



February 25, 2012: Newsletter 4

March 2012 Service Trip to Nicaragua



Getting closer!

Our trip date is just around the corner so it is time to sort out items to pack!! We had asked everyone to bring along a Spanish educational book for the school's library so please don't forget. Your help is greatly appreciated!!

Travel Coordination

We would like to confirm that we will have a bus pick up at the Best Western Mercedes in Managua at 3:30pm on March 10th. If your plane is delayed or you have intentionally booked a flight landing after this time you are welcome to have the hotel call a taxi so you can come to join us at the CEPAD compound! Remember this hotel 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 on time we will be there to greet you – look for a Yale sign or pendant!



Best Western



View of airport from lobby

Travel Team

Now should anyone have a cancelled flight, or miss the bus on the morning of March 11th to Matagalpa, here are the numbers to call to let us know:

Joao Aleixo Tel: (203) 747-9190

Constance Spencer Tel: (704) 562-5605

*These YASC representatives will be traveling with you in Nicaragua.

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 these are very basic accommodations and may have variations in service but they have been chosen after careful consideration and negotiation. Due to the size of the group we will be in two different hotels in Matagalpa but we will arrange transportation between the hotels. Breakfast may be at the separate hotels but we will be gathering at the San Thomas Hotel for dinner and activities together each night.

Here is a list of our hotels again!

Managua - March 10th & 16th

Best Western Mercedes (YASC group except YSN)

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

Phone: 505 22 55 99 00 Fax: 505 22 63 10 82

CEPAD Compound (YSN group)

Puente Leon 1-1/2 cuerdas arriba

Managua, NI

505-2270-5018

Matagalpa - March 11th-15th

Mana Del Cielo (single rooms & YSN)

Banpro 2c. al sur - Matagalpa, Nicaragua

Teléfonos: (505) 2772 - 5686 / (505) 2772 - 0150 |

Móvil: (505) 8406 - 5229

San Thomas (YASC Group)

Escuela Guanuca,

350 metros al Este., Matagalpa

(505) 2772 4201

Travel Advice

Your group leaders should have contacted you with the supplies that each project may need but below is a guide of general items.

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.



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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, personal effects, reading 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.

List of suggested items to pack:

- a. Passport & photo ID
- b. Sunscreen and hat for sun protection
- c. Scrubs or white coats for docs optional
- d. 5 sets of t-shirts and long pants or capris for everyone (shorts are not encouraged)
- e. Nightshirt
- f. Swim suit
- g. Outfit for dinners – business casual attire or jeans suggested for first & final dinners
- h. Sneakers/walking close toed shoes and extra socks – steel toed boots for construction group
- i. Soap, shampoo, toiletries
- j. Hand sanitizer and bug repellent
- k. Extra pair of eye glasses or contacts
- l. Personal medications
- m. Rain coat or light poncho
- n. Portable toilet paper or Kleenex packs

Safety & Security

When traveling, Nicaragua is like any other country in the world. You need to 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.

Nicaragua is a developing nation and poverty is the predominant cause of criminal activity everywhere in the world. 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.

We want everyone to have a safe and enjoyable trip!!



The bus and road to El Castillo



Outhouse we will use