As early as 10,000 years ago, El Salvador was inhabited by Paleo-Indian peoples. At the time of the Spanish arrival in the 16th century, the country was dominated by a group called the Pipils. In 1524, Spanish conquistador Pedro de Alvarado arrived, and by the 1700s the Spaniards had overtaken the land and prevailed with their agricultural endeavors. In 1811, the first revolt against Spain erupted but failed. However, only 10 years later, on September 15, 1821, El Salvador, along with the rest of the Central American colonies, won independence from Spain.

Despite El Salvador’s victory in establishing independence, social and economic injustice plagued the country well into the 20th century. The most important crop is coffee, and by the 20th century, 95% of the country’s income came from this crop, however only 2% of the population controlled this wealth. In 1932, a rebellion of the peasants and indigenous peoples took place, but was brutally quelled with the systematic killing of anyone suspected by the military, resulting in what is known as la Mantanza (the Massacre) with the death of 30,000 people. After this, the nation became a military-run state that formed a corrupt partnership with the land-owning elite.

Poverty, unemployment and overpopulation were extensive throughout the country. The political climate was a fierce power struggle between the left and right, which spurred many coups, corrupt moves and increased guerilla activity by the domineering right wing, such as the creation of “death squads” where thousands of people were kidnapped, murdered and tortured. This widespread civil unrest turned into civil war in the 1980s. Finally on January 16, 1992, a compromise was signed by the opposing sides. During the course of this 12-year war, approximately 75,000 people were killed.

Although the country continues to face economic disparity, there has been modest growth in recent years. Still, social unrest is an issue with the most recent trend in crime being a prevalent gang problem.
As a result of the 12-year civil war and continuing violence and unrest, Father William B. Wasson saw the need to help El Salvador’s many neglected and orphaned children. He founded a Nuestros Pequeños Hermanos (NPH, Spanish for “Our Little Brothers and Sisters”) home in 1999. Located in Texistepeque, it is about 30 miles from San Salvador, the nation’s capital. Construction on Casa Sagrada Familia was completed in December 2004.
Daily Life

Highlights
- The Grupo Musical y Danza performs traditional music and dances locally and in the U.S.
- The farm produces corn to make tortillas, sorghum for the livestock, and radishes, cucumbers and squash. The dairy cows produce 135 bottles of milk daily.
- The school features modern, well-equipped classes, and offers kindergarten through grade 9. The curriculum includes math, social science, science, language, spelling, English, computer science and physical education.
- All students begin vocational studies during the 7th grade and may choose from carpentry, tailoring, welding, and baking.
- A cooking workshop for children and youth with neurological problems and learning difficulties teaches them valuable skills for their future.
- Responsibility is one of the most important values that NPH tries to instill in their children. This is why each child is expected to not only be responsible for him or herself, but to contribute to the family. This includes traditional chores such as washing clothes, cleaning, and serving food.
- Each child also has additional responsibilities after school and during the weekends. Some work in the gardens, while others care for the grounds and clean common areas. Everyone knows how much effort goes into caring for their home and all the people who live there.
- Before attending high school and university, pequeños are asked to give a year of service to the home.

Typical Day at Casa Sagrada Familia

5:00 a.m. Wake up, shower, dress, make bed
5:30 a.m. Breakfast
6:15 a.m. Chores
7:15 a.m. School day begins
12 Noon Lunch
1:30 a.m. School
3:30 p.m. Change clothes and wash school uniforms
5:00 p.m. Play time and homework
6:00 p.m. Shower
6:30 p.m. Dinner
7:30 p.m. Reflection and/or reading led by the caregivers
8:00 p.m. Good night!

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National Director Olegario Campos is an hermano mayor (“older brother”), who was raised at NPH Mexico.

Godchildren
If you sponsor a child at NPH El Salvador, arrangements will be made for him/her to spend time with you during your visit. Please contact your regional office if you are interested in becoming a Godparent.

Visitor’s Guide: NPH El Salvador • nphusa.org
Entry Requirements
A U.S. passport valid until your departure date and either a Salvadoran visa or a one-entry tourist card are required. The tourist card costs $10 payable in cash and may be obtained from immigration officials upon arrival in country.

Vaccinations
Before traveling to El Salvador, please consult your physician and visit www.cdc.gov/travel

Transportation
• For group trips organized by NPH USA, transportation will be provided by NPH.
• Do NOT hitchhike under any circumstances.

Accommodations
Lodging varies depending on trip package. See specific trip information or consult the coordinator for details.

Food
While at NPH facilities, we will eat just like the children and staff at specific mealtimes:
• Breakfast: 5:30 a.m.
• Lunch: 12:00 p.m.
• Dinner: 6:30 p.m.

Food at NPH is NEVER wasted. If you are unsure you will like what is being served, ask for only “un poquito” (a little), and if you cannot finish, please offer it to one of the kids.

Water
DRINK BOTTLED WATER ONLY. This cannot be stressed enough.

