



## **Anticipating the Adventure**

You will soon be arriving in Nicaragua. We hope that you are excited for the week ahead. We also hope that you will be challenged and stretched in new ways. Some of us struggle with the living conditions, some with the diet, some with group dynamics, and some with the fundamental injustice of poverty. Our belief is that the discomfort and struggle are important aspects of this consciousness-raising process. We also believe that entering into this process with an open mind and heart is best. As you begin the journey, we offer you the following reflections:

**Anxiety:** If it's your first time traveling to a developing country, you may be feeling a bit of anxiety because you're not sure what to expect. It might help you to make a list of your concerns and "what ifs" as well as possible outcomes for each one so that you have a plan if any actually happen. And remember, you'll never be alone and others probably have some of the same concerns as you do.

**Sensory Observations:** You're going a new place and your senses are about to be bombarded with strange and unusual stimuli. If you write in a journal, make sure to note the many smells, sights, tastes and sounds you experience.

**Sharing your story:** Without question, you will see and experience many different things during this trip. While you're in Nicaragua, think about which experiences are the ones you'll want to share with people. Chances are, if there was a special moment in which were moved, your story might have the same effect on someone else. These transformative stories are powerful and should be remembered so that they can be shared.

**Success:** Success is personal and defined differently by everyone. Think about what will make this trip successful for you. What will be the measure of success for you during the trip?

**Your Goals:** Think about why you're going on this trip. What do you want to accomplish? What do you want to gain? What new questions will you explore while you're in Nicaragua?