Dear Camper,

We live in interesting times. We can see the many ways in which vast numbers of people are suffering in many parts of the world. We can see materialism, waste, pollution, and war.

We can also understand that every person and every living thing is endangered by human induced climate change. It has become impossible for us to ignore what is happening. We have been called to act for the benefit of all who are alive and future generations.

As individuals, no matter how hard we work, it is not possible to consider restoring the Earth ... but together we are an amazing force and if we so choose we can restore all degraded landscapes wherever they are on the Earth. Restoration needs to be at the centre of human intention. When we collaboratively study how to restore the Earth our lives have real meaning. When we live our lives restoring the Earth, we know we are doing what we can to redress many of the mistakes of the past and ensure that future generations will enjoy a fully functional Earth.

You are at the heart of this initiative. Congratulations and thank you for choosing to become a camper with Ecosystem Restoration Camps to help restore paradise on earth. We want you to have the best experience restoring with us. We created this handbook to answer most of your questions. Of course, if you need any more information, contact one of our staff and they will be more than happy to assist you.

Let's go camping and restore the earth!

John D. Liu
INTRODUCTION

Contour Lines is a 501©(3) organisation working around Livingston, Guatemala, transitioning rural communities to regenerative land uses. It’s a small nonprofit with minimal overheads, founded and operated by Sean Dixon-Sullivan on a “work-not-words” philosophy. We are project-oriented, with 70% of funds going to a local nursery for fruit trees (which incentivize community landholders to make the transition) with the rest to transport and training and employing local technicians. With only $35k he raised himself, Sean has planted over 100 project sites across 12 rural villages over the past 2 years, and thanks to fundraising partners, local extensionists and 2 friends, the work of Contour Lines is set to expand exponentially into 2021.

Now, Sean is ready to invite international visitors and students to experience this work of Contour Lines, and to learn how to create a regenerative agroforest of your own. This is a learning experience and an adventure rolled into one, as you will be submerged in the Q’echi culture of the villages here, and the tropical rainforest and mangrove ecosystems of the Livingston region. For Contour Lines, we believe your visit can bring valuable support and connections to us and our local partners, as well as income to the communities where we work. For you, we know your time here will bring education and inspiration to replicate these regenerative land transitions, local economies and shifts in consciousness to your homelands and beyond.

Therefore, we’ve designed the Contour Lines experience to benefit everyone; you, the student and guest, and us. the contour lines team and the wider Q'echi community. We’ve planned the itinerary and accommodations to incorporate values of eco- and agro-tourism, local economies and cultural immersion, and most importantly to advance the mission of Contour Lines Corp; transitioning rural communities to regenerative land uses.
WHAT TO EXPECT AT CAMP CONTOUR LINES

Our goals for your stay are for you to learn and experience:

1. How to engage people and convince them to transition
2. How to plan a project budget
3. How to raise the funds
4. How to create an agroforestry design (includes species selection)
5. How to plant and maintain it
6. How to create value added products from these systems
7. How to monitor and evaluate your impact
8. How to scale up projects to regional/national
9. How to maintain cost efficiency and success rates

You will also experience and learn from Q'echi culture and experience the natural wonders of the Livingstone region such as tropical forests and turquoise ocean beaches.
THE RESTORATION/REHABILITATION WORK

The work will focus on developing and maintaining agroforestry projects in local communities, which include site design, marking contour lines, vegetative legume propagation, fruit tree planting, annual polycropping, harvesting, processing and cooking the harvests, GIS data collection/mapping, and depending on interest, other elements of operating the nonprofit, such as social media, video-making, fundraising, forming partnerships, community engagement, project planning and logistics.

Whilst you are here, we ask that you take:

Social Responsibility

We ask that all participants approach situations with respect. Please remember that you are entering people’s homes and communities. Accommodations may not resemble what you are accustomed to, but this is how others live. Communities do not have air conditioning or hot water; homes are open air and livestock, insects, and animals often enter. Please treat the host communities with dignity and respect.
Contour Lines recognizes that our guests are a reflection of our organization. We ask that our guests represent themselves in a professional manner. Please do not drink excessively or engage in drug use. In addition, Contour Lines believes in empowering the community through our projects; we do not condone handouts.

