



RISE UP
SURF RETREATS

Nicaragua Information Guide

EVERYTHING YOU NEED TO KNOW FOR YOUR
TRAVEL WITH US...



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WHAT'S INCLUDED ON A RETREAT?

- Accommodation in a shared or private cabana, private bathroom, and access to a beautiful beachfront resort.
- All daily meals, snacks, and drinks (alcohol not included).
- Transportation to and from the local airport on the first and last day of retreat.
 - The airport for arrival is Managua (MGA) Augusto C. Sandino International – a 3 – 3.5 hour drive to Rise Up.
 - Current flights to and from Nicaragua are through Avianca/Taca, Aeromex and Copa Air.
- Daily surf coaching and guiding with experienced coaches.
- Surfboard rental – we have an excellent quiver of boards to choose from!
- Daily yoga classes with our in-house yoga teacher.
- Fun activities throughout the week! Such as horseback riding, volcano boarding, tortilla making, boat trip, chocolate making. Transport included.
- An incredible crew to host you throughout your stay!

A TYPICAL DAY AT RISE UP

Each day is a little different depending on the tides. Surfing the best waves is a priority, so everything else follows! Yoga will always be at a complimentary time to the surf, unique activities are spread throughout the week, as well as the perfect amount of down time. Here are a couple of schedule examples:



8:00am: Yoga

9:00am: Breakfast

10:00am: Video Analysis & Surf Theory

11:30am: SURF

2:30pm: Lunch

4:00pm: Sunset hangout

7:00pm: Dinner + Bonfire



5:30am: SUNRISE SURF

9:30am: Breakfast

12:00pm: Yoga

2:00pm: Lunch

5:00pm: Sunset Horse Back Ride!

7:30pm: Dinner



FOOD AND DRINKS

We believe that one of the starting points for an amazing week with us is the quality of the food and drinks offered on our retreats.

We prepare and serve tasty, fresh, wholesome nutritious food that is intended to nourish your body, avoiding processed food and sugars. Our team has designed a tasty menu delivering maximum nutrition and energy.

We use seasonal products, grown or sourced locally. Our menu is a combination of local food, international and raw items.

We can cater for coeliac and other special diets (gluten-free, nut-free, food intolerances etc) – please let us know on the [Registration Form](#) if you have any special requirements.



TRAVELLING TO NICARAGUA

- To enter Nicaragua, your passport needs to be valid for at least 6 months.
- All visitors entering Nicaragua are required to purchase a Tourist Card for \$10 USD at passport control.
- We **require** that you have valid travel insurance in order to participate in a Rise Up Surf Retreat.
 - This is to cover all incidents that may occur during the travel including cancellations, delays, injury and any Covid related costs.
 - We recommend trawickinternational.com.
- Visas are generally not required for stays up to 3 months.
 - Citizens of some parts of **Eastern Europe and Latin America, and many African and Asian nations, need visas to enter Nicaragua**. Check the Nicaraguan Foreign Ministry website for the full lists: www.migob.gob.ni



COVID19 & NICARAGUA

Entry Requirements:

- Nicaragua officially reopened to tourism on July 14th, 2020 and visitors from all countries are welcome with proof of a negative PCR test.
- Take a PCR test **72 hours before your flight arrives** in Nicaragua (including layover).
 - The test results must have a stamp and signature from a certified lab.
- Send or upload a copy of your PCR test to your airline no less than 36 hours before your flight.
 - The airlines manage the PCR proof process to get into the country – read the instructions for each airline linked below very carefully.
- Bring a printed copy of your negative PCR test to the airport for proof before check in.
- **[Reminder to check flying to Nicaragua updates here](#)**

Avianca: avianca.com/eu/en/about-us/news-center/avianca-news/requirements-travelers-nicaragua/

Copa: <https://www.copaair.com/travel-preparation-hub/en/travel-requirements/ni>

AeroMexico: <https://aeromexico.com/en-us/official-routes-and-information/travel-requirements-nicaragua>

COVID-19 & YOUR JOURNEY HOME

USA: Bring COVID testing kits for your journey home

The US requires either a negative PCR or Antigen/lateral flow test to enter the country. You can purchase Binax at-home testing kits online through the eMed platform. You can't use the Binax kits you buy over the counter. Here is the link: emed.com/products/covid-at-home-testkit-six-pack

The eMed Certified Guide is available to answer questions throughout the testing process to ensure a worry-free testing experience for the home user.

Other countries

If you are returning to a country that requires a PCR test for entry then we can help to organize this but bear in mind this will take a full day as it has to be done in Managua (a 3 - 3.5 hour drive away).





