

# GUATEMALA

UNBOUND STUDY TOUR  
COMMUNITIES AND ENVIRONMENT

## CONTACT

[programs@unbound.edu.au](mailto:programs@unbound.edu.au)  
[unbound.edu.au](http://unbound.edu.au)  
PO Box 985, North Melbourne, Vic, 3051, Australia

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# KEY DETAILS

## Program Length

14 days

## Program Cost

AUS\$3,000

Payable as \$250 deposit

+ \$2,750 balance

### **Apply any time, and as early as possible because:**

We use rolling applications and programs will close once full; and universities have internal deadlines for funding programs for funding programs like OS-HELP.

## INCLUSIONS

### INCLUDED

- Accommodation (including hotel, hostel, home-stays)
- Meals for the duration of the program
- >100 contact hours of educational content and cultural experiences
- Expert program facilitators
- Coursework and educational content
- Translators and local guides
- Cultural and social activities
- Transport within the country (including airport pickup / drop off)
- Pre-departure support
- Safety and security monitoring and planning

### NOT INCLUDED

- International flights
- Passport and visa costs
- Travel insurance (Students travel insurance may be covered by their university's travel insurance policy. Get in contact with your Student Mobility Office to find out.)
- Personal expenses (such as souvenirs, drinks, laundry, medical expenses, phone calls)



# PROGRAM INFORMATION

## PROGRAM OVERVIEW

Learn about sustainability and living in harmony with nature as we explore this diverse country, and work with partners committed to ensuring we provide future generations with a rich world.

You'll team up with other Australian students, local design for development experts, and communities to develop projects with a Guatemalan focus. Learn about, and contribute to the development of technologies and projects for communities, from improved cook-stoves, to water resources, sanitation and construction using locally available materials.

Discover a range of community projects that have been developed through site visits and hands-on design and prototyping. These include projects developed during a recent International Development Design Summit that we'll have the opportunity to further enhance, and others with target communities and partners.

The Guatemala Communities and Environment study tour lets you experience things like the UNESCO-listed colonial Antigua, coffee farms, volcanoes and ancient ruins. Other highlights include the beautiful Lake Atitlan, a volcanic crater surrounded by mountains and volcanoes, exploring traditional Mayan communities and customs, understanding the Guatemalan village way of life, and designing projects to support communities to become more sustainable.

This program is filled with opportunities to collaborate and combine great ideas. Through collaboration with UVG (Universidad del Valle de Guatemala) students in Solola, and unique community experiences designed to immerse you in the traditional Guatemalan and Mayan ways of life.

# ACTION PROJECTS

Unbound uses Action Projects to help participants to encourage everyone to get hands on with the design process. They are opportunities to apply the concepts that you have learnt, to a real life application for the program partner, for a community, or even that you can take back home to work on in Australia.

You will work in a team of 3 - 5 people from different disciplines who are all interested in similar topics. You will work on the project for the duration of the program, and will present your solution at a graduation ceremony at the close of the program.

Using this workbook, practical sessions, educational workshops and unstructured sessions, we will work through the stages of designing and prototyping your action projects. These stages are the stages that you can use for any types of projects in the future.



## Action Project Topics

Projects could be a piece of technology (e.g. solar lamp), an education project (e.g. a hygiene poster for children), or they could be something like a website, marketing materials, or an event. You may have the chance to work on projects that previous groups have worked on, to develop these further. We encourage you to think up creative, diverse solutions that could positively change lives in Guatemala or Australia.

In Guatemala, our program partners provide a list of project ideas. These projects are ideas that will be useful for their work, or that address a need that the partner has identified after their years of work within the context. There may also be the chance to work on projects that student groups have worked on in previous program, and to develop these and take them to the next stage or revision.

We suggest you work with one of these ideas but do talk to your Facilitator if you have a special topic you would love to work on. We encourage you to think up creative, diverse solutions that will positively change lives either in Guatemala or Australia.



## Timeframe & Scope

You will be in country for a total of two weeks, that includes time spent working on your projects, travelling and immersing ourselves in local culture, sightseeing and the unexpected! So, when project time is scheduled in, you should try to make the most of it. While we do encourage you to have big ideas, projects should be achievable within the two weeks. We want to see you with a ready to go prototype by graduation.



