

WELCOME TO NCOAE PATAGONIA! CHILE — TRAVEL CONSIDERATIONS

Your course will begin when we meet inside the Temuco-Maquehue Airport (Aeropuerto Maquehue) located 5 kilometers southwest of Temuco in the La Araucanía Region of Chile.

The information below will help you organize your travel arrangements to and from your course. Begin your preparations as soon as possible, as it can take weeks or even months to obtain your passport, vaccinations, and secure your travel arrangements.

We recommend that you spend some time researching the geography, history, politics, culture, and languages of Patagonia. For the most current information on Chile and Patagonia region, you might find the CIA World Fact Book information useful: <https://www.cia.gov/library/publications/the-world-factbook/geos/ci.html>

ITINERARY — Expedition travel requires some degree of itinerary flexibility due to unforeseen events and adverse conditions. Below is the intended beginning and ending itinerary for this course, subject to change as needed to account for unexpected events.

THE FIRST DAY— After a morning pickup at the Temuco-Maquehue Airport (Aeropuerto Maquehue; airport code ZCO), we'll head to Pucón, as we drive along the Río Toltén, possibly stopping at a choice café along the way for one of Chile's traditional dishes, empanadas from a mud oven. We will be home-basing at Pucón, and the real fun will start there! Once at our base, you will plan, prepare, pack, and learn the last minute details of your course.

THE LAST DAY— The day before we return home, we will recuperate, reorganize, and rest at our base in Pucón. This is where we will de-issue and clean gear and complete post-course formalities. From there, we will return to the Temuco-Maquehue Airport (Aeropuerto Maquehue) where your journey home will begin.

► LOGISTICAL INFORMATION:

WHERE: We will all meet at the Temuco-Maquehue Airport (Aeropuerto Maquehue; airport code ZCO). Your return airport will also be ZCO.

WHEN: Plan to travel with NCOAE to and from the airport. Contact our travel agent for specific arrival and departure times for your flights. We will contact you with precise time and locations to meet upon your course enrollment. You can view specific information about the ZCO airport at <http://aeropuertoaraucaia.cl/en>

HOW: All Travel Arrangements for NCOAE International programs are managed and facilitated by NCOAE's trusted travel agency professionals, Travel Associates. Travel Associates is a bespoke travel agency staffed by MaryJo Palmer and Heidi Cunningham, both seasoned Travel Advisors with years of experience behind them. MaryJo and Heidi are based in Woodstock, VT but assist with customers based around the world. While Travel Associates specialty is luxury travel, they are highly skilled at complex itineraries and can provide guidance on everything from upgrades to Visas to Travel Insurance. Upon enrolling in an NCOAE program, you will need to contact MaryJo or Heidi either 800-640-4137 or 802-332-3511, or by email at maryjo.palmer@travelassociates.us and heidi.cunningham@travelassociates.us to secure your travel arrangements.

► IF DELAYED:

If it becomes evident that you will not arrive on time, contact **NCOAE at (910) 399-8090** immediately.

PASSPORTS & VISAS:

You are entering Chile as a **tourist, not a student**. You'll need a valid passport for the duration of your stay in South America. US citizens can find information on obtaining a passport at www.state.gov/travel. Australian, Canadian and Albanian citizens visiting Chile for the first time will be charged a Reciprocity Fee (currently \$160) upon entry into Chile. Save the receipt, as it is valid for the life of your passport.

U.S. citizens traveling to Chile for recreation, tourism, business, or academic conferences do not need to obtain a visa prior to their arrival in Chile. A Tourist Card will be issued for a stay of up to 90 days.

Be sure to **keep this card** — and any other documents you receive from immigration. Your tourist visa must still be valid on the day that you leave Chile, or you will incur substantial fines.

Non-US or non-Canadian citizens should check with the nearest Chilean consulate to see if they require a visa or not. We require that all students who need visas for Chile obtain one prior to their course. We recommend checking with your airline, too, to confirm what documents are required for entering Chile and to confirm that your travel dates will work. Please contact the Chilean Embassy for details and to get the latest requirements, because they are subject to change:

<https://chile.gob.cl/estados-unidos/>

An extension of stay for another 90 days is possible upon payment of an extension fee at the Chilean Immigration Office (<http://www.extranjeria.gob.cl/ingles/index.html>) located at San Antonio 580, Santiago; telephone +56 600-626-4222.

The Tourist Card must be surrendered upon departure. Failure to submit this card upon departure may result in delays until a replacement is obtained. If lost or stolen, the Tourist Card must be replaced by the International Police: <http://www.investigaciones.cl/>) at their nearest headquarters or at the international airport prior to departure.

