

## Pre-departure Preparation

### Nicaragua

- Payments, Cancellation & Insurance
  - Passport, Visa & Entry Requirements
  - Air Travel Arrangements, Deviations & Time Zone
  - Packing List & Luggage
  - Weather
  - Money
  - Accommodations & Electrical Current
  - Health & Safety Information
  - Do's and Don'ts
  - Policy on Controlled Substances
  - Suggested Publication Guidelines (for writers)
  - Gift Giving
  - Links to Other Resources in Central America
  - Diversity
  - Under 18 Years Old
  - COSTA RICA Pre-trip Preparation Information
  - Contact Information
- 

## Payments, Cancellation & Insurance

**Payments:** Your final payment (minus your deposit) is due six-eight weeks prior to departure. Please check your travel seminar brochure for the specific deadline. You may pay your balance by check or with a credit card (please note we only accept Visa or MasterCard). For some programs, you may be billed directly by the organization or group sponsoring your travel seminar.

**Cancellation:** Cancellation notices must be received by the Center for Global Education in writing. Your deposit is non-refundable. A cancellation notice received up to 75 days before departure will be assessed only the deposit plus any non-recoverable costs (i.e. flight deposits, visa fee, etc.). A cancellation notice received 61-74 days before departure will be assessed 25% of the total travel seminar cost; a cancellation notice received 31-60 days before departure will be assessed 50% of the total cost. A cancellation notice received within 30 days of departure will be assessed the full program cost.

In the event that a Travel Warning is issued by the US State Department for a country that will be visited during a program and CGE agrees that it is unsafe to travel there (or the sponsor has an existing written policy against traveling to a country/location with a Travel Warning), then we will try to reroute that program to another country. If we need to cancel the program, the participants will be refunded any recoverable expenses.

If there is no Travel Warning, but a participant cancels due to fear of a worldwide crisis, then they may be able to transfer their deposit to another program within the same fiscal year (if

agreed upon by CGE); however, they would still be responsible for paying any unrecoverable expenses related to the original trip.

All participants are encouraged to purchase trip cancellation or interruption insurance in the event of a personal or family illness or other unforeseen events.

**Cancellation Insurance:** We recommend you purchase trip cancellation insurance to protect yourself against emergencies that might prevent you from traveling. Some examples of unforeseen disruptions that could require you to cancel your trip are: you or a family member becomes sick or dies; bad weather or natural disasters that results in closed airports, roads, or hotels; calls to serve on jury duty; terrorist attacks/civil unrest in-country or at home; health epidemics (such as H1N1).

Most travel insurance companies have specific policies in relation to the H1N1 virus. Please check with your provider on their policies for H1N1 coverage. Some companies may offer “Cancel for Any Reason” clauses at an additional cost that will allow you to cancel for any reason. When purchasing these products we recommend you call the company to discuss any exclusions.

**NOTE:** For many types of cancellation insurance you must purchase the insurance within 14 days of your first payment towards any trip related costs (ie: deposit on program, airline ticket, final payment, ect.).

**Travel Health/Accident Insurance:** All participants are required to have health/accident insurance that covers medical expenses incurred during the travel seminar and includes emergency evacuation. Please check with your institution to see if they provide coverage for international travel and emergency evacuations. Otherwise, there are a number of reputable providers you may use.

CGE has an account with HTH Worldwide Insurance Services, which provides good medical coverage at our group rate for ages 0-74: \$11.75/weekly or \$40.75/monthly. For more information visit the HTH website at [www.hthstudents.com](http://www.hthstudents.com) using group access code **BIH-2227**. You do not need to be a student to apply for this coverage. If you need assistance with registering online, please contact our office.

### Passport, Visa & Entry Requirements

**Passport:** The information below addresses passport requirements for U.S. and Canadian citizens. Citizens of other countries living in the U.S. and Canada, should contact the Center for Global Education for further information.

