

CULTURAL CONNECTIONS



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"Comunidad Connect is a not-for-profit social enterprise transforming young leaders and community development in Nicaragua and Dominican Republic through service and cultural exchange."



Jon Thompson Co-founder. Executive Director

Since 2007, Comunidad Connect has improved access to primary and preventive health care for over 10,000 rural Nicaraguans via projects and programs focusing on clean water, dental health, improved household infrastructure, and special medical care for the most vulnerable families. These efforts continue today, and are driven by local community participation (over 30,000 hours to date) and resources from abroad.

These external resources are intellectual, human, and financial. A broad network has come together over the last 11 years to include dynamic academic and faith-based partners, friends, and family. Many join us as volunteers and become lifelong advocates for what they see and who they meet during their in-country experience.

Funding for ongoing social programs in Nicaragua, and more recently in Dominican Republic, comes from our Cultural Connections Program. This program facilitates guided cultural exchange and group volunteer trips for students and faculty, medical professionals, communities of faith, and corporate partners. Over the years, close to 1,500 volunteers have traveled with us via customized itineraries that combine service. education, cultural activities, and responsible tourism. In addition to being eye-opening experiences in developing countries, Cultural Connections creates unique opportunities for team-building and leadership development through project work and cultural exchange activities that directly impact local communities. Opportunities abound for all stakeholders, not only in country, but also upon returning home via ongoing collaboration like research, awareness campaigns, grants, and internships.

We look forward to partnering with you in Nicaragua or the Dominican Republic soon!







Customizing Your **Experience**

"Not only was this trip eye-opening from start to finish but I truly believe we are leaving as better students, educators and individuals from the experience and lessons on life this community gave us."

-Ashley Miller. Georgia State University

"This was my 4th study abroad trip that I have directed for the GSU PT program. During this week abroad, I sit back and watch the students come to life. They are all on their way to great things, and this week is just the spark to wonderful beginnings."

- Dr. Anne Lorio.

Clinical Associate Professor of Physical Therapy, Georgia State University (Nicaragua & Dominican Republic Trip Leader).

"We went to study a new design of the bio-sand filter. but we left with much more than just our data- new friendships, new experiences, and new perspectives accompanied us home."

- Tessa Danehy. University of Virginia



We are glad you are joining us for a life-changing trip to Nicaragua or the Dominican Republic. Over a thousand volunteers have laid a strong foundation before you and countless others will benefit from the connections you make with us. We create customized itineraries to fit your special skills, interests, time frame, and budget. This booklet provides a glimpse of the service projects, learning opportunities, and community tourism programs we provide for partners like you.

As you browse through this booklet, please consider that these sample itineraries will be adjusted to meet the specific talents and priorities of not only your group, but also the current priorities of our community partners. Our standard is to never offer a generic trip—our service and recreation itineraries can be longer or shorter, as general or focused, and can include any combination of activities and projects you desire.

How to get started:

- Select between Dominican Republic or Nicaragua
- Find a service itinerary that interests you
 - » Decide how many days of service learning you would like.
- Select a recreation module that interests you
 - » Decide how many days of recreation you would like.
- Contact us at info@comunidadconnect.org and share with us what your ideal experience looks like. We will design a custom itinerary proposal and quote based on your preferences.















NICARAGUA

Nicaragua, nicknamed the land of lakes and volcanoes, is a truly a sight to behold. From the majestic rolling mountains of Jinotega, to the inviting beaches of San Juan del Sur, Nicaragua captures the hearts and imagination of all who visit. Known for their warm hospitality, rich cooking, and easy-going demeanor, Nicaraguans make strangers feel like family. The Emerald pacific coast remains a hidden gem for those seeking an authentic cultural experience, brilliant sunsets, and surreal beaches. While in the northern highlands, fertile, volcanic soils permit a myriad of agricultural products to flourish, including one of country's biggest exports, coffee. Through our Cultural Connections program, we work to alleviate poverty by involving communities in their own development and increasing the capacity of local organizations, while generating funds to continue social programs year-round.

