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October 2015

Dear Students:

Greetings from the Central America staff of the Center for Global Education and Experience (CGEE)! We are excited that you have decided to come to Guatemala, Costa Rica and Nicaragua to participate in the “Social Change in Central America: Exploring Peace, Justice and Community Engagement” program. Throughout the semester we will be exploring the dynamics of socio-economic, political, and cultural change. We will place particular emphasis on listening to the voices of people who are usually under-represented in academia and in the mainstream media. We have been busy planning the program and are looking forward to working with you.

CGEE’s educational philosophy emphasizes critical thinking for personal and social transformation. Hence, our approach is both experiential and rigorously academic. We try to create many opportunities for you to meet with Central Americans who represent different viewpoints and sectors of society. Throughout the program, we encourage you to sharpen your observation skills, as well as your critical thinking skills, and to reflect upon your emotional reactions to concrete experiences in addition to critically analyzing them and the social and economic theories which shed light upon them. The first part of the semester will provide you with an experiential basis to ground your analysis of the more theoretical components that come later in the program. Finally, we challenge you to contemplate ways in which you can act upon and apply what you learn in Central America. This approach is consistent with Paulo Freire's philosophy of education which promotes social transformation and recognizes students and teachers as co-learners, in contrast to a more traditional "banking" philosophy of education, in which the teacher deposits knowledge into the minds of passive students without ever questioning the status quo.

We encourage you to read the entire manual and the following book before the program begins: *Understanding Central America, 2nd Edition* by John A. Booth and Thomas W. Walker (Boulder, CO: Westview Press, 1993). If time permits, you may also find it helpful to read *I, Rigoberta Menchú; An Indian Woman in Guatemala* by Rigoberta Meché (NY: Verso, 1984), *One Day of Life/Un Día en la Vida* by Manlio Argüeta (London: Windhus, 1984), and *Upside Down: A Primer for the Looking-Glass World* by Eduardo Galeano (Picador, 2001). We trust you will agree that these books provide an excellent introduction to the issues we will be studying throughout the semester. In addition, we ask that you bring a journal in which to record your experiences throughout the semester; you may wish to begin writing before you leave the United States.

Again, let us tell you how delighted we are that you will be learning with us next semester. We look forward to meeting you on January 18, 2016!

Sincerely,

Ruth Garrido                                    Fidel Xinico                                    César Acevedo
Elisa Vanegas                                    Kathy McBride                                   Mark Lester
Faculty and Staff

The Center for Global Education has staff in Guatemala, El Salvador and Nicaragua who coordinate our educational programs and, in the case of Managua, maintain the guest house and vehicles. In addition, Study Abroad Facilitator, Ruth Garrido will accompany you throughout the semester. Fidel Xinico is the Program Director for the Guatemala Program and César Acevedo is the Program Director for El Salvador who will be coordinating the program in Costa Rica. In Nicaragua, Mark Lester and Kathy McBride are the Regional Directors for Central America and the Caribbean. Elisa Vanegas is the instructor for the Political course, and Kathy McBride is the instructor for the History/Women’s Studies course. Support staff in Nicaragua includes Ana María Canales, María Elena Rodríguez and José Solorzano.

Ruth Garrido

Ruth Magaly Garrido Gómez is a Guatemalan citizen who received a bilingual degree at the Instituto Guatemalteco Americano (IGA), and then studied business in Stow, Ohio from 1993 to 1995. After working at the Akron Music Center in administrative accounting, Ruth returned to Guatemala where she handled all programming and interpretation for North American student groups as the Associate Director for Central America Study and Service (SEMILLA) from 1996 to 1999. Ruth has also served as the co-coordinator for Sister Parish Linkage, accompanying North American Sister Parish delegations to Guatemala. Currently, Ruth has been coordinator of handicraft projects for the Sharing the Dream Organization, and worked as a Program Coordinator for CGEE in Guatemala from 2005—2009.

International Resident Assistants:
To be announced

Fidel Xinico Tum

Fidel is a Guatemalan citizen of the Cakchiquel Maya ethnic group. He is from a small village called Chипiacul, in the Department of Chimaltenango. He studied at the Catholic High School Seminary in Sololá, and at Francisco Marroquín University in Guatemala City, where he received a B.A. in Secondary Education and Philosophy. In 1984, Fidel received a scholarship from the New Ulm Dioceses of Minnesota to study at St. Paul Seminary at the University of St. Thomas in St. Paul, Minnesota, where he graduated with a M. Div. in 1988.

Since returning to Guatemala in 1988, Fidel worked with the San Lucas Tolimán Parish as director of catechists and delegates of the word, as well as teacher and high school principal in his home village. He also worked closely with Sister Parish since its inception in Guatemala, organizing parish-to-parish linkages, and working with delegations.

Fidel joined the staff of the Center in 1993 working with the Center’s short-term travel seminars, then with semester programs. Fidel feels that this work has taught him about his own society and its problems, and he really enjoys an active exchange of ideas with U.S. citizens and people from other countries who participate in the programs. He currently lives in San Lucas Sacatepéquez, a town near Guatemala City with his wife and three children.
César Augusto Acevedo

César was born in El Salvador and as a youth participated in the Christian Base Community movement and other social movements. In 1982, due to the political repression, Cesar and his family were forced to leave El Salvador. He lived in exile in Canada until returning to El Salvador in 1993. In Canada, he maintained close contact with the situation in El Salvador, primarily through his work with the El Salvador Ethno-cultural and Humanitarian Society and the Salvadoran Base Christian Community in Exile. Prior to working for CGEE, Cesar was youth educator for FUNDASIDA, the Salvadoran National AIDS Foundation. His work entailed training youth promoters in HIV/AIDS issues, including transmission and ways to avoid AIDS, human sexuality, gender roles, and self-esteem. He also has worked with Sister Parish in El Salvador and with organizations in Canada working on refugee resettlement.

While in Canada, César received a Social Work Diploma from Grant MacEwan College and has worked as a social worker. He recently concluded his studies in Latin American Social Work at the Salvadoran Lutheran University and completed a thesis on the process of reinsertion of Salvadoran deportees from the United States. Currently he is doing a Masters in Political Science at the Central American University.

Jonathan Pimentel

Jonathan was born and raised in San José, Costa Rica. He comes from a family composed of his mother, grandmother and one brother. He studied in the public school system from elementary to high school. He did his undergraduate studies at the Universidad Bíblica Latinoamericana and the Universidad de Costa Rica. After completing his BA, he got married (he has been married for 11 years and has three children) and began working at theological institutions in Costa Rica. He completed a doctoral program at the Lutheran School of Theology in Chicago and also did some doctoral work in Latin American Literature and Philosophy in Costa Rica. Currently, he works at the National University in Costa Rica (UNA) and the Latin American Biblical University. He is a fan of the soccer club, he likes Club Sport Herediano, a Costa Rican team, and he is also a fan of Chicago’s blues.

Mark Lester

Mark shares the position of Regional Co-Director of Central America and the Caribbean for the CGEE with Kathy McBride. In addition they share the responsibility for the Center’s program in Nicaragua. Mark began working with the Center in 1987. His responsibilities include designing educational experiences that help participants from the First World explore Third World culture and issues and understand the impact that relationship has on the lives of the local population. In addition, Mark is the representative of the Children’s Haven Foundation, part of a contract with the Center for Global Education in Managua.

In Nicaragua, Mark has also been Material Aids Coordinator for the American Friends Service Committee, and represented the Wisconsin Coordinating Committee on Nicaragua in the Central Credit Committee of CEPAD in their Nicaraguan Community Development Loan Fund. He coordinates the Sub-Committee on Neo-liberalism for the Ecumenical Committee of U.S. Church Personnel in Nicaragua.

Prior to his work with the Center, Mark was a pastor of San Dionisio Parish in San Dionisio, Matagalpa, Nicaragua for two years (1985-87). He received cross-cultural and language school training with the Maryknoll Missioners Associate Priest Program in both New York and Bolivia. He was also a parish priest and high school religion teacher in Ft. Wright, Kentucky. Mark received his B.A. in Philosophy from St. Pius X Seminary in Erlanger, Kentucky and his M.A. in Theology with a concentration in Scripture from Mt. St. Mary Seminary in Emmitsburg, Maryland.
Kathleen McBride

Kathy shares the position of Regional Co-Director of Central America and the Caribbean for the Center for Global Education with Mark Lester. In addition they share the responsibility for the Center's program in Nicaragua. Her responsibilities include coordinating the Central America semester abroad program, oversight of regional staff and programming, designing cross-cultural educational experiences within Nicaragua for travel seminar participants and university students, as well as teaching the History/Women’s Studies course.

Prior to joining the Center for Global Education in 1988, Kathy worked with the Christian Base Communities for three years in Nicaragua. Before moving to Nicaragua in 1984, she worked for eight years in community development in a squatters’ settlement on the outskirts of the city of Caracas, Venezuela. Her primary work involved literacy training and teaching primary health care to women factory workers. Kathy has received theological and cross-cultural training in the Maryknoll Lay Mission Program. She holds a B.A. in Latin American Studies from George Mason University and Masters Degree in Education from Harvard University with a concentration in International Education.

Elisa Vanegas

Elisa serves as program coordinator and instructor in Nicaragua. She holds a Licentiate in Diplomacy and International Relations and a Master's Degree in Rural Sustainable Development from the National Autonomous University. Elisa worked for over six years (2007-2013) with cooperatives facilitating training processes that included women empowerment, lobbying and marketing strategies for farmers and their families. Subsequently she coordinated projects for promotion and awareness of Fair Trade’s principles and values through the Latin American Coordinator of Small Scale Fair Trade Farmers-CLAC. Most recently she worked for the Nicaraguan Government at the Ministry of Family Economy building marketing strategies for Small and Medium scale business.
Books/Readings

Required Reading
The only book you need to purchase ahead of time and bring with you is the required text for the REL 366 course:


All of your course materials will be provided in reading packet form once you are in Central America.

