



## Nicaragua 2010 travel fact sheet:



**What is the project:** Building a clinic and additional classrooms in Chinandega, Nicaragua. We built a clinic in spring 2007, which we extended in spring 2008, and two additional clinics in 2008, through a partnership with the local Chinandega and US and Canada based rotary clubs.

**Dates:** The week of spring break (March) 2010 (sat-sat).

**What will we do:** We will assist in the construction of the clinic and school classes. This includes hauling concrete blocks, mixing cement, digging dirt, but also cleaning up, entertaining the local children and providing moral support. No skills required to speak of. The foundation will be poured as we arrive and the roof will be up as we leave. Finishing will be done the weeks after.

**Why:** This clinic supports people in poor neighborhoods who have no medical care to speak of. The clinic will provide education, pre and post-natal care and take care of minor emergencies. Class rooms are urgently needed to provide space for the children to learn basic skills so they have a better opportunity for a future.

**How much will it cost to travel:** You should budget \$600-\$1300 depending on the airfare. You are responsible for making your own travel reservations. Airfare could be up to \$800, however if you shop around, it can be as low as \$400. Several of our travelers use frequent flyer miles; you will fly into Managua which is served by American, Delta and Continental. Hotel cost is \$60/night single occupancy, half of that if you share a room with a room-mate (which we suggest). Food depends on how much you like to spend, ranging from \$15-25/day. Transportation cost is estimated \$175 for the week.

**Who will take care of us:** We are the guests of the Chinandega Rotary club. They typically participate in the construction, host a party, and make sure we are taken care of all the time. Leading the group again is Herman Oosterwijk as well as other members of the Rotary Clubs that have traveled to Nicaragua in the past.

**What if anything happens (e.g. emergency):** Several Chinandega rotary members are physicians who make it a number one priority to take care of us. We have had excellent experience, having had some minor events happen to us the past trips.

**How will we get around:** The local Rotarians will always accompany us from the moment we arrive at the airport till we depart. Transportation is provided from and to the hotels, clinic, etc.

**What about our safety:** Nicaragua is run by Ortega Noriega, head of the Sandinista party. There have been no significant demonstrations or any sign of risk the past few years. As a matter of fact, literally thousands of US volunteer/citizens visit this country, which is the second poorest in Latin America.

**What about the food:** Like any Latin American country, you have to be very careful with what you eat and drink. We use only bottled water and eat at "clean" establishments.

**Anything else you should be concerned about:** We are traveling to a 3<sup>rd</sup> world country in the tropics. Even although we stay at a clean hotel and are very careful with the food we eat and water we drink, you should check the Health Information from the CDC State department for any travel precautions, including recommended vaccinations.

