

elevate destinations

Dining
for
Women

COMMUNITY CLOUD FOREST CONSERVATION GUATEMALA TRAVEL GUIDE



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WELCOME TO GUATEMALA!

Guatemala, a Central American country south of Mexico, is distinguished by its steep volcanoes, vast rainforests and ancient Mayan sites. The name "Guatemala" comes from the Nahuatl word *Cuauhtēmallān*, or "place of many trees".

You will spend your week with fellow Dining for Women members at Community Cloud Forest Conservation (CCFC)'s Agroecology Center in the central highlands of Guatemala (in the department of Alta Verapaz), among the cloud forests.

The Cloud Forest of Alta Verapaz

A traditional Q'eqchi' Maya expression is "the forest catches the clouds (*li kiche' naxchap li choq*).” This is exactly what a cloud forest does. Cloud forests catch clouds. Or in the parlance of biologists, cloud forests filter clouds in a process called *lateral cloud filtration*.

Clouds blow in among the trees as moisture from the ocean moves inland, encountering mountains. Water droplets collect on the leaves of the trees of these forests through lateral cloud filtering. In many cases, cloud filtration accounts for more than half of the annual precipitation in cloud forests.

Cloud forests are like rain forests in that they generally receive high levels of precipitation. The difference is that with cloud forests, much of that precipitation comes directly from the clouds that filter through the trees.

Cultural geography and physical geography go hand in hand. Over hundreds of years, Q'eqchi' village life and agricultural practices developed agroecosystems in which families and communities lived and worked. The physical conditions of the environment, the mountains and the mists of Guatemala's central highlands shaped these practices. The mountains shaped the Q'eqchi' Maya.

CCFC's Work in Guatemala

The population of the remote, rural villages of Guatemala's central highlands is solidly Q'eqchi' Maya. In these villages few speak Spanish. The world view, or cosmo-vision, is uniquely Maya. One cannot understand the central highlands without entering into this cosmo-vision. "Community" is all-encompassing: families – women and men, youth and children – schools and churches, mountains and valleys, forests and fields, caves and clouds, springs and streams. Community encompasses the relationships of neighbor with neighbor and people with land.

CCFC works to alleviate poverty and protect forests through education, reforestation, community development, leadership scholarships, and ecological improvements to agriculture. CCFC believes that holistic human/community development is the key to conservation and peace building in Guatemala's central highlands. Education, especially for young women, is key to the healthy and sustainable development of this region. CCFC's co-directors are Rob and Tara Cahill, who will be your guides and hosts along with the student leaders at the center. They have lived there for more than 15 years with their family and speak English, Spanish and Q'eqchi'.

CONTACT LIST

If you are in Guatemala and trying to reach a number *outside* of the country, dial 00 before dialing the country code and local number. To call numbers in Guatemala *from* the U.S. dial +502 + [telephone number].

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[U.S. Embassy Guatemala City](#)
Avenida Reforma 7-01, Zona 10
Guatemala City, Guatemala
Phone: +502 2326-4000

KNOW BEFORE YOU GO

Passport

Travelers to Guatemala should ensure that the validity of their passports extends at least 6 months beyond the end of their intended stay, and should have at least 2 blank (unstamped) visa pages in their passport to enter the country. The last 2 amendment pages are unacceptable for visas and immigration stamps. Note that you will need to renew your passport if you are out of Visa pages, as the State Department no longer provides additional pages. If you need to renew your passport, please do so as soon as possible. We also recommend travelers scan a copy of your passport and email it to yourself. This way you always have a copy if something happens to it while traveling.

Visa

Citizens from the U.S. do not need a visa for a stay of 90 days or less in Guatemala.

Travel Insurance

Elevate Destinations strongly recommends that all travelers have travel insurance for any trip they wish to take with us. Please note that some insurance options require purchase within 24 hours of making payment for your trip. We encourage you to review your travel insurance options before making payment to Elevate Destinations.

