

ANTIGUA: THE "I GOT THIS" SHEET

Pack this. Screenshot this. You'll be golden when you need it.

VILLA: CASA MARTINA

- **Address:** 5a Ave. Sur Final, Castilla de Belen, Casa 15, Antigua, Guatemala (Show this to your driver.)
- **Wi-Fi:** Claro1 | PW: 04909uwTc



Guatemala is Central Time (no DST)

MONEY (GTQ)

Easy Plan

- Cards are common in many Antigua restaurants/shops; cash helps for small purchases.
- Bring two cards (credit + debit) and keep them separate.
- Withdraw GTQ in daylight, ideally at an ATM inside a bank (several are across from Parque Central / Plaza Mayor).
- Keep a small mix of bills so you're not hunting for change

Small-bill mix (recommended)

- 10 × Q10
 - 2 × Q100
 - 10 × Q20
 - Q1/Q5 change
 - 4 × Q50
- Tip:** try not to rely on breaking Q200 unless you're in a larger shop/restaurant.

ATM tips

- Decline ATM conversion; withdraw in GTQ.
- If you get two declines at the same ATM:
- call your bank to allow Guatemala + ATM withdrawals
- try a different bank ATM (different network)
- switch to your backup card
- 5B ATMs: accept Visa, Mastercard, Amex, UnionPay (per 5B).

TIPPING (PLAIN ENGLISH)

The one rule:

- Check the receipt first. Many restaurants include 10% "propina/servicio." If it's included, you're done.

Simple norms

- Restaurants/café: 10% only if service is not included
- Coffee/counter service: round up / a few quetzales
- Taxis/Uber: not required; rounding up is kind
- Bags/porters: ~Q5-10 per bag
- Housekeeping: ~Q5-10 per night (or leave at the end)
- Guides/drivers: appreciated; keep it consistent in small GTQ bills

Make it easy: carry a small envelope with Q5/Q10/Q20/Q50 bills. Tip once per day if you prefer (instead of micro-tipping constantly).

WEATHER

- **Antigua** (14-day forecast): [Link](#)
- **Panajachel / Lake Atitlán** (14-day forecast): [Link](#)

KEY CONTACTS

- **Host:** Suzanne Leamer +1(206)915-3433
- **Driver / transport lead:** Luis Santos — WhatsApp: +502 4214 5901
- **Local support:**
 - **Jennifer** +1 (704) 724-4249
 - **Emily** +1 (206) 696-4386

EMERGENCY

- **ASISTUR (Tourist Assistance):** 1500 + WhatsApp +502 5188-1819 Available 24/7 for tourist support.
- **If passport is lost:** Message us + file a police report; we'll guide next steps.
- **Medical emergency:** call 122 or 123, then message Suzanne, Jennifer, or Emily on WhatsApp/text so we can help coordinate.

CURRENCY CONVERSION

Quick Math:

- Q8 ≈ \$1 (divide quetzales by ~8)

GTQ → USD (quick check)	
Rate reference (Banco de Guatemala): 1 USD = Q7.64356 • As of Apr 9, 2026	
0.5 GTQ =	\$0.07 USD
1 GTQ =	\$0.13 USD
5 GTQ =	\$0.65 USD
10 GTQ =	\$1.31 USD
20 GTQ =	\$2.62 USD
30 GTQ =	\$3.93 USD
50 GTQ =	\$6.54 USD
75 GTQ =	\$9.82 USD
100 GTQ =	\$13.09 USD
125 GTQ =	\$16.36 USD
150 GTQ =	\$19.63 USD
200 GTQ =	\$26.18 USD
225 GTQ =	\$29.45 USD
250 GTQ =	\$32.72 USD
275 GTQ =	\$35.99 USD
300 GTQ =	\$39.27 USD
350 GTQ =	\$45.81 USD
400 GTQ =	\$52.36 USD
450 GTQ =	\$58.90 USD
500 GTQ =	\$65.45 USD
700 GTQ =	\$91.62 USD
1,000 GTQ =	\$130.89 USD
1,500 GTQ =	\$196.34 USD
2,000 GTQ =	\$261.78 USD

USD → GTQ (withdrawal guide)	
Rate reference (Banco de Guatemala): 1 USD = Q7.64356 • As of Apr 9, 2026	
\$0.50 USD =	\$3.82 GTQ
\$1.00 USD =	\$7.64 GTQ
\$2.00 USD =	\$15.28 GTQ
\$3.00 USD =	\$22.92 GTQ
\$4.00 USD =	\$30.56 GTQ
\$5.00 USD =	\$38.20 GTQ
\$6.00 USD =	\$45.84 GTQ
\$7.00 USD =	\$53.48 GTQ
\$8.00 USD =	\$61.12 GTQ
\$9.00 USD =	\$68.76 GTQ
\$10.00 USD =	\$76.40 GTQ
\$15.00 USD =	\$114.60 GTQ
\$20.00 USD =	\$152.80 GTQ
\$25.00 USD =	\$191.00 GTQ
\$30.00 USD =	\$229.20 GTQ
\$40.00 USD =	\$305.60 GTQ
\$50.00 USD =	\$382.00 GTQ
\$60.00 USD =	\$458.40 GTQ
\$70.00 USD =	\$534.80 GTQ
\$80.00 USD =	\$611.20 GTQ
\$90.00 USD =	\$687.60 GTQ
\$100.00 USD =	\$764.00 GTQ
\$150.00 USD =	\$1,146.00 GTQ
\$200.00 USD =	\$1,528.00 GTQ

Note: Bank/ATM fees may apply; rates can vary slightly.

