

ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Introduction to Library Systems: GUATEMALA!

Lake Atitlan, Antigua, & Guatemala City

9 days / 8-nights

November 25 – December 3, 2023

\$4,699 (based on shared room & incl flights)

\$449 (single supplement)

Enjoy the unique culture and traditions of Guatemala while you spend time with the locals and meet fellow librarians.

BOOK NOW 888.747.7501

Professional Connections

- ✓ **Interact with professionals** from a variety of facilities throughout your travels including the Biblioteca Dr. Isidro Iriarte at the Universidad Rafael Landivar. Explore Guatemala's education and library systems including the status of information technology implementation and other innovations happening today.
- ✓ Explore Guatemala's libraries and discuss challenges they are facing, including how they promote literacy. Hosts may include local speakers and those located at facilities like the **Biblioteca Nacional de Guatemala** and a local university like the **Universidad de San Carlos de Guatemala**.
- ✓ ***Accompanying guest program** – *alternate activities will be provided for those who do not wish to attend the professional meetings including a visit to Santa Teresita Hot Springs to spend the morning relaxing in their thermal water pools!*

Cultural Immersion & Exploration

- ✓ Enjoy **privately guided explorations** of Antigua and Guatemala City and visit important historical sites.
- ✓ Giving back and engaging with the local community is an important part of your journey. Spend time with staff and children at one of **Niños de Guatemala's schools**.
- ✓ **Visit the community of San Lorenzo el Cubo** and meet with a family in their home to learn about the art of making Guatemalan worry dolls.
- ✓ Explore the Mayan ruins of **Iximche**, dating back to 1524.
- ✓ Learn about Guatemalan foods during a **gastronomy workshop and cooking class**, including the chance to explore a local market for ingredients.

What's Included:

- International flights from Miami
- 4* accommodations throughout
- Local professional guide throughout
- Most tips to local drivers, guest guide and restaurants
- Activities and meals as mentioned

Not Included:

- Meals not specified
- Tips for national guide & driver
- Passport renewal or issuance
- Personal expenses at the hotel
- Trip insurance



Guatemala | www.nandajourneys.com | 888-747-7501



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📍 Miami to Guatemala

DAY 1: Saturday, November 25, 2023

Fly Miami to Guatemala

Board your flight in Miami and fly to **Guatemala**, a country otherwise known as the “Land of Trees” and once referred to as the ‘closest thing to Eden on earth” by Lonely Planet. After claiming your luggage and clearing customs in Guatemala City, you will be met by your local guide and transferred to Antigua. Subject to flight arrival time, enjoy a local lunch and guided tour of Antigua.

Antigua is a small city surrounded by volcanoes in southern Guatemala. It’s renowned for its Spanish colonial buildings, many of them restored following a 1773 earthquake.

The **Good Hotel** is a former private mansion and a small boutique hotel infused with minimalistic design and local touches. It has been chosen for its wonderful location and relaxed and friendly environment, but more importantly, for the unique and important role it plays in giving back to the local community of Antigua. All profits from the hotel go directly to funding three local schools that have been established to educate almost 600 children in underserved communities in Guatemala.

Put on your dancing shoes and join Nancy for a Salsa class before enjoying a welcome dinner at a local restaurant.

Overnight: Good Hotel Antigua
Included meals: Lunch, Dinner



📍 Antigua, Guatemala

DAY 2: Sunday, November 26

Welcome to Antigua

Please Note: Breakfast is included daily at your hotel.

After breakfast, the group will visit the community of **San Lorenzo el Cubo** and meet with a family in their home where you learn about the art of making Guatemalan worry dolls and how this industry is the main income generating source for 80% of mothers at NDG schools in the San Lorenzo el Cubo community. Make your own traditional worry doll and learn more about the legends, origins, and why worry dolls have slept under many pillows and taken away countless worries.

Later take part in a **coffee and catación workshop**. Guatemala has some of the best coffee in the world and you simply cannot leave Antigua without trying some. Learn how coffee is produced from farmer to cup, taste their specialty coffee, and be introduced to unique brew methods. Impact Coffee is 100% Arabica, single-origin, single-estate hard-bean coffee rated 82 or greater by SCA.

Spend the afternoon taking part in a **gastronomy workshop and cooking class**. Begin with a visit to a local market to learn about, and buy, the local ingredients you will need for your class. Enjoy some time with your chef as you explore the market and learn about the local ingredients. Make your way onward to the classroom where you will learn to make some local dishes from your chef.

