

Guidelines Sheet for a Good News in Action Mission Trip to San Jose, Costa Rica.



This guidelines sheet has been specifically designed for you. Please read this document all the way to the end. It is designed to prepare you and answer all your questions. Thank you in advance and we hope to see you very soon.

Updated April 2024

All the Facts:

1. Where is San Jose, Costa Rica located and what is some helpful information about it?

San Jose, named in honor of Joseph of Nazareth, is the largest and capital city of Costa Rica. It is in the center of the country. The population is over 2 million. San Jose is notable among Latin American cities for high quality of life, good security, globalization, environmental consciousness, public service and recognized institutions. The climate is “Eternal Spring” with daytime temperatures in the 70’s year around. Precipitation is common all year long.



2. **How will you get to San Jose Costa Rica?** You will fly into the San Jose, Costa Rica International Airport (Juan Santamaria International Airport) (**SJO**). You will be picked up by private transportation and be transported to the hotel, it is about a 15-minute ride. Every individual or team arranges and pays for their own travel itinerary. You will need to send your flight information to GNIA no later than 8 weeks prior to the trip. Send this info to goodnewsinactionelsalvador@gmail.com

3. **Are there any forms to fill out prior to landing at SJO?** Yes, they are very simple to fill out, simply follow the instructions. The forms are one per family. You are coming to Costa Rica as a TOURIST. You will write down where you are staying on your form: Holiday Inn San Jose La Sabana. The address is **Km 3 Autopista General Cañas, Complejo Irazú, San José Province, San José, 10107, Costa Rica**

4. What will your airport arrival procedure look like?

- De-board the plane and follow the crowd to Immigration.
- Go through a receiving cubicle one at a time where an immigration officer will stamp and date your passport. There is no charge to enter the country on a tourist visa which you will obtain from the immigration official.
- Proceed to retrieve your suitcases.
- **EXCHANGE SOME MONEY:** Please exchange some of your USD personal money into Costa Rican Colones **INSIDE** the airport. They have a very fair and legal exchange booth inside. We recommend you exchange enough to get you through the weekend, at least. Then on Monday, you can exchange more for the week at the bank in the mall. (When you go to the bank at the mall to exchange more money, please take your Passport with you, it is required to exchange any money.)
- Suitcase Customs Forewarning: Please do not bring any fresh food, fruit, plant, or vegetable item into the country. They have very strict customs laws in Costa Rica prohibiting the entrance of these items.
- Packaged processed snack food is permitted.
- After exchanging some money, go through customs, put your suitcase on the x-ray machine belt and walk through the indicated pathway, retrieve your suitcase once again.
- Once you have completed both Immigration and Customs, you may exit the building.

- You will exit onto a sidewalk which passes in front of the main access street to the airport. As you exit look for someone holding a sign that says, “**GOOD NEWS IN ACTION**”. Identify yourself to the person and he will escort you to your ride.
- Once at the hotel, check in with your passport and major credit card. Be sure you have alerted your credit card company of your travels to avoid denied charges suspected of being fraud.

5. Where will the mission team stay while in San Jose?

Holiday Inn San Jose, La Sabana,

Located in La Uruca, KM 3 de la autopista General Cañas.

We invite you to click on the following link in order to see all the hotel offers.

(If you have been on a mission trip to San Jose Costa Rica before, this is the same hotel as always. It was previously known as the Best Western Plus or the Best Western Irazu. The name has changed because Holiday Inn bought out this Best Western hotel recently.

[Hotel in San Jose | Holiday Inn San Jose La Sabana Hotel \(ihg.com\)](https://www.ihg.com/holidayinn/hotels/us/en/san-jose/sjoec/hoteldetail)

<https://www.ihg.com/holidayinn/hotels/us/en/san-jose/sjoec/hoteldetail>

A full-service hotel in San José, Costa Rica



Known as one of the best hotels in the downtown San Jose Costa Rica area for business and leisure travelers, Holiday Inn San Jose La Sabana offers an enviable location in the business and entertainment district, comfortably stylish guest rooms, and warm, attentive service considered to be the best in the area.

