

Costa Rica Mission Trip Information Packet

WHERE: San Jose, Costa Rica and surrounding areas

WHEN: August 11-18, 2013

WHO: This trip is open to individuals and families at Hope Chapel and local counselors. The minimum age for participants is 10 years old, and we ask for any child going under the age of 15 that at least one parent also goes on the trip. There will be two sub-teams, one made up of counselors and graduate counseling students and one made up of non-counselors (see following pages for distinctions in serving opportunities).

COST: \$1100-1150 (depending on airfare)

Breakdown of costs: Airfare \$650-700; Lodging and Meals in Costa Rica \$280; free day activity \$75; personal money \$100 (souvenirs, meals while traveling).

We will also need to discuss as a team several options to give financial blessings to the ministries we will serve, such as a gift of \$200 for Los Posadas, food for the orphanages visited, etc.

How to pay for the trip: Participants can either raise funds from sponsors, pay for the trip from their own finances or a combination of the two. We will discuss this at the first team meeting in more detail.

LODGING: We will stay at the Youth With A Mission (YWAM) base in San Jose. The base offers a secure environment for our time in San Jose, with a security gate; there is little to no concern for safety at the base. This is a close-knit community and will most likely feel like an extended family to our own team. Sleeping arrangements will be dormitory-style with limited space for personal items. For families going, there MAY be opportunities for you to be in the same room, but there are no guarantees (we will know more once we know our total numbers). There are showers, and most days, warm water. The base's motto is "100% safety and 50% comfort." Please expect to be flexible and patient with the facilities and conserve water whenever possible.

FOOD: All of our meals will be provided at the YWAM base where we stay. They are basic but nutritious. Most days rice and beans are a part of one or more meals, but there are typically a variety of other foods as well.

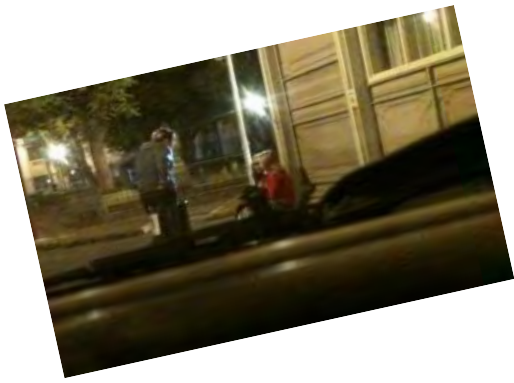
Meals are served buffet-style and everyone at the base eats together. Our team will be assigned work duties in the kitchen throughout the week including cooking and clean up. Lunches will typically be boxed lunches that we will take with us to our off-base ministry sites. We will most likely take some snacks with us as well (granola bars, trail mix, etc.). Availability of clean water is not an issue at the base or outside of the base.

CULTURAL CONSIDERATIONS: If you decide to go on this trip, part of our team building time will be spent considering the cultural differences we will experience. However, in order to make an informed decision it is important to know a couple of things upfront. Costa Rica is a Latin American country, which means they operate on a completely different time schedule than we as Americans. We are used to structure and being places on time, but in Latin American cultures the pace is slower and more laid back for the most part. This means each of us going will most likely be challenged to be more flexible than we are in the States. Things WILL happen which we have no control over, my prayer is that we will have done enough advance preparation (through team building and prayer) that we can go with the flow and adapt without too much stress. Also, in Latin American cultures, relationships are top priority, much more important than being on time. Therefore, we may experience leaving for/from a ministry site at a completely different time than was communicated. Again flexibility and adaptation to their culture will be of utmost importance.

Important details for all participants:

- Each team member will need a passport in order to go on this trip. You can get all the information you need regarding how to obtain a passport at <http://travel.state.gov/passport>.
- CDC recommended vaccines for Costa Rica: up to date on routine vaccinations, Hepatitis A, Hepatitis B and Typhoid. Malaria vaccination is not one of the recommendations for where we will be traveling.

NEXT STEPS: If you would like to go on this trip, please let Sabrina know prior to April 1. We will have a team meeting on April 7 after worship for all participants. **For more information/questions, contact Sabrina Isenhour at Isenhour.sabrina@gmail.com or 336-207-1893.**



Group A

- Made up of counselors & graduate-level counseling students
- If you do not fit in one of the categories above but would like to be a part of this group, please contact Sabrina individually
- No one under the age of 18 will be able to serve with this ministry
- This group will work with Freedom Street Ministries (FSM), which is a ministry to men, women, girls and boys who have been sex trafficked and prostituted on the streets of San Jose.
- Ministry opportunities:
 - Prayer vigil across from one of the main hotels/brothels in San Jose
 - Mercy ministry to street prostitutes and the homeless through giving snacks, drinks and prayer
 - Attending the jewelry making/discipleship training times for those who have left or are trying to leave the streets
 - Training for the missionaries who serve this population everyday, specifically in the areas of effects of trafficking and sexual abuse, trauma, sexual addiction and others areas to be determined
 - Workshops or individual counseling for those who have left the streets or been rescued from their traffickers
 - Individual counseling sessions for missionaries who are currently serving at the YWAM base or with FSM



Group B

- All those who are not working with Freedom Street Ministries (i.e., not counselors or counseling graduate students)
- Ministry opportunities:
 - **Metro Ministries:** This ministry began in Costa Rica in 2007 and is an outreach to children in the rural areas of San Jose. They have a box van design that opens into a stage for children's ministry, thus giving ultimate flexibility for teams to take the Gospel message to the children in these neighborhoods. This ministry opportunity will most likely involve crafts, skits and leading songs.
 - **Posada De Belen** (the Manger of Bethlehem) This is a home for teen moms, sometimes as young as 11. Currently they have 46 moms and their 46 babies. Women and young ladies spend most of their time in the nursery loving on the babies. Guys do cleaning, painting and yard work. A discrepancy fund of \$200 will allow us to tackle a critical project here. Used clothing for babies to 4 years old is needed.
 - **Las Tablas:** A ministry begun by Pastor Bella Flor fifteen years ago. She works tirelessly to serve the needy in one of the most down-and-out ghettos in Costa Rica. She feeds the poor twice daily, houses homeless families in the church, teaches women life-giving skills, sells homemade products to fund her ministries and leads church-based services each week. Our work here may include helping with a meal and loving on the homeless and hungry in this ghetto.
 - **Orphanages:** The group will visit one to two orphanages throughout the week. Our time here may include crafts, games, face painting and loving on the children who are there. There may also be the possibility for some cleaning and work to the orphanage itself. It is suggested that we bring \$25-50 to purchase ice cream for the kids and staff.

