



ITINERARY | DAY-BY-DAY

CAREER ENRICHMENT



Speech-Language Pathology & Audiology Journey to Guatemala

9 days / 8 nights

September 17-25, 2022

\$3,999 (Based on double occupancy)

\$599 (single supplement)

Enjoy the unique culture and traditions of Guatemala while you spend time exploring the cities and splendor of the gorgeous countryside. Explore several indigenous village communities around the lake, immersing yourselves in the culture and participating in educational and fun workshops.

Program Highlights

- ✓ Enjoy participating in a **Mayan culture workshop, school visits** and more. This program is for you if you are looking for an adventure that will align with your passion for healthcare and leave a life-long memory of a unique and rich cultural and educational perspective.
- ✓ **Accompanying guest program** - alternate activities will be provided for those who do not wish to attend the meetings.

Focus on Community & Culture

- ✓ Giving back and engaging with the local community is an important part of your journey. Take part in many hands-on activities including a **Guatemalan cooking class**, volcano hiking, and visiting archaeological sites and urban centers of the pre-Columbian Mayan civilization.
- ✓ Take in the beauty and serenity of one of the world's most beautiful lakes, **Lake Atitlán**.

Focus on Professional Interaction

- ✓ Meaningful interaction and collaboration will immerse you in local life in Guatemala and allow a chance for participation in **SLP focused visits across a range of facilities**.
- ✓ Spend time at **Niños de Guatemala's Nuestro Futuro School**. It serves nearly 200 children living below the poverty line and a visit will give you time to learn about their education, empowerment, and environmental initiatives as well as discuss types of speech and hearing concerns they see in the kids.
- ✓ This journey combines the perfect blend of cultural immersion, **support of local schools** and an introduction to challenges faced with providing care for people with speech-language pathology & audiology concerns from childhood and beyond.

What's Included:

- 4* accommodations throughout
- All transportation and activities outlined in the itinerary
- International air to and from Guatemala (gateway tentatively Miami International Airport)
- Local English-speaking guide
- Meals as mentioned, group transfers and most tips

Not Included:

- Personal expenses at the hotels including room service and spa services
- Meals not specified
- Passport renewal or issuance
- Domestic flight to gateway city



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



ITINERARY | DAY-BY-DAY

📍 Miami, FL (MIA)

DAY 1– Saturday, September 17, 2022 Depart for Guatemala & Welcome

Depart from the designated gateway city and journey to Guatemala, a country otherwise known as the “Land of Trees”. After claiming your luggage and clearing customs in Guatemala City, you will be met by a representative and transferred to 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.

Lunch will be provided at the hotel this afternoon.

The **Good Hotel**, chosen for its wonderful location and relaxed and friendly environment, is also known 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.

After lunch and check-in, take part in an **orientation and welcome briefing** on Guatemala. This comprehensive briefing covers an introduction to your local staff, some historical background, and current information on Guatemala’s society and economy.

Late this afternoon the group will take a short **walking tour of Antigua** to get acclimated to the city around your hotel. Walk back through Antigua’s beautiful streets and visit the famous and important places in Antigua, including churches, ruins, monuments, the local market, the central park and more. Important highlights of the walking tour include the famous **La Merced Church** and the **Arco de Santa Catalina**.

Enjoy dinner at Welten Restaurant this evening. Their gourmet cuisine includes international and Guatemalan dishes, all made to order with the freshest local ingredients.

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

📍 Antigua, Guatemala

DAY 2 – Sunday, September 18 Cultural Exploration

Note: Breakfast will be served daily during your stay.

After breakfast, embark upon a glorious hike of the **Pacaya Volcano**. Pacaya is a complex stratovolcano located within the rim of the Amatitlan Caldera Lake. Its continuous activity in past years has made it one of the most notorious volcanoes among climbers. Pacaya rises to an elevation of 2,552 meters and first erupted approximately 23,000 years ago. The hike is graded moderate and will be taken at a pace that accommodates the entire group (Nanda guests of all ages have completed the hike). And, if hiking is not an option for you, horses are available (additional fee). As you ascend the volcano, enjoy spectacular views of the valley down below and observe two other volcanoes, Agua and Fuego (active) in the distance.

A fresh, warm packed lunch will be served atop the volcano, for dessert, **roast marshmallows** on the hot coals!

After returning from the hike, you’ll have some **free time** to rest and relax.

Dinner will be provided this evening followed by a **salsa class** to learn from a local dancer.