Elevate Destinations is partnered with the Travel Insurance Center, a broker of travel protection products. For assistance, contact Alan Lightbody, Agent Representative, E-mail alightbody@travelinsurancecenter.com, Toll Free 1-866-979-6753 Ext. 3648, or Direct 402-343-3648.

Guests may acquire travel insurance through the Travel Insurance Center, or any other travel insurance company of their choosing. Elevate Destinations recommends that travelers evaluate the insurance options available for their needs, and inquire with providers about insurance that will provide coverage if the trip needs to be cancelled.

Immunizations

Prior to travel, Elevate Destinations strongly recommends that you look into recommended immunizations for your time in Guatemala. Given that we are not a licensed Health Care provider, we cannot advise travelers on which immunizations they may need. We recommend that all travelers do the following:

- a) Consult with a travel clinic or your personal physician regarding immunizations and other precautions you may need to take in order to participate in this journey. You will need to do this well in advance of your trip as some vaccinations require time to take effect, and you may need to allow time between a series of shots.
- b) Visit [the CDC Website for Guatemala](#) to view recommended vaccines and medicines, travel health notices for the region, and other tips for staying healthy and safe.

Other Health Considerations

There is a risk of malaria in Guatemala in elevations below 1,500 meters (4,921 feet). The region of Alta Verapaz has Highlands and Lowlands ranging from 2,800 meters to 300 meters. The CCFC Agroecology Lodge is located in the Highlands at 1,480 meters (4,856 feet). CCFC has never seen a case of malaria but it is best to consult with your doctor to decide what is best for you.

Dengue fever is also present in Guatemala. As you will be in nature for most of the trip, travelers should take steps to prevent mosquito bites.

If you take any prescription medication or vitamins regularly, we recommend bringing enough to last you the entire trip plus a few extra days, just in case. Be sure to pack any prescription medicine in their original bottle with the actual prescription label that lists the drug name clearly and keep it in your carry-on luggage.

Communications

Cell service is available at the CCFC Agroecology Center. Here are the most common methods for making local/international calls:

1. **Smart Phone apps:** Apps such as WhatsApp (recommended), Skype, and Viber can be used to make calls when Wifi is available. You need download these apps to your phone prior to leaving the U.S.
2. **Getting an international calling package:** Setting up international coverage from your cell phone provider for the duration of your trip is often the simplest option and the best to avoid roaming charges.
3. **Use a local phone/SIM card:** Best for making calls within Guatemala as international calls can get expensive. Local SIM cards are inexpensive, can be found at a variety of stores, and often have pay-as-you-go plans where you can “top up” your credit for use in the country. Please be aware of any requirements your phone has in order to accept the local SIM cards (i.e. size of SIM card, jailbroken, etc). Please also let us know in advance if you would like assistance purchasing a local phone.

Wifi: Wifi is available at the CCFC Agroecology Center but it is very slow and limited. Please confine your Wifi use to email, texts and WhatsApp. Kindly do not use up the bandwidth with things like streaming video, YouTube, Facebook etc.

Safety Recommendations

Here are some basic ground rules for safety while traveling:

- Keep all valuables concealed.
- Avoid flashing money. Be mindful of your belongings at all time. Keep bags in front of you in crowds, and on your lap when at restaurants.

- Pay attention: avoid walking around with your smartphone in hand.
- Be vigilant when crossing roads - Pedestrians do not have the right of way.
- Stick with the group.
- Always make sure that others know of your whereabouts and movements.
- Avoid street protests or large gatherings.
- Do not wear expensive or sentimentally valuable jewelry while traveling.
- We encourage you to register with STEP (see below).

Smart Traveler Tip!

We recommend that all travelers from the USA sign-up for the [State Department's Smart Traveler Enrollment Program](#)! This is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in case of an emergency. Enrolling in this program has enormous benefits in case of an emergency while abroad:

- You will receive information from the Embassy about safety conditions in your destination
- Enrolling lets the U.S. Embassy in that country know that you are there and helps them contact you in an emergency, whether natural disaster, civil unrest, or family-related.

