

GIVE Trip Overview

Nicaragua Excursion



Growth International Volunteer Excursions

The Roots of Change

GIVE Excursion Overview

Get ready! Your GIVE excursion is coming up soon, so prepare yourself to be immersed in the culture of new and unique environments, to meet incredible people, and to broaden your perspectives of the world.

This Excursion Overview includes important information about your upcoming trip. Some of this material may appear familiar, but please read the entire overview as some information may have changed, and all of the information is important to making sure your experience is as enjoyable as it can possibly be.

Preparation Reminders Prior to Departure

Passport (required):

If you are traveling from another country, you must have a passport to travel to Nicaragua and return to your home country. It is also required that your passport:

- Is a valid passport
- **Does not expire for at least 6 months after you return from your host country**
 - For example, if you return home on July 10, 2024, your passport expiration date cannot be prior to December 10, 2024.
- Has sufficient pages for entry/exit stamps
- Proof of exit out of Costa Rica (Screenshot of your departure flight details)

If you have not yet ordered or received your passport, please contact us immediately by phone at +1 (206) 973-7991 or email us at info@givevolunteers.org.

International Medical and Traveler's Insurance (Required):

GIVE requires all participants to provide proof of traveler's insurance coverage. This ensures that you have coverage if unforeseen events arise such as baggage loss, travel delay, sickness, injury, etc.

For USA residents and Canadian Residents: you can purchase insurance from the GIVE website under "Travel Details" in the navigation. You can find it directly at this link: go to <https://www.givevolunteers.org/prepping-trip/travel-details/#insurance>

- **Departure & Return Dates:** Be sure to include all travel days (for example, if you're taking a red-eye home, the return date is the day you land back home)
- **Trip Cost:** This is the total amount that you are insuring, which should equal your GIVE trip at a minimum.
 - We *strongly* recommend covering both the cost of your flights and GIVE trip. If you have not purchased flights yet, you can still purchase insurance and either estimate cost of flights or increase your coverage later.

Non-US Residents: Must provide proof of international travel insurance meeting our requirements and insuring your total trip cost (and flight, if preferred).

If you'd like to purchase from a different provider, then you must confirm you are aware of our coverage requirements and that your policy meets those requirements. Note that your insurance coverage must include trip cancellation and interruption.

Vaccinations:

GIVE cannot provide you with a list of recommended vaccinations for traveling in Nicaragua. You can, however, find a list of recommended vaccinations on the Center for Disease Control website here: <http://wwwnc.cdc.gov/travel/destinations/list.htm>.

Vaccinations and medical precautions are your discretion with the recommendations of your doctor or travel clinic. GIVE recommends that you contact your doctor or visit an immunization clinic to discuss vaccinations as soon as possible, as some vaccinations take time to take effect or you may need a course of vaccinations. Inform your doctor that you are traveling to Nicaragua and the activities you plan to participate in so they can provide guidance.

To learn about vaccination recommendations or to find a travel clinic near you, visit Centers for Disease Control at <http://wwwnc.cdc.gov/travel/destinations/list.htm>.

Visa:

Citizens of the United States, Canada, Australia, New Zealand, and the countries of the European Union are **not required** to obtain a visa to enter into Nicaragua. If you are a citizen of a different country, check with your local Consulate to find out if you need a Nicaraguan tourist visa.

If you are required to obtain a visa before departure and have not yet received your visa, please contact us immediately.

Nicaraguan Entry Fee:

The Nicaraguan Government charges travelers a \$10 USD entrance fee when you enter Nicaragua. **Make sure you have \$10 USD cash readily and easily accessible when you land in Managua International Airport (also listed as Augusto Cesar Sandino International Airport).** Both U.S. dollars and Córdoba's are acceptable at customs to pay the entry fee. You will pay this entrance fee while going through customs at the airport after arrival in Nicaragua.

Medications:

You are responsible for providing your own over the counter or prescription medications

throughout your trip. This includes allergy medications, anti-inflammatory medications, etc. Please discuss these concerns with your doctor before your trip. If you have asthma (even mild), please do not forget to bring your inhaler. Also, it's a good idea to plan ahead and bring vitamins and over-the-counter medications in case you start to get sick.

