



Sample Itinerary
13 days 12 nights
Location: Nicaragua

Day	Activities	Lodging	Meals
Sat.	<p>Arrival Day! Vida Staff will be waiting for you at the airport. You'll have time to exchange money, buy phone cards and have lunch.</p> <p>Afternoon: General Orientation. We'll start to get to know each other and talk about the plan for the trip along with the rules and recommendations we have for your safety and happiness.</p> <p>7:00pm: Dinner in a typical Nicaraguan restaurant, where your food is served on banana leaves!</p>	<p>Hotel in Managua</p> <p>Managua, Nicaragua</p>	<p>B: Home L: Volunteer D: Vida</p>
Sun	<p>Orientation Day!</p> <p>8:00 am-2:00 pm Today is a full day of information to get ready for the rest of your trip, please bring your donations to the conference room to be sorted. The Medical Team will review Clinic setup, tropical diseases, vital signs seminar, Patient Social History assessment process, etc. The Dental Team will review Clinic Setup, role of volunteer, basic exam procedures, manual cleaning procedures, extractions, pain management, instruments, as well as common diseases. The Veterinary Team will review clinic setup, patient exams, instruments, surgical procedures, and common diseases and conditions as well as sutures, injections, and catheter placement. This important information will be presented in a fun and interactive environment. 12:00pm: Lunch</p> <p>2:30pm: Depart for the town where we will be working the next three days!</p> <p>Evening: Free time to explore the beautiful town of Nicoya, the oldest colonial town in Costa Rica!</p>	<p>Hotel</p> <p>Nicaragua</p>	<p>B: Vida L: Vida D: Volunteer</p>
Mon	<p>Clinic Day 1: 1st clinic site</p> <p>7:00am: Breakfast at the hotel.</p> <p>7:30am: Depart for clinic</p> <p>8:00am-4:00pm: It's time to get your hands dirty! Vida staff will help everyone get going. Let's all work together to make sure this is a successful clinic. Medical Team: Today you will be interviewing patients with your translator, but don't forget to practice that newly learned Spanish! You will also be taking all vital signs and completing noninvasive tests. Dental Team: You and your group will be working side by side with the local dental professionals in treating patients. Veterinary Team: Today is your first small animal clinic. Please remember safety first. You will be rotating through all of the stations of the clinic which include Intake, Surgery, and Recovery while working with small animals such as dogs and cats.</p> <p>Evening: Dinner in town</p>	<p>Hotel</p> <p>Nicaragua</p>	<p>B: Vida L: Vida D: Volunteer</p>
Tues	<p>Clinic Day 2: 1st clinic site</p> <p>7:00am: Breakfast at the hotel.</p> <p>7:30am: Depart for clinic</p> <p>8:00am-4:00pm: Same plan today! It will be another great clinic day! Today, the vet team will continue working with small animals.</p> <p>6:00pm: Time to learn some Latin moves! We will have a Latin dance class!</p> <p>Evening: Dinner in town</p>	<p>Hotel</p> <p>Nicaragua</p>	<p>B: Vida L: Vida D: Volunteer</p>
Wed	<p>Clinic Day 3: 1st clinic site</p> <p>7:00am: Breakfast at our hotel</p> <p>7:30am: Everyone should be on the bus and ready to go!</p> <p>8:00am—4:00pm: You all have the hang of things now, so let's get busy! The Vet Team will be working with small animals again today.</p> <p>5:30pm: Case discussions: You will have the opportunity share all the interesting cases you have seen during these first clinics, learn from the group's experience and get some feedback from the staff!</p> <p>Evening: Enjoy your last night in town!</p>	<p>Hotel</p> <p>Nicaragua</p>	<p>B: Vida L: Vida D: Volunteer</p>
Thurs.	<p>Recreational Day</p> <p>8:30am: Breakfast at the hotel.</p> <p>Morning / Afternoon: We will have a chance to tour the city of Granada and afterwards we will visit the small town of Catarina. At the highest point of the town, we will stop at a lookout where you can enjoy the beautiful view of the Cocibolca Lake, Apoyo Lagoon and the Mombacho volcano and do some souvenir shopping.</p> <p>Evening: Dinner in Samara and free time to explore this small beach town.</p>	<p>Hotel</p> <p>Nicaragua</p>	<p>B: Vida L: Volunteer D: Volunteer</p>