Documentation

In case of emergency, it is advisable to record all of your important information on one sheet of paper, photocopy it, and distribute a few copies in your luggage, your money belt, and amongst relatives or friends at home. Also email a scanned copy to yourself to have available online anywhere. Here are some ideas on what to include:

- A photo copy of your passport,
- Flight itinerary
- Travel insurance policy details and 24-hour emergency number,
- Details of relatives/friends and your primary care physician to be contacted in an emergency,
- Bank and credit card details, camera serial numbers etc.

Money

The local currency in Guatemala is the Quetzal (GTQ), named for the national bird. In most cases, you can also use United States Dollars (USD) in Guatemala and expect that shopkeepers will give you change in GTQ. However, note that you may not get the best exchange rate if you use USD.

You will need to get local currency in Guatemala City before heading to CCFC as there is no ATM at CCFC. There are ATM's in the airport as well as at your first stop on the way to CCFC. You

can purchase products at CCFC such as coffee, jam, jewelry, or an evening beer or glass of wine using USD or Quetzales. You may also want to purchase a snack or souvenir from the local markets.

In general, we suggest that you limit the amount of money you convert into local currencies and exchange only what you think you will spend before leaving any foreign country. It is suggested that you save all receipts from your currency exchange transactions. Be aware that only paper currency will normally be accepted for exchange, and bills must be crisp, clean, and new.

Cash: Guatemala is primarily a cash economy, so we recommend bringing the funds you will need for personal spending in cash or withdrawing cash out of ATMs in country.

It is recommended to travel with \$100 - \$300 USD in case ATM machines are not working (see note below). If you bring USD, your bills should be:

- **New** (printed in the last 5 years)
- **In pristine condition** (no rips, tears, smudges, markings, creases, etc)
- **Larger denominations** (the \$50 and \$100 bills attract the best exchange rate).

Change: Ask for smaller bills when you change money, or use your large bills at large shops to receive more change. In many cases, people (local vendors especially) don't have change.

Credit Cards: Credit cards (Visa preferred) are acceptable in Guatemala City, while cash is more appropriate everywhere else. Most merchants will charge an additional 3-5% of the bill for a credit card transaction.

ATM/Debit Cards: You can use your debit card to withdraw money from ATMs. ***Note: ATMs in developing regions of the world are often finicky, and may not work on a given hour or day. We recommend traveling with 1-3 crisp \$100 bills stored safely in your carry-on luggage to be exchanged in the case that ATMs are not working for you.***

Smart Traveler Tip!

Be sure to notify your bank and credit card companies of your travel plans, in case they view your activity as fraudulent and put a block on your card.

IN-COUNTRY INFO

Time

Guatemala is in the Central Standard Time zone (UTC/GMT -6 hours) and does not observe daylight-savings. In January, when it is 12:00 PM in NYC, it is 11:00 AM in Guatemala. When it is 12:00 PM in LA, it is 2:00 PM in Guatemala.

Smart Traveler Tip!

Consider downloading a conversion app for things like currency, temperature, time, and distance while traveling. Here are some that we like: Units - Free Unit Converter, Convert Units for Free, Converter+, GlobeConvert

Arrival Procedures

Upon arrival at Guatemala City at La Aurora International Airport (GUA), please proceed through Immigration Control. After you pass through Immigration, please proceed to the baggage claim area. Once you have retrieved your luggage, you will pass through Customs. Here you may be subject to a random luggage inspection. Once you have cleared Customs, Rob Cahill, Director of CCFC, will be waiting for you outside of Customs with a sign that reads “Dining for Women”.

If you do not see Rob waiting for you outside of customs, please call **Rob Cahill** at +502-4010-0852 or **Tara Cahill** at +502-4012-5745. They can also both be reached on WhatsApp at the same numbers.

Accommodations

Community Cloud Forest Conservation

Agroecology Center Lodge

Finca Chichen, Coban, Alta Verapaz

+502-4010-0852

The group will be staying in shared rooms at the Agroecology Center lodge. Rooms have 2-3 beds and private bathrooms. (There are bunk beds, but no one will need to sleep on a top bunk, unless they want to!) Pillows, linens, and towels are provided.