If any changes to your health occur, it is critical that you update your Traveler Information in your Volunteer Profile as soon as possible. You can login to your Volunteer Profile from our website at www.givevolunteers.org. If you make any changes within 15 days of your excursion, please notify us by email at info@givevolunteers.org. If you plan to take medications on the trip, please bring the medication name and description to provide to your guides when you arrive, if necessary.

Safety and General Health Concerns:

There is inherent risk in the adventurous nature of GIVE's trips, but we maintain a culture of comprehensive risk mitigation throughout our trips. We aim to minimize risk by employing proactive safety measures and established emergency protocols. Our goal is to facilitate a life-changing experience that is safe, educational, and transformative.

Your trip will be led by experienced GIVE guides with training in Wilderness First Aid, Risk Management, Emergency Response, Mental Health First Aid, and Outdoor Leadership. Additionally, we take necessary precautions and are prepared with adequate resources, such as medical supplies and routes to local hospitals or clinics. We are prepared with a comprehensive risk management plan to respond to any incident(s).

Many international crime warnings regarding travel in Central America are centered on traveling alone or in pairs in unfamiliar, major cities. GIVE's excursions are in small, rural areas where you will be with 20-30 other volunteers and at least two guides. This is a group excursion, where participants will be following our planned itinerary throughout the duration of their excursion. We have strong relationships with the community members and leaders where we work. Additionally, we take necessary precautions and are prepared with resources, such as medical supplies and routes to local hospitals or clinics. In the event that unforeseen situations arise, we are prepared with a comprehensive risk management plan to respond to the incident(s).

To protect your general health in Nicaragua, it is important that you take good care of yourself and are physically prepared to volunteer. We work outdoors daily engaged in strenuous building projects in a tropical environment. This means that you must be aware of your hydration, sun protection, and nutrition. In the event that you do become ill or need to seek medical attention, we can arrange for you to visit a local clinic or nearby hospital to receive care.

Flights and Arrival in Managua, Nicaragua (MGA)

Flights:

If you have not already, contact our flight agents at StudentUniverse to book your flight itinerary to Managua International Airport (MGA). You can find their contact information on our website under the “[Travel Details](#)” section of our menu.

Before departure, check your flight departure and arrival online to **ensure that your flight information has not changed**. If it has changed, contact GIVE immediately to provide us with the updated flight information (calling our office is preferred).

Your flight will land at the MGA Airport **on the start date** of your trip. Note: if you’re traveling internationally, you may be traveling the day(s) before your excursion start date. You need to **be in Nicaragua on your trip start date**.

For your departure, you will depart **on your trip end date**. GIVE’s flight agents can provide details regarding preferred itineraries.

You can meet other GIVE participants en route to MGA during your layover(s) or on the plane. To make it easy to identify each other, tie a **green** ribbon or string to your carry-on bag. You can also make a GIVE sign to find other volunteers while in transit to MGA.

Arrival in Managua:

On your flight to the Managua airport, you will receive an **immigration form**. This form needs to be completed and turned into Nicaraguan customs upon your arrival. The form will ask you to provide an address of where you will be staying in Nicaragua. Please write “**Monty’s Surf Camp, Jiquilillo, Nicaragua**.” Note: there is no formal address, so the name of the accommodations and town is sufficient as your destination in Nicaragua.

The Managua airport is small. After you exit the plane, you will be directed to the Immigration terminal in the airport. There are several arrival desks, so line up with your passport and customs form ready to hand to the immigration officer. This is where you will pay **\$10 USD** to the Nicaraguan immigrations officer with your immigrations form that you received on the airplane.

After you pass through customs, enter the baggage claim, collect your bags if you have checked luggage, and walk towards the greeting area. Please note that an airport official will check your luggage tag with the tag that is actually on your bag – so keep your luggage tag with you! Your luggage will then go through a big scanner before you walk to the greeting area. Finally, you will see one of your GIVE guides in a **green** shirt.