Recommended Pre-Trip Reading
We encourage you to read the following book before the program begins:


You may also find it helpful to read:


General Information on Courses

Registration
You will be registered for classes based on the “Course Selection” questionnaire found in your Global Gateway account. Course listings may be found at https://web.augsburg.edu/global/APA/Pages/Course20Registration20Information.pdf. All students should register for a “Traditional” grading option unless the home school will not accept a traditional grade.

Please keep a record of your course selection for your own records. Any changes to your registration must be made in writing, whether this is before or after the program starts. You are responsible for knowing what classes you signed up for, and submitting any changes in writing to the Minneapolis Office (prior to the start of the program) or the Study Abroad Facilitator (after the program begins).

Some changes in registration may be made after the program has begun. The On-Site Study Abroad Facilitator will provide drop/add and grade option change forms. Deadlines for drop/adds are as follows:

- for the Spanish course (Guatemala): Friday, February 5
- for the religion course (Costa Rica): Friday, March 5
- for the political science and history/women’s studies courses (Nicaragua): Friday, April 1

No drop/adds or grading option changes will be made after designated deadlines.

Available Courses
Students may choose one of the following Spanish courses (Guatemala)
- Spanish 111: Beginning Spanish I
- Spanish 112: Beginning Spanish II
- Spanish 206: Spanish for Health Care Professionals
- Spanish 211: Intermediate Spanish I
- Spanish 212: Intermediate Spanish II
- Spanish 311: Conversation and Composition
- Spanish 316: Conversations in Cultural Context
- Spanish 335: Contemporary Latin American Women: Texts and Voices
- Spanish 336: Guatemalan Civilization and Culture
- Spanish 356: Latin American Literature (open only to non-Augsburg students)
- Spanish 411: Advanced Conversation and Composition

All students will take the following course, which takes place in Costa Rica:
Religion 366: Latin American Liberation Theologies

Students may choose 1-2 of the following courses in Nicaragua:
- History/Women’s Studies 355: Cultural Conflict and Change
- Political Science 310: Citizen Participation in Policy Formulation

For course syllabi see:
Spanish Instruction
This semester program is not a language immersion, but it does include four weeks of intensive language study and one week of orientation (five weeks total), and subsequent opportunities to listen to, speak, and write in Spanish.

Students will study for a total of five weeks in Guatemala. Three of the five weeks will be at Casa Xelaju Spanish School. Their Spanish immersion program with home stay is fully accredited by the Guatemalan Ministry of Education, and the college credit courses follow the cultural and linguistic proficiency guidelines ACTFL (American Council on The Teaching of Foreign Languages). The school and its courses have been approved by the chair of the Foreign Languages Department at Augsburg College as well. For more information about the school see their website.

During the fourth week students will continue studying Spanish in the small indigenous community of Cajola assisted by Spanish teachers from Casa Xelaju.

In terms of course selection, students should simply register for whichever course follows the last Spanish course they took, or if they are at the 300-level and above, whichever course most interests them. In the case of SPA 316, students do not need to have taken SPA 311 first; those two courses may be taken in any order.

Spanish 212, 311, 316, and 411 count toward the Spanish major or minor at Augsburg College. SPA 335 fulfills a Culture requirement for the Spanish major. If you are from another school and are majoring or minoring in Spanish, check to see which course will count toward your major or minor.

Check with your Spanish department BEFORE registering for your courses so that you make the appropriate choice in advance.

Comments on Courses
A full course-load is 3-4 courses, and most students take four courses. Each course is equivalent to four semester credits. If you are not registered for a particular course, it is often possible to sit in on a session or the entire course. Please consult with course facilitators in advance.

Students will note differences among the courses in the three countries. In Guatemala, the focus is on learning Spanish, adapting to Central American reality and culture, and exploring Mayan spirituality and the influence of Catholicism in Guatemala. There is a great deal of time devoted to experiencing the new surroundings and reflecting on that experience. It is expected that through their family stay experiences and other outside-the-classroom experiences in Guatemala, students will get a feel for how the average Central American family lives and the challenges they face on a daily basis, and therefore the principle motivation for movements for social change.

In Costa Rica, students examine both the theory and practice of liberation theology and observe specifically church-related social movements. The course involves a great deal of participation and observation of organized church sectors and draws from the popular education models of those sectors. In Costa Rica students are exploring how the reality of the impoverished majority has affected one social sector, the Churches, even in the formulation of theology, and how they have organized to respond to that reality.

The political science course in Nicaragua engages students in public policy debates while providing a theoretical framework for discussions of governance and citizen participation. The course aims to help students understand the interplay between global processes and local participation. The history course traces gender, class and racial conflict within different historical periods beginning with the mid-nineteenth century. Students examine the root causes of conflict and the processes of social change in Central America. While these last two courses are participatory, they involve a high level of theoretical analysis.
In their progression the courses move from the concrete to the abstract, from the life experience of a Central American family, to the response of the Churches to these conditions, to an examination of organizing in general, and the economic theories that underlie current and past attempts at economic development. Through the variety of experiences in the four courses, students exercise observation, participation, and analytical skills.

Grading Policy

Augsburg College uses a numerical grading system so if you choose a Traditional grading option you will receive a numerical grade on your transcript. Numerical grades are used with these definitions:

<table>
<thead>
<tr>
<th>Numerical Grade</th>
<th>Letter Equivalent</th>
<th># Points</th>
<th>Percentage</th>
<th>Augsburg Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.0</td>
<td>A</td>
<td>372-400</td>
<td>93-100%</td>
<td>Achieves highest standards of excellence</td>
</tr>
<tr>
<td>3.5</td>
<td>A-/B+</td>
<td>352-371</td>
<td>88-92%</td>
<td></td>
</tr>
<tr>
<td>3.0</td>
<td>B</td>
<td>332-351</td>
<td>83-87%</td>
<td>Achieves above basic course standards</td>
</tr>
<tr>
<td>2.5</td>
<td>B-/C+</td>
<td>312-331</td>
<td>78-82%</td>
<td></td>
</tr>
<tr>
<td>2.0*</td>
<td>C</td>
<td>292-311</td>
<td>73-77%</td>
<td>Meets basic standards for the course</td>
</tr>
<tr>
<td>1.5</td>
<td>C-/D+</td>
<td>272-291</td>
<td>68-72%</td>
<td></td>
</tr>
<tr>
<td>1.0</td>
<td>D</td>
<td>252-271</td>
<td>63-67%</td>
<td>Performance below basic course standards</td>
</tr>
<tr>
<td>0.5</td>
<td>D-</td>
<td>240-251</td>
<td>60-62%</td>
<td></td>
</tr>
<tr>
<td>0.0</td>
<td>F</td>
<td>&lt;240</td>
<td>&lt;60%</td>
<td>Unacceptable performance (no course credit)</td>
</tr>
</tbody>
</table>

*A 2.0 or higher is required for a passing grade for courses designated with the “Pass/No Credit” grade option.

The Point System

Each assignment offers a certain maximum number of points to be earned corresponding to a given percentage of the total course grade. In other words, an assignment, which is worth 10% of the total course grade, will offer a maximum of 40 points. For each individual assignment, students will be given a detailed assignment description, which will break down the number of points given for the quality with which specific criteria are met. As a result, once each assignment is returned, to you, students will know exactly how many total points they have and how many more points they need to achieve the grade for which they are striving in the course.

For example, a student who is striving for a “3.0,” must achieve a minimum of 332 points, whereas someone who is striving for a “Pass” or a “2.0,” need only achieve 292 points. Many students have found that this system gives them a great amount of freedom and reduces their stress about grades, allowing them to focus more on accomplishing their learning goals. For example, depending upon the number of total points they are seeking, students may choose to omit certain assignments. (Please note that the church accompaniment project is not optional.) Students who have questions about the point system should be sure to ask the course instructor.

Grading Philosophy

While many students are required to take their courses for grades, we believe that grading often hinders rather than helps the learning process. As a result, we would rather spend more time focusing on the honest assessment and evaluation of student’s learning rather than on grading. What we mean by this is that we would like to create an atmosphere in which students are encouraged to reflect upon their learning styles and to honestly assess and evaluate their own academic work and academic progress, while also receiving constructive criticism from instructors and peers.
Grading Criteria
While criteria will vary slightly from assignment to assignment, most work will be graded on the following four criteria: 1.) Form (10%), 2.) Content (30%), 3.) Interpretation and Analysis (30%), and 4.) Connections (30%). The instructor considers superior work to be work which fulfills the following criteria:

1) Form (10%):
- Extremely well organized
- Articulates ideas clearly and concisely
- Correct grammar and spelling
- Legible
- Typed or handwritten on 8 ½ x 11” paper
- Accurate citation of readings and speakers (using footnotes or endnotes and bibliography)

2) Content (30%):
- Demonstrates accurate and profound knowledge of the subject
- Includes an articulate statement of your thesis and/or questions for further exploration
- Scales down information to what is most important
- Exhibits a profound understanding of the main points expressed by guest speakers and in required readings
- Employs solid logic and well-documented data
- Supports arguments with concrete examples from readings, speakers, class sessions, and other experiences

3) Interpretation and Analysis (30%):
- Presents more than just a summary of information
- Analyzes issues from different viewpoints, including views opposite one’s own
- Recognizes interrelationships among issues
- Draws upon assigned texts, class sessions and guest speakers to support own thesis
- Makes logical arguments
- Articulates complexities of the issues
- Generates critical questions not addressed fully by authors or speakers
- Applies principles and generalizations already learned to new information

4) Connections (30%):
- Demonstrates an understanding of the ways in which issues interrelate with each other
- Integrates knowledge from diverse sources, including authors and speakers
- Compares ideas of authors of required readings with each other
- Makes connections between ideas raised in required readings with those of guest speakers
- Takes new information acquired in Central America and effectively integrates it with prior knowledge and experiences
- Synthesizes and integrates information and ideas

Self-Assessment and Peer Assessments
Students will be asked to complete and hand in a self-assessment form with each assignment (except for the exam). Although the instructor makes the final determination of points, and hence grades, students are asked to honestly evaluate their own work in order to have input into the grading process and generate a constructive dialogue regarding the evaluation of specific assignments based on explicitly defined criteria. When there is a strong disagreement between a student and instructor regarding the evaluation of a particular assignment, the student should make an appointment with the instructor to discuss the disagreement.

