



General Information for EXPEDITION:NICA

Location: Rural fishing village of El Transito, of the Nagarote area, Nicaragua, approximately 73 KM west of the airport in the capital of Managua and Augusto Cesar Sandino International Airport.

Accommodations: A 4-bedroom 3-bath beach house on a quiet private beach community is our main facility with additional housing being other rented houses or small hotel accommodations. Showers, flush toilets (a luxury in rural Nicaragua) and filtered water on site are included.

Activities: During our free time, activities will include going to the beach, investigating and swimming in local tidepools, swimming in the beach house pool, hiking and trips to the market! Surfing, boogie boarding, fishing, snorkeling, hiking, and other related activities are available. Surf lessons are available a very reasonable cost.

Trip Length: Varies. Contact your uReach trip concierge.

Travel: In most cases, participants will arrange their own travel to Augusto Cesar Sandino International Airport (MGA) with the assistance of their assigned uReach trip contact. We are here to help and tickets should only be purchased after clearing travel times with us. uReach can arrange group ticketing when necessary, but this can be more expensive.

Participants will be picked up by uReach staff for ground transportation to El Transito on the Pacific Coast. Travel to Augusto Cesar Sandino International Airport can be arranged by air from all major US airports.

Important: No Visas are required by Nicaragua, but each participant must carry \$10 (USD) for the entry fee.

Currency: American dollars are accepted everywhere and small bills are most useful, nothing larger than a \$20 will be accepted at most places - one's and five's are much better (Please note ripped or damaged and written on bills will not be accepted as the local banks will not accept them from merchants). All change will be received in Cordoba (Nicaraguan currency). Please be conservative about the amount of money brought on the trip. A soda or bottled water costs about \$1.00. There is no place that will be able to take Credit cards or debit cards and there is no local ATM available once you leave the airport in Managua. Individuals are encouraged to bring spending money for extra meals, snacks, shopping, etc. \$50-200 is usually about right, depending on what you might want to buy.

Language: Spanish is the official language and a few people speak a little bit of English. You can learn some key Spanish phrases at <https://www.rocketlanguages.com/spanish/phrases/common-spanish-phrases>

Climate: The climate is very typical of Central America with hot days, warm nights and high humidity. Summer temperatures average (low/high) 94/85F, winter is 89/60F. It's frequently breezy to windy at the beach and the Pacific Ocean water temperature is about 70-78°. It is humid, so be prepared to sweat and wearing light breezy breathable clothing is best to cope with this.

Travel Documents: At the time of this writing, the requirements for entering Nicaragua and coming back into the U.S. are: ALL trip participants MUST have a U.S. **valid passport** (or passport from another country and a valid U.S. travel visa), a **US passport card**.

uReach will keep all documents in safe keeping for unaccompanied minor travelers.

What's included in the price of the trip: Your trip cost includes ground transport from Managua Airport (unless otherwise specified), all meals, purified water, construction materials/tools for projects, trip leaders, recreational activities and leadership training.

What to Bring

Please pack in a carry-on suitcase. If you want to bring gifts or other supplies, team up with some other people. The weather is not varied, you don't need a lot of different kinds of clothing for this trip and space can be limited in our vehicles.

General –

- Sunscreen
- Spending money (see "currency" section for guidelines)
- Toilet paper (for times away from the base)
- A backpack (normal kind)
- A water bottle (you will refill with purified water)
- Toiletries (toothpaste, shampoo, etc)
- A package of wet wipes for the job site
- More Sunscreen
- Beach towel
- Sunglasses
- More sunscreen
- Gloves
- A hat (something with a wide brim is recommended)

Clothing

- Work shoes (boots or sturdy sport/tennis shoes), walking shoes, sandals
- Your regular casual clothes
- A modest swimsuit (this is a humanitarian trip) in case of swimming opportunity.
- Light shorts/t-shirt/pajamas to sleep in
- Sweatshirt or light jacket
- Rain poncho (it is unlikely to rain daily during the summer months, May though October)
- Work clothes (you will get dirty) and painting clothes that can get "ruined"
- Please bring long (in length, not long sleeved) shirts for the work site that don't bare your skin when you bend over. Shorts for the work site should be at least mid-thigh. Tank tops should be modest - the Nicaragua people are very modest. We don't want to be a freak show.

Do not bring:

- Any illegal substance
- Non-prescribed pharmaceuticals
- Illegal drugs
- Marijuana-even with prescription or firearms of any kind are illegal in Nicaragua and carry serious penalties
- Alcohol, fireworks and other potentially dangerous items are not allowed on the expedition.

Optional

- Snacks if you want
- Ear plugs (for sleeping with people who snore)
- Your own pillow
- Basic OTC meds (Advil, Pepto Bismol, etc)
- Giveaways for children

Notes:

- Sleeping bags, sheets, etc. are *not* needed unless you are notified otherwise.
- Vegetarians and people with allergies should let us know so we can try to accommodate food needs and preferences.

Medical Information

Insurance: All participants are required to purchase insurance through Mission Assure. uReach will assist in that purchase. The cost is \$4.50/day and includes medical insurance, evacuation coverage and more.

Pre-check: Individuals are encouraged to make an appointment with the travel department of your medical provider or your primary care physician.

Medications Needed for Nicaragua: Make sure you are up to date on routine vaccines before every trip.

- **All participants:** Every participant should be up to date on measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis, varicella (chickenpox), and polio vaccine (and your yearly flu shot).
- **Recommended:** The following are suggested for travel to developing nations:
 - Hepatitis A - CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Nicaragua, regardless of where you are eating or staying.
 - Typhoid You can get typhoid through contaminated food or water in Nicaragua. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.
- **Optional:** The following are for highly cautious participants who want maximum protection.
 - *Hepatitis B:* You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures
 - *Malaria:* When traveling in Nicaragua, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. Areas of Nicaragua with risk of malaria: Rare cases in Chinandega, Leon, and Matagalpa. No malaria in the city of Managua
 - *Rabies:* Rabies can be found in dogs, bats, and other mammals in Nicaragua, so CDC recommends this vaccine for the following groups:
 - Travelers involved in outdoor and other activities that put them at risk for animal bites.
 - People who are taking long trips
 - Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck.

More information can be found at <https://wwwnc.cdc.gov/travel/destinations/traveler/none/nicaragua>