Dear Friend,

Congratulations on taking the first step toward becoming a global volunteer with **Hearts in Action.**  When you volunteer, you will be living and working in San Andres, Peten on a peaceful and beautiful jungle reserve located in northern Guatemala. This area, known as the Mayan biosphere has many cultural experiences awaiting you.

Since 1993, we’ve made the volunteer experience possible for many people like you. The combination of meaningful volunteer work, eye-opening cultural activities, free time for adventures and real opportunities to engage with local people promises to give you a rich variety and life changing adventure. HIA is off the beaten track yet a safe, comfortable home away from home. We guarantee your time abroad in this community will elevate your humanity, be impactful and immerse you in the culture.

With a long track record hosting individuals and groups, we invite you to engage in what Hearts in Action is doing to better education, the ecology and enterprise in this developing part of the world. Program fees start at USD $\_15.00 a day\_\_\_ and include a personalized volunteer assignment, enriching cultural activities, professional local staff, lodging at the HIA campus, and three authentic, healthy meals a day.

**You will also have some amazing opportunities to…**

Breath ,experience and help conserve the jungle trails with their diverse flora and fauna

Assist in teaching at The Jungle School, you can teach English, art, computer, or your favorite subject.

Learn Quekchi, and better your Spanish

Make new friends with the children and adults

Listen to the howler monkeys and hundreds of birds

Walk trails exploring ancient archaeology

Design a special workshop around one of your talents like sewing, music or a craft .

Serve meals and help in the Jungle School kitchen

Read books to children or have conversations

Write news articles or help with social media

Ride the buses with the children and get to know their homes and villages

Assist in the artisan gift shop or healthy food kiosk

Feed the fish, swing in a hammock, enjoy a fresh cool drink and the peace of the jungle

Learn Guatemalan cooking methods for traditional foods, grind corn for fresh tortillas or bake in the fire oven.

Hone your carpentry skills in our woodshop

Come see what Itza Wood, our social enterprise is doing

Assist on building, electrical, plumbing or welding projects

You can swim, canoe and fish in beautiful Lake Itza

The Gardening projects include fruit picking in the orchards, growing flowers, herbs, and organic vegetables

Hike the Mayan trek; explore Tikal, El Zotz, Yaxha, Owl caves or the majestic El Mirador

Explore the island of Flores

Enjoy a week, a month, a year, the time is up to you.

**IMPORTANT**

* Excursions and park fees for adventures are not included in the cost.
* Alcohol and drugs are not allowed on the property
* Travel and medical insurance is not included, but highly encouraged
* You can wash your own clothes or laundry services are available.

Speak to one of our staff members with any questions you may have. We’re here to help you find a rewarding and unique volunteer experience. Contact us at 502-5201-2959 or email us at [missions@heartsinaction.org](mailto:missions@heartsinaction.org).

Sincerely,

Hearts in Action