



GUATEMALA

2016
THE 410 BRIDGE STARTED TO WORK IN GUATEMALA



2006

Climate
TROPICAL & HOT
COOLER IN THE HIGHLANDS



Population: 15,189,958



(July 2016, World Factbook)

Time Zone



1 HOUR
AHEAD OF EST

Area: 108,889 KM²
Slightly larger than Tennessee



Capital
GUATEMALA CITY



Language

SPANISH AND
23 AMERINDIAN LANGUAGES

Literacy

81.5%

(age 15 and over can read and write)

Life Expectancy



72.3 YEARS

Economics

\$125.9 BILLION

GDP (2015 estimate)



Cardamom



Petroleum



Bananas



Sugar



Coffee



Precious
Stones

Language Guide

Spanish Pronunciation - Vowels

a- ah	like "a" in "father"	ll	pronounced as english "y"
e- eh	like "a" in "say"	h	is silent
i- ee	like "ee" in "see"	j	is pronounced as english "h"
o- oh	like "o" in "cone"	ñ	is pronounced like "ny"
u- oo	like "oo" in "doom"	u- oo	like "oo" in "doom"

English	Spanish	English	Spanish
hello	hola	i am a christian	yo soy cristiano/a
good morning	buenos días	may i pray for you?	¿puedo orar por ti?
good afternoon	buenas tardes	may i take your picture?	¿puedo tomar su foto?
good evening	buenas noches	do you speak english?	hablas ingles?
goodnight/ sleep well	que duermas bien	i don't understand	yo no comprendo
goodbye	adiós	i understand	yo comprendo
what is your name?	¿cómo te llamas?	where is the toilet?	¿dónde está el baño?
my name is __	me llamo __	how do you say __?	¿cómo se dice __?
nice to meet you	mucho gusto	how much is this?	¿cuánto cuesta?
how are you?	¿cómo estás?	yes	sí
fine/well	bien	no	no
i'm happy to see you	me alegro mucho de verte (sing) / verles (pl)	ok	ok
how old are you?	¿cuántos años tienes?	friend	amigo (masc) / amiga (fem)
are you married?	¿estás casado/a?	today	hoy
how many children do you have?	¿cuántos hijos tienes?	tomorrow	mañana
boy	niño	yesterday	ayer
girl:	niña	now	ahora
where are you from	¿de dónde eres?	later	luego
i am from __	yo soy de __	monday	lunes
thank you very much	muchas gracias	tuesday	martes
you're welcome	de nada	wednesday	miércoles
welcome	bienvenidos	thursday	jueves
please	por favor	friday	viernes
excuse me (to get past)	permiso	saturday	sábado
sorry or excuse me	disculpe	sunday	domingo
may i help you?	¿cómo te puedo ayudar?	Numbers	
can you help me?	¿puedes ayudarme?	1: uno	6: seis
god bless you	que dios te bendiga	2: dos	7: siete
god is good	dios es bueno	3: tres	8: ocho
are you a christian?	¿eres cristiano/a?	4: cuatro	9: nueve
		5: cinco	10: diez

Contact Information

U.S. Embassy – Guatemala City

Embajada de los Estados Unidos
de América
Avenida Reforma 7-01, Zona 10
Guatemala Ciudad, Guatemala
(502) 2326-4000

The 410 Bridge U.S.

3955 Marconi Drive, Suite 205
Alpharetta, GA 30005
770-664-4949

Telephone Use

Mobile Phone Usage & Service

Your 410 Bridge Team Leader will have access to a 410 Bridge mobile phone for making and receiving emergency phone calls. If you decide to bring a phone, check with your local provider on compatibility and rates, as rates can be excessive.

- » There will be a 410 Bridge staff member available 24/7 while your team is traveling. In the event of an emergency, please call our Emergency Trips Phone at 404-710-3293.
- » You may also call The 410 Bridge office during weekday business hours at 770-664-4949.
- » **How to call to Guatemala from the U.S.**
Dial: 011+502 (Country code for Guatemala) + 8 digit number
- » **How to call to the U.S. from Guatemala**
Dial: 001 + area code + 7 digit phone number
- » Service: Mobile phones from the U.S. will work in Guatemala if they are on a GSM system. T-Mobile, AT&T Wireless and Cingular should work in Guatemala, however rates can be excessive.

