GIVE Trip Overview
Nicaragua Excursion

Growth International Volunteer Excursions

The Roots of Change
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GIVE Excursion Overview
Get ready! Your GIVE volunteer 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. Your Nicaragua excursion will take you all the way from the beautiful Pacific Coast to the white sandy beaches of the Caribbean.

The people you meet along the way in this journey are sure to inspire you, offering a profoundly unique display of local color from native villagers, coupled with the inspiring dedication and openness of your fellow volunteers. As an individual, you will be directly involved in the innovative, eco-friendly, educational, and sustainable volunteer projects we have set forth to complete, benefitting communities here in these beautiful Nicaraguan communities for years to come.

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**

All trip preparation information can be found on our website as well! Go to www.givevolunteers.org, then click “Trip Prep” in the navigation and choose your destination.

**Passport:**

Don’t forget to bring your passport and a color copy of your passport to Nicaragua! Our office should already have a color copy of your passport, but it's important that you bring a color copy when traveling abroad as well.

Make sure that your passport is valid and does not expire within 6 months of your return travel date. For example, if you return home on January 1, 2017, your passport expiration date cannot be prior to June 2, 2017.

*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.*

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

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. 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.

Vaccinations:

GIVE is unable to provide you with a list of recommended vaccinations for traveling in Nicaragua. You can find a list of recommended vaccinations on the Center for Disease Control website: http://wwwnc.cdc.gov/travel/destinations/list.htm. Vaccinations and medical precautions are up to your discretion with the recommendations of your doctor or travel clinic.

Although there are no vaccination requirements for travelers from the United States, United Kingdom, or Australia to enter into Nicaragua, GIVE strongly 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 that they can provide guidance. Note that GIVE cannot provide you with vaccinations before or during your trip.

For more information or to locate a travel clinic near you, visit Centers for Disease Control at http://wwwnc.cdc.gov/travel/destinations/list.htm.

Medications:

GIVE cannot provide you with a list of recommended medications for your excursion. It is your discretion with the recommendation of a doctor or travel clinic if you choose to take medications on your excursion.

You are responsible for providing your own over-the-counter or prescription medications throughout your excursion. This includes allergy medications, anti-inflammatory medications, etc. Please discuss these concerns with your doctor before your excursion. 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 (Vitamin C) 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 on givevolunteers.org as soon as possible. You can
access 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 your guides when you arrive in Nicaragua.

**Safety and General Health Concerns:**

International travel inherently involves risk and we maintain a culture of comprehensive risk mitigation while carrying out our mission to inspire growth, empower global citizens, and encourage sustainable change worldwide. Our organization strives to minimize risk through proactive measures. We focus on providing you with an experience of a lifetime that is safe, educational, and inspiring.

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 30-35 other volunteers and at least two guides. This is a group excursion, where individual volunteers 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**

**Flights:**

Prior to departure, check your flight departure time online or contact your flight agent to ensure that your flight information has not changed.

GIVE group flight itineraries route through specific airports to the Managua International Airport in Managua, Nicaragua (MGA) so you and other GIVE Volunteers departing from the same region can travel together. You can meet other GIVE volunteers on your way to Managua during your layover(s) or on the plane. To make it easy to identify each other, tie a green ribbon or string to your carryon bag. You can also make a GIVE sign to find other volunteers while in transit to Nicaragua.
**Arrival in Managua:**

Since we arrange group flights, all of our volunteers arrive at the Managua International Airport at (or around) the same time.

On the 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 immigration officer with your immigration form that you received on the airplane.

After you pass through customs, enter the baggage claim, collect your bags, 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 with a “**GIVE Volunteers**” sign.

After the group collects their luggage and uses the ATM, we will take our bus to our accommodations in Jiquilillo, which is a 4-hour drive from the airport.

