



MOH Traveler's checklist

_____ Be **open (eyes, open ears, mouth and heart)** ;  sometimes we think we know best, but this isn't always the case. Keep an open mind when interacting with our fellow travelers or our Nica friends: Be open to questions and be supportive of each other . Be **sensitive** to the locals. We are about **empowerment** and **ownership**. We must continue to encourage and allow them to take responsibility for our/their programs.

_____ **respect and patience** ; Hot? Tired? Stressed?  You are not alone. AND, regardless of age, job status or position within the mission, we are all "volunteers". Contributing to a good experience for fellow travelers and comes back to us!

_____ **A good attitude goes a long way** ;  **flexibility, consideration and tolerance**;  when we go on mission, we go as a **team**. Be considerate of others; pick up after yourself; help your fellow traveler; Also, remember this is not a 5 star hotel with room service. You may not get 8 hours of sleep (earplugs and eye shields may help) and definitely not room service!

_____ **humor**;  humor and **smiles**  can carry us further than we sometimes can carry ourselves. AND these things have no language barrier!

_____ **"Nica time"** ;  We were supposed to do itwhen???????

_____ what to do when offered food (i.e.; when delivering rice and beans)?

_____ what is culturally acceptable dress? (red/black)

_____ A child's request for blessing

_____ Language issues

_____ Baby – hold or not

_____ Unacceptable games

_____ Hand and facial symbols

_____ Be aware most Nicaraguans will not give you their opinion unless you specifically ask what they think