

# Soccer Without Borders Seminar & Culture Exchange

## *2018 Information Packet*



Thank you for your interest in Soccer Without Borders' 2018 Seminar & Culture Exchange in Granada, Nicaragua from **July 28, 2018 - August 5, 2018**. This trip is open to current high school students, ages 14-18. This document is meant to answer some of the questions you may have prior to submitting your application. We hope that you will find it useful in your preparations for the 2018 Seminar & Culture Exchange with SWB and please feel free to contact SWB if you have additional questions!

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## MISSION & VISION

Soccer Without Borders' **mission** is to use soccer as a vehicle for positive change, providing underserved youth with a toolkit to overcome obstacles to growth, inclusion, and personal success. Our **vision** is to provide all youth program participants the opportunity to realize their inherent potential and experience personal success through soccer opportunities, team building activities, off-field workshops and lessons, civic engagement, and cultural exchange. In all aspects of programming SWB's values are:

- **Focus on the Whole Person:** SWB supports young people to come into a greater understanding of their bodies, minds, and voices, creating avenues towards individual growth, new opportunities, and the achievement of personal goals.
- **Authenticity:** SWB gives voice and value to the ideas of local leaders. SWB mobilizes local expertise, empowering and employing resident experts.
- **Process-Oriented:** SWB believes that the process is often more important than the outcome. SWB leadership, participants, and families commit to uphold values that create a culture of acceptance and inclusion.

## DESCRIPTION: 2018 SEMINAR & CULTURE EXCHANGE

### **Objectives:**

SWB's Seminar & Culture Exchange is a week-long cultural immersion experience in which high school students from different backgrounds are able to come together and learn from one another through the medium of soccer. The Seminar & Culture Exchange takes place at Fútbol Sin Fronteras' (Soccer Without Borders in Spanish) program in Granada, Nicaragua. The objectives of this trip are two-fold. First, participants will learn, first-hand how the power of sport can be harnessed to create safe spaces, build individuals' confidence, and provide a platform for both personal and community growth. The second objective is cultural exchange. Respecting another culture and appreciating cultural differences will be a key theme of the week. A willingness to see oneself as a short-term guest in a foreign community, rather than a benefactor, will allow you to experience your surroundings more perceptively. Understanding that your time in Granada will be brief, we nevertheless hope that you will build connections to your host family and peers as well as gain a sense of community in Granada.

### **Components:**

During your time in Granada you will wear many hats. You'll be a player and coach, a student and teacher, and finally, a peer, guest, and friend. The 4 specific components of the Seminar & Culture Exchange include:

- **Playing & coaching soccer:** You will have many chances to participate in Fútbol Sin Fronteras' (FSF) after school programming and play soccer alongside FSF players, FSF coaches, and with one another. During the week you will get to know your Nicaraguan peers participate in FSF's programming together. Trip participants will also receive a mini-coaching course on FSF's gym class curriculum and have the chance to work as assistant coaches during outreach to gym classes in local schools, sharing their love of

soccer with elementary age students.

- **Cultural events:** Trip participants will partake in activities throughout the week that introduce you to the culture of Nicaragua. Activities will include things such as cooking classes, Spanish lessons, dance lessons, and tours of local attractions. Trip participants will also stay in family homestays during their time in Granada, allowing you to immerse yourself further in the culture of Nicaragua. It is our hope that the group will leave Granada with a better understanding of Latin American culture and more specifically that of Nicaragua.
- **Seminars:** One of the unique aspects of this trip is the opportunity to reflect on the experience in the moment. After our initial orientation, there will be two to three discussion-based seminars during the week that will create a space for shared reflection and learning about the context in which SWB operates, concepts in international development, and the meanings of exchange, bridge-building, and cultural immersion.
- **Peer exchange:** Our Soccer Without Borders program in Nicaragua includes much more than just soccer. Our participants have weekly educational and team-building activities, on and off the field. Trip participants will have several opportunities to join in these activities, engage with their peers, and get to know life as a teenager here in Granada.

#### **Dates: July 28, 2018 - August 5, 2018**

- Please note that you must book flights that *ARRIVE* to Nicaragua on Saturday, July 28th and *DEPART* Nicaragua on Sunday, August 5th.
- Flights should arrive/depart from Augusto C. Sandino International Airport (MGA) in Managua, Nicaragua. SWB will arrange pick-ups and drop-offs to/from Granada and MGA airport on July 28th and August 5th.

