

Highland Park United Methodist Church

Senior High Summer Mission Trip

Puerto Viejo, Costa Rica

Trip A: July 17-24

Trip B: July 24-31

Trip C: July 17-31

Information Packet

Questions?

Contact Drew

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Frequently Asked Questions about Mission Trips

Q: Where are we going and why?

- 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.
- The hotel is very safe with 24 hour guards.
- All Safety rules must be followed or the participant will have to be sent home.
- Adult to youth ratio: 1:6

Q: What do we need to about medical stuff?

- We are well equipped to handle most medical emergencies. If the need arises we will take your child to a hospital. Drew is also an Emergency RN.
- We will have an MD or RN (who can be in contact with an MD) on each trip.
- The online medical form is our way of knowing the current and past medical history of your child. Please be thorough in completing that form.
- If your child takes any medications, we will collect them and distribute them during the trip.
 - This is for everyone's safety.
 - Please have all prescriptions in their original bottle with label (pharmacies can make you a new bottle if needed) - no plastic baggies of medicines are permitted
 - Only send enough for the trip and a little extra just in case.
 - DO NOT discontinue regular medication for any reason while on the trip.
- Vaccines / Travel Medications:
 - You may check the CDC for up to date information.
 - Currently, if you are current on all immunizations for public school you should be fine
 - Make sure that your Tetanus is with-in 5 years of the time we are on the trip.
 - Malaria Prevention -use at your discretion. Currently, Sarapiquí (the state that we are going to in Costa Rica - is not on the list - but that may change.
 - HPUMC has no opinion on Malaria Prevention Medications and the decision is left to the participant and family.

Q: Where are we going to be staying for the week?

- We stay at Hotel El Bambu
 - 30 room hotel
 - Nicest hotel in Puerto Viejo
 - 3-5 people in each room
 - Pool, Pavilion, and Restaurant

Q: What is the food like?

- We will be eating breakfast and dinner at the hotel.
- Lunches will either be prepared by us or by women of the church.
- All food is prepared with us (being from the US) in mind.

Q: What are we going to do for fun?

- On Friday we will have the following options that you can sign up for:
 - Hang out at the hotel pool, play football, soccer, etc. (Free)
 - Zip Line (\$50)
 - Horseback Riding (\$50)

Q: How much money should I bring?

- You will need money for the following:
 - \$26 for Exit Tax (Exact change in separate envelope)
 - \$50 for fun event (Exact change in separate envelope)
 - Trip C: Money for Laundry to be done at the Hotel - approx. \$25
 - Money for what you want for travel times or extra snacks during the week
 - Around the hotel there is a pizza place, chicken place and ice cream shop.

Q: What electronics can I bring?

- we prefer that you bring nothing, but understand that you may want:
 - Music or Video Players: for the plane only - not during the week on the trip
 - Cell Phones:
 - Very expensive- even with international plans
 - Only to call parents in the evenings to check-in - not at other times.
 - No texting or calling other people other than your parents.
 - The hotel has a phone that you can use an international calling card
 - Anything you bring on the trip is your responsibility.
 - HPUMC is not responsible for lost, misplaced or stolen items on the mission trip.

Q: What are the travel plans?

- We are flying from DFW to San Jose. From the airport we will be in chartered busses for the rest of the week.
- Call American Airlines the day of to find out the Gate - meet at the ticketing booth
 - do not go through security.
- You will be flying by small group - you will be told of your small group at the airport
- Give your envelopes (2) of money to your small group leader!

Flight Information:

TRIP A

Arrive airport NO LATER than 1:30pm for International Group Travel

July 17 - AA#2167 - DFW to SJO - 4:40pm-7:45pm

July 24 - AA#2294 - SJO to DFW - 2:30-7:50pm

TRIP B

Arrive airport NO LATER than 7:00am for International Group Travel

July 24 - AA#2295 - DFW to SJO - 10:25am-1:30pm

July 31 - AA#2294 - SJO to DFW - 2:30pm-7:50pm

TRIP C

Arrive airport NO LATER than 1:30pm for International Group Travel

July 17 - AA#2167 - DFW to SJO - 4:40pm-7:45pm

July 31 - AA#2294 - SJO to DFW - 2:30pm-7:50pm

Trip Itinerary

Saturday, July 17

1:30pm - **TRIP A & C - Arrive DFW airport**
4:20pm - A & C - Flight
8:00pm - Start Drive to Puerto Viejo
11:00pm – Arrive Hotel El Bambu – Puerto Viejo, Costa Rica
11:30pm - Bedtime

Sunday, July 18

Church at Local Church
Event: Soccer Game and Free Time

Monday, July 19 – Thursday, July 22

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

Friday, July 23

Fun Day

Saturday, July 24

7:00am - **Trip B - Arrives DFW airport**
8:00am - Trip A Start Drive to San Jose
10:25am - Trip B Flight
2:00pm - Trip B Start drive to Puerto Viejo
2:30pm - Trip A Flight
7:30pm - TRIP A - PARENTS ARRIVE DFW TO MEET GROUP
-parents please do not be late - the adults on the trip are ready to be home as well - if you are late - it makes them stay at the airport longer!!
7:50pm - Trip A Arrives DFW
8:00pm - Trip B arrives Hotel El Bambu - Puerto Viejo, Costa Rica

Sunday, July 25

Church at Local Church
Event: Soccer Game and Free Time

Monday, July 26 – Thursday, July 29

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

Friday, July 30

Fun Day

Saturday, July 31

8:00am - Trip B & C Start Drive to San Jose
2:30pm - Trip B & C Flight
7:30pm - TRIP A - PARENTS ARRIVE DFW TO MEET GROUP
-parents please do not be late - the adults on the trip are ready to be home as well - if you are late - it makes them stay at the airport longer!!
7:50pm - Trip A Arrives DFW

Packing List

Please remember you are on a mission trip. Don't bring anything that is nice or expensive!

Please pack in:

- ONE** bag to Check and **ONE** bag to Carry-On ONLY
- Participants that are going for 2 weeks may add a smaller bag to check as well

Clothing

- Clothing (for each day we are there)
- Clothing for Sunday Morning Church
 - Girls:
 - Dresses - MUST Cover knee
 - No sleeveless shirts, pants, Must be conservative. NO strapless dresses
 - Guys:
 - Pants - No Jeans
 - Collared shirt
 - No t-shirts or tank tops
- Underwear and Socks (for each day we are there)
- Shoes / Flip flops (to wear around the hotel or shower) -Running shoes if want to run with group.
- Sweatshirt / Fleece (if it gets cool)
- Swimsuit (modest - girls: 1 piece)

Work Clothing

- Pants (no dresses or shorts)
- Shirts (no tank tops or sleeveless shirts)
- Socks
- Shoes (sturdy - may want 2 options)

Supplies

- Water Bottle (very important)
- Bible
- Pen
- Toiletries (toothbrush, toothpaste, soap, shampoo, deodorant)
- Sunglasses
- Bug Spray
- Rain Gear
- Camera
- Sun Block (very important)
- Chapstick
- Insect Repellent
- Flashlight (with extra batteries)
- Spending Money (see info packet for amount)

Work Supplies

- Work Gloves
- Hat / Visor