



# Smaller World Trip Info Packet

Unity College  
Nicaragua Service Trip  
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## Pre- Departure Check list

### Photocopies

Make at least two copies of your passport, credit and bank cards, insurance cards, and any other important documents you will be taking with you. You should keep one for yourself to put in a different place from the actual items and leave one at home.

### Health Insurance

Make sure you are covered with International Health Insurance. If your regular health insurance does not cover you outside of the U.S., please ask them to recommend a temporary international provider.

### Immunizations

While there are no immunizations required to go to travel to Central America, we recommend a check-up with your doctor before you go to make sure that your regular vaccinations are up-to-date. The Center for Disease Control and Prevention recommends that adult travelers in Central America talk to their health care provider about getting vaccinated for Hepatitis A, Hepatitis B and Typhoid fever. You should also make sure that you are up-to-date on your boosters for tetanus-diphtheria and measles. You can read more about all of these at the CDC's website: <http://www.cdc.gov/travel/camerica.htm#vaccines>

### Malaria Medication

Some people traveling to Central America take preventative malaria pills. These are not required to travel to Nicaragua. You should take caution to protect yourself from malaria and other diseases carried by mosquitoes by using insect repellent, wearing protective clothing and sleeping under a bed net. Extra precaution should be taken at dawn and dusk, when mosquitoes are most active. Visit your doctor to find out if anti-malaria medication is a good option for you. The medication effective against strains of malaria found in Central America is chloroquine which is sold under the brand names Aralen and Generics. Here is a link with additional information on Malaria from the CDC's website:

<http://www.cdc.gov/travel/regionalmalaria/camerica.htm#prevention>



## Travel Costs

The program fee for this trip is \$1,500 and covers your in-country travel expenses and supports SHI's programs on the ground. Roughly 50% of your contribution covers field costs, 20% is for logistical support, 10% is for advance planning and follow-up activities and 20% is donated to the local program.

Your participation fee includes project materials and supplies, rustic dorm style accommodations in the host village, homestay with SHI participant family (if you choose to do one) and double occupancy hotel accommodations when we visit tourist areas, meals, in-country transportation, guide / translation service. This total DOES NOT INCLUDE phone calls, souvenirs, gifts, or any additional costs not mentioned.

A deposit of \$300 should be sent in with your registration form to reserve your spot. The balance is due to be paid 30 days before our departure date.

Sustainable Harvest International is a 501(c)3 non-profit organization and participation fees are generally tax-deductible. Most of our participants fundraise to cover most or all of their expenses. You are encouraged to raise the funds for participation in this project by writing letters to friends and neighbors requesting their support or by hosting an event in your community. Some additional fundraising ideas have been included in this packet. Please feel free to contact our office with any questions, if you are in need of outreach materials for an event or to brainstorm fundraising ideas.

When leaving Nicaragua, foreign travelers over the age of 2 must pay a US \$35.00 departure tax. Please note that only cash is accepted payment for departure taxes.

## The Need for Sustainable Harvest International's Program

Critical to the ecological health of the planet, tropical forests regulate climate and provide habitat for over half of the world's plant and animal species. The local human population also depends upon the forests' plants, animals and watersheds for their very survival. With the loss of tropical forests, carbon dioxide sequestration breaks down, resulting in global warming. Extinct plant species mean lost medicines and other important resources. And, people lose their way of life forever.

Central America has lost more than half of its tropical forest cover since 1947. Agricultural expansion has already turned much of the once lush rainforest of Central America into desert. Rainforest destruction has certainly received media attention. However, the media stress the global consequences over the local devastation. The global impacts of forest loss, while clearly significant, all too often overshadow the acute suffering of local human populations who are losing their way of life



*Wood Conserving Stove Construction*

with every acre destroyed. Sustainable Harvest International recognizes both the global and local dimensions of the Central American deforestation crisis.

Worldwide more than 300 million people practice shifting cultivation, making slash-and-burn farming one of the leading causes of deforestation and environmental degradation. In Central America it is the main form of cultivation. When the population was small and land distributed more equitably, slash-and-burn farming was effective and sustainable. Farmers could cut down and burn a small patch in a vast forest to farm for a few years. The cleared land would then be left fallow for decades before being farmed again.