Electricity

CCFC is off the grid so all of their energy is either solar energy or hydro electric energy. **There are no electrical outlets in the rooms.** There is a central charging station for cell phones with a USB cord. **Leave hair dryers, curling irons and other small appliances at home!**

If you are staying elsewhere before or after the main program, note that Guatemala uses 110 volt electricity with 2-pronged outlets, the same as the United States. The plugs rarely have three holes, however, so be sure to bring an adapter if your chargers are three-pronged.

Food & Water

CCFC provides fresh food for most meals, primarily vegetables that are grown on site. Meals are plentiful and healthy. CCFC teaches young women about nutrition by teaching them to cook delicious, nutritious foods that are part of the agro-ecology of the cloud forest.

The water you will be given at CCFC is filtered and safe for you to drink. **Bring your own water bottle with you for the activities of the day.** The water from the tap in the bathroom and shower is not safe to drink so always brush your teeth with bottled or filtered water and keep your mouth closed while showering.

Toilets

CCFC uses compost toilets which you will be oriented to upon your arrival.

When you leave the Center, we recommend carrying toilet paper or tissues with you as some bathrooms, especially in more remote areas or restaurants, may not have any. Please also remember that in Guatemala you are required to throw the toilet paper into the bin provided and **not into the toilet** itself, as this can cause problems with the delicate sewage system.

Waste Disposal

Keep in mind that much of the developing world waste disposal systems are not as advanced as you might be used to. Oftentimes, landfills are adjacent to conservation land or trash is burned. Recycling is often unavailable. To minimize your impact on the country you are visiting, please consider the following guidelines:

- Leave no Trace — everything that you bring with you should go home with you.
- If you plan on shopping, make sure that you have extra room in your luggage or an extra bag to check on your way home (don't dump items to make room!)
- Avoid packing with plastic baggies and instead purchase reusable packing cubes, cloth bags, and reusable toiletry bags
- Bring a reusable water bottle that you can refill
- Remove packaging or tags of any newly purchased items before you go

Local Cuisine & Drink

Traditional Guatemalan cuisine is centered mainly around tortillas, beans, and corn tamales. Some popular dishes include:

- Chiles Rellenos - Chilies stuffed with vegetables

- Robalo - Snook Fish
- Ceviche - A mix of raw seafood, tomatoes, onions, parsley, cilantro, and lemon
- Tapado – A seafood soup with coconut milk, rice and beans found in Rio Dulce area
- Kak Ik – a Q’eqchi ceremonial soup prepared with turkey, tomato, bell peppers and spices
- Pollo en Jocon – Chicken with potatoes in a green tomato sauce
- Suban Ik – A ceremonial dish of the Kaqchikel made with pork, chicken, sweet peppers & tomatoes
- Pepian – A spicy chicken casserole with a tomato sauce
- Coffee - There’s nothing like a good cup of Guatemalan coffee!

**Elevate Destinations has made note of all allergies and dietary restrictions as per your Registration Forms, and have passed the information along to CCFC to ensure the dishes you are served are safe.*

Weather Conditions

Guatemala’s weather is eternally comfortable: not too hot and not too cold. There are two main seasons: wet and dry. However, temperatures, which average 72° F year-round, vary more according to altitude than season. November through April is the dry season and the rainy season runs from May to October.

January is in the rainy season in Alta Verapaz. But this doesn't mean it’s always raining, especially in the cloud forest. Plan for the possibility rain or cool fog on any day. The average high temperatures are about 75° F, with average lows in the 40’s.

SUGGESTED PACKING LIST

Smart Traveler Tip!

Check your airline's luggage restrictions to verify the weight limit and whether or not they offer free checked bags. We recommend packing light and only taking what you can carry - you may be carrying your own luggage and you want to be able to comfortably move them.