Students will also be asked to participate in a process of peer evaluation regarding creative projects, oral presentations, and class participation.
**Student Rights and Responsibilities**
Students with formally diagnosed learning or physical differences have legal rights to course modifications. If you qualify, please identify yourself to the instructors so that we may assist you with your course progress.

**Augsburg Honesty Policy**
All students are expected to follow the Augsburg Honesty Policy, which is printed in the Appendices of this manual. Except when the assignment expressly encourages group work, it is assumed that all course work will be your own. You are not to copy the work of others. Your name on assignments will be taken as your "pledge" that you have read the honesty policy, understand it, and are following it. The first occurrence of plagiarism will result in the failure of the assignment. A student who commits plagiarism a second time will fail the course.

**Late Assignments**
In the case of illness, students may request an extension of the deadline for a particular assignment. Requests for extensions, however, must be made to the course instructor BEFORE the assignment is due and a new deadline must be established. *Assignments turned in after the time specified on the due date or after the renegotiated deadline (in cases of illness) will lose 1/2 grade every 48 hours until submitted. (I.E., a 4.0 quality paper turned in one day late without approval will receive a 3.5)*

**Portfolios**
All students will have a portfolio in which they are encouraged to keep copies of all assignments and to which they may add additional samples of work which provide evidence of academic progress.

**Revisions**
Students who are unsatisfied with their work may re-write or revise assignments. They may choose either to add revised work to their portfolios in order to demonstrate academic progress or to remove the original and replace it with the revised work. *All revisions must be submitted within one week of the time the original work is returned by the instructor.*

**Extra-Credit Assignments**
Students who feel the need to try to raise their overall course grades may complete ONE extra-credit assignment worth 10 points. *Extra-credit work must be given to the instructor by 6:00pm on the last day of the course.*

**Incomplete Grades**
An incomplete grade may be given only in the case of serious emergency. To receive an incomplete grade, a student must receive permission from the course instructor; must file a form stating the reasons for the request, the work required to complete the course; the plan and date for completing the work, and comments from the instructor; and must gain the approval of the Registrar (at Augsburg and at the home school if applicable). If permission is granted, the necessary work must be completed in time to allow evaluation of the work by the course instructor and filing of a grade before the final day of the following semester. If the work is not completed by that date, the grade for the course becomes a 0.0.

**Credit and Transcripts**
Each course is worth four credits. Most students will take four courses for a program total of 16. Credit is granted and transcripts issued by Augsburg College.

Transcripts are sent electronically via Parchment Document Exchange (unless your school does not accept electronic transcripts).
Before the end of your semester abroad you should go to Parchment Document Exchange and create an account. (You will also be given this URL during your on-site wrap-up session while abroad.) This is all you need to do. After grades have been reported Augsburg College will access your account have your grades sent to your home school. The first transcript will be sent free of charge.

You can also use Parchment to request your own copy, if you need a one for your scholarship program, or in the future when you are applying for grad school and need a transcript. Subsequent transcript requests will be charged a fee of $7.

If your school does not accept electronic transfer of grades, please contact Margaret Anderson to receive a paper transcript request form.

Related Components of the Academic Program

Orientation
The program begins on Monday, January 18, in Guatemala City. All students must arrive on that date. The first few days of the program will be spent on orientation to the program components, to each other, and to the situation in Guatemala. On Tuesday, January 19, we will travel to Antigua where we will spend the night, and continue on to Quetzaltenango on January 20. You will find that the programming is intense and that the schedule is very full, so do your best to come into the program well rested.

Living/Learning Environment
An essential part of the semester experience will be creating an environment of respect and cooperation which contributes to our lives and learning together. This means that everyone will be expected to share a variety of group chores such as clearing or sometimes washing dishes. It also will mean engaging yourselves in a learning process that involves group discussion and group work. Students will share responsibility for organizing, attending, and facilitating community meetings in addition to group sessions where issues and challenges of the group are discussed.

Family Stays

Guatemala
For four weeks you will live with Guatemalan families. We consider the family stay a requirement for the program. It is not only a time to practice Spanish, but more importantly it is a time to experience how issues raised in the courses impact daily lives of Central American families. You will be placed in a family by the staff of the language school in consultation with our Guatemala staff. Most homes are within a 2-5 minute walk from the language school. There will be an orientation before your family stay begins and regular check-ins during the stay.

Cost Rica
Most of your stay in Costa Rica will be spent with local families. The extended family stays will be at Montes de Oca, which is the 15th Canton in the Province of San Jose, Costa Rica. This Canton covers an area of 15.16 square kilometers and has a population of 54,288. The Capital City of the Canton is San Pedro. The Canton is known for its high level of commercial development, the number of universities and other centers of higher education, and of course for its active life.
Two other visits during our time in the country will take place: one will be in La Carpio Community. This is a poor neighborhood of around 40,000 inhabitants of whom 50% are immigrants from Nicaragua and other Central American countries and the other 50% are Costa Rican. The community is located in the north part of San Jose, in an area of about 296 square kilometers. The community is surrounded by two rivers and a landfill, which receives over 700 tons of waste every single day. The other visit will be outside San Jose, in an ecological area call Longo Mai located in Punta Arena Province.

Longo Mai began in Austria, Germany, Switzerland and France back in the 1960’s. Their main idea is living together, based on self-administration and agricultural self-sufficiency. In the late 1970’s Longo Mai Europe decided to purchase land in Costa Rica in order to provide a place for Nicaraguans who were fleeing the terror of the Somoza regime. When the Sandinista revolution ended, Nicaraguans went back to their homeland. It did not take too long until Salvadoran refugees replaced the Nicaraguans. Longo Mai is now a community made of around 500 people, mostly Costa Ricans, Salvadorans and a few Europeans. An important project at Longo Mai is providing local alternative eco-tourism; it is located about three hours away from San Jose.

Nicaragua
CGEE maintains a house in Managua for its study programs which will be your home base for classes and other program activities. However, for most of the time in Nicaragua you will be living in a poor community with a family that is active in the local cultural center. In most cases there will be two students placed per family, but there may be occasions when more students are housed with one family. A family stay orientation is held within the first week of arrival in Nicaragua. A meeting with the community is held so that students can meet the other members of the community that are hosting their classmates. Regular check-ins are scheduled throughout the length of the family stay. There is also a short rural family stay (four days) at an organic coffee co-op (in Estelí) in the northern part of the country.

Suggested Activities to Help You Feel More at Home during Family Stay
♦ Walks: with one or more family members. Visit neighbors, go to church or to the market, get acquainted with the neighborhood.
♦ Homework: help the kids, and then have them help you!
♦ Work: many families appreciate it when you show interest and assist in their daily tasks.
♦ Play: with the children in the family and in the neighborhood. Play soccer, shoot marbles, teach them to juggle, fold paper toys or to play simple games.
♦ Photos: great conversation starters about family, school, work, etc. Families often enjoy when students bring extra photos of yourself, your family, school, etc to leave with them.
♦ Cook: learn to prepare traditional local dishes.

“I liked the family stay. It was hard at times, but very good for me and my Spanish. I feel much closer to (the country) and the people because of it.”

“Definitely the most important and meaningful experience of the whole program. Many relationships developed and I had opportunities to do things I wouldn’t normally have done.”
Sample Schedules
Although the days might change, the academic schedule for a week when you are in the following countries might look like the one below:

Guatemala
In Quetzaltenango there is generally five hours of one-on-one language instruction in the mornings, and speakers or visits in the afternoon. Orientation week, as well as the rural stay period, are exceptions to this.

Sample week in Guatemala:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM - Spanish Course</td>
<td>AM - Spanish Course</td>
<td>AM - Spanish Course</td>
<td>AM - Spanish Course</td>
<td>AM - Spanish Course</td>
<td>Rural Stay-composed of meetings with community meetings</td>
<td>Hearing testimonies followed by visit to massacre site</td>
</tr>
<tr>
<td>PM - Visit to surrounding community</td>
<td>PM - Speaker</td>
<td>PM - Free</td>
<td>PM - Talk on Mayan Spirituality</td>
<td>PM - Rural Stay Preparation</td>
<td></td>
<td></td>
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<tr>
<td>Evenings Group Session</td>
<td></td>
<td>Community Night in evening</td>
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</tbody>
</table>

Costa Rica
Class sessions will be held at the Universidad Biblica Latino Americana (UBL), supplemented with a variety of presentations and excursions both on and off-site.

