

# Sample Itinerary for Nicaragua: Fair Trade & Alternatives to Neo-Liberalism

## DAY 1

- 3:00pm Arrive at Managua International Airport. Check-in at hotel
- 6:00pm Dinner at hotel
- 7:00pm Orientation to health and safety guidelines, schedule review and introductions, history and current events in Nicaragua by tour guide
- 8:00pm Meet with economist to discuss economic policy and perspective on CAFTA (Central American Free Trade Agreement) and ALBA (Bolivarian Alliance for the Americas)

## DAY 2

- 7:00am Breakfast at hotel
- 8:00am Meet with a representative of a local development organization and explore options for integrative development through financial and non-financial services for rural farmers and small-businesses
- 9:00am Depart to the Masaya Volcano
- 11:00am Lunch at the artisan market in Masaya
- 1:30pm Visit artisans at a fair trade cooperative in San Juan de Oriente
- 3:00pm Visit Granada and explore this beautiful colonial city
- 7:00pm Dinner
- 9:00pm Watch a famous singer-songwriter and one of the most important artists in the history of Nicaraguan folk music in concert

## DAY 3

- 7:00am Breakfast at hotel
- 8:00am Meet with a representative of a local human rights and civil society organization to talk about the human rights situation for the women workers of maquilas in the free trade zones
- 9:30am Visit a local development organization who helps establish entrepreneurial cooperatives in the area
- 10:30am Visit one of the women's sewing cooperatives formed by the organization
- 12:30pm Lunch at restaurant in El Mirador

- 2:00pm Visit a farm in Mateare that focuses on agro ecological alternatives, beekeeping, solar dryers, and lombricultura
- 5:00pm Check-in at hotel
- 6:30pm Dinner

#### DAY 4

- 7:30am Breakfast at hotel
- 9:00am Visit a sesame seed fair trade cooperative
- 11:00am Visit a cooperative coffee house dedicated to working with the disabled and supporting local artists
- 12:30pm Lunch at the coffee house
- 3:00pm City tour of León
- 6:30pm Dinner/Free time

#### DAY 5

- 7:00am Breakfast at the hotel
- 7:30am Depart for the active Cerro Negro Volcano
- 12:30pm Lunch
- 2:00pm Depart for Matagalpa
- 5:00pm Check-in at hotel
- 6:30pm Dinner

#### DAY 6

- 7:00am Breakfast at hotel
- 8:00am Meet with representatives of the Sandinistas and learn about their trade union
- 9:30am Meet with a representative of an indigenous community cooperative
- 11:00am Meet with a local community organization who is working to protect human rights in the community and fight poverty
- 12:30pm Lunch
- 2:00pm Visit a chocolate factory that uses all organic ingredients, grown locally and uses traditional methods in an environmentally sustainable manner
- 4:00pm Meet with a group of students and teachers who work together to protect the environment
- 6:00pm Dinner

#### DAY 7

- 8:00am Breakfast
- 9:00am Visit a coffee cooperative umbrella organization that promotes and sells quality coffee produced by nine different cooperatives
- 10:00am Depart for the fair trade coffee trail where we will see the coffee producing communities at work and participate in their cultural, artistic and recreational activities
- 11:30am Meet with the local guide in the community
- 12:30pm Lunch in a member's home
- 1:00pm Accommodation in the home stays
- 2:00pm Meet with the guide, receive a general introduction to the community, learn about their eco-tourism project and visit a café cooperative
- 3:00pm Short tour of the cultural house to see the community at work
- 4:30pm Meet with some of the families
- 6:00pm Dinner with some of the families
- 8:00pm Free time

#### DAY 8

- 7:00am Breakfast with the family
- 8:00am Visit the organic coffee cooperative and learn about the growing and production process
- 11:00am Participate in a workshop on natural medicine
- 12:30pm Lunch provided by community products and crops
- 2:00pm Learn how to make a local staple food "nacatamal"
- 4:00pm Walking tour with guide to El Barrio Nuevo
- 6:00pm Dinner with the families

#### DAY 9

- 7:00am Breakfast with the families
- 8:30am Walking tour through the trails to La Posa, La Bruja or the waterfall at La Corona
- 10:00am Participate in community cultural activities
- 12:00pm Goodbye lunch with the group
- 1:30pm Depart to Matagalpa
- 2:30pm Visit the community's café to see the final process of their coffee
- 4:00pm Depart to Managua
- 6:00pm Check-in to hotel
- 7:30pm Farewell and evaluations
- 8:30pm Meet with group to evaluate tour & activities

DAY 10

- 7:00am Breakfast at hotel
- Departures

**\*\*\* *This is sample itinerary. Activities are subject to change.* \*\*\***