



2020 MISSION TRIP LOCATIONS  
*COST + TRIP COMPARISON*



**VAW GLOBAL HEALTH  
ALLIANCES** 





# CAMBODIA

## TRIP BREAKDOWN

---

CITY: SIEM REAP

LOCATION: SOUTHEAST ASIA

LANGUAGES: KHMER

POINT OF ARRIVAL: SIEM REAP (REP)

SLEEPING: GUESTHOUSE (4-8/ROOM)

FOOD: THREE MEALS/DAY FROM A  
RESTAURANT

LOCAL ATTRACTIONS: visit the amazing  
Angkor Wat at sunrise, take some local  
cooking classes, try exotic food, visit the  
floating villages, practice some yoga or  
meditation,...and more!







# CAMBODIA

## TRIP BREAKDOWN

---

### CLIMATE:

- Warm to hot year round;
  - Nov-Feb: *Cool & dry*
  - Mar-May: *hot & dry*
  - Jun-Aug: *hot & wet*
  - Sep-Nov: *cool & wet*







# CAMBODIA

## PRICE BREAKDOWN (2019-20)

---

### REGULAR TRIP (15 DAYS, 14 NIGHTS)

*\$1,795*

### HIGH SEASON TRIP

*\$1,895*

### 19-20 APPROXIMATE FLIGHT COSTS

WEST COAST: *\$1,200 to \$1,500*

EAST COAST: *\$1,100 to \$1,400*

MID-US: *\$1,500 to \$1,800*







# GUATEMALA

## TRIP BREAKDOWN

---

**CITY:** SAN PEDRO LA LAGUNA (LAKE ATITLAN)

**LOCATION:** CENTRAL AMERICA

**LANGUAGES:** SPANISH (AND QUICHE)

**P.O.A.:** GUATEMALA CITY (GUA)

**SLEEPING:** FAMILY HOMESTAYS

**FOOD:** THREE MEALS/DAY FROM FAMILY

**LOCAL ATTRACTIONS:** hiking, kayaking, visiting other towns around the lake, local bars and restaurants, parks, sports with the locals, Spanish lessons, horseback riding, markets/shopping...and more!







# GUATEMALA

## TRIP BREAKDOWN

---

### CLIMATE:

- Mountainous central
  - Average: 22°C (72°F)
  - May-Oct: *Rainy*







# GUATEMALA

## PRICE BREAKDOWN (2019-20)

---

### REGULAR TRIP (15 DAYS, 14 NIGHTS)

\$1,695

### HIGH SEASON TRIP

\$1,795

### SHORTENED TRIP (9 DAYS, 8 NIGHTS)

\$1,596

### 19-20 APPROXIMATE FLIGHT COSTS

WEST COAST: \$650 to \$950

EAST COAST: \$600 to \$900

MID-US: \$750 to \$1,050







# DOMINICAN REPUBLIC

## TRIP BREAKDOWN

---

**CITY:** JARABACOA

**LOCATION:** CARRIBEAN

**LANGUAGES:** SPANISH

**POINT OF ARRIVAL:** SANTIAGO (STI)

**SLEEPING:** GUESTHOUSES (8-14/ROOM)

**FOOD:** THREE MEALS/DAY FROM THE  
GUESTHOUSE

**LOCAL ATTRACTIONS:** hiking, waterfalls,  
swimming pool, paragliding, exploring  
town, horseback riding, bars, clubs and  
restaurants.. and more!







# DOMINICAN REPUBLIC

## TRIP BREAKDOWN

---

### CLIMATE:

- **City of Eternal Spring -**
  - Tropical rainforest climate;
  - Lowest: *20.4 °C / 70 °F (Jan)*
  - Highest: *24.8 °C / 77 °F (Aug)*







