



## Diabetes Education, Nutrition & Healthcare Journey

**Guatemala: Antigua, Atitlán & Guatemala City**

**10 days / 9-nights**

**October 7-16, 2019**

**\$5,299** (based on double occupancy)

Enjoy the unique culture and traditions of Guatemala while you spend time with the locals and meet fellow dietitians, clinicians and educators.

**BOOK NOW 888.747.7501**

### Program Highlights

- ✓ Meet with your professional colleagues throughout Guatemala allowing a chance to discuss **future collaboration** opportunities you may be able to offer to the various facilities.
- ✓ **Accompanying guest program** – *alternate activities will be provided for those who do not wish to attend the meetings.*
- ✓ Explore the Mayan ruins of **Iximche**, dating back to 1524, and enjoy a **sunrise hike** up Indian Nose in Atitlán

### Professional Connections

- ✓ **Interact with dietitians, nurses and diabetes educators** from a variety of facilities throughout your travels. Explore Guatemala's healthcare system while you broaden your world view of chronic disease experiences and challenges in another country from the perspectives of the healthcare system, the community, and the people with chronic disease.
- ✓ Develop an appreciation of Guatemala's response to health challenges through a mutual exchange with representatives from local hospitals and clinics such as **Charlie Gomez Medical Clinic, Hospitalito Atitlán, and Casa Jackson Hospital for Malnourished Children.**

### Cultural Immersion & Exploration

- ✓ Giving back and engaging with the local community is an important part of your journey. Spend time **sharing your knowledge about nutrition and keys to a healthy diet.**
- ✓ **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.

#### What's Included:

- 4\* accommodations throughout
- All transportation and activities outlined
- International flights to Guatemala (gateway city set tentatively out of Miami)
- Local professional guide throughout
- Most tips to local drivers, guest guides and restaurant staff

#### Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable



📍 Miami, Florida

### DAY 1: Monday, October 7, 2019

#### Fly to Antigua

Depart from Miami International Airport and make your way to Antigua, Guatemala. The stunning beauty and friendly people alone are worth a visit! Guatemala is south of Mexico and home to volcanoes, rainforests and ancient Mayan sites.

Upon arrival at La Aurora International Airport, the group will be met and transferred to your Antigua hotel (about an hour away).

All travelers will gather this evening with your national guide for an **orientation and welcome briefing**.

The **Good Hotel**, a former private mansion, is a small boutique hotel infused with minimalistic design and local touches. 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 over 500 children in underserved communities in Guatemala.

Rooms feature traditional washing sinks, private patios and open-air showers. All rooms surround the inner garden and have a small writing desk, safe, coffee and tea amenities, luxurious towels, rain and hand-held shower, as well as organic bathroom amenities made locally.

Enjoy a welcome dinner this evening at the hotel.

**Overnight: Good Hotel (or similar)**  
**Included meals: Dinner**



📍 Antigua, Guatemala

### DAY 2: Tuesday, October 8

#### Welcome to Antigua

**Please Note:** Breakfast is included daily at your hotel.

Begin your exploration with an Antigua historic & cultural walking tour. Explore Antigua with your national guide to learn about the city's history as well as daily life of the local people. You will visit **Cerro de la Cruz** (Hill of the Cross) for a fabulous panoramic view of the city this morning as well as a chance to explore some of Antigua's most emblematic churches, monuments and buildings. Time permitting, visit a handicraft or other local market or two.

Stop for lunch at San Martin Bakery & Restaurant.

This afternoon the group will 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.

Dinner is by individual arrangement (own expense).

**Overnight: Good Hotel (or similar)**  
**Included meals: Breakfast & Lunch**







📍 Antigua, Guatemala

### DAY 3: Wednesday, October 9

#### Professional Exchange & Volunteer Day

Begin your program while giving back in partnership with **Niños de Guatemala (NDG)**, a Dutch-Guatemalan NGO that provides education to underprivileged children who would otherwise not have access to it in order 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 is dedicated to **providing nutritional information for the faculty at the local NDG schools**. Start the morning with a tour of the project and an overview of their well-being and nutrition initiatives and a chance to meet with some of the onsite staff.



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. Spend time sharing your knowledge about nutrition, healthy diets for the kids and families, and answering questions for their team.

Lunch will be provided this afternoon.

Late this afternoon, attend a presentation that will provide an **overview of healthcare and nutrition in Guatemala**. This will focus on common health issues, the healthcare system and access to it, health education, nutrition issues, diabetes, the role of NGOs, and more. *Pending availability, the NDG staff will also attend the session with their onsite social worker and psychology team who oversee the local school program.* Learn more about their local programs like *Crianza con Cariño* which is a nine-week course for the parents focused on parenting tips and providing much needed resources to the families.

**Guest program:** *Today accompanying guest will spend the morning and early afternoon taking part in a gastronomy workshop and cooking class. Begin this morning 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. You will enjoy your dishes for lunch today before heading back to the hotel this afternoon where you will have some free time to relax.*

Dinner is by individual arrangement today.

