

**Global Education Office
Reves Center for International Studies
The College of William & Mary**



Guatemala Summer Handbook

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Summer in Guatemala 2019

This handbook offers guidelines that we hope you will find useful in making your preparations and while studying in Guatemala. Please read the handbook carefully before your departure and **bring it with you** to Guatemala, either as a paper or email copy. The program policies are included, along with lists of important items to bring with you, tips for handling your money, and precautions for safeguarding your health and belongings. In an effort to serve you best, the material in this handbook is edited each year and contains the latest information available to assist you in preparing for your trip. While we do our best to provide you with the most accurate information, inevitably some changes may take place and we will need to make adjustments. Your program director and the Global Education Office Advisor at the Reves Center will keep you informed of any changes.



Handy Information

SUMMER HOLIDAYS AND EVENTS IN RIO DE JANEIRO		
Date	Holiday	Description
There are no major holidays during this trip		

AVERAGE MIN/MAX TEMPERATURES IN RIO DE JANEIRO (°F)					
January	February	March	April	May	June
53/74	54/77	55/79	58/80	60/80	60/77
July	August	September	October	November	December
60/76	60/77	60/76	59/75	56/75	54/74

TIME ZONE COMPARISON: VIRGINIA IS 2 HOURS AHEAD OF GUATEMALA				
Pacific (US)	Mountain (US)	Central (US)	Eastern (US)	Rio de Janeiro, Brazil
5:00am	6:00am	7:00am	8:00am	6:00 am (09:00)
1:00pm	2:00pm	3:00pm	4:00pm	3:00 pm (15:00)

Overview, Dates, and Money

Program Overview

Fees: \$4700

Program Director: Jake Sims (jsims@aiddata.wm.edu)

The Guatemala program will include a W&M faculty-taught course entitled Development Orthodoxy: Understanding International Development Theory through Field Based Inquiry in Guatemala, designed to include lectures, discussions, and local field trips, including to local communities, and places of historical and cultural significance. You will have a chance to take the theories discussed in class into the field, working with local communities in Sikaabe. Experience life in rural Guatemala with the support of the local team at Choice Humanitarian.

Accommodation: Students are housed in the Choice headquarters in Sikaabe for the first week in dormitory style accommodations. During the second week, students will live in the rural community of Polohic in the community center. The first and last few days of program, student will stay in a hotel in Guatemala City.

Program Dates

- Arrive May 11th – May 25th 2019

1 Credit Course

Students will be automatically enrolled in a one credit pre-course after the spring semester has begun. Dates and times are to be determined by the Program Director and the participants.

Money

A note on currency: Regardless of the level of financial resources you may have available for your period of study abroad, all students share the same need to have quick access to their funds and, at the same time, to have their money protected against loss. The currency of Guatemala is the Guatemalan Quetzal (GTQ) and is equivalent to the US dollar at a rate of approximately: \$1 USD = G\$7.70 or G\$1 = \$0.13 USD (as of November 2018). You can check the current exchange rates on the web at <http://www.xe.com/ucc> or in the financial section of a large city newspaper.

Visa Information and Budgeting

Travel Documents

Passports

You should apply as early as possible before departure to secure your passport through a Passport Agency (found in major cities), a local issuing office, a Federal or State Court House, or a Class I Post Office.

Start the process early so that there will be plenty of time to resolve any problems that may arise. If you will be using your current passport, make sure that it is good for six months after your return to the U.S. If it is not, you will need to renew it. You will need at least two consecutive blank visa pages for the visa stamp (excluding endorsements pages).

Guidelines on renewing your passport or applying for a new one can be found at:

<https://travel.state.gov/content/passports/en/passports.html>

Visa

There is no visa required for U.S. citizens. For a general list of who needs a visa, you can look here:

<http://igm.gob.gt/>

As with any visa application, *please read all instructions before beginning the application.*

Budget

Your budget for incidental expenses will depend on your personal taste/extravagance and the amount of independent travel you intend to do before or after the program. The program fee covers most of your necessary expenses: tuition, housing, and transportation and most meals. You are responsible for your round trip airfare to Guatemala, one dinner, incidentals, laundry, personal expenditures and any additional travel. Entertainment, travel and incidentals during the weeks of the program may vary greatly with individual tastes. You should expect to budget around \$300 total, keeping in mind that expenditures will depend largely on your own spending habits and plans to travel.