Sample week in Costa Rica:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Socio-economic tour of San Jose; debrief tour</td>
<td>Class session at the UBL</td>
<td>Class session at the UBL</td>
<td>Presentation: Liberation Theology</td>
<td>Depart for family stays</td>
<td>Visit Irazu volcano</td>
<td>Free day/ Study time</td>
</tr>
<tr>
<td>Visit the National Museum of Costa Rica</td>
<td>Presentation: Costa Rica’s current situation</td>
<td>Presentation: current situation of the Catholic Church</td>
<td>12:00: Lunch</td>
<td>Class session at the UBL</td>
<td>Visit the Baslica in Cartago</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Presentation: Costa Rican history</td>
<td>Group session</td>
<td>Class session at the UBL</td>
<td>Preparation for family stays and weekend activities</td>
<td>Visit San Jose de Orosi Church, the Museum of Colonial Art</td>
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Nicaragua
Generally in Nicaragua students have 2-3 hour sessions in the morning and/or afternoon for the two courses (either HIS/WST or POL). Class sessions are composed of lectures, visits, speakers, and student led discussions. During the week there are also group sessions and community nights as well.

Sample week in Nicaragua:

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM POL Course - Lecture</td>
<td>POL Course - Speaker</td>
<td>AM - HIS/WST Course - Lecture</td>
<td>Rural Stay meetings with community leaders</td>
<td>Continue Rural Stay - hearing history of community and history of cooperatives</td>
<td>FREE</td>
<td>FREE</td>
</tr>
<tr>
<td>HIS/WST Course – Speaker</td>
<td>HIS/WST student led discussion</td>
<td>POL Course - Visit Community Night</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Group Session</td>
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</tbody>
</table>

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Tentative Calendar for Spring 2016

More detailed schedules will be handed out regularly throughout the semester. The following are tentative dates in the three countries:

<table>
<thead>
<tr>
<th>Monday, January 18</th>
<th>Students arrive in Guatemala</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday, January 19</strong></td>
<td><strong>Travel to Antigua</strong></td>
</tr>
<tr>
<td><strong>Wednesday, January 20</strong></td>
<td><strong>Travel to Quetzaltenango</strong></td>
</tr>
<tr>
<td>January 21-24</td>
<td>Continuing orientation in Quetzaltenango</td>
</tr>
<tr>
<td>January 25-February 12</td>
<td>Language Study/Family Stay in Quetzaltenango</td>
</tr>
<tr>
<td>January 21-24</td>
<td>Continuing orientation in Quetzaltenango</td>
</tr>
<tr>
<td>February 15-17</td>
<td>Rural homestay and Spanish classes in Cajola</td>
</tr>
<tr>
<td>February 18</td>
<td>Wrap up of Guatemala Experience</td>
</tr>
<tr>
<td>February 19</td>
<td>Travel and stay the night in Antigua Guatemala</td>
</tr>
<tr>
<td><strong>February 20</strong></td>
<td><strong>Fly to San Jose, Costa Rica</strong></td>
</tr>
<tr>
<td>February 22-March 18</td>
<td>Latin American Liberation Theologies (REL 366) in Costa Rica</td>
</tr>
<tr>
<td><strong>March 19-26</strong></td>
<td><strong>Spring Break!</strong></td>
</tr>
<tr>
<td><strong>Sunday, March 27</strong></td>
<td><strong>Arrive in Managua, Nicaragua</strong></td>
</tr>
<tr>
<td>March 28-May 6</td>
<td>Citizen Participation in Policy Formation (POL 310)</td>
</tr>
<tr>
<td></td>
<td>Cultural Conflict and Social Change (HIS/WST 355)</td>
</tr>
<tr>
<td>Friday, May 6</td>
<td>Last day of program</td>
</tr>
<tr>
<td><strong>Saturday, May 7</strong></td>
<td><strong>Students travel home</strong></td>
</tr>
</tbody>
</table>

Changes in Itinerary
The Center for Global Education reserves the right to change the group's itinerary or arrangements if it becomes necessary or advisable to do so.
Passport Requirements
Be sure to obtain a passport if you do not have one. If you have one, be sure that it is valid through at least November 7, 2016. Nicaragua requires that all visitors have a passport that is valid for six months past your scheduled date of departure.

To obtain a new passport, you need the following:
- Original birth certificate with an embossed seal,
- OR
- An old U.S. passport (even if it has expired),
- OR
- A certified copy of your birth certificate with the Health Department seal of the state of birth. This can be obtained from the county clerk in the county in which you were born for a small fee. (Note: A birth registration or hospital certificate is not acceptable.)
- AND
- Valid identification, such as a driver’s license.
- Check payable to the Department of State for $75 (10 year passport) plus a $25 execution fee to the facility processing the passport application.
- Two identical passport photographs

To renew your passport, you will need:
- Your most recent passport
- Two identical passport photos
- A $75 fee, payable to the U.S. Department of State

For complete information and application forms, see http://travel.state.gov/passport/passport_1738.html

Once you receive your passport, make three copies of the photo page. Send one to the Center for Global Education in Minneapolis, and keep two to carry with you when you travel! As a further safeguard, we request that you also bring a certified copy of your birth certificate (see above) in case you need to reapply for a lost passport during the semester.

Guatemala: Entry requires only a valid passport. If Immigration officials may ask how long you plan to remain in country give the departure date of February 20.

Costa Rica: A passport and tourist card/visa are required for entry into Costa Rica. You must also have proof of onward travel to another country, and capacity of at least $100 per month while you are in the country; CGEE will take care of these things when the group travels to Costa Rica.

Nicaragua: Entry into Nicaragua requires only a passport valid until at least November 7, 2016, and purchase of a $5 tourist card. If your passport expires before this date you must request a passport renewal immediately.
SAFETY AND SECURITY

General Recommendations

In-Country Health/Safety Orientation. Upon arrival in each country, all participants are given an extensive health and safety orientation by one of CGEE’s staff members. This orientation covers topics from drinking water and insects to how to deal with catcalls on the street, withdrawing money from ATMs and emergency response. At the end of the orientation, students are asked to read and sign a “Health and Safety Agreement” form.

Emergency Contact Cards. You will be given a credit-card sized emergency contact card to carry at all times. The card includes the phone numbers for the guesthouse or hotel, as well as phone numbers for CGEE staff members and emergency numbers (U.S. Embassy, hospital, etc). Additionally, the card has phone numbers for local authorized taxi company.

It is very important that our staff be able to reach you in case of an emergency. Therefore, you are required to complete a Travel Information Form and give it to the CGEE staff before you travel outside the country during the duration of program.

Safes. We do NOT recommend carrying passports with you, except for the visit to the U.S. Embassy. We have a safe in our office or guesthouse where you can keep your passport and other valuables locked away during your time in Central America.

On-Call System. Every evening and weekend there is a designated “on call” staff member who carries with her/him our “on call cell phone.” This staff member can be reached at any time of the night to assist in any urgent situation. The phone number for the “on call cell phone” is widely distributed (signs around the houses, listed on participants schedule and emergency contact cards, taught at orientation. You also have all staff’s home phone numbers in case the emergency cell phone does not work for some reason or other.

We urge all program participants to follow the following risk reduction measures:

1. **Carry the telephone list at all times**, so that you or your host family can reach us in case of emergency. It also provides other important contact numbers, such as radio taxis and the U.S. Embassy. Students who don’t have their own cell phone will have access to one when they go out.
2. **Taxis** - When taking taxis, **always take radio taxis** as they are much less risky than flagging taxis down off the street. RADIO TAXIS have to report to base every time they pick up and drop off passengers, whereas there is no control of taxis you flag on the street. Telephone numbers for radio taxis in each country are included on the Contacts List (see below). **Do not flag down taxis on the street.**
3. **After dark and before sunlight, do not walk or take buses.** Rather, **take radio taxis** when it is dark out! After calling the radio taxi to pick you up, WAIT INSIDE until the taxi arrives before going out to the street and immediately getting in the taxi. We will reimburse any radio taxi expenses related to the program, while you are obviously responsible for expenses in going out on your own when it's not program-related. Our Nicaragua staff recommend not using public transportation at all.
4. **Ask CGEE faculty and staff and other local people about the safety of places you intend to visit.**
5. **Avoid** going to the bars and night spots unless you have consulted with CGEE personnel.
6. At the guesthouse or hotel, **do not** leave the front doors open and **do not** let people in or open the front door without first looking or asking. It would be better to let employees do that task.
7. **Do not** give out our addresses or phone numbers to people you meet. Get their numbers instead if you want to contact them.
8. **Do not** buy, sell, or use illegal drugs. If you do so, you not only put yourself and Augsburg College at risk, you **will** be sent home from the program. If you get caught, you **will** go to jail and CGEE cannot bail you out.

9. **Do not associate** with anyone you think may be involved in selling, buying, and/or consuming drugs. Do not go to their homes or businesses. Avoid all contact with them.

10. **Do not drink to excess.** Excessive drinking puts you at greater risk. While the drinking age in all three countries is 18, if you drink, be very careful about how much you drink. Recent studies have demonstrated that students abroad tend to drink far more than they do at home. For your own safety, please be the exception to that rule!

11. **We do not travel after dark,** roads conditions and streetlights are poor in rural areas.

12. **Walking.** During the day you can walk with at least one other person. Make sure that you let CGEE people know where you are going and when you are planning to comeback. Do not walk at night; if you need to leave the guesthouse or hotel you must use taxis.

13. **Theft:** if someone does try to forcibly take your valuables, do not resist. The potential harm to you is not worth the value of any stolen goods. Exercise caution in taking anything of value with you in public. Keep a low profile with anything of value such as electronics, cash, jewellery. We work as much as possible to minimize the risk of theft, but we can’t guarantee complete safety for any valuables, just as would be the case anywhere in the world.