However, a tumultuous history and stifled development has left the country as one of the poorest in the eastern hemisphere. In rural areas, poverty rates are especially high, where 50% of households live in extreme poverty. Of a population of nearly 6 million, about 800,000 Nicaraguans lack access to improved water sources. Through the Cultural Connections program, Comunidad Connect works to alleviate poverty by involving communities in their own development while generating funds to continue projects year-round.











Situated on the Hispaniola Island in the Caribbean, the Dominican Republic boasts pristine white sand beaches and crystal clear waters, picturesque for a tropical getaway. Not far past the resorts, the countryside's lush rolling hills and tropical climate create a broad landscape ideal for hiking, and exploring waterfalls and coffee plantations. Unfortunately, many people living in these same rural communities struggle to get by. We partner with local organizations and community associations in the Puerto Plata province that focus on rural tourism development and increasing access to health and education. Thereby, we promote responsible tourism and provide opportunities to directly impact the lives of all stakeholders.

Our Cultural Connections program has expanded into the Dominican Republic by leveraging strong relationships with in-country partners and addressing local priorities together. Collaboration has driven our model for the last decade in Nicaragua, and we are excited to see its success in the DR. By joining us on a trip abroad, you connect with an international network of organizations and volunteers improving the health, economic, and social wellbeing of families in Nicaragua and the Dominican Republic. Revenue from each trip is re-invested in ongoing programs and projects in our partner communities. This unique bond between community development and responsible tourism means you directly impact families and communities.













Designed for people interested in hands-on volunteer work and rural healthcare, but does not require professional or academic background in medicine and/or public health.

Country:

- Nicaragua
- Dominican Republic

Main Themes:

- Participate in health-focused service projects and cultural activities in the rural communities of Nicaragua's coffee country or in Dominican Republic's former sugarcane producing communities.
- Build smoke-venting stoves, water filters, cement floors, natural insecticide whitewash and other family impact projects for rural homes, contributing to preventative health efforts.
- Connect with the youth of the community through empowerment activities and participation in a project identified and requested by local leaders.

Day	1	Sample Schedule
1		AM: Conduct site visit to partner communities to meet local leaders and learn about health priorities, socioeconomic, cultural, and community initiatives. PM: Participate in a community project with local families, leaders, and healthcare volunteers.
2	I	Spend the day working with local families on building projects that address basic living needs (e.g. water filters, concrete floors, smoke venting stoves, etc.)
3		AM: Meet with micro-entrepreneurs and participate in artisan workshops. PM: Participate in after-school youth project (e.g school, play area, ballfield).









Designed for medical professionals and students interested in learning about challenges and opportunities related to public and community health in underserved communities.

Country:

- Nicaragua
- Dominican Republic

Main Themes:

Sustainability

- Share your expertise and put theory to practice in a rural community by collaborating with local healthcare volunteers and local licensed medical professionals.
- Participate in health outreach activities, including presentations, surveys, and health-focused volunteer projects.
- Learn about different approaches, obstacles, and opportunities related to rural healthcare access, within the context of Nicaraguan or Dominican culture and history.

Day	-1	Sample Schedule
1		AM: Orientation to Comunidad Connect and country, community site visits, and preparation for the week. PM: Conduct training workshops with community healthcare volunteers on topics relevant to the population's current priority.
2		AM: Volunteer in health rotation groups, including community projects, educational workshops, project monitoring, and/or university research. PM: Learn about healthcare system from Ministry of Health professionals via site visits.
3		AM: Meet with local medical/nursing students at a university campus to share experiences and perspectives about medical careers and healthcare. PM: Support local public hospitals or clinics attending patients in the primary care setting. *Clinical hours available if interested, contact us for information on accreditation.









Offers a unique rural volunteer and homestay experience for a greater appreciation of the challenges and beauty of rural life in a developing country. Spanish is not required.

Country:

- Nicaragua
- Dominican Republic

Main Themes:

Children / Women

Children / Women

Economics

Research

Coffee

Food / Nutrition

Spirituality / Religion

Construction

Sustainability

Health

- Live with a host family in the highland coffee country of Nicaragua or the lush hills overlooking the Amber Coast of Dominican Republic and immerse yourself in the local culture. Rustic yet comfortable lodging provides the backdrop for an authentic experience as an individual, group, or family.
- Participate in community construction, beautification, and environmental conservation projects organized by local leaders and residents.
- Learn traditional ways of life by accompanying family members at home and in town. Hike to spectacular vistas, bake bread, and explore the local culture with friendly families as guides.

