

A small red icon of an airplane flying over a curved line representing a path or journey.

# Journeys with **US**

**YOUR PRE-DEPARTURE  
INFORMATION HAS ARRIVED!**



Photo: Save the Children

**THIS SPECIAL PRE-DEPARTURE INFORMATION HAS BEEN  
PREPARED JUST FOR YOU BEFORE YOU EMBARK ON THIS  
JOURNEY WITH US TO COLOMBIA**



## REQUIRED FORMS & COURSES

The following is what is normally required BEFORE any travel to visit our programs in Colombia, and by now you would have completed the following:

- ✓ Background Check
- ✓ Personal Safety & Security Course
- ✓ Child Safeguarding Course
- ✓ Vaccine against yellow fever (at least 15 days before departure)
- ✓ Vaccines against Hepatitis A, Hepatitis B and tetanus-diphtheria (recommended but NOT required)
- ✓ Medical/Insurance & Personal details relayed to host
- ✓ Completed meeting/conversation with the Safety and Security Focal Point
- ✓ Updated COVID-19 vaccination card
- ✓ [Check-Mig form](#) (if the form is not completed before departure, airlines will not allow you to board the flight!)



## RECOMMENDED PACKING (completed)

- ✓ Trekking shoes (top tourist activity is hiking)
- ✓ Some travel \$ (Cash)
- ✓ Anti-theft daypack
- ✓ A personal first-aid kit
- ✓ Insect repellent
- ✓ A filtered water bottle
- ✓ Rain jacket or lightweight jacket
- ✓ A small umbrella
- ✓ Sunscreen/lip protection
- ✓ Sun hat/Cap
- ✓ Sunglasses and Prescription Glasses (if any)
- ✓ Camera (sightseeing – no photos allowed of children in programs)
- ✓ Microfiber travel towel
- ✓ Yellow Fever Certificate (Required if you are visiting the Amazon)
- ✓ Biosafety supplies; masks, antibacterial gel, latex gloves

### See climate attire below

- ✓ T-shirts and shorts
- ✓ Swimsuit
- ✓ Light fleece
- ✓ Hiking pants/leggings
- ✓ Light and cool trousers
- ✓ Walking sandals
- ✓ One dressy outfit for dancing clubs - salsa!



## ARRIVAL



Your arrival in country will begin at the El Dorado International Airport (IATA: BOG, ICAO: SKBO), also known as Bogotá Airport and the El Dorado Luis Carlos Galan Sarmiento International Airport. This is the main international and largest airport serving the city of Bogotá, located mainly in the Fontibon district just west of downtown Bogotá. Bogotá, formerly known as *Bogotá Distrito Capital* in Spanish, is the capital city of Colombia. It is the largest city in the country, as well as its political, cultural and administrative center.

Baggage claim, storage, lost baggage and ground transportation all have designated space within the terminal. In addition, the airport provides ATMs, food and drink concessions, bathrooms, duty-free shops and currency-exchange booths. The currency in Colombia is the Colombian peso (COP), and no other forms of currency (besides credit cards) are accepted as a form of payment. A digital fingerprint may be requested, as this procedure is part of the legal currency exchange process. You can also withdraw money (in local currency) from ATMs all around the country.

Once you have your bags, you will be met outside the baggage-claim area, as transportation has been arranged for you! Please look for the staffer with branded Save the Children signage and clothing. Before your experience begins, he/she will provide you with your emergency contact list and briefing. Then you will be on your way with your journey hosts!



## TRANSPORTATION

SUV service will be provided to and from the airports, to your hotel and to each itinerary destination. As road travel can be hazardous (three mountain systems), air travel might be required for certain destinations.

Should you wish to venture on your own after any Save the Children excursion, taxis are available in the larger towns and cities. If you need a taxi, ALWAYS book the service by telephone. Ask the hotel front desk, office reception or any restaurant for assistance, and request the taxi registration and license numbers. Download reliable smartphone apps: Tappsi, Easy Taxi, Smart Taxi, Taxis Libres or Cabify. Do **NOT** take a taxi from the street, day or night, for security reasons.



## ACCOMMODATIONS

At the end of each day, guests will travel to retire for evenings at The Cité Hotel which is located in the District of business and entertainment in Bogotá.