# DOMINICAN REPUBLIC

## PRICE BREAKDOWN (2019-20)

---

### REGULAR TRIP (15 DAYS, 14 NIGHTS)

\$1,795

### HIGH SEASON TRIP

\$1,895

### SHORTENED TRIP (9 DAYS, 8 NIGHTS)

\$1,695

### 19-20 APPROXIMATE FLIGHT COSTS

WEST COAST: \$650 to \$950

EAST COAST: \$600 to \$900

MID-US: \$750 to \$1,050







# PANAMA

## TRIP BREAKDOWN

---

**CITY:** BASTIMENTOS

**LOCATION:** CENTRAL AMERICA

**LANGUAGES:** SPANISH

**POINT OF ARRIVAL:** PANAMA CITY (PTY)

**SLEEPING:** GUESTHOUSE (8-22/ROOM)

**FOOD:** THREE MEALS/DAY FROM THE  
GUESTHOUSE

**LOCAL ATTRACTIONS:** hanging out at  
the beach, snorkeling, deep boarding,  
biking, zip lining, chocolate tour, surfing,  
wildlife watching, clubs and  
restaurants...and more!







# PANAMA

## TRIP BREAKDOWN

---

### CLIMATE:

- **Tropical climate.**
  - Significant rainfall (peak in July)
  - Average temp.:  $25.9^{\circ}\text{C}$  ( $79^{\circ}\text{F}$ )
  - Coldest in January







# PANAMA

## PRICE BREAKDOWN (2019-20)

---

### REGULAR TRIP (15 DAYS, 14 NIGHTS)

\$1,795

### HIGH SEASON TRIP

\$1,895

### 19-20 APPROXIMATE FLIGHT COSTS

WEST COAST: \$900 to \$1,200

EAST COAST: \$850 to \$1,150

MID-US: \$1,000 to \$1,300







# PERÚ

## TRIP BREAKDOWN

---

CITY: CUSCO

LOCATION: SOUTH AMERICA

LANGUAGES: SPANISH (AND QUICHE)

POINT OF ARRIVAL: CUSCO (CUZ)

SLEEPING: FAMILY HOMESTAYS

FOOD: THREE MEALS/DAY FROM FAMILY

LOCAL ATTRACTIONS: hang out in and

around the Plaza de Armas, explore the

Centro Histórico, Sacsayhuaman (Incan

ruins), Q'enko (Incan ruins),

Tambomachay (Incan ruins), artisanal

markets, clubs and restaurants...and more!







# PERÚ

## TRIP BREAKDOWN

---

### CLIMATE:

- **Southern highlands**
  - Nov-Feb: *Rainy*
  - Apr-Oct: *Dry*
  - Average Temp.: 20°C (68°F)







PERÚ

## PRICE BREAKDOWN (2019-20)

---

### REGULAR TRIP (15 DAYS, 14 NIGHTS)

\$1,695

### HIGH SEASON TRIP

\$1,795

### 19-20 APPROXIMATE FLIGHT COSTS

WEST COAST: \$1,050 to \$1,350

EAST COAST: \$1,000 to \$1,300

MID-US: \$1,100 to \$1,400







# VIETNAM

## TRIP BREAKDOWN

---

CITY: CAN THO

LOCATION: SOUTHEAST ASIA

LANGUAGES: VIETNAMESE

P.O.A.: SAIGON/HO CHI MINH CITY (SGN)

SLEEPING: GUESTHOUSE (4-8/ROOM)

FOOD: THREE MEALS/DAY FROM A  
RESTAURANT

LOCAL ATTRACTIONS: Mekong Delta, Nha Trang, Saigon, Ha Long Bay, Hoi An, Hue & Sapa. Vietnam has a diverse array of places to visit including beaches & mountains, rural & urban areas, hiking & resorts, restaurants & cafés...and much more!







# VIETNAM

## TRIP BREAKDOWN

---

### CLIMATE:

- **Center of Mekong Delta**
  - May-Nov: *sporadic rainfall, hot, humid*
  - Dec-Apr: *clear skies, hot, sunny*







# VIETNAM

## PRICE BREAKDOWN (2019-20)

---

### REGULAR TRIP (15 DAYS, 14 NIGHTS)

\$1,795

### HIGH SEASON TRIP

\$1,895

### 19-20 APPROXIMATE FLIGHT COSTS

WEST COAST: \$1,200 to \$1,500

EAST COAST: \$1,100 to \$1,400

MID-US: \$1,500 to \$1,800

