



BACKGROUND INFORMATION

The culture of Guatemala comes from the blending of Mayan and Spanish influence. Spanish is the official language and Roman Catholicism the most common religion; however, the Mayan influence in Guate is incredibly strong. Many words that are part of the Guatemalan vernacular were taken from Mayan languages, many of which are still spoken today in rural areas. Also, many Catholic traditions in Guate draw upon Mayan religious traditions. For example, the Mayan god San Simón is often depicted holding a Bible. Religion is very important in Guatemala, and it is very important to the moms we work with.

Olas works specifically with moms in La Zona Tres community in Guatemala City. You can look at a map of the zonas and the inequality that exists between them using these three links: [Zonas](#), [The Case of the Missing Zone](#) & [Por qué no existen las zona 20, 22 y 23?](#). La Zona Tres is unique in that many of its residents live and work in extremely unsafe conditions for very little money in [el basurero](#). Through our partner [Creamos](#), Project Olas has been able to plant roots in La Zona Tres to create safer and more lucrative work opportunities for its moms. This is where you come in!

To stay up to date on the news in Guatemala while practicing your Spanish, you can use [Prensa Libre](#) & [El País](#).

To learn more and stay up to date on Project Olas, check out our instagram [@projectolas](#)

PRE-CONVERSATION QUESTIONS/THINGS TO THINK ABOUT

How comfortable do you feel speaking in Spanish now?

- ¿Qué tan cómoda te sientes hablando en español en este momento?

Do you have any expectations about the conversation?

- ¿Cuáles son tus expectativas de la conversación?

What do you hope to get out of this experience?

- ¿Qué te gustaría obtener de esta experiencia?

Do you have any concerns?

- ¿Tienes alguna duda?

Week One: Resilience/Resiliencia

Vocabulary/Vocabulario:

Fortaleza	Maltrato	Significativo/a	Tenacidad
Resistencia	Recuperación	Compromiso	Confianza
Debilidad	Gerencia	Coraje	Adversidad

Verbs/Verbos:

Rendirse	Superar	Continuar	Mantenerse fuerte
Defender	Guardar	Impugnar	Reforzar

Questions/Preguntas

¿Cuál es un desafío que has superado?

What is a challenge you have overcome?

¿Cuándo ayudaste a un amigo a superar un tiempo difícil?

When was a time that you helped a friend get through a difficult time?

¿Qué preferirías: hablar de un problema con un amigo o guardarlo para ti mismo?

Do you prefer to talk through a problem with a friend or keep it to yourself?

¿Qué significa para ti la fortaleza?

What does resilience mean to you?

¿Ves el vaso medio lleno o medio vacío?

Do you view the glass half full or half empty?

¿Por qué es importante no tirar la toalla?

Why is it important to not throw in the towel?

¿Has hecho alguna vez algo que te salió mal? ¿Qué aprendiste?

Have you ever done something that turned out badly? What did you learn?

¿Cómo respondes cuando alguien te trata de forma injusta?

How do you respond when someone treats you unjustly?

¿Alguna vez, has tenido que decidir hacer lo correcto aunque fuera molesto para otros?

Have you ever had to decide to do the right thing even though it was unpopular?

¿Quién es la persona más resiliente o fuerte que conoces? ¿Cómo actúa?
Who is the most resilient person you know? How do they act?

¿Crees que la confianza es importante? ¿Por qué?
Do you think confidence is important? Why?

¿Qué le dices a alguien cuando quiere abandonar un proyecto?
What do you say to someone when they want to give up on a project?

¿Crees que el cambio lleva tiempo?
Do you think change takes time?

¿Qué es algo que vale la pena esperar?
What is something worth waiting for?