Nicaragua requires you to have a passport that is valid for at least six months past the scheduled date of departure. While the average processing time for a standard passport application is six weeks, it can take much longer. If your trip is departing within six weeks, we recommend using

Expedited Service. Consult the U.S. Department of State's Web page for fees and procedures: [http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)

Once you receive your new or renewed passport, you sign it on the designated page opposite your picture to validate it. Please send us a photocopy of this page after signing it. Make sure you also have a photocopy for yourself to keep with you during the trip separately from where you keep your passport. It is also a good idea to leave a photocopy with a family member or friend at home.

Keep any documents inserted into your passport or given to you by immigration officials upon arriving in the destination country. You will need to present them upon departure.

**Visa & Entry Requirements:** The information below addresses entry requirements for U.S. and Canadian citizens residing in the United States. U.S. citizens living outside the U.S. and Canada, and citizens of other countries living in the U.S. and Canada, should contact CGE for further information. If you are a citizen of a country other than the U.S., check with your nation's consulate for visa and entry requirements. CGE will assist you in reviewing information, but the responsibility for obtaining and paying for proper documentation is yours.

There is no special visa requirement for short-term stays in Nicaragua. You will receive a tourist card/entry card en route or at the airport. On this form, you should state that your reason for visiting Nicaragua is "tourism." If you check that your purpose is to study, customs officials might mistakenly assume that you need a student visa. The tourist/entry card is to be presented along with your passport to the immigration official upon arrival.

There is a USD \$10 entry tax that you must pay as you go through immigrations and customs upon arrival in the Managua airport. This fee is not covered in your program cost, so please have a \$10 bill handy when you arrive. There is also a \$42 exit tax, but this is normally included in the cost of your airfare. The only experience we have with this not being included in the airfare is if the ticket is obtained through frequent flyer mile credits. CGE does not cover entry or exit taxes for travel seminars, so if you are using a ticket obtained by cashing in frequent flyer miles, you will need an additional \$42 in cash to leave Managua.

For those who have an extended stay in Nicaragua that requires a visa, be sure to check that your passport has at least two blank pages in the visa section. This is a new security requirement for those who travel with a U.S. passport.

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### Air Travel Arrangements, Deviations & Time Zone

**Air Travel Arrangements & Deviations:** Your air travel, if included in the cost of the program, will be arranged out of the city designated in the travel seminar brochure. The Center for Global Education will use the most convenient connections, efficient routing, and lowest fares possible. Some cities have limited service that may result in multiple connections or long layovers. If you will be making your own travel arrangements, traveling in the country prior to or after the travel

seminar, or if you have special travel needs, please contact the Center for Global Education as soon as possible.

It is essential that the name on your travel documents be identical to your name as it appears on your passport. If there is a discrepancy, you could be delayed or required to purchase another ticket. Please check your ticket as soon as you receive it and contact the Center for Global Education if there is a discrepancy. In the event that changes need to be made to the itinerary due to illness, strikes, terrorism, weather, or other causes, these changes will be made to ensure the well-being of all participants. Additional expenses, if any, will be the responsibility of the travel seminar participant, although the Center for Global Education will make every effort to minimize such expenses.

**Time Zone:** The time is the same as U.S. Central Standard Time. However, Nicaragua does not observe daylight savings time, so the time will be one hour behind Central Standard Time during daylight savings time.

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### Packing List & Luggage

**Packing Tips:** Be sure to put essential items such as medications, toiletries and camera film (new security equipment at U.S. airports will destroy film in checked luggage) in your carry-on bag in case of a delay or lost luggage.

Pack comfortable, modest clothing. Cotton slacks, neat blue jeans, t-shirts without logos and button-down shirts are appropriate – shorts, sweat suits, athletic gear, and tank tops or any other revealing clothing are not.

Pack as lightly as you can. Consider wearing outfits at least twice during the trip. Remember, laundry facilities may be available as well.

You will be meeting with speakers many days. For church, government, and professional sector visits, pack at least one formal outfit. For men, consider a nice button-down shirt and slacks (ties are not required). For women, a dress, or skirt/slacks and blouse (not a t-shirt) are appropriate.