Despite this long list of “DO NOTs,” please know that students, staff and faculty regularly go out to safe places and have a wonderful time! You are not going to be locked into your houses; you just need to be careful about what you do and where you go so that you can reduce risks as you make friends and explore.

**GUATEMALA**

Guatemala, as the most populous country in Central America, has its share of street crime like most big cities. Urban crime from pick-pocketing, to armed robbery occurs here like it does in major cities of the U.S. and around the world.

Strikes are often accompanied by street demonstrations and roadblocks, which require close monitoring and occasionally rerouting of activities. In these cases students and participants are kept abreast of such civil disturbances. CGEE staff will advise students to exercise common sense as well as specific precautions as they engage in program and personal activities.

Participants staying with host families in Quetzaltenango have their host families as an extra resource for safety and network. We advise you to follow the recommendations from your host families and the Casa Xelajú language school.

While there has been occasional petty thievery in the neighborhood, students are advised to always walk in groups, never alone or if they are going out at night to take taxis in small groups.

**COSTA RICA**

Costa Rica is one of the most peaceful countries in Central America. Similarly, San Jose, the capital, is considered one of the safest cities in the region. However petty crime may take place, and as with the other countries we visit, we advise the students to take the same precautions to protect themselves and their property.

**NICARAGUA**

Nicaragua, while considered to be the safest country in Central America is also among the poorest. Street crime ranging from pick pocketing to armed robbery does occur in Nicaragua, mostly in Managua and other urban areas, just as it does in many large cities in the U.S. and around the world. There are occasional street demonstrations, strikes and road blocks which require close monitoring and occasionally rerouting of activities.
Students are kept abreast of civil disturbances and CGEE staff advise and orient students and to exercise common sense and specific precautions as they engage in program and personal activities.

Participants stay either at the CGEE guest house (which enjoys the security benefits of the presidential police, as it located one block from the President’s home), and in a poor community known as Batahola, a community that CGEE has worked with for the last twenty years. Batahola is located a five minute drive west of the CGEE guest house. It is a tightly knit community where neighbors know one another and many families participate in the Batahola Cultural Center which is the organization that hosts CGEE groups. While there has been occasional petty thievery in the neighborhood, the community is among the safer poor communities in Managua. Students are advised to always walk in groups and never alone and families often accompany students and participants in the neighborhood.

Nicaragua’s spectacular landscape includes volcanos, and occasionally there have been volcanic eruptions of ash that require a rerouting of travel. All program participants will be immediately notified of any increased risk to their safety and security.

HEALTH MATTERS

Even if you are in perfect health, the rigors of changes in climate and altitude, long hours of travel, exposure to unfamiliar bacteria, adjustment to new foods, and simply being away from normal support systems can make you susceptible to illness. It is necessary to prepare for that. Please read over this information carefully.

Insurance

Medical Insurance: As a Center for Global Education student, you will be covered by Augsburg College’s Foreign Travel Abroad insurance, underwritten by Educational and Institutional Insurance Administrators. This plan includes travel, accident and sickness coverage. See Benefits Summary and Member Card.

If you do incur medical expenses, you may need to pay for the services up-front, and be reimbursed by the insurance company. If so, a claims form is available from one of your program coordinators, and should be returned to them with all receipts related to the injury/illness. Also see note below regarding payment for medical services.

Personal Property Insurance: Please note that you are responsible for the cost of replacing any personal property that is stolen or damaged. Your personal possessions may be covered by your family’s household insurance, but check to make sure (especially if you plan to bring along anything of value, such as your laptop computer). If you want additional accident or life insurance, most companies can help you with this.

Medical/Emergency Expenses

In the event that are hospitalized due to illness or injury, you will need to have a credit card (not debit card) available with at least $1,000 credit available. Hospitals in the region do not take debit cards, and may require a deposit of at least US$1,000. (If your expenses do not total that amount your credit card would be refunded.)

HIV/AIDS

Both HIV and AIDS are underreported in the region although all the ministries of health acknowledge that it is a growing concern. Students need to be aware of the increase in cases in the region and take the necessary precautions during their travels in Central America. Students should consult the Centers for Disease Control webpage (http://www.cdc.gov) for more information.
Inoculations
You should make sure that you are up to date on all of your basic inoculations (i.e. polio, diphtheria, tetanus). No other inoculations are required, but you may find it helpful to call the Centers for Disease Control (CDC) (888/232-3228 or 404/639-2572) to listen to their extensive recorded information about health risks and precautions for international travelers, or visit the CDC Webpage at http://www.cdc.gov. You should also consult with your doctor about health risks and precautions. We recommend that you consider protection against several illnesses that may be present in Central America. These include Hepatitis A and B, typhoid and malaria. Please review the Health Information at https://web.augsburg.edu/global/APA/Pages/health.pdf for more details on each of these. Consult with your doctor about any inoculation taking into account individual health condition(s).

The Centers for Disease Control recommend that travelers to Central America receive an immune globulin (IG) shot or Hepatitis A vaccine for protection against Hepatitis A. According to the CDC, travelers to Central America are at high risk for Hepatitis A, especially if travel plans include visiting rural areas and extensive travel in the countryside, frequent close contact with local persons, or eating in settings of poor sanitation.

A study has shown that many cases of travel-related Hepatitis A occur in travelers to developing countries with “standard” itineraries, accommodations, and food consumption behaviors. Hepatitis A vaccine is preferred for persons who plan to travel repeatedly or reside for long periods of time in intermediate or high-risk areas. Immune globulin is recommended for persons of all ages who desire only short-term protection. The vaccine requires a series of injections, the first of which must take place at least four weeks prior to travel, and the second at least six months after the first. The immune globulin is a single dose shot. Because it offers only short-term protection (3-5 months), it should be administered shortly prior to travel.

Dengue Fever: Dengue is present in all three countries you will visit. No vaccine is available, but travelers can reduce their risk of acquiring dengue by remaining in well-screened or air-conditioned areas when possible, wearing clothing that adequately covers the arms and legs, and applying insect repellent to both skin and clothing. The most effective repellents are those containing N,N-diethylmetatoluamide (DEET).

Malaria: Some travelers to Central America have opted to take a prophylactic medication for malaria. Consult with an international travel clinic or with your doctor about which medicines are prescribed currently. Of the places you are going, the possibility of contracting malaria would be the highest in Nicaragua. You may choose to take this prophylactic for the full semester or just the time you under the greatest risk of exposure. Prophylactic malaria medication can be very expensive and is taken daily a week before, during and after your travel so protecting yourself for the entire semester could be costly. Once again, consult with your doctor. Since no prophylactic will be 100% effective, you should come prepared to avoid mosquito bites with a repellent that includes DEET and with long pants and long-sleeved shirts to wear at dawn and dusk.

Tuberculosis: While Tuberculosis is present in Nicaragua, the CDC does not list it as a significant threat when traveling to Central America. However, exposure to the illness is not uncommon, and several students have tested positive for exposure. Doctors in Nicaragua advise that this is no cause to be alarmed, as the test indicates only exposure and does not mean that the illness has been contracted.

Typhoid: Typhoid fever is transmitted through food and water contaminated with infected human feces, and it is prevented by being careful with what you eat and drink and by proper hygiene. You can get typhoid even though you have been vaccinated though inoculation usually lessens the severity of the disease if contracted.

It is important that you consult with your doctor as soon as possible about the timing for all of the inoculations since some medications are administered months apart. For example, vaccination against Hepatitis B ideally begins six months prior to exposure; tetanus and gamma globulin should not be taken together.
Diarrhea, Cholera, Typhoid and Dysentery Prevention
You will be given more information on this once you arrive in the region, but in general, you should follow certain rules for eating and drinking:

♦ Drink plenty of bottled, filtered or boiled water (available at the guest houses). Bottled drinks, including soda water, are also safe. Host families have been instructed to provide bottled or boiled water.

♦ All meat, fish, vegetables should be well cleaned and cooked. Avoid all uncooked vegetables and fruits unless you wash and peel them yourself. If you are served uncooked fruits or vegetables, ask if they have been washed with disinfectant.

♦ It is not advisable to buy food or beverages from street vendors. Sidewalk cafes should have kitchens that are far off and closed to the street since street dust can contaminate food. Avoid ice unless you are sure it is made from purified water.

♦ Check to make sure that milk is boiled or pasteurized and that cheese is pasteurized. Brand-name ice cream is generally safe though homemade ice cream sold on the street is not.

♦ Wash your hands regularly especially when coming in from the street, after using the restroom, and before you eat anything.

Play it safe! You will learn to eat and drink wisely once you’re in Central America. Even exercising caution, at some point during the semester, you may have diarrhea or other intestinal problems. Some students take an antibiotic such as bactrim, a sulfa drug, or doxycycline, a form of tetracycline, to prevent diarrhea.

If symptoms occur, we encourage students to see a doctor and take antibiotics as directed, for the full cycle of treatment, unless severe side-effects occur. Hygiene and precaution remain important even if antibiotics are used. Once again consult with your physician.

You should consider bringing along some Pepto Bismol tablets and herbal teas. Also, you may want to bring acidophilus and take a tablet/capsule before eating or drinking anything. It is available in health stores in the U.S. Note: drugs such as Lomotil, Paragoric, Immodium and Kaopectate are not recommended since they can be dangerous in cases of infectious diarrheas, and they can intensify dehydration. In addition, if your doctor has given you a prescription for any antibiotics or other medication for diarrhea, be sure that you know how it should be taken and always take it as directed.