Located just 15 minutes from the Juan Santamaria International airport and 10 minutes from downtown San Jose, our hotel features a bright, fresh ambiance that immediately puts the mind at ease.

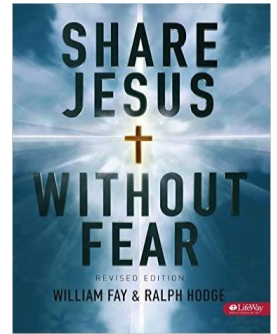
- The hotel has 2 On-site Restaurants (one is a 24-hour Denny’s)
- Complimentary Breakfast is included in the price, Free Wireless Internet
- Swimming Pool and Fitness Facilities, Airport Shuttle (the cost is included in your logistical fee)
- Meeting Rooms and Laundry Services
- The room prices can vary but in general:
 - Single is \$94.92 per night; Double is \$94.92 per night.
 - Triple is \$111.87 per night.
 - Hotel tax in Costa Rica is 13% and is included in the above quoted price.
- *There is a supermarket extremely close to the hotel. It is called MEGASUPER. It is a very short walk, right in the same block as the hotel, and a great place to buy drinking water, snacks, and anything you would expect to find at a major grocery store.

6. What do you need to do to be prepared for a mission trip to San Jose? All team members MUST BE formally trained in Personal Evangelism and highly competent in sharing the gospel utilizing a standardized method, able to lead a person to Christ, and explain the first steps of the New Life in Christ. Please let Good News in Action know what method you will use to train your team.

What are some approved standardized training methods?

- The 3-week training program “Share Jesus Without Fear” (Most Highly Recommended, purchase individual workbooks through Amazon)
- Evangelism Explosion training program

- The Billy Graham School of Evangelism Online <https://billygrahamonlinetraining.org/soe/courses/>
 - The Four Spiritual Laws and the Roman Road
 - Approved evangelism tools during the trip include:
- The Wordless Book or Evangelism bracelets or necklaces with the presentation well memorized as well as the verses
- The Big Question Gospel Tract <http://www.goodnewsinaction.org/how-to-become-a-christian/>
- The Evangelism Cube
 - If there is another tool you would like to use, please consult Good News In Action for approval.



<p>The color GOLD reminds us of Heaven. It also makes us think about God, who lives in Heaven. The Bible teaches us that God made everything, including you and me.</p> <p>What does God see when He looks at you? Does He see somebody who makes Him happy?</p>	<p>Because God can see everything we do, He knows us very well. The Bible says that when God looks at us, He sees that everyone has done bad things. The color BLACK reminds us of these bad things, which God calls sin. Because God is holy, our sin must be judged and paid for.</p>	<p>God loves us so much that He sent Jesus, His only son, to pay for our sin. The color RED reminds us of when Jesus suffered, and bled, and died on a cross for you and me. Jesus then rose from the dead, proving that He has won the battle over sin and death.</p>	<p>WHITE makes us think of things that are clean. The Bible says that we can be clean in God's sight by admitting that we are sinful, turning to God, and putting our trust in Jesus. When we do that, He makes us ready for Heaven, and gives us a brand new life to live for Him.</p>	<p>Living things grow. That's what GREEN reminds us of. God wants us to grow in our new life. One very important way we grow is by reading the Bible. Another is by speaking with God in prayer. God also wants us to grow by helping each other and gathering with other Christians.</p>
GOD	SIN	JESUS	NEW LIFE	GROWTH
<p>God looked down from Heaven upon the children of men, to see if there were any that ... did seek God.</p> <p><i>Psalm 53:2</i></p>	<p>Every one of them is gone back: they are altogether become filthy; there is none that doeth good, no, not one.</p> <p><i>Psalm 53:3</i></p>	<p>But God commendeth His love toward us, in that, while we were yet sinners, Christ died for us.</p> <p><i>Romans 5:8</i></p>	<p>Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow.</p> <p><i>Isaiah 1:18</i></p>	<p>As newborn babes, desire the sincere milk of the word, that ye may grow thereby.</p> <p><i>1 Peter 2:2</i></p>