**Airport Pickups:**

You should be arriving at the Managua airport between 11AM – 3PM on your trip start date. Your guides will be monitoring your flight itineraries and be at the arrival’s hall waiting for you. We will email you pick up details *one week* before your departure date with additional details regarding your excursion.

If you arrive before our airport pickup times, head out to the arrivals hall then go to the food court and wait by the Subway. Your guides will then go find you once the first pick up time is scheduled.

**Flight Delays or Cancellations:**

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 **Corporate**
Traveler, 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.

Corporate Traveler: +1 (201) 422-2436  
Flight Center UK: +44 203 056 7993  
Flight Center AUS: 1300 557-813

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

3. **After you’re flight has been rebooked, e-mail your updated itinerary to GIVE AND post your updated itinerary on your GIVE group’s Facebook page!** 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** (see below sections). Contact GIVE if you have any further questions at info@givevolunteers.org or call our offices at +1 (206) 973-7991.

5. If flight changes result in a layover of more than six hours or if you have to 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 resource to rebook your ticket.** If you have additional questions or need support, GIVE monitors the lines 24/7 while volunteers are in route to their host country.

**Next Day 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.** Post your updated itinerary to your trip Facebook page AND email your updated itinerary to GIVE at info@givevolunteers.org. *If your flight arrives after 4PM on day 1, you will take alternate transport to meet the group*

Your guides will arrange transportation to meet you at the airport when your flight arrives on day two/forward. **You will be responsible to pay $120 USD for transportation to our accommodations in Jiquilillo, Nicaragua.** Make sure you have cash ready to give to driver when dropped off at accommodations. Remember to keep receipts as your Travellers 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.

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 Monty’s Surf Camp 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**

We suggest and encourage you to donate certain items to the communities in Nicaragua. You can sort through your own stuff and choose items to donate, ask friends or family if they have donations to contribute, or purchase donations. When planning what donation items to bring, **think of what will be useful and collectively benefit the school, children, and community.**

**Education** is a huge portion of our volunteer efforts in both Jiquilillo and Little Corn Island. Therefore, we are always in constant need of practical and basic educational materials such as:

- Spanish/English Dictionaries
- Educational flashcards
- Practical and basic English workbooks/math books
- Educational coloring books
- Small whiteboards (not cardboard)**
- Whiteboard markers**
- Notebooks/paper
- Maps
- Sharpened pencils
- Arts and crafts material – construction paper, glitter, crayons, markers, glitter etc.
Jiquilillo has a small community clinic that is often in need of practical **medical** materials to continue to manage the health of the community:

- First-Aid Kit
- Ace bandages
- Joint splints
- Stethoscopes
- Anti-septic wipes
- Slings
- Thermometers
- Vitamins**
- Blood pressure cuffs
- Gauze

**Sports** equipment for our extracurricular programs is encouraged. Equipment that the children can communally share and play with together is best! **Baseball** is the number one sport in Nicaragua and several of the children GIVE works with have the potential to really make it far with baseball. Unfortunately, many of them don’t have the proper equipment. If you have any baseball equipment you’d like to donate or know of a sports team that would like to donate please let us know!

- Soccer: balls, pumps, nets, cleats
- Basketball: balls, nets
- Baseball: balls, hats, helmets, cleats, gloves, uniforms, etc

**Money**

**Notify Your Local Bank Before Departure (Important!):**

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 30 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 for Your Excursion:**

Each person has different spending habits, so please plan according to yours! GIVE suggests that you bring $200 to $300 USD for purchasing drinks, snacks, souvenirs, or gifts. Our accommodations accept credit cards and debit cards.

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**Communication**

**Adapters:**

You will be able to charge your cameras and other electronic devices in Nicaragua. 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:**

We understand that your family would like to know you arrived safely in Nicaragua. We will email your emergency contact **after the entire group has arrived and settled in our accommodations**. We will also post photos of the group on our Facebook page and other social media outlets throughout your excursion; so let your family and friends know to follow our Facebook page: [www.facebook.com/givevolunteers](http://www.facebook.com/givevolunteers)!