Day	1	Sample Schedule
1	1	AM: Optional early morning nature hike with local guide. Participate in Community Impact Project with local residents (beautification, infrastructure repair, supporting women's cooperatives, etc.) Eat lunch as a group or with your homestay family.
	1	PM: Learn about organic coffee production in rural Nicaragua or enjoy the cool waters of a nearby waterfall in the Dominican Republic. Spend the evening with your host family.
2		AM: Optional early-morning milking cows or horseback riding. Continue work on the community project.
		PM: Spend time with host families, learning and helping around the house.
		AM: Continue work on a community project.
3		PM: Enjoy a final dinner with your with host family, and then enjoy an evening of storytelling, folklore, and history.









Offers a powerful experience and opportunity to connect with children through structured enrichment activities and dynamic sports programs.

Country:

- Nicaragua
- Dominican Republic

Main Themes:

- Children / Women
- © (§) Economics
- Research
- Coffee
- Food / Nutrition
- Spirituality / Religion
- Onstruction
- Health
- Sustainability

- Make connections through teaching youth physical education and social and emotional development skills.
- Make connections through teaching youth physical education and social development skills.
- Make connections through extracurricular activities by teaching youth physical education and social development skills.

| Sample Schedule

Day

1-3

AM: Begin community impact projects, likely a combination of infrastructure repair and beautification projects at local schools, and engage youth through dynamic lessons about leadership, teambuilding, and self esteem.

PM: Provide academic support to local children and young adults via teaching and tutoring English after school, host a field day with recreational activities to get the kids moving, learning about teamwork, and health lifestyles, and play soccer and baseball scrimmages with the local youth teams.









Understand how market- and community-based approaches can be used effectively to support economic development.

Country:

- Nicaragua
- Dominican Republic

Main Themes:

- Meet and learn from representatives of local and national sustainable businesses, cooperatives, and nonprofit organizations.
- Participate in community-based tourism and contribute to local economies.
- Engage with key industries: tourism, coffee, and development organizations.

Day	-1	Sample Schedule
1		AM: Meet local entrepreneurs and producers to learn about the challenges and opportunities of local and national economies. Participate in workshops to facilitate cultural exchange and promote collaboration.
		PM: Work on community impact projects led by local community based organizations.
2		AM: Travel to coffee country to learn about sustainable farming practices, social programs, and the role of farming cooperatives in family economies.
	-	PM: Support community impact projects led by local cooperative.
3	1	AM: Visit with local, national, and international NGO's working to promote responsible economic development via a panel discussion and associated.
		PM: Site visits and social impact tourism activities.
4		AM/PM: Focus group and individual consulting sessions with local entrepreneurs and community based organizations.









Designed for faith groups to volunteer, exchange culture, and grow spiritually as they work on Family Impact Projects and lead children's activities in rural communities.

Country:

- Nicaragua
- Dominican Republic

Main Themes:

Children / Women

Children / Women

Economics

Research

Coffee

Spirituality / Religion

Construction

Health

Sustainability

- Visit local families and health promoters at home to support their care of special needs patients in the community.
- Improve the living conditions of the most vulnerable families via construction projects, including water filters, cement floors, roof repair, and smoke venting stoves.
- Lead Vacation Bible School and enrichment activities for children and young adults via interactive crafts, music, and games.

Sample Schedule
AM: Conduct home visits in partner communities to meet local leaders and learn about health priorities, socioeconomic, cultural, and community initiatives. PM: Divide into a groups and participate in a family impact project with local residents and
AM: Continue to work on family impact projects such as building water filters, concrete floors, and smoke-venting stoves and and ovens.
 PM: Divide into small groups to lead Vacation Bible School for children, group Bible study, or community sports and recreation activities. AM: Continue working on family impact projects with homeowners and neighbors. PM: Participate in a culture exchange activity such as baking original bread recipes, making









Provides a unique chance to learn about organic coffee production from seed to cup with a focus on direct trade and community impact. This trip is available from November to February, during the coffee harvest.