Dinner will be a Caoba Farms, a local favorite with music and dancing!

Overnight: Good Hotel Antigua
Included meals: Breakfast, Lunch & Dinner



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📍 Antigua, Guatemala

DAY 3: Monday, November 27

Professional Exchange & Volunteer Day

Begin your community interaction with a chance to give back in partnership with **Niños de Guatemala (NDG)**, a Dutch-Guatemalan NGO that provides education to underprivileged children to empower them, their families, and communities to break the cycle of poverty. NDG founded and operates two primary schools and one secondary school for approximately 500 students in the communities of Ciudad Vieja and San Lorenzo el Cubo in Guatemala.

The morning will be dedicated to **spending time at the local NDG schools** by observing medical exams for the students including routine checks for weight, height, vision, breathing, blood pressure and overall well-being. Start the morning with a tour of the project and an overview of the wellness and nutrition initiatives, meeting with some of the onsite staff with whom you will be collaborating.

All children in NDG's schools receive a daily nutritionally balanced snack, access to routine medical and dental care, instruction on proper health and hygiene, and access to on-site social work and psychology staff.

Lunch will be provided this afternoon at Saul Restaurant.

This afternoon, meet with representatives at **Fundacion Rieken Guatemala in Jocotenango** who will provide an overview of the library system in Guatemala. For more than 20 years, Rieken Community Libraries has been bringing access to information and programs to poor rural areas of Central America through a network of over 60 dynamic community libraries. Offering books, programs relevant to the needs of the communities being served, and access to technology whenever possible – Rieken libraries connect people in Honduras and Guatemala to each other and to the world.

Guest program: *This afternoon guests will have some free time to explore the beautiful colonial town of Antigua. Simply walk the cobblestone streets to admire the architecture, beautiful colors, and amazing panoramas everywhere you look. Antigua has so much for you to explore including museums, galleries and a host of wonderful shops selling beautiful artisanal products from across the country. Your guide will be on hand to provide recommendations and ensure you make the most of your time in Antigua.*

Dinner is by individual arrangement today.

Overnight: Good Hotel Antigua
Included meals: Breakfast & Lunch





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📍 Guatemala City, Guatemala

DAY 4: Tuesday, November 28

Professional Program Activities

Check out and head back to Guatemala City early this morning. Late this morning, visit a local library like the **National Library of Guatemala**. Founded in 1879, during the government of General Justo Rufino Barrios, their inauguration date was June 24, 1880. Due to earthquake damage in the early 1900s, it was relocated to the building they are in now. The library has seven rooms including a braille room, reference and reading room, classroom space, children's room, and special areas like the restricted antique room with historical documents of noted value that are being protected.

Guest program: *This morning accompanying guest will head to Santa Teresita Hot Springs to spend the morning relaxing in their thermal water pools. After lunch as the spa head onward for a chocolate tour. The Mayan used cocoa products not just in food and drinks but as currency. Visit a local factory and other sites as you learn more about how they use the cocoa beans.*

Lunch will be provided this afternoon.

This afternoon professional members of the group will meet with representatives from the **University de San Carlos (or similar)**, the largest and oldest university in Guatemala. The Faculty of Humanities, of the University of San Carlos de Guatemala, through the School of Library Science, began the activities of preparation of technicians and professionals in Librarianship, on February 1, 1948. From 1949 onward, the specialties of Assistant Librarian (1 year) and Librarian (2 years) were established.

Dinner will be provided at a local restaurant after hotel check-in.

Overnight: Good Hotel Guatemala City
Included meals: Breakfast. Lunch & Dinner

📍 Guatemala City, Guatemala

DAY 5: Wednesday, November 29

Professional Program Activities

This morning professional members of the group will visit **La Teca Public Library**. Opened in February 2022, this new cultural space is in Zone 1 with more than 2,500 titles that the locals of all ages can now access for free. The goal is to provide not just access to books but to provide a safe space to read, work or attend an event. They have a children's area, reading room, consultation room and other event space.

Guest program: *This morning accompanying guests will explore Ciudad Cayala with your local guide. This delightful neighborhood is known for its unique architecture, delightful scenery, and thoughtful planning with nearby shopping, clinics, and recreation. Lunch will be provided in the area. This afternoon, explore some of the local museums with your guide. The city has a variety of museums so your local guide will work with you to settle on the best option for the group. Some others include the Museum of Indigenous Textiles and Clothing and Museo Popol Vuh is home to one of the largest collections of Mayan art in the world.*

Lunch will be provided this afternoon.