Carrera 15 No 88-10, Bogotá, Colombia





## ITINERARY

- ✓ Bogotá Airport
- ✓ Tourist Attractions  
(The Cathedral Metropolitan Basilica, Bolívar Square, Parque Metropolitano Simón Bolívar, and La Candelaria)
- ✓ Bogotá Field Office
- ✓ La Guajira
- ✓ Tourist Attractions  
La Maicao Mosque and Mercadito La Guajiro
- ✓ Health Clinic, Maicao
- ✓ Paraguachón Border
- ✓ Martin Camilo Village
- ✓ Cali
- ✓ Tourist Attractions: Cristo Rey Ermita Church
- ✓ Immigrant Communities Support Center and Housing, Floralía
- ✓ Palmira School & Farewell





## SAFETY MEASURES

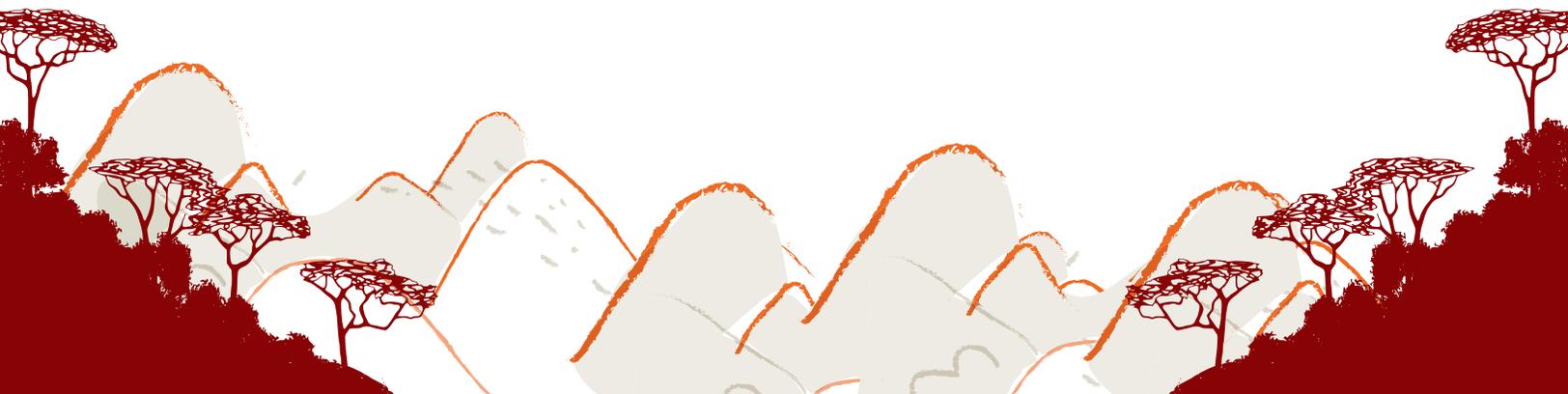
- ✓ There is a general perception that foreigners are wealthy so best not display any extravagance or valuables.
- ✓ Do not walk alone at night, especially in areas with little traffic and lighting.
- ✓ Do not talk on a cellphone in the street.
- ✓ Request transportation in authorized places, preferably not taking cabs directly from street.
- ✓ This is no Kermit – avoid the world’s most poisonous animal – the Golden Poison Dart Frog! From Colombia’s Pacific coast, this frog carries enough poison in its skin to kill up to 20 humans just by touch. Scientists are testing its poison to see if it can help in the fight against Alzheimer’s, cancer and HIV.
- ✓ Scorpions, spiders and snakes – oh my! Although usually found in more jungle-type areas, always check your shoes or clothes if left about to avoid any meeting
- ✓ Avoid the Manchineel, known as the beach apple, or in Spanish-speaking countries la manzanilla de la muerte, which translates to “the little apple of death,” – rumored to have killed the famed explorer Juan Ponce de Leon.
- ✓ If feeling ill, contact our officer in Safety and Health, Vivian Garavito. You will receive support from Save the Children staff if you require medical attention during your stay. Normally hotels have medical insurance that allows them to access 24-hour medical assistance.
- ✓ “Classic Dengue Fever” or “Haemorrhagic Dengue Fever.” The only way to reduce risk is by preventing mosquito bites.

