

## Short Term Missions Trip Guidelines for San Jose, Costa Rica

(Updated July 2011)

1. Please prepare and send a list of all team members grouped (single, double, triple or quadruple) as they desire to stay in the hotel. Please specify who is the team leader, this will be the person we will stay in communication with prior to the trip. Their names must be complete and as they appear on their passports. Please expand on the list of all team members by adding their e-mail address, sex, age, relationship with their roommate, include their mission experience, and any special talents that may be used on the mission field like speaking Spanish, preaching, music, paint board presentations, sports, medical, or working with youth or children. Please also include any special needs anyone may have, handicaps, medical concerns or any kind of difficulties. **Please be sure we have this information at least 6 weeks prior to the trip.** This gives us the necessary time to make all the proper arrangements and get guaranteed prices for your accommodations. During peak tourist season (January) it may be necessary to make the reservations up to 2 months in advance.

***We need: Rooming specifications, Full Names, e-mail address, sex, age, relationship with roommate, mission experience, special talents, and special needs.***

2. Every team arranges for their own transportation itinerary and cost. We need the detailed flight information both for arrival and departure for all team members as soon as that is available. You will be flying into the San Jose International airport (Aeropuerto Internacional Juan Santamaria) "SJO". There is no charge to enter the country with a tourist visa which you will obtain upon arrival; there is a \$26.00 per person exit tax upon departure.

***We need: your complete itinerary***

3. Regarding the hotel: You will be staying at the "Hotel Colaye" located in the Sabana Sur neighborhood of San Jose Costa Rica. Their phone number is 011-506-2231-2324. Their fax number is 011-506-2231-2223. Their web site is: <http://www.kchotelcolayesj.com/index.php> We encourage you to check them out. The hotel accepts VISA and Mastercard as forms of payment. Be sure to call your credit card company prior to your trip to advise them you will be traveling to Costa Rica and to allow charges when you make them. Failure to advise many times results in denied charges due to banks being on high alert to credit card fraud these days. The hotel is located about 15 minutes from the airport. Airport transportation will be arranged on an individual basis depending upon your arrival and departure times.

**The hotel charges the following prices for their rooms per night: Single or Double: \$65.00, Triple: \$80.00 and Quadruple: \$95.00.** These hotel prices are subject to change without warning. There is an additional Added Value Tax of 13% to the hotel prices. These prices do include a very nice typical Costa Rican breakfast every morning (see this link for typical food description: [http://en.wikipedia.org/wiki/Costa\\_Rican\\_cuisine](http://en.wikipedia.org/wiki/Costa_Rican_cuisine)). The hotel offers rooms with two queen sized beds or one king. This means if 3 or 4 people share a room they will have to share a bed. The hotel does not offer additional twin beds in any of their rooms. The rooms are adequate with hot water shower, cable TV, and internet, if a room with AC is desired there is an additional charge of \$15.00 per night. Generally the weather in San Jose Costa Rica is mild and

AC is really not needed; the weather is classified as "Eternal Spring" in San Jose Costa Rica. The hotel also has a very nice swimming pool.

➡ Everyone will additionally need money for their lunches and dinners and any extra costs they might run into like souvenirs or phone calls. Food runs about the same cost in San Jose as it does in the states. A fast food meal is about \$6, a restaurant meal can be anywhere between \$8.00-\$15.00 per meal.

4. Every team member helps to cover the cost of the logistics for the week. This is **\$250.00 per person**. This money needs to be carried to San Jose in cash US Dollars and will be collected during the initial orientation meeting. Please place \$250.00 per person in cash (\$20.00 bills only please) into an envelope or individual envelopes and write the name of the team member and the team name (usually a church) on the outside of the envelope. This will help cover each team member's gospel tracts, Bible literature, evangelistic stickers, vehicles, gas, transportation, drivers, translators, permissions, fees and other infrastructure materials and logistics that will be needed and used during the mission trip week or are related to the work in San Jose. For clarification, if your team is of 10 people, you will bring a total of \$2,500.00 to cover the cost for your team.