An important aspect of traveling internationally is to “unplug” from your life back home and “plug in” to the surrounding environment. **We ask our volunteers to unplug from phones, social media, and contact with friends and family at home during their GIVE excursion to truly engage in their volunteer experience.** Keep in mind that Nicaragua is a developing nation with limited infrastructure and it may pose a new challenge to not have daily access to electronics. Disconnecting from your daily life will allow you to plug into different parts of yourself and truly experience Nicaragua.

Make sure to inform your family that communication is limited and not to be expected. There will not be access to phone or Internet during your excursion. Do not plan to contact home daily. Tell your family that communication is extremely limited and not to
expect to hear from you. In the event of emergencies or case-by-case circumstances, your guide will arrange for you to call or email home.

**Home Contacting You:**

It is important to let your family know **not to expect to have communication with 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.

GIVE will occasionally post photos of your excursion to our social media. Let your family and friends know they can follow your excursion on Facebook, Instagram, Twitter, and GIVE’s other social media sites. GIVE’s social media webpages can be accessed through the social media icons on our website at www.givevolunteers.org. Please inform your family we will do our best to post photos of your group throughout the trip!

**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 2 to 4 tubes of waterproof sunscreen for sun protection as well as 1 to 2 bottles of bug repellent for mosquitos.

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 in bags convenient for in-country travel, such as travel backpacks, small carry-on, or duffle bags. **Avoid bringing massive boxy suitcases.** We stay in three different locations in Nicaragua and travel by bus, plane, boat, etc. For these reasons, it is best to pack light and plan to do laundry while on your excursion. Laundry services are inexpensive and convenient at our accommodations.

For your luggage from your home city to Nicaragua, check the baggage rules and regulations for your specific airlines. Generally for international flights, the airlines allow you to bring one personal item (45in/ 111cm), one carry-on bag (62in/ 158cm), and one checked bag (50lbs/ 23kgs). **These luggage requirements are different from our domestic flight provider requirements; please try to pack so your checked bag weighs less than 30lbs/ 13kgs due to our domestic flight provider requirements.** It is important to remember that you cannot have any liquids that exceed 3.4 ounces or 100ml in your carry-on bags. Please refer to TSA website for more detailed information at [http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm](http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm)

Please be aware that if you plan on purchasing souvenirs, airline weight restrictions may incur charges. As stated above, due to GIVE’s international travel arrangements within Nicaragua, it is important that your baggage does not exceed the weight restrictions (not including donations).

**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.

**Important Note Regarding Valuables:**

*When packing your luggage do not put anything valuable in your checked bag.* This includes electronics, copies of your passport, medications, etc. It is best to pack all valuables in your carry-on bag. Pack at least one change of clothes and a small pack of toiletries in your carry-on bag in case your luggage is delayed. Put luggage locks on your checked bag as a safety precaution. With many connecting flights and traveling such a long distance it is important to take all precautions to be sure your belongs arrive safely in Nicaragua.

**Packing Checklist of Recommended Items:**

**Volunteer/Worksite Clothing**

- Underwear/boxers
- 5-6 pairs of socks (they get really dirty)
- 3-4 sports bras
- 3-4 athletic shorts
- 3-4 t-shirts (they will get dirty and sweaty!)
- 1 pairs of work gloves
- Hat for sun protection

**General Clothing**

- 1 lightweight raincoat/poncho
- 3-4 t-shirts or tank tops to wear during down time
- 1-2 swimsuits
- 1 “nice” outfits for special occasions and nights out

**Footwear:**

- 1 pair of working boots or running shoes for the construction site and the volcano treks
- 1 pair of sandals or flip-flops

