MAYAN FAMILIES

Let's Plan Your Visit
Thank you so much for your interest in visiting us!

We put together this packet to help you understand all of the different ways you can get involved during a visit.

As you can see, there are many activities to choose from and we are committed to helping you design the right trip for you.

If you have any questions about any of our programs or projects please contact our Experience Coordinator at experience@mayanfamilies.org.

On behalf of all of us here at Mayan Families, we would like to thank you for supporting our programs and mission to stimulate long-term progress in the Mayan communities around Lake Atitlán.
OVERVIEW

As an organization, we are focused on advancing education, nutrition and health, and economic development in the Lake Atitlán region of Guatemala. We encourage you to read more about the different projects associated with each focus area so that we can work together to customize a trip based on your interests.

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- Let us be your tour guides!
Guatemala has one of the highest illiteracy and lowest school enrollment rates in Latin America, primarily due to the high cost of attending school which prevents many indigenous families from receiving an education. Our programs focus on delivering access to education in order to break the cycle of poverty and help our students create a better future for themselves, their families and their communities.
Visit your Student

Our sponsors do so much to support the education of their students, and we encourage all of our donors to come see all of the work we do in person! Coming to Guatemala to visit your student is a wonderful opportunity to build a relationship with your student.

Home Visit: $70
Office Visit: $30
(prices may vary depending on number of students visited and communities)
Visit our Preschool Nutrition Centers

We have Preschool Nutrition Centers in three communities around the lake. The communities where preschools are currently operating are Tierra Linda, San Antonio, and Peña Blanca. Our students’ education is valuable and it would be great if you want to engage and be a part of their educational growth!

Preschool visit without materials: $100/group
Preschool visit with materials: $150/group
Our Nutrition and Health programs aims to enhance each family’s ability to grow and thrive by improving their access to nutritious food, clean water, and health education. We believe that when families are able to meet their most basic needs, both they and their communities can grow and prosper.
Cooking over open fires creates several major hazards, and this is the primary method of cooking in the communities where we work. It can be a cause for burns and respiratory problems due to inhaling smoke daily from these fires. We offer durable stoves which met local cooking needs, which reduce wood use by 70%, minimize the risk of burns, and remove smoke and combustion gases from inside houses.

Install an ONIL Fuel-efficient cook stoves for a family in need- $204
Install an Ecofiltro

Lack of access to clean drinking water affects the indigenous communities of the Lake Atitlan region acutely, leading to preventable yet fatal health concerns such as diarrhea and malnutrition. According to WHO, the second highest leading cause of death in children under 5 is diarrhea while around half of the country’s children are affected by chronic malnutrition, making it the highest in Latin America and fourth greatest worldwide. Ecofiltros create safe drinking water from any water source, thus creating a safer and healthier life for families around Lake Atitlán.

Install an Ecofiltro for a family in need- $77
Bed Installation

In the communities where we work, it's common for families to sleep three, four or even five family members in a single bed or floor. Donating a bed to a family means that everyone will sleep better at night, thus allowing children to be more alert and attentive at school and parents more productive in their work.

Install a bed for a family in need-
Single- $180
Double-$200
Our Construction Program focuses on building adequate, safe and suitable housing that will provide families with long term security, as well as supporting community infrastructure projects that can have an impact on the whole community for years to come.

Improved housing leads to less sickness and improved economic outcomes for the affected families, while community projects can help ensure safe water, schools, roads and public spaces.

We are happy to work with groups to determine the right construction project for you to support and participate in!
We believe that one of the most valuable things we can give to families is the opportunity for stable work and to be financially self-reliant. The Mayan Families Trade Schools offer a unique opportunity for men and women from rural areas of Guatemala to develop a vocational trade. Through our Artisan Program, we purchase handcrafted beaded jewelry, handbags, housewares, accessories and more, directly from local Guatemalans at an ethically determined price and sell them both locally and internationally. This provides women and men with the chance at economic advancement, supports the local economy and provides each recipient with a beautiful piece of Guatemala. On your visit, be sure to stop by the Artisan shop in our office and take a piece of Guatemala home with you.
Weaving Workshop

- Receive a private lesson from an indigenous master weaver
- Create your own scarf or wall adornment design by picking up to 5 colors
- Stretch the thread around the warping board to create the design
- Prepare the backstrap loom
- Backstrap weave and keep your woven work of art

Time: 9 am to 3 pm (flexible)
Price: 85$ PER PERSON, includes lunch, materials, and each participant brings home their wall hanging or scarf

Weaving Demonstration: $50 per group
Beading Workshop

- Group class taught by one of our talented Artisan Partners
- Create your own jewelry, bracelet or necklace

Time: 9 am to 1 pm (flexible)
Price: 35$ PER PERSON, includes lunch, materials, and each participant brings home their finished jewelry.
EXPLORE GUATEMALA

Guatemala is a vibrant country that draws travelers to discover breath taking landscapes, exotic animals and most importantly, the vibrant Mayan culture. It would be our pleasure to help you explore all the magic Guatemala has to offer. Below you can find different activities you may enjoy during your time here in this special country.

Tour around the different communities of Lake Atitlán

Swim in the crystal blue waters of San Marco's Nature Reserve

A guided tour of the Chichicastenango Artisan Market

Ceramics class in San Antonio

Traditional Guatemalan cooking class

Ziplining adventures in Panajachel's Nature Reserve