nephew	El sobrino
Niece	La sobrina

Husband	El marido
Wife	La esposa
Fiance/Boyfriend	El novio
Fiancee/Girlfriend	La novia
Stepfather	El padrastro
Stepmother	La madrastra
Stepchild	El hijastro(a)
Cousin	El/la primo(a)
Brother-in-law	El cuñado
Sister in law	La cuñada
Father-in-law	El suegro
Mother-in-law	La suegra
Daughter-in-law	La nuera
Son-in-law	El yerno
Twin	El gemelo
Baby	El/la bebé
Orphan	El huérfano

### MARITAL STATUS

Married	Casado/a
Single	Soltero/a
Divorced	Divorciado/a
Widowed	Viudo/a

### RELIGIONS

Christian	Cristiano/a
Catholic	Católico/a
Protestant	Protestante
Jewish	Judío/a
Hindu	Hindu
Muslim	Musulmán/a
Atheistic	Ateo/a
Mormon	El/la Mormón(a)

### PROFESSIONS

Engineer	El/la ingeniero/a
Mechanic	El/la mecánico/a
Builder	El/la constructor/a
Secretary	El/la secretario/a
Cook	El/la cocinero/a
Policeman	La policía
Fireman	El bombero
Hairdresser	El/la peluquero/a o estilista

## Expedition Forms

### Adult Release Form

Every adult going on an expedition must complete this form.

Fill out form COMPLETELY and SIGN and DATE with a WITNESS.

Please scan and email completed for to [ffhe.information@gmail.com](mailto:ffhe.information@gmail.com) (preferred method) or Mail to FFHE.

Please make at least 1 copy of this document. Participant keeps the copy and scan/email or mail the original to FFHE.

### Minor Release Form

Every participant under the age of 18 years old must complete this form.

Fill out form COMPLETELY and SIGN and DATE by every minor expedition participant.

Form must also be signed by the minor's parent or legal guardian.

Please make at least 3 copies of this document, one copy stays with participant's temporary guardian/accompanying parent, one copy stays home with non-accompanying parent and one copy is SCANNED and EMAILED to [ffhe.information@gmail.com](mailto:ffhe.information@gmail.com) or original is MAILED to FFHE.

### Temporary Guardianship Form

Every participant under the age of 18 years old must complete this form.

This form must be filled out, signed and notarized for every participant under the age of 18 that is NOT accompanied by BOTH parents or legal guardians (If both parents are accompanying the minor you do not need to fill out this form).

Please contact your sponsoring group leader to determine the individual who will take temporary guardianship of your child while on the expedition.

Please make at least 2 copies of this document. Participant keeps the copy. One copy is SCANNED and EMAILED to [ffhe.information@gmail.com](mailto:ffhe.information@gmail.com) or original is MAILED to FFHE.



## ADULT RELEASE FORM

This form must be filled out and signed by every adult participant.

### INSTRUCTIONS

Fill out form COMPLETELY and SIGN and DATE with a WITNESS.

Please *SCAN and EMAIL completed form to [ffhe.information@gmail.com](mailto:ffhe.information@gmail.com) (preferred method) or Mail to*

*Please make at least 1 copy of this document. Participant keeps the copy and scan/email or mail the original to FFHE.*

SCAN & EMAIL TO: [info@ffhe.org](mailto:info@ffhe.org)

MAIL TO: 247 East 4700 North, Provo, UT, USA 84604

I, \_\_\_\_\_, of [address] \_\_\_\_\_,  
[city] \_\_\_\_\_, [state] \_\_\_\_\_, [country] \_\_\_\_\_

hereby acknowledge that I have voluntarily applied to participate in an expedition to: MEXICO.

I AM AWARE THAT THIS COUNTRY MAY BE POLITICALLY UNSTABLE AND THAT I MAY BE EXPOSED TO HAZARDS IN THE FORM OF DISEASE, INJURY AND INCONVENIENCE. I UNDERSTAND THAT I MAY NOT HAVE ACCESS TO ADEQUATE MEDICAL FACILITIES. NEVERTHELESS I AM VOLUNTARILY PARTICIPATING IN THIS ACTIVITY WITH KNOWLEDGE OF THE DANGER INVOLVED AND HEREBY AGREE TO ACCEPT ANY AND ALL RISKS OF DELAY, INJURY OR DEATH.

As consideration for being permitted by FAMILY TO FAMILY HUMANITARIAN EXPEDITIONS (FFHE) to participate in this activity, I hereby agree that I, my heirs, distributes, guardians, legal representatives and assigns will not make a claim against, sue, attach the property of or prosecute FFHE, its directors, officers, agents or employees for injury or damage resulting from the negligence of other acts, howsoever caused, by any employee, agent or contractor of FFHE as a result of my participation in this expedition. In addition, I hereby release and discharge FFHE, its directors, officers, agents and employees, from all actions, claims or demands, I, my heirs, distributes, guardians, legal representatives or assigns now have or may hereafter have for injury or damage resulting from my participation in this expedition.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND FAMILY TO FAMILY HUMANITARIAN EXPEDITIONS, AND I HAVE SIGNED IT OF MY OWN FREE WILL.

Participant Name (printed) \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Witnessed by: \_\_\_\_\_ Date: \_\_\_\_\_





## MINOR RELEASE FORM

This form must be filled out and signed by every minor participant. Minors Participants who are not traveling with BOTH parents/guardians MUST also complete the TEMPORARY GUARDIANSHIP FORM and attach to this form when mailing to FFHE.

