

Highland Park
United Methodist Church

Senior High Youth

Summer Mission Trip 2009
Puerta Viejo, Costa Rica

Information Packet

Questions? Please Contact Drew
214.523.2149 or seelmand@hpumc.org

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Trip Contacts:

Please, use only in the case of an Emergency during the trip.

Phil Dieke, Senior High Youth Director: c:

Drew Seelman, Youth Missions Director: c:

Tova Sido, Youth Director: c:

Ray Zirkel, Methodist Missionary: Home (CR)

Frequently Asked Questions

Q.: What's this mission all about?

We are going to Puerto Viejo, Costa Rica – Approx. 60 miles north of San Jose. We will be working with local Methodist churches doing construction and improvement projects. We will also be hosting a Vacation Bible School for various churches during the weeks

Q.: Is it safe?

Safety is our number one priority. We have been as a youth ministry many times to this same location. We feel that the hotel and the community support us and protect us. We have rules that the youth **MUST** follow to insure their safety during the work day and for the evenings at the hotel. If youth do not follow those rules – they will be sent home at their parent's expense. Being in a foreign country makes our rules more strict for the safety of the youth and the group. On this trip we have an approximate ratio of 1:7 for adults to youth. Each evening the hotel has security patrolling the hotel grounds to insure our safety.

Q.: Are there any medical considerations?

We are well equipped to handle most medical emergencies. We have a Physician that is going for each week and Drew is an Emergency RN, and they will be available if any youth need assistance. However, should one of the adults or youth need more medical attention than we can provide, we will take them to a health clinic in Puerto Viejo or a hospital in San Jose under the supervision of our Physician and/or Drew.

Additionally, on the online medical form, please include and describe **ANY** and **ALL** pre-existing medical conditions including behavior conditions and medication-related allergies. This information will be held in the strictest confidence, but is required in case treatment of related or non-related conditions is necessary.

If your youth takes ANY medications, it's important to note that we will “take those up” and will have an adult whose sole responsibility is to manage the medications during the trip. This is for the safety of all the youth. If you have any questions, please don't hesitate to call Drew.

*****Please have all prescription medications in their original package or ask the pharmacy for a package for the week that we will be on the trip. Please have them put a Pharmacy label on the medicine.***

*****Please do not bring medicines in plastic baggies unlabeled; this is for your child's safety.***

Do not for any reason discontinue prescription medications (including any behavior-modifying medications) during the trip and ensure an adequate supply is available for the trip.

Q.: What are the sleeping arrangements?

We will be staying at Hotel El Bambu. We have rented all the rooms of this 30-room hotel. The staff will assign rooms with 3-5 people in each room. This is the nicest hotel in Puerto Viejo. The rooms are very nice, clean, have high ceilings, tile floors, air conditioning, and attractive bamboo furniture. There is a large open-air restaurant, swimming pool, and a rancho behind the pool area. The number to the Bambu Hotel is 011-506-766-6005

Q.: What about food?

We will be eating breakfast and dinner daily at the hotel. The food is terrific and very safe! For lunch we will make sandwiches and eat at the worksite. There will also be plenty of drinking water on hand at the worksite.

Q.: Can I bring my cell phone or other electronics?

Your cell phone will be VERY expensive in Costa Rica – we will not be stopping long enough at the airport for you to get a cell card for Costa Rica – BUT – the hotel has a phone that you can use to call home – please bring an international calling card – or pay for one at the hotel. The youth staff will have communication back to the church at various times during the week – if you have an emergency please call Lucy McDaniel in the Youth Office at 214.523.2233

Also, for the plane ride youth may bring video game systems, DVD players, iPod etc. These items are only for the travel times. They must be put away during the week. Each youth is completely responsible for their own electronic items.

Remember, anytime that a electronic item becomes a distraction the youth staff will keep the item until we return to Dallas.

The hotel has a phone that allows calling cards – it may be a good idea to send an international calling card with your youth if you want them to call home.

Q.: How much money do I need to bring?

Money Needs:

- Meals while traveling
- Snacks during the week
- Trip C Participants \$50 for Zip Line - Pay at Airport or prior to Trip.
- Exit tax \$26 bring in sealed envelope to the DFW airport with your name on it! And give to your travel group leader

Q.: What is the flight information?

Trip A:

Arrive DFW Airport No Later than 1:30pm on July 18th - MUST BE THERE AT THAT TIME FOR GROUP TRAVEL

Departure: 7-18-2009 - AA Flight # 2167 Leaves DFW at 4:15pm

Return: 7-25-2009 - AA Flight #2166 Arrives DFW at 3:20pm

Parents plan to be at the airport no later than 3:00pm in case of early arrival!

