



COLOMBIA TEAM TRIP FAQ

TRAVEL

WHERE IS LTN COLOMBIA LOCATED?

The LtN Colombia site is in Tenjo, just north of the capital city of Bogotá. Our programs are approximately 45 minutes from El Dorado Airport (BOG) in Bogotá.

HOW DO WE GET TO OUR ACCOMODATIONS FROM THE AIRPORT?

LtN staff will meet you at the airport and arrange transportation for your group to and from the airport.

DO I NEED A VISA TO ENTER COLOMBIA?

U.S. & Canadian citizens do not need a visa. Your passport must be valid for at least 6 months past your trip dates and you must show your exit ticket (flight ticket to leave Colombia.). U.S. & Canadian citizens can stay in Colombia for 6 months. For visa and entry requirements for other countries, please check with your country's embassy or consulate.

IMPORTANT: *All trip participants must have a valid passport to travel to Colombia, meaning their passports may not be within 6 months of their expiration date when they enter the country.*

HEALTH AND SAFETY

IS COLOMBIA SAFE?

Yes, Bogotá and the communities we will visit are safe areas to visit in Colombia. However, you should use common sense when traveling. The most frequent crimes are petty thefts and robberies so don't carry a lot of cash or flash valuables around especially after dark. Always travel as a group and/or use the buddy-system.

DO I NEED MEDICAL INSURANCE?

LtN provides all trip members with Emergency Travel insurance is included in your trip fee. It covers any emergencies that we will hopefully avoid while in-country. This travel insurance generally covers a \$100,000 Medical Maximum and a \$100,000 Emergency Medical Evacuation/Repatriation (in addition to the Medical Maximum).

IS THERE EMERGENCY MEDICAL CARE AVAILABLE?

Yes, for serious injuries or illness there are hospitals close to the schools/centers we will visit. For less serious medical conditions, there are several pharmacies close by that can provide prescription medication, antibiotics, and other medicine.



WHAT VACCINATIONS DO I NEED PRIOR TO ARRIVAL?

Please make sure all your vaccinations are up to date. We always defer to [the CDC website](#) in terms of vaccinations but they tend to be very cautious (not a bad idea!). We will not be in malaria zones while in Colombia so anti-malarial medication is not needed.

LOGISTICS

WHAT IS THE WEATHER LIKE IN COLOMBIA?

Bogotá is 8,661 feet above sea level (2640 meters) and has a subtropical highland climate. Temperatures are between 60 (F) during the day and low 50 (F) at night. is a tropical country with a rainy season and a dry season. April, May, September, October and November produce the most rainfall. The weather can change dramatically throughout the day. Make sure to bring both warm and cool clothing.

WHAT ARE OUR ACCOMODATIONS LIKE?

We will be staying at Lima Limón Eco-Hostel ([LINK HERE](#)). It is located just north of Bogota and really close to one of the schools we'll be working with.

SHOULD I BRING CONVERTERS OR ADAPTERS TO CHARGE ELECTRONICS?

No, outlets in Colombia are the same as the US and your American chargers will fit without an adapter.

WHAT DO WE EAT?

Breakfasts are served on site at your place of lodging. Lunches are usually “comida típica” (rice, beans, chicken, plantains). Dinners vary based on group but may include local cuisine prepared by a private chef at your hotel, eating out at restaurants in town, and/or meals cooked in the local restaurants.

When filling out the Volunteer Health Information form, please note any dietary restrictions you may have so we can plan accordingly.

IS THE WATER SAFE TO DRINK?

The tap water in Bogotá is drinkable. However, we drink bottled water throughout the trip. Showering and brushing teeth in the tap water is not a concern as well as eating fruits and vegetables. PLEASE BRING A WATER BOTTLE that you can fill up at the hotel.

IS THERE INTERNET?

Yes, Wi-Fi is available for free at the hotel and some of the restaurants we will visit. There is no internet at our program sites but we don't expect you to need it while we are in programs. We want all participants to be immersed in the local culture and appreciate their surroundings, we suggest limiting the times when cell phones and the internet may be used.



DO I NEED A CELL PHONE?

No, you do not unless you would like to stay in touch with people by phone or take pictures/videos. An LtN staff member will always be present, or will provide the group leader with a phone to use throughout the trip.

IS THERE A BANK?