Bathroom Etiquette
It is not possible to flush toilet paper in most Latin American countries due to the poor plumbing systems. Toilet paper and all sanitary products must be thrown in small waste baskets next to the toilet. DO NOT flush toilet paper or sanitary products while visiting the NPH home.

Bring travel toilet paper, or a small packet of facial tissues on day trips. Tissue is not always available in public bathrooms.

Electricity
Electrical outlets are 115 to 125 volt 60 hertz, so no adapters are needed. You should expect power outages, which are common in Latin America.

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Travel Tips (continued)

E-mail & Phones
There is a laptop computer with Internet in the office that you can use from 8 a.m. to 12 p.m. and 1 to 5 p.m. Please arrange a time to use it with the receptionist.

Please help us be good stewards of our resources and do not ask to use our phone for long distance calls except in a true emergency. Our phone bills are VERY high due to our remote location.

Clothing
Comfortable, broken-in walking shoes are a must! The days are warm, so light clothing – shorts, slacks, cotton T-shirts, sandals and/or running shoes – is appropriate. But please dress conservatively and in a tidy manner. Also, for Mass do not wear shorts or short skirts. Please shower directly before Mass (as the children do). A clean pair of pants with a tucked in shirt is appropriate for men, as are pants, jeans, capris or a skirt and a nice shirt for women.

Because of gang issues in El Salvador:
• Earrings and piercings are not allowed for men. For women, one earring per ear is acceptable.
• All tattoos should be covered.

Our children copy the models they see and will suffer if they do not follow these rules.

Currency and Credit Cards
The official currency in El Salvador is the U.S. dollar. ATMs can be found in most cities in towns. Generally, when using credit cards there is no additional fee, however there may be one in smaller boutiques. Please remember that credit card fraud is increasing all over the world, so be cautious.

A value-added tax of 13% is applied to all goods and services.

Tipping
Most restaurants will add a 10-15% tip to the bill. Bellhops and room maids should be tipped about $ .50 per day per person. Tip tour guides $1-5 per day per person.

Safety
Outside the gates of NPH, we recommend that you never go alone anywhere. Be vigilant in regards to your surroundings. While at the home, we will be in a very safe and controlled environment. However, it is important to remember to watch your personal property. Our children have come from very different backgrounds and while NPH tries to help them realize that they are safe now, many of them are still in survival mode. They are not malicious, but for many, taking is the only way they have ever survived.

NPH-Related

Terms to Know

Good morning/afternoon/evening! - ¡Buenos días/tardes/noches!
See you later! - ¡Hasta luego!
How are you? - ¿Cómo está? 
Fine, thank you. - Bien, gracias.
Please - Por favor
Excuse me - Permiso
Do you speak English? - ¿Habla inglés?
Yes - Sí
No - No
Thank you - Gracias
You’re welcome - De nada
How old are you? - ¿Cuántos años tiene?
How much is this? - ¿Cuánto es?
More - más
A little bit - un poquito
House - casa
Home - hogar
School - escuela
Backpack - mochila
Office - oficina
Kitchen - cocina
Water - agua
Food - comida
Rice - arroz
Beans - frijoles
Spoon - cuchara
Fork - tenedor
Cup - vaso
Plate - plato

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NPH-Related

Pequeño/a - literally “little,” but it is the term used for all NPH children
Tío/a - literally aunt or uncle, but at NPH it is a caretaker
Fr. Wasson - Padre Wasson (Founder of NPH)
Padrino - Godfather (Sponsor)
Madrina - Godmother (Sponsor)
Ahijado/a - Godchild
Hermano/a Mayor - Older brother/sister - the term for a former pequeño/a or graduate of NPH
Suggested Packing List

**Clothes**
- Lightweight travel clothes - there is no laundry facility, but you can hand wash!
- Jeans/shorts/travel pants - your preference
- Comfortable shoes for walking - tennis shoes or something with closed toes
- Poncho/ lightweight rain jacket
- “Bug off” clothing - REI or Ex Officio (if sensitive to mosquitoes)
- One “nicer,” but still casual outfit

Remember to dress conservatively. No visible undergarments; nothing torn, ripped or too short.

**Toiletries**
- Hand sanitizer
- Shampoo/Conditioner
- Soap (we recommend a pack of disposable face cloths that have soap in the fibers. They work as soap and a washcloth.)
- Toothbrush/paste
- Deodorant
- Razor
- Earplugs
- Soap for washing clothes (if you want)
- Suntan lotion
- Insect repellant
- Small packet of facial tissues
- Travel toilet paper

**Medicines**
- Personal prescriptions (can be hard to get or expensive outside the U.S.)
- Pepto Bismol/Immodium
- Advil/Tylenol/Excedrin
- Cipro/antibiotic for travelers’ diarrhea
- Benadryl/Hydrocortisone
- Bandages/Neosporin
- Emergen-C/cough drops