Trip B:

Arrive DFW Airport No Later than 1:30pm on July 25th - MUST BE THERE AT THAT TIME FOR GROUP TRAVEL

Departure: 7-25-2009 - AA Flight # 2167 Leaves DFW at 4:15pm

Return: 8-1-2009 - AA Flight # 2166 Arrives DFW at 3:20pm

Parents plan to be at the airport no later than 3:00pm in case of early arrival!

Trip C:

Arrive DFW Airport No Later than 1:30pm on July 18th - MUST BE THERE AT THAT TIME FOR GROUP TRAVEL

Departure: 7-18-2009 - AA Flight # 2167 Leaves DFW at 4:15pm

Return: 8-1-2009 - AA Flight # 2166 Arrives DFW at 3:20pm

Parents plan to be at the airport no later than 3:00pm in case of early arrival!

Trip Itinerary High School

Saturday, July 18

3:00pm – TRIP A and C Arrive at DFW Airport

We are required to be at the airport this early for group international flights

DO NOT BE LATE!

8:40pm – Arrive San Jose, Costa Rica

11:40pm – Arrive Hotel El Bambu – Puerta Viejo, Costa Rica

Sunday, July 19

Church at Local Church

Event: Soccer Game and Free Time

Monday, July 20 – Thursday, July 23

6:30am -Wake up

-Breakfast at Hotel

-Devo Time

-Head to Worksites

-Work

-Lunch at Worksites

-Work

-Approx. 2:30 – Clean up and to VBS Sites

-Free Time

-Dinner at Hotel

-Worship

-Small Groups

11:00pm - Bedtime

Friday, July 24

Event: Springs and Shopping

Saturday, July 25

4:00am: Trip A - Head to Airport

Trip C remains at Hotel – Event: Zip Line

2:00pm – *parents of Trip A at airport*

We ask parents to be early – the adults on the trip are ready to be home and cannot wait for late parents to pick up their youth.

2:20pm – TRIP A arrives at DFW

3:00pm – TRIP B Arrive at DFW Airport

We are required to be at the airport this early for group international flights

DO NOT BE LATE!

8:40pm – Arrive San Jose, Costa Rica

11:40pm – Arrive Hotel El Bambu – Puerta Viejo, Costa Rica

Sunday, July 26

Church at Local Church

Event: Soccer Game and Free Time

Monday, July 27 – Thursday, July 30

- 6:30a -Wake up
- Breakfast at Hotel
- Devo Time
- Head to Worksites
- Work
- Lunch at Worksites
- Work
- Approx. 2:30 – Clean up and to VBS Sites
- Free Time
- Dinner at Hotel
- Worship
- Small Groups
- 11:00pm - Bedtime

Friday, July 31

Event: Springs and Shopping

Saturday, Aug 1

4:30am: Trip B and C - Head to Airport

2:00pm – *parents of Trip B and C at airport*

We ask parents to be early – the adults on the trip are ready to be home and cannot wait for late parents to pick up their youth.

2:20pm – TRIP B and C arrives at DFW

Packing List

Remember that you are going on a mission trip. Don't bring anything nice or expensive!

**Space is limited – try and limit your items to:
(In the Plane and Busses we take to the Hotel)**

- One item to be checked
- One item to be carried on

Clothing: (Note: due to the Humidity in Costa Rica – Clothes stay wet!)
(Trip C only:
– may have an opportunity to do laundry after the 1st week for a fee)

- Clothing for each day we are there
- Underwear and Socks for each day we are there
- Shoes / Flip flops to wear around camp and showers
- Long sleeve t-shirts
- Work Clothes (old clothes that will get dirty)
 - Pants (no dresses or shorts)
 - Shirts (no tank tops or sleeveless shirts)
 - Socks
 - Shoes (sturdy – may need 2 options one may be wet)
- Swimsuit (Modest – girls: prefer 1 piece)
- Sunglasses
- Hat / Visor (that can be worn at worksite)
- Rain Gear

Supplies:

- WATER BOTTLE (Very Important – you will need this!)
- Toiletries (toothbrush, toothpaste, soap, shampoo, deodorant)
- Towel (for showers and pool)
- Flashlight (with extra batteries)
- Bible, Journal, and Pen
- Camera
- Sunblock
- Chapstick
- Insect Repellent (Very Important)
- Spending Money

Work Supplies

- Work Gloves (leather is best)

Please put your name on your stuff! If you are worried you will lose it don't bring it!

Each year we leave clothes that we don't want to bring home – we donate them to the churches we work with. If you would like to donate your clothes please plan for that.

HPUMC YOUTH TRIP COVENANT

This can be found online and submitted at

www.hpumcyouth.org/covenant

or by going to the youth home page and clicking on forms and registrations
then clicking covenant.

Please submit this online by July 8th