Clothing

We encourage you to pack light. Laundry is available at CCFC for \$5/small bag so you can refresh your clothes half way through the trip if needed. Clothes are hand washed and dried on a clothes line.

Please consider the conservation culture and bring clothes that cover your shoulders and knees.

- Fast-drying, dark-colored, lightweight clothing
- Light, long-sleeved shirts and pants to protect against mosquitoes
- T-shirts
- At least one long skirt
- A warmer jacket or fleece for cool days / nights
- Comfortable, sturdy walking or hiking shoes
- Athletic sandals and/or flip flops
- Comfortable clothing for relaxing in the evening
- A versatile nice, yet casual outfit
- Sun hat or cap
- Sleepwear
- Fitness attire
- Socks
- Waterproof jacket or rain poncho and a small umbrella

Materials

- A tote bag to bring home purchases (or leave a little room in your suitcase)
- Book for reading on the plane
- Notebook and pens
- Binoculars (bird watching is popular at CCFC!)
- Camera and charger or batteries
- Travel pillow
- Energy bars and snacks, if desired
Plug adapter (see electricity section above)

Smart Traveler Tip!

Pack an extra change of clothing, any necessary toiletries, glasses and medication in a carry-on bag in case luggage is delayed or lost.

Essentials

- Passport
- Money pouch
- Cash (see money section above)
- Day pack
- Photocopies of important documents (passport, insurance policy, airline tickets, emergency contact information)
- Earplugs (dogs, buses, noisy neighbors - a good pair of earplugs can be invaluable!)
- Small flashlight or headlamp with extra batteries
- Watch or battery powered alarm clock
- Small, reusable pouches or bags - good for packing and for keeping items clean and dry
- Reusable water bottle

Medical Kit & Toiletries

Participants should pack an adequate supply of any prescription medication necessary for the duration of the trip in their carry-on luggage. Prescription medication should be packed in their original containers.

- Sunscreen and lip balm with an SPF
- Bug spray
- Any prescription medication
- Allergy medication and/or an epi-pen
- Anti-malarial tablets, if advised to take them by a medical professional
- Re-hydration or electrolyte salts or tablets
- Anti-diarrhea medication
- Pepto-bismol for stomach upsets
- Painkillers
- Motion sickness medication (e.g. dramamine, prescription Scopolamine)
- First aid kit - bandaids, antiseptic cream, sterile wipes, hydrocortisone cream
- Pre-moistened antibacterial hand wipes
- Razor, hand lotion, soap
- Shampoo and conditioner (CCFC provides soap only)
- If you have a favorite doctor, bring their phone number in case you get sick and want to speak with a trusted expert

CULTURAL CONSIDERATIONS

Experiencing different cultures is one of the joys of traveling. Please take note of the information below to better understand and respect these cultural differences in Guatemala.

- **Greetings:** Simply saying “hola” is considered too casual. Instead, greet people with “buenos días” (good morning), “buenas tardes” (good afternoon), and “buenas noches” (good evening). In Q’eqchi, to say hello, say “Ma sa sa’ laach’ool”. It translates to “Are you happy in your heart?” In response, the other person says “Sa sa in ch’ool” which means “I am happy in my heart”.

- **Signs of Respect:** Visitors should be mindful that Guatemala is a fairly conservative country and therefore revealing clothing and public displays of affection are discouraged. It is advised to keep shoulders and knees covered when out in public.

Extended eye contact is seen as polite and commonplace, while indirect eye contact during a conversation may indicate disinterest.

The most important thing is to be polite, friendly, and respectful. If you do not know what to do in any given situation, never be afraid to ask.