Population has surged since the 1950's, however, and the overcrowding forces farmers to return to the same land after only a few years. Without time to recuperate and without surrounding forest to protect the cleared patch, the shallow tropical soils wash away. Slowly, the land stops producing. Deforestation also leads to unpredictable weather patterns, including extremes of drought and flooding. Runoff from heavy rains causes siltation in rivers, streams and offshore barrier reefs. The loss of tree cover and absorbent soils causes drastic declines in biodiversity as well as diminished groundwater supplies to feed springs and rivers.

Impoverished farmers, with little education and few financial resources, know of no method other than slash-and-burn to plant the food crops that will keep their families from starving. When lands become degraded from repeated burning, farmers often turn to expensive, dangerous chemicals in a last ditch effort to maintain their way of life. The disastrous results include debt, eroded soils, poisoned or dried up water sources, malnutrition and no income. Without other options, many leave their land for another area of virgin rainforest and start the cycle over again. Others move to the city or migrate (often illegally) to the US, where their lack of education renders them susceptible to exploitation in sweatshops or other unjust workplaces.



*Cacao - Seeds used to make chocolate*

Sustainable Harvest International works with Central American farmers caught in this vicious cycle. Without the introduction of sustainable technologies, forests will continue to disappear and all of Central America will become a desert. People will be forced from their homes in search of another tenuous living situation. Fortunately, however, low cost, feasible alternatives to shifting cultivation exist and farmers are desperate to learn them. With Sustainable Harvest International, participants learn to turn the tide of tropical forest destruction and poverty that has plagued Central America for so long.

## **Sustainable Harvest Nicaragua**

Although efforts to secure an SHI program in Nicaragua began in 1997, funding did not come through until late 1999. Nicaraguan farmers and cooperatives requested SHI's assistance because their way of life was threatened by environmental degradation. The Autonomous Region of the South Atlantic Coast (Spanish acronym: RAAS) is home to a diverse mixture of

indigenous people, Creoles, Garifunas and Mestizos who prize stewardship of their environmental resources. Nonetheless, most food in the RAAS comes from fishing and slash-and-burn farming. Population pressures similar to those throughout Central America have created a shortage of arable land. Continued use of slash-and-burn farming in the region is turning much of Nicaragua into a desert.

In February 2000, Sustainable Harvest International began work in the RAAS region of Nicaragua. Our local Nicaraguan field staff have helped 115 families in 12 communities establish tree nurseries, increase agricultural yields and initiate several community-specific projects including reforestation for watershed protection and conversion of unsustainable agricultural parcels to sustainable agriculture plots.

## **Project Description:**

This adventure will be a mix of Sustainable Harvest's emphasis on sustainable agriculture, reforestation and poverty alleviation. The small villages where SHI works in Nicaragua are located in the jungles of the Atlantic Coast, and this trip will involve flying first from the capital city, Managua, to the coastal city of Bluefields before setting out by boat to the small community of San Francisco where our field office is. After a four-hour boat ride into the jungle, you will meet families who live in isolation and poverty but still embrace the work of SHI to restore tree growth and work in sustainable agriculture.



*Young Nicaraguan farmers with coco palm*

We will be staying in the rural villages where local families and SHI staff have requested assistance with a variety of projects. The specific activities will depend on weather and work conditions, but will likely include starting tree nurseries, building a biogas digester, helping with cacao production and planting school and family vegetable gardens. No special training is needed to take part in these projects, as you will be working side-by-side by local farmers and staff who will show you how to do the work and use appropriate tools. The donation portion of your program fee makes these projects possible and the families are really looking forward to your support!

This trip will be somewhat strenuous. Trip participants will be far away from the usual comforts of the city for several days, and will stay with host families. Accommodations with local families at the work area will be very rustic, similar to camping with a roof over your head. The communities in this area are often without electricity and running water. Meals will be prepared by local women and will be simple and traditional (see more in the “meals” section that follows). We will end the trip by doing some sightseeing and R&R.

## **Facts about Nicaragua**

From LonelyPlanet.com

Nicaragua is best known not for its stunning landscapes or vast cultural treasures, but for a war in which a popular uprising was suppressed by a US-backed government. The after-effects of these and other setbacks have left the country in a state of shock from which it is gradually emerging.