SPANISH PHRASES YOU'LL NEED

- Hola / Buenos días — Hello / Good morning
- Por favor / Gracias — Please / Thank you
- Disculpe — Excuse me
- ¿Cuánto cuesta? — How much does it cost?
- ¿Dónde está...? — Where is...?
- No hablo mucho español. — I don't speak much Spanish.
- La cuenta, por favor. — The check, please.

Dietary:

- Sin picante, por favor. — No spice, please.
- Necesito pedir sin gluten, por favor. — I need to order gluten-free, please.

IF YOU LIKE DEETS, HERE'S YOUR LANGUAGE

For the overachievers (affectionately)

SPANISH PHRASES

Greetings + basics

- Hola — Hello
- Buenos días — Good morning
- Buenas tardes — Good afternoon
- Buenas noches — Good evening / good night
- Por favor — Please
- Gracias / Muchas gracias — Thank you / thank you very much
- Disculpe / Perdón — Excuse me / sorry
- Mucho gusto — Nice to meet you
- ¿Puede repetirlo, por favor? — Can you repeat that, please?

Getting around

- ¿Dónde está...? — Where is...?
- ¿Dónde está el baño? — Where is the bathroom?
- ¿Puede ayudarme? — Can you help me?
- Estoy perdida. / Estoy perdido. — I'm lost.
- Necesito un taxi. — I need a taxi.

Shopping + dining

- ¿Cuánto cuesta? — How much does it cost?
- ¿Quisiera... — I would like...
- ¿Cuánto es en quetzales? — How much is it in quetzales? (optional)
- ¿Qué recomienda? — What do you recommend?
- La cuenta, por favor. — The check, please.
- Sin picante, por favor. — No spice, please.
- Necesito pedir sin gluten, por favor. — I need to order gluten-free, please.

Language + health

- No hablo mucho español. — I don't speak much Spanish.
- Necesito un médico. — I need a doctor.

CURRENCY CONVERSION (MORE DENOMS)

Currency Conversion:

Guatemalan Quetzal (GTQ) to United States Dollar (USD)
Conversion Rate: 1 USD = Q7.64356 | As of: Apr 9, 2026

Quick mental math: Q8 ≈ \$1 (divide by 8).

GDQ	USD	USD	GDQ
5	\$ 0.65	\$ 1.00	8
10	\$ 1.31	\$ 2.00	15
15	\$ 1.96	\$ 5.00	38
20	\$ 2.62	\$ 10.00	76
25	\$ 3.27	\$ 15.00	115
30	\$ 3.93	\$ 20.00	153
35	\$ 4.58	\$ 25.00	191
40	\$ 5.24	\$ 30.00	229
45	\$ 5.89	\$ 35.00	267
50	\$ 6.54	\$ 40.00	306
55	\$ 7.20	\$ 45.00	344
60	\$ 7.85	\$ 50.00	382
65	\$ 8.51	\$ 55.00	420
70	\$ 9.16	\$ 60.00	458
75	\$ 9.82	\$ 65.00	497
80	\$ 10.47	\$ 70.00	535
85	\$ 11.13	\$ 75.00	573
90	\$ 11.78	\$ 80.00	611
95	\$ 12.43	\$ 85.00	649
100	\$ 13.09	\$ 90.00	688
110	\$ 14.40	\$ 95.00	726
125	\$ 16.36	\$ 100.00	764
150	\$ 19.63	\$ 110.00	840
170	\$ 22.25	\$ 115.00	879
175	\$ 22.91	\$ 120.00	917
200	\$ 26.18	\$ 125.00	955
275	\$ 35.99	\$ 150.00	1,146
300	\$ 39.27	\$ 175.00	1,337
400	\$ 52.36	\$ 200.00	1,528
500	\$ 65.45	\$ 225.00	1,719
550	\$ 71.99	\$ 250.00	1,910
750	\$ 98.17	\$ 275.00	2,101
825	\$ 107.98	\$ 300.00	2,292
900	\$ 117.80	\$ 325.00	2,483
1,000	\$ 130.89	\$ 350.00	2,674
1,100	\$ 143.98	\$ 375.00	2,865
1,025	\$ 134.16	\$ 400.00	3,056
1,500	\$ 196.34	\$ 500.00	3,820
2,000	\$ 261.78	\$ 750.00	5,730
3,000	\$ 392.67	\$ 1,000.00	7,640
4,000	\$ 523.56	\$ 1,500.00	11,460
5,000	\$ 654.45	\$ 2,000.00	15,280
10,000	\$ 1,308.90	\$ 2,500.00	19,100