We strongly recommend that U.S. citizens traveling to Chile enroll in the Department of State's **Smart Traveler Enrollment Program** (<https://step.state.gov/step>). STEP enrollment gives you the latest security updates, and makes it easier for the U.S. embassy or nearest U.S. consulate to contact you in an emergency. If you don't have Internet access, enroll directly with the nearest U.S. embassy or consulate.

Regularly monitor the **State Department's website** (<http://travel.state.gov/>), where you can find current Travel Warnings, Travel Alerts, and the Worldwide Caution. Read the **Country Specific Information for Chile:** (<http://travel.state.gov/content/passports/english/country.html>).

For additional information, please refer to our "**Traveler's Checklist**" (<http://travel.state.gov/content/passports/english/go/checklist.html>) page.

Contact the **U.S. Embassy in Chile** (<https://cl.usembassy.gov/>) for up-to-date security information. The U.S. Embassy in Santiago is located at Av. Andrés Bello 2800, Las Condes, Santiago, Chile and is open Monday to Friday from 8:30 am to 5:00 pm (telephone number: +56 22 330 3716). If you are a U.S. citizen in need of urgent assistance, the emergency number for the U.S. Embassy is +56 22 330 3000.

You may also call **1-888-407-4747** toll-free from within the United States and Canada, or **1-202-501-4444** from other countries, from 8:00 a.m. to 8:00 p.m. Eastern Time, Monday through Friday.

► OFFICIAL LANGUAGE:

Chilean Spanish, which is similar to Andalusian Spanish. There are eight other, lesser spoken, regional immigrant and native languages.

► OFFICIAL CURRENCY, AND MONEY CONCERNS:

Contact your bankcard and credit card security departments and let them know when and where you'll be traveling abroad. Otherwise, you risk them canceling your card while you're traveling.

The Chilean peso (CLP\$) is the official currency of Chile. To find the current exchange rate, visit:

<http://www.x-rates.com>, <http://www.xe.com>, or visit your favorite currency exchange website. The U.S. dollar to CLP value exchange rate value fluctuates daily. The following link can give you up-to-date exchange rates:

<http://www.xe.com/ucc/>. USA \$50 and \$100 USD bills can be difficult to exchange. We recommend traveling with a few crisp, clean \$20s. Traveler's checks can also be difficult to exchange. You cannot change cash in banks, but in some bigger towns you may find "Casas de Cambio" where you exchange money.

An effective way to access cash is through the automatic cash machines (ATMs). Cash advance machines are increasingly common, and often have the best exchange rate. If you bring money in travelers' checks keep a record of when you exchange them in a separate location from the checks themselves. You cannot reclaim Travelers' Checks unless you know which numbers you have spent. In Patagonia traveler's checks are sometimes more difficult to use than in other parts of Chile. Visa, MasterCard, and AMEX are all accepted throughout Chile in many hotels and restaurants.

► PERSONAL EXPENSES:

Once your course is in the field, there will be little opportunity to spend money. Former students have recommended bringing a small amount of travel money (10,000 – 100,000 pesos in small bills) for the drive to and from your course area, as well as any trips into town we may take. Once your course has begun, there may not be an opportunity for you to change money. Your personal expenses, pre- and post-course, depend entirely on your style of travel. Chile costs about the same as the U.S. for comparable tourist facilities.

During your course — from the morning of the course start date until the afternoon of the final day of the course — NCOAE will cover the cost of food, transportation, and instruction, as well as the group equipment indicated on the equipment list. You are responsible for the cost of a meals, as well as the costs of lodging on the nights before the course start date, and all expenses before arrival and after departure from Temuco. **You are also responsible for personal medical bills, and evacuation expenses if you need to be evacuated from the field, and for bringing personal equipment listed as *must bring* on the course equipment list.**

► HEALTH CONCERNS:

Hospital "Urgencia" visits are roughly USA\$50 and pharmacy prescriptions are also economical. It is critical that you visit a travel medicine specialist or a doctor familiar with travel medicine to answer your questions and make specific recommendations for you. The best time to see the doctor is at least 4-6 weeks before your trip. Advice on finding a Travel Health Specialist is available on The Center for Disease Control website for traveler's health (<https://wwwnc.cdc.gov/travel/page/see-doctor>)

You must see a doctor and have all appropriate vaccinations that are recommended for you for the areas we'll be visiting to be allowed to participate in your NCOAE course.

