



HEALTHY NEIGHBORS INTERNATIONAL

P.O. Box 1552, Doylestown PA 18901

Answers to some of the frequently asked questions

Travel to and from Nicaragua. Each team member is required to obtain their own air travel to and from Managua Nicaragua. All team members are expected to be in Nicaragua for the entire week and must arrive in Managua on or before Saturday July 7th. Accommodations are arranged at a hotel for Saturday night which is very close to the airport and includes a shuttle pickup service for your convenience.

Trip Insurance. All team members are required to have emergency medical insurance that covers them outside the USA. You should check with your current health insurance provider to see if you have any international travel coverage. Travel interruption insurance is recommended but not required. We can provide information on how to obtain this coverage if you desire to pick it up.

Daily agenda. Each day breakfast and dinner are at the hotel where we are staying. Lunch is typically packed and eaten at the clinic. Food is prepared specifically for our team to alleviate the concern of stomach issues. Sunday is a preparation day and Monday through Thursday are clinic days. The clinics typically run out of the community church building so we need to set up and break down the clinic each day. All four clinics are within 30 – 45 minutes of the hotel. Clinic days do tend to be long, however you will find they also go very fast. We do home visits in each community and try to give each team member an opportunity to experience what life is like in the communities we are serving. On Friday morning we pack up everything and travel back to Managua. Please be aware that everything is subject to change at a moment's notice. On this trip, you will find the best ability is "flex-ability".

Climate and other conditions in Nicaragua. Managua and the lower portions of Nicaragua are relatively hot and humid. Fortunately, our trip is to the mountainous portion of Nicaragua. Temperatures typically range between 65 and 85 degrees with relatively low humidity. July is considered the rainy season in Nicaragua. You can be assured that there will be rain while we are there. The clinics will all be under roof, but we do a decent amount of walking so be prepared to get wet. Mosquitos are very prevalent however, with a good repellent they tend to leave you alone.

Accommodations. The hotel we stay at was built two years ago. It is well maintained, clean and comfortable. We occupy the entire facility while there so safety and security are not a problem. The hotel has running water, hot showers and air-conditioned rooms. There is WIFI throughout the hotel and we find that connectivity is relatively stable. Cellular coverage is very prevalent throughout the area, however, if you want to have connectivity outside the hotel an international plan should be added to your cell phone prior to leaving on the trip.

Attire. Typically, the medical staff wears scrubs to the clinics. Some wear scrub pants and tee shirts and others full scrubs. Everyone else can wear shorts, jeans or khaki's and tee shirts or light tops. Sneakers or light hiking boots are fine. Sandals and flip flops are not a good idea except when around the hotel.

Medical items. Healthy Neighbors provides everything needed for the clinics. However, most of the providers and nurses will bring their personal otoscope, stethoscope or blood pressure cuff with them. Medications and supplies are purchased ahead of time in Nicaragua and waiting for us when we arrive.