

Is This Course Right For You?

Course: Health and Wellness in Guatemala

Course requirements:

- 2 credits, travel portion will take place at the end of December, beginning of January
- Readings, videos, presentations and in-class participation

Graded assignments:

- group presentation, goal setting, reflection project

Travel required:

- Approximately 10-13 hours travel time with 1-2 layovers
- Driving in Guatemala varies from a few minutes to a few hours.

Transportation:

- primarily by bus and van

Location(s):

- Guatemala City, Gualan, Zacapa cities in Guatemala

Climate:

- Temperature is typically 70-90 degrees
- Slightly cooler at night and at higher elevations
- Dry season
- Sun may be intense at times, protecting the skin is advisable
- Maintenance of proper hydration is important (have a water bottle with you at all times – clean water will be provided to refill water bottles)

Physical Requirements:

- It will not be uncommon to walk several miles in a day, not always on level or dry ground.
- Service projects may involve manual labor.
- Soccer will be played frequently.
- Swimming is optional.

Accommodations:

- Hotels

Cultural considerations:

- Attire may vary, depending on the cultural interaction taking place. Conservative dress is preferable.

Food:

- Safe food will be provided by Hearts in Motion, the non-profit organization we partner with.
- Some specific dietary needs and food allergies may be able to be accommodated; however, they must be reported in advance.

Not covered in the budget:

- Snacks or extra drinks. Meals outside set times and free time are the student's responsibility.
- Excursions such as hiking
- Most people budget \$200-250 in spending money. Access to ATMs is limited.

Free time:

- Time is mostly spent with the group participating in scheduled activities. Shopping will be limited to primarily Antigua.
- Report whereabouts at all times during periods where individual or small group exploration is possible.
- No swimming alone.

Electronic communication:

- Wifi will be available in some locations.
- You may consider adding a short-term Central America international plan on cellular service..

Parental Involvement:

- Students should discuss all details with family in the planning stages. However, any requests for additional information or assistance, or help with problems, must come directly from the student. Parents should be aware that students will not be in contact on a daily basis while travelling. It is not possible for parents to travel with the group.

Other considerations:

- This is not vacation, students should expect a rigorous schedule of cultural immersion.
- Teamwork effort and attitude is expected.