



EDUCATION
& TRAVEL GROUP

Jamaica

May 4th-11th, 2019
Prepared by Education and Travel Group

day 01 **Arrive Kingston**

Transfer to the hotel, check in.

Orientation talk - get oriented on the upcoming week details and get familiar with the place that will be your home for the next six days.

Enjoy a group welcome dinner - learn about Jamaican cuisine and discover the secret to the rich flavors of authentic Jamaican Jerk.

day 02 **Visit a coffee farm**

Ride up to the Blue Mountains, visit a coffee plantation, and have an authentic coffee experience.

Learn from the locals how coffee is planted and harvested, and the whole process to produce coffee. Local farmers will tell you more about its history, main markets and why Jamaican coffee is known as one of the best kinds.

Walk around the farm and explore new coffee growing methods and how modern eco-friendly ones are becoming more common. Taste one of the finest coffees in the world - directly from the place where it's grown!

day 03 **University of West Indies Visit**

Visit #1 - visit this local university, the largest and longer standing higher education provider in the English speaking Caribbean, serving over 45,000 students.

Attend a lecture on music and get introduced to the journey of Jamaica's music development in sequence from the emergence of rhythms, highlighting how music has changed from one style and sound to another over the years. Tour the university and network with fellow students.

Visit #2 - in the afternoon, visit a manufacturing plant and learn about the country's manufacturing industry and why the sector plays a key role in Jamaica's economic and social development.

Discover why Jamaica has clear advantages such as its strategic access and proximity to desirable consumer markets, its labour capacity, a facilitative manufacturing ecosystem.

Engage in discussions with workers and get an understanding of the working conditions and importance for the community.

day 04 **Full day social work - local school**

Volunteering at an orphanage - Make an impact and immerse in a new culture! Today you will visit an orphanage and will get involved in different meaningful projects.

We will identify needs and will offer time and skills to implement change.

Projects are diverse and range from teaching, singing, and playing with the kids to a bigger projects such as painting and renovating some of their facilities.

day 05

Full day social work - local school - continue

Spend this full day finishing up the work started and spend the rest of the day playing sports with the children.

day 06

Bob Marley Museum & free afternoon

This morning, you will visit this museum, the former home of the reggae legend, and a Jamaican Heritage Site, which seeks to preserve the life and accomplishment of this great Jamaican and outstanding musician.

Enter the Museum and allow yourself to be enveloped with the sights and sounds of Bob.

Enjoy a free afternoon to explore the area.

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day 07 **Full day trip to Hollywell Park and Port Antonio**

Set on a journey and immerse yourself in the mountain ecosystem.

Only one hour away from Kingston, Holywell is a world of forests, panoramic vistas and home to different species.

You will spend the morning walking through the park and contemplating the beauty of nature, followed by a **picnic lunch** to continue the journey to Port Antonio, home to the Jamaican Maroon culture.

Walk through their living space and community and get to understand more about their history, culture, and ancestors by listening to the stories of their struggles and ways of resistance and survival.

Jamaican night - enjoy a farewell dinner.

Sample the country and enjoy an extensive selection of exquisite products, followed by a reggae dancing night.

day 08 **Depart for home**

Transfer to the airport, end of the program.



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Guatemala

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day 01 Arrive Antigua

Transfer to the hotel, check in.

Orientation talk - get oriented on the upcoming week details and get familiar with the place that will be your home for the next six days.

Enjoy a group welcome dinner - food in Guatemala is primarily influenced by the Mayan and Spanish cultures. Learn how to cook a delicious traditional Guatemala meal at a 3-hour cooking class. Discover the tricks to making typical dishes such as Pepian, Kakik, and Elotes locos.

day 02 Colonial Antigua guided tour

Get an introduction to the Spanish-colonial charm of Antigua, a UNESCO World Heritage site.

This atmospheric city was the country's capital for more than 200 years, creating a wealth of historic architecture and gorgeous scenery for you to discover during your walking tour.

Tread on Antigua's cobblestone streets as you explore sites like the Cathedral of Santiago, Central Park and the city's iconic Arch of Santa Catalina. Your Antigua visit also includes a guide and round-trip hotel transport.

day 03 Full day of social work - visit a local school & infrastructure work

Volunteering at a primary school - Help local public schools, empower and have an impact on children. During the next three days, you will work closely with children in rural Antigua, providing meaningful help.

