

POTENTIAL ITINERARY

Saturday, August 2, 2014

- Leave U.S.A. and arrive to Costa Rica

Sunday

- Worship at Sola Fe Lutheran Church
- Learn about history of Costa Rica and Nicaragua

Monday – Tuesday, Thursday – Friday

- VBS/Soccer (morning)
- Service Project (morning)
- Visit with youth (afternoon)
- Visit with congregation (evening)

Wednesday

- Visit attractions in Costa Rica

Friday

- Cultural night with congregation

Saturday, August 9, 2014

- Leave Costa Rica and arrive to St. Louis

Saturday and Sunday, August 16 & 17, 2014

- Get together Saturday evening
- Mission Trip Worship Service



PURPOSE

Partner with our Christian brothers and sisters in Christ at Sola Fe Lutheran Church in San José, Costa Rica, to learn, serve, and share the Good News of Christ's love together.

WHAT WE DO

Most of our time in Costa Rica will be spent with members of Sola Fe. We plan to do service projects for the members, lead VBS/soccer camp in the mornings, spend time with the youth of the church, worship, learn from church members, and immerse ourselves in the culture of Costa Rica.



CONTACT

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Chapel of the Cross – Lutheran

Costa Rica Mission Trip August 2-9, 2014



TRIP INFORMATION



EXPENSES

Trip Cost: \$1250

Set Costs (Individual)

- Flight \$750
- Airport Expenses/Fees \$50
- Guesthouse \$200
- Meals \$100
- Administration \$75
- Events and Attractions \$75

Variable Costs

- Immunizations \$100-\$200
- Passport \$135
- Passport Photos \$30
- Shopping \$100

Group Costs:

Chapel of the Cross has received a generous amount of money designated by the missions committee to help pay for the group costs such as transportation, construction materials, translators, and administrative costs to keep the overall cost as low as possible.



FUNDRAISING

- Mission team members will develop support teams to help pray and financially support individual team member costs.
- General fundraising may be done for the whole missions team and evenly disbursed to the group.



GUESTHOUSE & MEALS

Guesthouse:

We will be staying at a guesthouse for the duration of our visit. Men and women will have separate rooms to sleep.

Meals:

Our meals will be served at the church and in members' homes by individuals certified to serve meals to large groups. We will also have a cultural night with authentic Central American food. Most meals will feature rice and beans and local cuisine.



HEALTH

Physician's Visit

- Schedule a routine health examination
- Talk with your doctor about any questions and prescriptions regarding the trip

Medicines:

- Prescriptions you take every day

Immunizations

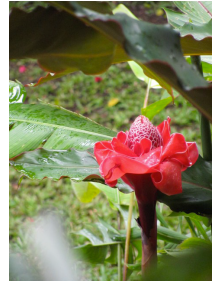
- Up-to-date routine immunizations (incl. Tetanus)
- Hep A
- Hep B
- Typhoid

Travel vaccines can be obtained through your physician or local health departments. For more information, please visit the CDC: wwwnc.cdc.gov/travel



THINGS YOU MAY SEE

- Beautiful Country
- Oceans and Beaches
- Exotic plants and animals
- San Jose
- Waterfalls
- Volcanoes



PASSPORT/VISA

You will need a passport that has an expiration date **AT LEAST 6 MONTHS PAST THE DATE OF OUR TRIP.**

<http://travel.state.gov/passport/>



IMPORTANT DATES

February 9, 1:00 p.m. - 2:30 p.m.

- Information Meeting - Parlor

February 23, 1:00 p.m. - 2:30 p.m.

- Application Due
- \$250 Non-refundable Deposit
- Finance Form Due
- First team meeting - Parlor