### INSTRUCTIONS

Fill out form COMPLETELY and SIGN and DATE by every minor expedition participant.

Form must also be signed by the minor's parent or legal guardian.

Please make at least 3 copies of this document, one copy stays with participant's temporary guardian/accompanying parent, one copy stays home with non-accompanying parent and one copy is SCANNED & EMAILED to [ffhe.information@gmail.com](mailto:ffhe.information@gmail.com) (preferred method) or original is MAILED to FFHE.

SCAN & EMAIL TO: [info@ffhe.org](mailto:info@ffhe.org)

MAIL TO: 247 East 4700 North, Provo, UT, USA 84604

I, \_\_\_\_\_, a minor, of [address] \_\_\_\_\_,  
[city] \_\_\_\_\_, [state] \_\_\_\_\_, [country] \_\_\_\_\_

hereby acknowledge that I have voluntarily applied to participate in an expedition to: MEXICO.

I AM AWARE THAT THIS COUNTRY MAY BE POLITICALLY UNSTABLE AND THAT I MAY BE EXPOSED TO HAZARDS IN THE FORM OF DISEASE, INJURY AND INCONVENIENCE. I UNDERSTAND THAT I MAY NOT HAVE ACCESS TO ADEQUATE MEDICAL FACILITIES. NEVERTHELESS I AM VOLUNTARILY PARTICIPATING IN THIS ACTIVITY WITH KNOWLEDGE OF THE DANGER INVOLVED AND HEREBY AGREE TO ACCEPT ANY AND ALL RISKS OF DELAY, INJURY OR DEATH.

As consideration for being permitted by FAMILY TO FAMILY HUMANITARIAN EXPEDITIONS (FFHE) to participate in this activity, I hereby agree that I, my heirs, distributes, guardians, legal representatives and assigns will not make a claim against, sue, attach the property of or prosecute FFHE, its directors, officers, agents or employees for injury or damage resulting from the negligence of other acts, howsoever caused, by any employee, agent or contractor of FFHE as a result of my participation in this expedition. In addition, I hereby release and discharge FFHE, its directors, officers, agents and employees, from all actions, claims or demands, I, my heirs, distributes, guardians, legal representatives or assigns now have or may hereafter have for injury or damage resulting from my participation in this expedition.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND FAMILY TO FAMILY HUMANITARIAN EXPEDITIONS, AND I HAVE SIGNED IT OF MY OWN FREE WILL.

Minor Name (signed) \_\_\_\_\_ Date: \_\_\_\_\_

### AGREEMENT AND CONSENT OF PARENT OR GUARDIAN OF MINOR

I, as parent or guardian of the above applicant, agree individually and on behalf of my child or ward, to the terms of the above release of liability. I represent that I will be solely responsible for the care of my child or ward while on this expedition. Furthermore, I hereby agree to indemnify and hold harmless FFHE its directors, officers, agents and employees from any loss, liability, damage or cost they might incur due to the presence of my child or ward on this expedition.

Parent 1 Name (printed) \_\_\_\_\_ Phone: \_\_\_\_\_

Parent 1 (Signature) \_\_\_\_\_ Date: \_\_\_\_\_

Parent 2 Name (printed) \_\_\_\_\_ Phone: \_\_\_\_\_

Parent 2 (Signature) \_\_\_\_\_ Date: \_\_\_\_\_



## TEMPORARY GUARDIANSHIP FORM

This form must be filled out, signed and notarized for every participant under the age of 18 that is NOT accompanied by BOTH parents or legal guardians (If both parents are accompanying the minor you do not need to fill out this form).

### INSTRUCTIONS

Please contact your sponsoring group leader to determine the individual who will take temporary guardianship of your child while on the expedition.

Please make at least 2 copies of this document. Participant keeps one copy and one copy is SCANNED & EMAILED to [ffhe.information@gmail.com](mailto:ffhe.information@gmail.com) (preferred method) or original is MAILED to FFHE.

SCAN & EMAIL TO: [info@ffhe.org](mailto:info@ffhe.org) MAIL TO: 247 East 4700 North, Provo, UT, USA 84604

### TO WHOM IT MAY CONCERN:

While traveling to, during and traveling from the FFHE Expedition to: MEXICO during the period of [expedition dates] \_\_\_\_\_ to \_\_\_\_\_, the following child: [minor's name as appears on the passport] \_\_\_\_\_ is in the care of [Temporary Guardian's LEGAL NAME] \_\_\_\_\_.

As the parent(s) of the above named child I give full authority to the above named person/or other parent to care for my/our child. That authority includes making decisions about travel, accommodations, and medical care as the need arises. I give them this authority for the above named period of time while they are traveling with an expedition to Mexico with Family to Family Humanitarian Expeditions.

Parent 1 Name (printed) \_\_\_\_\_ Phone: \_\_\_\_\_

Parent 1 (Signature) \_\_\_\_\_ Date: \_\_\_\_\_

Parent 2 Name (printed) \_\_\_\_\_ Phone: \_\_\_\_\_

Parent 2 (Signature) \_\_\_\_\_ Date: \_\_\_\_\_

The foregoing instrument was acknowledged before me, \_\_\_\_\_, a Notary Public in the County of \_\_\_\_\_, State of \_\_\_\_\_. Witness my signature and official seal this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

My commission expires: \_\_\_\_\_

\_\_\_\_\_  
Signature Notary Public