



What to bring from Canada:

- Bubble or air mat.
- Tropical weight sleeping bag or fleece blanket.
- Sleeping sheet.
- Sunglasses (more than one pair)
- Camera.
- Mosquito net.
- Flashlight, headlamp & batteries.
- Waterproof rain jacket.
- Umbrella (for the sun).
- Sunscreen (protection 30+)
- Mosquito repellent.
- Swiss Army knife.
- Baseball caps.
- Dehydrated foods (if you like them).
- Hand sanitizer.
- Waterproof bags/luggage for electronic items.
- Reading materials.



The cost of the trip is **approximately \$3,300** and includes all expenses (except incidentals and entertainment). This fee covers transportation costs, food, accommodations, translation services for Spanish and the indigenous languages and logistical organization costs necessary to guarantee your health and safety in the remote tropical rainforest. If you are able to bring down donations of medical supplies and clothing please contact **Change for Children** for a list of useful items to donate.

Change for Children Association

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Dental Delegation to BOSAWAS

Tropical Forest Biosphere Reserve

Nicaragua



January 22 - February 5, 2011



KINDNESS in ACTION



Known as the “Lungs of Central America”, the BOSAWAS biosphere reserve is the largest tract of tropical rainforest north of the Amazon basin. Severe poverty threatens this rainforest as non-indigenous Nicaraguans and Hondurans (Mestizos) encroach upon the borders of the reserve, burning down the forest to grow their crops. These people, like the indigenous people inside the reserve, are victims of poverty and simply looking for land on which to grow food to feed their families.

The health of the Miskito and Mayagna indigenous peoples in the region continues to be a tragedy. Children continue to die from complications of malaria (anemia, dysentery, malnutrition) in all of the indigenous communities we serve. In addition, the indigenous people here do not have access to ANY dental care and many suffer from abscessed teeth, complications from poor oral hygiene and numerous oral infections. To make matters worse, the indigenous peoples continue to maintain their practice of self-medication, which causes countless health problems and resistance to antibiotics. They often use expired medicines sold at the few local stores; medications that have often arrived originally as donations but are sold by local Mestizo merchants with instructions only in English.

Incredibly, the effects of Hurricane Mitch (1998) and Hurricane Felix (2007) continue to plague these communities, especially with regard to their health. When Mitch washed away all of the citrus fruit trees from the river banks, the indigenous population was left without an essential part of their diet. Since 1998, some replanting has been done, but citrus trees take years to bear fruit. This means that the children in the area are growing up with zero vitamin C and other important nutrients in their diets.



The Community Health Project for the Indigenous Communities of BOSAWAS that Change for Children is implementing in the region, places an emphasis on infant and child nutrition, on the use of natural medicines and on the distribution of vitamins. **The Dental Delegation will work in conjunction with this project visiting remote indigenous communities, performing extractions, treating infections and providing pain relief.**



This trip is designed for hearty outdoor travelers and involves lengthy canoe trips, portaging, time spent outside in the rain, intense sunlight, heat and wind. These indigenous communities are located in a tropical rainforest and are extremely remote. Regular communication with the outside world is not possible once inside the zone. Please be prepared for isolated and primitive conditions.

Participants will be housed in Centro Humboldt’s field house at a base camp in the centre of the jungle but will stay in community centers and schools when on trips to remote communities. The delegation will travel with its own supply of food and water. Transportation is by 4-wheel drive trucks from Managua to Wiwili (7 hours), overnight in Wiwili and then travel to Las Piedras (4 hours) the next morning. At Las Piedras the delegation will board boats and travel down river (12 hours) to San Andres. Travel time is arduous but beautiful and requires sitting for long periods of time and travel on bumpy roads.

Trip Itinerary – January 22 - Feb 5 2011:

- Day 1: Canada - Managua
- Day 2: Orientation & supply shopping in Managua
- Day 3: Managua – Wiwili and overnight
- Day 4: Wiwili - Las Piedras and board boats – sleep in remote community of Yakalpanani.
- Day 5: Yakalpanani – Clinic I.
- Day 6: Boat to San Andres (base camp) and afternoon clinic II.
- Day 7: Clinic III – San Andres.
- Day 8: Clinic IV – Amak.
- Day 9: Clinic V – Okuli.
- Day 10: Clinic VI – Walakitan.
- Day 11: San Andres to Las Piedras by Boat and by truck to Wiwili and overnight.
- Day 12: Wiwili to Managua.
- Day 13: Pacific Coast Beach.
- Day 14: Beach day and return to Managua.
- Day 15: Depart for Canada.

This is a two week trip with a tight travel schedule and no opportunity to return early (except in the case of an emergency).

