



GUATEMALA: Antigua,

, Lake Atitlán, Tikal & Guatemala City

October 28 – November 5, 2023

\$3,999 (based on double occupancy)

\$349 (Single supplement)

BOOK NOW 888.747.7501

Guatemala has much to offer including a rich cultural heritage, dating back four thousand years to the times of the Mayan people, whose legacy lives on today. Geographically the country is exceptionally beautiful with stunning vistas dotted with lakes and volcanoes. Access from the U.S. is easy, as is travel from city to city due to the country's small size.

Professional Connections

- ✓ **Interact with medical professionals** from a variety of facilities throughout your travels. Explore Guatemala's healthcare system including preventative medicine, the management of chronic disease, and the role of doctors and other allied health professionals in providing care.
- ✓ Develop an appreciation for Guatemala's response to health challenges through a mutual exchange with representatives from local hospitals and universities. Hosts may include local speakers and those located at facilities like the **Hospitalito Atitlán** and a local university like **Universidad de San Carlos (USAC)**.
- ✓ Take part in a **medicinal plant workshop** and engage with a local **Shaman**.

Cultural Immersion & Exploration

- ✓ 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**.
- ✓ Hike an **active volcano**, Pacaya, and enjoy a picnic pizza lunch baked in the hot lava!
- ✓ Take a day trip (via roundtrip flights) to explore the impressive ruins of **Tikal National Park**, a UNESCO World Heritage Site and important ceremonial, cultural, and commercial center for pre-Columbian Mayan culture.
- ✓ Enjoy **privately guided explorations** of Antigua and Guatemala City and visit important historical sites such as Palacio Nacional de la Cultura, Cerro del la Cruz (Hill of the Cross) and Santa Catlina Arch (pictured right).

Program Leaders: Dr. Stuart F. Seides & Anne Weiland Seides

Stuart F. Seides, MD, FACP, FACC, FAHA, FSCAI is the physician chief executive of MedStar Heart & Vascular Institute (MHVI). responsible for all clinical services related to heart care delivered by MedStar Health and its affiliated physicians and hospitals in the Washington-Baltimore region

Anne Weiland Seides is Vice President, Surgery, Orthopedics and Neurosciences at MedStar Health. In her current role she has systemwide oversight for MedStar's premier clinical service lines, including orthopaedics and transplantation services.



Did you know?

Costs associated with this journey may be **tax deductible** as a necessary and reasonable business

Ready to go?

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