5. Every team member also needs to come supplied with hand sanitizer, a flash light, a hat, sun block, insect repellent, pain reliever, anti-itch cream, Imodium in case of diarrhea, an intestinal infection antibiotic (Cipro is the best), anti allergy medication if they have allergies, and a poncho or umbrella (during the rainy season: April through November trips). Also be sure to bring a sufficient supply of any medication you might be on.

We would also ask that each team member please bring one 5 (five) pound bag of their very favorite yummy individually wrapped US candy (Sam's, Costco, Wal-Mart, Target), any variety will be fine, and give that to Steve Kern during orientation with the \$250.00 per person. This will be used in conjunction with all ministries related to children and youth.

It is also *recommended* when traveling to Central America that every team member also be current on their Tetanus vaccine and have received both the Hepatitis A and B series of vaccines.

6. Regarding dress and clothing we recommend comfortable, modest, clothing and comfortable closed shoes, also bring a jacket, you will use it at night. The weather in San Jose is mild. The daytime temperature is usually in the 70's to 80's and at night it gets into the 50's to 60's. Rain is very common from April to November. May is their warmest month, February is their coolest month and September is their rainiest month. No suits, jackets or ties are necessary for the men for any reason. Ladies may wear pants, capris, skirts or dresses. No shorts are allowed for any ministry activity for men or women but may be used during any down time. The hotel has a pool so you may want to come prepared to use those facilities if you wish.

**You need to bring all of the following:**

<b><i>\$250 per person</i></b>	<b><i>comfortable clothes</i></b>	<b><i>a jacket</i></b>
<b><i>A 5 (five) pound bag of candy</i></b>	<b><i>Sun block</i></b>	<b><i>insect repellent</i></b>
<b><i>Pain reliever</i></b>	<b><i>Insect bite cream</i></b>	<b><i>Imodium, Cipro</i></b>
<b><i>Hand Sanitizer</i></b>	<b><i>Flashlight</i></b>	<b><i>Hat</i></b>

*Poncho or Umbrella (April to November) Money for meals, souvenirs, and phone calls etc.*

7. Please hold periodic meetings with your team members with the goal of spending time in prayer for the trip and to also do training and practicing in personal evangelism. Please be sure each team member can confidently and effectively share the gospel using memorized Bible verses ("So then faith cometh by hearing, and hearing by the word of God. Romans 10:17), something like the Big Question tract (found on [www.goodnewsinaction.org](http://www.goodnewsinaction.org)) or the Roman Road is good, be able to lead a person to Christ in prayer, counsel them with basic Christian growth follow up for a new believer and address common reasons for not receiving Christ as Savior. Please also be sure each team member is able to effectively share their testimony, their experience in coming to know Christ personally. It is helpful for them to think this through and possibly even have it written prior to the mission trip (Include History/Heritage, Heroes, High points, Hard times, and the Hand of God in their life.)

8. Contact numbers:

**Steve Kern's home phone El Salvador – 011-503-2246-4757**

**Steve's Cell phone El Salvador – 011-503-7899-2923**

**Iglesia Bautista Vida Nueva, El Salvador – 011-503-2274-8575**

**Steve Kern Home Broad Band Internet phone with USA area code – 205-683-4033**

**E-mail: [gnaies@telesal.net](mailto:gnaies@telesal.net) or [steven\\_kern@hotmail.com](mailto:steven_kern@hotmail.com)**

**Hotel Colaye in San Jose Costa Rica: 011-506-2231-2324**

**Pastor Rodolfo Avendaño 011-506-8914-9994 cell, 011-506-2259-2974 home (Spanish only)**

Other helpful info:

San Jose Costa Rica is located at an altitude of 3,772 feet above sea level; this altitude is what gives it "eternal spring" weather year around.

The currency in Costa Rica is the "Colon". The exchange rate fluctuates daily. Inflation is high, the exchange rate is usually around 500-600 Colon for a US Dollar. Businesses only accept Colons therefore it will be necessary to exchange your money to cover your expenses.

Do not exchange your US dollars for colons at the airport, you will be ripped off; exchange your dollars for colons at the bank. This can easily be done on Monday.

**We are looking forward to seeing you on a future trip to San Jose, Costa Rica.**

**May God Bless you!**