Plan to bring items that are lightweight and can be layered in case of temperature or weather changes or air-conditioned rooms.

Do not bring anything with a camouflage pattern or of a military style

CGE strongly recommends leaving expensive jewelry/watches at home

**Essential items to include:** No matter the time of year be sure to bring insect repellent, a flashlight and a rain jacket.

**Suggested items to include:**

- Comfortable walking shoes with a closed toe for rural areas and markets, where there may be mud or biting insects
- Sandals or house shoes for shared bathrooms as well as for health and safety reasons (e.g. scorpions)
- Swimsuit (some trips may visit a lake or pool)
- Sweater, sweatshirt or jacket for cool evenings, air-conditioned rooms
- Rain jacket, poncho, or umbrella
- Sleep sack or flat sheet (for homestays)
- Ear plugs (if you are a light sleeper)
- Dressier outfit for church or meetings (described above)
- Medications, toiletries – many common medications and toiletries are not readily available (e.g. tampons, mouthwash, disposable razors); the most common ailments are traveler’s diarrhea and motion sickness
- Sun & insect protection – hat, sunglasses, sunscreen, insect repellent
- Camera, extra batteries, film (film is expensive in Nicaragua)
- Small flashlight & extra batteries (for dark streets, rural areas)
- Refillable water bottle
- Power bars or high-protein snacks (especially if you are vegetarian)
- Small backpack or shoulder bag for daytime excursions
- Small bag or luggage that can be used for short in-country trips
- Notebook or journal
- Reading material, deck of cards, etc. for waiting times or delays
- Travel clock, watch or other timepiece
- Money belt or neck pouch to hold valuables
- ATM card, credit cards
- Moist towelettes and hand sanitizer
- Two-prong plug adapter (if you are bringing electrical appliances)
- Passport and photocopy of the photo page (pack separately)

**Luggage:** Due to luggage capacity restraints for most vehicles in Nicaragua, you are allowed to only pack one large, soft-covered bag and one carry-on, plus a purse, camera case or briefcase. Pack as lightly as you can. In general, if you cannot comfortably walk five city blocks with all of your gear, you have packed too much.

International travel baggage restrictions and fees for excess cargo may vary by airline and destination. In general, the maximum allowance per piece of checked luggage is 50 pounds and 62 linear inches (total length + width + height) for international flights.

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## **Weather**

The following are average temperatures, not the extremes. As in the U.S., weather patterns can vary frequently. We recommend checking weather sites on the Internet for the region and time of year you will be traveling.

In Nicaragua there are two distinct seasons: rainy and dry. The rainy season extends from May to October. During this time it rains frequently, and the total monthly rainfall may range from 5 to 11 inches. It is also very warm, with temperatures ranging from 80° to 95°F during the day. During the dry season (November to April), it is hot and rain is infrequent (one or two days per month). February through May is usually the hottest time of the year with temperatures reaching between 90° and 100°F.

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## Money

Most participants find \$150-\$250 to be sufficient spending money for a two-week seminar to Nicaragua. Of course, how much you bring should depend on your personal spending habits. Remember that all meals and programs expenses are covered in your seminar cost.

It is helpful to have some cash in small bills. Try to bring new bills, as some past participants have encountered difficulty in changing bills that are worn, written upon or torn. We strongly encourage you to bring a money belt.

It can be difficult and expensive to cash traveler's checks. Plan to bring mostly cash. ATMs can be found, but access to international networks is limited. If you bring an ATM card, make sure it has the PLUS and/or CIRRUS logos. A Visa or MasterCard may be used for cash advances in local currency at Credomatic offices as well as some banks.

Credit cards may also be accepted in many of the more elegant shops and restaurants. Important: It is a good idea to call your credit card company to let them know that you will be using your card outside of the country for a set time. Some people encounter trouble using a credit card abroad because the credit card company assumes the card is stolen.