## Resource Acquisition

Creating your action project prototype, you may need help with resources. Please discuss your resource needs with Facilitators as your ideas develop and we will work together with our local partners to source and assist your team.



## Target Audience

Your project should be designed with one of these groups in mind: one of our program partners; one of the communities, groups or organisations you visit; or a group, organisation, or community that you work with at home



## Due Date

Teams are required to give a presentation on **DAY 13** of the trip and submit all documentation and media on this day. If you are having trouble collating everything on time, please speak to your Facilitator individually.

# ASSESSMENT & DELIVERABLES

**ALL PROTOTYPES  
& DOCUMENTATION  
MUST BE COMPLETE  
AND SUBMITTED  
BY DAY 13 OF  
THE PROGRAM  
(GRADUATION DAY).**

## **Why the documentation?**

Creating meaningful documentation is essential for the longevity of your work. If your project is something that spans over a period of time, good documentation means a future team can pick up where you left and delve deeper into refining and adapting an initial concept of design. It also means community members aren't constantly interviewed and asked questions.

## **What's in it for you?**

Being able to reference an international design challenge project is an invaluable asset for your professional careers. "Can you tell me about a time that you have had to think creatively to find innovative solutions?"

"How do you respond when working in an interdisciplinary team with members of different skill sets to yourself?"

Well-kept notes and documentation can be used to select essential skills for job applications or preparing for interviews, and digital summaries of your project can be linked to an online profile such as LinkedIn or portfolio.

## **EACH GROUP WILL COMPLETE:**

### **Prototype**

Groups will develop a working prototype in order to gain feedback on the idea, and to present at graduation as a proof of concept. This should be as complete as possible. For example if students are working on a bamboo water filter they should have an example bamboo water filter to present. It may not be the final version and many more iterations are likely to be required, which should be documented.

### **Report**

Groups will develop a short 2-4 page report or pitch deck detailing their project. Reports should include background information such as the design challenge and the stakeholders included in the project; an explanation of their prototype and design; and future recommendations for later iterations or subsequent groups working on this project.

### **Presentation**

Groups will present on graduation day about their prototype. This should be a succinct and engaging pitch and explanation about their project and prototype. Time allocated will depend on the group size - approx 5 - 7 minutes.

### **Video**

Groups will put together a short (up to 3 minutes) video about their project and the process that they went through to arrive at their prototype.

**Depending on your university's course requirements, there may be additional assessment tasks, such as a reflective essay or program report.**

# PROGRAM STRUCTURE

## SUSTAINABLE DESIGN PRINCIPLES

This program will enable you to explain, explore and implement the Sustainable Design Principles from start to finish.

This program is structured around sustainable design and provides the chance for you to develop a pilot, prototype, or project to develop an understanding of the practical implementation of sustainable design principles.

You will explore local solutions to sustainability challenges that have been developed by local communities, by local and international organisations, and by individuals committed to preserving the environment for future generations and creating sustainable and resilient communities.

We'll learn about different architecture and construction methods, sustainable design and the process of upcycling and using locally available materials, and we'll learn about community development initiatives contributing to more sustainable communities and living.

Working with a small multidisciplinary team, you will collaborate on the design and development of the practical project. This project could vary from the design of infrastructure and buildings, a social enterprise or project, a campaign, a creative piece, or an educational program.

You will focus and explore your project topic as you undertake site visits, guest lectures, community homestays and cultural activities. You and your team will present your Action Project on the final day of the program.

The Environment and Communities study tour is an excellent opportunity to learn about environment, design, construction, community development, and working cross-culturally in a truly special part of the world.



# COURSE OUTCOMES

## DURING THIS STUDY TOUR YOU WILL

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1. Display an increased understanding of Guatemalan culture including local social contexts and history. Demonstrate effective cross-cultural collaboration, cultural sensitivity and engagement with people from various backgrounds.
2. Demonstrate an understanding of sustainability, environmental stewardship, and sustainable design, including the use of local materials and locally driven design. Exposure to various building approaches and methods to upcycle and use materials available in the surrounding environment, including upcycling bicycles, permaculture principles, and using rubbish for construction.
3. In collaboration with local Guatemalan partners, effectively work within cross-cultural, multi-disciplinary teams in order to achieve professional and personal goals – including time management, problem solving, critical thinking and coordination of work.
4. Sharing your work and the outcomes of your projects – display increased professional skills including group-work, leadership, oral communication, project design and management.
5. Gain practical experience in an international professional context.
6. Improve understanding of the global sustainability movement, and understand the various associated social and developmental challenges and translate that into a project based on innovative and community-led approaches.
7. Improved understanding and appreciation of active global citizenship, social enterprise and community development issues.
8. Improved ability for personal and professional reflection and growth.



