



Volunteer Handbook

&

Pre-Departure Guide

Travel Information

For More Information About Traveling to Cabo Verde, Visit The Link Below

<https://travel.state.gov/content/travel.html>

☐ **Your Commitment**

☐ Volunteers will be traveling for a week, however, we are asking you to commit to four working days. The remaining days will be shared between travel and an optional retreat day.

☐ Although not mandatory, if this is your first time traveling in a mission trip to Cabo Verde with CVNA, we highly recommend that you stay with the group in the hotel as it will aid with schedule coordination. In addition, the hospital has very tight security, that unless you have a hospital issued ID and know your way around the hospital, it can be very challenging to get into the hospital and find the rest of the group.

☐ Once in the hospital for the day, you are not allowed to leave and return due to their infection control policy. Please make sure to plan your days accordingly.

☐ Working hours are 8am to 5pm. Lunch will be provided between 12 – 1pm.

☐ We recommend that the group meet for dinner at a local restaurant each night between 7 to 8 pm. Although not mandatory, this is a time for us to get to know each other better and to debrief about our day. This is especially important if this is your first time practicing outside of the US as the experience can be a bit overwhelming. The food in Cabo Verde is amazing and in order to enhance our shared cultural experience, we will dine at a different restaurant every night. *We do ask everyone to refrain from inviting friends and family members to join us during dinner.*

☐ There will be a retreat day for those who are interested. This experience is about spending a day at one of the attraction places of Cabo Verde. Before your trip, your group leader will provide you with more information. Friends and family members are welcome to meet you at the location. Unfortunately, CVNA is not able to provide transportation to friends and family.

☐ For those interested, there will be a retreat day. This experience is about spending a day at one of the tourist attractions of Cabo Verde. Before your trip, your group leader will provide you with more information. *Friends and family members are welcome to meet you at the chosen location. Unfortunately, CVNA is not able to provide transportation to friends and family.*

☐ **Airline Tickets**

The trip leader will provide the flight information for you to purchase the airline tickets.

☐ **Passport/Visa**

An up to date passport is required to travel. Please be sure that your passport expiration date is at least 6 months from your date of return from Cabo Verde.

A visitor visa is required to enter Cabo Verde, unless you are from one of the visa-exempt countries (please see list below). Visa may be requested in advance through the Cabo Verdean Embassy in Washington, DC or the Cabo Verdean Consulate General in Boston, MA. Travelers can also request visitor's visa at the airport upon arrival. A visa is not required for people of Cabo Verde origin, regardless of your current nationality. Please note that CVNA will work with the Cabo Verde Consulate to waive or decrease the visa cost for those who will need it. For more details, visit: www.capeverdeislands.org/visa/

Visa- Exempt Countries for Cabo Verde:

-  All [European Union](#) citizens
-  [Andorra](#)
-  [Angola](#)
-  [Benin](#)
-  [Burkina Faso](#)
-  [Côte d'Ivoire](#)
-  [Gambia](#)
-  [Ghana](#)
-  [Guinea-Bissau](#)
-  [Guinea](#)
-  [Hong Kong](#)
-  [Iceland](#)
-  [Liberia](#)
-  [Liechtenstein](#)
-  [Macau](#)
-  [Mali](#)
-  [Mauritania](#)
-  [Monaco](#)
-  [Mozambique](#)
-  [Niger](#)
-  [Nigeria](#)
-  [Norway](#)
-  [San Marino](#)
-  [Senegal](#)
-  [Sierra Leone](#)
-  [Singapore](#)
-  [Switzerland](#)
-  [Timor-Leste](#)
-  [Togo](#)
-  [Vatican City](#)

☐ **Registration Form**

According to the new regulations as of January 1st, 2019, all travelers are obligated to register before entering Cabo Verde. Registration must be made before departure to Cabo Verde via the form of the online platform at www.ease.gov.cv . Preferably at least 5 days before departure. You will be asked for passport data, arrival and departure dates, flight number, place of accommodation, et cetera. This substitutes the old *Customs and Immigration Forms*. When the registration is done prior, you have the option to pay the \$40 TSA fee and spend less time in customs at the airport in Praia.

☐ **Cost**

You are responsible for the cost of:

- ☐ Your airline tickets;
- ☐ Your accommodations. The cost of the hotel in Praia can vary from \$90 - \$130 a night. Since you will be rooming with another volunteer, the cost is shared in half. The cost of the hotel in Fogo is cheaper, \$50 \$60 a night;
- ☐ Some meals, and;
- ☐ As of January 1st, of 2019, everyone entering Cabo Verde must pay the airport security tax “TSA” of \$40.

☐ **Departure**

Please arrive at Logan Airport two hours before departure and make sure to bring your valid passport, any required visa, and proof of completed registration forms.

☐ **Contact Information While in Cabo Verde**

While in Praia you will have access to wifi at the hotel. You also have the option to get a Cabo Verde phone sim card at the airport.

☐ **Arrival in Cabo Verde**

Upon arrival to Praia, we will all go to baggage claim and gather our bags together. Once we have a complete count of bags we will exit together. It can be a very chaotic atmosphere and people will try to help with your bags. Please calmly and firmly decline all offers and follow the trip leader. Once we exit the building we will get couple of taxis. The hotel is only 15 minutes away depending on the traffic.

☐ **Health & Safety**

Bring any medications you take at home with you. Although there is a pharmacy in Praia it may not carry the medications you take. Please have your health insurance information with you in the event of an emergency. If you have specific health problems or allergies you may wish to share this with the team leader prior to travel.

☐ **Immunizations:**

Update standard immunizations including influenza.

CDC also recommends that you should receive the following immunizations:

1. **Hepatitis A** – the vaccinations come in two doses given six months apart.
2. **Typhoid** - There are two vaccines to prevent typhoid.
 - i. One is an inactivated vaccine given as a shot. One dose provides protection and it should be received at least 2 weeks before travel to allow the vaccine time to work. A booster dose is needed every 2 years.
 - ii. The other is a live, attenuated (weakened) vaccine which is taken orally (by mouth). Four doses: one capsule every other day for a week (day 1, day 3, day 5, and day 7). The last dose should be taken at least 1 week before travel to allow the vaccine time to work. A booster dose is needed every 5 years.

For more information about recommended immunization prior to Cape Verde please visit CDC

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/cape-verde>

☐ **Luggage**

Please call the airline you are traveling with and ask if your ticket allows for at least 1 checked bag. If the answer is no, it is recommended that you pay for 1 bag before your traveling day. The cost at the airport can go as high as \$120 to check 1 bag.

☐ **Packing List**

- Camera
- Good book
- Flip flops
- Sneakers or sturdy walking shoes
- Scrubs
- Sweater or light jacket
- 1-2 business attire
- Mosquito spray (at least 20% deet)
- Sunblock
- Hand wipes and or antibacterial hand wash
- Hat
- Ear plugs

- Reusable water bottle or a coffee mug
- Personal toiletries and medicines
- Personal food (protein bars, nuts)