







Itinerary: **CLGT051015 Green Team**
 Dates: **May 10th to May 22nd, 2015**
 Programs: **Medical, Dental and Veterinary**
 Country: **Guatemala**
 Locations: **Chimaltenango and Sololá**
 Team Leader: **Eliezer Lacayo +502.5712.2978**
 Assistant Team Leader: **Christopher Allende +502. 5195.1141**



 Dates	 Activities	 Lodging	 Meals
May 10th Sun.	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. General Orientation: Where we'll go over the plan, guidelines, and the code of conduct to ensure our safety and an enjoyable trip! Welcome Dinner: We will savor local cuisine to celebrate our first night in Guatemala.	Hotel Princess +502.2423.0909 Guatemala City	B: Volunteer L: Volunteer D: Vida
May 11th Mon.	Orientation Day Breakfast. 7:30am–2:30pm: 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. 3:00pm We depart for the colonial city of Antigua , the former capital of all of Central America. Evening Free time to discover Antigua.	Posada Los Búcaros +502.7832.2346 Antigua Guatemala	B: Vida L: Vida D: Volunteer
May 12th Tue.	Clinic Day 1 - Chimaltenango 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. Evening Latin Dance Class Join us for an intro to Latin dance!	Posada Los Búcaros Antigua Guatemala	B: Vida L: Vida D: Volunteer
May 13th Wed.	Clinic Day 2 - Chimaltenango Breakfast. 8:00am-4:00pm: Now that we have the protocols down, our work will be easier and even more enjoyable! Case Presentations During this session we will be able to discuss some of the more notable cases we have observed over the last clinic days. Evening Free time to have fun.	Posada Los Búcaros Antigua Guatemala	B: Vida L: Vida D: Volunteer
May 14th Thurs.	Recreation & Travel Day Breakfast. Antigua City Tour On the Antigua City Tour we'll go inside of some of the city's historical buildings and museums for a deeper understanding of Antigua and Guatemala in general. Afternoon: We head to Ixtahuacán , a small kiché town in the Highlands of Guatemala where our homestay families are eagerly awaiting for us. It's time to practice our Spanish!	Homestays Emergency Contact Eliezer Lacayo +502.5712.2978 Ixtahuacán	B: Vida L: Volunteer D: Vida

May 15th Fri.	Clinic Day 3 - Sololá Breakfast. 8:00am-4:00pm: Another great day to learn while giving! Evening Free time to spend with our families.	Homestays Emergency Contact Eliezer Lacayo +502.5712.2978 Ixtahuacán	B: Vida L: Vida D: Vida
May 16th Sat.	Clinic Day 4 - Sololá Breakfast. 8:00am-4:00pm: Volunteering may be one of the most valuable experiences of your life. Case Presentations We'll have another opportunity to present important cases we have seen in clinic. Evening Homestays Farewell A get together to say thank you and goodbye to our families.	Homestays Ixtahuacán	B: Vida L: Vida D: Vida
May 17th Sun.	Recreation & Travel Day Breakfast. Morning: We head to Panajachel , a colorful town alongside Lake Atitlán. Evening: Free time to explore Panajachel.	Hotel Kakchiquel +502.7762.0634 Panajachel	B: Vida L: Volunteer D: Volunteer
May 18th Mon.	Clinic Day 5 - Sololá Breakfast. 8:00am-4:00pm: Let's do our best to impact this needy community. Evening Free time.	Hotel Kakchiquel Panajachel	B: Vida L: Vida D: Volunteer
May 19th Tue.	Clinic Day 6 - Sololá Breakfast. 8:00am-4:00pm: Just maybe today you might find something you'd like to do for the rest of your life. Work hard to find out! Vet team: Farm Animals We'll support local farmers by providing basic services to their livestock and poultry. Vet team , remember to bring your rubber boots Case Discussions This will be our last opportunity to share our interesting cases with the rest of the team. Evening Free time to have fun.	Hotel Kakchiquel Panajachel	B: Vida L: Vida D: Volunteer
May 20th Wed.	Recreation Day Breakfast. 10:00am 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 discover one more beautiful town called San Pedro. Evening: Free time to relax.	Hotel Kakchiquel Panajachel	B: Vida L: Volunteer D: Volunteer
May 21st Thurs.	Recreation & Travel Day Breakfast. 8:00 am Travel back to Antigua. 12:30pm Canopy Tour Today we're going to fly between the trees on a zip line while catching some great views of the mountains of Antigua. 4:00pm Travel back to Guatemala City. Evening Farewell Dinner A chance to share the highlights of our experience and to hug our new friends good bye.	Hotel Princess +502.2423.0909 Guatemala City	B: Vida L: Volunteer D: Vida
May 22nd Fri.	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: Volunteer D: Volunteer

Notes: Parents and loved ones: Please feel free to reach us outside regular office hours by calling [1-888-365-8432 Ext.5](tel:1-888-365-8432)

This itinerary is subject to change anytime due to unforeseen circumstances. 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.