

## Preparing for your experience in Guatemala

TEAM/CODE:		DATES:
<b>Location</b>		<b>BASIC ITINERARY (Subject to change)</b>
<b>HOTELS</b>		
Antigua	<b>Days:</b> Saturday 10/7, Sunday 10/8, Friday 10/13 <b>Name:</b> La Ermita de Santa Lucia <b>Phone:</b> +11 (502) 7937-2478 <b>Website:</b> <a href="https://www.facebook.com/hotellaermita">https://www.facebook.com/hotellaermita</a>	<b>Saturday</b> Arrival/Settle In at La Ermita (3pm) Historical and cultural introductory tour (5pm) Dinner (6:30pm)
San Martin	<b>Days:</b> Monday 10/9, Tuesday 10/10 <b>Name:</b> Posada San Jose <b>Phone:</b> 4899-2255 or 7844-8557 <b>Website:</b>	<b>Sunday</b> Filadelfia Coffee Tour or Zipline (10am) Special lunch in Santiago Zamora (1pm) Presentation by ACE (5pm)
Lago	<b>Days:</b> Wednesday 10/11, Thursday 10/12 <b>Name:</b> Casa del Mundo <b>Phone:</b> 5204-5558 or 5218-5332 <b>Website:</b> <a href="http://www.lacasadelmundo.com">http://www.lacasadelmundo.com</a>	<b>Monday</b> Stove installations (8am - 2pm) Travel to San Martin Jilotepeque Reflection (6pm)
Antigua	<b>Days:</b> Saturday 10/7, Sunday 10/8, Friday 10/13 <b>Name:</b> La Ermita de Santa Lucia <b>Phone:</b> +11 (502) 7937-2478 <b>Website:</b> <a href="https://www.facebook.com/hotellaermita">https://www.facebook.com/hotellaermita</a>	<b>Tuesday</b> School Clinic (8am - 4pm) Lunch and Hombres y Mujeres Presentation Water Project Review El Molino Foot clinic (8:30am - 12pm)
Exec. Director	<b>EMERGENCY NUMBERS</b> +11 (502) 4225-2767 (Ron) 410.779.3563 (Skype # messages accepted.)	<b>Wednesday</b> Travel to Santa Cruz La Laguna Talk with Craig Sinkinson, MD (5:30pm) Clinic with Dr. Sinkinson (8:30am - 12:30pm)
		<b>Thursday</b> Lunch and tour at CECAP (Amigos de Santa Cruz) Optional: 40min hike from Sta. Cruz to Casa del Mundo Shaman and textile co-op presentation (9am)
		<b>Friday</b> Relaxing in Antigua (3:30pm) Reflection (5:30pm)
		<b>Saturday</b> Departure

### FOOD HIGHLIGHTS



Every restaurant that we select is carefully tested. Be aware that eating uncooked food in this country may cause GI distress especially if you are eating outside our selected restaurants. Breakfasts are served in Guatemalan style with beans, eggs, plantains and pancakes. Lunches in the communities will be served in a Guatemalan style as well with ethnic tastes or sandwiches for clinics days. We will ask for dinners that provide appropriate food for our needs. You will have a variety of options at restaurants in Antigua.



### WATER

Do **NOT** drink water out of any tap while in Guatemala. We will always make sure that you have safe drinking water. Any water you find at restaurants has been vetted "safe" by our organization.



### Security - Antigua and all the communities we will visit are safe. But, please follow the rules below.

- Never leave the hotel alone especially at night.
- Prevent FALLS and injuries. The sidewalks and cobblestone streets make walking a challenge. They are uneven. Watch out for the window sills along the sidewalks. Don't take pictures or text while walking.
- Make sure wallets, cell phones are in your front pockets, make sure zippers are closed and wear bags in front of you if possible.

### MONEY



- The current exchange rate is 7.25 Quetzales (Q) to \$1 or 72.5 to Q/\$10. Multiply to derive \$ to Q. Divide to know Q to \$.
- Do not change money in the airport (the exchange rate is not good). Stopping to change money will also delay your exit and it's important to move along as expediently as possible.
- You **MUST** have your passport if you want to change cash at a bank and the maximum amount you can change is \$125. The lines waiting can be long. A debit card is the best.
- ATMs are available but those marked 5B are the best and have proven most secure. Please ask for help when getting money for the first time.



### Group Etiquette

- This is a group activity. Try to make the group the priority.
- Pay special attention to the times the bus (or boat) is to leave. Try to be five minutes early. It is a great support.
- Remember to be considerate when speaking on your phone in public spaces. Please use headphones.