



GUATEMALA: CARE FOR CHILDREN WITH SPECIAL NEEDS

With majestic volcanoes rising out of lush green rain forest, highland villages steeped in tradition and vibrant, spirited people, Guatemala put quite simply is a magical destination!

A natural paradise that ranks at the pinnacle of biological diversity for Central America, this 'Land of Eternal Spring' plays host to 19 ecosystems and a staggering array of flora and fauna, set amidst mountainous forest highlands, jungle plains and glistening volcanic beaches.

Beautiful Antigua, where all of our placements are based, is arguably the most picturesque and certainly one of the oldest cities in Central America, characterised by a mellow, yet distinctly international feel. The local residents of Antigua are warmly referred to as Green bellies or panza verde due to the abundance of avocados that grow in the region. Antigua's splendour is protected by three giant guardian volcanoes Agua, Fuego and Acatenango, providing a stunning setting which attracts thousands of visitors every year.



WHAT DO YOU GET?

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.
- Experienced local staff with 24/7 back-up and support who'll meet you at the airport on your arrival - helps you **feel safe and never alone!**
- A unique insight into another culture – **see it from the inside** in a way you could never do as a tourist.
- An opportunity to **make lifelong friends from all over the world.**
- And best of all ... **an unforgettable experience!**

► SUMMARY FACTFILE

Start Dates	All year round - you choose your start and finish dates!
Duration	From 2 weeks to 12 weeks or longer, subject to visa requirements
Requirements	We recommend that you have some Spanish skills (these can be picked up while in Guatemala). You also need to have an interest/qualification or some knowledge about care work to take part in this project. No other qualifications necessary.
Price	For up-to-date prices, please check our website www.travellersworldwide.com
What's included	► Accommodation ► Food ► Meeting you at the Airport and taking you back at the end of your project ► Transfer to your accommodation ► Transport to and from your project ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support ► 2 free t-shirts.
What's not included	Flights, Insurance, Cost of Visas (if a visa is required, but we'll provide necessary documents and assistance),
Who can do this Project?	All our projects are open to all nationalities. Unless otherwise stated, you need to be aged between 17 and 70+

PROGRAMME OVERVIEW:

The centre looks after children and adults in various conditions, both mentally and physically disabled, who all need higher care than they could or would receive at home. The organization is run by youngsters and adults who have dedicated themselves to helping others.

People arrive at the organization from all walks of life... From families with few means at their disposal, who with the best will in the world do not have the time or the skills required to take care of their loved ones. Some arrive at the centre after being abandoned by their families... Others have simply grown old and require more assistance than their families can provide. Some are sick or are simply patients requiring rest and are unable to stay in a normal hospital. The centre is based in an absolutely beautiful traditional Guatemalan building in Antigua.



The Care Programme

The centre looks after children and adults in various conditions who all need higher care than they could or would receive at home. The organization is run by youngsters and adults who have dedicated themselves to helping others.

People arrive at the organization from all walks of life... From families with few means at their disposal, who with the best will in the world do not have the time or the skills required to take care of their loved ones. Some arrive at the centre after being abandoned by their families... Others have simply grown old and require more assistance than their families can provide. Some are sick or are simply patients requiring rest and are unable to stay in a normal hospital.

The centre is based in an absolutely beautiful traditional Guatemalan building in Antigua.

Work Content.

As the centre deals with a large variety of ailments and has many 'areas', you will need to be extremely flexible in the work that you do. You could be playing with, changing and feeding babies one day, helping elderly men another day and teaching English to the staff on another day. You must be comfortable with assisting in any of the areas listed above, and also in any other activities the centre requires of you – the list above is by no means exhaustive. You must be prepared to get your hands dirty and have your patience tried and your heartstrings tugged. This is an excellent project which volunteers really enjoy, but isn't always an easy ride, so come prepared!



It's also very important to use your initiative on this project. You should ask questions, ask for work if you feel like you're at a loose end and generally make yourself helpful in any way you can. The staff at the centre are very busy and the volunteers can't always be their top priority, so you'll need to be prepared to put yourself forward for tasks and be inquisitive about everything you do. If you can do this, you'll get far more out of your project – you get out what you put in.