Other Health Concerns
Since so much travel will be done overland on mountainous roads and in boats, we encourage you to bring Dramamine or some equivalent if you are prone to motion sickness.

For those students who suffer from asthma, please make sure to bring all the necessary medicines with you, especially inhalers, and carry them with you at all times.
TRAVEL TO AND FROM THE PROGRAM

Your program fees do not cover your travel to and from the region. However, flights have been arranged with STA Travel, an agency specializing in student travel. This package will include:

- Miami to Guatemala City. Our travel can arrange flights from your home city to/from Miami, as well, at extra cost.
- Guatemala City to San Jose, Costa Rica (CGEE will provide travel between San Jose and Managua)
- Managua, Nicaragua to Miami

Because of the regional travel involved in the semester, we ask that all students plan to take these reserved flights. Please contact Margaret Anderson at CGEEE immediately (612/330-1685 or anderso4@augsburg.edu) if for some reason you do not wish to do so.

If you would like to travel before or after the program, STA may be able to accommodate the deviation in dates.

You will be sent an email with directions for reservation and payment.

When you book your travel, please be aware that travelers must have to list their complete name exactly as it is shown in an acceptable government-issued ID, their date of birth and their gender at the time of booking a flight. If travelers do not have a name that matches their ID on their airline e-ticket, they will not be able to secure a boarding pass. See TSA information at: http://www.tsa.gov/what_we_do/layers/secureflight/index.shtm.

Arrival in Guatemala City
You will be met at the airport by CGEE Staff. If you choose to travel beforehand and plan to arrive prior to January 18 you will be responsible for your own transportation, lodging and food. You may reserve a room at the guesthouse where the group will stay, but will have to make the arrangements. If you arrive early and choose to stay at this guesthouse, direct the taxi driver to:

Casa Emaus
26 Calle 15-56 Zona 11
Colonia Las Charcas
Phone: 2485 7620

If you choose to stay at the Casa Emaus you should be aware of certain security issues, such as not going out on your own, particularly in the evening.
LOCATE AND ACCOMMODATIONS

Guatemala

Guatemala is, according to one guidebook, “Central America in an exaggerated form.” It covers an area of 108,889 km (42,042 square miles). The volcanoes are the highest and the most active; the Mayan ruins are the most impressive; its population is the largest, 11,237,196; and it is home to the largest indigenous population, about 65%.

In Guatemala, the division between Maya and Spanish descent (ladino) is fairly strict and has been the source of conflict since the Conquest. While indigenous populations are concentrated in the highlands, you will see people wearing traditional indigenous clothing in the capital, Guatemala City, as well. In the highland villages, people continue practicing many Mayan traditions with regard to food, religion and family life.

Home to approximately three million people, Guatemala City sprawls across a range of flattened mountains and deep ravines. Guatemala City became the capital of Guatemala in the late 1700s after a powerful earthquake destroyed much of Antigua, the former capital. The city is divided into zones (zonas). Zona 1 is where you’ll find the Plaza Major, the National Palace, the central market.

One of Guatemala’s largest cities, but one that has maintained its provincial charm is Quetzaltenango. This city is better known as Xelajú or just Xela (Shê-la). It is located in the highland department of Quetzaltenango at about 7,500ft/2,300m and enjoys a cool climate year around. The indigenous population of Quetzaltenango is comprised predominantly of Quiché Maya.

Costa Rica

This Central American country lies between Nicaragua to the north and Panama to the south. The country is divided by a backbone of volcanoes and mountains, an extension of the Andes-Sierra Madre chain which runs along the western side of the Americas. Costa Rica has four distinct cordilleras or mountain ranges -- Guanacaste and Tilaran in the north, Central and Talamanca in the south. Costa Rica is part of the Pacific "Rim of Fire" and has seven of the isthmus’ 42 active volcanoes plus dozens of dormant or extinct cones. Earth tremors and small quakes shake the country from time to time.

Costa Rica is home to approximately 4½ million people. Almost 2/3 of the population live in the central valley, where the capital city, San Jose, is located, along with several other major cities. It has both Caribbean and Pacific coasts, lined with white and black sand beaches. It is said to be the safest and most democratic country in Central America, and famous for its biodiversity.

Compared to other Central American countries, Costa Rica had relatively few indigenous cultures, and those that existed at the time of Spanish colonization were diverse and widely scattered. As colonization continued, most fled or were killed by disease or mistreatment; those that remained tended to be integrated into the new social system, and the people are more European in descent rather than mestizo.

San Jose is Costa Rica’s largest city, and center of political, transportation and economic activity. Population is nearly three million people. The architecture of the city, namely theatres, museums and houses in the city centre, is distinctly European in influence.
Nicaragua
Nicaragua has three distinct geographic regions: the Pacific lowlands (where Managua is located), the north-central mountains and the Atlantic Coast. These regions have distinct geographic, cultural, racial, ethnic and religious zones. The population of Nicaragua is approximately five million with 90% of Nicaraguans living on the Pacific Coast and 10% living on the Atlantic Coast. According to the UN Nicaragua is the second poorest country in the hemisphere.

The population of the capital city, Managua, is estimated at 1.5 million. The city is about 70 meters above sea level and is located on the shores of Lake Managua (Xolotlán), which has been an ecological concern for many years given high levels of contamination. In 1972, a massive earthquake destroyed the downtown area, which has not been rebuilt. While millions of dollars of international aid was sent to help Nicaragua rebuild, most of that money went into the bank account of Anastasio Somoza, the president and dictator at that time. Markets, neighborhoods and businesses tend to be decentralized and located on the fringe of the city. Managua is slowing growing towards Masaya (south). Since most streets don’t have names, people describe a location in relation to landmarks. Locations are described in relation to Lake Managua (al lago) and south, east (arriba), west (abajo). This system is challenging for visitors since landmarks are not always obvious and may also refer to places which disappeared in the earthquake.

Climate/Weather
Although the actual distance you will travel from Guatemala to Costa Rica to Nicaragua is not great, you will experience a range of climates throughout the semester depending on the altitude. Average temperatures are provided below:

**Guatemala City/Quetzaltenango:** Both Guatemala and Quetzaltenango are at high elevations so temperatures are generally cool. The average daily temperature range in January-February is 40°F - 70°F. In both cities, mornings and evenings can be quite cool and, at times, cold. During the day it becomes warm but during the night it is cool and sometimes even cold since it is windy. A heavy sweater is needed in the morning and evening.

**San Jose:** March is the heart of the dry season in Costa Rica, characterized by sunny weather, nearly no rain and surprisingly low humidity. It is on average the warmest month of the year, with lows in the 60’s and highs in the 80’s.

**Managua:** In April and May, the temperature averages from 85 to 98º F. This is the end of the dry season and beginning of rainy so there is a possibility of precipitations mostly in the afternoons. Humidity is relatively high throughout the year. For trips into the tropical zones rain gear will be needed. In the mountainous areas temperatures can range from 60-85º F

Accommodations
While in Guatemala City and in San Jose you will stay together for a few days at guest houses or hotels. Bedrooms and bathrooms will be shared between 2-4 students. You will have most of your meals at the guesthouses with an occasional meal in a restaurant. Some speakers will join you at the guest houses, but most class sessions will be out in the community.

**Guatemala**
In Quetzaltenango, you will live with local families. The families are chosen by the staff of the language school with input from our Guatemala staff. The families would be considered middle class by Guatemalan standards, (which are not the same as those in the U.S.). Conditions will be simple but comfortable. Families live within easy access of the language school, all within walking distance. Each student is placed with a family.
You will have one-on-one Spanish classes at the language school for five hours every weekday for three weeks. In addition, there will be optional excursions through Casa Xelaju. The fourth week, all students will go to a rural indigenous community of Cajola. There the conditions will be simple living with an indigenous family from the Man ethnic group.

Costa Rica
For the first few days you will be staying at Biblical Latinamerican University, On Friday of the first week you will be moving in with a host family, where you will stay for the remainder of your time in Costa Rica. Classes will be held at Biblical Latinamerican University.

Nicaragua
In Nicaragua students will be living with families in an urban community. In most cases there will be two placed per family, but there may be occasions when more students are housed with one family. CGEE maintains a house in Managua for its study programs that will be your home base for classes and other program activities.

CGEE Central America Alcohol Policy
Based on our experience with semester students as well as short-term delegation students, we have in place the following alcohol policy. The reasoning for each is explained following the policy provisions.

1. **No drinking of alcohol before or during community night.** *Reason:* Community night is intended for community enrichment. If there are students who do not drink, allowing alcohol on community night can lead to a division between those who do and do not want to drink. We've seen an increase in students who drink excessively. Even if all members of the community do drink and are comfortable with drinking, our experience has shown us that allowing alcohol at community night generally does not contribute positively to the community enrichment goal of community night. For these reasons, we have adopted a no alcohol policy – before or during – community night.

2. **No drinking of alcohol at home-stays – with or without family.** Students may only drink with the families during times of celebration (for example, if there is a birthday party at the house, or if the student goes out with the family for dinner). *Reason:* Alcohol is a very serious problem in Central America and the U.S.; urban and rural communities in Central America suffer gravely from alcoholism, as do many U.S. college students.

3. **CGEE house alcohol policy** – students may drink at the CGEE house but they may not get drunk. When at the house, students may drink responsibly. *Reason:* Students are of age and it is legal for them to drink in Nicaragua. We wish to provide a safe space for students to drink – an option they can take if they do not want to go out for drinks and take a taxi home. However, the house is not a space to be used for excessive, harmful drinking. Also, we recognize some students have alcoholism; the “drink but don’t get drunk” policy seeks to make the house a safe space for drinking but not a space that enables alcoholism or abusive, unhealthy drinking habits.