For current information concerning exchange rates, visit <http://www.xe.com>

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## Accommodations & Electrical Current

**Accommodations:** CGE operates its own study/guesthouse in Managua, Nicaragua. The guest rooms are dormitory-style with bunk-beds and shared bathrooms. Accommodations in the countryside will be more basic than those in the major cities. Some travel seminars may include a homestay. Under these circumstances, you may not always have access to hot water or standard mattresses. We are confident that this experience will enhance your understanding of the country in a challenging, experiential manner.

**Electrical Current:** The electrical current is the same as in the U.S. (110 volts, 60 cycles). However, most outlets cannot accommodate a grounding prong or wide flange. If you are

bringing electrical appliances, you will need to bring a two-prong adapter to fit an outlet with two narrow slots.

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## Health & Safety Information

Health: Review your vaccinations: Check with your doctor or the Centers for Disease Control (CDC) regarding recommended vaccinations for travel to Nicaragua. Currently, the CDC recommends that you be up-to-date on diphtheria-tetanus and measles, and that you consider an immune globulin vaccine for protection against Hepatitis A. You may call the CDC at 404/332-4559 or visit their website at <http://www.cdc.gov/travel/>

- **Bring enough medical/health supplies.** If you take a prescription or medication, make sure you bring enough to last your entire seminar, including a possible day or two of delay. Be prepared, and bring medical and health supplies for potential problems. Many medications, including common over-the-counter items, may not be readily available.
- **Drink only purified water.** It is best to drink bottled water or water from trusted sources. You will be provided with purified water during your seminar. Don't forget to use purified water when you brush your teeth. Avoid ice cubes.
- **Drink enough water.** Besides drinking contaminated water, the most common health problem on travel seminars is not drinking enough water and getting dehydrated and/or constipated.
- **Wash your hands** with soap whenever possible or use hand sanitizer when soap and water is not available. Clean food and water can be contaminated by dirty hands.
- **Watch your food.** Eat meat, fish and vegetables only if they are well cooked, and avoid salads unless the greens have been washed with purified water. Fruit that you peel is the safest. CGE staff will give you more information on safe eating and drinking habits.
- **Pace yourself.** While strenuous walking is not a regular part of any travel seminar, there may be an occasion when a long walk is necessary to reach a certain location. Varying road conditions make anticipating this walk impossible, although CGE staff will keep you informed whenever possible. If a particular health condition makes strenuous walking a concern, please be prepared to communicate your limitations with your group leader and CGE staff.
- **Be aware of your environment.** The pollution in most large cities can be very bad. This tends to be especially true during the dry season (November to April). If you have a history of allergies, other respiratory illness or heart problems, you could experience complications during your stay. If you use any type of medication for these problems, be sure to bring an adequate amount after consulting your doctor.
- **If you get sick,** please let your trip leader or CGE staff know right away. This will help to pinpoint problems with food and water, and help you to get better and arrange a visit to a doctor or medical clinic if necessary.

## Possible Ailments:

*Traveler's Diarrhea:* Just the change in food, water and climate can lead to an upset stomach. If you get diarrhea, treat it with Pepto-Bismol and drink lots of water. When you are ready to eat again, start with rice, bread, crackers, and broth (bring bouillon cubes or dry soup). Imodium (Loperamide is the generic equivalent) is a stronger medication to be used only when absolutely necessary. It does not cure the diarrhea but slows down the digestive system, which can lead to other problems. Some herbal teas are thought to aid in the prevention and treatment of diarrhea such as ginger root, raspberry, comfrey, and peppermint – feel free to bring some tea bags with you.

*Hepatitis A:* Studies have shown that many cases of travel-related Hepatitis A happen to travelers in developing countries with “standard” itineraries, accommodations, and food consumption behavior.

*Malaria:* Malaria is a mosquito-borne illness that is present in Nicaragua (primarily in rural areas), depending on the time of year and the area of the region.

*Cholera:* Cholera is active in Nicaragua. There is no satisfactory vaccine against it. Avoiding contaminated food and water is the best way to prevent cholera: “Boil it, cook it, peel it, or forget it!”