Country:

- Nicaragua
- Dominican Republic

Main Themes:

- Explore the backcountry of the highlands by visiting small farming communities with local coffee trader and cooperative leaders.
- Enjoy some of the best coffee in the world during facilitated tasting sessions at a variety of dry mills.
- Learn about fair trade versus direct trade and how the coffee supply chain benefits and challenges small scale farmers; their families and communities.

Day	Sample Schedule
	AM: Organic Coffee 101, Walking Tour to of small coffee community, meet local farmers.
1	PM: Visit the onsite wet mill and participate in the picking, selection, weighing, depulping and washing of the coffee beans during harvest. Discuss fair trade versus direct trade.
2	AM: Travel to a model organic farm with some of the best coffee in Nicaragua and join the owner on a farm tour and discussion.
	PM: Coffee cupping (or tasting) at a local coffee cooperative.
3	AM: Tour a large dry mill that receives up to 100,000 pounds of coffee daily, and learn about the different drying techniques (washed, honey, and natural), economic impact on local economy, and social responsibility.
	PM: Participate with local residents on a community impact project targeting food security and/or environmental conservation.









Created to provide a hands-on educational experience for participants interested in sustainable design and construction.

Country:

- Nicaragua
- Dominican Republic

Main Themes:

- Visit sustainably-built commercial and residential projects, representing a variety of design techniques and best practices.
- Attain hands-on experience with local experts and builders on a construction project.
- Visit acclaimed permaculture projects and learn about their approaches to sustainable farming techniques.

Day	Sample Schedule
1	AM/PM: Visit a permaculture farm for an educational site visit and enriching hands-on volunteer activities with farm staff.
2	AM/PM: All day apprenticeship with local builders.
3	AM: Site visits to single family residential projects. PM: Visit local development projects to learn about their sustainable design and construction.













Recreation Modules:

The number of recreational days in any one location vary upon the desires of the group. Most groups spend one or two days on eco-adventure and culture-tourism activities to fully appreciate all that Nicaragua and the Dominican Republic have to offer, but it is not a requirement.



Granada / Masaya

The colonial capital Granada and the cultural capital Masaya are located in central Nicaragua, truly in the land of lakes and volcanoes. Itineraries of 1-5 days are possible.

- Explore the Mombacho volcano and the Laguna de Apoyo crater lake.
- Take in the history of Granada, a 500 year old colonial city.
- Meet local artisans in their workshops and markets.

Day	Sample Schedule	
1	AM/PM: Spend a day relaxing, swimming, and kayaking at a beautiful crat nature reserve surrounded by howler monkeys, hundreds of birds, and a br landscape.	
2	AM: Visit a small pottery town to learn about the art of making and painting po meet the artists in their workshops.PM: Wander the streets of Granada on a guided city tour to visit beautiful cath towers, art galleries, and a museum with pre-Columbian artifacts.	
3	AM: Zip through the jungles on a canopy tour on Mombacho Volcano. PM: Hit the water on a boat tour or a kayak tour of largest lake in Nicaragua.	
4	AM: Soak in the thermal waters at foot of Mombacho Volcano. PM: Explore the Masaya Market to purchase handmade crafts and artisan sour handmade woven hammock to intricate wood carvings.	venirs, from
5	AM: Hike through a nearby nature reserve, appreciating the surrounding nature animals and birds, watching parakeets fly in their natural habitat and hearmonkeys in the distance. PM: Stand at the edge of a volcanic crater and be amazed by the glow of the Masaya Volcano.	ring howler



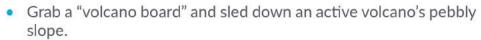




Leon

An iconic colonial city, located in the volcanic lowlands of northwestern Nicaragua; known for its universities and churches. Itineraries of 1 - 3 days are possible.







