

TRIVENI MANDIR GOES TO GUYANA

Important details

About

- Bhagwan Shiva Murti is located in Essequibo, Badrinaath Ashram
- Fibreglass hand crafted and imported from India

Prices

- \$1,000 go and come for a plane ticket if you book now. Prices can go up to \$2,000 if you wait until last minute
- Hotel prices → \$80 - \$130 CAD per night
 - You cover planes and hotel rooms, we cover food and transportation
- Exchange rate: \$150 GYD = \$1 CAD
- How much you will spend during your trip depends on how much you want to purchase, like souvenirs or snacks. Prices are cheap and everything will probably be under \$50 CAD per day if you spend a lot

Climate

Guyana's climate is hot (highs of 30 degrees celsius during the day, lows of 20 degrees in the evening). Please keep those conditions in mind as you choose which clothing to bring.

Clothing and footwear

- Pack Indian wear for mandir programs
- Pack summer clothing to be worn during the day and in water (shorts and t-shirts are fine for swimwear at the beaches and rivers).
- Given Guyana's periods of heavy rains and hot sun, rain jackets, brimmed hats and lightweight long-sleeve shirts can be helpful.
- Wear comfortable clothing to be worn for games and other outdoor activities
- Sandals, sneakers and other comfortable shoes are recommended
- Towel
- Extra pair of clothing in case you get wet
- Umbrella

Toiletries and medications

- You should bring a three-month supply of any prescription and/or over the counter medications you use that are authorized/approved by the Peace Corps.
- Bring medication for motion sickness and diarrhea
- Anti-bacterial hand wash/gel

Other necessities:

- Pack what you cannot live without into your carry-on luggage – keys, valuables, medication, etc.
- Toothpaste and toothbrushes
- Deodorant
- Soap
- Razors (to go in suitcase, not in carry on)
- Sunscreen
- Insect repellent

Electronics

- Electric sockets are the same as in Canada so bring whatever chargers you need
- Bring a personal phone that is unlocked so that it can accept a Guyanese SIM card and be used here.
- Camera to take pictures

Exchange money

- Guyana is a cash based country with no credit card – Sita ji will handle the exchange for everyone and get good rates. Give her cash in Canada and when you arrive she will convert the money for you.
- if you have any money left over at the end of your trip, she can change it back to CAD for you

Other recommendations and considerations

- motion sickness with bumpy roads

Am I allowed to do my own activities?

During the week, deviating from schedule is not recommended, especially in Bartica. We don't want to lose you...

Is Guyana safe?

Of course! The government of Canada recommends taking normal security precautions. You will be safe with us.

What vaccines are recommended?

The PHAC and WHO **recommend** the following vaccinations for Guyana: COVID-19, hepatitis A, hepatitis B, typhoid, yellow fever, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia and influenza.

Visa

No visa needed if you are a Canadian/American citizen or PR. If you have an Indian Passport, you will need a visitor visa.

I am going to go to Guyana! What are my next steps?

- 1) You book your flight and show us the confirmation!
 - a) book online at <https://www.caribbean-airlines.com/#/>
- 2) Fill out google form [here](#) so that we have your information
- 3) We take care of the hotel reservation (if needed)