Study Abroad Program Worksheet for Guatemala

Expenses:	Amount:	When due:	Paid to W&M?	Paid out of pocket?
Program Fee	\$4,700	Deposit March 1st, Balance April 1st	Yes	
Airfare	\$600-900			Yes
Meals	\$100 (estimate)			Yes
Study Abroad Application Fee	\$75		Yes	
Visa, passport, photos	None required	Prior to beginning of program		
Books & supplies	N/A		Yes	
Misc./Personal	\$150			Yes
Total	\$5,640			

How will you fund your program?

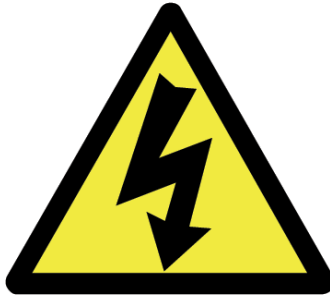
Sources:	Amount:	When Available:
Scholarship(s)		Varies by deadline, Reves scholarships will reduce your total balance due. You will find out if you've been awarded a Reves scholarship by the end of February.
Financial Aid (Loans, grants, through W&M)		First day of classes on campus or the first day of the summer program, whichever is LATER .
Savings		
Parental/Guardian support		
Other		
Total		

Packing

Packing Tips

- **General**
 - Many items you need can be purchased once you've arrived in Rio de Janeiro. For example, bring travel-sized toiletries to keep your bags light, and purchase full-sized items once you've arrived.
 - Do not bring any items of sentimental value that you couldn't bear to lose.
- **Luggage**
 - **Pack only what you can carry by yourself up 2-3 flights of stairs, or walk with for relatively long distances.** A wheeled duffel bag or suitcase plus a generous tote or backpack for weekend travel should suffice.
 - Do not pack valuables in your checked luggage.
 - Put address labels and contact information inside and outside each piece of luggage.
 - Pack medications in your carry-on luggage.
 - Pack all sharp objects securely in your checked baggage.
 - Pack all liquids in plastic bags to avoid leakage during travel.
 - Place your camera in your carry-on. If you take film, carry it in a lead-lined travel pouch (available at camera stores).
 - Put TSA-approved locks on all of your luggage so that it can be opened without the lock or bag being destroyed.
- **Clothes**
 - Please plan on bringing one nicer outfit for evenings out and other appropriate occasions.
 - Bring easy care clothing items that are lightweight, drip dry, and wrinkle-proof, such as knits, permanent press, and cotton clothes. Dark colors are more practical than light, as they do not show dirt as easily.
 - Pack clothes you can mix and match so as to give your wardrobe as much variety without having to pack as much.
 - Only bring clothes you can imagine wearing often.
 - Do not bring clothes that immediately mark you as 'foreign' – Greek life shirts and sweatshirts, for example.
 - Roll clothes instead of folding them; you will fit more in the bag, and have fewer wrinkles upon arrival.

For more tips, please consult the Summer Study Abroad Manual, as well as the "Know Before You Go" section of this handbook.



AN IMPORTANT NOTE ON ELECTRICITY IN RIO DE JANEIRO

- Electrical outlets in Guatemala are typically 110 volts, 60 cycle, same as the United States.
- Plugs are usually 2 pronged flat type so you will usually not need an adaptor. If you are using an electronic item with 3 prongs, you will probably need an adaptor.



Traveling to Guatemala

NOTE: You are responsible for your own travel arrangements to and from Guatemala

Airport Pick-Up

You are responsible for your flight arrangements to and from Guatemala. Your accommodations will be available from **May 11**. The Program Director will contact students later about specific arrival times and airport pick-up plans. For some students, this means leaving the US on **May 10th** (depending on the length and location of your layover). Please carefully check your flight itinerary before purchase to ensure that you are arriving on the 11th. The program officially ends May 25th (i.e. you will need to leave by that date or make arrangements for your own housing for that night and beyond). Please notify the Program Director immediately if your travel plans change or your flights unexpectedly change.