Yes. There are plenty of banks and ATMs in Bogotá, where you can withdrawal a maximum of \$500 USD/day. Please make sure your bank knows you are traveling out of the country otherwise they will cancel your card. Colombian pesos (COP) are used as the currency in Colombia.

HOW MUCH EXTRA SPENDING MONEY WILL I NEED?

For most groups, all meals & most activities are included so very little extra spending money is needed. \$200 USD per week per person to cover souvenirs, snacks, and small expenses should be plenty.

SHOULD WE BRING EQUIPMENT OR OTHER THINGS TO DONATE?

It is by no means mandatory, but should you wish to bring new or gently used lacrosse or other athletic gear and supplies with you to leave in Colombia we are thrilled to accept donations.

Likewise, our partners would be happy to use any classroom materials, books, etc. if you would like to bring those down. Please do not hand any donations out directly to children though as we do not want them to expect to receive gifts every time there are volunteers/visitors.



WHAT TO PACK

Please pack light, comfortable, modest clothing for your visit to Colombia. What you wear will have an impact on how you are perceived. Please avoid ripped or excessively revealing clothing. *Please review our packing list:*

PACKING LIST

CLOTHES:

- Lightweight/athletic t-shirts (2 per day)
- ****Please make sure your shoulders are covered**
- Regular t-shirts (1 per day)
- Athletic shorts (2 per day)
- Regular shorts (1-2 pairs)
- Bathing suits/swim trunks (at least 2)
- Jeans or pants (2-3 pairs)
- Long-sleeve t-shirts/light sweater (2-3 pairs)
- RAIN JACKET (1)
- Light Jacket or Sweater/Hoodie
- Sweatpants (2 pairs)

Optional for girls:

- Dresses or skirts (1 or 2)
- Beach/Bathing Suit Cover-Up (1)

2 PER DAY OF THE FOLLOWING:

- Socks
- Underwear

For girls:

- Sports bras

SHOES:

- Tennis shoes/Sneakers (1-2 pairs, MUST be close-toed)
- Flip flops/Sandals/Water shoes (Chacos, Teva's, Crocs, etc)

USEFUL ITEMS

- Sunglasses
- Hat
- Beach towel
- Shower towel
- Small towel/washcloth
- **Bug Spray**
- **Sunscreen**
- Small Daypack
- **Water bottle**
- Toiletries
- Copy of your passport & travel itinerary

OPTIONAL ITEMS:

- Your lax stick
- Wireless speaker
- Camera/GoPro
- Small first-aid kit
- Book or e-reader
- Spanish-English Dictionary
- Small Games/Cards
- Journal
- Watch



PAYMENT AND CANCELLATION POLICIES

HOW MUCH DOES A TEAM TRIP TO LtN COLOMBIA COST?

Prior to leaving for Colombia, each participant will pay a trip service fee of \$250/night per person. This covers hotel, transportation, all meals, and a one-day trip (non-service related). Groups usually arrive Sunday and depart Sunday, (total cost \$1,500) or arrive Sunday and depart Saturday (total cost \$1,250).

WHEN ARE PAYMENTS DUE?

To hold your place in the program, a deposit of \$250.00 per trip member must be submitted by the trip planner no later than (90) days prior to your program start date. Each trip member is responsible for purchasing their own airline ticket. The balance of the program fee (total trip cost less deposit) must be received to later than (30) days prior to the program start date.

WHAT'S THE CANCELLATION POLICY?

CANCELLATION BY LtN In the unlikely event of a Trip Member's cancellation by LtN, the total amount of the Program fee paid to LtN by the Trip Member will be refunded.

CANCELLATION BY TRIP PLANNER/PARTICIPANT If the Trip Planner/Participant cancels for any reason, the Trip Planner/Participant must notify LtN in writing. If the cancellation is effective sixty (60) days or more prior to the program start date, the total amount of the program fee paid, less the Deposit, will be refunded. A single refund will be issued to the Trip Planner/Participant within fourteen (14) days of written notice of cancellation.

If the cancellation is effective less than thirty (30) days prior to the program start date, neither the program fee nor the deposit will be refunded. However, the trip member will receive credit for 50% of the program fees paid by trip member that can be utilized towards participation in another Program occurring within twelve (12) months of the original Program start date.

No refunds or credits will be issued if the cancellation is effective on or after the program start date. The initial deposit is non-refundable, except in cases of COVID-related restrictions or LtN canceling the trip.