### **Follow these steps to help prevent mosquito bites:**

- Cover exposed skin by wearing long-sleeved shirts, long pants and hats.
- Use an appropriate insect repellent with the following active ingredients: DEET, Picaridin, oil of lemon eucalyptus, IR3535

### **For up-to-date COVID-19 notices and guidelines:**

<https://wwwnc.cdc.gov/travel/notices/covid-3/coronavirus-colombia>





## YOUR HOSTS



### **María Paula Martínez, Executive Director**

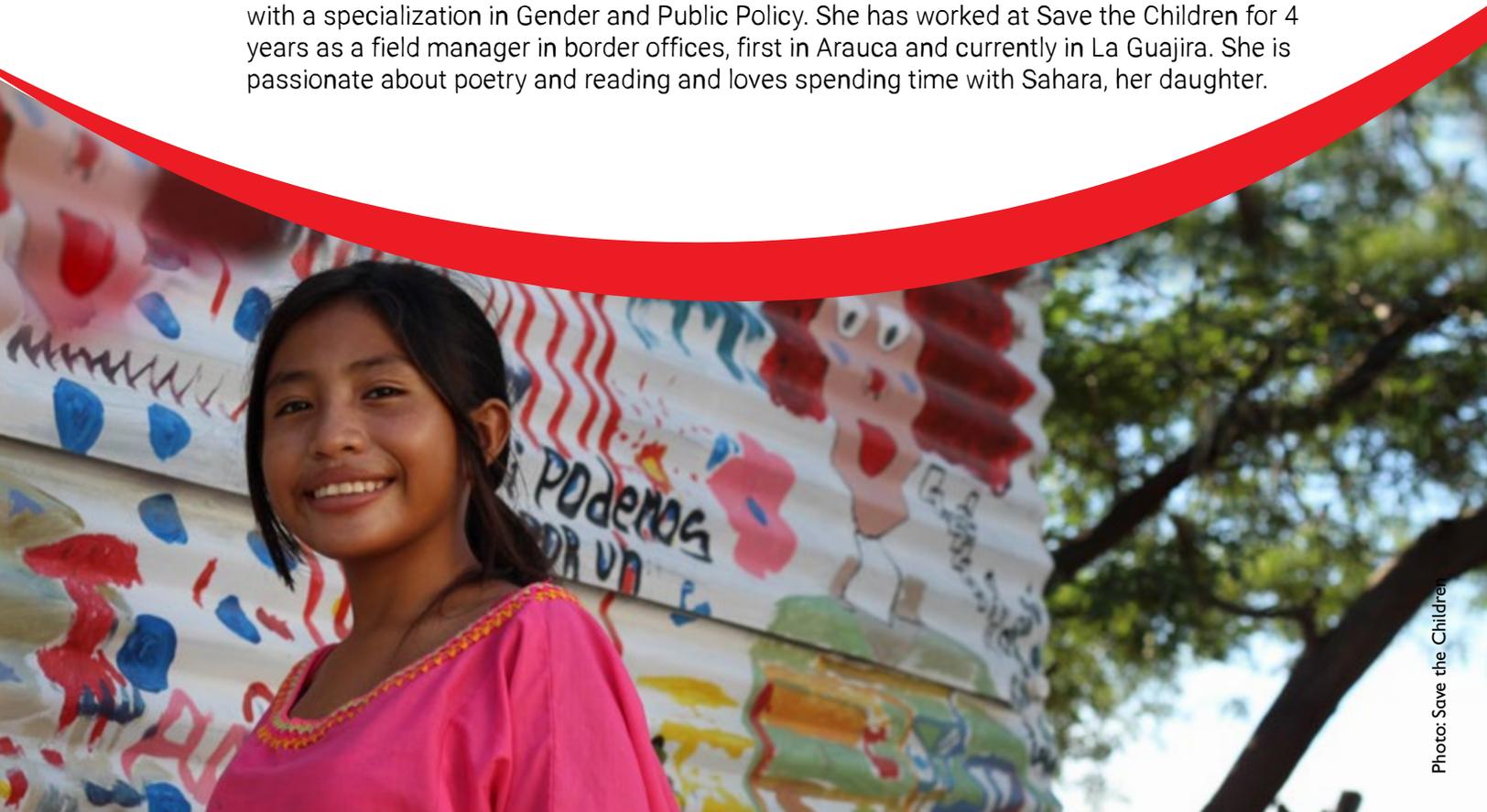
María Paula has more than 15 years of professional experience in the service of victims of the armed conflict in Colombia and the protection of children's rights. She is a lawyer with a Master's Degree in International Humanitarian Law, Human Rights and Peace Building Initiatives. She has extensive professional experience in various international NGOs and in the field of International Cooperation. She also worked at the International Committee of the Red Cross and since April 2016, she has served as Executive Director of Save the Children Colombia Foundation. She lives with her husband and daughters Sara, Julieta and Malena in Bogotá. She loves getting to know every corner of the country and taking pictures of the places she visits.