Fri	<p>Travel to 2nd clinic site and recreation day 8:30am Breakfast. Please take your luggage to the lobby. Morning: Recreational activity Afternoon You will meet your homestay families! This is the highlight of most people's trip. We recommend bringing some photos and a Spanish phrasebook, as well as a small gift for your family. Evening Time to get to know your host families and the Nicaraguan culture!</p>	Homestays Nicaragua	B: Vida L: Volunteer D: Vida
Sat	<p>Clinic Day 4- 2nd clinic site 7:30am: Meet at the homestay rendezvous point (Don't worry! Your family knows where it is!) 8:00am—4:00pm: By now you are experts, so keep up the good work! Notice the cultural differences between the patients in Costa Rica and Nicaragua! The Vet Team will work with small animals again today. Evening: Tonight we will have a cooking class at Vida's office. You will learn how to make typical Nicaraguan dishes so you can enjoy their delicious food once you are back home!</p>	Homestays Nicaragua	B: Vida L: Vida D: Vida
Sun	<p>Clinic Day 5- 2nd clinic site 7:30am: Meet at the homestay rendezvous point 8:00am—4:00pm: Today will be another great day of clinic! Today will be the vet team's last day with small animals! 5:00pm: Visit to the Masaya Hospital. Please be sure to wear your scrubs! Evening: Case Presentations: We will talk about the changes we have seen between the clinics and how we can meet our goals for tomorrow, which will be the last day of clinic!</p>	Homestays Nicaragua	B: Vida L: Vida D: Vida
Mon	<p>Clinic Day 6- 2nd clinic site 7:30am: Meet at the homestay rendezvous point 8:00am—4:00pm: This is your last day of clinic, so let's make it count! The Vet team will work with large animals during our last day! Evening: Tonight us our last night with our new families! We will have a goodbye party at Vida's offices! Get ready to eat some great food and practice your Latin dance moves with your families!</p>	Homestays Nicaragua	B: Vida L: Vida D: Vida
Tues	<p>Travel and Recreation Day 9:00am: Meet at the homestay rendezvous point with your luggage. Sadly, we have to say goodbye to our Nicaraguan families. 10:00am: Visit to the Coyotepe Fort. This was historical site used as a torture chamber during the war in Nicaragua. 12:00pm: Lunch in Granada Afternoon: Free time to explore Evening: Enjoy Granada's nightlife! Time to go out dancing with our staff!</p>	Hotel Nicaragua	B: Vida L: Volunteer D: Volunteer
Wed	<p>Travel and Recreation Day 8am: Breakfast. Please bring your bags down to the lobby! 9am: Depart for orphanage 9:30am: Visit to a local children's center! We will meet and play with children of the women who work in the local market. We recommend bringing 3-4 small toys for the children. Successful gifts in the past are bubbles, cards, and stickers, as you can play with these items with the kids, and then leave them. 11:30am: Souvenir shopping at the Market and lunch 3:00pm: Get ready for the ride of your life! Today we will fly through the air on the Canopy Tour! Farewell Dinner: We will have time to reflect on the impact of the program and share our experiences with the team. Don't forget to turn in your trip evaluation! Thank you from all Vida staff!</p>	Hotel in Managua Managua, Nicaragua	B: Vida L: Volunteer D: Vida
Thurs	<p>Departure Day As much as you loved the trip, and as much as you have enjoyed Central America, it's time to go home and put what you learned into practice. The adventure doesn't end here! Vida staff will be with you all day until you depart.</p>	Home	B: Vida

Notes: This itinerary is subject to change anytime due to unforeseen circumstances. Upon arrival, you will receive a printed copy of this itinerary. Volunteers are asked to be punctual for all activities and meals. During clinic time, curfew is set at 12:00am, unless otherwise stated by staff. When apart from group, volunteers are asked to please travel in groups of 3 or more and leave valuables at hotel/home stay. Meals: B=Breakfast, L: Lunch, D= Dinner, Volunteer means that the meal is not included & you pay for your meal separately.