

Frequently Asked Pre-Delegation Questions

How much does the *Women Leaders Across Borders* Delegation Cost?

\$1,200 for the program plus airfare. Because we have delegates joining from across the U.S., we ask that the flights are booked by the attendees. Always keep a look out on prices and be sure to book through the actual airlines rather than a broker (i.e. priceline or cheapair.com). The short delegation is \$800.

Are there scholarships available?

Yes, we can provide a scholarship, you can find the application on our delegation page or by [clicking here](#).

Can you explain the short delegation (May 30th –June 3rd)?

The short delegation is meant to provide working professionals who are in need of attending for a shorter time frame. If you're busy and unable to come for the full duration of the delegation, we still encourage you to join through the short delegation. We will concentrate the main activities on the short delegation.

I have heard that there are high levels of crime in El Salvador, will I be safe?

While researching El Salvador, or speaking about the trip to friends or family, you may have heard that El Salvador is currently experiencing a high level of violence, specifically gang violence. Recent reports indicate that violence and crime, both random and organized, have risen in El Salvador since the signing of the peace accords in 1992. As a matter of fact, El Salvador currently faces some of the highest levels of violence in Latin America. National studies indicate that the root causes of the current situation include extreme poverty related to ten years of neo-liberal economics, lack of programs to support reinsertion into society for people after the war, too many guns, and (in spite of reforms) a still-corrupt judicial system.



Given this context, we take our commitment to safety very seriously. SHARE has taken every precaution to ensure that participants avoid dangerous situations and/or environments. We have the benefit of over 36 years of experience working with Salvadoran communities, and the connections, wisdom and mutual respect that comes along with over a quarter century of accompaniment. We have never had an incident

after taking 10,000 delegates. Ultimately, the most important in your safety is your own awareness and adherence to safety issues.

What if I get sick?

We will have access to a doctor to assess if it's a minor illness. In case of a serious illness there are good hospitals that we can refer you to. Remember, it is your choice and we will provide our best advice.

What will be expected of me while in El Salvador?

We invite you to consider supporting women in El Salvador, including their leadership development projects, helping us organize an observer mission on the elections of mayors and congress members on March 4th, 2018 and in the presidential elections in 2019.



Do I have to speak Spanish to go on this delegation?

While it will be very useful, it is not a forced requirement on this delegation. We will have Spanish speakers among to translate throughout the duration of our stay.

Where will we be staying?

You will be staying at one of the hotels or guest houses in San Salvador that we frequently use. The hotel rooms will be shared. There will be drinking water available, as well as wi-fi. We will send you further information on the hotel or guesthouse as the date of the delegation approaches. Please let us know if you have a single room so that we can accommodate for an adjusted cost.

What do I do when I arrive in San Salvador?

There will be someone to meet you at the airport with a placard that says SHARE. It may be a SHARE staff person or a driver for SHARE. This person will take you to the hotel. It most likely will not happen, but in the event we are unable to make it to the airport, just take a taxi.

What if I have travel issues?

We do have your flight numbers and information so will be able to check if your plane is

on time. If you have some other major issue such as missing your flight entirely, or the like, you can contact our staff person Claudia Martinez, who speaks both English and Spanish, at 011-503-7241-5408 (from the U.S.), 7241-5408 (from El Salvador), or at grassroots@share-elsalvador.org. For U.S. contact, call (510)848-8487.

How do I stay in contact with family and/or friends while I am in El Salvador?

Our place of stay will have access to the internet and you will be able to reach them via e-mail or direct call.

Will there be designated time to visit tourist attractions?

SHARE is always developing the best tactics for an authentic, immersive experience into the Salvadoran culture. We will visit at least a couple tourist attractions.

How much money will I need?

After your \$1,200 are paid, you won't need a penny more. This price covers transportation (inside the country), room and board, and all the setup costs. You can bring some money for souvenirs.

What about insects?