# FUNDING & CREDIT

This program is designed to count for credit and/or meet a program work experience requirement. As such, students may be eligible for OS-HELP funding for this program.

**More information can be found here:**

[http://studyassist.gov.au/sites/studyassist/helppayingmyfees/os-help\\_overseas\\_study/pages/os-help-loans-and-study-overseas](http://studyassist.gov.au/sites/studyassist/helppayingmyfees/os-help_overseas_study/pages/os-help-loans-and-study-overseas)

Scholarships and other funding support may be applicable depending on availability and eligibility through study abroad and student mobility offices.

**Note for Engineering Students**

This program has been designed and coordinated by a Chartered Professional Engineer (CPEng) and is eligible for 80 hours of professional engineering work experience, towards achieving their Engineers Australia Stage 1 Competencies.





# ITINERARY

## ! EXAMPLE ONLY

Our programs are co-designed with our local partners, and vary due to local conditions, partner availability, cultural festival and events, and weather conditions. The following is an example itinerary to give you a taste of what a program looks and feels like.

### Day 1 – Arrival and Program Kick-Off

Arrive into Guatemala's capital city, Guatemala City, a place where history collides with modernity. The city is home to historical monuments, palaces and cathedrals, as well as brand new malls and quiet, leafy gardens and squares.

We'll meet for a welcome dinner in vibrant Zona Viva, the hipster capital of Guatemala City and a area with the best night-time vibe. Then overnight together in central Guatemala City.

### Day 2 – Orientation and Exploring Colonial Antigua

After a traditional Guatemalan breakfast, we'll visit the city campus of Universidad del Valle de Guatemala (UVG University) and their brand new innovation space, a Mecca for designers, makers and innovators. We'll begin our journey into design, and innovation here, with local staff and students.

In the afternoon we'll head to the old capital of Guatemala, Antigua, a UNESCO World Heritage town filled with colourful old casas, courtyards and monuments. A jewel of Latin America, Antigua is a beautiful base for further workshops and for beginning to conceptualise our Action Projects.

We'll have a walking tour, where you can taste bizarre ice cream flavours (beer and bacon, rice, or parmesan cheese), visit ruins and historical buildings, and discover the best of Antigua.

We stay in a beautiful old, courtyard hotel in Antigua and enjoy traditional Guatemalan food – expect homemade tortillas, fresh queso (cheese), so much avocado Melbourne would be jealous, and frijoles (beans) galore.

### Day 3 – Antigua Sustainability Innovation and Entrepreneurship

Today we'll visit Antigua's Impact Hub and meet local social entrepreneurs who are at the forefront of innovation in Latin America, and we'll have guest lectures from organisation's working in sustainable development to learn about Guatemala's solutions to its development challenges.

We'll have a site visit to learn about a highly successful water filtration business, and sustainable construction techniques. This afternoon we'll begin Spanish lessons, then you'll have the chance to try your hand at buying food and handicrafts in Antigua's colourful local market, or artisanal shops.

Tonight is our last night in beautiful Antigua and we'll make the most of it watching the sun setting over the surrounding volcanoes and over Antigua's colonial roofs from a restaurant balcony.



## EXAMPLE ITINERARY CONTINUED...



### Day 4 – It’s a Long Way Home

Say goodbye to beautiful, colonial Antigua and say hello to village life. Today we visit Long Way Home (LWH), an organisation focused on education, employment and environmental stewardship.

The Long Way Home is building a community hub and local school to educate the Comalapa community on sustainability, reusing waste, and to investigate construction using locally available waste and other materials. We’ll have a chance to explore the local village, meet community members, and their growing cohort of students, but the main focus will be to contribute to LWH’s local projects. You’ll hear from their team about their projects, and get stuck into their local community development projects and construction. Tonight we’ll stay close to the school and will be treated to a community dinner cooked by our local hosts.