**Personal Items**
- Pillow
- Umbrella
- Water bottle
- Camera/Charger
- Fly paper
- Sunglasses
- Flashlight (plus extra batteries)
- Travel alarm clock (if desired)

**Snacks/Food**
While we encourage everyone to eat the food provided (it is tasty), if you are worried about not liking the food, or getting enough, consider packing some pasta or another substitution for a meal, just in case. In addition, you may also want to bring:

- Granola bars/fruit bars/popcorn/snacks to share
- Gatorade packets (it is easy to get dehydrated)
- Good ground coffee and sugar to share

**Other**
- Passport
- Two copies of passport and credit card information: leave one copy at home
- Pictures of your family to show kids (great conversation starters!) and/or postcards

**Do NOT Bring**
- Expensive or irreplaceable jewelry or other valuable items
- Flashy gifts
Gifts

Visitors often ask what items they can bring for the children. Following are some suggestions.

**Clothing and Shoes**
- Underwear
- Socks
- Sandals

**Education/Arts & Crafts**
- Books in Spanish
- Coloring books
- Colored pencils and crayons
- Glue and tape
- Scissors
- Construction paper
- Play-Doh
- Yarn and pipe cleaners
- Beads
- Stickers

**Toys & Games** (for every age group)
- Card games
- Board games
- Jigsaw puzzles (100 pieces max.)
- Marbles

**Sports Equipment**
The kids spend most of their time outside, so think of items that require little or no maintenance and can be shared by everyone!
- Balls
- Jump ropes
- Air pumps with extra needles

**Hygiene**
- Feminine products
- Shampoo
- Soap
- Toothpaste
- Toothbrushes (for kids AND adults)

**Health Care**
- Vitamins
- Bandages
- Neosporin
- Tylenol

These items are always needed in the clinic. Please contact us if you are interested in donating other medical supplies.

**Other**
- Barrettes and hair accessories
- Inexpensive plastic jewelry
- Batteries of various sizes are always needed and easy to transport

**When in doubt . . .**
Bring things that NPH needs or wants, and that get depleted. If you are still unsure, ask!

**PLEASE DO NOT**
- Bring candy or small items to randomly pass out. This can result in hurt feelings among children who do not receive anything.
- Bring expensive gifts, such as music players, video games or jewelry. This may unintentionally create feelings of jealousy and cause problems for that child.
- Give gifts directly to the children. Give them to the home’s Visitor Coordinator or a staff person.
- Give money to anyone at the home. This can cause confusion about how it will be used and will not qualify for a tax deduction under U.S. law. Please make all donations through NPH USA.

**REMEMBER, YOUR VISIT IS A GIFT!**
Neither NPH nor NPH USA want the children to associate your visit with material items. The best thing that you can bring is you! All your kind words, thoughts and affection are going to be the most lasting gift. Building relationships is the most valuable thing you can offer!
Contact Information

We suggest you leave this information as well as your flight and hotel details (if applicable) with your emergency contact.

National NPH USA Office
134 North LaSalle Street
Suite 500
Chicago, IL 60602-1036
Toll-free:  888.201.8880
Fax:  312.658.0040
info@nphusa.org

Regional Offices

Northwest
(AK, HI, ID, MT, OR, WA, WY)
1800 112th Avenue NE
Suite 308-E
Bellevue, WA 98004
Phone: 425.646.3935
Fax: 425.646.7886
infonw@nphusa.org

Southwest
(AZ, CA, CO, NV, NW, OK, TX, UT)
8925 East Pima Center Parkway
Suite 145
Scottsdale, AZ 85258-4407
Phone: 480.967.9449
Fax: 480.967.9288
infosw@nphusa.org

Upper Midwest
(IA, MN, ND, NE, SD, WI)
945 Broadway Street NE
Suite 230
Minneapolis, MN 55413-2500
Phone: 651.482.1703
infoupm@nphusa.org

Midwest
(IL, IN, KS, KY, MI, MO, OH, TN)
134 North LaSalle Street
Suite 500
Chicago, IL 60602-1036
Phone: 312.386.7499
Fax: 312.658.0040
infomw@nphusa.org

Mid-Atlantic/Northeast
(CT, DE, MA, MD, ME, NW, NJ, NY, PA, RI, VT, VA, Washington, D.C., WV)
265 Willard Street
3rd Floor
Quincy, MA 02169-1565
Phone: 617.206.4940
Fax: 617.481.0117
infoma-ne@nphusa.org

Southeast
(AL, AR, GA, LA, MS, NC, SC)
3250 NE 1st Avenue
Suite 305
Miami, FL 33137-4295
Phone: 888.201.8880
infose@nphusa.org

NPH El Salvador
Emergency Contact Information

km. 77 carretera a Metapán
Caserto San José el Sompopo
Cantón Cujucuyo
Municipio de Texistepeque
Depto. Santa Ana
El Salvador

Phone: 011.503.2487.1500
Fax: 011.503.2487.1532
e-mail: info.sv@nph.org

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