<b>Capital City:</b>	Managua
<b>Area:</b>	129,494 sq km / 49,998 sq miles
<b>Population:</b>	5,200,000
<b>Language:</b>	Spanish is the official language. English is spoken in the tourist areas.
<b>Religion:</b>	Roman Catholic (85%), Protestant (16%)
<b>Currency:</b>	Córdoba (C)
<b>Time Zone:</b>	Nicaragua is in the Central Standard Time zone and does not observe daylight-savings time.
<b>Weather:</b>	Nicaragua's climate varies according to altitude. The Pacific lowlands are always extremely hot, but the air is fresh and the countryside green during the rainy season (May to November); the dry season (December to April) brings winds that send clouds of brown dust across the plains. The mountains of the north are much cooler than the lowlands. We will be working on the Caribbean coast which is hot and wet; it can rain heavily even during the brief dry season (March to May).
<b>Food and Water:</b>	The food in Nicaragua is good, but like anywhere there are a few rules to live by. Your host families and places where we eat as a group will know to serve fresh, clean, sanitized fruit, vegetables and water. If you are unsure, don't hesitate to ask, though. While traveling about, whether on your own or in the streets during an excursion, be sure to buy bottled water. Avoid drinks or ice cubes made with water that hasn't been purified. It is also preferable to brush your teeth with purified water and don't let shower water into your mouth or nose. Remember that when you travel, regardless of where, a slight change in diet will cause intestinal abnormalities. Imodium is key to help this. If it persists more than a few days, seek help. Typical foods include <i>gallo pino</i> , a mixture of fried rice and beans, fish and plantains.

## **Pre 20<sup>th</sup> Century History:**

The earliest traces of human habitation in Nicaragua are the 10,000-year-old footprints of the Acahualinca - prints preserved under layers of volcanic ash of people and animals running toward Lago de Managua. Around the 10th century AD, indigenous people from Mexico migrated to Nicaragua's Pacific lowlands, and Aztec culture was adopted by many indigenous groups when Aztecs moved south during the 15th century to establish a trading colony.

The first contact with Europeans came in 1502, when Columbus sailed down the Caribbean coast. In 1522, a Spanish exploratory mission reached the southern shores of Lago de Nicaragua. A few years later the Spanish colonised the region and founded the cities of Granada and León, subduing local tribes. The inhabitants of the heavily populated area around Managua put up a fierce resistance to the Spanish invaders, and their city was destroyed.

Nicaragua gained independence from Spain in 1821, along with the rest of Central America. It was part of Mexico for a brief time, then part of the Central American Federation, and finally achieved complete independence in 1838. Soon

after, Britain and the USA both became extremely interested in Nicaragua and the strategically important Río San Juan navigable passage from Lago de Nicaragua to the Caribbean. In 1848, the British seized the port at the mouth of the Río San Juan on the Caribbean coast and renamed it Greytown. This became a major transit point for hordes of hopefuls looking for the quickest route to Californian gold.

In 1855, the liberals of León invited William Walker, a military adventurer intent on taking over Latin American territory, to help seize power from the conservatives based in Granada. Walker and his band of mercenaries took Granada easily and he proclaimed himself president of Nicaragua. He was soon booted out of the country (one of his first moves was to institutionalise slavery) but showed almost absurd tenacity as he repeatedly tried to invade; his efforts set a precedent for continued US interference in Nicaragua's affairs.

### **Modern History:**

In 1934, General Somoza, head of the US-trained National Guard, engineered the assassination of liberal opposition rebel Augusto C Sandino and, after fraudulent elections, became president in 1937. Somoza ruled Nicaragua as a dictator for the next 20 years, amassing huge personal wealth and landholdings the size of El Salvador. Although General Somoza was shot dead in 1956, his sons upheld the reign of the Somoza dynasty until 1979. Widespread opposition to the regime had been present for a long time, but it was the devastating earthquake of 1972, and more specifically the way that international aid poured into the pockets of the Somozas while thousands of people suffered and died, that caused opposition to spread among all classes of Nicaraguans. Two groups were set up to counter the regime: the FSLN (Frente Sandinista de Liberación Nacional, also known as the Sandinistas) and the UDEL, led by Pedro Joaquín Chamorro, publisher of *La Prensa*, the newspaper critical of the dictatorship.