After all volunteers have arrived in Nicaragua, we will take our bus to our accommodations in Jiquilillo, which is a 4-hour drive from the airport.

Airport Pickups:

We will have multiple pick-ups on arrival day. Your guides will be monitoring your flight itineraries and be at the waiting for you at the airport. **They will be located outside**

of the airport at the doors all the way at the right side when you are facing the glass doors.

If you don't immediately see your GIVE staff upon arrival, head to the arrivals hall then go to the food court and wait by the Subway until they arrive. **Do not leave the arrivals terminal, stay inside the airport and keep an eye out for our staff in a green GIVE shirt!**

If you arrive in the morning to early afternoon, you will have the opportunity to purchase lunch and/or snacks around the airport with the rest of the group that has already arrived.

We will email you pick up details approximately *one week* before your trip start confirming pick-up times as well as additional arrival information.

Flight Delays or Cancellations:

When traveling, unforeseen events can occur and travel may not be exactly how you planned. Just remember, it's all part of the experience! If you experience flight delays, cancellations or other travel-related issues on your trip, don't panic. You have several resources to help get you rebooked and on the next flight.

We will email you a few days before you depart with a list of resources and FAQ's to help you navigate any travel-related issues. Please print this document and/or save it to your phone to easily reference in the event of a travel-related issue.

In the event of flight cancellations, unexpected delays, or changes, here's what to do:

1. Go straight to the gate agent at the airport. They will be the best resource to assist you to rebook your flight. If you're not yet at the airport, skip to step 2.
2. While waiting to speak to the gate agent or if you're not at the airport, call your booking agents or the airlines directly. If you booked through **StudentUniverse**, the numbers are below for after-hours assistance. Our agents may have access to alternative airlines not readily available to the gate agent at the airport.

StudentUniverse: +1-844-985-4117

*If there are other GIVE volunteers, work together and choose one point person to speak with the agent to rebook flights.

3. **After your flight has been rebooked, e-mail your updated itinerary to GIVE with the subject "Urgent-Updated Flights".** Make sure to include the airline, number, arrival time, and names of other GIVE volunteers with you.
4. Your guides will make alternative arrangements for your pickup – note that **delayed flights may incur additional pickup fees.**

5. If flight changes result in a layover of more than six hours or if you must pay additional fees for your delay, contact your Travel Insurance provider. They can assist you with alternate arrangements and explain how your insurance policy applies in your circumstances. **Make sure to keep all receipts!**

Talking to gate agents at the airport and calling your flight agents/the airlines are the best resources to rebook your ticket.

Late Flight Arrival:

If your flight is cancelled or delayed and you are unable to arrive to Managua Airport on your trip start date, do not panic. **Follow the above steps to contact your travel agent and rebook your flights.** Email your updated itinerary to GIVE at info@givevolunteers.org.

If your flight arrives after day 1, your guides will arrange private transportation to pick you up to meet the group. **You will be responsible to pay up to \$150 USD for transportation to our accommodations in Jiquilillo, Nicaragua.** Make sure you have cash ready to give to the driver when dropped off at our accommodations. Remember to keep receipts as your Travelers Insurance may reimburse you for costs incurred as a result of your flight delay or cancellation.

Important Note:

Any travel expenses outside of the GIVE excursion itinerary are the responsibility of the volunteer to pay out-of-pocket, including costs associated with delayed and/or interrupted travel to and from the host location. We require all volunteers to have International Travel Insurance that may provide reimbursement for costs if they are within the policy coverage.

When it comes to packing, less is always more. We recommend only traveling with carry-on luggage so you have access to all of your belongings at all times. However, if you plan to check a bag, it's always a good idea to bring an extra change of clothes, all medications, important documents and money **IN YOUR CARRY ON LUGGAGE** in the case of a next day arrival, lost luggage or any other unforeseen circumstances. Our guides will do everything in their power to obtain clothing and appropriate items if your luggage is lost or delayed.