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





📍 Antigua, Guatemala

DAY 3 – Monday, September 19
Professional & Humanitarian Program

This morning the group will depart for one of **Niños de Guatemala’s** schools. The organization provides education to 525 children who otherwise would not have access. Learn about the power of education and how impactful it is to the local community.

Niños de Guatemala’s **Nuestro Futuro School** serves nearly 200 children living below the poverty line. You will tour the school and explore how the school is focused on not only traditional education but also recycling, organic growing, and health/nutrition.

Break time starts at 9:30, so the entire group will have a chance to support the mothers in the kitchen to **prepare snacks**, drinks and **hand deliver them to the kids**.

Next meet a mother of four children in one of the NDG schools and learn about the art of making a **Guatemalan worry doll**. This industry is now the main income generation source for 80% of mothers in the San Lorenzo el Cubo community. Make your own traditional worry doll as a souvenir.



Note: A list of needed donations for the school will be provided prior to travel (*i.e., recorders, books, cash, and other items like sports equipment*).



Later, professionals will be joined by Julio Salazar to take part in a **talk and workshop** regarding education in Guatemala, the issue of the impact of bio-psycho-social health, and a presentation regarding the Guatemalan curriculum implemented by the Ministry of Education and the Skills for Success program implemented by Ninos de Guatemala & Meso Americano.

Lunch will be provided at the school today for the professionals.

Discussions will be incorporated related to growth development, speech therapy and how malnutrition can lead to SLP issues in the local children.

Guest program:

Guests will depart after the worry doll session to explore Kukul Tales, a sustainable tourism project that consists of a Guatemalan food tour guided by a Guatemalan chef who explains the origin of their cuisine. The goal is to help promote culinary and cultural heritage with the participation of artisans, cooks and weavers from the village communities in Antigua Guatemala who participate as tour providers, foster an inclusive society and thus help preserve Guatemalan traditions and customs. Kukul Tales also want to impact environmentally, eliminating the use of plastic and replace with the use of biodegradable and recyclable materials made by small Guatemalan merchants in an artisanal way. The cuisine of Guatemala is the third reason to visit Antigua Guatemala and needs to be known through A culinary tour is also a potential source of opportunities for Guatemalan youth and passionate communities in their country and custom. Return to the hotel for some free time this afternoon.

Dinner is by individual arrangement (own expense).

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



📍 Lake Atitlán, Guatemala

DAY 4 – Tuesday, September 20 Travel to Lake Atitlán

Check out of your hotel after an early breakfast and meet in the hotel lobby. Visit a local clinic such as **Obras Sociales del Santo Hermano Pedro (OSSHP)**. This non-profit's objective is to provide medical, educational, spiritual, moral, and social assistance to all poor, orphaned or abandoned people in Guatemala. It is recognized for the quality of its services and its reputation as a transparent and trustworthy charity.

Lunch will be provided this afternoon at the Pueblo Real Restaurant in route to Lake Atitlán.

Early this afternoon journey to **Lake Atitlán**, once referred to as "the closest thing to Eden on earth" by *Lonely Planet*. 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.

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Many of the villages around Lake Atitlan are only accessible by boat. You will take a short boat transfer from Panajachel to your hotel **La Casa del Mundo** in El Jaibalito. It has free Wi-Fi, onsite dining, and many private decks to relax, unwind and marvel at the majestic views of the lake and surrounding volcanoes (dormant). The rooms feature hand-crafted Mayan décor and a private bathroom with free toiletries and solar-heated water. The hotel has a garden, terrace, and a bar.

Dinner is on your own this evening.

Overnight: La Casa del Mundo (or similar)
Included meals: Breakfast & Lunch



📍 Lake Atitlan, Guatemala

DAY 5 – Wednesday, September 21 Community Interaction

Spend the day with fellow travelers exploring several **indigenous village communities** around the lake. Immerse yourself in the culture by participating in educational and fun workshops. Start your morning with a visit to **Alma de Colores**, a social organization that works with people with disabilities to empower and create labor and social inclusion so they can live independently.

After a local lunch, 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 and visit an **art gallery**, where you'll see the beautiful artworks and learn about the techniques used to create them.

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 included back at your hotel this evening. At night, guests from all over the globe dine together and share their stories.

Overnight: La Casa del Mundo (or similar)
Included meals: Breakfast, Lunch & Dinner



📍 Lake Atitlan, Guatemala

DAY 6 – Thursday, September 22 Drive to Guatemala City

This morning the group will check out of the hotel and make the drive back to the city. Arrive at the nation's capital, **Guatemala City**. Ciudad de Guatemala is the capital of Guatemala and the largest city in Central America. It is the political, social, cultural, and economic center of the country and lies in a valley of the central highlands at an elevation of 4,897 feet (1,493 meters) above sea level.