Areas of the hospital – what they are and how they work:

- **Centre for recovering from malnutrition** - With the help of the volunteers the centre cares for children with varying degrees of malnutrition. The centre also cares for children who are waiting for operations for childhood diseases. The centre is also devoted to work caring and treating children suffering from cleft palates. The children need to be given medicine for stomach problems, receive check-ups and to receive the kind of stimulation that any young child needs to develop their motor skills and cognition. The centre also provides education to the mothers teaching them how to care for their child's needs.
- **Centre for handicapped children** - Care is provided for children with Down's syndrome, quadriplegics, hydrophilic, spina bifida and cerebral palsy, and asphyxias perinatal. The children receive attention from medics, Psychologists, paediatrics, physiotherapists, neurologists, and specially trained teachers at the school. Volunteers help to stimulate the children to help with their development. These children need lots of care and love they receive physiotherapy, speech therapy, stimulation, play, daily care, and through the help of everyone involved they get to experience constant interaction and movement. Wheelchairs amongst other things are provided to keep them mobile as much as possible
- **"Mente Sana" for adults and youngsters** - They take care of men and women with permanent incapacity, both physical and mental; the frequent diagnostics is setback in mental development, following convulsive syndrome, aggressive behaviour and schizophrenia. Most of the patients need round the clock care

CALL:
+44 (0)1903 502595

EMAIL:
info@travellersworldwide.com

Click here to APPLY:
[Booking Form](#)

- **Centre for Vulnerable people** - This works just the same as 'Mente Sana', in that they take care of men and women with permanent incapacity, both physical and mental; the frequent diagnostics is setback in mental development, following convulsive syndrome, aggressivity and schizophrenia. Most of the patients need round the clock care
- **Centre for Elderly men** - Here the men suffer from conditions and afflictions commonly found in men of an older age. They suffer from a range of dysfunctions they need the same love, care and attention as anyone else. They are provided with activities to keep their minds strong and active amongst other things
- **Centre for Elderly women** - Primarily the centre works to accommodate women in their later years who don't have anywhere to live. They may also suffer from conditions and afflictions commonly found in old age. They are provided the same love, care and attention as anyone else. Again activities are organised to keep their minds strong and active amongst other things
- **Recovery area** - Here they take care for all kinds of general illnesses. Patients are provided with care and treatments necessary for their condition to ensure that they are spirited back to full health as soon as possible
- **School** - The school teaches the children who live in the hospital. They give them the education directly suited to their level of understanding, providing the materials necessary for the lessons and of course bringing bucket loads of dedication. The school is very aware of making the lessons fun and interactive and ensuring that they have fun while they learn. Being stuck in a hospital isn't much fun for anyone so the school makes sure that they know how to show them a good time as well teaching them
- **Kindergarten** - Just like any other crèche/kindergarten they take care of the younger children who are too young to go to school. Many of the children's mothers go to work in the market
- **Manual work and Craft school** - all kinds of crafts work is taught here at the centre. It really is fabulous to see. Everything that's made is sold to bring in funding

LOCATION:

In all the long, earnest discussions about where to get off the beaten track in [Guatemala](#), you can be sure the name Antigua won't come up. This is fantasyland – what the country would look like if the Scandinavians came in and took over for a couple of years. It's a place where power lines run underground, building codes are adhered to, rubbish is collected, traffic diverted and stray dogs 'disappear' mysteriously in the middle of the night.

But you'd be a fool to miss it. Antigua's setting is gorgeous, nestled between three volcanoes: Agua (3766m), Fuego (3763m) and Acatenango (3976m), and its streetscapes – with sprays of bougainvillea bursting from crumbling ruins, and pastel facades under terracotta roofs – offer photo opportunities at every turn. The language school scene is thriving, the hostels offer colonial-chic accommodations and the dining is some of the best in the country.



The most exciting time to visit Antigua is during Holy Week – especially Good Friday. It takes planning (reserve hotels at least four months in advance), as this is the busiest week of the year. Other busy times are June through August and November to April.

Antigua is cold after sunset, especially between September and March, so bring warm clothes, a sleeping bag or a blanket. Antigua residents are known by the nickname *panza verde* (green belly), as they are said to eat lots of avocados, which grow abundantly here.