Lost or Delayed Baggage:

If your baggage does not arrive at the airport, do not panic. Go to the lost luggage counter to make a lost luggage claim. **Tell the representative that you will be traveling to Hotel Jiquilillo Beach in Jiquilillo and your luggage needs to be sent there.**

Please give the representative your guide's name and phone number to contact when your luggage arrives (you will receive an email with your guide's contact information prior to departure). Keep the copy of your lost luggage claim. Depending on the circumstances,

your Traveler's Insurance may reimburse you for each day that your bag is lost or delayed.

Donations

Donations towards our education projects can always be accepted through our Students4Students campaign on our website, here:

<https://www.givevolunteers.org/fundraiser/>

We ask you to please avoid bringing physical donations from home and instead donate to the Students4Students fundraiser above. We will use your donations to purchase necessary project supplies directly from local shops and markets in Nicaragua to help stimulate the local economy. If there are specific supplies that we can't purchase in Nicaragua, your guides will notify you well in advance in your WhatsApp Group.

Money

Notify Your Local Bank Before Departure:

Prior to your departure, **inform** your bank that you are travelling to Nicaragua. This is important so that your bank does not put a hold on your account for irregular transactions. If your bank does put a hold on your account, you **will not** be able to access your money and it could take days to be able to use your card or access money from your bank. It only takes a quick phone call to your bank prior to your departure to inform them of your destination and length of travel to eliminate any potential problems!

Currency and Exchange Rates:

The national currency in Nicaragua is the **Córdoba**.

The current exchange rate is ~\$1 US Dollar (USD) to 35 Córdoba, which is a favorable exchange rate for travelers from North America. We encourage you to look up current exchange rates prior to your departure as rates fluctuate. The U.S dollar is widely accepted in Nicaragua, but local vendors have difficulty providing change for larger bills. We suggest bringing bills of \$10 USD or smaller. It is important to bring **new and crisp bills**, on occasionally ripped or dirty bills will not be accepted.

There is limited access to ATMs or banks on your excursion, so it is important to think about your personal spending habits when withdrawing money. Take your personal spending habits into consideration and plan ahead so you are not left without access to cash.

It's important to take into consideration that you will only be able to use the ATM at the airport, as our destinations do not have ATMs or banks.

Note that if you'd prefer not to keep cash with you on your excursion, your GIVE guides can collect your money and keep it in a safe place until you are ready to use it. There are safes at both of our accommodations as well.

Money Recommendations During Your Excursion:

Each person has different spending habits, so please plan according to yours! GIVE suggests that you bring \$100 to \$300 USD for purchasing drinks, snacks, souvenirs, or gifts. Our accommodations accept credit cards and debit cards.

Communication

Adapters & Electronics:

We will be spending much of our time in the great outdoors and encourage disconnecting from devices and connecting with the experience as much as possible. Charging outlets will be available but limited at our accommodations so we recommend bringing a portable charger or a car compatible charger, if possible.

Nicaragua uses the 2-pronged flat plug, Type A, at 120 volts 60 Hz. You do **not** need to bring travel adapters or electric converters if you are traveling from the United States as Nicaragua uses the same outlets and electrical currents.

Note that both accommodations run on generators so the electricity will shut off occasionally, however you will have sufficient time to charge your electronics.

Contacting Home:

An important aspect of any GIVE trip is to unplug from your life back home and plug in to the experience. We encourage our participants to disconnect from phones, social media, and contact with friends and family during the trip to get the most of your time in Nicaragua.

Much of your time will be spent in remote areas of Jiquillilo where there is limited to no cell service or WIFI. Make sure to inform your family and friends to expect **limited communication** from you during your trip. In the event of emergencies or case-by-case circumstances, your guide will arrange for you to contact home if service is unavailable. We will email your emergency contact **after the entire group has arrived and settled in our accommodations**.

Home Contacting You:

For status updates or general questions, your family can contact the GIVE offices at +1 (206) 973-7991 or email info@givevolunteers.org while you are on your excursion. Our GIVE team will relay any messages to you and your guides.

