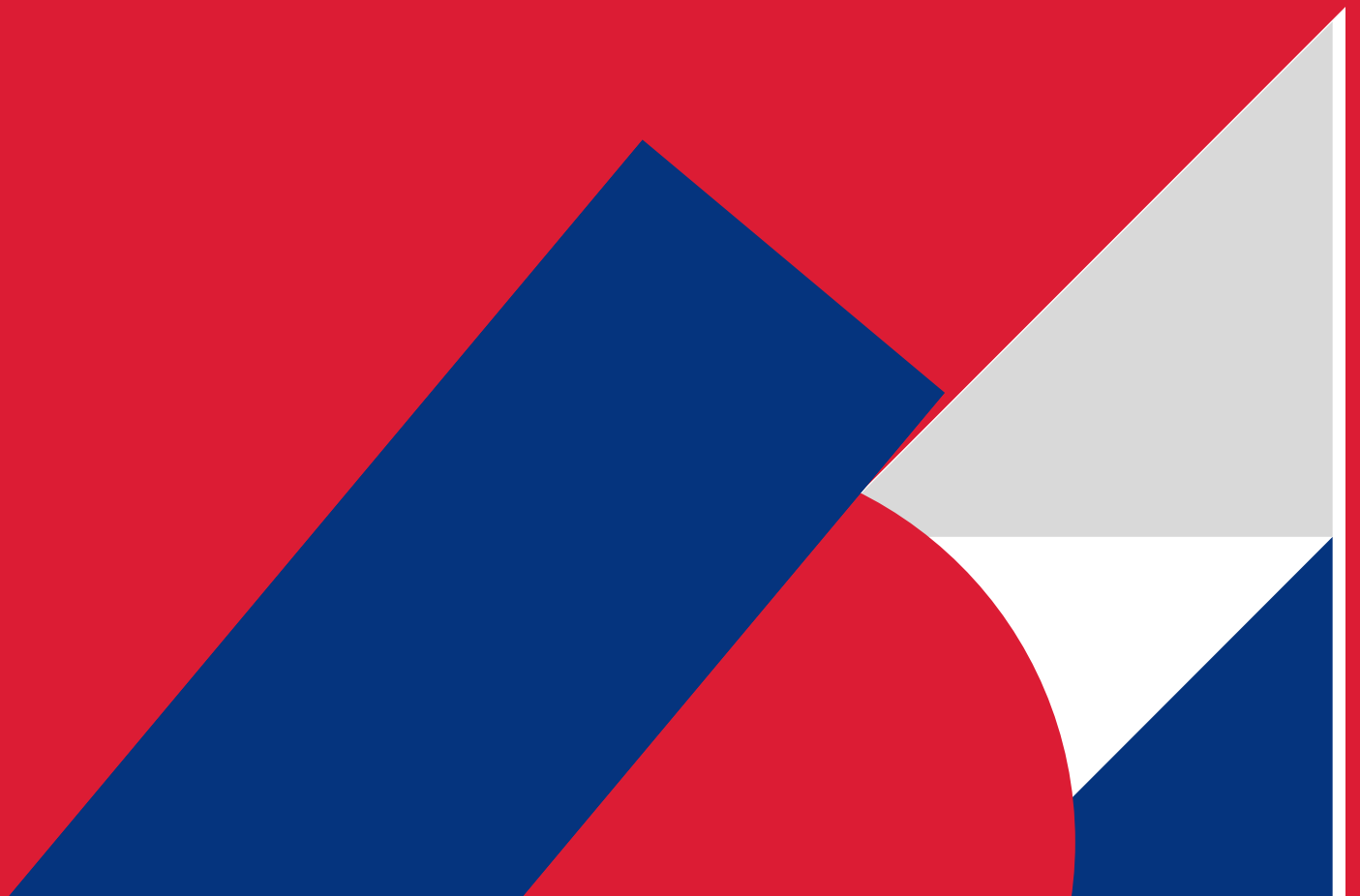




ASBURY
UNITED METHODIST CHURCH

COSTA RICA

INTERGENERATIONAL MISSION TRIP
MAY 24-31, 2025



PURA VIDA

COSTA RICA MISSION PROJECTS

CRMP was founded – and is led by – Wil and Yolonda Bailey, who believe that when Jesus washed the feet of His disciples he taught us, in dramatic fashion, that if we claim to be His followers, we must be servants to one another. CRMP is a support ministry for the Evangelical Methodist Church of Costa Rica. Since 2003 CRMP has been coordinating building projects and Vacation Bible School activities primarily in southern Costa Rica. In 2016, CRMP completed the construction of their Missions and Ministry Center where they also have a daycare center for no/low income families and a home for students from rural southern Costa Rica who want to come to San Isidro to pursue higher education but don't have the financial means to pay for housing. In 2021, they opened a counseling center to walk along side people during troubling times.

CONTACT INFO

Team Leader- Brooke Wolde

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VBS Coordinator- Gina McIntyre

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Construction Coordinator- Pete Gagliano

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COST

The cost of the trip is \$1,350 which includes airfare, housing, transportation, and most meals. Without the generosity of Asbury's Mission In Action team, the cost of the mission trip would be more than \$2,000 per person.