ACCOMMODATION & FOOD:

Accommodation with host families means that Travellers volunteers get to eat, sleep, work, socialise and generally live like a Guatemalan. Local family home stays enable you to fully experience the local culture *from the inside*. Many of our volunteers remain friends with their host families long after they leave Guatemala and in some cases they return to the country later especially to visit their family.

Some homestays are more like small hotels, which can accommodate between 1 and 10 volunteers at any one time. Many offer the option of single or shared rooms, and generally houses within the same town are in



CALL:
+44 (0)1903 502595

EMAIL:
info@travellersworldwide.com

Click here to APPLY:
[Booking Form](#)

close proximity with each other. The accommodation is comfortable, with a 'western-style' bathroom (usually shared with the family).

For the more independently-minded traveller, we also work with families who will ensure that your needs are taken care of whilst leaving you free to come and go as you please. Please let your Project Coordinator know your preferences, and we will make sure that you are placed in the most suitable accommodation.

All of your meals will be provided from Monday to Saturday, leaving you free to sample local eateries on Sundays. Expect to develop a taste for corn tortillas, tostadas and tacos in plentiful supply! Although it could be said that the emphasis with Guatemalan food is more nutritional than culinary, western and international dishes are also easily available in Antigua. Although Guatemalans are big on eating meat, we can easily cater for vegetarians as long as we know in advance.

VISAS:

For most nationalities visas are not required, but don't worry if you do require a visa we will liaise with you about your visa requirements, and make the visa process very easy.

FLIGHTS:

You have the option to arrange your own flights or we can assist you with your flight arrangements. If you would like us to do this for you, we will liaise with you regarding available flights and dates to suit you. All arrangements for your flight bookings/payments will be fulfilled by [Murray Rogers Travel Limited](#), ATOL No. 6856.

INDUCTION ON ARRIVAL:

When you arrive, you will be welcomed at the airport by our Guatemala Organiser, who will take you to your accommodation. During your first few days you will be given an induction so that you can learn about Guatemala and its culture, as well as useful information like how to use the transport system etc.

COSTS:

Please see the prices pages of our website [Full Price List](#). The price of this project is a reflection of the following costs:

- | | |
|--|---|
| ✓ Accommodation | ✓ UK administration |
| ✓ Food | ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations) |
| ✓ Meeting you at the airport | ✓ Project Research/Site Inspection |
| ✓ Transport to and from your project | ✓ Staff Training/Equipment |
| ✓ Local in-country team support and backup | ✓ Donations to worthwhile projects |
| ✓ 24hr emergency helpline | |
| ✓ Full pre-departure support | |

HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.

For every volunteer, a donation is made by Travellers on your behalf into the [Bridge The Gap Foundation](#). This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

CALL: +44 (0)1903 502595	EMAIL: info@travellersworldwide.com	Click here to APPLY: Booking Form
---	---	---

COUNTRY PROFILE:

Rising between the Pacific Ocean and the Caribbean Sea, Guatemala covers an area just slightly smaller than England where rich coffee, cacao, fruit and sugar cane grow in abundance.

Brilliantly coloured weavings and textiles abound at the endless array of raucous fiestas and bustling market stalls, hinting at the magnificent human tapestry of living cultures which colours daily Guatemalan life and captivates even the most worldly of travellers. Guatemala is also famous for its kaleidoscopic buses!

For many, Guatemala's rich and often turbulent history is another enticing aspect of visiting the country. Characterised by the rivalry and struggle between the indigenous Maya and colonising Europeans, this sometimes harmonious but often violent relationship is deeply rooted in the country's history and still plays a role in modern day politics.

Guatemala was the centre of the great Mayan civilisation from about 300 to 900 A.D. From the crumbling ancient ruins of this lost civilisation to the colonial architecture of the cobble-stoned villages, history oozes from every pore of Guatemala's towns and cities, hinting at an infinitely complex past which continues resonate into the present as different cultures mingle in this fascinating melting pot of humanity.

In the wildly beautiful Central highlands, the indigenous Mayan Indian culture still dominates, whereas in the sprawling metropolis of Guatemala City you are likely to see a colourful population of Ladinos, descendents of Europeans and Indians, African immigrants and the predominantly Hispanic European minority.