**Overnight: Good Hotel (or similar)**

**Included meals: Breakfast & Lunch**





## ITINERARY | DAY-BY-DAY

📍 Antigua, Guatemala

### DAY 4: Thursday, October 10

#### Morning Meeting & Afternoon Workshop

Begin your professional program today with a visit to the **Casa Jackson Hospital for Malnourished Children (Neustros Ahajados)**. This facility has helped countless children suffering from malnutrition or outright life-threatening starvation. Some are sent from other hospital or are just brought in by struggling parents. Others are unfortunately abandoned on the doorstep. They provide a variety of services including long-term recovery care. Spend time with the staff discussing topics of mutual interest and learning more about their mission.

**Guest program:** *Today accompanying guests will have the morning free to explore around the hotel before joining the group for lunch and the afternoon workshop.*

Lunch will be provided at Restaurant El Arco.

This afternoon 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. Worry dolls (called *muñecas quitapenas* in Spanish) are small, hand-made dolls originating from Guatemala.

Later in the afternoon, continue your explorations of the village including a visit to a local furniture/carpentry workshop and **Niños de Guatemala's El Porvenir School**.

Return to the hotel to get ready for dinner. Put on your dancing shoes! Dinner will be provided at Guatik followed by a **Salsa Lesson** at Cambio NDG.

**Overnight: Good Hotel (or similar)**

**Included meals: Breakfast, Lunch & Dinner**



📍 Atitlán, Guatemala

### DAY 5: Friday, October 11

#### Drive to Atitlán & Afternoon Explorations

Check out of your hotel and settle your incidentals. After breakfast, head to **Lake Atitlán**.

In route you will explore the **Mayan ruins of Iximche**. This is a must see archeological and historic site that dates back to 1524. Your guide will share information on the significance of the site as you learn about the Mayan history of the region before, during and after the Spanish invasion.

Stop for a very special lunch at **Fundacion Waybi**. They inspire lives, making dreams come true by improving the autonomy and independence of people with disabilities.

This afternoon travel to the authentic and picturesque village of **San Antonio Palopó** for a **ceramics workshop**. This town is world-renowned for its colorful white and blue ceramics you'll see throughout the journey. You'll meet local artisans, learn about ceramics production, and participate by painting your own ceramic item! You may also purchase more pieces from their local store to support the family business.

Continue onward to check into your local hotel.





## ITINERARY | DAY-BY-DAY

**Hotel Atitlán** is a Spanish-Colonial style inn on the shores of Lake Atitlán. Surrounded by botanical gardens, their property is one of the finest and most charming boutique hotels in Guatemala. Located just ten minutes from the main town of Panajachel, they are built on what was once the estate of a former family-owned coffee plantation. An infinity pool gazes onto Lake Atitlán and the majestic Atitlán, Toliman and San Pedro volcanoes in the distance.

Dinner is on your own this evening.

**Overnight: Hotel Atitlan (or similar)**

**Included meals: Breakfast & Lunch**



📍 Lake Atitlán, Guatemala

### DAY 6: Saturday, October 12

#### Cultural Exploration

Depart early this morning for a **sunrise hike up Indian Nose**. At the top, enjoy unmatched views of Lake Atitlán, the nearby volcanoes and surrounding landscape.

**San Juan La Laguna** is considered one of the more traditional villages around the lake and is off-the-beaten track from most tourist destinations. Thanks to the friendly locals and colorful buildings, you'll get a glimpse of the real Mayan community.

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. Here you will enjoy a traditional local lunch.



Following your meal, you will visit an **art gallery**, where you'll see the beautiful artworks and learn about the techniques that were used to create them. The final stop in San Juan is another 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.

Next head to **Santiago Atitlán**, another traditional village - the capital of the Tz'utujil Maya and the largest of the lake communities. Search for the house where the Mayan God *Maximon* is living, as his location changes every year when a new *cofradía* or brotherhood has the privilege of taking care of him. After you find Maximón, you may see local shaman performing rituals for the Mayans.

Enjoy dinner with community members at the cooperative.

**Overnight: Hotel Atitlan (or similar)**

**Included meals: Breakfast, Lunch & Dinner**



📍 Lake Atitlan, Guatemala

### DAY 7: Sunday, October 13

#### Professional Visit

After breakfast, professional members of the group will meet with staff at **Hospitalito Atitlán**. They are a small private nonprofit hospital serving 75,000 Maya living on the southern shore of Lake Atitlán. In the past six years, they have opened 20 diabetes detection centers, trained hundreds of healthcare workers in diabetes prevention and care and offered classroom diabetes education for 10,000 children in addition to creating culturally appropriate materials (videos, handouts, etc.) to educate these populations. Spend time with their staff discussing topics of mutual interest with a goal to broaden your world view of chronic disease (diabetes as the use case) experiences and challenges in another country from the perspectives of the healthcare system, the community, and the people with chronic disease.

