

Campeche Medical Team Information #1
Campeche, Mexico, May 23 – 31, 2025



January 4, 2025

Dear missionary,

I want to extend my gratitude for your interest in the mission to the city of **Campeche in the state of Campeche, Mexico, May 23 to 31, 2025**. You are being called to embark on a journey of generously giving your time and yourself to the upcoming mission. May God reward you for your enthusiastic response! While we are a Catholic medical mission, we respect and welcome applicants of all faiths. We ask that all team members participate in our spiritual time, reflections, and pray with us as a mission team.

The objectives for Helping Hands Medical Missions are:

- To provide free medical assistance in the form of primary care, and dental care.
- To practice the Catholic faith through daily Mass, meditations, rosary, adoration of the Blessed Sacrament, a pilgrimage, and the Corporal and Spiritual works of Mercy.
- To share the Catholic faith with door-to-door visits.
- To offer the participants the opportunity to receive the sacrament of reconciliation.

The mission fee includes double-occupancy lodging, food, ground transportation, travel insurance, a mission t-shirt, and handbook. The mission **participation fee of \$800 is due no later than April 23, 2025**. Thank you for helping us by meeting this deadline. **The mission participation fee does not include the airfare**. You will receive two more information email letters containing further details of the mission. If you need to cancel, the deadline to receive a 75% reimbursement of the fee is **May 9, 2025**.

Helping Hands Medical Missions are dependent upon the generosity of volunteers. Your participation and support are greatly appreciated. We look forward to serving with you.

Sincerely, in Christ,

A handwritten signature in black ink that reads "Lupita Assad".

Lupita Assad, RN

International Missions Coordinator
Volunteer



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Helping Hands Medical Missions (HHMM) is inviting you to join us for our fourth year of providing free medical care around Campeche. Truly a life changing experience!!!

With the Collaboration of HHMM-Campeche Committee, Regnum Christi from the city of Campeche, HHMM and generous volunteers from all over the USA and Canada we invite you to join the team of Medical Professionals traveling to Campeche, Mexico.

Our mission will provide free medical care to the communities surrounding the City of Campeche and in need of medical attention. The dental team will perform dental procedures. The Primary Care team will provide consultations, and much needed medications, reading glasses and education to the underserved in the area.

OVERVIEW of HHMM Program – The Medical and Spiritual Aspect

Friday, May 23:

- after arriving at the (MID) Merida Rejón, Int'l Airport in Yucatán, México
- Follow the signs to Immigration, get in line to obtain a temporary visa
- Gather your luggage, and pass the Customs booths
- As a group, board the microvans parked as you exit the airport
- A sack lunch will be provided as we head to the retreat center
- Arrive at our mission headquarters to unpack
- Follow the instructions of when to help organize the pharmacy
- Attend Mass, dinner, general orientation, and rest.

Saturday, May 24: The team will celebrate Mass, and enjoy breakfast

- The Primary Care Team will travel to set up the clinic; triage, consultation booths, pharmacy and begin providing consultations until lunch time at 1 pm., after lunch consultations will continue till closing the clinic at 5:30 pm.
- Return to mission headquarters, have dinner, and rest.

Sunday, May 25:

- The day begins with breakfast
- A morning retreat
- The **Commissioning** of the missionaries **Mass at 12:00 pm** at the Cathedral of the Immaculate Conception located at downtown in the city of Campeche.
- Lunch follows Mass
- **Door-to-door** faith sharing visits in small groups until 5:30 pm.
- Afterwards the team will share experiences.
- The day will conclude with dinner, then coordinate pharmacy and surgical needs for next day.

Monday-Thursday, May 26 to May 29:

- Daily the team will partake in Mass and breakfast
- Each day, the team will travel to a new site to set up clinics
- The Primary Team will set up the makeshift clinic including a triage area, consultation booths, and a pharmacy and begin providing consultations until lunch time at 1 pm., then continue consultations until 5:30 pm
- The mission team will pack up and travel back to mission headquarters where the team will have dinner, night talks and rest.

***“When I was sick,
you cared for me.
When you did it to
one of the least of
these my brothers
and sisters, you
were doing it to
me!”*** Matthew 25:35

Friday, May 30:

- The team will partake in Mass and breakfast
- Then, travel for a day off to the Maya ruins in the area.
- At 6 pm prepare for the farewell dinner at 7 pm, pack and rest.

