

NICARAGUA: Feb.9 - 17, 2012
GET FIT. HAVE FUN. MAKE A DIFFERENCE

\$2,199

(no tax payable or hidden fees)

ALL INCUSIVE, RETURN AIR FROM VANCOUVER,BC

***REGISTER BY JANUARY 1, 2012** to get a free month training at the *Kamloops Fit Centre*, in preparation for our trip.

Check out the Kamloops Fit Centre at: www.kamloopsfitcentre.com 250-434-6767 info@kamfit.ca



Where are we going?

We are going to Jiquilillo, a quaint beach village on the Pacific Ocean in the north-western corner of Nicaragua located 4 hours by car from Managua. We will be staying at Monty's Surf Camp, the best Surf Camp in Nicaragua, beautifully located right on the beach. Our accommodations at Monty's are bungalow style, clean and comfortable. Monty's is also equipped with a full bar, a swimming pool and volleyball court. Plus, up to 30% of its proceeds are re-invested back into the community projects run by *Together Works*, a Kamloops based non-profit. We are helping out just by staying there.

Check out these pictures: [NICARAGUA PICTURES](http://www.facebook.com/developmenttours) www.facebook.com/developmenttours

What is included?

1. RETURN AIRFAIR FROM VANCOUVER.
2. Airport Pickup/Delivery (with group)
3. In-Country Transport
4. All Meals in Nicaragua
5. Water on site
6. 8 nights at Monty's Surf Camp
7. Surfing lessons and equipment
8. Chinandega Dump and Market Tour
9. **\$50 direct donation towards the 'Jiquilillo Community Development Project'**
10. Optional community volunteering activities
11. Daily warm ups, stretches and fitness routines by Kamloops Fit Centre
12. Guides and Tour Leaders
13. **One month free fitness membership at the Kamloops Fit Centre**

What is not included?

Emergency Medical Insurance is mandatory for international travel, and this can be purchased affordably online or at any travel agency. You will need to bring cash for snacks, extra drinks (i.e. Gatorade, Juice, etc), hard alcoholic drinks and gifts. Optional gratuities for the service staff are not included. It is recommended you bring \$100-400 US cash.

What else is there to do?

There is already lots to see and do, but here are some more options for you:

1. Mangrove Estuary Boat Tour - \$25 US
2. Cerro Negro Volcano Hike and Sandboarding - \$50
3. Deep Sea Fishing Expedition - \$50 US (or less with full boat)



Check out the fish we can catch:

<http://www.fishinginternational.com/location/nicaragua.htm>

Fishing Pictures:

<http://www.facebook.com/media/set/?set=a.216612888408586.49769.100001796296952&type=3>

Is DEVELOPMENT TOURS a business or a non-profit?

We are a socially responsible tour company based in Kamloops, BC that is committed to sustainable tourism practices. When arranging where to sleep and how we travel, eat and play, we strive to support family owned businesses and other socially minded businesses that share their profits with their communities. Through our 'Solidarity Program' we give our participants incentives to give back (please email us for more info) and we donate \$50 per traveller to sustainable development projects in each continent we visit. You can give back to your global community just by participating.

Why is KAMLOOPS FIT CENTRE involved?

Kamloops Fit Centre is passionate about improving people's lives, not just in Kamloops but in parts of the world that are less advantaged. Nicaragua is the perfect destination for people to have a vacation and to get fit. By working together we can help create important play and sports facilities for our global neighbours.



What is required to participate?

- 1) An open mind and a spirit for fun, adventure and fitness.
- 2) A valid passport valid for at least six months after Nov.18, 2012.
- 3) Emergency Medical Insurance.
- 4) Reading and Signing Development Tour's 'Participant Policy and Travel Agreement'

What are the return flights from Vancouver?

DEPARTURE: February 9th, 2012

1. Vancouver – Houston: Continental Flight 1061 Depart: 7:00am, Arrive 1:25pm
2. Houston – Managua: Continental Flight 1421 Depart: 6:00pm, Arrive 9:22pm

RETURN: February 17th. 2012

1. Managua – Houston: Continental Flight 1423 Depart: 8:15am, Arrive: 11:33am
2. Houston – Vancouver: Continental Flight 1058 Depart: 9:00pm, Arrive: 11:42pm

Do I require a traveler's visa to enter Nicaragua?

For citizens of Canada, the US and most other western countries no travel visa is required. Upon arrival you will have to pay \$10US for a tourist card.



What kind of money should I bring?

We suggest you bring \$100-\$400 in US cash to cover the cost of snacks, optional alcoholic drinks, gratuities and gift shopping at the markets. If you run out, you will have the opportunity to visit an ATM.



What is the \$50 donation for and what is the optional volunteer activity?

The donation is to help subsidize the material costs for the infrastructure we will be building. We may be building a playground at a local school and/or bleachers at a local baseball pitch. This activity will require you to get your hands dirty, break a sweat and work as a team. It's going to be a blast!

What's the itinerary?

We will arrive at night on the 9th, drive to Jiquilillo for our first night at Monty's. Every morning a Kamloops Fit Centre trainer will lead us through a daily warm up before we participate in the day's activity. The order of the activity is decided in-country as a function of the weather, the tide, the guests and the happenings in the community. We leave Monty's bright and early on the 17th to catch our flight home from Managua.

Are the activities mandatory parts of the tour?

The included activities are not mandatory. If you don't feel up to it or prefer to spend a day lounging on the beach, that's totally up to you. Your time is flexible so you can spend it however you prefer, whether that's relaxing in a hammock, drinking rum and cokes on the beach, reading or getting in on as much of the action as possible.