RECHARGE OFF THE GRID

Our locations are off-the-grid! Note the following things for Nicaragua:

WiFi: We recommend unplugging! If you absolutely need connection, we advise getting a local SIM card at the airport (there is a Movistar stand near the exit after baggage). Most of our locations also have pretty good WiFi although it does drop out at times.

ATM: Make sure to get out enough cash at the airport before you leave as there is no ATM near Rise Up. USD or Córdoba is accepted in Nicaragua.

No general store: Plan to have everything you need before getting to Rise Up as we are far from a local store (e.g. enough sunscreen, repellent, etc.).

Showers: We do not have warm showers. You will probably prefer cold ones anyways :)

SAFETY

- We strive to be fully aware of guests with allergies, injuries or other medical conditions—please let us know in advance if this applies to you.
- Our local surf instructors and guides are ISA, Life Guard and First Aid certified.
- Our guests are always given the appropriate information and instructions about the surf and activities to ensure their health and safety.
- Our drivers, boat captains and volcano guides are all First Aid Certified.
- We keep a full medical kit on site and always bring a medical kit on all trips.

**For more information, please read our [Terms and Conditions](#) on our website. It is also compulsory to have international medical insurance to come on a trip with us.*



RISE UP
SURF RETREATS

Packing List



WHAT TO BRING

In addition to your standard packing items, here are some more specific things we recommend to ensure you have the best week possible!

- Valid Passport (minimum of 6 months validity)
- Extra cash:
 - USD 10 tourist entrance fee
 - Tips (10% of trip cost): for surf instructors, market, massage, etc.
 - There is an ATM at the airport but not one once you get to Rise Up
- Small backpack for day trips
- Surf board if you have your own – otherwise, board rental is included!

Tip: We recommend packing a Travel Pack vs. a rolling suitcase.

PACKING LIST CONT.

- Swimsuits & Rashguard
 - Opportunity to buy women's swimsuits while at Rise Up from brands such as OY Surfwear, Dkoko Suits and Sunbleached Swim
 - We also have rashguards for purchase! (Men's and Women's)
- Activewear for daily yoga
- Outfit for going out in case of a salsa night!
- Light long pants & light long sleeve shirt
- Sneakers or walking shoes for outdoor activities
- Flip Flops
- Optional:
 - Surf Hat
 - Water Shoes
 - Waterproof watch
- Waterproof jacket (rainy days May-Dec)





PACKING LIST CONT.

- Toiletries: toothbrush, toothpaste, shampoo, conditioner etc.
- Sunblock, Zinc & insect repellent:
 - Amavara Mineral Transparent Sunscreen Face Stick SPF 50
 - Zinka Face Stick or Sunblock Nosecoat
 - Sunbum face stick
 - Sunblock: Supergoop!, Sunbum, etc
 - Off! Deet-Free
 - Itch relief: Cortizone or Vick's
- A book for downtime
- Re-useable drink bottle
- Flashlight or headlamp
- Any medications & basic first aid:
 - Allergy medicine, vitamins, Advil
 - Aloe Vera in case of sunburn
 - Band-aids, Neosporin, aspirin etc.
- **Rapid BINAX Now PCR Tests for air travel (2 in case)**
- USB/hard drive for us to share your photos & videos of your surfing with you





TIPPING ETIQUETTE

There is a lot that goes on behind the scenes to make your stay as smooth and enjoyable as possible! This includes our back of house staff (kitchen, groundskeepers, etc.) In addition to our front of house staff such as surf instructors, yoga teachers, drivers and hosts.

If you have had a great experience at Rise Up, we recommend a 10% tip on the trip total. This will go directly to our wonderful staff members!

ENVIRONMENT

We recommend the following:

- Bring eco-friendly toiletries: shampoo, conditioner, etc. as much as possible.
- Bring a re-usable water bottle (we provide drinking water for refilling).
- Bring a re-usable shopping bag instead of getting plastic bags at markets.

Read more about our Sustainability principles [in this link here.](#)



GIVING BACK

Rise Up Kids is an NGO that we created to support the education and needs of children living within the local communities around Rise Up. We create, implement, and support sustainable projects that are focused on the development and well-being of kids. We believe that together with our guests, we can accomplish greater things and can take on projects that will change the lives of young Nicaraguans and future generations to come.

During your week of your retreat we organize some activities with the local schools. We will visit, deliver donations, and enjoy some football games with the kids! If you are interested in collaborating, you can bring: socks, pencils, notebooks, soaps, shampoos, etc.

The best way to help our mission is to donate! Even a small amount can make a big difference.

YOU CAN DONATE HERE!



If you have other questions

PLEASE CONTACT US AT:
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