



Pre Escolar Puerto Mantico
www.TheArnoldFoundation.org

the
Arnold
 Foundation



Currently 43 students attend Puerto Mantico.

These projects will be to construct an open area with half height walls and a kitchen with full height walls all under one continuous roof. The kitchen/pavilion will have a total area of 78 m² (6mx13m)

We are also looking to relocate the latrine and repair the sidewalk.

Dates:

September 5-12, 2020

If you are interested in participating in this service trip, please consider joining us. The experience is something you will remember for a lifetime. You can start by contacting the Key Persons via email. They will send you the application form. And start the process with you.

If you want to support the project by donation, please visit our website: thearnoldfoundation.org

Donations are tax deductible in accordance with IRS publication: <https://www.irs.gov/pub/irs-pdf/p526.pdf>

Group Size:

8 to 10 people (age 15 +)

Work:

Replacing the roof. Light Construction work

Skills required:

General homeowner type of skills.

Accommodations:

Local Hotel

<https://www.manoamanoecohostel.com/>

Food:

The restaurants and "non-restaurant" food preparers are experienced in food handling for visitors. We utilize trusted vendors and local cooks.

Ample food will be provided!

Cost:

\$700 Landing Fee (not including airfare)

Additional Details inside this document.

Key persons:

Stu Essey: stuessey@gmail.com

Rick White: rick@thearnoldfoundation.org

240.888.9931

History of Arnold Foundation

The idea behind The Arnold Foundation began during a service project in Guatemala in 2010. A group of people, including several of the founding Board members were working on construction of school in a small village. The work was hard, but meaningful. A memorable symbol from that trip became that of a pig. There were many in the village, but one stood out. He wore a cumbersome yoke around his neck, which pre-vented him from wandering into the homes of the villagers to forage for food. A member of the group named him Arnold. Throughout the week, members of the team each had difficult moments from the work, the oppressive heat, the exposure to the type of poverty that is not encountered in the United States, and simply missing their families. In their low moments, Arnold always seemed to be nearby as though offering solace. A kindred spirit, recognizing what it is like to live life with a burden.

In the years since that service trip, many of the participants recognized a change in their outlook on life. While they often fail, they have a desire to be better people. They strive to do small things to make the world a better place, and to encourage others to join them.

Mission Statement

To make the world a better place by providing or improving education, economic, energy, and health conditions to those in need.

Key Personel / Líderes de viaje

This trip is being led by Stu Essey (bio included at the end of this document):

Stu Essey: stuessey@gmail.com Phone: 301.473.2490

Rick White: rick@thearnoldfoundation.org Phone: 240.888.9931

Getting There / Llegar allí

Augusto C. Sandino International Airport (MGA) in Managua serves most major airlines. Trip participants are responsible for booking and paying for their own air travel to Managua. Volunteers are encouraged to schedule flights that will...

- Arrive on September 5 no later than 2:00pm
- Depart on September 12 no sooner than 6:00am

Contact your trip coordinator (Stu Essey) before booking any flights that are outside of these times.

Accommodations / Alojamiento

Sleeping accommodations will be in a local hostel, Mano a Mano. <https://www.manoamanoecohostel.com/> . We will book accommodations according to the group size and make-up. There are dorm style rooms and private rooms available.

Food / Comida

Breakfast will be provided by our group cooking for ourselves. Lunch will be provided by a local cook. Be prepared for the usual Central American cuisine. Dinner will be a combination of sampling the local restaurants on the beach and having food prepared by 'non-restaurant' people. You can bet it will be good.

Information about food allergies and preferences will be gathered during the application process. Food requirements regarding allergy, medical, or religious beliefs will be accommodated.

Ground Transportation / Transporte Terrestre

The Arnold Foundation will arrange for transportation. Volunteers will be picked up at the airport upon arrival in Managua and brought to the hostel in Las Penitas. Each day, volunteers will be transported to the worksite and back for lunch.