When Chamorro was assassinated in 1978 the people erupted in violence and declared a general strike. The revolt spread and former moderates joined with the FSLN to overthrow the Somoza regime. The Sandinistas marched victoriously into Managua on July 19, 1979. They inherited a poverty-stricken country with high rates of homelessness and illiteracy and insufficient health care. The new government nationalised the lands of the Somozas and established farming cooperatives. They waged a massive education campaign that reduced illiteracy from 50% to 13%, and introduced an immunisation program that eliminated polio and reduced infant mortality to a third of the rate it had been before the revolution.

It wasn't long before the country encountered serious problems from its 'good neighbor' to the north. The US government, which had supported the Somozas until the end, was alarmed that the Nicaraguans were setting a dangerous example to the region. A successful popular revolution was not what the US government wanted. Three months after Ronald Reagan took office in 1981, the USA announced that it was suspending aid to Nicaragua and allocating 10000000.00 for the organisation of counter-revolutionary groups known as Contras. The Sandinistas responded by using much of the nation's resources to defend themselves against the US-funded insurgency.

In 1984, elections were held in which Daniel Ortega, the leader of the Sandinistas, won 63% of the vote, but the USA continued its attacks on Nicaragua. In 1985, the USA imposed a trade embargo that lasted five years and strangled Nicaragua's economy. By this time it was widely known that the USA was funding the Contras, often covertly through the CIA, and Congress passed a number of bills that called for an end to the funding. US support for the Contras continued secretly until the Iran Contra Affair revealed that the CIA had illegally sold weapons to Iran at inflated prices, and used the profits to fund the Contras.

In 1990, Nicaraguans went to the polls and elected Violeta Chamorro, leader of the opposition UNO and widow of the martyred journalist Pedro Chamorro. Chamorro's failure to revive the economy, and her increasing reliance on Sandinista support, led to US threats to withhold aid, but the civil war was over, democracy installed and economic reform underway. Daniel Ortega ran for president in October 1996 as a centrist, but he was defeated by the anticommunist Liberal Alliance candidate Arnoldo Alemán, who was sworn in January 10, 1997.

In November of 1998, Hurricane Mitch hit the Atlantic coast of Central America, washing out roads and destroying buildings and bridges throughout the region. In Nicaragua, heavy rains following in the wake of the storm set off a mudslide at Volcán Casita that buried several villages. Over 10,000 people died as a result of the hurricane, one of the worst this century. The tragedy prompted several nations to cancel Nicaragua's debt in late 1999.

### **Recent History:**

The 2000 mayoral elections saw the Sandinistas do well, but Liberal Party candidate Enrique Bolaños won the presidential election in 2001, beating his Sandinista opponent, former president Ortega. Not giving up on Ortega yet, the Sandinistas renamed him as the party's leader in March 2002.

Bolaños took office pledging to clean up the country's corrupt government, a policy which many viewed as being at odds with his party. Bolaños took an aggressive stance and in spite of rifts he created, convinced the assembly to strip former President Alemán of his diplomatic immunity. Alemán was subsequently charged with money-laundering and embezzlement, and was sentenced to 20 years in jail in 2003. When the World Bank wrote off four-fifths of the country's debt in January 2004 the president declared it was the best news for Nicaragua in a quarter-century; six months later Russia cancelled debts stretching back to the Soviet era.



*Volunteers Planting Rice Seedlings*

## Packing

Please do not bring more personal items than can be comfortably carried or fit in a small airplane, boat, or van with other travelers and their luggage. One large suitcase per person is appropriate. Please also bring a small day pack to carry your personal belongings when we are out and about. Please do not bring anything of such value that you would be very upset if it was lost or stolen or anything that might attract unwanted attention, such as flashy jewelry.

SHI's work site in Nicaragua is located deep in the tropical forest of the Atlantic Coast. While this area is lush and beautiful, conditions can be challenging. Expect the weather to be hot and humid and afternoon rain showers are common. We will travel by boat to from Bluefields to our worksite, so please be sure to line inside of your pack with a plastic bag or "dry bag" to protect your belongings from showers while we are en route.

Paths can become muddy and rubber boots that you can tuck your pant legs into or gators are advisable. If you don't have a pair of rubber boots or gators that you would like to bring from home, you can purchase a pair in Bluefields. A light weight trekking pole that can collapse to fit in checked luggage can be helpful on slick trails. Depending on the group's arrival and departure times, we may be staying a hotel in Managua or Bluefield before heading to the villages where SHI works. Accommodations in the work area will be rustic, though typical of the living situations for the families you will be working with. Bedding and mosquito nets will be provided.