School environment has a direct effect on learning and students performance. In Central America, poor environments at school affects attendance of students. Factors such as poor lighting, inadequate ventilation, crumbling walls, and damaged ceilings are recognized as links to student learning.

Today, you will have the opportunity to contribute with your skills to build a better environment for children in the community, and the focus will be the improvement of some facilities & minor infrastructure work. Some of the work includes painting different school areas. The color of the walls has a direct impact with student attitude, academic performance, and stimulate the brain for leaning. Help enhancing the environment of the classroom!

day 04 Full day of social work - visit a local school & infrastructure work

Full day of social work - visit a local school and infrastructure working continues.

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day 05

Full day social work and local school - workshops

Support local teachers and focus on early childhood development. Become part of the efforts by teaching children some skills they need to thrive in their further development.

Today, the class will split in groups and will work with different children based on different skills and needs. Group with some of your classmates and work on a specific workshop planned for your group.

day 06

Full day social work and local school - workshops

Continue with the social work at the school and with the workshops.

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day 07 **Day trip to Pacaya Volcano**

Enjoy the perfect mix of adventure and relaxation on this 9-hour trip ascending Pacaya Volcano and then relaxing your muscles at Kawilal Hot Springs.

Scale the 8,300-foot (heights of Pacaya, one of the most active volcanoes in Guatemala). Descend back down from the summit to enjoy an picnic lunch and a soak in the thermal waters of Kawilal Hot Springs, including 12 soaking pools, 25 steam baths and 3 hydrotherapy baths.

day 08 **Depart for home**

Transfer to the airport, end of the program.



Costa Rica

May 4th-11th, 2019

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day 01

Arrive San Jose

Transfer to the hotel, check in.

Orientation talk: get oriented on the upcoming week details and get familiar with the place that will be your home for the next six days.

Enjoy a group welcome dinner - Costa Rica travel doesn't start without having tried the national dish Gallo Pinto, a dish of black beans and rice with onions and cilantro. Coffee is a treat for all of us and you will not find a fresher cup than here.

day 02

Full day trip to Arenal Volcano & Hot Springs (Alternatively, visit a national park with a beach stop)

Enjoy a guided nature hike around the base of the active Arenal volcano to discover its lava streams, an abundance of wildlife and some of the best views of this stunning tropical landscape.

Enjoy a group lunch followed by an afternoon at the natural hot springs, relaxing in naturally heated thermal pools and lagoons. Return to San Jose.

day 03 Full day social work - local school

Make an impact by working at a local school. In the morning, you will get familiar with the children and participate in sport activities, followed by lunch. In the afternoon, you will roll up your sleeves and do some light work like painting, mural drawing, floor games design, gardening, etc.

The group will be divided in mini groups and each will be assigned different tasks.

day 04 Full day social work - local school

Continue with the volunteering - Today, we will divide the class in groups again, and will engage in different infrastructure work identified by the school.

One of the example projects is to convert a room into a library, or color tires to decorate some of the play areas.

day 05 **Full day social work - local school - sport tournament**

There is nothing like a good sporting event to promote sportsmanship and friendly competition. Spend this full day at school with the children and participate in a sport tournament.

Team up with children and compete against your classmates in different sports. In the end of the day, winning teams will be awarded. End of the volunteering.

day 06 **Business visits - San Jose**

Visit #1: Costa Rica is a role model for sustainable tourism to the world. The country is working to positioning itself as a leading destination for sustainable tourism, ensuring the wellbeing of communities, while being the driving force of the social and economic development locally. Learn why Costa Rica is a responsible destination, about the efforts the country is making to achieve its goal, its best practices and its innovative initiatives. How tourism –one of the largest and most dynamic economic sectors– can contribute to the Sustainable Development Goals (SDGs), pervading local communities and destinations?

Group lunch

Visit #2: Costa Rica boasts a world-class R&D landscape, comprising IT software development, electronics manufacturing for the smart tech industry, superfood development, and tier III to R&D for the MedTech industry. The country has been transformed in a matter of decades from a reliance on agriculture, to a diverse, thriving, modern economy, where the leading industrial export is medical devices. Learn why nearly 300 high-tech companies, 24% of which are Fortune 100, have established successful operations in Costa Rica and are still growing.

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day 07 **Business visits - the coffee industry**

Visit #3: Coffee production has played a key role in Costa Rica's history and continues to be important to the country's economy.

Enjoy a group farewell dinner.

day 08 **Depart for home**

Transfer to the airport, end of the program.