Supplies / Suministros

Las Penitas is a small beach town. It is a 30-minute drive to the larger city of Leon and 2 ½ hr drive to Managua. There are small little roadside establishments to purchase snacks, and the hostel has a kitchen and bar. All construction supplies will be at the work site. There is a small "hardware" store in Las Penitas if we need incidental supplies,

Work / Trabajo

The purpose of this trip is to replace the roof on the existing school building. We will also repair the sidewalk and start a new pit latrine. We will utilize some local construction people depending on the need and time schedule. Materials and tools will be provided but if you have favorite hand tools, feel free to bring them, just make certain they can be transported according to the airline regulations.

Excursion / Excursión

It is a tradition for Arnold Foundation trips to include an “excursion” of some sort. In the past excursions have included peering into the mouth of an active volcano, “surfing” down the outside of a volcano, wandering the markets of Leon, or visiting a local rum factory. An option for an excursion is a day trip to climb San Cristibal, this is the highest volcano in Nicaragua at 5725 ft. Another viable option is a fishing trip provided by one of the local fishermen. More information to follow as the trip gets closer. Stay tuned!

Money / Dinero

There are several costs for this trip.

1. Airfare. Each participant will make these arrangements and payments themselves. Round trip airline tickets to Managua from Houston starts around \$700 per person. Fares may be cheaper depending on chosen airline. Some airlines will hit you with additional fees for baggage. Please plan accordingly.
2. “Landing” fees. There are costs associated with our being there. These include food, ground transportation (van rentals), and other miscellaneous costs. For this trip the landing fee is \$700 per person (this includes the material donation explained below).
3. Materials Donation. The purpose of going there is to do work. We cannot do any work without materials and tools. While we hope to raise funds for materials from other donors, some of the cost will be covered by the volunteers themselves. For this trip the material donation is roughly \$200 per person and included in the landing fee.
4. Optional Excursion. Each person will be responsible for the excursion they engage in.
5. Miscellaneous travel costs. There are other costs related to travel that should be considered.
 - Vaccinations. The CDC recommends some vaccinations for travel to Nicaragua. As with all medical decisions, consult your own medical providers.
<https://wwwnc.cdc.gov/travel/destinations/traveler/none/Nicaragua>
 - Insect Repellent. The most powerful tool against Zika and other mosquito transmitted illness is the use of EPA registered insect repellent.
 - SunScreen. It’s going to be summer and there is a beach.... ‘nuf said.
 - Pillow, if you need your favorite.
 - Spending money. You probably won’t need much, but you never know when the driver is going to pull over because he sees an ice cream store along the way!

A note on taxes... this volunteer effort on your part will cost you some money. You should deduct whatever portion of those costs that you are permitted to by IRS regulation. The Arnold Foundation is a qualified to receive deductible donations, but we cannot offer tax advice. The appropriate tax information can be found at <https://www.irs.gov/pub/irs-pdf/p526.pdf> The following sections of this IRS document might pertain as follows...

- Airfare and out of pocket expenses... bottom of page 4 / top of page 5
- Landing Fees... page 3 (contributions from which you benefit); page 7 (personal expenses... “The cost of meals you eat while you perform services for a qualified organization, unless it is necessary for you to be away from home overnight while performing the services”).
- Material Donation... page 3 (contributions you can deduct).

Down Time / Tiempo de inactividad

Trip participants are encouraged to bring books, card games or other activities to share with the group. The hotel is fronted by a beach and offer several activities, including surf lessons. They have bicycles to loan and a double kayak for some beach fun.

ZIKA Virus Alert! / Alerta de Virus Zika

Nicaragua is identified on the “World Map of Areas with Risk of Zika” (link below).

The Zika virus presents with mild flu-like symptoms in most people. However, the CDC states that “because Zika infection during pregnancy can cause severe birth defects, pregnant women should not travel to (areas with risk of Zika).