#### **EXPENSES & COSTS**

Each trip participant is responsible for the following:

- **Trip Deposit: \$100 USD (due upon acceptance to trip)**  
Your \$100 USD Trip Deposit is non-refundable. Upon acceptance to the Seminar & Culture Exchange, you must send your Trip Deposit to SWB in order to confirm your spot on the trip. Soccer Without Borders is a 501c3 and this contribution is tax-deductible. Your Trip Deposit can be made via check or via SWB's website.
  - Checks can be made out to SOCCER WITHOUT BORDERS and should include YOUR NAME in the memo line. Checks can be mailed to:  
*Soccer Without Borders  
c/o Jenn Bell  
9 Waterhouse Street  
Cambridge, MA 02138*
  - To make this contribution via online payment, go to our website: [www.soccerwithoutborders.org/donate](http://www.soccerwithoutborders.org/donate). Once on this page, enter your payment information.
    - When you reach the "Please direct my donation to" question, select "Granada, Nicaragua"

- When you reach the “Additional Information” section, please enter “(Your name) - 2018 Seminar & Culture Exchange Trip Deposit” in the “What inspired you to give today” box.

- **Trip Fee: \$500 USD (due by June 1, 2018)**

In order to support a week of activities and provide a comprehensive immersion experience, each trip participant must pay a \$500 Trip Fee. The \$500 Trip Fee is due on **June 1, 2018**.

During your stay in Granada, your \$500 Trip Fee covers all costs associated with your in-country experience including:

- Housing: We organize homestays for all trip participants in the same “barrio” (neighborhood), with families who are a part of the SWB community. Our goal is for your homestay to give you a sense of life and community in Nicaragua, while providing a safe space for you to rest and recover from the daily events.
- Food: We provide three meals and snacks for trip participants every day. Our goal is to introduce you to Nicaraguan food, investing in locally run restaurants and vendors.
- Beverages: We provide purified water for your water bottles at activities and in your homestay and at FSF’s community center, as well as morning coffee.
- In-country transportation: We provide private transportation to and from the Managua airport on July 28 and August 5, as well as to and from group entertainment activities that are outside of walking distance.
- Per Diem: You will receive a small per diem in local currency to use throughout the week to purchase additional snacks, sports drinks, incidental items, etc.
- FSF T-shirt: You will receive a FSF Granada t-shirt.

- **Contribution to the FSF Program: \$500 USD (due by July 15, 2018)**

In addition to the Trip Fee, each participant is expected to fundraise a minimum of \$500 USD in support of the Granada program. Fundraising is due to SWB by **July 15, 2018**. The purpose of this requirement is for each trip participant to invest in the program and match the cost of his/her experience with a contribution to the program, supporting FSF to serve girls in Granada year-round.

We encourage trip participants to cover the \$500 Contribution to the program through fundraising! By fundraising, you have the opportunity to engage family, friends, and teammates to help you reach the \$500 (or even more!) contribution, which will make a huge difference to the program’s ability to provide year-round programming. An easy way to fundraise is to set up a personal fundraising page on Crowdrise describing your trip, and then share it with your networks! You can also get creative and host a mini-tournament, bake-sale, or run a race to earn donations! Once accepted as a part of the Seminar & Culture Exchange group, SWB will share out additional resources and tips for raising the \$500 Contribution via fundraising.

- **Purchase your round-trip flights: \$450-850 USD (due by June 1, 2018)**

Each trip participant is responsible for booking their own flights to/from Nicaragua and sharing their arrival/departure information with SWB prior to the trip. The cost of your

flights to/from Nicaragua is not included in any of the above costs. The deadline to share your flight information with SWB is **June 1, 2018**.

Typical round-trip airfare, from the US to Nicaragua, can range anywhere from \$450-\$850 USD, depending on where you are flying from. Flights to Managua from the U.S. depart from major U.S. cities such as Miami, Houston, Dallas, and Atlanta. American Airlines, United Airlines, and Delta are among the major airlines that offer daily flights to Managua. **Please do NOT fly Spirit Airlines, as the arrival times are extremely challenging.**

You should book your flight to *ARRIVE* in Managua (MGA) on Saturday, July 28th and *DEPART* Managua (MGA) on Sunday, August 5th. MGA airport is very easy to maneuver and we will provide detailed instructions ahead of time so that you can easily meet your SWB representative upon arrival.

