



 AdventHealth | **Global Missions**

**Asuncion, Paraguay Mission Trip
Primary Care Project**

May 1 – 10, 2026



Asunción, Paraguay

Medical Mission Trip

Trip Purpose

AdventHealth volunteers will provide primary care outpatient services and health education to several Paraguayan communities and villages around the Asunción area during clinic days.

Location & Culture

Paraguay, located in the heart of South America, is a captivating country that boasts a rich cultural heritage and diverse landscapes. Amidst its many cities, Asunción is the capital city of Paraguay, bordered by the Paraguay River. Asunción is the principal distributing center of the most densely populated region of Paraguay. Paraguayan culture is deeply rooted in indigenous Guaraní traditions, blending harmoniously with Spanish influences. This fusion is evident in Asunción, where visitors can witness traditional crafts, lively festivals, and flavorful cuisine that showcase the country's cultural tapestry.

As a developing country, Paraguay faces various challenges in healthcare. However, efforts have been made to improve the healthcare system, throughout the country. Basic healthcare services are available, although access and quality may vary in remote regions. The government is actively working to enhance healthcare infrastructure and ensure equitable access to medical services across the country.



The official languages of Paraguay are Spanish and Guaraní, reflecting the country's linguistic diversity. Guaraní, an indigenous language, is widely spoken alongside Spanish and is an integral part of Paraguay's cultural identity.



Sanatorio Adventista de Asunción is one of AdventHealth's Footprints and has established a working partnership since 2022. We will join Sanatorio Adventista de Asunción staff of physicians, nurses, and pharmacists during clinic days, allowing us the opportunity to work alongside Paraguayan medical professionals. Sanatorio Adventista de Asunción is a hospital affiliated with the Seventh-day Adventist church that serves their community with in-patient hospitalization, operating rooms, outpatient visits and medical care from physicians specializing in various areas of medicine.

Requirements for Participation:

1. **Valid passport**, with an expiration date of at least six months after the dates of intended travel.

We recommend that you keep a copy of your passport with you at all times while traveling through Paraguay. For U.S. and Canadian citizens, no visa is necessary for our visit to Paraguay.

If you are not a U.S./Canadian citizen, please contact the Global Missions office for additional assistance regarding visa requirements for entry into Paraguay.

2. **Yellow Fever Vaccine**

COVID Protocol as established by AdventHealth Global Missions

The safety and health of our volunteer team and security within our destination/host country is of utmost priority. Any volunteer wanting to travel on an AdventHealth Global Missions' trip must:

- ☐ Adhere to the vaccine requirements of AdventHealth, our host country and our host institution.
- ☐ Agree to wear a mask at all appropriate times as instructed by the team leader. This includes but is not limited to properly masked in airports, team meetings, morning and afternoon commute on the bus and during clinic hours.
- ☐ Comply with airline and transit country, masking requirements, if applicable, during to and from travel to destination.

Trip Cost and Due Dates

The total trip cost is \$2,500

Due Dates

Please contact the Global Missions' office if you have any questions/concerns with the following deadlines – we are here to help.

Payment	Due Date	Amount
Deposit	Upon receiving acceptance email from Global Missions	\$200
Payment	Friday, February 27 th , 2026	\$1,150
Payment	Friday, March 27 th , 2026	\$1,150
TOTAL		\$2,500

Note: Airline tickets will be purchased once the 50% of the trip cost has been paid. You may be subject to higher ticket rates if payment deadline is not met.

Trip cost may vary depending on departure city. Cost is based on departure from **Florida or Texas airports.**

Payment Options:

1. Website: <https://give.adventhealth.com/campaign/global-missions-paraguay-mission-trip/c491298>
2. Call our office at 407-303-2632 to make payments over the phone
3. Mail a check made out to the “AdventHealth Foundation CF” to our address:

AdventHealth Global Missions
870 Sunshine Lane
Altamonte Springs, FL 32714

The trip cost covers the following expenses:

- Flight(s) to location
- Hotel/Accommodation
- Excursion and Tourism
- Ground Transportation
- Meals and Drinking Water
- Short-Term Travel Insurance

Additional Costs

These items are not included in the trip donation and are your own expense:

- Meals while traveling to and from Paraguay
- Medications (some may be covered by your health plan)
- Personal Tips, ex: laundry or other personal items not covered by group tips
- Any personal emergency expense above what the insurance covers
- Beverages
- Souvenirs/Gifts

Travel Schedule

****Flight itinerary will be emailed to you once flight has been finalized.**

Weather and Atmosphere

Seasons in the Southern Hemisphere are opposite to those in the Northern Hemisphere. We will be visiting Paraguay during the spring season. The climate is pleasant in that locality this month. Temperatures are up to 78°F. The minimum is 58°F. Thus, the mean temperature average in May in Asunción is 68°F. Also expect some rain.

Food and Drink

Paraguay's cuisine is influenced by its indigenous Guarani roots and Spanish heritage. Traditional dishes include chipa, a cheesy bread; sopa paraguaya, a cornbread with onions and cheese; and asado, grilled meats. Tereré, a refreshing cold herbal tea, and cocido, a hot infusion, are popular beverages. Yerba mate is also widely enjoyed throughout the country.

We recommend only consuming food that is provided to you by our hosts.

Water

We recommend you do not drink tap water, only bottled water.