Saturday, May 31:

Get the van to the airport in Campeche (CPE) two hours before the flight.

Arrive in Mexico City at 8:55 am, pick up your luggage, at the airport exchange dollars to pesos, get the taxicabs to the hotel, arrive and leave the luggage, walk and stop for breakfast.

We'll walk with the missionaries to the basilica for a Pilgrimage to visit our Lady of Guadalupe (OLG)

Attend Mass, walk to the Tepeyac hill the site of the first apparitions in December 1531 to St. Juan Diego. Will have personal time at the basilica and buying souvenirs and images of OLG. Lastly, dinner and rest.

Sunday, June 1:

Continental breakfast 6-7 am and get a taxicab to the airport flight is at 11:15 am.

The pilgrimage to Our Lady of Guadalupe is encouraged but is optional. The expenses incurred in the trip in Mexico City are not included in the mission participation fee.

FLIGHT INFORMATION:

It is preferable that your arrival time is no later than 2:00pm to Merida's Int'l Airport (MID)

Let us know if you have problems finding the arrival time prior to 2:00pm. There are two options to fly via DFW or Miami (MIA) to Merida (MID).

- **American Airlines, May 23, 2025, direct flight from (DFW) Airport in Dallas, TX** flight #3923 at 12:19 pm to Merida Int'l Airport (MID) arriving at 1:44 pm is \$418 (one way)
- **American Airlines, May 23, 2025, direct flight from (MIA) Airport in Miami, FL** flight #2196 at 12:05 pm to Merida Int'l Airport (MID) arriving at 12:25 pm is \$353 (one way)

The returning date to Visit Our Lady of Guadalupe is May 31, 2025. From Campeche Airport (CPE) to Mexico City (MEX) AeroMexico flight #2441 at 7:18 am arriving at 9:20 am is \$239.11 (one way)

The returning to USA

American Airlines, June 1, 2025, is a direct flight from (MEX) Int'l Airport in Mexico City flight #390 at 11:15 am arriving to DFW at 3:10 pm is \$339 (one way)

Useful Items you can bring with you to the mission site: Rosaries, crayons, coloring books, little stuffed animals, toys, and balloons for the children in the clinics.

VACCINATIONS: Please check CDC website for updated information. These vaccinations should be acquired 4-6 weeks prior to the trip to allow time to take effect. The vaccines that CDC recommends before travelling abroad include:

- **TDaP** in the past 10 years (updated from your prior Td)
- **Hepatitis A:** (get at least 1 month before trip and then a booster 6 months later).
- **Typhoid:** See CDC recommendations
- **Hepatitis B:** if you could be exposed to blood products (which would be any of us involved in active patient triage and care)
- **Malaria Prophylaxis:** none needed.

The following Paperwork is Required Immediately for New Participants:

- Copy of page with information and picture of current passport (With expiration date in December 2025)
- Completed **HHMM** application for participation
- Two letters of recommendation, one from your parish priest and one from your job manager
- Current Curriculum Vitae
- Check for Mission participation fee **\$800 is due on Wednesday, April 23, 2025.**

For Returning Participants:

- Copy of renewed-current State medical license or nursing license
- Copy of page with information and picture of current Passport (With expiration date in December 2025)
- Mission participation fee **\$800 is due on Wednesday, April 23, 2025.**

OVERVIEW TO DO LIST:

- o Application completed, copy of passport, current CV, copy of medical license mailed to HHMM
- o \$800 check mailed at least one week prior to April 23, 2025
Mail to: HHMM P.O Box 1171088 Irving, TX 75017
- o Flights booked to Mérida, Yucatán (MID) to arrive on or before 2:00pm on May 23rd
- o Flights booked leaving México City, México (MEX) on June 1, 2025
(refundable tickets are encouraged)
- o Vaccinations obtained

Please, only make payments to HHMM with a personal check or use Zelle through your bank with HHMM email: mission@hhmm.org

- **Credit cards are not accepted**

*****To sign up for this medical mission please send an email to HHMM office: mission@hhmm.org *****

Download and print the application for participation form from our website: <http://www.hhmm.org>