



More than thirty years
strengthening human and community development
through the exchange of people and ideas
between Minnesota and León, Nicaragua.

TRAVEL TO NICARAGUA

Project Minnesota/León (PML) is a non-profit, sister-state organization that has two goals:

1. to bring together people from Minnesota and León, Nicaragua
2. to facilitate community development in León, Nicaragua

To achieve these goals, PML has been facilitating group travel to León for more 30 years.

WHAT CAN GROUPS DO?

- Focus on a specific topic, such as environment, health, education, arts, or human rights.
- Explore a wide array of cultural and natural attractions.
- Sightsee, climb a volcano, hang out at the beach.
- Visit rural communities on the outskirts of León.
- Participate in volunteer opportunities.



WHY TRAVEL WITH PML?

Traveling with PML ensures your group will experience Nicaragua in ways a typical tourist visit does not allow.

True Cultural Engagement

Traveling with PML enables your group to

- be immersed more deeply in Nicaraguan culture
- form authentic relationships
- learn about PML's approach to development work in Nicaragua

Bilingual Staff

PML's bilingual staff in León will

- customize your itinerary and help organize the trip
- arrange for a private bus or van to transport your group
- lead the group's daily activities

Homestays

Groups experience authentic Nicaragua by

- staying with host families located in a single neighborhood
- meeting Nicaraguans to understand their culture

Note: Trips can be planned for any time of the year.

IS NICARAGUA SAFE?

Nicaragua is a very safe country and does not experience the violence common in other Central American countries. León, in particular, is a safe, lovely city.

HOW MUCH DOES A TRIP COST?

Depending on the size of the group and length of stay (typically 9 to 14 days), costs average about \$2,000 per person, *including* airfare (about \$850 of the total). In general, the larger the group, the lower the cost per person.

HOW DO I GET MORE INFORMATION?

Please visit Project Minnesota/León's website:

www.mn-leon.org.

Or contact Emily Wallace-Jackson, PML Development and Outreach Director:

612-805-6418 or Emily.mn.leon@gmail.com.



ENVIRONMENTAL/SUSTAINABILITY TRIP TO LEÓN, NICARAGUA

Possible Activities 2017/2018

- ♦ Explore León's unique geography and distinctive dry tropical forest.
 - Hike up a volcano.
 - Picnic at a lake in a dormant crater.
 - Stroll a Pacific Ocean beach.
 - Learn about earthquakes in Nicaragua.
- ♦ Boat to the nature reserve on spectacular Juan Venado Island, on the coast of the Pacific Ocean.
 - Option 1: Camp overnight.
 - Option 2: Watch wildlife and sea turtles hatch (best August through December).



- ♦ Roam the paths of the university's tranquil Botanical Garden.
 - See native birds and plants rivaling those of lush Costa Rica.
 - Hear about the university's work to preserve ancient species and increase use of beneficial plants.
- ♦ Find out about the history of agriculture in León.
 - Learn about the shift in cash crops—from cotton to peanuts and sugarcane.
 - Compare individual farming with cooperatives and agro-industry.
 - Tour Flor de Caña rum distillery and learn about this mega industry.
- ♦ Visit SONATI, an environmental education and conservation program.
 - Learn about climate change, pollution, deforestation, wild-animal trafficking, and trash treatment.
- ♦ Analyze the achievements and challenges facing the government's renewable resources agenda.
- ♦ View murals portraying the revolutionary history of Nicaragua.



- ♦ Connect with locals at San Carlos, a rural community PML works with.
 - Learn about ongoing community initiatives to secure clean drinking water.
 - Find out how El Niño, drought, polluted wells, and large-scale irrigation affect the local water supply.
- ♦ Visit the San Carlos Health Clinic.
 - Learn about local diseases, public health threats, and health care challenges in the community.
- ♦ Hike around lovely Los Alpes Ecolodge. Options include:
 - Milk cows.
 - Eat typical foods.
 - View medicinal plants.
 - Stay overnight.
- ♦ Create a traditional sawdust carpet celebrating nature at Xuchialt Art School.
- ♦ Tour Twin Engine Coffee site in León (co-owned by a Minnesotan)
 - Learn about their organic, fair trade coffee, which is grown, processed, and packaged in Nicaragua.

