



# INTERNATIONAL VOLUNTEER HQ

## Northwestern Michigan Nursing Campaign - Guatemala

### Indicative schedule

(Please note all details are still subject to confirmation)

Arrival	Arrival at the La Aurora International Airport Airport pick-up included Walk out of the airport and look for the yellow smiley face flag 😊 You will be met by a local team representative.
Departure	Transfer to the La Aurora International Airport Airport drop-off included
Contact Information	<b>Pre-Departure:</b> Merran and Wojtek at IVHQ: <a href="mailto:groups@hqtravelgroup.org">groups@hqtravelgroup.org</a> In-Country: TBC
Airport & Transportation	Airport Pick-up is included as part of your program fee. Our local team will meet you at the airport when you arrive, and will take you to their office or your accommodation, depending on your arrival time. Private transportation to and from your campaign site will be provided on Monday through Friday of your volunteer week. Travel time varies widely from project site to project site, and you should expect to spend 20-60 minutes traveling each way. You will be picked up and dropped off at the volunteer house or local team Institute. We will confirm this during your orientation. Transportation is included for sightseeing activities.
Accommodations	You will be staying in a homestay where you will be placed with a pre-approved middle-class Guatemalan family. Their service includes breakfast and dinner 7 days/week. Each guest will be provided with a key to the house and is free to come and go as they please, however, you must respect the routine and house rules of the family. Our host families live in the Antigua area and are approximately a 10–20-minute walk or a 5–15-minute bus/taxi ride away from the local team office.
Medical Campaign Volunteer Project	You will be working on a medical campaign treating and educating patients who may not normally have regular access to healthcare. You will be providing checkups to local children and/or adults and educating them on general healthcare topics, such as personal hygiene, sexual education, and dental care.
<b><i>Daily schedule (subject to change - please use this as a guide only)</i></b>	
Arrival Saturday Timing to be confirmed	Airport pick up - you will be met by a member of the local team and be transferred either to our local team institute or your accommodation.

	<p>Orientation on arrival, subject to flight timings. Spanish placement exam.</p> <p>Host family check in</p> <p>Dinner at host family</p>
<p><b>Sunday</b></p> <p>0600 AM</p> <p>0700 AM</p> <p>1000 AM</p> <p>1200 PM</p> <p>1900 PM</p> <p>2000 PM</p>	<p>Full day excursion to El Paradon Beach</p> <p>Breakfast at your homestay</p> <p>Pick up for your tour to El Paradon</p> <p>Enjoy a kayak or paddleboard tour</p> <p>Spend the remainder of the day at a beach front hotel where you can enjoy the facilities</p> <p>Return to Antigua</p> <p>Dinner at your homestay</p>
<p><b>Monday</b></p> <p>0600 AM</p> <p>0700 AM</p> <p>0900 AM</p> <p>1300 PM</p> <p>1700 PM</p> <p>1900 PM</p>	<p>Breakfast at your homestay</p> <p>Orientation at local team institute (if required)</p> <p>Medical Campaign - timing depending on whether your orientation is required</p> <p>Mayan Cultural Experience - half day - includes lunch</p> <p>Return to accommodation</p> <p>Dinner at homestay</p>
<p><b>Tuesday</b></p> <p>0630 AM</p> <p>0730 AM</p> <p>0830 AM</p> <p>1300 PM</p> <p>1800 PM</p> <p>2000 PM</p>	<p>Breakfast at your homestay</p> <p>Pick up at accommodation or local team institute</p> <p>Medical Campaign</p> <p>Independent lunch</p> <p>Free afternoon</p> <p>Salsa dance class - optional</p> <p>Dinner at homestay</p>
<p><b>Wednesday</b></p> <p>0630 AM</p> <p>0730 AM</p> <p>0830 AM</p> <p>1300 PM</p> <p>1900 PM</p>	<p>Breakfast at your homestay</p> <p>Pick up at accommodation or local team institute</p> <p>Medical Campaign</p> <p>Independent lunch</p> <p>Free afternoon</p> <p>Cooking class - optional</p> <p>Dinner at homestay</p>
<p><b>Thursday</b></p> <p>0630 AM</p> <p>0730 AM</p> <p>0830 AM</p> <p>1300 PM</p> <p>1900 PM</p>	<p>Breakfast at your homestay</p> <p>Pick up at accommodation or local team institute</p> <p>Medical Campaign</p> <p>Independent lunch</p> <p>Hospital visit</p> <p>Dinner at homestay</p>
<p><b>Friday</b></p> <p>0630 AM</p> <p>0730 AM</p> <p>0830 AM</p> <p>1300 PM</p> <p>1330 PM</p> <p>1900 PM</p>	<p>Breakfast at your homestay</p> <p>Pick up at accommodation or local team institute</p> <p>Medical Campaign</p> <p>Independent lunch</p> <p>Coffee Farm tour</p> <p>Dinner at homestay</p>

<b>Saturday</b> 0600 AM 0700 AM	2 day 1 night tour of Lake Atitlan and Chichicastenango Breakfast at your homestay Pick up at accommodation or local team institute Visit the pueblos of San Juan and Santiago around Lake Atitlan by private boat Check into hotel Dinner at own arrangements
<b>Sunday</b> 0700 AM 0800 AM  1800 PM 1900 PM	Breakfast at hotel Travel to the traditional market at Chichicastenango (only open on Thursday and Sunday) Return to Antigua and your homestay Dinner at homestay
<b>Monday</b> 0700 AM 1100 AM Times TBC	Departure Breakfast at homestay Check out from accommodations Transfer to airport to depart
<i>Please note the itinerary is subject to change based on field conditions at the time of the program. Timings are an estimate only and will be confirmed closer to your start date.</i>	