*Dengue Fever:* This disease is a viral infection transmitted by mosquitoes. It is prevalent throughout the region. Since there is no preventative medicine for dengue fever, take measures to avoid mosquito bites such as using DEET repellent and keeping your arms and legs covered. The mosquitoes that carry dengue are active during the day as well as at night, so be sure to protect yourself at all times.

*Typhoid:* Typhoid Fever is a bacterial infection transmitted through contaminated food and/or water, or directly between people. The CDC recommends a typhoid vaccination for those traveling to rural areas or staying long term (more than six weeks).

### **Safety:**

Your safety is our highest concern. Since 1982, more than 10,000 people have participated in CGE travel seminars. CGE has thus gained a great deal of experience with group travel, and having in-country staff helps to ensure an understanding of the situation and realities of Nicaragua. CGE will not hesitate to cancel a trip should something occur that would make it appear to be unsafe to travel to a specific country or area.

For up-to-date CGE Safety Notices and Information please visit:

<http://www.augsburg.edu/global/about/safety.html>

Out of our extensive experience we have developed the following guidelines for you to observe before and during your travel seminar. These guidelines come out of important safety, security and cultural concerns. At times, the reasons for these guidelines may not always seem obvious to



you. Keep in mind that following these guidelines helps to ensure the safety of travel seminar participants, staff and resource people. In addition, it enhances the group's educational experience and fosters long-term relationships of trust and mutual respect which the Center seeks to develop in the region.

If all participants follow these guidelines, it means less inconvenience for you and the group and less work for our staff. Thanks! Please read these guidelines carefully and be familiar with them before your departure.

As you prepare for your travel seminar to Nicaragua, please keep the following in mind:

- Shorts, short skirts, tank tops or flip flops are often not appropriate for meetings with resource people. However, you may use this clothing during your free time.
- Military clothing and hats could be mistaken for military apparel and should not be taken on the trip. Apparel with U.S. patriotic messages or symbols (such as conspicuously displayed flags) could provoke aggressive responses and should be left at home.
- Bring a small lock for your bag. You should also bring a money belt that can be hidden under your clothes in which to keep your money and important documents.
- Please do not bring flashy jewelry. Any expensive jewelry or watches, or any that looks expensive, should be left at home.
- Bring a pair of closed-toed, flat, non-athletic shoes for factory and government visits.

If in doubt about the appropriateness of an item, it is best to err on the side of caution.

### **When you arrive at the airport in Nicaragua:**

You may be asked by the officials what your itinerary and schedule is. If so, simply respond: you don't know what your schedule is. (You will receive a tentative schedule of appointments from the Center staff upon arrival in Nicaragua). Identify yourself as a tourist if asked; the official purpose of your trip is educational tourism. Watch your bags and documents at the airport, as bags have been stolen before and while loading luggage into the vans.

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### **Do's and Don'ts**

#### **While on the travel seminar . . .**

##### **Do . . .**

- Listen carefully to all safety information during your in-country orientation.
- Keep your passport with you at all times, inside your clothing if possible (unless our staff directs you otherwise).
- Stay close together as a group when you are out in public and always travel in groups of two or more.
- Always ask permission of a person before taping or photographing.

- Be cautious about what you say in public (including airplanes, airports, restaurants and hotel lobbies). There will most likely be people around you who will understand English. Also, North Americans tend to speak in louder voices, so keep your voice at a low level--even when in your hotel room.
- Be respectful of resource people, even those with whom your views differ. This doesn't mean that you have to avoid asking the "hard" questions, just ask them in a non-confrontational way.
- Be respectful of other group members. Before asking multiple questions of resource people, look around to see if other people have questions and remember that people have varied learning styles and may need more time before asking questions. Remember that you are part of a learning community and not simply an independent traveler.
- Drink a lot of water to maintain good health. When the weather is hot, you will dehydrate much more quickly! Our field staff will give you guidelines for finding sources of safe water.