4. **No drinking of alcohol during the day** – students may NOT drink alcohol, at CGEE or outside of CGEE, during the work-day (until 5:00pm) at the Center.
COMMUNICATION

Keeping in touch with family and friends is very important. However, since you will be moving around frequently, especially the first seven weeks of the program, communicating with them will be a bit of a challenge. E-mail is easy to access in cities, and some hotels and cafes have WiFi services. There is a plethora of internet cafes in Xela, San Jose and Managua.

**Snail Mail**

In general, postal service in Central America is relatively slow and very unpredictable. Allow at least 2-3 weeks for delivery of letters and slightly longer for small packages. Warning: it is often difficult to claim packages at the post office. Import taxes may be charged that are equal to value of package. In many cases, packages don’t arrive or arrive opened with some of the contents missing, *so we caution you about having anything valuable sent through the mail*. Also, although reliable, special courier services such as Federal Express or DHL are expensive and must be sent to a street address not a post office box. This makes it extremely difficult for students to receive their packages, requiring extra effort and money such as trips to the airport, paying import tax, or having to hire extra services for packages to be delivered to their ultimate destination. *For these reasons we don’t advise using Fedex or DHL, and advise using the normal postal service.*

**Mailing Addresses (Regular mail only. Not for courier or special delivery services)**

**Guatemala:**
- c/o Casa Xelaju
- Callejon 15, D 13-02, Zona 1
- Quetzaltenango, Quetzaltenango
- Guatemala

**Cost Rica:**
- Universidad Biblica Latinoamericana
- San Pedro de Montes de Oca, CEDROS 350 al ESTE de los Perimercados, a mano izquierda portón negro y muro terracota

We do not recommend sending mail to this address, as you will only be there for a few days at the start of the program.

**Nicaragua:**
- Centro de Educación Mundial
- Apartado RP-44
- Monseñor Lezcano
- Managua, Nicaragua

During your time in Guatemala and Costa Rica, it will be difficult to receive snail mail since you are in each of those countries for a short time. Thus we advise you to let your family and friends know your dates in advance, so as to send letters and packages with sufficient anticipation. Mail that arrives for you after you have continued on to the next country will not be forwarded.

We suggest that you bring U.S. stamps for letters and postcards since friends of CGEE or others you may meet along the way who are traveling to the U.S. often mail items for participants, thus speeding up delivery.
Delivery Service
For courier or special delivery services such as DHL or UPS, the street addresses are:

Quetzaltenango: c/o Casa Xelaju  
Callejon 15, D 13-02, Zona 1  
Quetzaltenango, Quetzaltenango  
Guatemala, C.A.

San Jose: Universidad Biblica Latinoamerica  
San Pedro de Montes de Oca, CEDROS 350 al ESTE de los Perimercados, a mano izquierda portón negro y muro terracota

Managua: Casa Jaime Mayer  
de Montoya, una c. al sur, una y media c.arriba #1405  
Managua, Nicaragua, C.A.

Computers and E-Mail
If you are accustomed to having a laptop with you at all times, and don’t think you manage without one, you may want to consider bringing it with you. Students have found them to be useful for writing papers, wi-fi is available at many cafes in Xela and San Jose, and there is wireless internet service at our house in Managua as well as a computer lab (although not enough computers for every student, and they are not always reliable).

If you do decide to bring your laptop, keep in mind the risks. It will be your responsibility should damage or theft occur while traveling, and you should consider getting some kind of insurance. CGEE cannot reimburse you if your computer is lost, stolen or damaged.

Phones
At all sites there are national, public telephone services available. Because of high taxes, it usually costs twice as much to call from Central America as it would from the U.S. with a card or international plan. In all Central American countries you can access an AT&T operator and make calls using an AT&T calling card. MCI and SPRINT services are not always available.

In addition, students will be able to receive phone calls during family stays provided that host family has a telephone.

Guatemala
Upon arrival, students can let their families know they have arrived by internet; there is WIFI at the guest-house. In Quetzaltenango students generally use Skype or other internet calling services to stay in touch with people at home. Often, students buy inexpensive prepaid telephones so that their family can call them easily as well. There are several public fax and e-mail offices in Quetzaltenango.

Costa Rica
As in Guatemala, students can use Skype or other internet calling services to stay in touch with people at home, or buy inexpensive prepaid telephones so that their family can call them easily as well.

Nicaragua
In Nicaragua you can receive calls at Casa Jaime Mayer (CGEE House). Again, using the internet or purchasing a cell phone and loading it with minutes locally are the most common options.
Phone Numbers
While the following dates and/or locations may change slightly before your actual arrival, we provide this information for your family members and friends. In the case of an emergency, you can be reached most easily by phone at the following numbers (direct dial from the US):

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 18</td>
<td>Casa Emaus Guest House, Guatemala City</td>
<td>011-502-2485 7620</td>
</tr>
<tr>
<td>August 19</td>
<td>Posada San Vicente Hotel, Antigua</td>
<td>011-502-7832-3311</td>
</tr>
<tr>
<td>January 20</td>
<td>Hotel Los Olivos. Quetzaltenango</td>
<td>011-502-7765-3469</td>
</tr>
<tr>
<td>January 21-February 12</td>
<td>PLQ Language School, Quetzaltenango</td>
<td>011-502-7763-1061</td>
</tr>
<tr>
<td>February 13-17</td>
<td>Rural Language School: PLQ in Cantel</td>
<td>011-502-7763-1061</td>
</tr>
<tr>
<td>February 18</td>
<td>Hotel Los Olivos, Quetzaltenango</td>
<td>011-502-7765-3469</td>
</tr>
<tr>
<td>February 19</td>
<td>Posada San Vicente Hotel, Antigua</td>
<td>011-502-7832-3311</td>
</tr>
<tr>
<td>February 20</td>
<td><strong>Fly to San Jose, Costa Rica</strong></td>
<td></td>
</tr>
<tr>
<td>February 21-March 18</td>
<td>Universidad Biblica Latinoamericana</td>
<td>During business hours: 011-506-2283-4498 or 011-506-2224-2791</td>
</tr>
<tr>
<td><strong>March 19-26</strong></td>
<td><strong>Spring Break</strong></td>
<td></td>
</tr>
<tr>
<td>March 27-May 6</td>
<td>Casa Jaime Mayer (CGEE), Managua</td>
<td>011-505-2268-2319 or 011-505-2222-4268</td>
</tr>
</tbody>
</table>

For emergencies only our staff cell phones are available, and numbers will be provided for you once you arrive in each country.

Regarding Cell Phones
Students generally have not used cell phones from home in Central America in the past, as each country the program travels to has a different plan, and rates are extremely overpriced. With that in mind, you should feel free to bring your own phone, but it has been our experience that students who did bring their cell phones ended up not using them because it was too expensive for their plans.

Many students purchase inexpensive cell phones in Guatemala, Costa Rica and Nicaragua ($15-25 for the actual phone) and pre-pay minutes as they go. Many will also use Skype to call home.

CGEE Communication with Parents
If you indicated your consent on your Post-Acceptance Information form, we will be sending an email and electronic copy of this manual to parents, introducing the Center for Global Education, describing what the semester program is like, extending an invitation for them to visit Managua and the program, and familiarizing them with the staff to contact in Minneapolis with any questions.

Visits by Family and Friends
Family and friends are welcome to visit when you are in Nicaragua. Space will not be available for them in our study center, but nearby hotels offer convenient and comfortable accommodations. Be aware that your program schedule is very full and intense and can make finding time to spend with visitors challenging. We recommend you consult with Center staff before finalizing the dates for any visit. If your family or friends wish to visit you during the program, the best time would be during Spring Break.
TRAVEL WITHIN THE REGION

Program Travel
The group will travel together between countries. Your group flight will include travel from Guatemala to Costa Rica, and you will travel by bus from Costa Rica to Nicaragua. The bus ticket and entry/exit charges are covered by program fees, or included in your airfare, provided that you travel with the group. In addition, there will be times during the semester when you will take short trips away from your home base. These trips are integrated into your course work and are required components of the program. The cost of these excursions is also included in your semester fees.

Spring Break
Students are free to leave on Spring Break after 6:00pm on Friday, March 18. The last meal provided for students will be breakfast on Saturday, March 19, after which time students assume ALL expenses for Spring Break travel, lodging and meals. **If a student is unable to finance the costs during Spring Break they must contact the Study Abroad Facilitator upon arrival in Guatemala in January.**

There is a variety of travel options available, including snorkeling off the coast of Honduras, further exploration of Costa Rica, or hiking the volcanoes of Nicaragua. When traveling overland on a careful budget, $30 U.S. per day is sufficient. You may want to allow extra $100 for souvenir purchases, in addition to the $300 for medical emergencies.

Student Responsibilities Regarding Additional Travel
You must inform the Program Study Abroad Facilitator and/or International Resident Assistant in writing of any personal travel plans during the semester and/or over regularly scheduled breaks. Students may not leave the program without informing the Study Abroad Facilitator and/or International Resident Assistant in writing of their itinerary, including mode of transportation, travel companions, expected return date, phone where he/she can be reached etc. It is not enough to simply tell another student in the group. In the case of a student who has left the program without informing staff adequately, parents will be notified.