**Other:**

- Refillable water bottle **Important**
- 1 large bottles of sunscreen (30spf or higher) **Important**
- 1 large bottles of insect repellent **Important**
- Laundry bag (yes, you will have access to laundry)
- Washcloth
- Toiletries: shampoo/conditioner, face wipes, toothbrush and toothpaste, soap, etc.
- Sunglasses
- Anti-itch cream/wipes
- Hand sanitizer/hand wipes
- Large Ziploc Bag or a Dry bag (these are good to protect cameras and other valuables from getting wet)
- Phone or watch with an alarm clock
- Small first aid kit
- Vitamins (multi-vitamins, vitamin C, Emergen-C, optional)
- Good book
- Camera
- English/Spanish dictionary (optional)
- Deck of cards or other games (optional, for hanging out at night)
- Notebook with pens and pencils to write about your excursions (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:

- $100-$150 (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

You will be directly involved in groundbreaking projects intended to maximize our positive impact on multiple communities in Northern Nicaragua. The impact will be felt not only in the classroom, but also on the ground with various projects designed to promote grassroots development in the communities.

Each day you can choose to assist in either our Education or Infrastructure projects. We encourage you to try both aspects while in country, as it greatly enhances the overall
experience and impact you will have on the community. Here’s what your main focuses will be during your time in Nicaragua:

**Jiquilillo Housing Project**

Nicaragua’s social, economic, and geographic positioning has made it highly susceptible to the effects of climate change. Jiquilillo is a coastal village that lies right on the Pacific Ocean, and many homes have been destroyed due to rising sea levels leaving many of our local community displaced as Climate Change Refugees.

Two of the many goals of sustainable development are to empower people and to build infrastructure that is safe and resilient. For that reason, we began constructing a community of houses for single mothers and families who have experienced the direct effects of climate change and have subsequently lost their homes to the rising sea levels. Over the past three years we have completed over 70 homes. We still have a long way to go and you will be part of that journey.

**English Education Projects**

With limited job and educational opportunities available in Nicaragua’s rural areas, it is immensely beneficial for the locals to increase their skill set in order to take advantage of the ever-growing tourism influx in Nicaragua. Our English programs are empowering the individuals to be better equipped to become competitive within the global economy that has traditionally marginalized and exploited the communities we work in.

You will have the opportunity during the week to teach in our after school English Education programs. These programs are completely free for all students and completely voluntary. We have a morning young adult class that works around the fisherman’s schedule, two after school kids classes, and a women’s class which, among others, is attended by our Jiquilillo Women’s Co-Op. Your GIVE Education Coordinator will plan classes and prepare you to work one-on-one or in small groups with the students giving them the English-immersion experience and attention required to advance in a second language.

**Adventure Activities**

Nicaragua is known as the land of lakes and volcanoes and you will be able to experience both! One day we will head over to Cerro Negro which is the youngest volcano in Central American hike up, and sandboard down! You will be able to see the expansive green landscape atop and then get ready to sled down black volcanic sand all the way to the bottom!

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
• Dance the night away at a local discoteca
• Volleyball, soccer, and other sports with the local community.

**Itinerary (Sample)**

This is a sample itinerary of GIVE’s Nicaragua Excursion, and, as such, will be modified during your excursion. Once you have arrived, you can expect to receive a general overview of what the trip will look like and each night, you will get a full and detailed itinerary of the next day’s activities and schedule. Traveling abroad requires flexibility based on weather, wellness of the group, and other important factors – and 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. After we rally everyone together, 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 3-5 and 7-9 - 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 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 6 – Cerro Negro:**

Enjoy an early breakfast before departing for 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 sandboarding, we’ll travel to the beautiful city of Leon to spend the afternoon exploring, admiring the colonial architecture, and trying the local cuisine. We’ll travel back to our accommodations for a tasty dinner. Later, we’ll go dancing at a local Discothèque and get our salsa on!

**Day 10: Departure**

All good things must come to an end. Soak up your last few hours in Nicaragua before heading home.

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**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.

**While on Your Excursion**

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.

**GIVE Contact Information**

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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!