- **Pace of life:** The pace of Guatemalan life is slower and more relaxed than most travelers are accustomed to. This requires some getting used to, and a willingness to adapt to a different lifestyle. Travel with an open-mind and flexibility, and expect that things may start late.
- **Gender Considerations:** Guatemalan culture is still rather “macho”, and women are often treated differently than men. Cat calls towards women are common and it is advised that one should not engage. Women should not walk alone at night or visit bars/clubs without a companion.
- **Religion:** About 60% of Guatemala’s population is Catholic, with the remaining majority being protestant and a smaller percentage having indigenous Mayan beliefs. Some indigenous communities hold services combining Catholicism with pre-Colombian rites.
- **Begging:** As in many developing countries, begging is common in Guatemala. See our Responsible Travel Tips section below for more information.
- **Bargaining:** Gentle bargaining is generally acceptable in Guatemala. Keep in mind that almost everything can be bargained for, and you can get good deals, but remember that merchants are generally getting by on low wages. Arguing over pennies is not always effective and can come across as rude. Bargaining is an art, but there is a fine line travelers should keep in mind between getting a deal and supporting a merchant with a living wage.

Vendors sometimes will open with a high price they don’t actually expect you to pay. Counter their offer with a lower number, and reach an agreement somewhere in between. You can usually

negotiate the price down by about 15% to 25%. Throughout your interaction, keep a light-hearted attitude. Remember that this should be fun! It can be a great way to connect with locals.

Language

The official language of Guatemala, Spanish, although there are at least 23 other indigenous languages spoken throughout the country. The Q'eqchi' are the predominant Maya group in the central highlands and northern lowlands of Guatemala. Most locals to CCFC speak Q'eqchi' as opposed to Spanish.

Here are a few words in Q'eqchi as well as Spanish.

English Phrase	Q'eqchi
Hello	Ma sa sa' laach'ool
Please	B' an usilal (pronounced ban oo-see-lal)
Thank you	B'antiox (pronounced ban tee-osh)
Yes	Hehe (pronounced eheh)
No	Ink'a (pronounced eenk'ah)
What is your name?	Ani laa ka'baa
See you later	Jowan chik (pronounced hoekwan check)

English Phrase	Spanish
Hello	Hola, buenos dias
Please	Por favor
Thank you	Gracias
Yes	Si
No	No
What is your name?	¿Como se llama?
Goodbye	Adios

Photography

Guatemala is a beautiful country, and you will want to take lots of pictures. When photographing people, always ask permission first - this is a sign of respect. You can do this with gestures or ask your guide to translate. The only exception to this is when you are photographing a public scene with a lot of people in it, aiming at no one in particular. Some locals may expect a tip or an outright fee for this. Always be considerate of anyone's desire not to be photographed. There are some places where photography is prohibited, and these areas are usually marked. If you are uncertain about whether or not photography is permitted, your guide will be there to advise you.

Human Trafficking in Travel

Elevate Destinations has signed *the Code of conduct for the protection of children from sexual exploitation in travel and tourism* and expects all of its partners to refuse involvement, both direct and indirect, in the commercial sexual exploitation of children. A “child” is defined as a person younger than 18 years of age, according to the UN Convention on the Rights of the Child.

We encourage our travelers and suppliers to report the sexual exploitation of children. Information, even the smallest amount, can represent the missing piece of an ongoing investigation by law enforcement. If you are uncomfortable with leaving your name and contact information, you can report anonymously to law enforcement or NGOs. Report a concern [using this form](#); alternatively, you can email protect@ecpat.net to report sexual exploitation of children.

Read about Elevate’s values & vision, our [sustainability commitment](#), our programs that give back, and more on our website at www.elevatedestinations.com. Our team members are always excited to share more on this topic. We acknowledge that to maintain truly sustainable travel products takes ongoing commitment. We continue to monitor our programs on the ground in order to improve them, and welcome your thoughts, feedback, and encouragement!

Responsible Travel Tips

Elevate Destinations takes pride in its leadership in the field of responsible travel. We take care in selecting our local partners that share our environmental and social values and are avid supporters of locals working in the tourism industry as they are both the most impacted and impactful players at the local level. All of your ground costs on this trip are carbon offset using [South Pole Flights Carbon Calculator](#), and we encourage you to offset your international flights as well.