How good of physical shape should I be in? How physically strenuous is this trip?

This tour rates 3 of 5 on Development Tours' Physicality Rating. (see our ratings sheet). This means that you will get the most out of the experience by participating in activities like surfing and volcano hiking. However, activities can be done at a slower pace and are optional so people of all activity levels can enjoy this tour. No matter your fitness level, by the time you go home you will be in better shape.

The tour rates as a 2 for 'Education' and 3 for 'Development'. What does that mean?

This simply means that the explicit focus of this trip is not structured learning. However, ample opportunities are presented for you to deepen your understanding of the culture, the country and its development processes. You have the option to participate as a volunteer and give back to the community.

Will I have access to modern amenities like electricity, internet, phone and flush toilets?

The toilets flush, there is electricity and the rooms are clean and comfortable at about a 2.5 star rating. The showers don't have hot water but trust me you won't want hot water. Some bathrooms are shared. For a small cost you will have access to a phone if need be, and very slow internet to check your emails. You won't want to check your emails with all the great stuff to do and experience.



How will we get around? Plane, train, automobile or boat?

On land you travel in an air conditioned mini-bus for long distances and, at times, in the back of a flatbed truck for short trips to the dock in Jiquilillo. For fishing and estuary tours you will be in a 20 foot open power boat.

What are some of the challenges I may experience?

This obviously depends on the individual but some challenges may be living in relatively close quarters (which are half the fun) and dealing with the heat and humidity. This tour is not well suited to those with 5 star expectations.

Is it safe? What are the dangers? What if I get hurt?

No portion of this tour presents unreasonable risk. There is a health clinic across the road from our hotel and our tour organizer (Gerry) is a fire fighter who is trained in first response. We are in good hands! In the unlikely event of a serious injury there is a hospital in Chinandega which is 40 minutes from our Surf Camp. We require all participants to have emergency medical insurance. Jiquilillo is a remote village that is very safe. For a detailed country report you can check out this link:

http://www.voyage.gc.ca/countries_pays/report_rapport-eng.asp?id=216000



Will I get diarrhoea or an upset stomach?

Very few people get diarrhoea or an upset stomach at the Surf Camp that prepares food hygienically. This is definitely not Mexico without mandatory diarrhea. Everybody has a different tolerance level. It is recommended you brush your teeth and drink with only bottled water.

What shots should I get before going?

Please visit your local travel nurse or doctor to get the required vaccinations. You can check out this link for some info:

http://www.mdtravelhealth.com/destinations/mamerica_carib/nicaragua.php

Who is coming on this trip? What are the ages?

This tour is open to people of all ages. Minors 15 and under must be accompanied by an adult; people 16 to 18 unaccompanied by a parent must provide a notarized letter of permission. This tour is oriented to those who enjoy outdoor adventures, a social atmosphere and **who want to get fit!** People can enjoy the serenity and relaxation of the beach and the resort, or use their time staying active. This is not a 'on and off the bus' tour but rather a vacation where most of the tour activities are within walking distance.



How many people can join? Is there a limit?

Development Tours are typically 5-15 people. Space is limited and is based on a first-come-first-served basis.

What should I pack?

We will provide you with a detailed packing list prior to departure. However, you require very little. You are more than half way there with a tank top, flip flops and a bathing suit.

Who will be leading and guiding this trip?

Jess Rothenburger . Jess is an expert guide and tour leader, fluent in Spanish and familiar with Nicaraguan culture. You will find Monty and his staff VERY accommodating, but Jess is there as the main liaison between our group and the community/staff. Jess is there so you can feel comfortable to approach him with any concern, question or need.

What is the food like? What about Vegetarians?

The food is hygienically prepared and delicious. You can expect a variety of dishes every night, ranging from roast chicken to lobster fettuccini. We are on the ocean, so sea food lovers will delight in an abundance of fresh sea food. We can accommodate vegetarians and people with food allergies.



Can the trip get cancelled?

The tour can be cancelled in the very unlikely event of an Act of God (like a natural disaster) or if there is political unrest. Development Tours reserves the right to cancel the trip if it believes the situation on the ground could pose an unreasonable threat to the health and safety of its participants. It is recommended that you have flight/trip cancellation recover the cost of your flight should the trip be cancelled. Please refer to Development Tours 'Policy and Travel Agreement Form' for more details.



How can I save \$ on this trip?

Through our 'Solidarity Program' you can save money and help people. For example, you can save money just by referring us to others. If you want to support sustainable development projects, we can help match your contributions. Please contact us directly for more information.

How is room placement organized? Can I have my own room?

The cost of the trip is based on shared occupancy. If you are travelling by yourself we can place you with other travellers of the same gender. Rooming is organized to accommodate families, couples and friends who wish to share a room.

Ok, I am in! How do I register?

Step 1: Complete the online application form. Visit our website (www.developmenttours.com) and hit the 'apply now button'. You can also go directly to the application at: www.surveymonkey.com/s/developmenttours_application

Step 2: Pay a \$500 deposit by cheque, cash, credit card or email transfer.

Cash and cheques can be delivered to the Kamloops Fit Centre or mailed to: 3415 Bank Rd, Kamloops BC, V2B7X7

Email transfers can be emailed to: info@developmenttours.com

Credit Card information is not kept on file. Please email or call in your credit card info to: 250-852-0664 or 1-855 –DEV-TOUR

Please Contact: Jess Rothenburger, Email: jess@developmenttours.com, 250-852-0664
Toll Free: 1-855-DEV-TOUR



www.developmenttours.com