



FIELD MANUAL



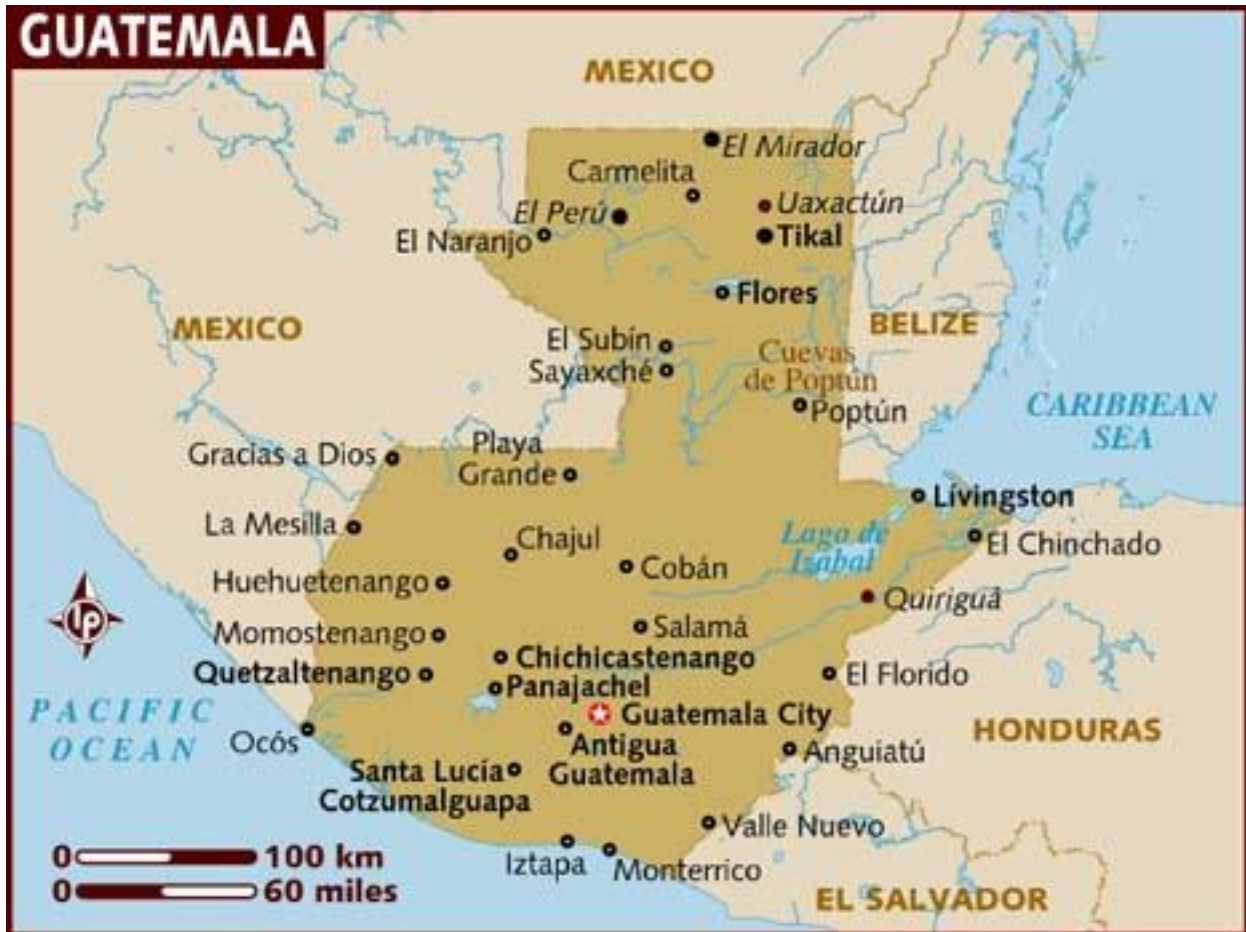
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GETTING THERE



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 **Antigua**, if you don't have a pre booked transfer – which we are happy to arrange for you – you can take a shuttle bus service for Q80 (around \$12 – look for the kiosk as you leave the terminal building). You may

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have to wait a while for the bus to fill up before departure but they will generally take you to your nominated address in Antigua.

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 Antigua and Monterrico. With the exception of the smallest towns and shops in rural areas you should be able to use your credit cards (bring small USD bills for El Salvador!).

For more information about preparing for your trip see;

<https://monterricoadventure.com/useful-info/>

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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 is cold, e.g. warm clothes including fleece jacket and beanie hat are recommended for Acatenango hike during Guatemala 'adventure week' (3,800m+).

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

Niños de Guatemala

4 Calle Oriente #28
La Antigua

Office

+502 7832-8033 (Monday to Friday 08:00-16:00)

Emergency 24/7

+502 3558 3328 (WhatsApp in Guatemala)
+353 86 822 0333 (WhatsApp in Europe)

Reception

El Delfin Hotel

Calle de los Hoteles
Monterrico

+502 5702 6701

Program Managers

+502 5837 9381 (Gabriel or Ricardo – WhatsApp)



If you have a prebooked Airport Taxi and your flight is significantly delayed please email;

info@monterricoadventure.com

or phone + 502 5511 0205 (Sergio)

To prebook your own airport transfer you can email airportaxi@gmail.com for Kiosk service (image, left)

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