



## GUATEMALA



## THE MISSION

Despite the beautiful scenery, Guatemala's environment is extremely vulnerable to disasters that impact the community's overall health and wellbeing. The people of Antigua suffered greatly during the 2018 volcanic eruptions that left many families without their loved ones and villages covered in ash. Guatemala is also susceptible to earthquakes. Common causes of death in Guatemala are from preventable diseases, such as diarrhea, pneumonia, cholera, and tuberculosis. Guatemala's community also suffers from malnutrition, especially impacting children's mortality rates. Guatemala experiences approximately 22.1 deaths per 1,000 live births.

Our team's goal is to help Guatemala achieve global health security and improve access to health care services. Helping countries respond quickly and effectively to public health threats is critical in order to prevent the spread of disease and to sustain the wellbeing of the community. By joining the team you will be able to collaborate with the community to improve the overall health of the people in Guatemala. To help provide quality medical care to all citizens, our team volunteers in remote areas that are in the greatest need for quality health care and medical services. Mobile clinics offer assistance to children, women, families, the elderly, and other in-need populations.

Your volunteer team will educate locals on how to stay healthy and how to care for their loved ones. Together, we will treat a wide variety of acute and chronic illnesses, including dengue fever, hepatitis, malaria, pneumonia, and digestive diseases. One of the main focuses of this mission is **dentistry**. Because all community members are encouraged to attend, the demand for dental care will be high. Another main focus of this mission is **women's healthcare**. We will provide general women's and infant care, as well as strengthen the knowledge and skills of the local midwives.



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HISTORY  
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If you join the mission to improve the quality of life for the incredible people in Guatemala, you will spend most of your trip in La Antigua, a city identified as a UNESCO World Heritage Site. Known for its rich culture, colonial history, vibrant colors, and mix of baroque colonial architecture, La Antigua is one of Guatemala's most fascinating destinations. Mountains, active and dormant volcanoes, and an abundance of green foliage frame the city.

While in La Antigua, you will wake to the songs of local birds, the smell of fresh bread baking in traditional ovens, and surrounded by three incredible volcanoes. Known for its rich culture, colonial history, vibrant colors, and mix of baroque colonial architecture, La Antigua is one of Guatemala's most fascinating destinations. And although many of the better-known historical sites were reduced to ruin during the 2010 earthquake, they still offer a once in a lifetime viewing experience.

## LODGING & TRANSPORTATION

The team will be staying in a beautiful, safe, clean and friendly hotel located in this wonderful city. You will be able to enjoy the local food, music, and an array of shops nearby. Tour the Chocolate Museum, where you will learn how to make chocolate from the bean! Everything is within walking distance and the city is full of color, wonderful smells, and amazing food. The culture of Guatemala will come alive as you explore the city after clinic and during your day off.

Upon your arrival in Antigua, all transportation to clinic has been arranged for you. Professional drivers, safe vehicles, and security are some of the many reasons to join this trip. Don't nap – there's a lot to see in the valleys and hills surrounding your home away from home this week!

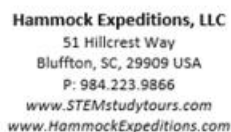
## HIGHLIGHTS

Families are the most important patients you will see and in Guatemala, you will see a lot of families. Everyone wants you to help them keep their children healthy and their elders comfortable. It is our patients – and there are a lot of them! – that are the highlight of this trip.

You will have a free day to explore Antigua with its quaint cobblestone streets and colorful colonial architecture. Salsa dancing on your list? Try it out! Always wanted to hike a volcano? Do it here! Always wanted to be a chocolatier? Visit the famous chocolate factory! Enjoy your day – make it your own!

## ITINERARY AT A GLANCE

Day 1	Arrival & Orientation
Day 2	Clinic
Day 3	Clinic
Day 4	Training Day & City Exploration
Day 5	Clinic
Day 6	Clinic
Day 7	Depart for Home



### **Day 1 – Dinner included**

You will fly into Guatemala City and travel to the vibrant city of Antigua, about 45 minutes by commercial shuttle. You and your team will be staying in Antigua in a beautiful hotel. Antigua is a beautiful Colonial city with cobblestone streets and an old-world feel that will help you recharge after a busy day in clinic. Plan to arrive in Antigua by 5:00 pm for dinner and an orientation meeting to help prepare you for the amazing work you will be doing during your trip.

### **Day 2 – Breakfast, lunch & dinner included**

A buffet of fresh fruit and traditional Guatemalan breakfast cuisine will help you start the day out right. After enjoying breakfast as a team and the cool morning air in Antigua, you and the team will go out to surrounding communities 30 minutes to 1.5 hours outside of town to the areas with the highest needs and set up clinics. Lunch will be provided to you in clinic. In the evening, you will have a thorough debrief with your team and team leader. Your meals are all included at your accommodation but you are also welcome to go, on your own, into town and enjoy the many restaurants and cuisines Antigua has to offer.

### **Day 3 - Breakfast, lunch & dinner included**

Today you will spend another day serving the communities around Antigua. The days are long and hard but incredibly rewarding!

### **Day 4 - Breakfast, lunch & dinner included**

After your first two days of clinic, you and your team will assist in providing training for local healthcare providers to continue long-term, sustainable education efforts. Education is as important as medical and dental care for our patients. Each clinic includes basic health education according to the specialties and skills of the volunteers, as well as the needs of the local people. When communities become empowered to take health and wellness issues into their own hands, they become self-sufficient. The team provides learning opportunities for the local communities through classes and hands-on learning to sustain their well-being beyond our visit.

Following training, the day is yours to explore the city.

### **Day 5 - Breakfast, lunch & dinner included**

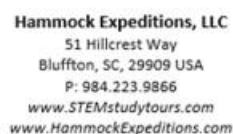
Wake up to breakfast at your hotel and depart for your third day of clinic! Your patients throughout the week will suffer from GI and respiratory diseases, ear, eye and skin infections, and the back pain and joint pain that comes from working in the fields all day. Dehydration is always an underlying condition. You'll find that prenatal care is lacking in most communities. Education on hygiene and common chronic illnesses is of the greatest importance for sustainability.

### **Day 6 – Breakfast, lunch & dinner included**

You will continue serving communities in the areas surrounding Antigua; serving patients that can't access medical and dental care for a variety of reasons. The smiles you get from your patients will keep you in fine spirits. You'll debrief upon returning to your hotel and enjoy a lovely dinner.

### **Day 7 - Breakfast**

In the morning, you will be free to take a tour, join your extension group, or transport to the airport – all dependent on when you will be flying out of Guatemala City. Thank you for your service!



## MISSION INCLUSIONS

International flights  
Transportation  
Lodging  
Costs associated with the clinic  
Food & Beverages  
All logistics, including translation services and security as needed  
2 sets of scrubs per person  
Travel pack with water bottle, journal, luggage tags and more  
Personal Tour Ambassador assigned to your group

## NOT INCLUDED

Passport fees, visa fees, and transit fees if required  
Luggage fees if not included with airline ticketing  
Fully comprehensive insurance (mandatory)  
Coach transfers to/from home airport  
Meals on travel days other than what is specified  
Single occupancy supplement fees  
Vaccinations and medications common for travel  
Spending money for souvenirs and personal purchases  
Required mission supplies or personal equipment  
COVID-related fees such as testing, vaccinations and quarantines  
Additional Sightseeing / Entertainment Options  
Any gratuities – Tour Ambassador, local guides

**Each team is responsible for carrying medical supplies for the deployment.  
All fees associated with transport are the responsibility of the volunteer.**

This mission is offered through our partnership with International Medical Relief. As always, our staff are always available to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.



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