### **Don't . . .**

- Leave suitcases, bags, or purses unattended, even for a minute!
- Handle large amounts of money in public. Know how much you have and where it is.
- Give anybody any reason to rob you. That means don't wear flashy (or any) jewelry, watches, bulging pockets, or expensive-looking sunglasses.
- Disclose the tentative schedule or names of resource persons and groups of which you may be aware. This information should not be given either to "friendly strangers," to other resource persons on the program, or to anyone outside of your group. If you want to ask someone about information provided by another resource person/organization, find a way to do this without mentioning the other person/organization (e.g. "I read before I came that. . .").
- Photograph military personnel or military installations. In many countries, airports and bridges are included in this prohibition. This is true for U.S. immigration and customs areas as well.

Your group will have an orientation session upon arrival in Nicaragua. You will receive additional information and have the opportunity to ask questions at that time. In the meantime, if you have any questions about the information above, call the International Travel Seminars Staff at the Center.

NOTE: It's likely you will hear the above guidelines again at various points during your travel seminar. We ask for and appreciate your patience with this fact in advance of your trip.

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### **Policy on Controlled Substances**

**Policy on Controlled Substances:** Because of a past incident with one of our travel seminar groups, we would like to bring the following information to your attention:

The use, possession, transport, or purchase of “controlled substances” (i.e., illegal drugs) by a travel seminar participant carries significant risks and penalties for the participant, the entire group, and the reputation and legal status of the Center for Global Education in the countries in which we work.

A participant who uses illegal drugs while on a Center for Global Education program will be sent home at his or her own expense. If the participant is detained or arrested, legal officials in the site of the arrest (U.S. or foreign country) likely will not permit Center for Global Education staff to contact or assist the detained person in any way. The Center for Global Education’s responsibility for the participant ends at the time of detention or arrest for drug violations.

United States law prohibits the transport of illegal drugs across its borders. Also, U.S. law does not protect U.S. citizens, U.S. residents, or others traveling abroad who violate foreign drug laws. The laws that prevail are those of the country in which the law was broken.

Please reference the U.S. State Department’s Travel Warning on Drugs Abroad for more information [http://travel.state.gov/travel/living/drugs/drugs\\_1237.html](http://travel.state.gov/travel/living/drugs/drugs_1237.html)

**And remember:**

The police and customs officials have the right to search your luggage for drugs.

In many countries local laws make no distinction between hard and soft drugs.

United States laws DO NOT apply to Americans abroad who violate foreign laws. Once you are overseas, you are subject to the same penalties for drug violations as the nationals of the country you are visiting.

In some countries, anyone who is caught with even a very small quantity of drugs for personal use may be tried and receive the same sentence as a large-scale trafficker.

If you are arrested for drug possession abroad you may be subject to interrogation and/or solitary confinement for up to a year before trial and receive a mandatory prison sentence of seven years to life if you are convicted.

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**Suggested Publication Guidelines (for writers)**

**Suggested Publication Guidelines:** Some participants write an article for their community newspaper, organizational newsletter or other media outlet following their travel seminar. In order to minimize risks to the security of resource persons who will meet with your group, without obscuring the written information or losing the strength or credibility of the article, we

suggest the following publication guidelines. You will learn more about security-related issues when you arrive in each country. We appreciate your consideration of these guidelines.

- Some people and organizations with which you meet may ask that you not identify them by name in anything published about your visit.
- In order to be more forthcoming in his/her presentation, a resource person may request no photographs, tape recordings or videotaping.
- Visits to United States Embassies are considered by the Embassies as background briefings only and are officially "off the record." Embassy personnel ask not to be quoted or identified by name.
- Cameras and tape recorders usually aren't allowed inside U.S. Embassies.
- Some government offices require that cameras and tape recorders be inspected prior to granting permission to take these items inside the building.
- We request respect for all speakers, whether you agree or disagree with their perspective. Ask the "hard questions," but be aware of the manner and tone in which they are stated.
- Discussing sensitive issues on the phone during your travel seminar is not advisable.

