




AdventHealth | **Global Missions**

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

September 10 – 20, 2026



Hohenau, Paraguay Medical Mission Trip

Trip Purpose

AdventHealth volunteers will provide primary care outpatient services and health education to several Paraguayan villages in the Hohenau 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, Hohenau stands out as a vibrant and charming destination. Nestled in the southeastern part of Paraguay, Hohenau offers a unique blend of modernity and tradition. Paraguayan culture is deeply rooted in indigenous Guaraní traditions, blending harmoniously with Spanish influences. There is also a significant German influence in this region. This fusion is evident in Hohenau, 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, particularly in urban areas like Hohenau. 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 Hohenau is one of AdventHealth's Footprints and has established a working partnership since 2022. We will join Sanatorio Adventista de Hohenau's staff of physicians, nurses, and pharmacists during clinic days, allowing us the opportunity to work alongside Paraguayan medical professionals. Sanatorio Adventista de Hohenau 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

Payment	Due Date	Amount
Deposit	Upon receiving acceptance email from Global Missions	\$200
Payment	Friday, July 3 rd , 2026	\$1,150
Payment	Friday, August 14 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

Payments

Payments can be made by:

1. Making payments on our website at: <https://give.adventhealth.com/campaign/global-missions-paraguay-mission-trip/c491298>
2. Calling our office at 407-303-2632 and speaking with Genesis Hull.

Travel Schedule

Tentative schedule shown below, *subject to change*.

Departure: Orlando, FL → Hohenau, Paraguay

Day	Date	Activity
1	Thursday September 10	Depart USA → Paraguay
2	Friday September 11	Travel to Hohenau, Paraguay
3	Saturday September 12	Excursion
4	Sunday September 13	CLINIC: Medical care
5	Monday September 14	CLINIC: Medical care
6	Tuesday September 15	CLINIC: Medical care
7	Wednesday September 16	CLINIC: Medical care
8	Thursday September 17	CLINIC: Medical care
9	Friday September 18	Iguazu Falls Tour
10	Saturday September 19	Iguazu Falls Tour
11	Sunday September 20	Depart from Paraguay Arrive in USA

****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 high 70s°F. The minimum is high 50s°F.

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 different hotels in the different cities which we will be visiting. 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](#).

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 cycle. If any of your charging items are *ONLY* 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 September 2026 will be 1-hour ahead of EST, 2-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.
- Identify yourself as a tourist – “tour group” on immigration documents.
- 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	
Pants/Jeans	Sandals/flip-flops		
HYGIENE	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
	Ponytail holders	Perfume/cologne	Vitamins
Hair dryer/curling/flat iron	Makeup	Toilet paper / baby wipes	
EXTRAS	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	
	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.
- 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.