



One ATTA Time Field Experience Preparation

Trip Costs

Trip costs will be communicated to each group individually. Prices vary depending on the country visiting and the length of time for the trip. A typical 4 day trip to El Salvador is \$1500 for the trip, less passport and any required vaccinations. A typical 7 day trip to Vietnam is \$2200 for the trip, less passport and any required vaccinations.

Flight Booking

You are responsible for your flight reservation. ATTA representatives will communicate in advance arrival and departure windows and will pick you up at the airport. If you would like an exception to this policy, please let us know.

Payment Methods

You can make your payments by:

- Mail check to One ATTA Time, PO Box 1690, Truckee, CA 96160
- Donating directly on our website oneattatimed.org. Click "Donate" on the top right corner. Then choose "Field Experience" under designation.

Physical Exertion

Please note that physical exertion will be needed.

We will be doing projects in hot and humid conditions.

We WILL be walking up hills.

IF you believe that physical exertion will be complicated for you, please let us know so we can work together and accommodate you accordingly.

Required Travel Documents

A passport that is valid for a minimum of 6 months from the date of travel.

Email a copy of your passport to info@oneattatime.org and upload a copy into the travel management portal.

So that we can arrange your transportation to and from the airport, you must email your travel itinerary to your trip leader no later than 30 days in advance of the trip.

Medical Information

We recommend international volunteer travel insurance. It is your responsibility to insure you have the medical insurance and medical evacuation insurance necessary to be covered as you wish at any geographic point while traveling with One ATTA Time.

The following information is based on CDC recommendations. Please consult your doctor for the specific medications and a vaccination plan that is right for you. Usual vaccines include:

- Hepatitis A
- Typhoid
- Tetanus

Anti-Malaria Medications

We highly recommend malaria medication; however, please consult your doctor for the specific medication that is right for you.

Antibiotics

Cipro (Ciprofloxacin) 500 mg Oral Tablet is a common antibiotic often prescribed by your doctor to be used on an “as needed basis”. The standard treatment consists of 3 days of antibiotics when treatment is initiated promptly. Imodium can reduce bowel movement frequency and enable you to resume activities while awaiting the effects of the antibiotics. You may want to take a supply of both with you.

Preventative Care

Keep hands away from mouth and eyes.

Wash hands with waterless hand sanitizer (such as Purell) prior to eating and as often as discreetly possible throughout the day.

Carry a waterless hand sanitizer with you at all times.

Long pants, socks, and closed-toe shoes (tennis shoes, hiking boots, etc.) are recommended to guard against scrapes, scratches, and insect bites.

Mosquito repellent containing at least 30% to 50% DEET is recommended. Apply often throughout the day. Avon Skin-so-soft lotion has also proven effective.

Drink lots of water throughout the day-DO NOT GET DEHYDRATED.

Do not drink the local water. Drink only bottled water or other bottled or canned drinks.

Keep mouth closed in shower.

Brush teeth with bottled water. (Keep bottle by the sink as a reminder.)

Avoid fruits/veggies when unsure of the washing process. Avoid all local foods outside of hotel unless instructed by group leader.

Baggage

Check your airline website for complete information, restrictions and additional costs.

Transportation vehicles have minimal storage so it is important to pack lightly.

Customs Declaration

The Customs Declaration form will be given to you on the flight between the United States and your destination. It is important that you do not lose this document.

Cultural Discussion

Specific country information will be provided to you prior to your trip.

Accommodations

- Hotel is clean and safe. (They are also using covid friendly cleaning methods)
- Hotel has air conditioning.
- Conference Rooms.
- Swimming Pool.
- We will be sleeping one, two, or three in a room. We will eat our breakfast and most evening meals at the hotel.
- Wireless internet is available.
- Laundry service is available at your expense.

Security Issues

The places where we will travel are generally crime free during the daylight hours, just like many of the places we travel through at home.

A few things to remember:

- Fancy jewelry should be left at home.
- Do not walk down a public street carrying anything valuable in your hands, especially smartphones.
- Do not leave the hotel without reporting to the team leader.
- At the worksites, do not leave the group without reporting to the team leader.
- Always travel in twos or more.
- Walk away from any conflict.
- Be polite and say I'm sorry.

What to wear

Throughout our visit to any country, please try to avoid attracting attention that comes from clothes that have become acceptable in the USA, but are still considered revealing or inappropriate in our villages. If you have any questions at all about what might be appropriate attire in any given situation, feel free to ask.

As much as possible, bring nylon type clothing. They are cooler and easy to wash and dry in your shower.

Our typical dress during the workday is long pants or capris, t-shirts, socks, and closed-toe shoes. Shorts and sandals are not recommended when we are in the villages.

If we leave the hotel for dinner at night, shorts, t-shirts, and sandals are fine.

For going to church, it is important that we not distract from our host's worship. So, our advice is long pants and a nice shirt for men; and, for women, pants with a nice blouse or a dress.

Flexibility

Expect interruptions, delayed flights, rain delays, upset stomachs, hot weather, lost luggage, and changes in the plan. The "mission" itself is a work in progress and we will continue to develop the plan, both before our departure and after our arrival. Our timeliness and patience, both with the Hondurans and our own group, is part of our setting a positive example.

\$ Money \$

- Changing money from US Dollars to local currency is typically not necessary; but it is sometimes more convenient. We will communicate to you in advance if it's necessary.
- The best place to change US Dollars into any foreign currency is at the airport before you depart.
- US dollars are accepted everywhere; however, they cannot have any marks on them or tears. Most retail outlets do not accept \$20 bills.
- All meals are included in your package price, with the exception of food eaten in travel to and from your destination.
- Snacks, soft drinks, and/or laundry (if you plan on having it done) are not included.