

COMMUNITY EMPOWERMENT TRIP

GUATEMALA ITINERARY





Dear MEDLIFers,

Thank you for joining the MEDLIFE Movement via a Service Learning Trip with us! Here at MEDLIFE, our mission is to build a worldwide Movement empowering low-income individuals in their fight for equal access to healthcare, education, and a safe home. As an SLT participant in Antigua, Guatemala, you are joining that worldwide Movement!

Overview:

Antigua Guatemala is an enchanting city that captivates visitors with its stunning colonial architecture, vibrant cultural scene, and breathtaking natural surroundings. Known as the former capital of the Kingdom of Guatemala, Antigua is a UNESCO World Heritage Site, celebrated for its well-preserved Spanish Baroque-influenced buildings and many ruins from colonial churches.

But in Guatemala, poverty affects a significant portion of the population, with rural areas experiencing more acute deprivation than urban centers. The reasons behind poverty in Guatemala are multifaceted, including limited access to quality education, inadequate healthcare, a predominantly agricultural economy vulnerable to environmental factors, and a history of political instability and conflict.

Join us on a High School Service Learning Trip to Guatemala to help families recover from the pandemic and learn about poverty and sustainability. You will work hand-in-hand with the community to improve their living conditions. Register today!

Highlights of the Week:

- Learn about the challenges faced by low-income communities.
- Gain experience volunteering on a service project.
- Build bridges across cultures by connecting with community members.
- Deepen your understanding of sustainability and the environment.

Key Pillars

- **Service:** By volunteering on a Mobile Clinic and Development Project, you'll directly help bring accessible medical care, health education, and a safer home to the marginalized communities you visit.
- **Environment:** Service Learning Trips are created with sustainability in mind. In Guatemala, you may have the opportunity to volunteer on a safe homes project like installing healthy stoves and water filters. **Education:** Learn about the historical, political, and economic factors that have shaped Guatemala. Deepen your knowledge of global health by shadowing healthcare professionals.
- **Life-changing experiences:** Through eye-opening experiences and building human connections, a MEDLIFE Community Empowerment Trip will deepen your passion for building a world free from the constraints of poverty.

Detailed Itinerary

DAY

Saturday

1

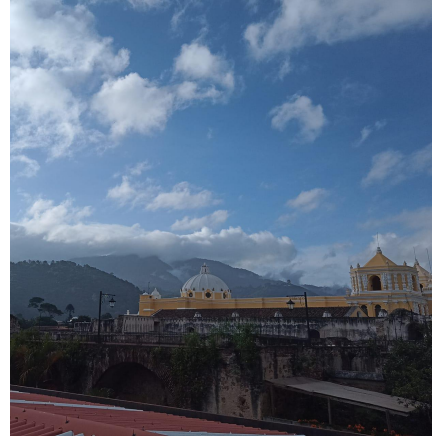
Arrival to Antigua

Arrive at La Aurora (GUA) between 6:00am and 12:00pm. A MEDLIFE representative will meet you at the airport and escort you to your accommodation.

You will have time to relax, settle in, and then head out to explore with your Trip Leader. Meals aren't included during the day, but you can enjoy a tasty dinner at one of the nearby restaurants.



Overnight
Socialtel Antigua



DAY

Sunday

2

Orientation Day

In the morning, we'll hold an orientation to discuss the week's agenda, safety measures, and introduce Mobile Clinics. After that your Trip Leader will guide a walking tour of Antigua, offering insights into local life. Meals aren't provided today, but many dining options are nearby.