## Suggested Items to Bring

### Clothes

We recommend that you line the inside of your in plastic grocery or unscented garbage bags to keep your things dry. Bringing zip lock bags to keep smaller items dry is also a good idea. It is best to dress in layers which offer the most flexibility and protection from sun and bugs. Quick-drying fabrics are best. Women should take care to dress modestly, in comfortable clothing. Please let Sarah know if you have any questions about any of the items listed below.

- **3-4 pairs long shorts or lightweight pants:** The latter offer more sun and bug protection.
- **1 pair of *comfortable* outdoor shoes:** Some of the trails we will use will be muddy. We recommend hiking boots and gators or a pair of rain boots.
- **1 pair of *comfortable* sandals:** Secure sandals that you don't mind getting wet are best. We recommend those with a heel strap.
- **Socks for each day**
- **5-6 light shirts**
- **Light weight rain jacket and rain pants or long poncho**
- **Sweatshirt or sweater**
- **Hat with a brim or bill**



- **Bathing suit**
- **Comfortable underclothes**

### **Other important items:**

- **Sturdy pack, suitcase or duffle bag**
- **Small day pack**
- **Passport**
- **Sun glasses**
- **Insect repellent**
- **Sunscreen**
- **Any medicines (especially prescriptions) that you need**
- **Travel-sized personal hygiene items:** soap, toothbrush, tooth paste.
- **Flash light or head lamp:** Don't forget spare batteries
- **Water bottles:** We recommend bringing two strong 1 liter (nalgene type) bottles. We will be filling these with from large jugs of purified water that will always be available to the group.
- **Quick dry, light weight travel towel**
- **Bandana**
- **Work gloves**
- **Personal first aid kit:** SHI staff will be traveling with a large first aid kit for the group, but we recommend that you consider bringing some the following basic items for personal use: band aids, moleskin/foam, medical tape, gauze, hand sanitizer/alcohol disinfectant wipes, polysporin or double antibiotic ointment (something like Neosporin), aloe vera gel, hydrocortisone cream, Immodium, Pepto Bismol, Iburpofen, Acetaminophen (Tylenol) and Hydrogen Peroxide. Some other items that can come in handy in a first aid kit include: safety pins, duct tape, energy bars, zip lock bags, baby wipes, sewing kit, small scrub brush

### **Optional Items:**

- **Journal/notebook**
- **Spanish/English Dictionary**
- **Zip Lock bags or dry bags:** good for keeping your belongings dry
- **Camera**
- **Sarong or Sheet:** multi-use! Use for extra sheet, towel, skirt, bag, beach wrap...
- **Spending Money and Secure Money Belt:** You may want to bring personal spending money for souvenirs, phone calls, ect. U.S. dollars in small denominations are readily accepted in Central America and easy to exchange. We recommend using a secure money belt, travelers wallet/purse or fanny pack where you will be able to keep your passport, credit cards and personal spending money safely on your body and even under your clothes if possible. If using a fanny pack, keep the pack in front (not on your fanny), so you can keep an eye on it. Major credit cards are also accepted to a limited degree in tourist areas and in large cities

## Things not to bring:

- Short shorts/skirts
- Shirts that show midriff
- Electronics
- Valuables, including jewelry
- Anything you would be very sad if you lost

## Some helpful tips for packing:

1. Want a light pack on the way home or plan on bringing lots of souvenirs home with you? You might want to consider bringing clothes with you that you plan to give away or leave there. Any clothing you don't want to bring back home will be put to good use by the families we work with.
2. Share! One of the nice things about traveling in a group is that you can share some of your items with your fellow travelers. You might want to talk within the group as you prepare for packing and assign different items that can be shared such as sun block and insect repellent.
3. Visit the TSA website ([www.tsa.gov](http://www.tsa.gov)) before you fly to make sure that you follow security guidelines. Pack containers with 3oz or more of liquid or gel securely in your checked luggage.

## What to Expect

### Transportation

Traveling in Nicaragua is half the adventure! On this trip we will experience a wide range of different types of transportation including small plane, wooden boat, hiking by foot and colorful local buses.