This afternoon, visit a facility like **Biblioteca Dr. Isidro Iriarte at Universidad Rafael Landivar**. Like any university library they provide a range of services for the students and faculty. Continue discussions around the status of information technology in Guatemalan libraries and to what extent is IT implemented and other innovations happening in Guatemalan libraries.

Dinner is by individual arrangement today.

Overnight: Good Hotel Guatemala City
Included meals: Breakfast & Lunch



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📍 Antigua, Guatemala

DAY 6: Thursday, November 30

Drive to Lake Atitlán & Explore

Check out of your hotel and settle your incidentals. After breakfast, head to **Lake Atitlán**. Once referred to by Lonely Planet as *“the closest thing to Eden on earth”*. Lake Atitlán, a crater lake formed around two million years ago, is nestled between three majestic volcanoes (Atitlán, Tolimán and San Pedro), mountains, and twelve different Mayan villages.

In route, explore some of the most revered and historically significant **Mayan ruins in Iximche**. You will be joined by a local expert to guide you around the ruins, Mayan culture, and spirituality. Together you will experience the transformational wonders of the former and first capital of Guatemala in all its architectural and spiritual significance.

Lunch will be provided at Chichoy this afternoon.

On arrival at Lake Atitlan and enjoy a tour of the primary town by the lake **Panajachel**.

Panajachel is a very popular destination with visitors from all over the world who are exploring Central and South America. It is a hub for all the local water taxis who take travelers to the surround lake villages, most of which are not accessible by car.

From here you will take a short transfer to your lakeside hotel, **Hotel Atitlan**.

The remainder of the day relaxing by the pool, enjoying the lake b0y kayak, or simply being at peace in this delightfully tranquil location. *Dinner on own*.

Overnight: Hotel Atitlan
Included meals: Breakfast & Lunch

📍 Atitlan, Guatemala

DAY 7: Friday, December 1

Library Visit & Workshops

This morning is dedicated to visit the **Community Library Rija`tzuul Na`coj or similar**. This library serves a totally indigenous community on the shores of beautiful Lake Atitlán. It was opened in early 2005 and serves approximately 12,000 people including those in the outlying communities. The first language of the residents is Tz`utuujil though most also speak Spanish and some also K`iche.

This afternoon, the group will visit **San Juan La Laguna** which is considered one of the more traditional villages around the lake and is off the beaten path from most tourist destinations. You will first visit a local **women weavers` textile cooperative** to learn about and participate in the process of ancestral weaving and see how different plants are used to dye the fabric with natural colors.

Enjoy a traditional local lunch, visit an **art gallery**, and admire the beautiful mural work all over the village.





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The final stop in San Juan is a community cooperative producing **medicinal plants and herbal products**. Here you will learn about traditional Mayan healing and how to make organic shampoo, creams, and tea.

Dinner is by individual arrangement today.

Overnight: Hotel Atitlan
Included meals: Breakfast & Lunch



📍 Guatemala City, Guatemala

DAY 8: Saturday, December 2

Return to Guatemala City

Enjoy some free time this morning to explore independently.

Lunch will be on your own today before heading back to Guatemala City this afternoon.

Check back into the **Good Hotel** which is in the city's creative hub. This hotel is also part of the Nino's de Guatemala organization and each evenings stay funds the education of a student for 5 days.

Enjoy your farewell dinner at La Capirucha.

Overnight: Good Hotel Guatemala City
Included meals: Breakfast & Dinner

📍 Guatemala City, Guatemala

DAY 9: Sunday, December 3

Depart for home today

While today is a time for goodbyes, we hope it will only be temporary and that you will one day return to Guatemala to deepen your connections and further your explorations of this deeply traditional and warm country. Transfer to the airport for your flight back to Miami.

Included meals: Breakfast

How you are helping:

- ✓ Your participation helps Ninos de Guatemala to continue their work providing education for over 500 students
- ✓ For each night at the Good Hotel, you fund the education of a child for 5 days
- ✓ Each half-day of cultural experiences and activities in which you participate funds a nutritious and wholesome snack for 3 students at a Ninos de Guatemala school for one whole month.
- ✓ By supporting social cooperatives, you're directly protecting the cultural heritage of indigenous communities and helping families remain in the local community and create a life of financial independence.





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📍 Antigua, Guatemala

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📍 Lake Atitlan, Guatemala

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📍 Guatemala City, Guatemala

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