As for **things to do** with your spare time, whether you're an adventure-mad extreme sports enthusiast or a nature-loving bird-watcher, Guatemala's awesome unspoilt natural habitat will have something for you. The extraordinary terrain around the volcanoes and caves provides the perfect setting for **mountaineering** and **caving** (spelunking) whereas the fast-moving rivers are ideal for **boating**, **white-water rafting** and **windsurfing**, with Lake Atitlán also popular for **diving**. There's also a nearby turtle sanctuary – see above for volunteers holding the baby turtles on a trip there!

Besides this you can also find ample opportunity to go **mountain biking**, bathe in **hot springs** surrounded by lush green jungle, or indulge your passion for nature in one of the country's national parks - you might even catch a glimpse of the resplendent quetzal, Guatemala's national bird. Antigua itself is surrounded by three volcanoes,

Guatemala is a country bursting with beautifully striking features, biodiversity and an indigenous culture with a powerful and vibrant identity. It boasts of volcanoes, thick tropical forests, outstanding Mayan ruins that stretch out and above the surrounding forest canopy, beautiful lakes, and is bursting with exotic fauna, flora and wildlife.

One of the most beautiful and culturally rich countries in Central America it is also one of the largest, covering an area of over 108,000 sq Km (slightly smaller than England). Guatemala shares its main border with Mexico to the north, the east by the Caribbean Sea and Belize, on the west by the Pacific Ocean, and on the south by both Honduras and El Salvador.

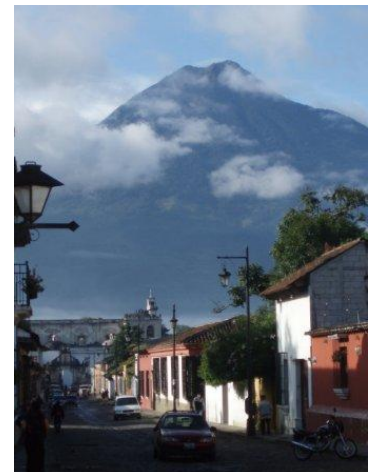
Guatemala also has a fascinating environment, with over 8000 species of plants in 19 different ecosystems. It overflows with an abundance of animals; 250 species of mammals, 600 species of bird and 200 species of reptiles and amphibians. Guatemala is also home to the resplendent **quetzal**, the national bird, which is often used to symbolise Central America.

The landscape is awe inspiring, from mountainous forest highlands, to jungle plains, and volcanic beaches. There are 30 volcanoes spread through out the highlands in the Cuchumatanes range, they reach over 4,000m. The Cuchumatanes range includes the volcano **Tajumulco**, the tallest peak in Mesoamerica, standing at 4,220m.

There are 30 protected areas of national parks and biological reserves and north of Guatemala city the highlands of Alta Verapaz slowly descends into the low lands of **Petén**. Petén; part of Central America's largest tract of virgin rainforest, the Mayan Biosphere Reserve (MBR), encompasses the Guatemala-Mexico border. The low plains of the Petén form part of the tierra caliente, they are hot and humid through out the year.

Climate: Guatemala City and many other parts of the country have a stable and pleasant climate. Rainfall here is moderate with a distinct dry season from November to April. The Pacific slope is rich in coffee, cacao, fruit, and sugar plantations.

The Pacific coast is covered by vast sprawling beaches of glistening black volcanic sand and small palm trees. The coast is tropical, rainy, hot and humid most of the year. Air temperature often reaches over 32 C /89.6 F although the



<p>CALL: +44 (0)1903 502595</p>	<p>EMAIL: info@travellersworldwide.com</p>	<p>Click here to APPLY: Booking Form</p>
--	---	---

black sand of the Pacific coast in midday heat has been known to reach close to 50 C °/ 122 F. In Antigua, where you will be based for volunteer work, the temperature is quite comfortable as the town is settled and protected in the coolness of a valley.