### **Valerie Dourdin, PQI Director**

Valerie has more than 18 years of experience in humanitarian assistance. She has been interested in these issues since she was very young, volunteering in different parts of the world. She is a specialist in team management in critical scenarios and complex interventions, social sustainability, development and humanitarian interventions. She has held different management and strategic planning positions in international organizations, the United Nations and NGOs. Valerie is an expert in the design and implementation of social-impact programs through alliances created with the private sector, governments and multilateral agencies. For the last few years she has been living in Bogotá with her husband and daughters Paloma and Aitana. She loves sports and rides her bicycle every day to get to the office.

### **María Inés Fernández, La Guajira Office Manager**

María Inés is a professional in psychology and pedagogy with a high degree in Social Sciences with a specialization in Gender and Public Policy. She has worked at Save the Children for 4 years as a field manager in border offices, first in Arauca and currently in La Guajira. She is passionate about poetry and reading and loves spending time with Sahara, her daughter.





## PROGRAM INFORMATION

Save the Children has been working in Colombia since 1963 and focuses on the following areas: Protection, Education, Education in Emergencies, Health, Emergencies, Poverty Reduction, Governance and Child Participation.

### Highlights:



**Protection:** We establish relationships with public institutions to strengthen the child protection system. We support government institutions, families, caregiver groups, educational communities and civil society organizations to develop strategies that help prevent violence against children, especially mistreatment, sexual exploitation and abuse, forced recruitment and child labor.



**Education:** We work to build conditions that allow the State to guarantee access to high-quality education for children who have historically been excluded in rural areas affected by the armed conflict. We strengthen the capacity of educational communities to develop inclusive schools that serve as protective spaces, while also upholding children's rights and preventing violence directed against them.



**Emergency assistance:** Our strategy focuses on improving the integrated welfare and protection of children and their families affected by the armed conflict and/or natural disasters. We implement protective spaces that provide psychosocial support, safe water, non-food items, hygiene kits and school kits to promote educational continuity during emergencies. These actions allow children to feel protected and continue with their education in times of crisis. We work with communities to strengthen their preparedness for natural disasters and armed conflict, and help them mitigate the risks posed to children – all with the active participation of children themselves.



**Health:** The health response strategy to the crisis aims to improve access to essential primary and reproductive health care services to vulnerable populations –most notably Venezuelans and returning Colombians who lack access to the public health care system. We established a sexual and reproductive health clinic in Maicao, which complements ongoing health activities, where Colombia's response capacity remains significantly overburdened due to heightened patient demand.



**Emergency response to the migration crisis:** Following more than 50 years of armed conflict, which continues in some regions, Colombia has the largest number of displaced people in the world, an alarming 7.3 million. With the deterioration of economic and socio-political conditions in Venezuela since 2014, millions of Venezuelans left their country in search of a better quality of life and new opportunities. By the end of 2020, more than 5.4 million Venezuelans fled their country. In the Latin American and Caribbean region, Colombia remains by far the country that has received the largest number of Venezuelan migrants and refugees. According to data from Migration Colombia 2021, 1.7 million Venezuelans reside in the country.

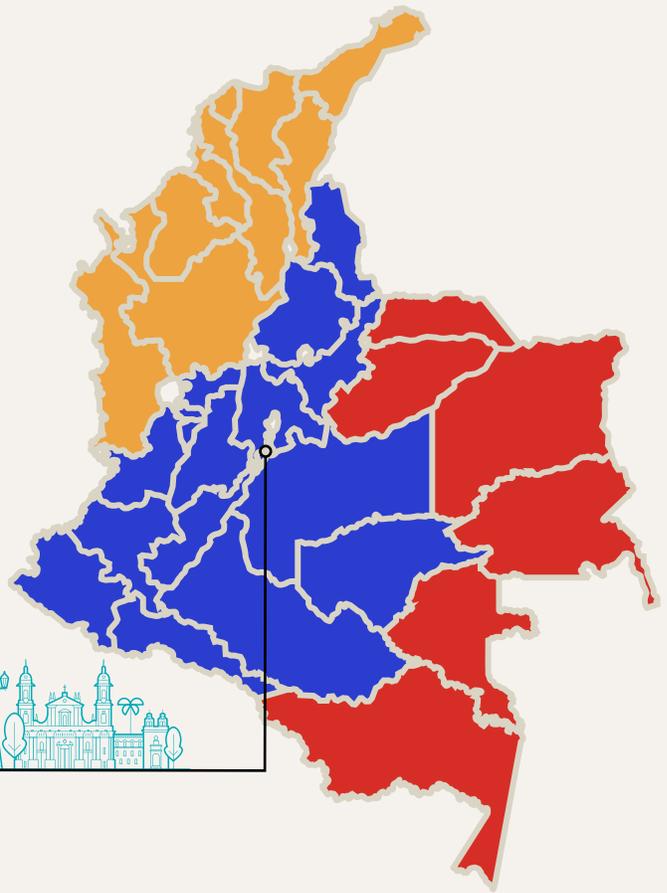
Save the Children Colombia began humanitarian interventions on the border of Venezuela in 2016. In 2017, programming was expanded to the departments of Arauca and Norte de Santander, after another influx of migrants from Venezuela. By 2020, we extended our humanitarian response to the departments of Valle del Cauca, Nariño and the city of Bogotá. Currently we are responding to the emergency through: Child Protection, Education in Emergencies, Health, Mental Health, Nutrition, Cash, and Water, Sanitation and Hygiene (WASH).