SIGN UP

www.asburybham.org/costarica



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ITINERARY

MAY 25-JUNE 1, 2024

TRAINING

TBA

SATURDAY- MAY 24

- 4:00 a.m. Arrive at Birmingham Airport
 - American Airlines
 - (BHM) #5253
 - 5:44-8:20 a.m.
 - (Charlotte- San Jose) #1209
 - 11:05-1:15
- Head to CRMP, Dinner at CRMP

SUNDAY- MAY 25

Church ~ Sightseeing/Shopping



MONDAY-THURSDAY

Typical Workday:

- Morning: Breakfast, Work Site/Mission Ministry Center
- Afternoon: Lunch, Work Site/Mission Ministry Center
- Evening: Clean Up, Dinner, Devotion, Hang Out Time

FRIDAY - MAY 30

Free Day TBA

SATURDAY - JUNE 1

- Arrive at Airport
 - American Airlines
 - (Sam Jose) #1209
 - 2:30-7:25
 - (Miami) #6110
 - 10:30-11:32 p.m.
- Arrive in Birmingham



SPENDING MONEY

Personal gifts can be purchased, but remember you have to carry them home. An offering will be taken at church twice. A five dollar offering is an appropriate amount.

You will also have opportunities to buy local snacks multiple times during the week. You will be responsible for any food purchased in airports. We recommend you bring around \$200 for spending money.

Many places take American currency but some do not. A debit, credit, or prepaid card may be very helpful. We suggest you bring cash in smaller bills. Venders will give you change in Costa Rican currency (colones).



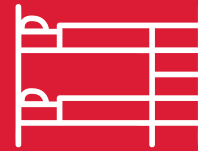
PASSPORT

A passport is required for participants going on the trip. It takes 10-13 weeks to get a passport processed.



LUGGAGE

You will be allowed 2 bags. One checked bag (\$35- max 50 lbs.) and one carry-on to fit into the overhead compartment.



HOUSING

The team will be housed at the CRMP ministry center which has cabins with bunk beds. Men and women will stay in different cabins.



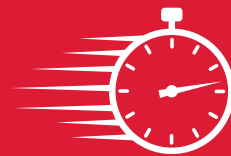
DRESS CODE

Please dress modestly at all times. Sunday attire for church is below knee-length dresses or skirts for ladies and slacks with a collared shirt for guys. (no jeans)



MEALS

We will be eating both Costa Rica food as well as more familiar items. If you have a dietary need, please let us know.



TIME

Costa Rica observes Central Standard Time but they do not recognize daylight savings time. When we are there, they will be one hour behind us.



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WHAT TO BRING

- Passport
- Bible and journal
- Bottle/canteen for water (relatively large & sealable)
Clean water will be provided at CRMP
- Personal snacks
 - Ziptop bags for snacks.
- Spending money
 - Offering for church (\$5)
 - A Visa-type card is very helpful



- Personal Medications
 - Emergency medications i.e. EpiPens, inhalers, etc.
- Clothing
 - Work clothes – light cotton is best in hot weather, hat, sunglasses, shorts (modest) and loose-fitting shirts/blouses, walking shoes/closed toe work shoes, work gloves
 - Church clothes (See Dress Code information, page 3)
 - Cover up to go to the shower, shower slippers, swimsuit (modest)
- Servant's heart

- Towels and washcloths
- Beach towel for the free day
- Bedding for twin beds
- Pillow
- Insect repellent
- Sunburn remedies, sunscreen (very important)
- Deodorant
- Toothbrush, paste & floss
- Razor & shaving cream
- Towelette packets (baby wipes)
- Soap & shampoo
- Comb & brush



SPANISH PHRASES

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Greetings and Basic Politeness

- Hola - Hello
- Buenos días - Good morning
- Buenas tardes - Good afternoon
- Buenas noches - Good evening/night
- Adiós - Goodbye
- Por favor - Please
- Gracias - Thank you
- De nada - You're welcome
- Disculpe - Excuse me (to get someone's attention)
- Perdón - Sorry (to apologize or get through a crowd)
- Sí - Yes
- No - No

Getting to Know Someone

- ¿Cómo está(s)? - How are you? (formal/informal)
- Muy bien, gracias. ¿Y tú? - Very well, thank you. And you? (informal)
- ¿Cómo te llamas? - What's your name? (informal)
- Me llamo... - My name is...
- Mucho gusto - Nice to meet you

Essential Questions

- ¿Habla inglés? - Do you speak English?
- ¿Dónde está el baño? - Where is the bathroom?
- ¿Cuánto cuesta esto? - How much is this?
- ¿Puede ayudarme? - Can you help me?
- ¿Dónde está...? - Where is...?

Directions and Transportation

- La parada de autobús - The bus stop
- La estación de tren - The train station
- El aeropuerto - The airport
- Izquierda - Left
- Derecha - Right
- Recto - Straight
- Cerca - Near
- Lejos - Far

Food and Dining

- Tengo hambre - I'm hungry
- Una mesa para dos, por favor - A table for two, please
- El menú, por favor - The menu, please
- La cuenta, por favor - The bill, please
- Agua - Water
- Café - Coffee
- Sin picante, por favor - Without spice, please

Emergencies and Health

- Necesito ayuda - I need help
- Llama a la policía - Call the police
- Me siento mal - I feel sick
- ¿Dónde está el hospital? - Where is the hospital?

Miscellaneous

- ¿A qué hora? - At what time?
- Hoy - Today
- Mañana - Tomorrow
- Ayer - Yesterday

