

******PLEASE RETURN TO LTVs******

Afternoon/ Evening/Weekend Activities for the Groups

*activities that are generally planned for each group

Mission Affiliated Activities

*Living Class/ "Day in the Life"

- 2 hour class up at the women's center seeing "a day in the life" of many Guatemalans. Learn how to make tortillas, wash clothes, and carry wood on your back.

Coffee Presentation

- 1 hour. Learn about the coffee process from bean to cup. Roast a small batch of coffee and enjoy a cup!

Cooking Class (Saturday mornings)

- Join the women up at the women's center for one of their weekly cooking classes. On Saturdays they cook "platos tipicos" (traditional Guatemalan dishes) or different pastries.

Charity Program (best arranged for Tuesday or Friday morning)

- Shopping- Spend the morning experiencing the local market and helping our the charity program. Set out on your shopping adventure with a list and prices or go out with someone from SLT to help you find what you need. This is a wonderful opportunity to interact with families and elderly, as well as gain a better understanding of the living situations and some of the economic struggles many face. Some things you could shop for include:
 - Basic baskets for families (corn, black beans, oil, sugar, soap, etc.) ~\$15/each
 - Clothes for women, children and elderly (they will generally accompany you)
 - School supplies
- Wooden Housing construction (\$1500)- During your fundraising efforts consider collecting to help provide a more dignified living space for those who are renting their land. Have the opportunity to work alongside workers from the Mission and sometimes the recipient families in the construction. You can also help furnish the home by purchasing beds, tables and chairs.

Masses

- For those interested, there are masses during the school year, with the local school children every Thursday and Friday morning at 8 am. Just let the volunteer coordinator or a LTV know that you or your group will be heading to mass and we can save breakfast for you.
- Another option is heading out to one of the rural communities in the afternoon to celebrate mass. Communities and times differ depending on the day, but masses are usually celebrated between 4 and 5pm.

*Fr. Greg Video

- 1 hour long video about the history of the Mission.

Fr. Stan Rother Video

- 30 minute video about the life and death of Fr. Rother in Santiago

Talks with People from SLT

(All depending on availability of the presenters: The mission does compensate these speakers Q50 for their time if you/your group would like to help with that).

Domestic Violence and Women's Rights (Fermina)

- Talk about domestic violence and women's rights in Guatemala.

Church History (Emi)

- Emi talks about how the first missionaries came to San Lucas.

Life on Finca (Andres)

- Andres talks about his personal history growing up on a Finca and not having rights because of his ethnicity. He describes his arrival to the Mission and the impact the programs have had on the community. Andres is involved with a lot of potable water projects, and also discusses the importance of access to water.

Environmental Issues (Toribio)

- Meet with Toribio in the Reforestation project to discuss deforestation and other environmental issues that Guatemala is facing.

History of the Hospital (Dr. Tun)

- Dr. Tun has on presentation on the history of the hospital.

Outdoors/ Hiking

Soccer

- Rent the soccer field hourly for your group to play a game. If you're looking to get more competitive, invite some of the Mission workers to come along. (Q100/hour)

El Mirador Hike

- Moderate hike, 1.5 hours round-trip up to a lookout with a good view of San Lucas and Lake Atitlan. Free during business hours, tip recommended of between Q75 - 100 for the whole group. Can be planned any morning or afternoon.

Cerro de Oro Hike

- Moderate hike, 2 hours round-trip to a lookout with a view over Cerro de Oro and Lake Atitlan. Free with a recommended tip of Q75-100 to a local guide (to be arranged with volunteer coordinator or LTV preferably 3 days in advanced).

Mirador (lookout) trip (ONLY OFFERED NOVEMBER-FEBRUARY)

- Take a short car ride to a lookout point about 40 minutes from San Lucas to watch the sunset over the lake. A great opportunity to appreciate the beauty of the area and get some great photos. Departure time: 4pm

La Cruz Hike

- Moderate/ strenuous 2 hour hike up to a lookout viewing Fuego and Acatenango volcanoes. Best to start hiking at 4:00/4:30 am to see sunrise and watch Fuego erupt. Tip driver and guide. May not always be available depending on weather or other conditions.

Options for if you're staying a week or more: Please make arrangements for these activities on your own!

San Pedro Volcano Hike

- Strenuous 3 hour hike up to the top of San Pedro (5-6 hours in total). The national park has a 100Q entrance fee that includes a guide. Public transportation to and from San Pedro is about Q65/person (Q7 in pickup to Santiago and Q25 in boat to San Pedro). Additional Q10/person for a tuk tuk up to the National park where the hike starts. This should be considered a day-long activity.

Natural Pools in Quixaya

- Groups can enjoy the short hike up to the pools, swim, and go get ice cream at Parma afterwards. 10Q entrance fee. 10Q round trip on public transportation or transportation through the Mission can be arranged.

Iximche Ruins - Tecpan

- 2-2.5 hours from San Lucas. The ruins are not as big as other Mayan cities like Tikal, but they preserve the characteristic look and architecture and make a nice day trip. Open from 8am to 4pm weekdays and weekends. Entrance fee of Q50 per person and there may be an option to pay a small fee for a more official tour and/or guide. The Mission can provide you a ride to Iximche if you would like.

Zip Lining/ Natural Reserve in Panajachel

- Natural reserve in Panajachel with a variety of activities, including hiking, suspension bridges, a butterfly garden, and zip lining. Prices here: <http://www.atitlanreserva.com/entradas.html>

Educational (outside of the Mission)

IMAP

- Permaculture center that offers tours and classes. About 15 minutes from San Lucas. Check website for latest prices: <https://imapermaculture.wordpress.com/educational-tours/> (expect about Q100/person)