Additionally, we are responding to a crisis that has increased in the south of the country with the arrival of Haitian migrants, who travel along the Pacific coast to the north of the country, near Panama.

Climate change is creating more severe weather and intense storms that are putting already vulnerable families at greater risk. Landslides and floods have affected many families destroying homes and creating dangerous living conditions. We partner with local organizations and communities to address the increase in floods and the heightened risks, such as malaria and water borne diseases families face. We also carry out awareness and prevention activities before rainy seasons, so that communities can prepare and take action that will mitigate the impacts of flooding.



# ALL ABOUT COLOMBIA



## HOW DID COLOMBIA GET ITS NAME?

Colombia was named after navigator and explorer Cristóbal Colón. However, there is debate that he might not have ever visited the country, while others claim he set foot on Colombian soil on his third voyage. Previously, the country was called Nueva Granada and Gran Colombia, but the name changed to reflect modifications to Colombian territory. Since 1886, the official name of the country has been the República de Colombia.

## WHERE IS COLOMBIA LOCATED?

The Republic of Colombia is the fourth-largest country in Latin America. Located in the northwest corner of South America, it is the continent's most populous Spanish-speaking nation. It is the only South American country with both Pacific and Caribbean coasts. More than 10% of its land is protected by national parks, compared with about 3.4% in the U.S., and it hosts the world's highest coastal mountain range: the Sierra Nevada de Santa Marta at around 5,700 meters.

Colombia is known as the land of extremes: snow-covered volcanoes and the Andes Mountains in the center of the country; tropical beaches in the north and west; deserts to the north; and vast grasslands (Los Llanos) in the east. Dense forests occupy Colombia's Amazon Basin, which accounts for nearly the entirety of the country's southern half. In northwest Colombia, a warm, wet, jungle-filled area called the Chocó stretches across the Panama border. This country also has one of the world's richest water resources, providing drainage basins, including the Amazon and one of the most beautiful natural wonders in Colombia, the Caño Cristales River. All of these landscape extremes make Colombia one of the most biologically diverse countries on Earth and provide home to over 13,000 varieties of flora and fauna, as well as the widest variety of bird species in the world.

Bordering Panama, Venezuela, Peru, Brazil and Ecuador, this country is renowned for its natural diversity, multiculturalism and tourist destinations. The capital, Bogotá, is the largest city in Colombia and is located in the heart of one of the six natural regions – the Andean Region – that runs across the middle of the country from southwest to northeast. It lies on a high plateau in the Andes Mountains known as the Bogotá savanna, at an altitude of over 2,600 meters above sea level.



## KEY STATE FACTS

- **Government:** Republic, President: Iván Duque Márquez
- **Population:** Over 51 million (estimated)
- **Capital:** Bogotá
- **Language:** Spanish, 2nd language English
- **Area:** 440,000 SQ. MI
- **Major Religions:** Roman Catholicism is the dominant faith
- **Life Expectancy:** 77.5 years
- **Currency:** Colombian peso
- **Animals:** Over 9,100 species can ONLY be found here, and the country is well-known for its Cotton-Top Tamarins and Pink River Dolphins
- **Flower:** Cattleya Trianae orchid (known as May flower or May lily)
- **National Anthem:** ¡Oh gloria inmarcesible! (Oh Unfading Glory)
- **National Drink:** Licorice Fire-Water (Aguardiente) made from sugar cane
- **Major Mountain Ranges:** Andes, Sierra Nevada de Santa Marta
- **Major Rivers:** Magdalena, Cauca, Atrato, Sinú River
- **Climate:** Colombia has no seasons and doesn't experience any extreme climate changes. In Colombia, it's possible to go from summer-like temperatures to winter-like ones in little over an hour!
- **Country Flag:**  
The Colombian flag is made up of three stripes: yellow, which represents the richness, the sun and the harmony; blue, which represents the sky, the rivers and the two oceans of the country; and red, which represents love and the bloodshed by the patriots who achieved freedom.





