



COSTA RICA

AUMC ~~~~~ CRMP



HIGH SCHOOL/COLLEGE
MAY 23-MAY 30, 2026



ASBURY
UNITED METHODIST CHURCH

PURA VIDA

COSTA RICA MISSION PROJECTS

CRMP, founded and led by Wil and Yolanda Bailey, is a support ministry for the Evangelical Methodist Church of Costa Rica. Guided by Jesus' example of servant leadership, CRMP has coordinated building projects and Vacation Bible Schools since 2003, primarily in southern Costa Rica. In 2016, they built their Missions and Ministry Center, which also houses a daycare for low-income families and a residence for rural students pursuing higher education in San Isidro. In 2021, they expanded their outreach by opening a counseling center to walk alongside people in difficult times.



Fun Fact: Their daughter, Isabella, was born while one of our teams was in Costa Rica!

CONTACT INFO

For registration and money questions, contact Laura Cox: laura.cox@asburybham.org.
Our Team Leader is Rev. Robert Mercer. His email is robert.mercer@asburybham.org.
Our High School Director is Rev. Austin Lerner-Gay. His email is austin.lernergay@asburybham.org.

COST

The cost of the trip is \$1,200 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.

FUNDRAISING

You have opportunities to reduce the cost of your trip. Emails will be sent to the team with details and sign-up closer to these events:

- Giggles and Grace Consignment Sale (stocking clothing/items), February 26-28
- Asbury Dinner Theater (waiting tables and cleaning up), March 13 & 14
- Flower Sale TBA (Spring)
- Security Aux (Sunday mornings)

SIGN UP

www.asburybham.org/costarica



ITINERARY

MAY 23-MAY 30, 2026

TRAINING

Three trainings will be held on Sundays at 12:15 p.m. in the RESET space.

- February 8
- March 29
- April 19

SATURDAY- MAY 23

- 4:00 a.m. Meet at Asbury
- 11:05 a.m. Delta- Flight 1931 Atlanta to San Jose
- Head to CRMP, Dinner at CRMP Mission Center

SUNDAY- MAY 24

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 29

Free Day TBA

SATURDAY - MAY 30

- 1:25 p.m. Delta Flight 1756 San Jose to Atlanta
- 11:00 p.m. Arrive at Asbury

Fun Fact: We always have an impromptu schedule change, like going to get Pops Ice Cream.





SPENDING MONEY

- Personal gifts can be purchased, but remember you'll have to carry them home.
- A \$5 offering will be taken at church twice.
- Plan for snacks during the week and food in airports.
- We recommend bringing about \$200 for spending money.
- Many places accept U.S. dollars, but not all. Smaller bills are best. Vendors will give change in colones.
- A debit, credit, or prepaid card can also be very helpful.

Fun Fact: Try the ice cream "Trits"! It's Pastor Robert's favorite Costa Rican treat.



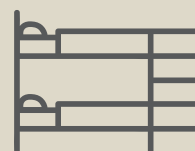
PASSPORT

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. Guys and girls 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 Costa Rican 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.

WHAT TO BRING

- Passport
- Old school wired headphones for watching movies
- 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



- 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)
 - Pack clothes for traveling home in a large ziplock bag (You will be glad you did!)
- 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



Fun Fact: Some people can pack everything in carry-on luggage!



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

Fun Fact: ¡Pura Vida! La frase más famosa de Costa Rica significa “vida pura,” pero se usa para casi todo—hola, adiós, gracias o “¡la vida es buena!”

