

# GUATEMALA

## Rehabilitation in Guatemala

PTH 699 (1 Credit)

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Tentative Travel Dates: March 8 - March 17, 2024

Estimated Travel Fee: \$2,500 (flights not included)

### DAY 1 | Depart U.S.

Arrange for your flight to leave the U.S. and arrive in Guatemala City, where you will spend the evening.

### DAY 2 | Santiago Atitlan

Take a morning bus to Lake Atitlan, about 3.5 hours from Guatemala City. In the afternoon, you will have a cultural tour and witness a shaman ceremony.

### DAY 3 | Santiago Atitlan

Visit a local street market and learn how to barter. After, you will take a hike in the Guatemalan highlands.

### DAY 4 | Santiago Atitlan

Spend the day visiting local organizations providing healthcare services and serving older people and people with disabilities. During your visits with local healthcare providers and organizations, you will observe therapies, interview care recipients, and attend evening debriefs.

### DAY 5 | Antigua

Visit the homes of local elders with Sharing the Dream, a fair-trade organization that works to reduce poverty in Guatemala. In the late afternoon, you will travel by bus to Antigua.

### DAY 6 | Antigua

Work with local therapists and assist with wheelchair and prosthetics distribution.

## Sample Itinerary

### DAY 7 | Antigua

Visit local rehabilitation facilities and NGOs.

### DAY 8 | Antigua

Work with local therapists at a pediatric clinic and watch the national wheelchair basketball team practice.

### DAY 9 | Antigua

In the morning, tour a local coffee farm and learn how coffee is produced. In the afternoon, take a chocolate making class and shop with locals at the outdoor market.

### DAY 10 | Return to the U.S.

Take a morning van from Antigua to the airport, where you will board your return flight to the United States.

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