### Day 5 – Upcycling, Reuse and Sustainable Construction

Today we continue on our collaboration in Comalapa, working with local students and community members to further their construction and appropriate technology projects. We’ll help to construct their school, which is using waste from the village such as tyres, rubbish bricks and bottles, so get ready to get your hands dirty!

This afternoon we’ll explore the local community to identify design challenges, and opportunities for Comalapa to create their own Action Projects. Think water filtration, improved sanitation, food security and community-based tourism as a source of additional income. Add your own insights and knowledge to suggest appropriate technologies, or choose one of the projects for your team Action Project to support the work of Long Way Home.

### Day 6 – From Ancient Mayans to a New Guatemala

Before you know it, it’ll be time to say goodbye to our new friends at Comalapa as we head into Solola, central Guatemala. We will experience a complete contrast to learning about new construction techniques using locally available materials, by seeing how it was done in the old days. Visit Iximche Ruins and learn about ancient Mayan rituals, customs and traditions. You’ll be awed by the ancient structures and advanced Mayan culture that, despite years of struggle against colonisation and civil war, still lives on today in many Guatemalan communities.

After exploring the ruins and ancient Mayan culture, we’ll arrive at UVG’s Solola campus, taking us to 21st century Guatemala. Misty, forested and at a higher altitude, the Solola campus will be our home for the next few nights.



## EXAMPLE ITINERARY CONTINUED...

### Day 7 - University Life in Latin America

It's all about collaboration as we meet local staff and students. Visit the new innovation space and use the workshop and tools with the students to create prototypes and technologies together, combining knowledge and forces to contribute to Guatemala's sustainable community development.

Today is a great time to take your Action Projects to the next stage using local insights and knowledge as well as the tools available at UVG. If the weather is good, tonight, after a delicious dinner, we have a bonfire and share camp stories while watching the fireflies.

### Day 8 - Santa Catarina de Popolo Amazing Race

You'll get a chance to see how Mayan traditions live on, as today we visit one community surrounding one of the most picturesque parts of all of Latin America. Santa Catarina is a beautiful, small town on the edge of stunning Lake Atitlan.

You'll need your Spanish today (or perhaps the help of team UVG) as we set challenges for everyone to explore the town, chat to locals, and experience traditional family tasks. After lunch in town where you can try local comida, we'll hear from some families about new technologies that have been developed to tackle local challenges. Ask questions, observe and chat to locals to understand community life in Guatemala, and gain inspiration and field research for your Action Project.

This afternoon we have more time to work on our Action Projects and spend our final night at UVG together. Tonight is guaranteed to be a highlight with Show and Tell around the fire.

### Day 9 - Sustainable Communities on the Mystical Lake

Today we cross Lake Atitlan is one of the most beautiful places in all of Latin America. It is a vast blue lake, surrounded by cloud-shrouded volcanoes and small, picturesque villages.

We board the main form of transport in the region: a boat, to cross the lake to San Juan La Laguna. Our home for the next few days: San Juan La Laguna, a small but mighty with a strong community organisation and cooperative. The cooperative is committed to sustainability and environmental stewardship, and they have developed unique activities to show outsiders their traditional and balanced way of life. Here we'll stay in local homes where local hospitality makes the experience all the more better.

### Day 10 - Village Life in San Juan La Laguna

This is the perfect place to understand local life and try your hand at cooking tortillas, fishing for dinner, and learning about how famous Guatemalan coffee is grown and processed.

In the afternoon, we'll visit cooperatives to learn how the women are carrying on the age-old weaving traditions using complicated backstrap weaving and how they use unique techniques of natural dyeing. We'll visit a neighbouring village to visit Atitlan Organics. This amazing organisation teaches permaculture and living in balance with the environment. We'll explore their initiatives and also learn about natural construction.



## EXAMPLE ITINERARY CONTINUED...



### Day 11 – Back to Beautiful Antigua

After a final swim this morning, today we say goodbye to our wonderful local hosts and cross the lake for the last time. It will take us a few hours to travel back to Antigua this afternoon through Solola.

