

THE HOPE EXPERIENCE

NICARAGUA



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I. OVERVIEW

Despite being one of the poorest countries in Latin America, Nicaragua has increased its access to potable water and sanitation and has improved its life expectancy, infant and child mortality, and immunization rates. Income distribution, however, is very uneven, and the poor, the farmers, and the indigenous people continue to have less access to healthcare services. Nicaragua's high birth rate among adolescents perpetuates a cycle of poverty and low educational attainment.

Nicaragua is considered a safe country; it has the second lowest rate of car theft and the fourth lowest rate of kidnappings and robberies. Also, it shows the sixth lowest rate of homicides in Latin America, according to Latinex. In 2013, Forbes magazine highlighted that economic growth will likely make Nicaragua one of the main players in the region in the coming decade.

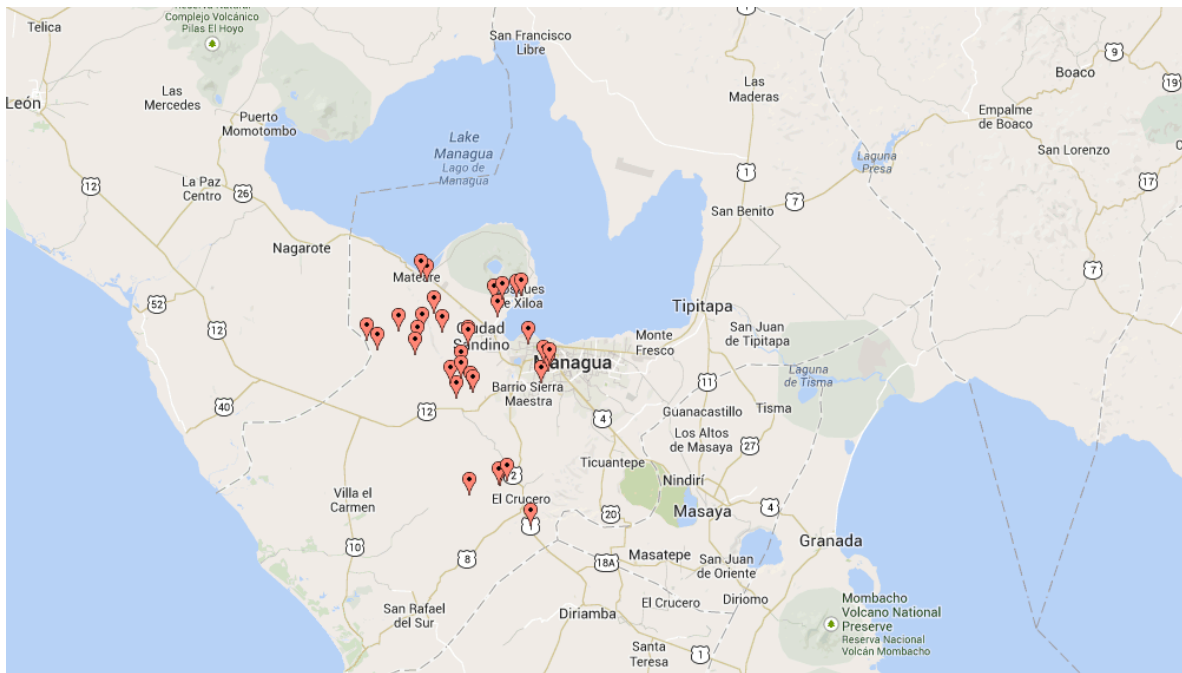
II. COUNTRY STATISTICS

- Population: 6,100,000 (est 2014)
- Under 14 years old: 31.7% (male 913,905/female 879,818)
- Second poorest country in Latin America
- 45% of population living below \$1 a day
- 27.2% of the population 0-9 years old suffers from chronic malnutrition
- Urban Poverty: 30.2%
- Rural Poverty: 67.8%
- Urban population: 55.9 %
- School enrollment rate: 92%¹
- Primary school completion: 47.9%
- Classrooms in poor conditions: 52%
- Schools with drinking water: 48.50%
- Children under 5 suffering from chronic malnutrition: 20%
- Children 6-9 years old suffering from chronic malnutrition: 27.2%
- 110 out of 1,000 female adolescents (aged 15-19) are mothers
- 34% of those in extreme poverty are female-headed households

¹ http://www.un.org/en/development/desa/policy/capacity/country_documents/nicaragua_determinantes.pdf
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III. CONVOY OF HOPE IN NICARAGUA

Convoy of Hope began working in Nicaragua in 1998, after Hurricane Mitch devastated the country. While COH continued to aid during the aftermath of storms and droughts in the country, it began its work with Children's Feeding in 2006. Following success with feeding programs in communities, COH expanded into Women's Empowerment and Agriculture in 2014.



Convoy of Hope 2014 Program Centers in Nicaragua

Children's Feeding

We are currently feeding more than 7,300 children per day through 33 public schools, one private school, five community centers and three ministries.