From the Airport to your housing: *Students will be met at Guatemala City airport by the Program Director or someone from Choice Humanitarian.*

Please be aware that you may not be able to find a direct flight from the US to Guatemala and that your plans are likely to involve 1 if not 2 layovers. Be sure that you have entered your complete flight into the GEO's application portal so that those waiting for you in Guatemala may be able to check on any potential delays that you may have incurred along the way. Also, dress comfortably for the long flights.

Don't forget to call or email home!

As soon as possible following your arrival, remember to call or email your family to let them know you have arrived safely. This will not only save them from worry, but also prevent the Reeves Center from receiving panicked phone calls regarding your whereabouts.

Coursework

You will receive information on what materials you will need during your 1 credit course in the spring. **Be sure that you arrange to purchase your textbooks and other materials (if applicable) before you leave the campus at the end of the Spring Semester.** Plan to read as many of your texts as possible before you leave the United States consistent with an individual professor's instructions. Check with the professor of your courses for his/her particular suggestions.

During your stay in Guatemala, you will study at:

Choice Humanitarian's Headquarters in Guatemala

CIEE's Study Center in Rio is located in the middle class neighbourhood of Gloria, on a private street easily accessible from the Villa, where students will stay. It is a 15 minute walk, or accessible via metro.

The Study Center includes a computer lab with wifi, a classroom, and a small kitchen, as well as the offices of the CIEE staff. Students will take their language courses at either the Study Center, or in a classroom in the NEX building, located next to the CIEE Study Center.

The W&M faculty course will also hold lectures in the space, but often will use course time exploring museums, libraries, and other places of historical and cultural interest.

Courses

INRL 390: Development Orthodoxy: Understanding International Development Theory through Field Based Inquiry in Guatemala

Excursions & Activities

Program Excursions

The Guatemala program will include local field trips to locations that relate directly to these fields of study, such as Sikaabe, Polochic Community, and Antigua.

Guidebooks

Consider purchasing a travel guidebook prior to leaving the United States to help you make personal travel plans. These can be purchased at bookstores like Barnes & Noble, or online. Some guidebook publishers include:

- *Eyewitness Travel Guide* (<http://us.dk.com/static/cs/us/11/travel/intro.html>)
- *Let's Go* (<http://www.letsgo.com>)
- *Lonely Planet* (<http://www.lonelyplanet.com>)

Please note that most of these websites have travel forums where you can find the most up-to-date information about Guatemala.

Living in Guatemala

Housing

Students will be housed for the first week at the CHOICE headquarters in Sikaabe in dorm style housing. During the second week of the trip, student will be living in the Polochic Community Center. The last few days of the program will be in Antigua, and students will be housed in a hotel.



Meals

All meals with the exception of on dinner in Antigua will be covered. There will be places where students will wish to purchase snacks along the way.

Communication

Studying and living in rural Guatemala, internet and cell phone connection will be limited for a large portion of this program. Skype and Facebook are both great ways to talk or even video chat for free. To use either site, you will need to purchase either a microphone or a webcam, and your calling partner will need the same for computer-to-computer free calls. It is also possible to buy Skype credit, which can be used to call from computer to phone. A smartphone app is also available, which can be used for free whenever both parties are connected to the internet.

PLACING INTERNATIONAL PHONE CALLS

See the “Handy Information” section for a time zone conversion chart before you call!

Calling Guatemala from the United States: Dial 011 + 502 + Local Phone Number.

Calling the United States from Guatemala: Dial 0011+1+area code + phone number.

Health & Safety

Immunization

- Guatemala does not require any vaccines or immunizations to enter the country; however, you should be up to date on your routine vaccinations, particularly those against Hepatitis A and Typhoid. You are encouraged to consult the Center for Disease Control to verify which vaccinations are recommended for prolonged stay in Guatemala:
<https://wwwnc.cdc.gov/travel/destinations/traveler/none/guatemala>
- Remember to consider any additional travels you might want to undertake while abroad for the summer. If you prefer to talk to someone in person about the currently recommended immunizations, you can call Travel Health of Williamsburg at (757) 220-9008 (located at 287 McLaws Circle), or consult with a physician in your area who has some expertise concerning immunizations for international travel.