For emergencies or non-emergencies, your family can contact the GIVE offices. For time-sensitive emergencies **only**, your parents can contact your guides. You will be emailed these numbers in the near future.

Weather

Come prepared for hot and humid weather and physical activity in the heat. Please see our suggested packing list below for recommendations on what to pack.

Nicaragua is located 12 degrees above the equator in a tropical climate. It has two main weather seasons: dry and wet. The dry season is from January to June and the wet season is from June to January.

Jiquilillo is located in the Northwest corner of Nicaragua, where it will be hot and humid. Expect a few lightning storms during our stay. The temperature ranges from the 70's to the mid 90's Fahrenheit or the 20's to the mid 30's Celsius. It is very important to bring an adequate amount of **sunscreen**. We recommend packing 1 bottle of waterproof sunscreen for sun protection as well as 1 to 2 bottles of bug repellent for mosquitos. (MUST be environmentally friendly!).

NOTE: We've included an infographic below about Reef safe sunscreen. Unfortunately, some "Reef Safe" labels don't always use the most reef-safe ingredients, so please review this information to only purchase mineral sunscreens that are made from zinc oxide or titanium oxide.

We take a break from our volunteer projects in the early afternoon because it is the hottest part of the day. You will have time during this break to take a refreshing swim, catch a surf break, or just relax with a book in a hammock before returning to the volunteer worksite.

Accommodations

Our accommodations are comfortable and equipped with necessary amenities such as electricity, running water, showers, bathrooms, mosquito nets, beds with sheets, etc. You do not need to bring blankets or pillows. You will share sleeping quarters and bathrooms with other volunteers, so practice the golden rule! If you'd like to room with a friend, please let your guides know when you arrive to the program. Otherwise, we will provide room assignments.

Please remember that you will be staying in rural communities, which means you will encounter different weather conditions and insects than you are accustomed to at home. We will provide mosquito nets when necessary (or upon request) and will always fully prepare/advise you on any necessary precautions to take. If you have any questions about what to expect in order to pack accordingly, you are highly encouraged to contact the office to ensure that you feel as prepared as possible prior to your arrival. **Most importantly, arrive with an open mind and desire to push yourself beyond your comfort zone, growing mentally, physically, and emotionally each step of the way. Embracing personal growth is the key to a successful GIVE trip.**

Luggage

We encourage you to pack as light as possible! It is strongly recommended that you bring a travel backpack or duffle bag instead of a hard cover suitcase. **Hard cover or rolling**

suitcases are NOT suitable for the areas we'll be traveling. Here's what we recommend:

- Your carry-on bag: ONE small backpack to use as your day pack for volunteer work, hikes and to carry your smaller items throughout the day.
- Your checked bag: ONE travel backpack or duffle bag is recommended.

Also, be sure to check with your airline for baggage requirements and fees. Laundry services are inexpensive and convenient at our accommodations.

We encourage you to pack as light as possible in bags convenient for in-country travel, such as travel backpacks, small carry-on, or duffle bags. **Avoid bringing massive boxy suitcases, and if possible, try to fit everything in your personal item and carry-on bag.** Less is always more and it is best to pack light and plan to do laundry while on your excursion.

Meals

You will be provided with drinking water and 3 delicious nutritional meals per day throughout your trip. Please note that, due to airport arrival and departure times, only dinner will be provided on arrival day and only breakfast and lunch will be provided on departure day. We can accommodate most dietary requirements, including vegans, vegetarians, gluten free, etc. **Please make sure to inform us of any dietary requirements prior to your trip. If you have not done so already, please inform us ASAP (info@givevolunteers.org).**

Packing for Your Excursion

People tend to over pack while travelling and we suggest that you challenge yourself to only pack the necessities. Be realistic and ask yourself, "What do I really need to have?" Please adopt the motto "**Travel Light!**" Our suggestion is to pack what you think you need, and only bring 75% of that. You will realize when you arrive in country that you need a lot less than you think!

