



**Emergency Numbers:**  
**Ex. Director Jade Parker-Manderson: +502 5337 9336**  
**Manager of Services: Sara Castañeda: +502 3301 6555**

DATES	HOTEL LOCATION	HOTEL NAME	PHONE	WEBSITE	ITINERARY	MEALS	PAID BY
<b>Saturday 3/7</b>	Antigua	Las Camelias	+502 7832-5780	<a href="http://cameliasinnantigua.com">http://cameliasinnantigua.com</a>	--Travel to Antigua from Airport --Historical tour of Antigua (4:30-5:30pm) --Dinner at Rainbow Cafe (6:30pm)	--Lunch: En route from airport --Dinner: Rainbow Cafe	NHI/ACE NHI/ACE
<b>Sunday 3/8</b>	Antigua	Las Camelias	+502 7832-5780	<a href="http://cameliasinnantigua.com">http://cameliasinnantigua.com</a>	--Breakfast at hotel (7:30am) --Zip-line or coffee tour team-building at Finca Filadelfia (10:30am) --Lunch and cultural experience with women's co-op of Santiago Zamora (1pm) --Intro to the work and role of Nursing Heart (5-6pm) --Dinner in Antigua	--Breakfast: Las Camelias --Lunch: Women's co-op --Dinner: Tacool (Antigua)	NHI/ACE NHI/ACE NHI/ACE
<b>Monday 3/9</b>	San Martín Jilotepeque	Posada San Martin	+502 5007-5737		--Breakfast at Las Camelias (6:30am) --Wellness Clinic in El Hato (7:45-11:45am) --Presentation and Lunch at Chapina stove factory (12:30pm) --Chapina stove installations (2-5pm) --Dinner at Full Moon Cafe and presentation by NHI Board Member Cristy Velasco (6pm)	--Breakfast: Las Camelias --Lunch: Chapina stove factory --Dinner: Full Moon Cafe	NHI/ACE NHI/ACE NHI/ACE
<b>Tuesday 3/10</b>	San Martín Jilotepeque	Posada San Martin	+502 5007-5737		--Wellness Clinic in El Platanar (8am-12:30pm) --Lunch with the community (12:30pm) --Tour of water development project in El Molino (2pm) --Return to San Martin (3:45pm) --Dinner at hotel (6pm)	--Breakfast: Seño Cata catering --Lunch: Community --Dinner: Burritos and tacos from Full Moon Cafe at hotel	NHI/ACE NHI/ACE NHI/ACE
<b>Wednesday 3/11</b>	Santa Cruz La Laguna	Casa del Mundo	+502 5204-5558	<a href="http://www.lacasadelmundo.com">http://www.lacasadelmundo.com</a>	--Breakfast (7am) --Tour of Obras Sociales de San Martin clinic (9am) --Lunch in San Martin (Pollo Campero) (12pm) --Travel to Panajachel/Lago de Atitlán (1pm) --Cultural medicine discussion with Dr. Craig Sinkinson (5pm) --Dinner at Casa del Mundo (6:30pm)	--Breakfast: Seño Cata catering --Lunch: Pollo Campero --Dinner: Casa del Mundo	NHI/ACE NHI/ACE NHI/ACE
<b>Thursday 3/12</b>	Santa Cruz La Laguna	Casa del Mundo	+502 5204-5558	<a href="http://www.lacasadelmundo.com">http://www.lacasadelmundo.com</a>	--Breakfast at Casa del Mundo (7:30am) --Wellness/foot clinic in Santa Cruz La Laguna with Dr. Sinkinson (9am) --Tour of and lunch at CECAP -- Amigos de Santa Cruz (12:30pm) --Optional hike back to Casa del Mundo, otherwise boat (3pm) --Dinner at Ven Aca (6pm) --Optional hot tub! (8pm)	--Breakfast: Casa del Mundo --Lunch: CECAP --Dinner: Ven Aca	NHI/ACE NHI/ACE NHI/ACE
<b>Friday 3/13</b>	Antigua	Las Camelias	+502 7832-5780	<a href="http://cameliasinnantigua.com">http://cameliasinnantigua.com</a>	--Breakfast at women's co-op in San Juan La Laguna (8am) --Experience with Maya spiritual guide, women's co-op demo (9am) --Lunch at Cafe San Juan (11:30am) --Return to Antigua (12:45pm) --Free time in Antigua (3:30-5pm) --Final reflection and dinner (6pm)	Breakfast: San Juan co-op Lunch: Cafe San Juan Dinner: Arco (Antigua)	NHI/ACE NHI/ACE NHI/ACE
<b>Saturday 3/14</b>	N/A	N/A	N/A	N/A	--Departure	Breakfast: Hotel	NHI/ACE