## HISTORY

Spanish explorers arrived in Colombia in 1500 but did not colonize until 1525. Colombia remained under Spanish rule for nearly 250 years until it gained independence from Spain on July 20th 1810, when the Cry of Independence was proclaimed in Santa Fe de Bogotá, and was one of three countries that formed out of the 19th-century collapse of Gran Colombia – the other two nations being Ecuador and Venezuela. After independence, Colombia became part of a large country called New Granada. This country fell apart by 1835, and Colombia became a separate nation. Civil unrest broke out among political groups over who would lead the country. Since then, Colombia has had years of unrest and civil wars with relatively few times of peace.

Beginning in the 1960s, civil unrest between leftist guerrillas and right-wing paramilitary groups took place, most notably the Revolutionary Armed Forces of Colombia (FARC). For more than 50 years, the Colombian government battled the FARC. The conflict claimed 220,000 lives and displaced millions of people. It was not until 2016 that a peace deal was finally reached. This peace pact was among the most comprehensive in modern history, earning global applause and a Nobel Peace Prize for Juan Manuel Santos, then president.

Today the country is a democratic republic with separate executive, legislative and judicial branches of the federal government and run by a president, who is elected every four years. Laws are made by a House of Representatives and a Senate.



## CLIMATE & ATTIRE

There are no seasons due to the country's proximity to the equator, but the climate is generally tropical and can vary depending on the altitude. In Bogotá, the climate can be cold at night (mid 40's) and January is known to be the coldest month of the year. However, as we are also visiting locations on Colombia's coasts and border, Cali and La Guajira, it is recommended that you also bring summer clothing for hot weather and light long-sleeved shirts and pants to avoid insect bites.

If heading out in the evening in a major city, dress the part! Women tend to dress up with bright colors and sparkle. Men's attire is typically chino pants and a sharp blazer. If you wish to blend with the locals, take a shopping trip for the perfect Colombian attire (especially if you want to do some Salsa dancing)!





## CULTURE & CUSTOMS, INDUSTRY

The people of Colombia are known to have great enthusiasm for life. They are frequently described as quick to smile, friendly, gritty, optimistic, and exuding positivity and hope. According to an annual survey conducted by Gallup, WIN and the Consulting Center, Colombia is the second-happiest country in the world! A smile and handshake usually suffice as the appropriate greeting, but it is customary for men to wait for a woman to extend her hand first. Once people are acquainted, greetings are much warmer and Colombians often prefer to embrace (abrazo). A hug is usually accompanied with a pat on the shoulder or elbow (between men) or a kiss on the right cheek (between women). The common verbal greeting is “Buenos dias” (Good day), “Buenas tardes” (good afternoon) or “Buenas noches” (good evening/night). The people of Colombia are a blend of numerous Amerindian, European and African heritages that have come together over past centuries, creating a huge variety of traditions, dances, music and cuisines. As a result, you will find different food, music and customs, depending on the region. As one of Latin America’s largest economies, according to the International Monetary Fund, Colombia is heavily dependent on its land and rich natural resources. Agriculture and commodity-driven industries are a large part of the economy, with petroleum, coal, gold and coffee as the top exports. Textiles and telecommunications, along with tourism, are also strong contributors to the economy. Colombia sends a variety of items overseas, including coffee, bananas, oil, coal, gold, platinum and emeralds.

Bogotá’s historical center of the city is known as “La Candelaria” and is an enjoyable and safe place to walk during the day. Next to the area is Monserrate peak, which you can visit by cable car or a short train trip. Bogotá has a range of gastronomical and cultural options. The most well-known restaurants are located in the Zona G (or Chapinero Alto) and the Zona T areas and in the Usaquen and La Macarena neighborhoods. Bogotá is also the home of museums such as the Gold Museum, the National Museum, the Botero Museum and others. Other landmarks include the Church of Our Lady of Lourdes, Cerro Montserrat, which is a sanctuary that can be reached by a funicular (cable railway), La Quinta de Bolivar, the observation point La Calera, Usaquen, Maloka and the botanical garden José Celestino Mutis.