**Guest program:** *Today accompanying guests will have the morning free. You might opt to enjoy a relaxing stroll amidst exotic plants and flowers from both Guatemala and around the world – including roses, orchids, bougainvillea and azaleas. Or you might opt to utilize the hotel pool and jacuzzi, head to the lakefront beach or woodland paths or visit their onsite gift shop with Guatemalan gifts and handicrafts unavailable anywhere else in the country. The shop's specialty is clothing made with top quality imported yarn, and you will also find a variety of books, ceramics, woodcarvings and jewelry crafted by local artisans.*

The group will enjoy a **lunch cruise on Lake Atitlán**. This magnificent lake is surrounded by Tolimán, Atitlán and San Pedro volcanoes as well as by 10 Mayan villages full of color and craftsmanship. It has two floors, the top floor with an unobstructed panoramic view.

Dinner is on your own arrangement this evening.

**Overnight: Hotel Atitlan (or similar)**

**Included meals: Breakfast & Lunch**



📍 Guatemala City, Guatemala

### DAY 8: Monday, October 14

#### Travel Day & Afternoon Meeting

Check out of your hotel and meet with representatives at the **Charlie Gomez Medical Center**. For many indigenous families, Mayan Families is their only access point to affordable and quality health care. The clinic provides preventive and primary health care, education, and follow-up to the families they work with in the community. Focus on learning about their work developing a diabetes program to combat the spread of this avoidable disease through education.

**Guest program:** *This morning accompanying guests will enjoy a cultural and historic Tour of Santa Catarina Palopo. Santa Catarina Palopo is a Kaqchikel Mayan Village located nearby Panajachel.*

This afternoon the group will head to **Guatemala City**. Depart around noon with a lunch stop at Hacienda Real Tecpan.

Arrive early this evening for check-in and time to relax before dinner. The **InterContinental Hotel** is in the dynamic Zona Viva at the heart of Guatemala's entertainment and business district. It is just 4 miles from the airport. The hotel has a variety of dining options plus a bar, fitness center, and spa.

Dinner will be provided at Kacao Restaurant.

**Overnight: InterContinental Hotel (or similar)**

**Included meals: Breakfast, Lunch & Dinner**





## ITINERARY | DAY-BY-DAY

📍 Guatemala City, Guatemala

### DAY 9: Tuesday, October 15

#### Cultural Exploration

After breakfast head out to explore the historical center of the city with your national guide. Visit the **Palacio Nacional de la Cultura**, one of the most important buildings in Guatemala. Constructed in the early 1940's and once home to former President Jorge Ubico, the palace features impressive architecture, monuments, and historic murals. Next make your way to Guatemala City's historic center to see the **Plaza Mayor** (main plaza), the **Metropolitan Cathedral**, and **Centennial Park**.



Lunch will be provided at Casa Saul.

Wrap up your professional exchange with discussions focused on **developing relationships with diabetes clinicians** (endocrinologists, primary care practitioners, and diabetes educators) to explore the provider and patient perspectives for best practices in diabetes care and education. Meet with a **local clinician** for a roundtable exchange to gain insight into common challenges and experiences to enhance your global perspective. A meeting will be requested with a representative from the **Asociación Latinoamericana de Diabetes – ALAD** (the Latin American Association for Diabetes) or similar.

**Guest program:** *This afternoon accompanying guests will explore two Guatemala's museums of significant cultural importance: Museo Ixchel and Museo Popol Vuh. Museo Ixchel is Guatemala's Museum of Indigenous Textiles and Clothing where you will see the collection of ceramics, textiles, and jewelry and learn about Guatemalan traditions of dress throughout the country. Museo Popol Vuh is home to one of the largest collections of Mayan art in the world. Here you will see and learn about Mayan art, archaeology, and colonial treasures.*

Say goodbye as you reflect and share memories over a **farewell dinner** at Restaurant Saul La Osteria.

**Overnight: InterContinental Hotel (or similar)**

**Included meals: Breakfast, Lunch & Dinner**

📍 Guatemala City, Guatemala

### DAY 10: Wednesday, October 16

#### Depart for home today

Head to the La Aurora International Airport for check in for your flight home. Depending on the flight time, lunch is by individual arrangement.

**Included meals: Breakfast**



📍 Antigua, Guatemala

## Good Hotel

Calle del Hermano Pedro 12, Sacatepéquez  
Antigua, Guatemala

**Telephone:** +502-7797-6500

<https://www.goodhotelantigua.com/>



📍 Lake Atitlan, Guatemala

## Hotel Atitlan

Finca San Buenaventura Panajachel  
Sololá, Guatemala

**Telephone:** +502-7962-0404

<https://www.hotelatitlan.com/>



📍 Guatemala City, Guatemala

## InterContinental Hotel

14 Calle 2-51 Zona 10  
Guatemala City, Guatemala

**Telephone:** +502-2413-4444

<https://www.ihg.com/intercontinental/hotels/us/en/reservation>