Vaccinations should be recorded in the official document "International Certificate of Vaccination" available from the U.S. Public Health Service or its equivalent in other countries, or from your doctor. This is also a good place to record your prescriptions, eyeglass needs, medical problems such as allergies, and any other information of a medical nature. Please record your blood type on the front page of this booklet.

ROUTINE IMMUNIZATIONS — It is advised that all international travelers have their routine immunizations up to date.

These include:

- ***Tetanus and diphtheria toxins:*** You must have a current tetanus immunization for your course.
- ***Measles, Mumps and Rubella:*** Persons born after 1956 should have a documented history of immunization.
- ***Poliovirus vaccine:*** Immunization is strongly recommended for adults traveling in South America. Two types of poliovirus vaccine are available, and whether you require a booster or a full primary course will depend on your previous immunizations. Again, check with your doctor.

The following vaccines are also recommended:

- **Hepatitis A:** either vaccine (Havix or Twinrix) or Imune Globulin.
- **Typhoid:** Vaccinations are recommended for travelers going off the usual tourist itineraries and/or those traveling in Chile for 6 weeks or more.

CDC and NCOAE provide general vaccination recommendations, but only your travel health doctor can give you specific advice that takes your personal factors into consideration. Recommendations for vaccines and medicines depend on many factors that are specific to each person. Be sure to give your doctor all needed information honestly and accurately so they can make appropriate recommendations.

Examples of these factors include:

- Where you are traveling within a foreign country, or countries
- The length of your NCOAE trip
- The types of activities you might do
- Other personal matters such as your age, your personal medical and vaccination history, and current medical condition

Follow the advice of your doctor by getting all the shots and medicines that are recommended for you.

DO NOT PET STRAY ANIMALS

We will be in remote areas where immediate medical attention is often many days away.

Echinococcosis or hydatidosis disease results from being infected with the larvae of the tapeworm *Echinococcus Granulosus* and is found most commonly in dogs that consume the viscera of infected sheep. Infection results in the formation of cysts in the liver, lungs, kidney and spleen. This condition is also known as cystic hydatid disease and can usually be successfully treated with surgery. In some cases it can be fatal.

Humans are usually exposed to these eggs in one of two ways:

1. By directly ingesting food items or drinking water that is contaminated with stool from an infected animal.
2. By petting or having other contact with cats and dogs that are infected. These pets may shed the eggs in their stool, and their fur may be contaminated. They may also contaminate other objects, such as harnesses or leashes, which can also spread infection.

Three steps can help prevent echinococcosis and other diseases as well:

1. After handling pets, always wash your hands with soap and warm water.
2. Do not eat wild fruits or vegetables picked directly from the ground without careful washing or cooking.
3. Treat or boil all non-tap water.

MEDICINES — You must bring a supply of all prescription and non-prescription medications that you take on a regular basis along with you on your NCOAE course. Your supply should include enough quantity to last for two to three weeks beyond the end date of your NCOAE trip. Check the **Transportation Security Administration:** <https://www.tsa.gov> website for updates on permitted and prohibited items, including medicines that you are allowed to carry onto an airplane.

HIGH ALTITUDE CONSIDERATIONS — High altitude considerations – The low oxygen levels found at high altitudes can cause problems for some travelers who are going to destinations higher than 8,000 feet above sea level. The best way to avoid getting sick is to ascend gradually, but if you have to ascend quickly, medicines such as acetazolamide, sildenafil, and others are available to help prevent altitude illness signs and symptoms. For more information, visit your travel health doctor, and the CDC website for altitude health information.

<https://wwwnc.cdc.gov/travel/yellowbook/2018/the-pre-travel-consultation/altitude-illness>

► INSURANCE:

NCOAE provides all trip participants with basic insurance coverage for medical evacuation. We highly recommend all participants purchase additional no-fault travel insurance that covers medical expenses and trip loss / cancellation.

Travel and mountaineering programs are true “adventure travel”, as such the unexpected may occur.

We recognize that deciding on the right insurance policy can become confusing, so we’ve created this listed to assist you in understanding a few options for this type of insurance. We are not insurance professionals, therefore recommend you address specific questions with your insurance agent and thoroughly understand any policy you purchase.

The following companies provide options for travel insurance:

1. **RIPCORD** – Offers comprehensive travel insurance coverage for all Mountaineering & Trekking programs.
2. **TRAVEL GUARD** – Includes Adventure Sports coverage for Mountaineering.
3. **WORLD NOMADS:** <https://www.worldnomads.com/>
4. **INSUREMYTRIP:** <https://www.insuremytrip.com/>

HEALTH INSURANCE — Many health insurance plans do not cover problems you may incur abroad. Contact your health insurance company to learn if you are 100% covered while traveling in South America. If not, check with the travel insurance companies above to learn about their gap coverages for medical care and medical evacuation.