You can avoid infection with Zika, Chikungunya, and Dengue viruses by using lots of insect repellent with DEET, and wearing long pants or long sleeves. Especially in the countryside, bring bug spray and use it. And use more than usual. But, don't get upset if you get bitten—it is very common.

What about the water?

Don't drink water from the faucet unless it is boiled. Don't gargle in the shower or brush your teeth with sink water. Ask about ice and fruit drinks in restaurants. (Everything from the hotel is fine.) Coffee and tea are generally okay because they are boiled.

We will bring plenty of water but please carry a water bottle with you at all times. Drink LOTS OF WATER and drink extra if you drink coffee or soda to balance them out. You will sweat more than you realize and need to drink far more than normal.

What will the weather conditions be during our travel time?

We will arrive at the beginning of El Salvador's rainy season. However, you can expect fairly warm temperatures as San Salvador has a tropical savanna climate and while we

will be there during the "winter" sunscreen and covered, lightweight clothing are highly encouraged.

What should I pack?

**Starred items are absolutely necessary*

Documents

- *Passport, plus a photocopy of the first page of passport
- Money belt or other means of carrying valuables safely

Clothing

Weather will be hot and humid (80-90 degrees and sticky) in most regions of El Salvador. Bring a long-sleeved sweater or light jacket for chilly evenings and overly air-conditioned planes.

For meetings, dress should be neat and clean, but not fancy. Skirts, nice jeans, cotton pants or long shorts and a blouse/shirt are fine.

- *Lightweight skirts, pants, knee length shorts or capris, dresses, shirts, etc.
(Cotton is best, jeans are fine, just hot)
- *One nice outfit (for formal interviews, religious services, etc.)
- *Walking shoes
- *Change of underclothes for each day, plus one
- Sturdy Sandals
- Flip Flops (for bedtime, showers, etc.)
- Rain gear (light poncho)
- Sunglasses and sun hat
- Plastic bag for dirty clothes
- Long sleeved shirt or light jacket

Equipment and toiletries

- *Sunscreen
- *Mosquito repellent with DEET (this is especially important for prevention of Zika virus)
- *Cortisone cream or anti-itch cream for bites
- *Personal hygiene products (toothpaste, toothbrush, soap, shampoo)
- *Water bottle
- *PeptoBismol (tablets travel more easily than liquid)
- Bandages/first aid material
- Roll of toilet paper/packets of soft tissue
- Aspirin/Tylenol/your preferred headache reliever
- Anti-malarial and/or other prophylactic medications
- Any other prescription medicine (be sure it is in your name and in the original

- packaging)
- Three zip-lock bags of various sizes (to keep things dust free and to store soiled items)
 - Flashlight
 - Hand sanitizer to carry in your purse/pocket/knapsack
 - Comb, brush, small mirror, etc.

Optional

- Your favorite munchies—granola, candy bars, raisins, crackers, gum—energy food. (We may not eat often enough to please all appetites, and we will not stop at any place to purchase them, so be prepared!)
- Lip balm (with sunscreen)
- Comfortable shoulder bag or knapsack
- Spanish dictionary or Spanish phrase sheet
- Leisure reading
- Penknife
- Ear plugs or cotton
- Notebook and journal
- Pens and pencils
- Camera

Additional Advice

Pack light! Multi-functional clothing is best. If you think you can live without it for a week, you probably can.

Use your judgment! Please bring whatever medications you need to keep yourself healthy in an unfamiliar environment. For example, if you know you have a delicate stomach, please bring extra PeptoBismol. If you are lactose intolerant, please bring extra medication that addresses this issue.

Be sure to pack two changes of clothes, important documents, medicine, toiletries, and your camera in a carry-on bag! Suitcases have been known to be lost en route.

Please plan ahead and double check! We prefer not to dedicate delegation time to shopping for things that you can bring with you. That said, forgotten essentials (sunscreen, insect repellent, batteries, etc.) are readily available, though more expensive in El Salvador.