## ARTS, MUSIC AND SPORTS

Many people visit Colombia to see some of the best street art in the world, with Bogotá as the most prominent location. Graffiti is prevalent, providing both local and international artists the chance to express their creativity and engage with Colombian culture and history. Home to more than 8,000 artists, including natives María José Arjona and Doris Salcedo, Colombia is an important contributor to the international arts scene. There are numerous museums, including the Museum of Modern Art of Bogotá (MAMBO), which exhibits work by local well-known artists.

Sports are also embraced throughout the country. Among the most popular are soccer, football, baseball, cycling and roller skating! The Government of Colombia sponsors numerous individuals and teams nationally and internationally through the Ministry of Culture to enable athletes to represent Colombia in competition.

One sport that is quite popular and is the national sport of Colombia is “Tejo.” This is a traditional throwing game, similar to Cornhole, derived from an indigenous practice called Turmequé where a metal disc (called a tejo) is tossed to a board covered with clay and set at a 45-degree angle.

If listening to a beat is more your vibe, then your journey will not be forgotten! Known as “the land of a thousand rhythms,” Colombia’s music is a passion that reflects the vast cultural, regional and ancestral diversity of its people and geography. The music is a blend of Spanish and European influences with indigenous sounds and African beats and is always evolving. Cumbia is a genre of traditional music that originated with courtship dances among West African slaves and later incorporated European and Indigenous rhythms. In general, Colombian music has a blend of Spanish-influenced guitar with large Gaita flutes, Caja drums, and percussion instruments from the indigenous population. Other popular music genres on the scene are the Champeta and Vallenato originating from the Caribbean region.

Of course, no journey to Colombia is without dancing – and Colombians love to dance! Although Salsa originated in New York City, it is synonymous with Latin American music and is embraced in Colombia by well-known artists such as Fruko y sus Tesos, Joe Arroyo, Grupo Niche, The Latin Brothers, Joe Madrid and, more recently, La-33. Salsa can be heard, felt and seen throughout the country. Many of today’s biggest Latin music stars such as Maluma, J. Balvin, Shakira, Juanes, Carlos Vives and many more are from the beautiful country of Colombia.

## FOR YOUR LISTENING PLEASURE

*Carlos Vives - La Tierra del Olvido*  
<https://www.youtube.com/watch?v=-QkmEVNA-fo>

*Jorge Celedón - Esta vida Jorge Celedón*  
<https://www.youtube.com/watch?v=BudVsICXxF8>

*Ekhyosis (Juanes) - La Tierra*  
<https://www.youtube.com/watch?v=thueBRlcaxE>

*Shakira and Carlos Vives - La Bicicleta, 2016 Latin Grammy's Song of Year*  
<https://www.youtube.com/watch?v=-UV0QGLmYys>

*Joe Arroyo – En Barranquilla me quedo*  
<https://www.youtube.com/watch?v=OeX-logozlM>





## SOME INTERESTING FACTS AND LEGENDS

- Colombia is the second most biodiverse country in the world.
- Christmas is celebrated for the entire month of December.
- The most humid place on Earth is in Colombia. A small town in the sprawling Eastern Plains called Puerto López, in the department of Meta.
- It is tradition to eat 12 grapes at midnight on New Year's Eve – making a wish for each grape and consuming all in 12 seconds.
- Colombia has the largest number of species per unit area on the planet.
- In Colombia, you can visit nine UNESCO World Heritage Sites, including the historic centers of Cartagena and Mompox, and the San Agustín Archeological Park.
- The Luis Ángel Arango Library in Bogotá is the most visited in the world.
- 70-90% of the world's emeralds come from Colombia!
- The United States alone orders 4 billion roses every year from Colombia and is also home to more than 4,000 species of orchids.
- Colombia has a naturally occurring rainbow river, the Caño Cristales, known as the river of 5 colors, it is a brightly hued freshwater river whose aquatic plants and algae have created a red, blue, orange, yellow and green flowing stream. The vibrant water is unique, and colors like this are found in no other streams on earth.
- Colombia has 102 different indigenous groups.
- The National drink is Aguardiente and usually sipped from a cardboard box (licorice fire-water – local liquor made from sugar cane).
- Gabriel García Márquez, Colombian novelist awarded Nobel Prize for literature in 1982, was described by a past President as "the greatest Colombian who ever lived."





## THE CUISINE OF COLOMBIA

Colombian food is all about the flavors of fresh ingredients. It is also varied in its wide selection of typical dishes due to the vast diversity of geographical landscape. Some popular national dishes are sancocho, a type of soup, arepa, a sort of sandwich and bandeja paisa, a traditional meat platter. Proteins used most often are beef, chicken, pork, goat and seafood for those living along the coastline. Staple ingredients used frequently are rice, maize, potato, cassava, beans and plantains. A "must have" table condiment is Hogao, a type of Creole sauce. Tropical fruits are plentiful with some varieties only found in Colombia, and let's not forget the coffee as the Colombian coffee bean is sought after worldwide!