Once in Antigua, we'll check into our accommodation and have some free time to allow all that we've experienced in Guatemala's rural communities to truly sink in. This afternoon we'll practice perfect pitching so that you can articulate your ideas and amazing new projects, and we'll work on professional development such as CV hacking. Tonight we stay in another of Antigua's historical casas, with hipster Guatemalan fusion food guaranteed for anyone interested.

### Day 12 – Projects in Action

A big Action Project day, today is the last day to work on our projects and final presentations. In between teamwork, make sure you fill up on Guatemalan food and coffee while you can, or if you've finished you can get more historical monuments / local markets / weird ice cream fixes.

We'll have our local design team on hand to help with translating, design tips and finalising prototypes before our big showcase tomorrow. Today we'll cover business models and scaling your projects so you can build big ideas from small beginnings.



### Day 13 – Graduation and Project Showcase

Showcase the project that you have been working diligently on for the last two weeks. It's graduation day, with presentations to our partners and new friends, and a chance to hand over your project to live on in Guatemala.

A day full of celebration and pride at what you've come up with as a multi-disciplinary, diverse team, contributing to sustainable communities in Guatemala. We promise there will be some spare time to do any last minute souvenir shopping before we head back to Guatemala City, for our final celebration night together with a special graduation dinner.

### Day 14 – Hasta Luego Guatemala

Today is our farewell day. After a final breakfast, say hasta luego to your friends as this program will inspire you to come back to visit again for sure. Board your flight today, or continue onward travel for those with a bit more time.

**! NOTE: Program is subject to change depending on local community availability, national events and weather conditions. Depending on the group size, the program may split to visit different communities to ensure small teams and a personal experience.**



# COUNTRY INFORMATION

## GUATEMALA: ESSENTIAL COUNTRY INFORMATION

<b>Capital</b>	Guatemala City
<b>Population</b>	15.08 million
<b>Main Language</b>	Spanish
<b>Currency</b>	Guatemalan Quetzal (GTQ)
<b>Time Zone</b>	UTC-06:00
<b>Government</b>	Unitary parliamentary constitutional monarchy

### Weather and climate

Guatemala has a range of micro climates and the high altitude of Guatemala City results in a subtropical highland climate (Köppen Cwb) in this region. There aren't distinct seasons in Guatemala and the temperature is typically mild year round. Temperatures range from 22°C to 28°C during the day, and 12°C to 17°C at night. The country attracts winds and rain during the months of May to October with the hottest month being April.

### Health and Safety

- Health insurance – is essential for travel to Guatemala
- Visit your doctor before arriving to ensure any required vaccinations are completed and health issues are discussed
- Register with Smart Traveller – <http://smartraveller.gov.au/>
- Bring any medications that you may need with you.
- We will have a first aid kit, trained first aiders, and we can access health clinics and hospitals. We will brief you on risks, health and safety daily
- The most common injuries and health issues for travellers are accidental injury (especially traffic accidents) and bouts of stomach sickness

# WHAT TO PACK

## SOME THINGS YOU SHOULD PACK INCLUDE:

We recommend that you bring a smaller bag to take things to the homestays where space is more limited. You will be required to carry these including some moderate walks. Backpacks are recommended.

### Clothes

The aim for your clothes are to be comfortable, respectful and present well.

- Comfortable walking shoes
- Thongs / flip flops
- Loose fitting long sleeve shirts
- T-shirts / Polo shirts - shoulders should be covered, nothing sleeveless for men or women
- Jumper (according to the climate of your country)
- Jackets (according to the climate of your country)
- Shorts (according to the climate of your country)
- Pants (according to the climate of your country)
- Socks and underwear
- Sunglasses
- Sunhat
- Swimmers
- Pyjamas
- If possible, pack one smart/casual outfit for your final presentation.

### Toiletries

Most basic hygiene products can be purchased in country if needed.

However, you may still want to pack the following:

- Sunscreen
- Toothpaste / Toothbrush / Floss
- Small shampoo / conditioner
- Razor or shaver
- Deodorant
- Tissues or emergency toilet paper
- Body wash / soap
- Wet wipes (biodegradable for reduced impact)/Hand sanitiser
- Contact Lens case and solution
- Eye drops
- Menstrual products - women
- Nail clippers

### Medical and First Aid Kit

- Personal medications
- Small travel first aid kit - band aids,
- Drugs - paracetamol, diarrhea medicine (GastroStop), hay fever or allergy medicines, nausea or travel sick tablets for windy roads or boat journeys, ural if you are prone to UTIs, hydrolytes
- Mosquito repellent

### Note for Women

- Please bring a supply of tampons, panty liners, mooncup, pads etc for the whole trip according to your cycle. Although menstrual products are available in country in main cities and supermarkets, they may not be as comfortable or available as you are used to in Australia, so pack this!

