

**DAY 1 | Depart U.S.**

Depart Boston/Portland to Guatemala City.  
Spend the evening in Guatemala City.

**DAY 2 | Santiago Atitlan**

AM Travel by van (3.5 hours) to Lake Atitlan.  
PM Guided cultural tour and shaman ceremony.

**DAY 3 | Santiago Atitlan**

Learn how to barter at the local street market.  
Take a hike in the Guatemala highlands.

**DAY 4 | Santiago Atitlan**

Spend the day visiting local organizations providing healthcare services and serving older people and people with disabilities.

**DAY 5 | Antigua**

Spend the day with \_\_\_\_\_ visiting the homes of local elders. Late afternoon van to Antigua.

**DAY 6 | Antigua**

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

**DAY 7 | Antigua**

Visit local rehabilitation facilities and NGOs.

**DAY 8 | Antigua**

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

**DAY 9 | Antigua**

AM Tour a local coffee farm and learn how coffee is produced.

PM Take a chocolate making class.

Shop with the locals at the outdoor market.

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

AM Van from Antigua to airport.  
Return to Boston/Portland.