Overnight
Socialtel Antigua



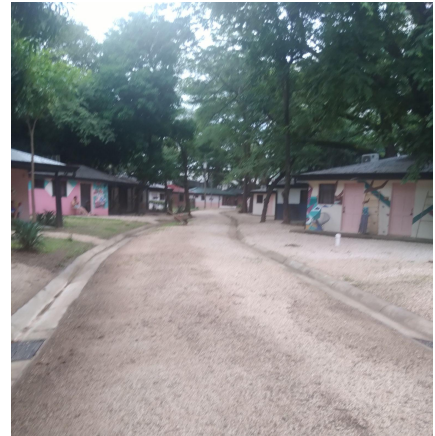
DAY

3

Monday

Reality Tour

On a MEDLIFE Reality Tour volunteers join MEDLIFE staff in the field to learn about our partner communities and the challenges they face daily. It is often our volunteers' first exposure to extreme poverty, making it one of the most impactful experiences of their trip. The Reality Tour's main goal is to introduce volunteers to the area's culture and history. This lays the groundwork for cultural awareness and sensitivity, which are so important when you're serving communities in another country.



Overnight
Socialtel Antigua

DAY

4

Tuesday

Mobile Clinic Volunteering

Wake up bright and early for your first day of volunteering at a Mobile Clinic! Staffed by local practitioners, our clinics offer basic medical treatment and preventative screenings to low-income patients. After returning to the hotel in the afternoon, we will hold our second Engaged Education Roundtable Discussion, focusing on the relationship between poverty and healthcare.



Overnight
Socialtel Antigua

DAY

5

Wednesday

Mobile Clinic

Help MEDLIFE bring free healthcare to low-income communities with another day of volunteering on a Mobile Clinic. Upon arrival, we will work together to set up each station. Volunteers will spend the morning shadowing medical professionals as they provide treatment and identify patients in need of follow-up care. After returning to the hotel in the afternoon, we will hold our second Engaged Education Roundtable Discussion about the relationship between education and poverty.



Overnight
Socialtel Antigua

DAY

6

Thursday

Atitlan Lake Full Day

Begin your adventure with a visit to the stunning Lake Atitlán, surrounded by majestic volcanoes. Upon arrival, you'll embark on a boat tour to visit three indigenous villages around the lake.

Throughout the day, you'll experience breathtaking panoramic views of the lake and surrounding volcanic landscapes, with plenty of opportunities for photography and exploring local artisan shops to pick up handcrafted souvenirs.



Overnight
Socialtel Antigua

DAY

7

Friday

Project Day

Today, you'll work alongside locals on a project centered around installing fuel-efficient stoves. Departing the hostel at 8:00am, ensure you wear attire suitable for hands-on tasks, such as mixing cement or painting. Once we finish, we'll join the community in an inauguration to celebrate our joint achievements.

Expect to return to the hostel between 2:30pm-4:00pm for a debrief and reflection session with the MEDLIFE team to conclude the week.



Overnight
Socialtel Antigua

DAY

8

Saturday

Community Activity

Engage in meaningful community activity that makes a real difference.

Returning to the hotel you will have the chance to relax and enjoy a documentary movie on the important topic of global health.



Overnight
Socialtel Antigua

DAY

9

Sunday

Departure

Depart Guatemala anytime between 12:00 PM and 6:00 PM.



INCLUDED

- ✓ 8 nights dorm room accommodation
- ✓ Breakfast, lunch, and dinner from Monday to Friday
- ✓ Transportation to and from the airport (within the established schedule), and to SLT activities
- ✓ English-speaking Trip Leader
- ✓ Atitlan Lake Excursion
- ✓ Safety equipment (including face masks)

NOT INCLUDED

- ✓ Flights
- ✓ Tips
- ✓ Pre or post-trip accommodation
- ✓ Optional excursions
- ✓ Weekend meals

Travel Advisory

All volunteers require a valid passport of at least 6 months from the SLT start date. You can register for the MEDLIFE SLT without a passport, but you must submit the info at least 2 weeks before the trip. You must ensure your passport validity before departure.

Visit your doctor: MEDLIFE does not require any vaccinations. However, you should follow all CDC requirements and any advice from your medical professional.

If you're not a U.S. or Canadian citizen, you may need a visa to enter certain countries. It is your responsibility to determine if you need a visa and make appropriate arrangements.