## Let's Enjoy a Meal!

### FIRST COURSE VENEZUELAN AREPA

A delicious and beloved cornmeal bread

<https://www.curiouscuisiniere.com/arepas/>



**Preparation:**  
10 minutes

**Cooking Time:**  
20 Minutes

**Ready In:**  
30 Minutes

**Servings:** 8

### Ingredients

- 2 cups arepa flour  
(pre-cooked cornmeal)
- 1 1/2 teaspoons salt
- 2 1/4 cups warm water
- Coconut oil for frying

Arepas can be stuffed with fillings or eaten alone, making them a very versatile accompaniment to any meal! Venezuelans eat their arepas as a snack or late night food, and they are often stuffed with savory fillings like Venezuelan shredded beef, black beans, or fresh cheese. Colombian arepas are more commonly eaten with "fillings" piled on top, and are popular breakfast foods. But, they can be found eaten at any time of day, particularly the version with cheese stuffed inside!

### Instructions:

- 1.** Mix arepa flour and salt. Slowly add warm water and knead to form a dough ball. Rest dough for about 5 minutes.
- 2.** Divide dough into 6-8 pieces, roll into a ball in the palm of hands. Flatten dough to form a disk about 1/2 inch thick.
- 3.** Heat Griddle or cast iron skillet with oil over medium-high heat. Add your dough disks (arepas) and cook for about 5 minutes on each side until golden brown.
- 4.** Using a knife cut arepas down the center but leaving the back ends attached. Stuff with your favorite stuffing and serve immediately.



**MAIN COURSE: BANDEJA PAISA**

(national dish of Colombia)

Bandeja Paisa is typically served with steamed white rice, avocado slices, a fried egg, chorizo or morcilla, and lime wedges. However, you can choose your own favorites to use.

<https://www.internationalcuisine.com/about-food-and-culture-of-colombia/>

**Preparation:**  
2 Hours

**Total Time:**  
2 Hours

**Servings:** 4

**Ingredients**

Colombia Red Beans | White Rice | Powdered Beef  
| Chorizo fried | Chicharrones Fried pork belly |  
Fried Plantains | Sliced Avocado | Fried egg |  
Arepa Cornmeal bread (see recipe above) |  
Hogao Colombian Salsa (see recipe below) |  
2 limes

**Instructions**

1. Put ingredients of your choice on platter (all recipes for meats, plantains and pork belly can be found [here](#))
2. and serve!



**ACCOMPANYING SAUCE: HOGAO**

Colombian Creole Sauce

<https://www.internationalcuisine.com/colombia-hogao/>

**Prep Time:**  
10 minutes

**Cook Time:**  
10 minutes

**Total Time:**  
20 Minutes

**Servings:** 4

**Ingredients**

3 tablespoons vegetable oil | 1 cup chopped scallions |  
2 cups fresh chopped tomatoes | 1 clove garlic minced |  
1 teaspoon ground cumin | ¼ teaspoon salt |  
¼ teaspoon ground pepper

**Instructions**

1. Heat the oil in a saucepan, add the tomatoes, scallions, garlic, ground cumin and cook gently for 10 minutes, stirring until softened.
2. Reduce the heat to low, add the salt and cook for 10 minutes more, stirring occasionally until the sauce has thickened.
3. Check and adjust the seasoning.

## References:

<https://www.usnews.com/news/best-countries/colombia>

<https://www.colombia.co/en/colombia-country/environment/geography/colombia-location-and-time-zone/>

<https://www.sherlockcomms.com/blog/brief-history-of-colombia/>

<https://theculturetrip.com/south-america/colombia/articles/11-reasons-why-you-should-visit-la-guajira-at-least-once-in-your-lifetime/>

<https://www.otherwayround.travel/interesting-facts-about-colombia/>

<https://www.colombia.co/en/colombia-country/discover-the-difference-between-colombia-the-country-and-columbia/>

<https://www.colombia.co/en/colombia-culture/music/colombia-land-thousand-rhythms/>

<https://sponsorcontent.cnn.com/int/pro-colombia/colorful-colombia/>

<https://www.nytimes.com/2021/09/26/world/americas/colombia-peace-deal-farc.html>

<https://culturalatlas.sbs.com.au/colombian-culture/colombian-culture-greetings>





**Looking Forward to  
Your Visit**  



**Save the Children.**