

12-DAY PROGRAM



GUATEMALA: PUBLIC HEALTH IN THE LAND OF THE MAYA

Work alongside Guatemalan doctors to support public health access for indigenous communities. Immerse yourself in Guatemala's diverse cultures, traditions, and history at the heart of the Mayan Empire



OVERVIEW

Immerse yourself in public health and sanitation projects at a rural indigenous school in Guatemala. Work alongside local medical professionals to support communities with limited access to healthcare, gaining valuable field experience and earning CPR certification. Beyond service, discover Guatemala's rich Maya heritage and breathtaking landscapes as you explore sacred Lake Atitlán and other cultural highlights.



HIGHLIGHTS

- Gain hands-on healthcare experience in rural Indigenous communities
- Be trained by medical professionals, learn basic first aid and get CPR certified
- Shadow medical professionals and observe best practices in healthcare
- Learn traditional weaving techniques from master artisans and sample local delicacies at a chocolate museum
- Venture across sacred Lake Atitlán, one of the most beautiful lakes in the world



ITINERARY

The actual schedule of activities may vary. The information provided here reflects the typical experiences planned; however, activities and excursions are subject to change due to factors such as weather conditions, community partner availability, and other unforeseen circumstances. Adjustments may also be made to best meet the needs and interests of the student group.

DAY 1	<ul style="list-style-type: none"> • Arrive at La Aurora International Airport and meet TEPA staff • Travel to the colonial town of Antigua and settle into Home Base • Meet your group and enjoy your first Guatemalan dinner
DAY 2	<ul style="list-style-type: none"> • Participate in program orientation • Learn Maya traditions through a symbolic wedding ceremony • Make tortillas and see how coffee is roasted locally
DAY 3	<ul style="list-style-type: none"> • Hike to sacred Lake Chicabal and take part in a Maya ceremony with a local healer • Attend a clinic prep workshop led by medical professionals • Learn basic medical Spanish and Kaqchiquel phrases
DAYS 4-7	<ul style="list-style-type: none"> • Assist and shadow local health professionals at pop-up medical clinics • Rotate through triage, general medicine, pharmacy, and health education stations • Participate in a CPR and first aid certification course

DAYS 4-7 (Continued)	<ul style="list-style-type: none"> Engage in cultural workshops—textile weaving, chocolate making, and salsa dancing Reflect on global health access and NGO involvement in rural care
DAY 8	<ul style="list-style-type: none"> Return to the community for continued service and youth engagement Enjoy natural hot springs in the afternoon and discuss program learnings in mentor groups
DAYS 9-10	<ul style="list-style-type: none"> Travel to Lake Atitlán, surrounded by volcanoes and Maya villages Take a scenic boat ride, explore local artisan markets, and stay at a lakeside hotel
DAY 11	<ul style="list-style-type: none"> Return to Antigua and tour an organic coffee plantation Learn about sustainable agriculture and sample locally grown coffee Enjoy a farewell dinner celebrating your service and cultural immersion
DAY 12	<ul style="list-style-type: none"> Breakfast and final reflections Travel to the airport for departure home ¡Buen viaje!



TEPA HOME BASE

Home Base is a lodge in the heart of Xela, offering students a peaceful escape after long days of service and adventure. Students live in gender-segregated rooms. Bathrooms are shared, and hot showers are available.

FOOD

Meals in Guatemala frequently include delicious, sweet herbal tea and homemade tortillas. Chicken, rice, beans, vegetables, and plantains are staples. Traditional Guatemalan dishes will be the norm at Home Base, but we will occasionally have American food, like pasta and sub sandwiches.

CLIMATE

Xela has a mild, highland climate year-round, with daytime temperatures often peaking around noon before dropping quickly in the evenings. While rain is possible, showers are typically scattered and brief, making it comfortable to explore and participate in activities throughout the year.

ABOUT TERRA EDUCATION PROGRAMS ABROAD

Terra Education Programs Abroad (TEPA) partners with schools and private groups to offer pre-designed and fully custom international experiences that align with academic goals while fostering global citizenship. Building on over 20 years of youth development expertise from its parent organization, Terra Education, TEPA delivers transformative experiences for young leaders worldwide.

GET IN TOUCH!

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TERRA EDUCATION'S PORTFOLIO OF TRAVEL PROGRAMS

