



FIELD MANUAL



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GETTING THERE



Guatemala City's 'Aeropuerto La Aurora' (GUA) is the country's major international airport. There are direct flights from the USA and Europe with a variety of airlines, as well many connections to other Central and South American countries.

To get to Monterrico you have two options. If you are feeling adventurous you can take a taxi to bus terminal 'Central Sur' (about Q 100) and then hop onto a 'chicken bus' heading to Monterrico. A direct service will take

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about 4 hours and an indirect service (more frequent but requiring a change at Puerto San Jose) around 5 hours. The service is super cheap – around USD 5 from Guatemala to Monterrico – and the bus conductor and fellow passengers will help you with directions.

Alternatively, you can take an airport taxi for USD 110. This is a fixed price for up to 4 pax. If you share your arrival details with us, we will try to optimize the service by finding others for you to share with. The taxi service operates from 06:30-22:30, so there should be no reason for you to have to overnight in Guatemala city prior to joining us in Monterrico!

On departure, there is a ‘chicken bus’ that leaves Monterrico at 05:00 and gets you into Guatemala by 09:00 latest. We recommend this as the best way for your departure transfer – cost USD 5 plus taxi from bus terminal to airport USD 10.

Entering the country

Visas are generally not required for stays of up to 90 days – but remember to make sure you have a passport that is valid for at least six months beyond the dates of your trip!

Currency & Money

The local currency is Quetzal (‘Q’) but USD are also generally accepted albeit at a slightly lower exchange rate of USD 1 = Q 7. ATM’s are generally available including at the airport and in Monterrico. With the exception of the smallest towns and shops in rural areas you should be able to use your credit cards.

For more information about preparing for your trip see;

<http://www.monterricoadventure.com/service/info-for-participants>

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WHAT TO BRING/PACKING LIST

Clothing – The following list is not exhaustive but please try to travel light and leave room for goodies to bring home with you!

Shorts / T-shirt / lightweight long trousers / long sleeved shirts / fleece / rain jacket / good walking shoes / cap or hat / swimwear / beach towel / shades / head torch / dry bag / long sleeve rash vest / sun glasses with UV protection / sandals or good flip flops with strong sole

Luggage – day bag is necessary for everyday use.

Long sleeve trousers and shirt - as in all subtropical areas, insects can be a nuisance, especially in the evening. Long sleeved shirts and trousers are recommended to offer the best form of protection in the evenings and for our road trips which take us to altitudes where it can be a bit cooler than Monterrico.

Stationery – some teaching materials will be provided but you are required to have your own pens, pencils, notepads etc.

Photocopy of passport Travel tip – email yourself a copy of your passport and other important documentation.

Sun Cream, zinc or other waterproof **sun protection** can generally be purchased locally.

Medical Kit There are pharmacies locally but you should bring any special medications that you normally require; especially prescribed medications.

Insect Repellent and after bite insect repellent is recommended. If you are allergic to repellents seek advice before leaving your home country.

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CONTACT DETAILS

Where we are	El Delfin Hotel Calle de los Hoteles Monterrico Guatemala
El Delfin 24 hour phone	+502 5702 6701
Program Managers	Harold + 502 3130 7341 / Grace + 502 3044 4386
Airport Taxi Guatemala	+ 502 5511 0205 (email: airportaxi@gmail.com)



The kiosk for 'safe/suguro' airport taxis can be found as you enter the main public area of the arrivals hall.

If you share your international arrival details with us we will try and schedule a shared service to reduce the price of the fare – USD 110 to Monterrico for up to 4 passengers.

Alternatively, if you wish to take the 'chicken bus' to Monterrico you must first take this taxi service to 'Central Sur' bus station – USD 10.

The taxi service is available from 06:30 to 22:30 so there should be no need to overnight in Guatemala – you can travel same day to Monterrico!

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