**IN CASE OF AN EMERGENCY, PLEASE CALL:
404-710-3293**

History of Guatemala

Guatemala is a beautiful mountainous country filled with volcanoes, yet it also enjoys beautiful beaches from both the Pacific Ocean and the Caribbean Sea. From the Cuchumatán Mountains in the western highlands to the coastlines on the Caribbean Sea and the Pacific Ocean, this small country is only slightly larger than the U.S. state of Tennessee. Three of Guatemala's 30 volcanoes remain active and the name Guatemala is thought to have come from a Nahuatl word Quauhtemallan, which means "place of many trees". The country is bordered by Mexico, Honduras, El Salvador, and Belize.

Archaeologists believe that the earliest settlers of Guatemala crossed the Bering Strait from Asia 14,000 years ago and evidence of human settlements date to around 9000 B.C. Around 10,000 B.C., it is believed that groups began to farm and form villages. Some of them became the Maya who dominated Guatemalan history from 250 A.D. to 900 A.D. The city of Tikal, home to a Maya temple that was built over 1,300 years ago, was once an expansive city and home to 100,000 people. Historians are not sure why the Maya Empire collapsed, but it's believed it may have been due to overpopulation and draught. The ruins of Tikal were not discovered until 1695 where written records using hieroglyphics and whole words were found. Mayan civilization was advanced in math and astronomy and it's believed that the Maya probably developed the concept of zero.

In the 16th century, Spain invaded Guatemala and fought the largest remaining indigenous group, the Quiché. The Quiché were overpowered and forced to work on large estates in the newly established colony of New Spain. In 1821, Guatemala claimed independence from Spain.

Within 50 years of gaining independence, Guatemala's economy was booming, thanks to coffee exports at the cost of indigenous people. Wealthy landowners pushed Maya communities off their land to make way for more coffee plantations. Decades of civil war and repression killed hundreds of thousands of Guatemalans in the 20th century as Guatemala experienced chronic instability and civil strife. In 1944, authoritarian leader Jorge Ubico was overthrown by a pro-democratic military coup, initiating a decade-long revolution that led to sweeping social and economic reforms. A U.S. backed military coup in 1954 ended the revolution and installed a dictatorship.

From 1960 to 1996, Guatemala endured a bloody civil war fought between the US-backed government and leftist rebels, including genocidal massacres of the Maya population perpetrated by the military. Since a United Nations-negotiated peace accord, Guatemala has witnessed both economic growth and successful democratic elections, though it continues to struggle with high rates of poverty. In 1996 President Alvaro Arzu, signed a peace agreement with rebels and ended the 36-year civil war.

In January 2016, President Jimmy Morales was sworn into power and continues to remain in office.

Today, one-third of the population still lives in cool highland villages. Maya women continue to weave brightly colored cloth and fashion the same traje, or suit, that their ancestors wore. More than half of the population is indigenous. The largest of the 20 Maya groups, the Quiché, live near the city of Quetzaltenango, called Xela (SHEH-la) by the locals.

Language & Etiquette

Spanish is the official language with 40% of the population speaking Amerindian languages. There are 23 officially recognized Amerindian languages, including Quiche, Cakchiquel, Kekchi, Mam, Garifuna, and Xinca.

Guatemalans have a reputation of being some of the most civil, polite people in Latin America and are quite formal in social situations. It is a male-dominated culture and women are treated differently than men. Women are expected to do all of the housework and cooking.

Introductions should be made with a polite greeting of “buenos días/tardes” (good morning / afternoon or evening). If you’re introduced to someone, a gentle handshake and a “con mucho gusto” (“pleased to meet you”) is appropriate. It’s also considered polite to stand when greeting someone.