**Environmental Responsibility**

We ask that guests are mindful of minimizing trash. Unfortunately, Guatemala lacks the infrastructure to recycle or appropriately dispose of waste. Luckily a savvy consumer can easily create very little waste while traveling.

We recommend packing any trash created. Plastic bottles can be filled with any plastic wrappers or collapsed to carry home for proper recycling. Coconuts are a natural alternative to packaged drinks. Otherwise choose glass over plastic or cans. When shopping, always decline plastic bags and carry a handbag instead.
Economic Responsibility

Every dollar spent is a vote for the type of society we want.

Understanding this, Contour Lines see this opportunity to advance our values of building local economies, of empowering local communities. Shop local. Wherever possible, refrain from purchasing imported products. Refrain from supporting large, foreign corporations that effectively drain wealth from these communities. Pay a store owner to have their family prepare a cacao drink or harvest a coco, rather than buy a soda. For souvenirs, buy corozo-shell necklaces from a village artisan, rather than factory-made plastic from town vendors. Where no local alternatives exist, politely encourage locals to consider doing so. Setting a positive example will go even farther than your immediate financial support.

For these reasons Contour Lines provides homestays in local villages, and arranges meals cooked by local families. These meals not only employ families to cook them, but also support the farmers who grow the food.
THE CLIMATE

The Climate is wet tropics, with 4400mm average annual rainfall. Heat reaches 40 Celsius regularly with intense sun. Please prepare for this weather by bringing the appropriate clothing, toiletries etc. See the ‘what to bring’ section for more information.

THE CULTURE

The Livingston municipality is a mixture of four ethnic groups: ladino, Q'echi (indigenous), Garifuna (afro-Caribbean) and Asian, each with its own norms and practices to learn about, and contribution to the vibrant culture of Livingston :-)

THE ACCOMMODATION

Campers will stay with local families, who will provide sleeping quarters (rustic, usually hammocks) and food. This will give you an incredible opportunity to properly experience Guatemalan life and connect deeply with its people. The Contour Lines team will organise your stay as part of the experience.
THE FOOD

Local meals consist of corn tortillas primarily, sometimes with beans, eggs or chicken, and a beverage of juice or coffee. Traditional foods include Caldo de Ka’qik (spicy chicken soup) and Ba’chai (fish wrapped in Santa Maria leaves) and a beverage of cacao or atol (corn flour drink). Through Contour Lines experience we use the opportunity to encourage families to incorporate more natural, local produce and produce from our project sites. You may also have the chance to taste some of the produce grown directly from the Contour Lines forests.

WHAT TO BRING

Walking Boots
Wide Brim Hat
Long sleeved yet light shirts
Mosquito repellent
Waterproof bags for your luggage
Probiotic tablets

Long pants/trousers
Sunblock/cream
Rain Poncho
Soap
Pens, paper, something to take notes
Sunglasses
HOW TO GET HERE

When planning your travel, the closest airport to fly into is La Aurora International Airport. To reach us, exit the airport and you will see shuttles as well as taxis to reach Antigua. Uber also works. The camp experience will begin in Antigua, the colonial cobble-stone town and UNESCO world heritage site, as well as nearby Volcan Acatenango, the 3,900km Volcano with views of its highly active twin peak, Volcan de Fuego.

The camp learning experience will focus on the Livingston municipality, on Guatemala's Caribbean coast, including the pueblo itself, an isolated town reachable only by boat, and the rural villages even more isolated, spread throughout 1000sq km of rainforest. Our visits will include 5 Q'echi villages and 1 Garifuna community farm, and natural sites like caves, beaches, waterfalls and mangroves.

