**Quick Tips for Traveling in Nicaragua**

**Greetings**

1. It is a custom to greet, and bid farewell to everyone in the room individually.
2. Kisses to the cheek and /or a light hug are common gestures when saying both hello and goodbye.
3. Unlike in the states, it is very common in Nicaragua to say “adios” or “bye” to people in passing. Although the words translate to “goodbye” what you are really communicating is that you see them and want to make communication but maybe you don’t know them, or perhaps you don’t have the time to talk, so you say something rather than nothing.

**Health and Wellness**

1. Communicate with Enlace Project staff and host family about any health issues or emergencies.
2. Do NOT self-medicate.
3. Only drink purified water.
4. Don’t eat food from street vendors.
5. Be cautious of the sun, use sunscreen to prevent serious sunburns.
6. Use bug spray when needed.

**Security**

1. Maintain clear and honest communication with host families and Enlace Project staff.
2. It is common to have people begging for food and money or trying to sell things; be careful in how you react and associate with them.
3. Do not walk alone at night on the streets. (Have a buddy with you at all times.)
4. Be cautious and assertive when walking in or crossing the streets. (Vehicles won’t stop for you)

**Other**

1. Try not to be wasteful. Don’t throw away, or feed extra food to animals.
2. When using the toilet, hold the handle down until you hear the water completely flush.
3. Do not flush toilet paper, tampons, etc. Please discard these items in the trashcan beside the toilet.
4. Geckos in Nicaragua are common, yet harmless.
5. Be assertive at all times. Remember you are an example of your family/culture/ country.
6. Remain respectful of your host family’s rules and regulations.

**Emergency contacts:**

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