Safety Concerns
Undoubtedly, many of you and your parents have concerns about traveling to this region. We want to assure you that the Center for Global Education monitors the situation in each country. The CGEE office in Minneapolis is in frequent contact with our permanent resident staff in each country, as well as others in the region. Since 1982 the Center for Global Education has led over 1,000 travel seminars for more than 12,000 participants to Central America, Mexico, the Middle East, South America, Southeast Asia, the Caribbean and the Philippines. We have therefore gained a great deal of expertise in travel to countries in the global south. We would not hesitate to cancel or to revise part of the semester schedule should something occur that made it possibly unsafe to travel there. If you or your parents are concerned, feel free to call the Center for Global Education office in Minneapolis, and we will be glad to respond to any questions or concerns.
MONEY

Your fees cover all living and travel expenses connected to the program, including all entry/exit charges between Central American countries when traveling as a group. (Any individual travel that involves border crossings will require that the student pay the entry/exit fees.) You need to cover the following: the group flight to Guatemala City and home from Managua, Spring Break travel, and your return and exit fee ($32 which must be paid in U.S dollars) from Managua. (Check to see if this is included in the price of your airline ticket.)

Here are our recommendations:

♦ You should budget $300 U.S. for possible visits to the doctor. An office call, for instance, costs about $50, and you may have to pay all medical expenses at the time of service then request reimbursement from the insurance company.

♦ In the event that you require hospitalization due to illness or injury, and, you will need to have a credit card (not debit card) available with at least $1,000 credit available. Hospitals in the region do not take debit cards, and may require a deposit of up to US$1,000. (If your expenses do not total that amount your credit card would be refunded.)

♦ The amount of personal money you will need depends on how much additional travel you do on your own, gifts you will buy, and extra social activities. Students on similar groups have spent $700 – $1,000. This amount would allow for several trips and purchase of some nice gifts. You may be surprised that some social activities are as expensive in Central America as they are in the U.S. We will meet with artisan groups, women’s economic cooperatives and repatriated communities whom you may want to support. Some past students have found it easy to feel rich and spend freely and quickly. Beware of this tendency! Your money can disappear rapidly!

♦ Since the banking systems in Central America are always changing, it is wise to bring a combination of cash, credit cards and an ATM card.

♦ You should bring about $200 in cash with you from the States. Once you arrive in Central America there are ATM’s in all three countries where you can withdraw cash in the local currency as you go along through the program.

♦ Bring ring small denominations – $10’s, $20’s and $50’s ($100 bills are increasingly difficult to change), since you will be exchanging money in three different countries and may not want to convert local currency back to U.S. dollars or to another Central American currency.

♦ Try to bring clean bills. Banks will not exchange any bills that are missing pieces, torn or with writing on it in pencil, pen or markers

♦ In Costa Rica and Nicaragua you can exchange U.S. currency. However, it Guatemala it is getting more and more difficult to exchange U.S. cash in the banks so we strongly recommend that you use only your debit and/or credit card to secure cash while in Guatemala.

♦ We strongly urge using money belts or body pouches. Obtaining money once you are in Central America is not as easy as bringing it with you, so bring enough to cover anticipated expenses.
Traveler’s Checks
You may bring traveler’s checks, but only for emergencies, and do not depend upon them for getting cash. In Guatemala and Costa Rica, traveler’s checks can be extremely difficult and time consuming to cash, the exchange rate will be less than if you exchanged cash or used a credit card, and there are fees for cashing them. You will not be able to use Traveler’s Checks at all in Nicaragua. If do you choose to bring traveler’s checks be sure to bring American Express checks, NOT Visa.

Credit and ATM/Debit Cards
Due to the situation with traveler’s checks, we encourage you to bring ATM/Debit cards. A Visa card or MasterCard can be used for cash advances in the local currency at Credomatic offices and some banks. Credit cards may be accepted as well in many of the nicer hotels, restaurants, and shops. ATM machines can be found in all three countries, but access to international networks is still limited. If you bring an ATM card make sure it has the PLUS and/or CIRRUS logo. Also make sure to call your credit card company/bank to let them know you will be using your card(s) abroad.

Currency and Exchange Rates
<table>
<thead>
<tr>
<th>Country</th>
<th>Currency</th>
<th>Exchange Rate (as of October 2015)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guatemala</td>
<td>Quetzal</td>
<td>7.66 to $1 U.S.</td>
</tr>
<tr>
<td>Costa Rica</td>
<td>Colón</td>
<td>529.50 to $1 U.S.</td>
</tr>
<tr>
<td>Nicaragua</td>
<td>Córdoba</td>
<td>27.70 to $1 U.S.</td>
</tr>
</tbody>
</table>

**WHAT TO BRING**

It is essential that you pack lightly given the nature and amount of travel during the semester. We will often have to walk several blocks to or from bus stations. As a rule, you should be able to carry all of your stuff for the semester four city blocks or up two flights of stairs without collapsing. For this reason many students find it easier to bring a travel/hiking back pack instead of a duffel or moderate-sized suitcase. You may be washing your own clothes by hand, although you can also pay for laundry services, available at most of the guest houses.

With regard to dress, neatness, cleanliness and modesty are generally part of Central American culture. For better or worse, such things as short shorts, patched clothes, unkempt hair or revealing clothes worn by foreigners give some Central Americans the impression that we are culturally insensitive, dirty, or promiscuous. Moreover, since we will spend most of our time among people living in strained economic circumstances, most students will feel more comfortable living and dressing simply but neatly. It is also common to dress up here when going out.

Though wearing shorts, particularly bermuda length, is common among urban Central Americans, you will not be allowed to wear them to most program visits. Feel free to bring some shorts or casual clothing to wear around the guest houses. For visits to embassies and government offices, women will need a dress or skirt/dress pants and blouse, and nice shoes (not velcro strap sandals, chacos or birkenstocks). Men should have nice pants and leather shoes (not sandals), and a dress shirt. Avoid bringing clothing that is or looks military, including anything made of camouflage.

It can get cold and rainy at times, especially in the Guatemalan highlands, so bring a few warm articles of clothing and socks. It is best, for example, to have a long-sleeve shirt, heavy sweater, and light to medium-weight jacket that you can layer. Since buildings are not heated, you may want to bring something warm to wear for sleeping. In Quetzaltenango, there are countless second-hand clothing stores where you could buy coats or sweaters that can be left as a donation rather than carrying a coat with you the entire semester.
You will also want to bring a raincoat, umbrella and rubber boots for those times when it gets rainy and muddy in Guatemala and Longo Mai in Costa Rica. Rubber boots can also be purchased once you get to Guatemala.

School supplies and U.S. brand toiletries are easy to find in Central America at reasonable prices, so don’t pack lots of big bottles. The exception to this is contact lens solution, which is expensive, so bring a good supply. Other items available at slightly higher prices than in the United States are film, batteries, and tampons. The electrical current is the same as in the U.S. and Canada, and you do not need special adapters. However, voltage can fluctuate, so if you are bringing sensitive electrical equipment (like a laptop), you will need a good quality surge protector.

If you plan to bring your laptop, please note that you will be responsible for the cost to repair or replace it, whether or not the damage is the result of your action or the action of another student, staff person, or unknown person. It is strongly recommended that you consider property insurance for any theft or damages.

Check List

Essential Things to Pack

- Passport that will not expire before November 7, 2016
- 2 good photocopies of the title/photo page of your passport
- Water bottle
- Small flashlight
- Back pack/small duffle (to pack for weekend visits)

Clothing

- 2-3 pairs jeans/pants (combination for warmer and cooler climates)
- 2-3 pairs shorts (for around the house and sports)
- 4-5 short sleeve shirts/tops/T shirts
- 2-3 long sleeve, warmer shirts/tops
- 2-3 skirts or dresses for women
- Nightshirt or pajama (1 pair of long pajama pants)
- Underwear (always better to pack for at least 1½ weeks)
- 6 pairs of socks
- 1 pair of tennis shoes (for exercise and hiking)
- Another pair of comfortable shoes that are a little dressier (For women: can be flat and simple and not necessarily closed toed)
- Sandals
- Flip-flops/shower shoes
- Rubber boots
- Swimsuit
- Hat/Bandana (sun protection)
- Warm hat
- Warm sweater or light jacket for layering, warm socks, coat or sweatshirt, winter hat, and scarf (weather in Quetzaltenango will be COLD)
- Rain jacket and/or umbrella
- Towel
Other useful items (optional)

__ Spanish/English dictionary
__ Travel alarm clock
__ Camera and film
__ Extra camera battery
__ Money belt
__ Small locks for your luggage: Though the policy says that “Airlines are not responsible for stolen articles unless luggage is locked,” it is also true that airlines will break the lock if they have to. Locks can be useful for in-country travel (public buses)-optional but recommended
__ International Student ID card
__ Certified copy of your birth certificate (recommended)
__ Small tape recorder and blank cassettes /digital recorder
__ Notebook/book for journal writing
__ U.S. postage stamps
__ Visa card or Mastercard
__ Insect repellent (with DEET/spray for bedbugs or fleas)
__ Dramamine or some other motion-sickness medication
__ Sunscreen (not optional)
__ Pictures of your family/friends/school/neighborhood/work (extra copies to leave with friends you’ll make)
__ Contact lens supplies
__ Any medications you use (in their original containers)
__ Wash-n-Dry moist towelettes or waterless hand cleansing gel (Many places won’t have restrooms with running water and washing hands is key to staying healthy)
__ Water purifier tablets/drops (available at most pharmacies) (optional if plan on backpacking on your own)
__ Small gift/souvenir (calendar/picture book?) from your home state to give to your family in Guatemala, Costa Rica and Nicaragua
__ Mosquito Net
__ Ear plugs (recommended for countryside homestays)
__ Laxatives
__ iPod/mp3 player & headphones
__ Any items for hobbies (such as pleasure reading, knitting needles, cards, balls, etc)

Note: NO SLEEPING BAG NEEDED!
COSTA RICA