Regarding clothing, in indigenous areas, most local women wear a calf-length skirt, but it’s fine for foreign women to wear loose-fitting pants or shorter capris.

Guatemalan men very rarely wear shorts, except on the beach.

Putting your thumb in between your middle and index finger while making a fist is considered an obscene gesture and loud voices in public are looked down upon.

Cash & Currency

There are a few instances where you may need to use cash. However if you choose to purchase souvenirs, or drinks other than water, you will need to exchange money. The local currency is the Guatemalan Quetzal. Travelers are often handed wads of Q100 bills which can be difficult to change in small stores or for small purchases. It’s wise to ask a merchant if he or she can change a Q100 bill if you have no smaller bills.

Tipping: Your U.S. Team Leader or 410 Bridge staff will handle all tips while in Guatemala. Your Team Leader will have funds to tip the drivers at the end of your journey. Please do not tip The 410 Bridge staff and do not give money to any other individuals you meet. Tipping luggage porters is also not standard practice for most hotels in our communities.

Tithing: You may visit a local church during your trip, where providing an offering of U.S. \$1-2 is considered appropriate. The local currency is the Guatemalan quetzal and the equivalent is 8 quetzals to 1 U.S. Dollar

Souvenirs: Locally made crafts may be available for purchase at various times during your trip. If you plan to purchase items in the community, you will need small bills.

Internet & Electricity

Electricity: Electricity can be sporadic in developing countries, and is not guaranteed on your trip.

To ensure that you always have access to light in the evenings, you may consider bringing a battery powered flashlight or headlamp.

Plugs are typically the 2 pronged flat type, so travelers from the U.S. do not need an adapter in Guatemala. The power sockets are type A and B. The standard voltage is 120 V and the standard frequency is 60 Hz.

Power strips with multiple outlets are also a convenient way to charge multiple electronics, as wall outlets are typically few and far between.

Internet Wireless Internet access may be limited or completely unavailable due to location and schedule.

Climate Conditions

Guatemala's climate is tropical, hot and humid in the lowlands, and cooler in the highlands. The coastal plains and lowlands have a distinctly tropical climate and temperatures range from highs of 100 Fahrenheit and lows of 70 Fahrenheit at night. Most of Guatemala, however, is rural and mountainous. Nighttime temperatures in the mountains are cold and on occasion, nighttime temperatures can fall below freezing. Daytime temperatures average around 70 Fahrenheit.

Entry & Exit

A valid U.S. passport is required for all U.S. citizens to enter Guatemala and return to the United States, regardless of age. Even if dual nationals are permitted to enter Guatemala on a second nationality passport, U.S. citizens returning to the United States from Guatemala are not allowed to board their flights without a valid U.S. passport.

U.S. citizens do not need a visa for a stay of 90 days or less.

If your passport is lost or stolen in Guatemala, you must obtain a new passport at the U.S. Embassy as soon as possible and present it, together with a police report on the loss or theft, to the Guatemalan Immigration Agency (Dirección de Migración) in order to obtain permission to depart Guatemala.

A \$30.00 departure tax is required on international flights, however, this is usually included in your ticket price. In addition, an airport security fee of Q20 will be required to exit the country and should be paid in cash at the airport.

COMMUNITY MAP



Communities & Departments

- | | | | |
|-------------------|------------------|-------------------|------------------|
| 1. Rancho Viejo | a. Huehuetenango | i. Zacapa | q. Retalhuleu |
| 2. Villa Hermosa | b. Quiché | j. Quetzaltenango | r. Suchitepéquez |
| 3. Aldea El Pajal | c. Alta Verapaz | k. Sololá | s. Escuintla |
| | d. Izabal | l. Chimaltenango | t. Santa Rosa |
| | e. San Marcos | m. Sacatepéquez | u. Jutiapa |
| | f. Totonicapán | n. Guatemala | v. Petén |
| | g. Baja Verapaz | o. Jalapa | |
| | h. El Progreso | p. Chiquimula | |