7. What is the best way to prepare children and/or preteens for ministry and evangelism?

The best way to prepare children for evangelism is using visual aids such as the gospel bracelet with the yellow, black, red, white, and green beads, the wordless book, or something like the Evangi-cube. Teach them the basics and encourage them to share the gospel with children their age. There will be many children to reach in both the schools and at the Family Festivals.

8. What else do you need to do to be prepared? Decide if you need any of the recommended vaccines and schedule a doctor appt to receive them. **Recommended Vaccines:**

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/costa-rica>

- Routine vaccines: MMR, DPT or DT, Chickenpox, Polio and your yearly flu shot.

- Typhoid
- Hepatitis A

9. What does Good News in Action need from you?

We will need your complete team roster & flight information **no later than 8 weeks prior to your trip**. This is so we can make all your arrangements and get prepared for all the logistics on our end. Please send your complete roster** as described below and your complete flight information to goodnewsinactionelsalvador@gmail.com no later than 8 weeks prior to your trip. **You will be provided with an Excel sheet for your roster. Please include all the following in your roster (see columns):

- The full legal name for every team member as it appears on their valid US passport.
- The team members grouped as they desire to stay in the hotel (single, double, triple or quad)
- The US passport number for each person
- The gender and age for each person
- The relationship among roommates as applicable
- The email address for each team member
- A short list of past mission's experience for each team member
- A notation of any special talent(s) a team member might have such as Spanish, Preaching, Music, Paint Board Presentations, Gospel Dramas, Sports, Medical or Working with Children.
- A notation of any special needs a team member might have such as a handicap or medical concern
- A list of Prescriptions a team member is taking.

10. What are all the costs associated with the trip? (Please use this to make your budget)

- Airfare (Variable)
- Hotel Stay (about \$340.00 per person, double occupancy)
- Lunch and Dinner money (We recommend about \$20-25 per day).
- Water bottles for the week (\$15-20)
- Souvenirs (\$30/optional)
- Medical treatment or Medicine in the event someone gets sick (\$50)
- Phone calls to the states (\$10/optional)
- An offering for the church on Sunday (variable/optional)
- One 5-pound bag of your favorite candy to be used in all outreaches that involves children (please bring this with you) (\$10.00)
- One soccer or basketball for schools (deflate and bring please) (\$20.00)
- Family Festival Prizes children or Pet Festival Prizes for dogs and cats (if able)
- A logistical fee as follows (\$425.00): Effective July 1, 2024

Every team member helps to cover the cost of the logistics for the week. This is **\$425.00 per person**. Please carry this money to San Jose in cash US Dollars (\$20 and \$10 bills only please) and turn it in (with your candy and ball) during the initial orientation meeting.

Each team member's fee should be placed in a sealed envelope with that team member's name written on the outside. Please be sure all bills are in excellent condition, no tears or stains.

The Logistical Fee will help cover all costs related to the outreach week. This includes Gospel tracts, Bible literature, evangelistic stickers, vehicles, fuel, transportation, drivers, translators, permissions, fees, flyers, follow up name cards, family festivals, pet festivals, and much more.

For clarification, if your team is of 10 people, you will bring a total of \$4,250.00 to cover the cost of logistics for your team.

