

# SERVICE LEARNING 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 the poor 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:

Guatemala, known for its rich Mayan heritage and stunning landscapes, faces significant challenges. With the impact of COVID-19 on tourism, these problems have intensified. Nationally, 56-64% of people live on less than \$2/day. In rural areas, that number jumps to over 75%. Shockingly, 21.5% live in extreme poverty, surviving on less than \$1/day, as reported by the World Health Organization.

During our Service Learning Trips in Guatemala, we focus on two impactful projects: supporting mobile clinics: these bring essential healthcare to communities that need it most, and installing fuel-efficient stoves: these reduce deforestation and improve health by minimizing smoke exposure.

Join us on a Service Learning Trip to Antigua, 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 Community Empowerment Trip, you'll directly bring support to the marginalized communities you visit.
- **Environment:** This trip will take you to a leading destination in ecotourism, and you may have the opportunity to volunteer on a reforestation project.
- **Education:** Learn about the systemic factors that have shaped the realities faced by families. Participate in educational discussions about sustainability and conservation.
- **Life-changing experiences:** Through eye-opening experiences and building human connections, a Community Empowerment Trip will renew your passion for building a world free from the constraints of poverty.

## Itinerary in Brief:

DAY

1

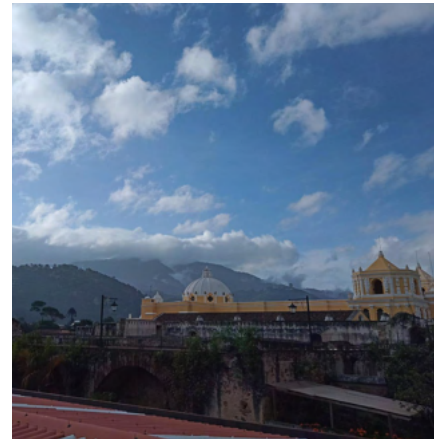
**Saturday**

### Arrival to Antigua

Arrive at La Aurora International Airport (GUA) from 9:00 am to 2:00 pm. A MEDLIFE representative will greet you and guide you to your accommodation. After some rest and settling in, you're free to explore. While meals aren't provided today, nearby restaurants offer delightful dinner options.



Overnight  
Antigua Selina Hotel



DAY

2

**Sunday**

### Orientation Day

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



Overnight  
Antigua Selina Hotel



DAY

3

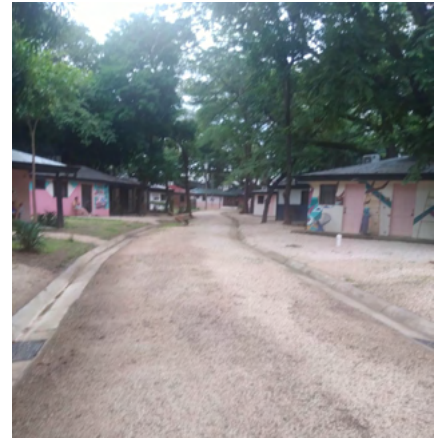
## Monday

### Reality Tour

During a MEDLIFE Reality Tour, volunteers team up with our staff to understand the daily challenges of our partner communities. Often their first glimpse into extreme poverty, this tour leaves a profound impact. Its primary aim is to immerse volunteers in the region's culture and history, fostering the cultural awareness crucial for effectively serving international communities.



Overnight  
Antigua Selina Hotel



DAY

4-6

## Tuesday to Thursday

### Mobile Clinics

From Tuesday to Thursday, you'll support Mobile Clinics in various communities around Antigua, with each day focusing on a different location. Rise at 6am for breakfast and depart by 7am for the community, with bus rides varying between 30 minutes to one hours.

Once there, unload medical supplies, and meet the day's health professionals. After a quick training, the clinic starts between 8-9 am. You'll assist in the triage station, provide educational materials in the education station, shadow physicians in the general medicine, OB/GYN, and dental stations, and help at the pharmacy station. You will also have the opportunity to interact with the children in the toothbrushing station.

Lunch is around 11:30am on the bus. Post-lunch, you'll switch stations, with the clinic wrapping up between 1-3pm, serving potentially 50+ patients.

Evenings include post-clinic activities at 5pm and



dinner at 6pm. Some evenings offer free time to explore Antigua.



Overnight  
Antigua Selina Hotel

DAY

7

Friday

### Development Project

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  
Antigua Selina Hotel

DAY

8

Saturday

### Optional Day Trip

Join us for an optional day trip to delve deeper into Guatemala's wonders. For more information on our Guatemala extras, please email [trips@medlifemovement.org](mailto:trips@medlifemovement.org).





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
- ✓ 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.