By providing nutritious food full of micronutrients, we supplement the basic school lunch provided by the Ministry of Education at the public schools. The food provided by Convoy of Hope has approximately 30% of the daily nutritional requirements. We train mothers in food preparation and handling, as well as proper hygiene. We teach the

students hygiene and hand washing, proper use of water, tooth brushing, and the importance of a daily bath. We support teachers in educating for a balanced nutrition.

Women's Empowerment Program

In 2014, we started two Mothers' Clubs where we have ongoing Children's Feeding programs—the Club “Women in Action” in the neighborhood Jonathan Gonzalez, in the city of Managua, and the “Women in Blessing” Club located in the municipality of Mateare.

Now we are working with three groups:

- One Mothers' Club “Virtuous woman” located at Ciudad Sandino, where we also have a feeding center, with 27 women
- Two Mothers' Clubs with addition of MicroPlus—
 - “Women in Action” created in 2014, with 12 participants.
 - “La niña de tus ojos” club, located in Bosques de Xiloa with 15 participants.

Mothers' Clubs and MicroPlus groups are a great way for our local staff and volunteers to engage with mothers in a more in-depth way, with the objectives of improving women's and children's health; increasing knowledge about nutrition, sanitation, and hygiene; building self-esteem; teaching literacy and numeracy; and providing skills-based training to help the women earn income for their families.

Agricultural Program

This program began in June 2014, with six gardens in schools (725 students, 30 parents of 53 households and 27 teachers) and two community gardens through the Mothers' Clubs.

In 2015, we added two new school gardens—Maximo Lopez and Jaime Torrez Schools with 202 students, 15 parents and 7 teachers, and two community gardens through Mothers' Clubs. We encourage involvement of the school community in garden activities. Students are trained in agricultural techniques and are also taught about linking garden activities to food security.

In 2016, we implemented two other agriculture projects: a community seed bank with 12 farmers at Gosen Community and the dragon fruit project, which supports 10 farmers from Gosen Community and a rehabilitation center located in Mateare.

Community Outreach

In September 2014, we had our second outreach event in Nicaragua called "Celebrating the Family and Community." It was held in the Managua neighborhood Jonathan Gonzalez, where our Children's Feeding program is active in the local school. The purpose of the event was to position COH as a Christian community development organization by building relationships between local churches, community organizations, and government. Families had access to free health care services, a hot meal, children's games, guidance for employment, spiritual counseling and help, legal advice, and there were also recreational activities for all who attended. It was a successful event with over 5,000 people attending.

Disaster Services

In April 2014, an earthquake affected the municipalities of Managua, Mateare, Ciudad Sandino, and Nagarote. COH was already working in communities in all locations with the exception of Nagarote. We provided 6,000 food packages, 111 kitchen kits, and 111 school packages. There were 2,000 beneficiary families, with aid in the amount of US \$320,731.

Fast Facts

- Children's Feeding Participants: 7,321
- Community Outreaches: 2
- Families Served in Community Outreach: 800
- Disaster Responses: 2
- COH Staff: 7

IV. TRAVEL TIPS

Travel Meds: Please consult your health care provider for appropriate travel medications and required vaccinations. According to the CDC, there is a low risk of malaria transmission in Managua, where we will be spending all of our time. If you are overly concerned, you may opt to take the anti-malaria pills or wear long sleeves and pants to prevent mosquito bites. Additionally, insect repellent with 35% DEET for skin and Permethrin for clothing is also effective.

Departure: Team members will fly to Managua together. Please plan to connect with the team at the gate. We will send you a list of those you will be traveling with a week before your departure.

Luggage: For ease of travel and to eliminate the possibility of lost luggage, we recommend carry-on luggage only. The airlines will allow 2 carry-ons which fit in the overhead compartment or under your seat. If you must check luggage, it needs to be 50lbs or less.

Passport: Please make sure you have your current passport along with your immunization record, available when applying for your visa. **Please bring color copies of your passport with you. 1 for your carry-on, 1 for your checked luggage, and 1 for each hotel you will be staying in.**

Visa: You will obtain an Entry Visa upon arrival at the airport in Managua. The cost is \$10.

Dress: The weather will be hot! Please dress in lightweight clothing. Casual attire is fine. Short sleeve shirts or polos, and jeans or lightweight long pants are recommended. No shorts please. This will help prevent bug bites. A hat, a light jacket because the evenings can be chilly, and comfortable closed-toe walking shoes are imperative. The sun is very strong, so sunscreen is also very important. An umbrella or hooded rain coat may also be useful.

