



Sample Itinerary
13 days 12 nights
Location: Guatemala

Date/ Day	Activities	Lodging	Meals
Sat.	Arrival Day Welcome to Central America! Vida staff will be waiting for you at the La Aurora International Airport . Depending on your arrival time, we will exchange money and have lunch. After getting settled into our hotel, we'll hold our General Orientation where we'll go over the plan, guidelines, and the code of conduct to ensure our safety and an enjoyable trip! 7:00pm Welcome Dinner We will savor local cuisine to celebrate our first night in Guatemala	Hotel Guatemala	B: Home L: Plane D: Vida
Sun	Orientation Day 8:00am-3:00pm Orientation Today we will be receiving all the important information we need to serve our communities. The Medical Team will review clinic set up, patient exams and clinical history, and common diseases and conditions. The Dental Team will review clinic setup, role of volunteer, basic exam and manual cleaning procedures, extractions, pain management, instruments, as well as common diseases. The Veterinary Team will review clinic setup, patient exams, instruments, surgical procedures, sutures, injections, catheter placement, and common diseases and conditions. The staff will advise us of morning and lunch breaks. 3:15pm We depart for the colonial city of Antigua, the former capital of all of Central America.	Hotel Guatemala	B: Vida L: Vida D: Volunteer
Mon	Clinic Day 1 7:00am Breakfast 8:00am-4:00pm Our first opportunity to help make this community a better place! Please remember to wear scrubs, nametags, a surgical cap (Dental and Vet teams), and bring a pen. The Vet team will work in Parramos and the Med team in Chirijuyú. Evening Latin Dance Class Join us for an intro to Latin dance!	Hotel Guatemala	B: Vida L: Vida D: Volunteer
Tues	Clinic Day 2 7:00am Breakfast 8:00am-4:00pm Now that we have the protocols down, our work will be easier and even more enjoyable! The Vet team will work in Parramos and the Med team in Chirijuyú. Evening Free time to relax!	Hotel Guatemala	B: Vida L: Vida D: Volunteer
Wed	Recreation & Travel Day 10:00am City Tour in Antigua. Afternoon We head to Panajachel , a colorful town alongside Lake Atitlán.	Hotel Guatemala	B: Vida L: Volunteer D: Volunteer
Thurs.	Clinic Day 3 7:00am Breakfast 8:00am-4:00pm Another great day to learn while giving! Evening Free time to practice our Spanish!	Hotel Guatemala	B: Vida L: Vida D: Volunteer
Fri	Clinic Day 4 7:00am Breakfast 8:00am-4:00pm Volunteering may be one of the most valuable experiences of your life. Vet team will be working with large animals.	Hotel	B: Vida L: Vida D: Volunteer

	Evening Everyone will be free to explore the city.	Guatemala	
Sat	Recreation and Travel Day Morning Lake Atitlán Tour Today we're going to check out a couple of the lake's picturesque towns. Our first stop will be San Marcos where we will also have a chance to jump high off a platform into the lake. Then we will have a chance to explore and have lunch in the town of San Pedro. Afternoon Souvenir shopping in Panajachel.	Hotel Guatemala	B: Vida L: Volunteer D: Volunteer
Sun	Clinic Day 5 7:00am Breakfast 8:00am-4:00pm Let's do our best to impact this needy community! Evening Free time in the hotel.	Hotel Guatemala	B: Vida L: Vida D: Volunteer
Mon	Clinic Day 6 7:00am Breakfast 8:00am-4:00pm Take the initiative to learn new things and enjoy your mission! Evening Free Time to relax!	Hotel Guatemala	B: Vida L: Vida D: Volunteer
Tues	Recreation Day Morning Canopy Tour Today we're going to fly between the trees on a zip line while catching some great views of the lake. Afternoon Community Soccer Game Let's burn some calories while interacting with the community. Evening Free Time to enjoy.	Hotel Guatemala	B: Vida L: Volunteer D: Volunteer
Wed	Recreation & Travel Day Morning Visit to the Zoo for a special tour to learn more about how these educational centers operate in Guatemala. Evening Farewell Dinner A get together to say thank you and goodbye to our fellow volunteers and VIDA's staff.	Hotel Guatemala	B: Vida L: Volunteer D: Vida
Thurs	Departure Day Our adventure together in Central America has come to an end. We hope you will stay in touch with the staff and volunteers with whom you worked and shared this experience over the last few days, and we hope you will fondly remember the beautiful sights, tastes, and sounds of the towns and cities you visited while here. Most importantly, we hope you will remember the people you've helped, their smiles, their handshakes, and their hugs. Our staff will be with you until you depart to make sure you arrive safely to the airport. Although you must leave Central America, may this experience stay with you forever.	Home	B: Vida L: Plane D: Home

Notes: This itinerary is subject to change anytime due to unforeseen circumstances. Upon arrival, you will receive a printed copy. Volunteers are asked to be punctual for all activities and meals. We will have lunch at the clinics from 12:00pm to 1:00pm. During clinic time, curfew is set at 12:00am, unless otherwise stated by staff. Please remember that volunteers are not allowed to drink the nights before clinics or in homestays. When apart from the group, we ask that volunteers please travel in groups of 3 or more and leave valuables at hotel/home stay. Meals: B=Breakfast, L: Lunch, D= Dinner, Volunteer means that the meal is not included & you pay for your meal separately.