SPONSOR A VETERAN

A NEW VOCATION FOR A VETERAN

10 nights distributing water filters in Guatemala to find meaning, an active role and a community.







OUR GOAL

$2,500

to send one veteran to Guatemala for 10 nights

WHERE YOUR DONATIONS GO

$1,500
Plane ticket
Flight to Guatemala

$500
Ground transport
Van, lancha (boat), tuk-tuk and taxi

$500
Lodging
10 nights

10 AT V4LF
veterans found a new vocation

VETERANS REGAIN
MEANING AN ACTIVE ROLE A COMMUNITY
From serving our country, to serving humanity.

WHAT AN ACTIVATION CHANGES FOR THE VETERAN

WE REWIRE THE BRAIN*

One example among many: a smell or a sound can take a veteran back to a military mission. In Guatemala, we reassign new memories to those same smells and sounds: humanitarian help.

BEFORE

Military peacekeeping and combat missions
The smell of burning fuel or the sound of an explosion could take veterans right back.

→

THE SAME TRIGGERS

SMELLS
Burning fuel, fire, burning rubber

SOUNDS
Flashes, fireworks, bangs

→

NOW: NEW MEMORIES

GUATEMALA
They distribute water filters, and a community welcomes them.

They build something lasting in a controlled environment: new happy places.

** Experiences of our veterans who have already deployed. This is not a medical treatment.*

A WIN, WIN, WIN

THE VETERAN
They distribute water filters and find a new vocation.

THE COMMUNITY
550 Sawyer filters donated to **550** families since August 2025.

THE DONOR
A direct, visible impact. 93¢ of every dollar goes to programs.

SPONSOR A VETERAN

Scan the code to sponsor a veteran, or write to us.

WRITE TO US
donations@v4lf.org