Here are a few tips that can help enrich your experience as a responsible traveler:

- **Keep an open mind:** Try to observe local customs and respect traditional cultures and people.
- **Language:** Learn a few basic greetings and “thank you” in the local language.
- **Local economy:** Support locally owned businesses, restaurants, and other services. Shop from local artisans to promote traditional crafts and encourage contemporary arts.

- **Pay a fair price:** Bargaining is acceptable on this trip and a great way to engage with locals. Try to have fun and not be overly aggressive in bargaining for souvenirs.
- **Respect:** It is important to acknowledge the privacy and dignity of others and ask before photographing or filming people. Ask permission before entering sacred places, homes or private land, and take heed of local customs (i.e. remove shoes, hats, cover hair with shawl, etc). Please ask your guide if you are unsure; they are there to support your introduction to the culture!
- **Community and environment:** Contribute to organizations that support traditional cultures and protect the natural environment. Keep to designated trails, and do not disturb plants and animals or their natural habitats.
- **Animal products:** Avoid purchasing crafts, clothing, furniture or other products that are derived from members of protected or endangered animal species.
- **Use alternatives to single-use plastics:** Avoid using plastic bags and try to minimize the use of other disposables. When traveling in areas away from cities, make sure to take out what you take in. Try using a reusable water bottle and treating your own drinking water when possible – check out what our friends at [Travelers Against Plastic](#) are doing!
- **Don't feel pressured to give away money or material items:** You will likely encounter instances of poverty and people asking for donations. We try to discourage giving away money or items as it can actually accentuate an unequal relationship between visitors and locals. Additionally, children that receive money, gifts, and sweets from you are encouraged to stick around for more, rather than to be in school. As difficult as it can be to turn down direct requests, sometimes giving your friendship and respect to locals can be the best gift of all. If you want to help, consider giving to a trustworthy charity, non-profit, or local school.

Smart Traveler Tip!

In travel, especially in the developing world, things happen. Expect the unexpected! Keep an open mind, be flexible, and enjoy the moment. Sometimes the best memories come out of the unplanned.

RESOURCES

Below are a few resources aimed to serve as a good introduction to Guatemala and its culture. We have intentionally provided a variety of formats (books, articles, movies, etc.) as well as a diversity of perspectives in order to provide balance.

Books

I, Rigoberta Menchú: An Indian Woman in Guatemala – By Rigoberta Menchu

The Long Night of White Chickens – By Francisco Goldman

The Art of Political Murder: Who Killed the Bishop? – By Francisco Goldman

The Guatemala Reader: History, Culture, Politics – By Greg Grandin

Articles

Dawn S. Bowen and Amy Leap Miller. "[Education, Leadership, and Conservation: Empowering young Q'eqchi women in Guatemala](#)" *International Journal of Educational Development* (2018)

Musalo, Karen, Elisabeth Pellegrin, and S. Shawn Roberts. "[Crimes without punishment: Violence against women in Guatemala.](#)" *Hastings Women's LJ* 21 (2010): 161.

Musalo, Karen, and Blaine Bookey. "[Crimes without punishment: An update on violence against women and impunity in Guatemala.](#)" *Hastings Race & Poverty LJ* 10 (2013): 265.

[El Infierno Para Tres Mujeres Quedaba en Mixco](#) (2017) Spanish Language

Jones, Maggie. "[The Secrets in Guatemala's Bones](#)" *The New York Times* (2016)

Films & Videos

[CCFC Project Overview](#) (2015)

[Finding Oscar](#) (2017)

Ixcanul (2015)

La Hija del Puma (1994)

La Camioneta: The Journey of One American School Bus (2014)

Language & Culture

The Guatemala Reader: History, Culture, Politics – By Greg Grandin and Elizabeth Oglesby

Mesoamerican Voices: Native Language Writings from Colonial Mexico, Yucatan, and Guatemala – By Restall, Sousa, Terraciano

We encourage you to seek out additional resources to supplement your trip. Please feel free to share other finds with us! If you have any questions or concerns, please contact a member of the Elevate Destinations team.