Transport will be included in the price beginning the first day we meet in Antigua Central Park, until the last day also being dropped in Antigua Central Park (and everything to and from and within Livingston in between). Visitors are separately responsible for flights to and from Guatemala, any transport to and from Antigua Central Park, and any accommodations needed before or after tour dates.
ORGANISATIONS INVOLVED

CAMP CONTOUR LINES
Works hands-on and low-budget, providing work grants (trees and training) to local communities, empowering them to transition to regenerative land uses, building both ecosystem health and economic wealth. The Contour Line is our simple, teachable, measurable tactic to get started, to stop talking and wasting time (and money) to start planting trees, building soil and restoring land.

ECOSYSTEM RESTORATION CAMPS
Ecosystem Restoration Camps is a global movement of people that is creating an abundant earth. We repair broken ecosystems together and, in doing so, provide humanity with hope and a better future.

We envision a fully functional, peaceful, abundant, biologically diverse earth brought about through cooperative efforts for the ecological restoration of degraded lands.
HEALTH AND SAFETY AND INSURANCE

When you apply to attend a program at Camp Contour Lines you acknowledge that you and you alone are responsible for your personal well-being and safety. This means if an activity is causing discomfort or pain it is up to you to do what you need to care for yourself.

In order to assure your safety, we ask guests to respect the following rules and for representing Contour Lines well.

-Wear proper clothing. Due to snakes, fire ants, mosquitos, poisonous and thorny plants, tropical rain and scorching sun, appropriate clothing must be worn. See “What to bring”.

-Practice hygiene. Heat and sweat abound in this climate, as do skin infections such as ringworm and mites. Those who fail to shower daily using soap, who not only offend others with odor but also risk spreading infections, will be asked to leave.

-Use common sense. While locals tout Livingston as entirely safe, still practice common sense as with anywhere in the world. Do not walk alone in dark places at night, do not flash large sums of money, etc.

All Campers are required to have personal health/accident insurance or travel insurance valid for our region. We adhere to the highest level of safety protocols and employ proper personal protection equipment for all activities. A safety briefing will be given at the 1st day orientation. Medical services if required are up to 15 minutes to 2 hours away, named The Centro de Salud in Livingston.

We encourage all campers to read through the Campers Agreement, which is a contract between the Camp and the Camper as to how your relationship will work and the agreements that you will uphold for one another during your stay. You can find the campers agreement on our website. You will be asked to sign the agreement upon arrival at the camp.

If you choose to leave the camp for a walk or trip to town we request you notify one of the Camp Staff members. We recommend having a mobile phone with our contact numbers with you while offsite in the event you require assistance.

We encourage all campers to arrive in a state of wellness! If for some reason you are exhibiting symptoms of COVID-19, cold, or any potentially communicable illness
immediately prior to arriving at camp, we ask that you postpone your experience until you are well. Your tuition will be credited to a future event or can be donated to the Ecosystem Restoration Camps movement.

COSTS

The full experience costs $942 for non ERC supporters and $856 for ERC supporters. This price covers:

- Accommodation at a homestay for the length of the experience (10 nights)
- Three meals a day.
- The time and expertise of the teachers.
- Transport to and from Antigua at beginning and end of camp, and local transport to remote villages during the camp.
- Employing: local tour guides to visit the natural and cultural sites of Livingston, local families to grow, harvest and cook the 3x meals per day, our local maestros (“extensionists) to teach our Contour Lines agroforestry practices and about the regenerative transition underway around Livingston, Guatemala.
- Contour Lines uniform, travel mug, and certificate upon completion of training course.

CONTACT INFORMATION

If you are interested in this course, fill in the application form via the Camp Contour Lines website page. To pay for the course, click the orange button next to the application form at the bottom of the Camp Contour Lines webpage on the Ecosystem Restoration Camps website. We ask that you fill out this application form to express your interest by May 10th. Make a $150 deposit to reserve your spot by May 15th. This course will go ahead once we reach a minimum of 15 students.

We’re excited to welcome you here!
Sean Dixon-Sullivan
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