### Electronics

- Laptop / Tablet / iPad - although it isn't compulsory, a device like this will be invaluable to research and conduct your Action Projects
- Phone (unlocked)
- Camera
- Power adapters / converter (multi country ones are useful)
- Torch (handheld, head torch, or use your phone)
- Powerbank or Portable battery pack + cable

### Travel Well

- Day bag for water, sunscreen etc. -very practical and useful
- Small plastic bags or reusable cloth bags (for dirty laundry, extra clothes, small supermarket or souvenir shopping)
- Reusable water bottle to reduce plastic consumption
- Passport and Passport Holder
- Vaccination Booklet (yellow)
- Passport Photos (x4) - for general travel -SIM cards/visas
- Photocopy of Passport
- Print out of travel itinerary
- Blank notepad or diary to write down/doodle your travel thoughts
- Backpacks are preferred over suitcases
- Eye Mask
- Ear Plugs
- Travel Pillow
- Lightweight scarf (good to keep the sun off, doubles as a pillow)
- Cash to exchange in country or debit/credit card (notify your bank of international travel)

### Optional but Fun

- Vegemite / Tim Tams or other tastes of Australia that you might want to share
- Photos of your family, house, friends, university (this can be on your phone or printed out)
- Playing cards or travel games

### Don't Pack

- Anything that is illegal in either Australia or the destination country
- Drugs and alcohol
- Towel (not necessary - but feel free to bring small travel towel)
- Sleeping bag
- Massive suitcase that you can't carry
- Inappropriate or revealing clothes (short shorts, singlets, clothing with offensive/beer slogans, impractical heeled shoes)

# LOCAL PARTNER



## LINK 4

[link4.gt](http://link4.gt)

Link4 is a design company that fosters Local Innovation and Development through product design, capacity building and cross-learning experiences across the corporate, international development and educational sectors.

Link 4 have previously led programs, including the Hogares Sostenibles (Sustainable Homes) International Development Design Summit. The Summit brought expert development designers and community members together to develop solutions to local challenges. Some of the projects included creating brickettes for cleaner cooking and heating, an improved cook-stove and hanging gardens to improve nutrition.



# ABOUT UNBOUND

## LEARN WITHOUT BOUNDARIES

Unbound is an Australian social enterprise that leads innovative overseas educational programs with a focus on social and environmental issues.

The organisation aims to educate and connect students to important global issues; to increase the number of students undertaking international education and mobility programs; and to provide tangible connections between technical knowledge and their application to create positive social change.

Unbound draws on a network of academics, educators, community partners and industry groups to make a positive contribution to higher education, student engagement and mobility. Above all, Unbound is committed to the delivery of safe, inclusive, high quality and engaging educational programs for Australian university students.

### Our Approach

- 7 Billion Teachers - We believe everyone has something to teach and share.
- Learning by Creating - Making projects for the real world is an exceptional way to learn.
- Working across Borders - Working at the intersection of disciplines is where innovation and real change happens.
- Embrace Innovation - We don't always have the answers, but are ready to try new things and find out.
- Powered by Humans - We care. We learn. We connect. We enjoy the ride.

To read about our awesome team & facilitators, visit: [unbound.edu.au/about](http://unbound.edu.au/about)



A photograph of two women. The woman on the left is smiling and looking towards the woman on the right. The woman on the right is crying with her mouth wide open in a shout or scream. The background is blurred, showing green foliage and a light-colored wall.

WHAT ARE YOU WAITING FOR?

APPLY NOW!

[UNBOUND.EDU.AU/APPLY](http://UNBOUND.EDU.AU/APPLY)

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CONTACT

[programs@unbound.edu.au](mailto:programs@unbound.edu.au)

[unbound.edu.au](http://unbound.edu.au)

PO Box 985, North Melbourne, Vic, 3051, Australia

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