

University Group Trip Sample Itinerary

Destination: Panajachel, Guatemala

This sample itinerary is from a group of 6 midwifery students who came to Guatemala for 8 days from a US university. The following relates to a medical major, but Buena Onda, with our great network of community partners all around Guatemala, can design trips specific to any major or interest area.

Highlights

- Their project, in collaboration with a local health and wellness clinic, was a series of rural community well-woman checks for expecting moms. There was also a general practitioner (GP) on the team to work with community members who came for other reasons.
- They also collaborated with a local school to facilitate community introductions in rural areas.
- The group stayed in private-room hostel accommodation.
- There were various activities woven into their week to encourage deeper understanding of Guatemalan life.

Any university itinerary is customizable to your group's size, needs, and goals.

Saturday

Arrival to Guatemala City (GUA) and private 1-hour shuttle bus transfer to Antigua guest house accommodations.

Sunday

Breakfast at guest house

Antigua ([link to All About Guatemala](#)) walking tour with professional English-speaking guide

Following lunch, private 2.5-hour shuttle bus transfer to Panajachel, Lake Atitlan

Check in to PanaHouse hostel, featuring two-person shared rooms, private bathrooms, and spectacular views of the lake from the top-floor kitchen

Afternoon hike in rainforest reserve park

Dinner in nearby Panajachel restaurant

Monday

Breakfast at hostel

Meet with private boat captain for 30-minute trip across the lake to San Pedro la Laguna

Cooking class of traditional Guatemalan dishes, featuring a trip to the local market to buy all ingredients with English-speaking chef

Enjoy lunch of dishes cooked in class

Take private boat for 10-minute ride to neighboring San Juan la Laguna

Free time in San Juan

- San Juan is famous for murals depicting Mayan stories and hand-woven and colorful textiles using unique weaving practices and all-natural dyes

Return private boat trip to Panajachel
Dinner at Panajachel restaurant followed by live music at local bar

Tuesday

Breakfast at hostel
Meet with local project coordinator and whole collaborating team
Travel by private bus to clinic site in rural community
Community introductions, followed by morning with patients
Lunch in community
Education session, designed and run by visiting midwives, with local expecting women
Return by private bus to Panajachel, followed by group debrief and preparation for next day
Dinner in local Panajachel restaurant and free time

Wednesday

Breakfast at hostel
Meet with local project coordinator and whole collaborating team
Travel by private bus to clinic site in different rural community
Community introductions, followed by morning with patients
Lunch in community
Education session, designed and run by visiting midwives, with local expecting women
Return by private bus to Panajachel, followed by group debrief and preparation for next day
Dinner in local Panajachel restaurant and free time

→

Thursday

Breakfast at hostel
Meet with local project coordinator and whole collaborating team
Travel by private bus to clinic site in different rural community
Community introductions, followed by morning with patients
Lunch in community
Education session, designed and run by visiting midwives, with local expecting women
Return by private bus to Panajachel, followed by group debrief and preparation for next day
Dinner in local Panajachel restaurant and free time

→

Friday

Breakfast at hostel
Meet with local coordinator to go to main clinic site for week review and determine needs for follow-ups (depending on immediate circumstances, students can go back to one of the communities or continue with the itinerary)
Lunch in Panajachel restaurant
Hike to natural thermal springs and spend afternoon there
Upon return to Panajachel, dinner in Panajachel restaurant and free time

Saturday

Breakfast at hostel

Private 2.5-hour shuttle bus transfer to Antigua guest house

Following early lunch in Antigua, meet private shuttle bus for 1-hour trip to Pacaya Volcano, and a 1.5-hour hike to the crater

Upon return to Antigua, dinner and free time

Sunday

Private 1-hour shuttle bus transfer to Guatemala City airport for departure