Generally, volunteers re-wear their work clothes daily, especially as they may stain it with cement or dirt. Laundry services are available at both locations and are inexpensive, so plan on having your laundry washed and dried for around \$6.00 USD for a dozen articles of clothing.

Packing Checklist Required Items (unless otherwise indicated):

General Clothing

- Shirts/Jackets
 - T-shirts and tank tops for daily volunteer work, adventure activities, and relaxing at accommodations (*at least 1-2 dry-fit/quick drying shirts are recommended*)
 - Your worksite clothes will get sweaty and dirty!

- 1-2 lightweight long-sleeved shirt for sun, plant and insect protection - **highly recommend a long-sleeve SPF protection shirt**
- 1 lightweight raincoat/poncho
- 1 lightweight sweatshirt/jacket
- Shorts/Pants
 - Athletic/hiking shorts for daily volunteer work, hikes, relaxing at accommodations
 - 1 pair of long hiking pants for sun, plant and insect protection and for adventure days.
- Underwear and socks (socks will get dirty on worksite!)
 - *Sports or athletic bras recommended*
- 1-2 swimsuits (*our accommodations are right on the Pacific Ocean so you'll likely wear this daily!*)
- Sunglasses
- Hat for sun protection (highly recommended)
- 1 set of pajamas or comfortable sleeping clothes
- 1-2 "nice" outfit for festive occasion

Footwear

- 1 pair of working boots or running shoes for worksite and volcano trek (these will get dirty)
 - **Important* Must be durable and closed-toed**
- 1 pair of supportive, strap sandals (i.e. Teva's or Choco's)
- 1 pair of sandals or flip flops for down time

Other Gear

- Reusable water bottle ****Important****
- 1 small day pack (bring a rain cover for it, if possible)
- 1 large bottle of sunscreen (30 spf or higher and environmentally/reef friendly if possible!)
- 1 bottle of insect repellent (natural, if possible)
- Laundry bag (you will have access to laundry, if necessary)
- Washcloth
- 2 facemasks to limit the risk of transmitting COVID-19 (and for travel days)
- Personal toiletries: shampoo/condition, face wipes, toothbrush and toothpaste, soap, etc.
- 1 pair of work gloves for volunteer projects
- 1 headlamp/flashlight and batteries
- 1 rechargeable portable battery for charging phones and small electronics (recommended, but not required)
- Phone or watch with an alarm clock
- 1 small waterproof bag or Ziplock bag to protect electronics and valuables from getting wet
- Small first aid kit and supplies (recommended, not required)
 - Vitamins (multi-vitamins, vitamin C, Airborne, Emergen-C, etc.)
 - Personal over-the-counter medicines (fever reducers, gastrointestinal medications, anti-inflammatories, motion sickness medication, etc.)
 - Hand sanitizer/hand wipes

- Anti-itch cream/wipes
- 1 good book (optional)
- Camera (optional)
- Deck of cards or other games (optional)
- English/Spanish dictionary (*optional*)
- Notebook with pens and pencils for personal journaling (optional)
- Rash Guard (*optional, if you are surfing*)
- Snacks (*granola bars, gummies, optional but HIGHLY recommended especially on the worksite when you want a quick snack before your main meal, your guides LOVE fruit snacks*)

Spending Money:

- \$150-\$250 (USD equivalent) of **crisp/clean small bills** for spending money for souvenirs, snacks, and other opportunities. US dollars are accepted throughout Nicaragua, it is not necessary to have Cordoba's (the local currency). Vendors will **not** accept unclean and/or torn bills; bring new crisp small bills. Do not bring large bills (\$10 USD and below is preferred), as it is often hard to find change. We will have VERY limited access to ATM machines throughout the trip, so know your spending habits and bring sufficient cash.

IMPORTANT! Don't forget to pack your passport!!!

- Passport
- Color copy of passport
- \$10 USD for entry fee into Nicaragua

Volunteer Projects

Vivero de Plantas (Permaculture Plant Nursery!)