Lunch will be provided after arrival.

This afternoon the group will meet with Diana Bonillam from **FUNDAL**. This private, non-profit institution is dedicated to educational, social, recreational, and cultural inclusion for children and young people with deafness, blindness and multiple disabilities, through its Educational Centers based in the Capital City, Quetzaltenango and Huehuetenango, as well as through support programs for the interior of the Republic. Information will be shared with the group on the perspective of the population with disabilities regarding education, the expectations and plans for the future, and the impact that their organization has on this population.

Dinner will be served at Guatemalan restaurant *7 Caldos*, famous for delicious Guatemalan dishes. With a beautiful garden and ambiance, it is an inviting place to have a wonderful meal.

Overnight: Good Hotel Guatemala (or similar)
Included meals: Breakfast, Lunch & Dinner



📍 Guatemala City

DAY 7 – Friday, September 23 Professional Program

Begin your day meeting with a representative from **Conadi National Council for Disabilities** (Consejo Nacional por la Discapacidad) who will provide a perspective of the efforts and impact that the government has regarding their various initiatives and actions for people with disabilities in Guatemala.

Next you will meet with **Asorgua** - Association for Deafness in Guatemala. Their team can discuss sign language in Guatemala, the impact of this entity in the national education system, and how the community is working with their organization.

Lunch will be provided this afternoon.

This afternoon the group will meet with **Visualiza**, a private organization that distributes deafness devices for people with low incomes. They have been working with the University of Hygiene in London on a program to spread the access to this solution and have measured the size of the community and needs in the country.

Guest program:

Guests will explore discover the history and modern-day life of Guatemala City including a visit to "Mapa en Relieve", the historic center, and multiple museums to focus on the country's history, development, and culture. The National Palace and Historic Center is one of the most important buildings in Guatemala. Constructed in the early 1940's and once home to former President Jorge Ubico, El Mapa en Relieve is a giant relief map of Guatemala spanning approximately 1,800 square meters and was built in the early 1900's. One of the various museums you will see includes Museo Ixchel, Guatemala's Museum of Indigenous Textiles and Clothing. Visit the museum's collection of ceramics, textiles, and jewelry and learn about their traditions of dress throughout the country. Enjoy a cheese and wine tasting and some time for shopping at Cayala this afternoon.

Dinner is on your own this evening at or near the hotel.

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



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📍 Guatemala City

DAY 8 – Saturday, September 24 Cultural Interaction

This morning a meeting will be requested with a representative from the **local university** to discuss training of speech-language pathology and audiology professionals in Guatemala as well as other topics of interest to the group.

This afternoon the group will enjoy a visit to the local market for a **foodie tour** followed by lunch. This will include a visit to the bustling **Central Market** a lively, colorful venue with vendors selling fresh produce, local crafts, casual clothing & more.

Enjoy the market and spend time looking for those perfect local souvenirs. You will find native huipiles, bracelets, handmade leather products including purses, and shoes, jewelry, and much more.

Enjoy a farewell dinner this evening.

Overnight: Good Hotel Guatemala (or similar)
Included meals: Breakfast, Lunch & Dinner

📍 Departure

DAY 9 – Sunday, September 25 Departure

Fly back to Miami today with arrival the same day.



Social need in Guatemala:

- ✓ 59% of the Guatemalan population live below the national poverty line.
- ✓ 41% are educated to primary level.
- ✓ 19% are educated to secondary level.
- ✓ Only 8% are educated to higher education level.
- ✓ 45% of the Guatemalan population is Indigenous. Mayans of different social classes can be found in all of Guatemala's cities, although the majority live in poverty or extreme poverty and are most likely to suffer social, economic, political and cultural exclusion.

How you are helping:

- ✓ Your participation covers the direct expenses associated with the education of one student at a Ninos de Guatemala school for a year.
- ✓ Each half-day of cultural experiences and activities that you participate in 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.
- ✓ You will spend a full day giving back at one of Ninos de Guatemala's schools. By sharing your passion and knowledge, you will be supporting teachers, students, and families.



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📍 Antigua

Good Hotel

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Guatemala

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<http://www.goodhotelantigua.com>



📍 Lake Atitlán

La Casa del Mundo

El Jaibalito
Lake Atitlan
Guatemala

Telephone: + 502 5218-5332

<http://www.lacasadelmundo.com/>



📍 Guatemala City

Good Hotel, Guatemala City

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Guatemala City
Guatemala

Telephone: +COMING SOON

COMING SOON (OPENING FALL 2021)

