



March 3, 2013: Newsletter 6

March 2013 Service Trip to Nicaragua

Dear YASC and YSN volunteers,

Our trip is approaching and I'm looking forward to seeing everyone again (or meeting you for the first time). It was great seeing old friends at orientation and getting to know new volunteers. We have a fantastic group of dedicated volunteers and I'm very happy to be part of YASC.

Itinerary

The program itinerary is listed on the Web site: <http://alumni.yale.edu/servicetours/GeneralItineraryNicaragua2013-2.pdf>

Travel Coordination

The hotel in Managua is located directly across from the airport – you can roll your bags across or call the hotel to meet you with a van. If you land before 2pm, we will be there to greet you – look for a Yale sign or pendant!



Best Western



View of airport from lobby

Travel Team

If your flight is cancelled or if you miss the bus on the morning of March 17th to Leon, here are the numbers to call to let us know:

Joao Aleixo	(203) 747-9190
Crystal Astrachan	(203) 887-4765
Constance Spencer	(704) 562-5605

These YASC representatives will be traveling with you in Nicaragua. Please note that our cell phones are not guaranteed to work in Nicaragua. Please try to call all three numbers until you reach one of us.

Emergency Contacts

In Nicaragua the Emergency phone number for **Fire, Police, and Medical services is 118**

United States Embassy, Managua

Km 5 ½ Carretera Sur, Managua - Nicaragua

Telephone: (505) 2252-7100

Emergency after-hours telephone: (505) 8886-1495

Facsimile: (505) 2252-7250

Hotels

Please note that we have very basic accommodations.

Best Western Mercedes

Managua - March 16th & 22nd

Km 11 Carretera Norte, Managua, RD-46, NI

Phone: 505 22 55 99 00

Fax: 505 22 63 10 82

Hotel San Cristobal

Leon – March 17th – 21st

Km 91 ½ Carretera en Circunvalación By Pass

+505 2311 7212

+505 2311 7214

+505 2311 1606

Travel Advice

1. Carry this Newsletter or our travel booklet which will be sent to you soon or a business card from the hotel so that you always have the address and telephone number with you.
2. The main cause of jet lag is dehydration. During your flight:
 - a. Drink lots of water
 - b. Don't eat salty foods
 - c. Get up and walk around when possible
3. We advise that you do not bring any jewelry or valuables except for what you need for the programs – the hotels may not have safes.
4. Your carry-on should contain all your cash and traveler's checks, checkbook, passport, tickets, reading



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materials, medicine, house keys, and change of clothes (in case your baggage gets misplaced.)

5. Tags fall off. Paste a label with your name and address inside your luggage.

6. The hotels may not have laundry facilities – bring lots of shirts, underwear and socks which are lightweight and easy to dry.

7. Buy plastic travel size bottles of toiletries. Make sure they have screw-on caps, and not “pop tops”. The hotels may not have shampoos, soap or lotions for guests.

8. Travel rule to live by: If you want to get away from it all, don’t take it all with you.

Safety & Security

When traveling, use your common sense and keep these basic rules in mind.

- Never leave luggage unattended
- Store valuables in the hotel’s safety deposit box
- Keep the room door at your hotel locked at all times
- Always avoid ostentatious displays of expensive jewelry, cameras or other valuables;
- Do not walk around carrying large sums of money at any time;
- At night, steer clear of dark and isolated areas. It is always better to stick to well-lit, busy streets
- Remember there is safety in numbers and do not wander off alone. Always tell a leader if you leave the group.

The crime rate in Nicaragua is relatively low and criminal activity is generally petty theft. If you use common sense, you are unlikely to be a target of such crimes.

Should you become a victim of robbery, report it immediately to a YASC leader and the police, and get a copy of the report and the name of the person with whom you dealt. If your passport is stolen, replacement

is done at the American Embassy – address listed above.

List of suggested items to pack:

- Passport & photo ID
- Copy of your passport and photo ID
- Any supplies that your project may need (from group leader).
- Any supplies that you picked up at orientation or that we shipped to you to bring to Nicaragua.
- One Spanish book for the library
- Book for the book discussion, if you are participating.
- Sunscreen
- Hat for sun protection
- Scrubs or white coats for docs optional
- 5 sets of t-shirts and long pants or capris for everyone (shorts are not encouraged)
- Nightshirt
- Swim suit
- Outfit for dinners – business casual attire or jeans suggested for first & final dinners
- Sneakers/walking close toed shoes and extra socks – steel toed boots for construction group
- Soap, shampoo, toiletries
- Hand sanitizer (we will have small bottles of YASC hand sanitizer for everyone)
- Bug repellent
- Extra pair of eye glasses or contacts
- Sunglasses
- Personal medications
- Portable toilet paper or Kleenex packs
- Wet wipes
- Water bottle
- Small backpack or bag to carry belongings throughout the trip.

We want everyone to have a safe and enjoyable trip! We will see you in Managua.