To enhance the sustainability of our project pillars here in Nicaragua, this year we have launched a new project that you will be a part of – La Vivera de Plantas or The Plant Nursery, in which we will be using permaculture principles. Our volunteers will create the foundations and help us to maintain this project and we will facilitate a permaculture course for the students in our Vocational school led by a local expert. This project is more than just building and taking care of a garden, it's a social capital movement that will encourage health and sustainability in the community of Jiquilillo.

Permaculture literally means “Permanent culture” and the goal is to work with the land and resources to grow more food, more sustainably. It's an approach to land management and agriculture that adopts the arrangements observed in flourishing natural ecosystems. Everything is natural, no chemicals are used at all. This approach is the opposite of mono-cropping, which is where one crop is planted on a plot of land, depleting soil. Permaculture utilizes biodiversity to its advantage.

Environmental and Marine Conservation

Mangroves are an extremely important part of the environment that are at risk due to large area land clearing. For example, they protect water quality by removing nutrients and pollutants from stormwater runoff as well as stabilize coastlines by reducing erosion. During your trip, you'll work to protect and rehabilitate Mangrove forests.

Throughout the year various species of sea turtles such as, Olive Ridley, Green Turtles, Leatherback and the critically endangered Hawksbill sea turtles lay their eggs in Nicaragua. GIVE is partnered with a local NGO in Jiquilillo who is dedicated to sea turtle conservation. During your trip, we will venture out to the nursery we are partnered with to learn all about the sea turtles that nest along the beaches in Nicaragua and how a sea turtle hatchery works. If you are lucky, you will even have the chance to release baby sea turtles. We will also get to learn about head starting sea turtles until they are mature enough to become integrated back into their natural environment. We will get to monitor and feed the head start sea turtles.

The mangrove forest in the estuary of Padre Ramos is also an integral part of the sea turtle's environment therefore, after learning all about the sea turtles we will hop on a boat and tour the estuary. The estuary of Padre Ramos is the largest protected natural reserve in Nicaragua and home to an abundant amount of species that are all connected to the mangroves. The estuary is also incredibly important to the turtles as they sometimes come and lay their hatchlings alongside beachside communities that surround the estuary.

English Education at the Bottle School

During your time in Jiquilillo, you will be introduced to GIVE's first ever project, a functional school made of 15,000 repurposed water bottles. The school is about a 15-minute walk from where we stay and we offer English classes, computer classes and sometimes different career classes available to the students. This school is completely free to all students in Jiquilillo!

You will have the opportunity to teach English in this school. We are supplemental English assistants to our local teachers who lesson plan and delegate in the classroom. This is an amazing opportunity for students in Jiquilillo and it is also a great opportunity to practice Spanish!

Adventure Activities

Nicaragua is known as the land of lakes and volcanoes! During your trip we will take a 2 day excursion where you will **spend the night on the rim of an active volcano!** After breakfast on the rim the next morning we will head to yet another volcano, Cerro Negro which is the youngest volcano in Central America. After a 1-hour hike to the summit you will peer out over the expansive green landscape and then **sandboard down** the black volcanic sand!

In addition, after every volunteer day, we'll take the evenings to participate in some fun adventure and cultural activities such as:

- Estuary tour through Nicaragua largest mangrove reserve
- Learn how to make tortillas and cheese
- Take surf lessons from local instructors
- Learn how to bachata dance
- Deep sea fishing
- Beach volleyball, soccer, and other sports
- Morning Yoga and Meditation in the beautiful deck with your Guides!

Itinerary (Sample)

This is a sample itinerary of GIVE's Nicaragua Excursion. **Your specific itinerary will be modified during your trip.** Traveling with GIVE requires flexibility based on weather, wellness of the group, availability of volunteer projects and partners, and other important factors. We appreciate your understanding and adaptability with the itinerary.

Day 1 - Arrive in Nicaragua:

Trip Commencement: Become acquainted with other GIVERs on the group flight! You will travel with your fellow GIVERs through customs together. After you arrive at the airport with your **\$10 USD entry fee** to enter into Nicaragua, pick up your baggage and head towards customs. The GIVE guides will meet you at the airport after you pass through customs in Nicaragua. If you arrive early, you will have the opportunity to purchase food/snacks near the airport (not covered by GIVE). After we rally everyone together in the evening, we will start our 4 hour drive to our beach accommodations in Jiquilillo. Once we arrive, we will have a light dinner as well as a brief orientation of the accommodations and local community.

