# dōTERRA Healing Hands

## CARDAMOM CO-IMPACT SOURCING EXPEDITION: 2017 POLOCHIC, GUATEMALA

The picturesque nation of Guatemala bridges México with all other Central American countries. While quaint in geographical size, the native people radiate a happiness that is larger than life. CHOICE expeditions focus on the indigenous Q'eqchi' communities of the pleasant Polochic region, amidst the breathtaking cloud forest of the Alta Verapaz state.







#### Sunday, February 12th

## USA → Guatemala

- Participants must arrive at La Aurora International Airport (GUA) before 5:00PM on February 12<sup>th</sup>.
- Transportation will be provided from the airport to Hotel Barceló for overnight accommodations in Guatemala City (shared Double Rooms). As the largest metropolis of Central America, this historic settlement was declared the capital of Guatemala in 1776. Central American independence from colonial Spain was declared here in 1821.
- · Official expedition activities will begin this this evening. A welcome orientation will be scheduled with CHOICE staff to discuss trip details and expectations. Dinner will be served.

#### Monday, February 13th

- Guatemala City → Sika'abe Development Center · Breakfast served at hotel. Group transportation will be provided in the morning to the scenic Polochic region northeast of the capital (10-hour distance). A brief stop will be provided and lunch will be served.
- · Participants will arrive to Sika'abe Center in the evening and be greeted with a warm welcome from local community members. Time provided to unpack, rest, and meet local residents, Dinner will be served. Accommodations provided inside Sika'abe dormitories.

#### Tuesday, February 14th - Thursday, February 16th

· Participants will learn about Co-Impact Sourcing and cardamom harvesting, while having opportunities to serve and interact with local residents. Lunch and dinner will be served. Participants will be able to see the cardamom supply chain from planting seedlings, to picking cardamom, and visiting the drying facility. Participation in local development projects and discussions will promote intercultural exchanges between participants and native villagers.

#### Friday, February 17th

· Breakfast served. Ceremonious village farewell scheduled in the morning (or night before). Group transportation will be provided to Antigua (10-hour drive). A brief stop will be provided and lunch will be served to the entire group. Check-in to Hotel Casa Santo Domingo for overnight accommodations (shared Double Rooms). Dinner provided in the evening.

#### Saturday, February 18th

- · Breakfast served. A visit to the local distillery will be scheduled so participants can learn of the cardamom oil distillation process. Personal time at leisure to explore Antigua, established in 1543 as the nation's third capital. Following the earthquake of 1773, much of Antigua was destroyed, but its cobblestone streets and colonial edifices still attract travelers to this charming UNESCO World Heritage Site.
- · Late afternoon transportation provided back to Guatemala City (1-hour driving distance) and Hotel Barceló for overnight accommodations (shared Double Rooms). Group dinner will be scheduled in the evening to conclude the expedition and discuss overall experiences and impressions.

#### Sunday, February 19th

# Guatemala → USA

Breakfast served. Group transportation provided to La Aurora International Airport (GUA) for flights to United States.

#### \$2,000.00 per person (airfare not included)\*

\*Rates include hotel accommodations, certified group leaders, village lodging, village meals, project support, and local transportation.

# Sika'abe Development Center

#### Polochic $\rightarrow$ Antigua

Antigua  $\rightarrow$  Guatemala City