If you are pregnant or are planning to become pregnant soon **you may not come on this service trip**. All other volunteers should follow the advice and guidance provided by the CDC at the link below.

(<https://wwwnc.cdc.gov/travel/page/world-map-areas-with-zika>)

Medical Care / Atención Médica

While we hope that there are no medical issues during this trip, we will plan for the possibility. Participants are required to have their own health insurance coverage and have evidence of such with them. The Arnold Foundation does not carry any supplemental insurance for participants or their medical needs. The Hospital is a 30-minute drive from Las Penitas to Leon if medical care is needed. For smaller medical needs, first aid kits will be available.

Information about the Destination / Información sobre el destino

Nicaragua, officially the Republic of Nicaragua, is the largest country in the Central American isthmus, bordered by Honduras to the north, the Caribbean to the east, Costa Rica to the south, and the Pacific Ocean to the west. Managua is the country's capital and largest city. The multi-ethnic population of six million includes people of indigenous, European, African, and Asian heritage. The main language is Spanish. Originally inhabited by various indigenous cultures since ancient times, the Spanish Empire conquered the region in the 16th century. Nicaragua became an autonomous territory of Nicaragua in 1860 and the northernmost part of it was later transferred to Honduras in 1960. Since its independence, Nicaragua has undergone periods of political unrest, dictatorship, and fiscal crisis—the most notable causes that led to the Nicaraguan Revolution of the 1960s and 1970s and the Contra War of the 1980s. Nicaragua is a representative democratic republic.

Population: 6.2 million

Language(s): Official language is Spanish.

Climate: Hot and Humid

Capital City: Managua

Ethnicity: 69% Mestizo, 17% White; 9% Black, 5% Indigenous.

Religions: No official religion
Area: 50,338 square miles, 7% water
Currency: Cordoba
Time Zone: CST (UTC -6)
Electricity: 120VAC; 60Hz (same as continental US)

What to Bring / Que traer

Bring whatever you feel will make your trip comfortable for you. The following are suggestions.

Personal Care

- Standard Toiletries
- Towel(s)
- Hairdryer, etc.
- Prescriptions
- Eye glasses / contacts
- Sunscreen
- Insect repellant

Sleep Items:

- Pillow (if favorite is preferred)
- Ear Plugs
- Sleepwear

Work:

- Work gloves
- Safety Glasses
- Sturdy work footwear
- Long Pants

Clothing:

- Comfortable clothing for one week (no laundry available)
- Comfortable footwear
- Headwear to protect from sun.

Other

- Snacks
- Cards / Games
- Book
- Sunglasses

Application Process / Proceso de solicitud

If you are interested in participating in this service trip, start by contacting the trip leaders via email or filling out the application for on the website:

<http://www.thearnoldfoundation.org/application.html>

A trip leader will contact you shortly after your submission.

Next step- Submit a \$200 deposit within 30 days to secure your place on the team. (payment in full is always accepted)

You can make any payments on the website.

Trip Leader Biography / Biografía de Líderes de viaje

Stewart “Stu” Essey is 46-years-old and lives in Waxhaw, North Carolina. He is married to Christy and has 2 beautiful girls, Tara and Paige. Stewart found his calling in April 2010 when he traveled to Guatemala to assist villagers with local building projects. Since then, Stewart has been to Haiti, Ghana, Peru, Nicaragua, and Armenia. He, along with several board members and volunteers, are committed to “making the world a better place”. Stu is the current Vice President of the foundation.



Rick White is a member of the Arnold Foundation and has participated in various projects. Rick started in 2009 with a small project in Guatemala and realized that the smallest of our efforts can make the biggest difference in the life of those around us. Rick currently lives in Lumberton, Texas and has seen hurricane devastation first hand as Hurricane Harvey left its mark on the Gulf Coast. Rick works as a Control Systems Specialist in Beaumont with a background in project management and has planned and led trips that included Ghana, Sri Lanka, Nicaragua, Peru and Houston, Tx.