

# EXAMPLE ITINERARY: 7 DAYS IN ANTIGUA, GUATEMALA

Legend: **Blue** = Voluntary Community Activities  
**Red** = Cultural and Leisure Activities (price of activity follows in Guatemala Quetzales or US Dollars. At the time of writing 1 USD = 8 GTQ = £0.70 sterling)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7.00AM</b>	Breakfast at Accommodation	Breakfast at Accommodation	Breakfast at Accommodation	Breakfast at Accommodation	Breakfast at Accommodation	<p><b>Weekend Trip to one of Guatemala's attractions. Trips running on rotation include:</b></p> <ul style="list-style-type: none"> <li>• Coban, Semuc Champey &amp; Lanquin</li> <li>• Tikal</li> <li>• Lake Atitlan</li> </ul> <p><b>Trips include all accommodation, transportation and entrance fees. Food is not included.</b></p> <p><b>Trips return either Sunday night or Monday</b></p> <p><b>Prices for trips range from around \$90 USD - \$300 USD</b></p>	
<b>Day time activity</b>	Arrival and pick-up from the Airport	<b>PROJECT</b>	<b>PROJECT</b>	<b>PROJECT</b>	<b>PROJECT</b>		
<b>1.00PM</b>	Lunch at Accommodation	Lunch at Accommodation	Lunch at Accommodation	Lunch at Accommodation	Lunch at Accommodation		
<b>Late afternoon activity</b>	<b>INDUCTION and Antigua Tour</b>	<b>Visit to Antigua's Museum of Textiles – 5q</b>	<b>Salsa Lesson - FREE</b>	<b>Visit to the Koj'om Traditional Music Museum and Coffee Farm – 30q</b>	<b>Departure for Weekend Trip</b>		
<b>Evening</b>	Dinner at Accommodation	Dinner at Accommodation	Dinner at Accommodation	Dinner at Accommodation	Dinner at Hotel		