THINGS TO DO IN: GUATEMALA

Due to Guatemala's amazing natural unspoilt habitat, there are a host of activities to do, be it trekking high above the cloud line on Volcano Tajumulco to a long soak in the amazing mineral waters of the hot springs of Fuentes Georgina. Here are some ideas;

- **Water Sports:** Guatemala's fast-moving rivers, including la pasion, el chiquibul, el usamacinta, el motagua and el cahabon are ideal for boating and rapids shooting. the rivers of alta verepaz, rio dulce and lakes izabal and atitlán are good for windsurfing, with lake atitlán also popular for diving. the pacific coast is one of the best places worldwide for sports fishing. make sure that water is safe for swimming before taking part in any water sports!
- **Mountaineering:** Mountaineering within Guatemala is practiced on and around Guatemala's volcanoes. At 4200m (13,776ft) above sea level, the Tajumulco in the San Marcos region is the highest volcano in Central America. In spite of its height it is in mountaineering terms, technically an easy climb. Those requiring something more challenging might like to take a longer look at the Tolimán, with its 3158m twin peak summit. Whilst for novices, the summit of the volcano San Pedro can be reached in about six hours. One of the most visited volcanoes, given its proximity to Guatemala City, is Pacaya at 2252m (7386ft). Excursions to this constantly erupting volcano must be made in a group and with a guide. The INGUAT Tourist Centre within Antigua can provide important information. Take the opportunity to spend a night in the crater of a volcano, during the ascent of the Agua volcano at 3776m (1233ft), a magical opportunity to turn your friends green with envy.
- **Spelunking (Caving):** Terrain known as Karst is found throughout the Verapaces region and makes Guatemala one of the worlds leading spelunking destinations. Discover limestone caves with spellbinding rock formations leading down to partially underwater caves. Learn how the Mayan celebrated their rituals and even lived in some of them. Aktun Kan, Jobtzinaj, Lanquín, Poptún and the newly discovered La Candelaria are principal locations for caving. Most sites can be reached from Cobán.
- **Mountain biking:** Popular in many regions of Guatemala including Panajachel, Santa Catarina Palopó, and Antigua. There really is no better way than to experience the highland by bike. Bike tour operators have sprung up all over Guatemala and its worth taking one weekend out to experience the delights in the town of Pana' and more so the shores of Lake Atitlán.
- **Horse riding:** A very popular alternative to the bike whether it's through the rainforest, in the mountains or along beautiful beaches.
- **Hot springs:** The hot-springs of Fuentes Georginas are close to Zunil, with deliciously relaxing waters set amongst a verdant jungle-like background.
- **Bird Watching** - There are plenty of opportunities for Bird Watching and general wildlife viewing within the National parks, the Mayan Biosphere Reserve or the mangrove swamps near Monterrico. Such richness is rarely seen.



WHY GO WITH TRAVELLERS WORLDWIDE?

- Profesional work experience placements
- 15 years' experience sending thousands of participants overseas, plus the largest variety of **flexible projects** that are **value for money!**
- Excellent support - second to none in the industry
- Accredited projects helps **appeal to future employers**
- Your own dedicated Project Co-ordinator to answer all questions prior to, during and after your **trip of a lifetime!**

CALL: +44 (0)1903 502595	EMAIL: info@travellersworldwide.com	Click here to APPLY: Booking Form
--	---	---

- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our *EXTRANET*, **available from anywhere, 24/7**.
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport.

VOLUNTEER FEEDBACK:

"Imagine my happiness when i heard a little boy named henry calling me in the morning when i arrived at the centre!!... We continue to take the children to the park and with the older ones we can play with the water in the fountain and every day i buy some biscuits for the children to enjoy. They marvel at the trees and the sunshine and the people that give them attention and ask us about the work we are doing. I have found that people here really appreciate what we do as they often come and say something encouraging to us. Later after returning from the park and with lunch ready to be served, i sneak off to see the babies and of course perla. I feed her and play with her before heading home for my lunch. (i have a lunch break from 12.30 to 2.00) work days always pass by very quickly...." Nayna kennedy

HOW TO BOOK:

Please complete a [booking form](#) online or you can send a postal booking from our free brochure. When we receive this, we'll telephone you to discuss the details and then start the exciting process of planning your trip!

We do hope you'll join us and are confident that you'll find this an incredible experience. Don't hesitate to contact us with any questions - we'll be happy to help you plan your exciting adventure!

You may also be interested in other courses with Travellers, or do other projects in our other destinations – please visit our [website](#) for details of all our projects. In fact you can choose from over 300 projects in 19 countries!

Make a Difference – Get Involved!

CALL: +44 (0)1903 502595	EMAIL: info@travellersworldwide.com	Click here to APPLY: Booking Form
---	--	--