Day	I	Sample Schedule
1		AM: Walking city tour of Leon, admiring the vibrantly painted colonial architecture and colonial cathedrals. Learn about the rich history of the former capital of Nicaragua. PM: Volcano board or run down the slope of the active Cerro Negro volcano after taking an hour-long hike to the top.
2		AM: Stroll through the halls of the largest art gallery in Nicaragua, home to pieces by Picasso, Miró, and many Nicaraguan artists. Learn about Ruben Darío, Nicaragua's greates poet and one of the grandfathers of Latin American literature. PM: Visit the Leon Cathedral, climb to the roof for spectacular views of the city, and enjoy
3		people watching in the central square. AM/PM: Enjoy a full day relaxing on the sandy beaches, learning to surf, and indulging yourself with a whole fried snapper for lunch.

San Juan del Sur

A beach-side fishing village and popular destination for Nicaraguan and international tourists and surfers. Comunidad Connect was founded here in 2007 and still has numerous ongoing projects. Itineraries of 1 - 3 days are possible.



- Learn to surf at one of the most pristine beaches in Central America.
- Hike to one of the largest Christ statues in the world, and take in the 360 degree view of the entire region, including the volcanoes of Ometepe Island and the Nicoya Peninsula of Costa Rica.

Day	İ	Sample Schedule
1		AM: Admire the beauty of the dry tropical region of Nicaragua while en route to San Juan del Sur. PM: Meet CC staff for a walking tour San Juan del Sur and visit current CC projects.
2		AM: Take an early morning hike up to El Cristo statue overlooking the San Juan Bay, then fly through the jungle canopy on a 16 platform zip-line tour. PM: Hit the seas on a catamaran tour of the open waters and jump in the water for a swim at hidden beaches.
3		AM/PM: Soak in the sun on a white sand beach while relaxing, swimming, or learning to surf. Enjoy a whole fried snapper for lunch with delicious tropical juices.







Jinotega / Matagalpa

The northern highlands of coffee country: lush rainforest, waterfalls, and lakes. Itineraries of 1-5 days are possible.



- Hike to waterfalls (two walks available at different difficulty) levels).
- Learn about coffee and cacao farm tours and tastings available.
- Explore the beauty of nature via birding tours.
- Trek a mountain in Jinotega with sweeping view of city.

Day		Sample Schedule
1	1	AM: Learn about the seed to cup coffee process and explore the coffee fields, gardens, and cacao plantations of an organic coffee farm on Lake Apanas.
	1	PM: Enjoy a lakefront lunch and explore one of the many hiking trails available.
2	F	AM: Coffee cupping (or tasting) at a local coffee cooperative.
2		PM: Take a light hike to a waterfall or enjoy a cup of coffee in the frontier town of Jinotega
3	1	AM/PM: Enjoy a relaxing day learning about the delicate ecosystem of a nature reserve and an eco-lodge's initiatives to preserve the environment and migratory bird habitats.

Ometepe Island

A large mythical volcanic island in the middle of Lake Nicaragua. It is home to 30,000 residents spread throughout the island in small towns. One of its twin volcanoes is active while the other is extinct and covered with a rainforest. While a 2 day itinerary is possible, a hike to the top of the volcano requires a 3 day itinerary.



- Hike up one of the two volcanoes that form the island.
- Visit sustainable farms and learn about their methods of permaculture and sustainable farming techniques on an island formed by two volcanoes in the middle of Lake Nicaragua.

Day	-	Sample Schedule
1		AM: Enjoy a ferry ride on Lake Nicaragua with picturesque views of Maderas and Concepcion Volcanoes that make up Ometepe Island.
1		PM: Visit a nature reserve that spans from dense jungles to lakefront beaches where you'll learn about local legends, hike, and swim in the refreshing waters.
2		$\pmb{AM:}$ Summit one of the two volcanoes on the island. Be prepared for spectacular views and to get muddy!
	-	PM: Relax on a peaceful farm or join a tour of the permaculture project.
3		$\pmb{AM:}$ Visit one (or some) of the many beaches of Ometepe with the spectacular backdrop of two volcanoes.
	-	AM: Drop in at a natural spring and swimming hole on your way back to the ferry.









Santo Domingo

Explore the capital city's Colonial Zone and soak up the culture and history. Visit many of the New World's first institutions and the first headquarters of Spanish power in the New World. Itineraries of 1-2 days are possible.

