



## Guatemala Group Quest

United Planet's Quest is based in Quetzaltenango, called Xela (Shay-la) by almost everyone. Xela is the second largest city in Guatemala and the commercial center of Southwestern Guatemala. Xela is located 200 km west of Guatemala City and is approximately 2,200 meters above sea level with a population of around 150,000. It is a fantastic destination to learn about the rich culture and history of this amazing country!

### Project Information

#### Social Projects

Volunteers are needed at a boy's orphanage where volunteers attend to the basic needs of the boys, giving them care and attention, teaching English, organizing crafts and sports activities, and spend time giving the children the individual attention they lack. A local women's shelter also seeks volunteers to teach the women English, organize activities, and work in the day care section of the shelter.

#### Healthcare and Dental Projects

United Planet also has a relationship with a local health clinic in Xela, where doctors in seven different specializations see patients and perform routine tests. Students of medicine may have the opportunity to observe a local doctor. Nutritionists can also help at the women's shelter or orphanage by giving talks on reproductive and maternal health. Dentists are also needed.

### Accommodation

Your group may live with host families or in a group house. Living with host families is a great way to experience the flavor and culture of local life while practicing your Spanish! The group house is a nice option for those who would like to have a common space for meetings or reflection. Depending on your group size, there may be others in the house at the same time.

### Standard Program Fee

The fee for the standard 10-day group Quest described on the itinerary below is \$1345.

Your price will differ if you choose to customize your Quest to meet the project, accommodation, and activity interests of your group. The price is based on accommodation with host families; if you choose group housing the price will be adjusted. One group leader travels for free when recruiting 10 participants.

Included in Standard Program Fee:

- Pre-departure training and support
- Orientation upon arrival
- Medical insurance
- Accommodations
- Excursions and cultural activities
- Customized itinerary
- 24/7 in-country support
- Round trip airport transfers
- Meals (some)
- Spanish language lessons

Not included in the Standard Program Fee: Airfare, Visa, Vaccinations



## Standard Group Itinerary Guatemala

Date	Day	Particulars
Day 1	Saturday	-Arrive at Guatemala City airport and transfer to host families -Welcome dinner
Day 2	Sunday	-Group Orientation -Spanish lesson -Volunteer work
Day 3	Monday	-Volunteer work -Cultural Activity (Dance or Cooking Class or Weaving Lesson)
Day 4	Tuesday	-Volunteer work
Day 5	Wednesday	-Volunteer work -Spanish lesson
Day 6	Thursday	-Volunteer work
Day 7	Friday	-Volunteer work
Day 8	Saturday	-Leave for Antigua or Lake Atitlan -Spend night in hostel in Antigua
Day 9	Sunday	-Antigua or Lake Atitlan -Farewell Dinner
Day 10	Monday	-Transfer to Guatemala City airport and depart

**La Antigua Guatemala** is a city in the central highlands of Guatemala famous for its well-preserved Baroque architecture, as well as a number of spectacular ruins of colonial churches. It has been designated a UNESCO World Heritage Site.

**Lake Atitlán** is a large lake in the Guatemalan Highlands. It is considered to be the deepest lake in all Central America. The lake was formed by a volcano and is home to a rich array of flora and fauna.