- **Collect new/gently used equipment: 1 checked bag/40-50 lbs (bring with you to Nicaragua)**  
Each trip member is asked to devote their checked bag (checked bags range from 40-50 lbs. depending on your airline) to bringing new/gently used equipment to donate to the program. Most airlines include one free checked bag with purchase of your ticket. If you want to bring more equipment (which is always much appreciated!) a second checked bag typically costs around \$40 USD on most airlines.

SWB will share a detailed equipment 'Wish list' with trip participants to help you focus on collecting high need items. Equipment can easily be collected in your local communities and you can also reach out to Jenn to ask about available equipment to pick up from one of SWB's locations in the US.

- **Purchase your visa: \$10 USD (purchase upon arrival to MGA airport)**  
In order to enter Nicaragua, you must purchase a tourist visa upon landing at MGA airport. The cost associated with purchasing your visa is NOT included in any cost previously mentioned. All trip participants will be responsible for purchasing their own visas when they arrive to the airport in Managua.

You will not need to apply for or purchase a tourist visa ahead of time. Upon landing in Nicaragua, you will purchase your tourist visa when going through customs at MGA airport. SWB will share instructions for how to purchase your visa at MGA before your departure. You will need to have a new, \$10 USD bill (no tears or stains) with you so that you may easily purchase your tourist visa at the time of entry. Tourist visas in Nicaragua are valid for 90 days so everyone will be more than covered for the duration of our trip!

Please visit this website to check on your passport requirements prior to travelling:  
<http://nicaragua.visahq.com>

- **Other Expenses: Up to you!**  
The cost of things like gifts, souvenirs, and other 'extras' are not included in any of the above expenses. Some participants have spent as little as \$15 over the week, and others as much as \$100, depending on how many gifts/souvenirs they buy.

Phone and internet to communicate with friends and family is cheap (5 cents/minute phone, 1 dollar/hour internet) however, our community center in Granada does have free internet which you will be permitted to use at designated times during the week.

## EXPECTATIONS

- **Housing:** SWB will arrange for your housing in homestays familiar to the program and within walking distance of Tres Pisos (FSF's community center/office). SWB has provided housing through these family homestays for the last 10+ years.
- **Transportation:** Local transportation and transportation to/from MGA airport is covered by your \$500 Trip Fee. Other transportation costs during the week are also covered by this contribution however the most common form of transportation during the week will be your own two feet! Make sure to pack shoes that you are comfortable walking in!
- **Food:** All meals will be organized by SWB. This includes daily snacks and purified water for your water bottles. Any extra food or treats beyond these are your responsibility. During your trip, you will be eating like locals! Rice, beans, and plantains are staples in the local diet. Any dietary restrictions or allergies should be clearly noted in your Application.
- **Language:** Familiarity with Spanish is encouraged but not required. The group will reflect a range of Spanish levels, and there will be many opportunities to learn and improve your Spanish. We ask that participants make their best effort to engage and communicate with players, staff, and homestay families no matter what their level of Spanish may be!
- **Climate:** It's hot and humid and we will be playing and walking a lot! Come prepared to be in the sun and heat (90+°F) for prolonged periods. It cools off some at night but the homestays and Tres Pisos community center are not air conditioned. A water bottle, sunblock, and hat are essential!
- **Packing:** You will be spending much of your time on the field and being active. You can expect to be very hot, sweaty, and dusty and should take this into account when packing. A full packing list will be shared with all participants prior to departure.

## HEALTH & SAFETY

- **Safety:** This will be SWB's 7th Seminar & Culture Exchange in Nicaragua. We have never had any safety issues with our trips to Granada in the past, due in large part to our program being an embedded part of the community. As in any city or new place, walking on unknown streets after dark or leaving belongings unattended is risky. Trip Coordinators are well-versed in safety precautions and will take the group through an extensive safety orientation at the beginning of the week. Granada is a wonderful place and we have facilitated a positive experience for more than 400 U.S. visitors to our program!
- **Trip Leaders:** SWB has 9 full-time Nicaraguan staff members in Granada and 1-3 American Fellows working with the program at a given time. In addition to these in-country staff, 1-2 Trip Coordinators (staff member(s) from SWB's USA programs) will travel to Nicaragua and

oversee the group, live in the same homestays, accompany participants and join in all activities with the group, and work with Jenn ahead of time to prepare for the Seminar & Culture Exchange.