If you need a Contribution Record (Tax Deductible Contribution Statement) for this money, please just ask or write Pam Kern and it will be provided. (goodnewsinactionelsalvador@gmail.com)

11. What should you pack with you for your trip?

- A Bible or Bilingual New Testament (paperback)

- Pens & a notebook
- hand sanitizer and/or wipes
- a flashlight
- a hat
- sun block
- insect repellent
- pain reliever
- anti-itch cream
- Imodium in case of diarrhea
- Light weight conservative cotton clothing (shorts may not be worn for any ministry activity). A lightweight jacket for evenings.
- Comfortable closed shoes
- An intestinal infection antibiotic such as Cipro or Bactrim
- Anti-allergy medication
- A lightweight rain jacket and/or umbrella
- Personal medications
- Conservative swim wear and/or work out wear to use at the hotel pool or fitness center if so desired.

An extra note regarding Dress Code: we recommend comfortable clothes for spring like weather and a light jacket to wear in the evenings. The weather in San Jose is Spring like all year around. Men must wear pants; no suits, jackets or ties are necessary for the men at any time. 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. Also, ladies must not wear spaghetti strap shirts or blouses that show their midsection. Also please no t-shirts that have offensive sayings or graphics.

12. What are some additional tools a team member could bring to help break the ice and share the gospel with more people? (not obligatory, just ideas in the event someone was interested)

- More Candy or Snack Packs
- More Soccer or Basketballs
- Gospel bracelets (colored beads or colored strands)
- Fluorescent bracelets
- Basic Hygiene kits to give away
- Basic School supply kits to give away
- Very small little dollar toys for children
- Pet Supplies for Pet Festival winners

13. Will there be a team Orientation Meeting for the team once in country? YES. Once all the mission trip members have arrived in San Jose, an Orientation meeting will be held. This will either take place sometime Saturday later in the afternoon or evening or on Sunday Morning. It could take place at the hotel or at church depending upon various factors. You will receive both the time and place for this meeting prior to your trip. Please bring your \$425 USD cash per person, your bag of candy, your ball, and any prizes for children at a family festival or pets at a pet festival with you to this meeting, all will be collected by the person who leads the orientation meeting. The orientation meeting will be a great opportunity to learn more about your week in Costa Rica and a good opportunity to ask any questions you might have.

14. Will there be a devotional time each morning during the week of the trip? YES

A team Devotional meeting will be held every morning Monday thru Friday about an hour before the scheduled departure time from the hotel. The purpose of the meeting will be to share a Bible teaching and team time together. The team devotional time will be held in a meeting room located inside the hotel. Once in San Jose we will make the time and place for the devotional clear.

15. What is the key word for the mission trip week? FLEXIBILITY Please understand that flexibility will be very important. Please be willing to “go with the flow”. Constant and unexpected change is a common part of Latin American Culture and without a doubt will occur during your trip. Activities, times, and destinations may change unexpectedly.

16. What does the Basic Schedule for the week look like?

Saturday: Arrivals, hotel check in, possible orientation meeting.

Sunday: Church at Vida Nueva San Jose 10 to Noon, afternoon outreach

Monday-Friday morning: Devotional meeting, morning outreach, usually in schools utilizing a values lesson

Monday -Friday afternoons: Afternoon-evening outreach, Family Festivals in neighborhoods

Saturday: Departure

You will be provided with a printable calendar of the week a few days prior to your trip. Please be very prompt to all times listed on the schedule. Also, team leaders, when you board the bus or van for transportation to the ministry activities, please count your people. We will ask if all team members are present. It is very helpful if you can answer this question quickly.

17. What kind of ministry will we be doing while in San Jose?

Lots of Evangelism: The spreading of the Gospel of Jesus Christ by public preaching or personal witness in a variety of settings including but not limited to: parks, neighborhoods, marketplaces, schools, institutions and other places where people are gathered. (You will be provided with a translator.)

In the mornings you will be divided into smaller teams and share in classrooms of different schools. Typically starting with an ice breaker, then give a Values lesson using a Bible story followed by a small group discussion on the topic and a short presentation of the Gospel. You will be provided with the School Lesson prior to your trip and orientation as to how to use it once in the classroom.