Day 2: Tour Jiquilillo and Begin Volunteer Work:

After breakfast, your GIVE guides will give a detailed orientation of our projects as well as future goals in Jiquilillo. Then, we will walk around Jiquilillo to show you our past and present project sites and discuss what we will be working on during your trip. Following the informational tour of the project sites.

For the remainder of the afternoon, we will work on the volunteer projects explained in the first part of the day. Finally, we will have a delicious Nicaraguan dinner at our accommodations followed by free time.

Day 3 – 7: Typical Day Volunteering in Jiquilillo:

Start each day with a hearty breakfast before departing for volunteer sites. After a morning packed with volunteer work, we will return to our accommodations for lunch. Relax for a few hours after lunch to enjoy yoga, cultural activities, surfing, fishing, volleyball, reading on the beach, or other activities that interest you. After relaxing for a few hours, we will return to the volunteer sites to continue volunteer work. In the evening, clean up the work site and head back to our accommodations to enjoy dinner. After dinner we will have group discussions centered on sustainable development, our projects, community, and/or culture.

Day 8: Telica Volcano:

After leaving our home of Jiquilillo to visit the beautiful, colonial city of Leon, prepare to embark on the adventure of a lifetime. Whether this is your first camping experience, or hundredth, it'll be one you always remember. Get welcomed to Telica Volcano, where we start our hike to our accommodation for the night – a campsite on the crater of the volcano!

Day 9: Cerro Negro / Laguna De Apoyo:

Wake up on top of Telica Volcano to a beautiful sunrise before heading to yet another volcano, Cerro Negro, the youngest volcano in the Western Hemisphere. Climb this active volcano, enjoy the breathtaking view, and sand board down to the bottom! After we sand board we will head to Laguna De Apoyo for the night, an ancient crater lake.

Day 10: Liberia

Enjoy your morning kayaking on the beautiful nature reserve of Laguna De Apoyo before heading to Liberia, Costa Rica where you'll have the opportunity to experience your last night in a completely different country!

Day 11: Departure

All good things must come to an end. Soak up your last few hours in Liberia, Costa Rica before heading home.

Culture Shock

Culture shock is a strange feeling many of us will face when we are travelling in a country that is culturally different from our own. Knowledge about symptoms of culture shock can help us identify and work through the shock as we continue to be involved with the community and culture. Below is a list of symptoms of culture shock that you may experience while travelling in a different country. Do not be worried about culture shock as it is a normal part of the travel process. If you experience culture shock, your guides will assist you to work through your feelings and experience, so don't be embarrassed or afraid to say anything to them. We have all been through it!

Symptoms:

- Preoccupation with health
- Trying too hard to absorb everything in the new culture or country
- Desire to sleep too much or too little
- Changes in temperament, depression
- Developing stereotypes about the new culture
- Feeling vulnerable, feeling powerless

- Anger, irritability, resentment, unwillingness to interact with others
- Identifying with the old culture or idealizing the old country
- Loss of identity
- Melancholy, loneliness, sadness
- Lack of confidence and feelings of insecurity
- Developing obsessions with over-cleanliness
- Longing for family
- Feelings of being lost and overlooked

If you experience any of the above, please reach out to your GIVE guides for support. Your guides will help you decipher your feelings and cope with these symptoms.

During Your Trip

Do not hesitate to let the GIVE team leaders know what you need while on your excursion. We are here for you! We want you to work hard and enjoy this experience to the fullest, so make sure if there is something preventing you from enjoying yourself entirely to let your guide know so he/she can help you through it! GIVE is dedicated to inspire growth, empower global citizens, and encourage sustainable change worldwide. With your help, we can make this goal a reality.

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Please contact us if you have any questions or concerns. Thank you and we are excited to see you in Nicaragua!