The following are some examples of journalism following the suggested guidelines:

*"Some of the church people that had gathered after the trial was canceled were bitter. 'Here you don't see any justice,' said one woman, 'only injustice.'"*

*"American diplomats and Salvadoran political analysts argue that the gains in curbing gross human rights abuses, stabilizing the economy, training the army and supporting an elected civilian government are essential and hard-won first steps."*

*"'It's going to take a long time,' says a knowledgeable military expert closely associated with the war effort."*

*"Local religious sources and foreign development workers in different parts of the country report that . . ."*

*"'We often go hungry to feed our children,' says an agricultural laborer with three children."*

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## Gift Giving

The Center for Global Education is committed to building long-lasting relationships with the communities in our host countries. As part of that commitment we have a policy of not giving gifts, no matter how small or inexpensive, to people on the streets, including not giving candy to children. Regardless of the intentions, the practice of gift-giving can lead to ill feelings among both givers and receivers. It also reinforces the stereotype of North Americans as patronizing,

wealthy foreigners. If you wish to share something with the people you meet, we suggest you bring postcards, photos or mementoes from your home community and family.

Some groups may decide to make a monetary donation to one or more of the organizations with which they meet. This is always done in coordination with the Center for Global Education staff, and the donation is given to a responsible individual within the organization to ensure that it goes for the intended purpose. This type of gift-giving is always voluntary.

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## Diversity

The Center for Global Education strives to create for its participants an intentionally diverse community of co-learners where a variety of cultures and backgrounds is represented. Students, faculty, and staff help each other respond to issues of oppression such as racism, sexism, homophobia, economic inequality, xenophobia, and classism, in an environment where diversity expands participants' thinking and worldview.

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## Under 18 Years Old

The Center for Global Education also coordinates a number of travel seminars for high school youth. Young adults under the age of 18 are welcome to participate on a travel seminar provided they and their parents and/or legal guardians have completed a [travel permission form](#) and checked with the Center for Global Education in advance. There are some travel seminars whose programming allows for the limited participation of children traveling with parents. Requests for children to accompany adult travel seminar participants are considered on a case-by-case basis. All travelers under 18 years of age are required to carry along [two notarized letters](#) or consent forms with their passport. For your convenience, we have provided a [certificate of consent form](#). These forms are located in the Short-Term Program Register Now page.

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## COSTA RICA

If your travel seminar is taking you to Costa Rica, all the information for Nicaragua is valid for Costa Rica with the exception of visas.

U.S. and Canadian citizens may enter Costa Rica without a [tourist visa](#) and can stay up to [90 days](#) with a valid passport. U.S. and Canadian citizens--regardless of their age (\*)--need only the following documents to enter Costa Rica:

- \* A valid passport with at least one blank visa page. The expiration date of your passport must be greater than 30 days from your date of entry to Costa Rica.

- \* A pre-paid airline ticket to exit Costa Rica and/or ticket either to return to your home country or to go to another country."

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## Contact Information

Due to the relatively short duration of your travel seminar, friends and family should not expect to send you mail. However, friends and family may place a direct-dial call to you. Before your departure, CGE will provide you with direct-dial emergency numbers for the places you will be staying. It is much less expensive to call from the U.S. to Nicaragua than vice versa. Most of the accommodations CGE uses do not have phones in the rooms. We recommend that for international calls, participants use an AT&T, MCI or Sprint calling card. Pre-paid calling cards purchased in the U.S. do not usually work abroad.

After-Hours emergency cell phone carried by a Minneapolis staff member whenever a travel seminar is in progress: 612-817-2830

Center for Global Education at Augsburg College  
Campus Box 307  
2211 Riverside Avenue  
Minneapolis, MN 55454  
Local: 612-330-1159  
Toll-Free: 800-299-8889  
Fax: 612-330-1695  
[gloaled@augsborg.edu](mailto:gloaled@augsborg.edu)