In the evenings you will participate in Family and or Pet Festivals in neighborhoods. First, the team will go door to door throughout the entire neighborhood inviting all the people to come to the event while also sharing the gospel. Everyone will be invited to a central location, usually the community park or central street, where there will be a very large inflatable for the children, also games and prizes for the children, refreshments, music, a gospel drama and a short-preached gospel message. The idea is to share the gospel one on one with as many people as possible during the entirety of the event. In some neighborhoods we add a Pet Show to the Festival. The community is invited to bring out their pets and have them compete in a fun Show where they can win prizes in up to 5 categories.

18. What are the instructions regarding currency exchange?

Upon arrival, exchange enough USD into Costa Rican Colones at the airport, inside the baggage claim area, do not exchange money outside the airport, exchange only inside the baggage claim area. The exchange rates inside the baggage claim area are excellent and usually nearly the same as in any bank or exchange house. Then on Monday, exchange more USD to Costa Rican Colones to get you through the week. You will want to do this second exchange either at a bank or a money changing store within the local mall. Take your physical passport with you when you go to exchange money. You will want to exchange your money for all expenses you desire to pay cash for. You can also use any major debit or credit cards for your food purchases if you desire. Be sure your card is equipped with a chip and that you have advised your company or bank that you will be traveling to Costa Rica so they will approve your charges and not suspect them to being fraudulent. Be sure all your USD bills are in pristine condition. They will not accept bills that are overly used, stained, or torn in any way.

19. **At the end of my trip, how will I get back to the airport?** You will use the same transportation system that you took from the airport to the hotel. Please be sure you arrange to be at the airport at least 2 hours prior to our departure. There is no fee to pay at the airport upon exiting the country.
20. **Are there any aspects of the Costa Rica Culture that will naturally provide opportunities to build bridges for sharing the gospel? YES!**
The people of CR love to talk and engage in conversation. Many speak English, especially the younger adults and youth. They are, in general, very friendly to foreigners and tourists, generally receptive to the gospel and the Word of God, and hold God and Jesus in high respect, even if they are not saved.
21. **Are there any aspects of the culture that may cause a barrier for the Gospel? YES!**
Since San Jose is a very large city, everyone is constantly on the rapid move and lives a stressful life, it is a challenge to get them to stop and really consider the depth and breadth of the gospel. Boldness is necessary to be successful. Catholicism and a Good Works mentality is another very serious barrier.
22. **What is the Vida Nueva San Jose church information?**

Please use the following link to learn all you can about Vida Nueva San Jose:

[Vida Nueva San Jose Costa Rica — Good News In Action](https://www.facebook.com/VidaNuevaSanJose/)

Vida Nueva San José meets every Sunday at 10:15 AM to Noon on the Fifth Floor, Sala 8 at the Cinemas of the San Pedro Mall, San Pedro, San Jose. Dress for church is casual and conservative. Please see their Facebook page for more information and photos: <https://www.facebook.com/VidaNuevaSanJose/>



23. How can I contact Good News in Action?

You can contact Steve Kern (Director of Good News in Action) in El Salvador:
goodnewsinactionelsalvador@gmail.com or steven_kern@hotmail.com or 1-205-683-4033
(Broad Band Internet Phone when internet is functioning)
WhatsApp Steve Kern at 011-503-7605-4531
WhatsApp Pam Kern at 011-503-7748-1295
Please also feel free to contact our Mission Trip Coordinator, Montse Figueroa directly at
gniammissiontrips@gmail.com or via whatsapp at +503 7740 0056



We are looking forward to seeing you soon. May God Bless you as you prepare for your trip!
If you have any questions, please don't hesitate to write us at goodnewsinactionelsalvador@gmail.com

Entry Requirements to Enter Costa Rica: [Entry Requirements](#) | [Visit Costa Rica](#) | [Costa Rica Tourism Official website](#)

Tourist Insurance available in Costa Rica upon arrival: [Sagicor Costa Rica Tourist Insurance – Tienda Sagicor](#)