V. MISC NOTES

- Nicaragua is 2 hours behind EST
- We do not recommend carrying large amounts of cash.
- Although we will be staying in safe accommodations and Internet is available in the hotel, we do not recommend bringing laptops or other expensive equipment.
- If you would like to bring money to purchase souvenirs, you will be able to exchange your cash, not traveler's checks, for local currency in Nicaragua.
- While we will be eating three meals each day, you may want to bring some snacks or protein bars.
- Label your bag with your name and destination address
- Label each bag inside with your name and home address
- Carry all cash, valuables, and medications with you on board

VI. EMERGENCY CONTACT INFORMATION

Family Emergencies

- Please contact Sabra Smith at 417-851-4406 who will be able to reach us while in Nicaragua. They can also email me – kpage@convoyofhope.org

Flight Emergencies

- Please contact Leah Mills. Her number between 8AM – 5PM Central time is 417-851-4439. After hours she may be reached on her cell phone 417.230.1393 (emergencies only please)

Contact Information

Please provide your loved ones with our contact information:

- Nicaragua:

Hotel:

Crowne Plaza Managua
Octava Calle Sure Oeste #101
PO Box 3278
Managua -1, Nicaragua

Phone: +505-2-2283530
Fax: +505-2-2285208
Email: managua@ihg.com

Primary Contact:

Name: Pablo Gomez Lazo
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Donde fué la Pepsi 300 metros al norte, Barrio Benedicto
Valverde, Managua, Nicaragua
Mobile Phone # 505-8968-2591

Office Phone # 505-2251-0779
Email: pgomez@convoyofhope.org

Secondary Contact:

Name: Rebeca Cortes
Address: COH Offices – Nicaragua
Donde fué la Pepsi 300 metros al norte, Barrio Benedicto
Valverde, Managua, Nicaragua
Mobile Phone # 505-8378-6496
Office Phone # 505-2251-0779
Email: rcortes@convoyofhope.org

VII. PACKING YOUR CARRY-ON

Your carry-on bag can be a real lifesaver, especially if your luggage gets lost. Here is a sample list of items you might want to pack in your carry-on:

- Passport
- Color copies of Passport
- International Certificate of Vaccination
- Airline ticket and travel documents
- Change of clothes – essential in the event your checked luggage is lost or delayed
- Itinerary
- Pen and Pencil
- Address book, journal or small pad of paper
- Camera, batteries, chargers
- iPod, MP3 player
- Laptop if desired, but not recommended
- Money belt or pouch
- Sunglasses
- Anti-bacterial hand sanitizer
- Prescriptions
- Toiletries – include items in your carry-on that could not be replaced at our destination. Other items can be sealed in a larger zip-loc bag and placed in your suitcase

Carry-on bag Liquids: 3.4 ounce (100ml) bottle or less (by volume); 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger placed in screening bin. One-quart bag per person limits the total liquid volume each traveler can bring.

Consolidate bottles into one bag and X-ray separately to speed screening.

VIII. PACKING YOUR SUITCASE

During our visit you can expect average high temperatures of 80-90 degrees during the day and average lows around 70 degrees at night.

Dress: The weather will be very hot and humid! Please dress in lightweight clothing. Casual attire is fine. Short sleeve shirts or polos, and jeans or lightweight long pants are recommended. No shorts please. This will help prevent bug bites. A hat, a light jacket because the evenings can be chilly, and comfortable closed toe walking shoes are also imperative. The sun is very strong, so sunscreen is also very important.

Some additional items you may want to bring include:

- First aid kit – band aids
- Moisturizer
- Sunscreen
- Lip Balm with sunscreen
- Insect repellent containing DEET
- Travel alarm clock
- Daypack
- Snacks (protein bars, nuts, etc.)

Not necessary:

- Water – We will provide plenty of bottled water
- Valuable items – Please do not bring any item of value such as expensive jewelry

IX. LEARN THE LANGUAGE: SPANISH

English	Spanish	Pronunciation
Good morning.	Buenos días.	booEHN-os DEE-as
Good afternoon.	Buenas tardes.	booEHN-as TAR-dehs
Good evening. (greeting)	Buenas noches.	booEHN-as NO-chehs
Hello, my name is	Hola, me llamo	OH-la meh YA-mo <i>Wahn</i>
What is your name?	¿Cómo se llama?	KOH-moh seh YA-mah
How are you?	¿Cómo está?	KOH-moh ehs-TA
I am fine.	Estoy bien.	ehs-TOY bee-EHN
Nice to meet you.	Mucho gusto.	MOO-choh GOOS-toh
Goodbye.	Adiós.	ah-dee-OHS
See you later.	Hasta luego.	AHS-ta looEH-go
Where is <i>the restroom</i> ?	¿Dónde está <i>el baño</i> ?	DOHN-deh ehs-TA el BAH-needo
Excuse me.	Con permiso. OR Perdóname	kohn pehr-MEE-soh OR pehr-DOH-nah-meh
Please.	Por favor.	pohr fah-VOR
Thank you.	Gracias.	gra-SEE-ahs
I'm sorry.	Lo siento.	low see-EHN-to
Bless you.	Salud.	sah-LOOD
You are welcome (it was nothing).	De nada.	deh NA-da
How much does <i>it</i> cost?	¿Cuánto cuesta?	kooAN-to KWEHS-ta
How many are there?	¿Cuántos hay?	kooAN-tohs eye
What time is it?	¿Qué hora es?	keh OR-ah ehs
Yes.	Sí.	see
No.	No.	no
I do not understand.	Yo no comprendo.	yoh no kom-PREN-doh
Would you speak slower, please.	Por favor, habla mas despacio.	pohr fah-VOR, AH-blah mahs dehs-PAHS-ee-oh

Who?	¿Quièn?	kee-EHN
Why?	¿Por què?	pohr keh