Medications

- Please remember that, while abroad, it is advisable to consistently follow your doctor's specific medication instructions and continue taking any medications you are prescribed. Any changes to medication levels should only be undertaken in direct consultation with the prescribing doctor. While travel abroad always has the potential to influence changes, good or bad, in your physical and mental health, do not assume that temporary variations in your condition are indicative of longer lasting changes. If you feel that an alteration in any prescribed medication levels may be warranted, consult a medical professional before making any changes.

Staying well/Getting sick

- While abroad in Guatemala, it will be important to make all attempts to remain healthy, especially while residing in the local communities where access to a large hospital may not be immediately available. Wash your hands well, wash and cover any cuts, and be mindful of how you are feeling.
- If you do get sick, please let your Program Director or a CHOICE staff member know. They can help you locate a doctor, hospital or pharmacy.
- The medical insurance provided to travelling students by the college also provides doctors within an easy access to where you stay.

Travel & Country Information

We encourage all students to research their study abroad destination. The State Department has important information available online. Be sure to read up on Guatemalan history, culture, and current events before your arrival, as well. Knowing as much as possible about where you are going will not only make you more comfortable during your time in the country, but will also allow you to talk more knowledgeably with your new friends and teachers.

Guatemala



The Polochic Valley is located towards the eastern edge of Guatemala, next to Lago de Izabal. With fertile lands, the region has always been a prized farmland, privatized into coffee and livestock farms. These farms were worked by the local Maya-Q'eqchi'. Since then, there have been many conflicts over the productive region and the entire country. Guatemala has experienced several revolutions and civil wars since the Spanish conquest in 1519. Recently, the Polochic Valley has become a monoculture farmland for sugarcane and palm oil. The region remains the location of much controversy over land ownership, forcing hundreds of families from the region.

Frequently Asked Questions

Will I need a visa?

Any U.S. citizen staying less than 90 days does not need a visa to enter Guatemala.

What airport will I fly into? Do all W&M students travel together on the same flights?

Please refer to the section in this handbook on “Traveling to Guatemala” for specific information. W&M students do not necessarily take the same flight, but they are strongly encouraged to do so. However if you wish to travel with other students you can arrange communicate through Blackboard or Facebook.

Can I arrive earlier or stay longer than the program dates?

Yes, you may but you will be responsible for making your own accommodation arrangements.

If my family or friends visit, may they stay with me?

No, they will need to make their own arrangements for accommodations. Please advise your program director if you expect family or friends to visit you during the program.

Am I required to participate in all excursions provided by the program?

Yes, unless your program director says otherwise. The excursions supplement the coursework and expand cultural learning.

Will I need to seek post approval for the courses I take?

No, all of the courses offered in the W&M faculty-led summer programs have already been approved.

Will my grades be posted on my transcript?

Yes, the grades you receive will be posted on your W&M transcript and will be calculated into your GPA.

Can I take class pass/fail?

No, this is not an option.

Do I need to take my own sheets and towels?

Towels and linens are provided. However, if you plan to travel before or after the program, you may want to bring your own towel and linens. A quick dry towel is recommended.

How much spending money will I need?

That varies on your normal spending habits, especially in regards to eating meals out and how much shopping you like to do. You should expect to spend around \$100-\$300 total, but again this depends on your personal spending habits.

CONTACT INFORMATION

Reves Center Contacts

You may call the Reves Center and its advisors at the numbers below between 8am and 5pm (Virginia time), Monday through Friday. In case of an emergency that falls outside of these times, please call William & Mary Campus Police at (757) 221-4596. Campus police will then forward your call to the correct person or office.

GEO Center Advisor: Marina Knapp (mpknapp@wm.edu) - +001 (757)221-1627

Program Director

Professor Jacob Sims (jsims@aiddata.wm.edu)

At the CHOICE Humanitarian

Jordan Menzel (jmenzel@choicehumanitarian.org)