

Nicaragua 2016 Trip

Welcome to the Foundation for Worldwide Health Nicaragua 2016 trip. This should prove to be a wonderful trip. Those of you who have gone before will see a few changes. The biggest change will be our participation in the treatment of Type 1 diabetic children and young adults. We will be working with several organizations. You can read about this project on our website. Because of our previous positive experiences, we will be staying at the Hilton Hotel in Managua. This is centrally located and only a block from Metrocentro Mall with many good restaurants.

There will be five groups this year:

- Group 1 will stay in Managua and travel to the Mission of Hope facility to run a clinic.
- Group 2 will be going to San Marcos to stay at Keiser University. They will travel from there each day to provide dental care to the children of Colegio Bautista in La Concepcion. This will be our 16th year providing care for these children and the poor people of the area.
- Group 3 will stay in Managua and work at the Esquipulas Clinic with UNICA dental school students and faculty. This clinic serves some of the poorest people in the Managua area. Here, there is a lot of interaction between students and faculty from both Loma Linda and UNICA.
- Group 4 will stay in Managua and work at Metropolitan Hospital. This is the Nathan Project where children receive care under general anesthesia. All the children have special needs, many who have been severely burned.
- Group 5 will stay in Managua to work on the Diabetic Initiative.

You will find the current itinerary and application on the website. We must have all the information that we request. Much of this information is required by the Nicaraguan government and the rest by us. We try to cover all of our bases and make this trip as safe and predictable as possible. One of the benefits of working with Loma Linda University is that we can obtain relatively inexpensive travel insurance (Note: you still should bring your health insurance card with you).

There are things you must do:

- Make sure you have a valid passport. If you need to get a new/renewed one, do not wait. It can take a long time for the government to process and send out a new document.
- Obtain necessary immunizations. If you are in the Loma Linda area you can go the International Travel Clinic at the University Center for Health Promotion (909- 558-4594). Appointments at the clinic are available on a walk-in basis on Wednesday afternoons from 1:30 – 4:30 pm. Alternatively, you can see your primary care physician and obtain necessary immunizations. The CDC website has recommendations for Nicaragua. Our experience has been that malaria is not a problem if you are in Managua. Malaria and dengue fever are both possibilities, particularly if you are in rural areas. There is more information about this on the website.
- Fill out the application form and other required documents and return it as soon as possible, along with your check. In early April, we must make deposits for transportation and accommodations, so we are asking that all requested items be sent in no later than March 30th.
- If you are not flying with the group, you need to purchase your own airline ticket. That means that you will send only \$950 to the foundation. If you are flying on the Avianca group Flight, your total will be \$1600.

We will be posting more information on the website as we go along. If you have any questions, please e-mail us at: fwwh@outlook.com.

Thanks, Mark Carpenter

Reminder (March 30th Deadline):

Send your application and a copy of your passport (just the page with your picture, name, expiration date, etc.) [to fwwh@outlook.com](mailto:fwwh@outlook.com). Scanned copies sent via email are preferred. Alternatively, you could mail hard copies to us at:

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Reminder: Please don't forget to mail your check or money order!!