► INSECT-BORNE DISEASES:

Bugs (like mosquitoes, ticks, and fleas) can spread a number of diseases in Chile. Many of these diseases cannot be prevented with a vaccine or medicine. You can reduce your risk by taking steps to prevent bug bites.

What can I do to prevent bug bites?

- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats.
- Use an appropriate insect repellent (see below).
- Use permethrin-treated clothing and gear (such as boots, pants, socks, and tents). Do not use permethrin directly on skin.
- Stay and sleep in air-conditioned or screened rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors

What type of insect repellent should I use?

- **FOR PROTECTION AGAINST TICKS AND MOSQUITOES:** Use a repellent that contains 20% or more DEET for protection that lasts up to several hours.
- **FOR PROTECTION AGAINST MOSQUITOES ONLY:** Products with one of the following active ingredients can also help prevent mosquito bites. Higher percentages of active ingredient provide longer protection.
 - DEET (<https://www.epa.gov/insect-repellents/deet>)
 - Picaridin (also known as KBR 3023, Bayrepel, and icaridin)
 - Oil of lemon eucalyptus (OLE) or PMD
 - IR3535
 - Always use insect repellent as directed.

What should I do if I am bitten by bugs?

- Avoid scratching bug bites, and apply hydrocortisone cream or calamine lotion to reduce the itching.
- Check your entire body for ticks after outdoor activity.

► BAGGAGE AND EQUIPMENT:

Please check directly with the airline for baggage limitations and allowances. Most international flights allow two 50lb. pieces, so you should be well within your limits. You will be able to store luggage with NCOAE Patagonia while you are in the field. Please keep it to a reasonable amount, as our space is limited, and keep in mind that we cannot guarantee security. If any checked luggage does not arrive, please file a claim for lost luggage at the airport where it did not arrive. We can use the claim number to help track the luggage.

► TELEPHONE SERVICE:

To call a land-line in Chile from the USA, dial **(011)** for an international call, **(56)** for Chile, and the city code with the number. Santiago is **(2)**, Temuco is **(45)**. For cell phones, dial **(011) (56) (9)** — regardless of the city — and then the cell phone number.

Chile has reliable phone service. Calls can be made through ENTEL, an international phone company with outlets in all major population centers. AT&T and MCI USA Direct service is also available. Dial **00-0312** for an AT&T operator and **00-0316** for an MCI operator. You can use a calling card and make collect calls through these operators.

You will need international roaming activated on your cell phone plan if you want to use your cell phone though. This is an expensive option and the calls themselves are expensive as well. Phone calls **MAY NOT BE MADE WHILE IN THE FIELD**. Any calls must be made on “in-town,” off-course days, such as when you are in the airport before and after the course. Once the course leaves for the field, you will not be able to make or receive any phone calls until that leg of the course.

► PRE- AND POST-COURSE TRAVEL CONSIDERATIONS:

Chilean customs and social minimum impact will be discussed specifically during the course, but the following guidelines will get you started with being sensitive to traveling in a different culture. Chile is generally regarded as a safe country in which to travel, but there are thieves and con men worldwide. Avoid traveling alone at night.

The Chilean legal system is based on Napoleonic law. This is an important difference from the systems of North America. Under Napoleonic law **YOU ARE GUILTY UNTIL PROVEN INNOCENT!** You must carry identification on your person at all times and police are well within their rights to ask you to produce it. In an altercation both parties are detained, regardless of who is right and things are sorted out at the police station. This can be frightening with limited Spanish skills, but the system is not corrupt and you can eventually get things straightened out.

Southern Chile has a much more conservative dress code than North America or Northern Chile. A ‘clean cut’ appearance is more accepted than the rugged youth look of today. Bring clothing that is respectful of the culture in which you’ll be traveling. Arrive with a clean change of clothes suitable for either warm or cool weather.

With regards to greetings, women do not usually shake hands with either sex. When introduced, women kiss one another on the right cheek. Men will also kiss women on the cheek as a form of greeting and will shake hands with men. It is expected and polite to greet each person individually.

Consider that you are visitors to Chile and guests of its people and are expected to act appropriately in that role.

You are a representative of your home country, and of NCOAE. As such, we expect you to be an upstanding representative.

► STILL HAVE QUESTIONS?

Call NCOAE at **(910) 399-8090**



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