



## NICARAGUA TEAM TRIP FAQ

### TRAVEL

#### **WHERE IS LTN NICARAGUA LOCATED?**

The LtN Nicaragua sites are both in Managua, the capital of Nicaragua. Club Hope is approximately 25 minutes west of Augusto C. Sandino International Airport (MGA) in Managua; the Public School of Chiquilistagua is 45 minutes south west of the airport, in the outskirts of Managua.

#### **HOW DO WE GET TO OUR ACCOMODATIONS FROM THE AIRPORT?**

LtN will arrange transportation for your group to and from the airport with our trusted driver, Bismarck, and his staff.

#### **DO I NEED A VISA TO ENTER NICARAGUA?**

No, tourists from America, Canada, and most European countries do not need pre-approved visas to enter Nicaragua. Upon landing, you will pay \$10USD for a tourist visa that is valid for up to 90 days and will allow you to travel freely throughout the country. (more info will be provided on arriving at the Managua airport as your trip date approaches)

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

### HEALTH AND SAFETY

#### **IS NICARAGUA SAFE?**

Yes, Nicaragua is generally very safe and tourist-friendly and is considered the safest county in Central America. Most crimes that occur are crimes of opportunity, so we recommend locking hotel room doors and keeping passport and other valuables locked in your hotel room. Additionally, we ask that trip members never leave any items unattended while in programs and especially in public places like the beach or restaurants. LtN is not responsible for the loss, damage, or theft of any personal items.

To be safe we encourage trip members to leave irreplaceable items (jewelry, watches, etc.) and expensive electronics (laptops, tablets, cameras) at home unless they are absolutely necessary.

#### **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 the best hospital in Managua is about 40 minutes from our programs, across town. If necessary, there are plenty of clinics near our programs where trip members can be treated immediately.

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 Nicaragua so anti-malarial medication is not needed.

Dengue fever, Chikungunya, and Zika – all mosquito borne viruses – are the main concerns in Managua. While prevalent in the communities we work in, we have not had issues with trip members contracting these illnesses.

## **LOGISTICS**

### **WHAT IS THE WEATHER LIKE IN NICARAGUA?**

Temperatures are between 80 and 95 degrees Fahrenheit year-round. Nicaragua is a tropical country with a rainy season and a dry season. The rainy season starts in May and lasts through November. The dry season begins in December and lasts through April, during which time it is hot and extremely dry/dusty. *Trip members who wear contact lenses or are prone to allergies should be especially aware of this and pack accordingly (extra lenses/allergy medication/etc.).*

### **WHAT ARE OUR ACCOMODATIONS LIKE?**

We will be staying at Centro Kairós. It is a retreat center/school that funds their programming via their retreat center. The Kairos Center opens its doors to provide a peaceful atmosphere embraced by the beauty of nature. A forest of diverse trees, garden areas, and the harmonious song of the birds create a fresh and cool environment where rest, enjoyment, reflection, and learning are possible.

Typically trip members will be put in bunk style rooms 4-6 to a room, depending on the breakdown of the group. Chaperones would be put in separate rooms. Please check out the website if you're interested! <http://escuelaakf.org/Centro.html>

### **SHOULD I BRING CONVERTERS OR ADAPTERS TO CHARGE ELECTRONICS?**

No, outlets in Nicaragua are the same as the U.S. and your American chargers will fit without an adapter.



### **WHAT DO WE EAT?**

You will have a variety of choices for all the meals that you will eat in Nicaragua. We encourage you to step outside of your comfort zone and embrace Nicaraguan cultures and customs! Most Nicaraguan meals include a type of meat, rice and beans, some variety of cooked plantain and a salad. Options are available for vegetarians.

*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?**

While the water is very potable in Managua (treated, and filtered), we drink bottled water throughout the trip as a precaution. 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. We also make stops for Gatorades/bottled water during the day.

### **IS THERE INTERNET?**

There is free WiFi at our hotel. As 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?**

There are banks throughout Managua; however, we suggest that you take out cash prior to departing from the U.S. While the Nicaraguan Cordoba is the currency of use, some places do take U.S. Dollars. Your group leader can help with any necessary monetary exchanges.

### **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. \$100 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 Nicaragua we are thrilled to accept donations. Our Country Director can coordinate with you as your trip draws near to provide you a list of which items are most needed at the time.



## **WHAT TO PACK**

Please pack light, comfortable, modest clothing for your visit to Nicaragua. What you wear will have an impact on how you are perceived. **Avoid ripped or excessively revealing clothing. Also, please avoid wearing tank tops that reveal your shoulders during practices.** *Please review our packing list:*

### **PACKING LIST**

#### **DRY SEASON CLOTHES**

**(December – April):**

- 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 (2-3 pairs)
- Bathing suits/swim trunks (at least 2)
- Jeans or pants (1 pairs)
- Long-sleeve t-shirt/light sweater (1)

**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)

#### **RAINY SEASON (May – November)**

In addition to the list above, please be sure to pack a light rain jacket, umbrella, and extra shirts, shorts, and sneakers in case we get caught in the rain.

#### **USEFUL ITEMS**

- Sunglasses
- Hat
- Beach 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 NICARAGUA COST?**

Prior to leaving for Nicaragua, 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) outside of Managua. 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 no 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.