### Living with a Host Community

While at the work site in the village of San Francisco, we will be staying with host families and in community buildings. The families hosting us are excited to welcome you and have been carefully selected by our Nicaraguan staff. Living with a host family is the best way to truly experience the life and culture of a community. You will see things that most travelers, staying in a hotel, will never have the opportunity to experience. You will practice Spanish, eat real Nicaraguan meals and find that you have a home away from home. That said, staying with a family in a culture different from your own presents a number of challenges. Homes are very small with only a few rooms and generally have dirt floors. While you will have your own bed and personal space in a family's home, privacy is limited.

You will find Nicaraguans to be very proud, warm and friendly. Families are large and take care of their own. Many households include grandparents, aunts, uncles and lots of children.

Everyone gets up early to take advantage of the coolest part of the day and things usually die down when it gets dark.

If you would like to bring a small gift to the community we suggest small gardening or building tools, books in Spanish, school supplies or sports equipment. Baseball and soccer are a favorite sports, so if you have any old gloves or deflated balls that are in need of a good home, there will undoubtedly be some children in the village who will put them to good use. Used items are fine as long as they are still in working condition. In addition to school supplies, the communities in Nicaragua are also in need of flashlights and general first aid equipment.

### **Meals**

While in the rural communities, our meals will be prepared by local women from the village. Typical foods include rice and beans, plantains, cassava, chicken and fish. Vegetarian and vegan are foreign concepts in Nicaragua. If you have any special dietary needs, please let us know so we can prepare the community. Meals will be prepared with boiled or treated water.

### **Culture-shock**

While traveling away from home, it is normal to feel overwhelmed by all the sights, sounds and experiences that will be new to you. You are going to see a wide variety of exciting new things, but also some things which you may find to be shocking or distressful.

For many Americans, the most shocking and upsetting thing about traveling in developing world is poverty. In the past century, Nicaragua has experienced natural disasters, civil war, environmental devastation, political unrest and trade embargos making it one of the most impoverished countries in our hemisphere. According to the World Bank, while poverty is declining, more than 2/3 of the households in rural areas still live in its grasps. In rural areas, a high percentage of the population struggle to survive on less than one dollar per day. Those most affected by poverty are the most vulnerable: children, the elderly and domesticated animals. The need for SHI's program in Nicaragua is immense and we are proud to be an organization empowering local to help themselves.

Before traveling, it is important to try to prepare yourself to be surrounded by difficult circumstances and people living in desperate situations. Remember that you will be a guest in Nicaragua. Try to not pass judgment on the people you will encounter who may be less fortunate than yourself. While Nicaragua is poor economically, you will see that it is wealthy in many other ways. You are about to discover a country rich in natural beauty and full of proud and generous people.

### **Work**

You will have the opportunity to see and take part in a variety of SHI's work projects. We will be working closely with local staff and participant families who will show you how to do the work and use appropriate tools.

## Useful Vocabulary

### Presentaciones

### Introductions

¿Cómo se llama usted?	What is your name? (formal)
¿Cómo te llamas?	What is your name? (informal)
Me llamo _____	My name is _____.
Encantado/a	Delighted
Igualmente	Likewise
Mucho gusto	Pleased to meet you.

### Saludos y contestaciones

### Greetings and answers

Bien	Well
Bastante bien	Pretty well
Muy bien	Very Well
Buenos días	Good morning
Buenas noches	Good night
Buenas tardes	Good afternoon
¿Cómo está usted?	How are you? (formal)
¿Cómo estás?	How are you? (informal)
Hola	Hello
Mal	Not well
¿Que tal?	How's it going?
¿Y usted?	And you?

### Despedidas

### Farewells

Adiós	Good-bye
Hasta luego	See you later
Hasta mañana	See you tomorrow

### Navegación/ cómo desplazarse: navigation/ getting around

(A la) izquierda- (on/to the) left  
 (A la) derecha- (on/to the) right  
 derecho- straight  
 adelante- straight ahead  
 en frente de- across from, in front of  
 detrás de- behind  
 cerca de- close to, near  
 lejos de- far from  
 El banco- the bank  
 La escuela- the school  
 El hospedaje- the hostel/hotel  
 La tienda- the store

