

NICARAGUA/ WISCONSIN PARTNERSHIP GO-PACK

For Work Teams

1. **Travel Documents:** (no Visa is required)
 - a. Passport (new ones may take several weeks to process) and Driver's License (recommended by airlines for back-up ID)
 - b. 2 copies of your Passport picture page, one to keep in your suitcase and one to send to Team Coordinator (send with application if you have it at that time).
 - c. Medical personnel for Medical Teams: need to bring a copy of their medical license with them & mail a copy with their application to the Team Coordinator. A resume of education & work history is also required by the Nicaraguan Health Ministry & should be sent to team coordinator with application.
2. **Flight Information:**
 - a. Baggage: 1 carry-on: Wt limit 40 lb. For your personal items.
1 check-in: Wt limit 50 lb. For team supplies & will be provided. Combined width, length, height not to exceed 62in.
2nd check-in: Costs an extra fee of \$25. When this is not needed for team supplies, team members may consider going in together & splitting the fee in order to take personal items that don't fit into carryon luggage.
 - b. Ticket purchase & flight arrangements will be made by the Coordinator.
3. **Cost:**
 - a. Application fee is \$1,350 per person - covers airline ticket, most meals, lodging, transportation, and short term trip insurance. Also helps with lodging & meals for missionaries & on-site needs at the clinics such as medicine.
4. **What to pack:**
 - a. Personal toiletries including soap & shampoo, personal medications (include anti-diarrheal, Cipro, malaria), sunscreen, insect repellent. All liquids for carry-on must be no larger than 3 oz size & all must fit in a 1 qt size ziplock baggie.
 - b. Clothing for work, play, & church should be light-weight and modest (e.g. sleeveless tops ok but no tank tops with spaghetti straps, shorts close to the knee). Sun-hat & comfortable footwear recommended. For church: skirt or slacks ok for women, men should wear nice slacks. Scrubs can be worn for medical clinics.
 - c. Handi-wipes, TP or kleenix packets, money belt (for carrying Passport and cash), wash cloth & towel, camera, shower flip-flops, alarm clock. Bring a small satchel or back pack for carrying necessities on the road (such as water bottle, handiwipes, kleenix or toilet tissue, camera).
 - d. Bring a sense of humor and flexibility.
5. **What not to pack:**
 - a. Expensive items including valuable jewelry
 - b. Clothing or other items with the American Flag on them or that seem to flaunt being American
6. **Money:**
 - a. Currency is the Cordoba, 19.5 Cordoba equal \$1.00.
 - b. Most businesses will take American dollars, but you will get change in Cordoba so bring small bills such as fives, tens, & twenties. (***NOTE: If US bills are slightly torn or have any markings on them, vendors will not accept them. You can request newer currency or currency without markings from your bank without a problem.**)
 - c. Take cash to pay for possible excursion; for spending money; for any airport entrance & exit fees. Recommend minimum of \$50. More if you want to buy gifts & souvenirs.

7. Room & board:

- a. Will probably be staying at a hostel that has dormitory style rooms and bathrooms. Bed sheets & pillow are provided. Air-conditioning and laundry service may be available. Electrical outlets are same as in U.S.
- b. Breakfasts for every day & sack lunches on workdays are covered in the trip cost. Any meals eaten at the hostel are covered in the trip cost.
- c. Team Coordinator will arrange for paying the hostel/hotel bill.

8. Vaccinations recommended:

- a. Up-to-date tetanus, typhoid, oral polio, Hepatitis A & B (series takes several months to complete), Malaria medicine, TB testing.
- b. See your health care provider ASAP to schedule vaccinations & arrange for malaria medication as well as Cipro for managing traveler's diarrhea.

9. Nicaragua do's & don'ts:

- a. Do not take pictures of soldiers, police, or military points.
- b. Watch facial and verbal expressions so as not to convey what may look like feelings of disgust or superiority. Be careful not to laugh at how the Nicaraguans do things.
- c. Avoid flushing toilet paper, sewage systems can't handle it. Receptacles are provided for waste paper.
- d. Tap water in Managua is treated by the municipality and may be safe to drink, but drinking bottled water is recommended. In rural areas you should drink only bottled water & commercially produced drinks.
- e. Do drink plenty of water to avoid dehydration. Dehydration can lead to tiredness, headaches, and other problems.
- f. Avoid raw fruits and vegetables unless they have a thick skin you can peel yourself, avoid unpasteurized dairy products such as cheese and yogurt.
- g. Do not go about alone or into any area that has not been designated as safe.
- h. Do not carry cash, etc. in back pockets, use front pockets or money belt.
- i. Keep passport with you at all times. Be on guard against theft.
- j. The Partnership Committee requests team members to not give money to Nicaraguan pastors. It could cause problems with other pastors who don't receive any. Money gifts may be sent to the Nicaragua Partnership Committee for distribution.
- k. Do not invite Nicaraguans to come visit you without checking with Field Missionaries. They may misunderstand your intentions and they probably can't afford it.

10 Before-you-go reading ideas:

- a. Nicaragua history and culture
- b. Spanish phrase book

For more info contact:

Kent & Hannah Peterson:

Ph: 715-878-4961

Fax: 715-878-4962

email: kentandhannah1@hotmail.com