



EXPLORE, EXPERIENCE, EMPOWER TOUR

* For Women Only *

February 23 – March 2, 2024



The mission of ALDEA and its partner organization, ABPD, is to promote integrated development services that improve the well-being of families with limited resources, especially in rural Mayan areas. For over 50 years, we have been working to change the trajectory of peoples' lives and empower them to create lasting solutions to the persistent problems of poverty and inequality that are inherent in Guatemala's large indigenous population.



This 8-day/8-night tour provides the rare opportunity to be welcomed into Mayan villages to experience ALDEA's life-changing work and understand how you can be a part of making a meaningful difference. In addition, you will be amazed by the country's incredible beauty, its vibrant culture, and breathtaking landscape around Antigua and Lake Atitlán.

This tour is for YOU if you want to:

- Experience the unique honor and privilege of being welcomed into the homes of the communities ALDEA serves and witness firsthand the impact of our work.
- Discover daily activities of rural Mayans in their homes, learn their stories, and meet community leaders.
- Learn about Guatemala's thriving Mayan heritage and amazing legacy.
- Explore Antigua, a UNESCO world heritage site and learn of its rich history.
- Experience one of Antigua's famous Lenten processions.
- Relax surrounded by the mesmerizing beauty of volcano-ringed Lake Atitlán.
- Revel in the magical atmosphere of the lake and its traditions of painters, potters, weavers, and fishermen.
- Walk the Mayan ruins of Iximché and witness a Mayan ritual.
- Learn about your Mayan energy "nawal".
- Have the chance to view the colorful quetzal, Guatemala's rarely seen national bird.
- Enjoy delicious Guatemalan food and some of the best coffee in the world.
- Take advantage of fair-trade shopping opportunities in Antigua and San Juan La Laguna.
- Get to know and spend time with women who care about the world and want to support women and families.
- Make memories for a lifetime!

Price per Person: \$1,900 double occupancy; \$2,200 single occupancy

Deposit/Payments/Cancellations: \$500 deposit is due at the time of registration and the remaining balance (\$1,400 per person for double occupancy and \$1,700 for single occupancy) is due on **November 30, 2023**. If a participant cancels by November 30, 2023, they will receive a full refund of the amount paid. No refunds will be made for cancellations after November 30, 2023, unless the vacancy can be filled with a participant of equivalent occupancy.

Participation Details: The activity level for this trip is moderately difficult due to walking up to three miles at a time on cobblestones and uneven surfaces; walking up and down slopes; standing for periods of time; getting in and out of boats; and riding on bumpy roads. Tour is limited to 15 female participants who are a minimum of 18 years of age. Any tour participants 18-20 years of age must be accompanied by a parent and must agree not to consume alcohol while participating in the tour. Participants are required to sign a liability waiver, to provide proof of COVID vaccination, have the ability to participate physically in this active tour, and have travel medical insurance coverage.

Travel Documents: A current U.S. passport is required. No visa is required for Guatemala visits of fewer than 90 days.

Climate: February - March weather in the Guatemalan Highlands is sunny with occasional rain and daytime temperatures in 70s F, nights in the 50s.

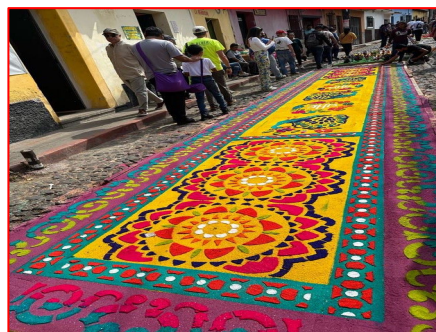
What's Included:

- Extensive pre-tour information, trip coordination assistance, welcome packet, souvenir gifts.
- Pick-up and shuttle to/from La Aurora Airport (GUA) in Guatemala City.
- Five nights at [Hotel Aurora](#) in Antigua, one night in Tecpán, and two nights at [Hotel Bambú](#) at Lake Atitlán.
- Daily breakfasts plus six lunches and seven dinners (including a special farewell dinner).
- Air-conditioned, chauffeured coaster bus for in-country trips; water and some snacks included.
- Bilingual guides/available translators, all excursions and entrance fees during group activities.
- Gratuities for meals, chauffeurs, local on-site guides, and hotel service.

What's Not Included:

- Roundtrip air transportation.
- Items of a personal nature, e.g. souvenirs, laundry, extra snacks and drinks.
- Meals on Friday, February 23 and lunch on Friday, March 1.
- Cost of optional activities during free time.
- Travel medical insurance.
- Tip for main travel guide.
- All the things you are going to buy when you see the colorful and gorgeous textiles, pottery and handicrafts created by Maya women!

Want to learn more before deciding? Feel free to contact tour guides C.J. Sultz (312-933-0413 or cjsultz@comcast.net) or Marypat English (773-844-4193 or mpenglish2021@gmail.com) and they will be happy to share their thoughts and answer any questions!



"Magical, extraordinary, life changing - the Explore, Experience, Empower tour is this and so much more! From the moment we landed in Guatemala City, our experience was first class. We learned so much in our short time there! Most importantly, we were able to see firsthand the amazing work that ALDEA and sister organization ABPD are doing in the Mayan villages of Guatemala. They are changing lives one family at a time. We interacted with the families and learned from the promoters (women who are teaching life skills to other women) how their lives have changed because of ALDEA. Now, they are forming friendships and feeling empowered as women! We became immersed in the culture, ate delicious traditional Guatemalan meals, learned about textiles and backstrap weaving, shopped, and experienced life in the colorful city of Antigua. We saw a Lenten processional that was truly a magnificent sight to see. This tour is more than words can express. We hope you will experience it for yourself!"

— Sharon Casey and Ellen Speers, 2023 Tour Participants