El Mercado- the market  
El supermercado- the supermarket, grocery store  
La finca- the farm  
La casa de \_\_\_\_\_ - \_\_\_\_\_'s house  
La parada de buses- the bus stop  
El bus- the bus  
El/ un coche- the/ a car  
Una bicicleta- a bike  
Una moto- a motorcycle

### **Frases útiles- useful phrases**

Vamos a caminar- we're going to walk  
Vamos a pie- we're going on foot  
¿Dónde queda \_\_\_\_\_? Where is \_\_\_\_\_ (a place)?  
¿Dónde está \_\_\_\_\_? Where is \_\_\_\_\_ (una persona)?  
Necesito el baño.- I need to use the bathroom  
Necesito ayuda.- I need help  
¿Usted habla inglés?- Do you speak English?  
Estoy trabajando como voluntario.- I'm working as a volunteer.  
Soy un voluntario con Cosecha Sostenible- I am a volunteer for Sustainable Harvest

### **Clothing/Ropa**

Pants- pantalones	sweatshirt/sweater- sueter
Jeans- Jeans	sun glasses- gafas de sol
Shorts- shorts	hat- sombrero
Shoes- zapatos	belt- cinturon
Sandals- chanclas	book bag- mochila
Socks- calcetines	bathing suit- traje de baño
T-shirt- camiseta	jewelry- joyas
Shirt (general)- camisa	dress- vestido
(long/short) Sleeve- manga (larga/corta)	skirt- falda

### **Miscellaneous**

Camera- camara  
ATM- cajero automatico  
Water bottle- botella de agua

### **Comida/Food**

This is a list of common foods you will be seeing and eating, as well as the names of some crops grown by the farmers.

pineapple- pina	
chile Tabasco- Tabasco pepper	
chile- chili pepper	
frijoles- beans	huevos- eggs
frijoles molidos- refried beans	achiote- annatto (a red paste used as seasoning and for color in foods)
arroz- rice	tortilla- tortillas, eaten at almost every meal
pan- bread	mantequilla- butter
pan tostado- toast	natilla, crema acida- cross between sour cream and butter
ensalada- salad	
aguacate- avocado	chayote- a type of squash similar to
cebolla- onion	
queso- cheese	

zucchini

yuca- a very starchy tuber, comes in two versions, amarillo and blanco maricuya- passion fruit

maiz- corn

### **Bebidas/ drinks**

Batido- frozen fruit juice beverage, like a smoothie, can be made con agua (with water) or con leche (with milk)

café- coffee

jugo- juice

leche- milk

agua- water

agua potable- potable (safe for drinking) water

agua en botella/embotellada- bottled water

te helado- iced tea

te caliente- hot tea

gaseosa- soda

hielo- ice

**Salsa:** means sauce in general, not salsa like we are used to.

\_\_\_\_\_de tomate- ketchup, spaghetti sauce

\_\_\_\_\_inglesa- Worcester sauce

\_\_\_\_\_Picante- hot sauce

Pico de gallo- “American” salsa

### **Meat:**

carne- meat, but usually refers to beef

chorizo- sausage

pescado- fish

pollo- chicken

### **Some useful phrases:**

Is this water boiled?

Esta hervido el agua?

Thank you very much! –Muchas gracias!

Thank you, but I’m not hungry.

Gracias, pero no tengo hambre.

I don’t feel well. - No me siento bien.

No ice, please.- Sin hielo, por favor

## What do you know about Nicaragua?

You will most likely be very impressed with the amount of information that people in other parts of the world know about the U.S.A. Be an informed traveler! What do you know about Nicaragua? We recommend a little research before the trip.

What is the capital?

What is the major religion?

Who is president?

What does the Nicaraguan flag look like and what does it represent?

What are some typical Nicaraguan foods?

Who are the Sandinistas?

What devastated Nicaragua in October 1998?

What do the words capuchin, howler and spider all have in common?

What is the currency and current exchange rate?

What date does Nicaragua celebrate its Independence from Spain?

What are some of the main agricultural products? How do you say these products in Spanish?

Where are the Corn Islands?

How do you ask where the bathroom is in Nicaragua?

What is Ometepe?

Who was William Walker?

What should you bring with you to the bathroom?

How many people can ride on a bus in Nicaragua? And how much livestock?

*Please don't hesitate to contact SHI with any questions or concerns that you may have as you prepare for your adventure!*