Day	E	Sample Schedule
1	UNES signifi	Four Christopher Columbus' city of firsts—stroll down cobblestone streets stopping ICO World Heritage sites and learning about the architecture, design and historical cance of many of the first buildings of the New World. Enjoy live music, traditional food, and dance at a lively cultural night in the Colonial of Santo Domingo.

The Silver Coast

Travel through the cities of Puerto Plata, Sosua, and Cabarete. Itineraries of 1 - 4 days are possible.



Day	-1	Sample Schedule
1	1	AM/PM: Head to a rural community for "Coffee Trails" and "Amber Mines" experiences with small cooperatives in communities along the Panoramic Highways. Enjoy lunch at an ecolodge nestled in the hills overlooking Puerto Plata and the Caribbean ocean.
2		AM: Soak in breathtaking views and short hikes on La Isabela de Torres after enjoying a scenic ride on the Caribbean's only cable car. PM: Visit the Brugal Rum Factory to see production and learn about the history of sugar cane farming and rum.
3		AM: Tour of Puerto Plata City - visiting museums to learn about the Dominican Restoration War to gain independence from Spain, walk through the Spanish fortresses and admire historic cathedrals in the city center. PM: Visit rural villages of Montellano and be treated to a traditional lunch and folkloric







Frequently Asked **Questions:**







Are there a minimum and maximum group size?

The ideal group size is 14-16, but we can accommodate smaller and larger groups. The minimum is 8 and the maximum is 24 volunteers. Please contact us for private experiences and volunteer options for groups of less than 8.

Is there a minimum and maximum age limit?

Participants must be at least 13 years old to participate and minors must be accompanied by a parent or chaperone. Volunteers must be at least 18 years old to participate independently. There is no maximum age limit.

Is there a best time to visit Nicaragua or the Dominican Republic? Both countries are beautiful regardless the time of year! The best time of year to visit depends on what activities you want to do. Reach out to us to see what will best fit your schedule and your desired activities.

Is it safe to travel?

Both the Dominican Republic and Nicaragua are considered very safe for tourists. Travelers are advised to be cautious of pick pocketing, especially in touristy areas. If you would like a copy of our Health and Safety Protocol or have concerns about travel, please contact us directly.

Can I receive community service hours for my church/school/philanthropic organization for participating in a service trip?

Yes. We can vouch for the hours you volunteered and worked on community projects. You must provide us with the appropriate form to complete.





Frequently **Asked Questions:**







How long are the trips?

Trip lengths are customized to the availability and budget of your group. Typically trips range from 7-12 days in length, but we can accomodate shorter and longer group experiences. Most trips combine five to six days of service, educational site visits, and cultural activities with one or two days of recreation, eco- and adventure tourism, and sightseeing.

Are there open-enrollment group trips available to join?

We offer open-enrollment trips at various points throughout the year. Keep an eye on our website and Facebook page for announcements. You can also email us and we'll let you know if there's a group available for you to join. Our email is info@comunidadconnect.org

Where can I get information about trip prices?

Contact us with your itinerary preferences and we will work with you to customize the trip and quote a price. Most week-long trips range from \$1200 to \$2200 per participant. Prices depend on the selected itinerary, the size of the group, and the time of year. Our email is info@comunidadconnect.org

Are the trips all inclusive?

This participant cost includes airport pickup and drop-off, all in-country transport, three meals per day, double and triple occupancy lodging, all tourism and activities, project materials and supplies, a bilingual guide and group coordinator who will accompany the group during the entire trip, and all logistical preparations and support during the trip. The cost does not include health insurance for participants, airfare to Nicaragua/Dominican Republic, U\$10 entrance visa that must be paid in cash by each participant (Nicaragua only), and personal spending.

Do I have to speak Spanish to join a trip?

Spanish is not required to join a trip. There will be a translator for the group at all times. However, we recommend you brush up on your vocabulary because you will be able to immerse yourself in the projects and communities more if you can communicate through the Spanish language.

How do I book a group?

Contact us at info@comunidadconnect.org for more information and to reserve your trip!







CONNECT





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www.comunidadconnect.org