This may include brushing your teeth and ordering drinks with ice. You will be provided bottled water throughout the trip.

Lodging

We will be staying at hotel(s) throughout our stay. The hotel room assignment will be 2 people per room based upon gender or couples.

Immunizations

The Yellow Fever Vaccine is a requirement for participation on this mission trip. For more information, please visit [Yellow Fever Vaccine | Yellow Fever Virus | CDC](https://wwwnc.cdc.gov/travel/destinations/list/)

We recommend our participants are up-to-date on routine vaccines before every trip, including the covid vaccine and yearly flu shot.

Routine vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, and polio vaccine. More information on recommended vaccinations is available at <https://wwwnc.cdc.gov/travel/destinations/list/>

Miscellaneous

Foreign Currency

The Guaraní (PYG) is the official currency of Paraguay. 1 USD is equivalent to 6,900 PYG as of January 2026.

How much money should you bring?

The only money you will need is for any extra food and souvenirs you may want to purchase. Most everything you see in shops or from vendors will be less expensive than in the USA. Bargaining of prices for goods may be appropriate for street vendors.

You may also bring cash to tip the hotel staff if applicable.

Electricity

In Paraguay the electrical power is 220v at 50 cycles. If your electrical device *ONLY* allows 110v, then you will need a voltage convertor.

Some outlets will be two round pins (shown here) instead of the outlets used in the U.S. In order to use your devices, you will need a plug adapter.



If your electrical device uses a 3-prong outlet, make sure that you purchase an adapter like the one shown below.



These are available at stores or online, typically in the travel section.

Time

Paraguay in May 2026 will be 2-hours ahead of EST, 3-hours ahead of CST.

Cell phone and Internet Access

If you need cell phone access, please make arrangements with your cell phone carrier prior to departure. Wi-Fi access may be available at the hotel.

Important Travel Tips

- Please do not go out on the streets by yourself, always in a group.
- DO NOT let anyone take your passport “to expedite” your check-in. Wait in line yourself.
- Respect others; **always be on time for scheduled events** (better early than late).
- Remember: You are a guest in Paraguay, the rules and cultural norms may be different and more conservative.

Packing List

This is a guide to what you should consider packing for a Global Missions trip, especially those highlighted in yellow. These are suggestions, not requirements.

BASICS	TO TRAVEL:		Watch/Travel Alarm		TRAVEL AIDS	
	Passport		FUNDS		Pleasure reading	
	Copy of travel docs		Wallet		Chewing gum	
	Copy of passport		Cash		Snacks	
	Emergency contact info		Credit Cards		Earplugs	
	Medical insurance card		Foreign Currency		Sleeping mask	
	Headphones		Money belt		Travel pillow	
	Cell Phone & Charger				Motion-sickness remedy	
	Tablet & Charger					
CLOTHES	BASICS		Scrub Top		ACCESSORIES	
	Underwear		Scrub Bottom		Belt	
	Socks		OUTERWEAR		Wristwatch	
	Undershirts		Jacket		Glasses	
	Bras		Rain jacket		Sunglasses	
	Sleepwear (warm)		Scarves		Glasses case	
	CASUAL		FOOTWEAR		Hat	
	T-shirts		Hiking Shoes			
	Sweatshirts		Athletic/Comfy shoes			
HYGIENE	Pants/J Jeans		Sandals/flip-flops			
	Toothbrush		Face cleanser		Feminine hygiene	
	Toothpaste		Moisturizer		Nail clippers	
	Dental floss/mouthwash		Sunscreen		Hand Sanitizer/wipes	
	Soap		Lip balm		Tissues	
	Deodorant		Contact lenses & case		Insect repellent	
	Shampoo		Saline solution		Prescription Medications	
	Conditioner		Shaving cream		Pain reliever	
	Brush or Comb		Razor		First-aid kit	
EXTRAS	Ponytail holders		Perfume/cologne		Vitamins	
	Hair dryer/curling/flat iron		Makeup		Toilet paper / baby wipes	
	Camera		Reusable water bottle		DONATIONS	
	Umbrella		Travel sewing kit		Clothing	
	Towel		Journal/Pen		Toys	
	Guidebook		Plug adapter		School Supplies	
	Backpack/day bag		Voltage converter		Toiletries	
	Stain remover		Laundry bag			
	Important Phone numbers		Ziploc bags			
EXTRAS	Powdered drink packets		Stethoscope			
	Personal snacks		Personal medical tools			
	Flashlight & extra batteries		MED BAG supplied by GM			

Packing Tips:

- Be a minimalist, don't over pack.
- Nights and mornings are colder, pack warm sleepwear and sweaters.
- Dress in layers to accommodate changing weather throughout the day especially for rain.
- Personal Medications: Bring what you would normally travel with and include items such as headache and anti-diarrhea medicine, Zofran, Cipro, etc.
- Scrubs are optional, on clinic days you can wear pants and a polo shirt or t-shirts that have the AdventHealth logo.
- PLEASE leave jewelry back in the U.S. and dress conservatively – no loud shirts, pants, shorts, etc.

Luggage Allowance

- 1 – checked luggage. Weight limit is 23 kg/50 lbs. Cost will be covered by Global Missions.
- 1 – personal item brought onto the plane, should be able to fit under the seat in front of you.