- **Vaccinations:** No vaccinations are required for travel to Nicaragua but we recommend that you visit the CDC Travel website to see what is recommended and speak with your doctor before travelling to Nicaragua. You can view the CDC's and WHO's recommendations for Nicaragua here:
  - [https://wwwnc.cdc.gov/travel/destinations/traveler/none/nicaragua?s\\_cid=ncezid-dgmq-travel-single-001](https://wwwnc.cdc.gov/travel/destinations/traveler/none/nicaragua?s_cid=ncezid-dgmq-travel-single-001)
  - <http://www.who.int/countries/nic/en/>
- **Insurance:** SWB does not provide travel medical insurance for trip participants. If your personal medical insurance does not cover international travel, we recommend that you consider short-term travel medical insurance for your trip. Here are is a link to an organization that provides this type of coverage: <http://www.imglobal.com/coverage/patriot/>

Soccer Without Borders is fortunate to have a partnership with Global Rescue ([www.globalrescue.com](http://www.globalrescue.com)) for Medical Advisory Services. Should the need arise during your time in Nicaragua, trip participants are able to use these advisory services. Global Rescue also offers a range of additional services including security and evacuation should you choose to purchase additional coverage: <http://www.globalrescue.com>

- **Waivers:** Soccer Without Borders has a general liability insurance plan. All participants and parent/guardians must sign a waiver indicating that they understand the risks associated with international work and will not hold Soccer Without Borders accountable for any injuries, accidents or loss of property that occurs while working internationally.

Waivers are due to SWB by **June 1, 2018**. They can be signed scanned to [jenn@soccerwithoutborders.org](mailto:jenn@soccerwithoutborders.org) and/or mailed to:

*Soccer Without Borders  
c/o Jenn Bell  
9 Waterhouse Street  
Cambridge, MA 02138*

### SUMMARY OF EXPENSES & IMPORTANT DEADLINES

<b>Expense/Item</b>	<b>Amount</b>	<b>Deadline</b>
Trip Deposit (non-refundable)	\$100 USD	Due upon acceptance to trip
Trip Fee	\$500 USD	June 1, 2018
Signed Waiver (mail to SWB)	---	June 1, 2018
Flights/Itineraries (send to Jenn)	\$450 - \$850 (estimated)	June 1, 2018

Contribution to FSF Program	\$500 USD (minimum)	July 15, 2018
Tourist Visa (purchased upon landing at MGA)	\$10 USD	July 28, 2018
Collected Equipment (bring with you to Nicaragua)	(Cost of a checked bag)	July 28, 2018
Seminar & Culture Exchange!	---	July 28 - August 5, 2018

### SAMPLE ONE-WEEK ITINERARY

Please note that this is a sample schedule. A detailed schedule will be shared prior to your departure to Nicaragua and we will notify you of any updates or changes as they occur.

#### **Saturday:**

All Day Arrivals  
 Evening Pick-up Soccer & Dinner w/SWB staff

#### **Sunday:**

8:00am Breakfast  
 9:00am Orientation & Get to know FSF/Granada  
 12:00pm Lunch  
 Afternoon Cultural Immersion Activity  
 7:00pm Dinner

#### **Monday:**

9:00am Breakfast and Seminar #1 at SWB office  
 11:00am Group activity with local staff  
 1:00pm Tour of the city & lunch  
 3:30pm Pick-up Soccer  
 6:00pm Homestay dinners

#### **Tuesday:**

9:00am Breakfast at SWB office  
 10:00am Spanish classes with local instructors  
 12:00pm Lunch  
 1:00pm Seminar #1 at field: Coaching for Youth Development  
 5:30pm Evening activity with SWB youth at the office  
 7:00pm Dinner with families

#### **Wednesday:**

9:00am Meeting at office- breakfast and Seminar #2  
 10:30am Morning gym classes at local schools  
 12:00pm Lunch  
 3:00pm Practice with SWB youth teams  
 5:00pm Bracelet-making workshop  
 7:00pm Dinner out



**Thursday:**

9:00am Breakfast at SWB office  
10:00am Morning gym classes at local schools  
12:00pm Lunch  
2:00pm Seminar #4, activity planning for evening event with SWB youth  
5:30pm Evening event in office  
7:00pm Dinner

**Friday:**

9:00am Breakfast at SWB office  
10:30am Trip to local Cultural Attraction  
3:30pm Showcase game between SWB Alumni players and Exchange Team  
7:30pm Dinner

**Saturday:**

9:00-11:00am Practice with SWB youth  
12:00pm Lunch  
Afternoon Pickup Game  
Evening Dinner & Free time

**Sunday** All day departures