



---

2024-25 Mission Trip Info Packet  
Central Valley, Costa Rica

011 (506) 2444-0321 (office)

[info@strongmissions.com](mailto:info@strongmissions.com) [www.strongmissions.org](http://www.strongmissions.org)

Thank you for your desire to serve the people of Costa Rica. We explain much of the mission part of your trip here, and any additional fun activities (beaches, mountains, volcanoes, zip-lines, rafting, etc.) can be reserved through our own travel agency, 360 Costa Rica Travel, formed to get reduced rates on hotels, tours, transportation, etc., to pass on to you. We are extremely flexible regarding group size, participant ages, trip length, and arrival and departure dates and times (midweek arrivals/departures when airfare is lower is fine). We accommodate all types of skill sets and accept various types of work teams as well as teams that offer gifts in children's programming, arts and/or sports. We offer pastor and family discounts, as we understand that some families are limited in their household economy yet not in their hearts for service. We look forward to partnering with you in service to the poor and disenfranchised of Costa Rica, and to the relationships that will grow from your experience with us.

#### **I. MISSION TRIP COST**

For teams staying with us in our facility, the per person cost for:

- 5 nights is \$810
- 6 nights is \$850
- 7 nights is \$890
- 8 nights is \$930
- *For other lengths of stay please contact us directly. For teams with less than 10 participants, add \$50 per person to cover transportation and kitchen costs.*



---

**What's included?** Team lodging and meals with us, limited games/supplies for VBS type activities, building materials and tools, local labor supervision, team transportation, a box of groceries per team member to deliver to local families, and administrative and operational costs. Transportation includes transit to and from the airport, worksites, a day tour, food delivery for needy families, a visit to a souvenir workshop and the farmer's market, as well as transportation for kids' activities. A local coffee tour, Sircof, is available for \$4 per person, and it's the coffee you'll drink while you're with us. A salsa & folk dancing lesson (\$40 per team for 10 or less and \$4 per person for teams of 11 or more) is an additional cultural/fun activity available during your stay with us. Both are more than worth the cost.

**What's not included?** Flights are not included. Educational Opportunity Tours <https://www.eo.travelwithus.com/#eotours> in Florida and Highpoint Travel <https://www.highpointgo.com/> in Dallas specialize in group mission travel if you need assistance. Teams can come in on various flights if necessary. Driver's tips are not included. We recommend \$20 per team per full day of transportation for tips, and this can be given directly to the driver at the end of each day or to the transportation coordinator at the end of the trip. My wife and I will be glad to handle any fun trip activities, day or overnight, and will make some suggestions for you to choose from, including beaches, volcano areas, cloud forests, etc.

## **II. 2023 PROJECTS, ACTIVITIES & ADDITIONAL INFO**

Photos and more information of teams and projects can be found at [www.facebook.com/strongmissions/](http://www.facebook.com/strongmissions/) and [www.strongmissions.org](http://www.strongmissions.org). All projects have been requested by families, churches, schools, children's shelters, city councils, etc., and have been evaluated measuring need and feasibility. Programs provide physical resources and in some cases training so that local leaders can better serve their own communities.

### **A. Construction and Other Projects**

Work includes construction and vegetable garden start-up in local children's shelters, public schools, nursing homes, homes, churches and at the mission. Work spans from light to heavy construction. Food boxes will also be delivered to local families in need.



---

## **B. Children's Activities**

Vacation Bible School style activities such as crafts, games, songs, etc., are encouraged. Teams prepare such activities to bring with them, and are encouraged to think outside of the box so as not to duplicate past teams' efforts. We do have limited equipment (parachutes, balls, etc.) so check with us to decide what to bring. Translators are provided. Arts and Sports camps can also be offered to local kids by teams wishing to share such gifts.

## **III. LODGING**

### **A. Strong Missions Center**

Strong Missions' lodging is first come, first served. It consists of bunk-bed group lodging and shared bathrooms. Once your team's deposit of \$100 per person is paid your space is held for you. Deposit information follows below.

### **B. Hotels and B&Bs**

For those wanting a little more luxury and don't mind the extra cost, please allow us to reserve your space with an area hotel or B&B.

## **IV. PASTOR AND FAMILY DISCOUNTS**

If pastors need help we offer a \$200 discount, and to assist families who need it, those families coming from the same household economy are offered a \$300 discount off the 3rd person's cost, \$150 off the 4th and 5th person's cost, and \$100 off of each additional person's cost.

## **V. METHODS OF PAYMENT/ BANK TRANSFER INFORMATION**

All mission costs included in this packet may be sent, by check or online, directly to our 501(c)3 public charity at the South Carolina address, found below and at [strongmissions.org](http://strongmissions.org). Additional activities and hotels found in the "Fun Activities" packet can be paid by PayPal or by bank transfer directly to our Costa Rican tour agency, 360 Costa Rica Travel. Funds for non-mission related activities should not be paid to the charity organization. You will receive two invoices, one for the mission trip and one for additional fun days and overnight trips.



## **VI. STRONG MISSIONS REGISTRATION AND PAYMENT/REFUND POLICY**

Strong Missions requests a deposit of \$100 per person along with your team registration form to reserve your space. We ask that final payments are sent to our 501(c)3 public charity mailing address below, or electronically deposited at least 2 months prior to your arrival. In case someone is not able to make the trip Strong Missions will refund any money that has not been used prior to your arrival. The total deposit amount will be deducted from the final payment.

Deposit checks can be sent to:

**Strong Missions Inc.**

**PO Box 16132**

**Greenville, SC 29606**

***Please note team name, trip date, and “trip deposit” on the memo line so as not to confuse this with a general donation.***

## **VII. CHILD PROTECTION POLICY**

We will provide the child protection policy for you to look over before arrival. All participants must agree to this policy and sign the agreement upon arrival at the mission.

## **VIII. ADDITIONAL COSTS AND SPENDING MONEY**

Many locations accept credit cards, but a few are cash only. ATMs are available in most parts of the country to withdraw colones, such as in the airport upon arrival. Do not use the currency exchangers, they give a terrible rate; again, ATMs are fine in the airport as well as any bank as the exchange rate is the same the locals receive. Most businesses accept dollars, but most who do will only accept \$20 bills or lower unless spending larger amounts. ***Make sure all bills are without even the slightest of tears, and are unmarked, or we cannot accept them, nor will local banks and vendors.***

## **IX. Things to Bring (please distribute to team members)**

Remember that the church here is more conservative than in North America, so clothing should be much more modest for church services and activities held in churches. We ask that teams abide by typical school rules for clothing (no spaghetti straps, fingertip-length



---

shorts, etc.), for such activities. Everything else is flexible regarding clothing, but remember that work clothes should offer you some protection.

- **Flexibility and an open heart along with a desire to help the poor, build relationships, and experience a culture different than your own**
- Bus Driver's tips (typically \$20 or more per team per day depending on team size)
- Passport
- A list of dietary restrictions for your team (for team leader)
- Personal toiletries & towel
- Raincoat or poncho
- Sunscreen
- Insect repellent with Deet
- Individual, refillable, water bottle
- Pants/jeans, extra-long shorts, or capris for work (for safety and to be respectful of a more conservative culture, at least the folks we work with)-***please, no short-shorts*** in the local community around the mission, although we're more flexible while inside the mission, and of course you're free to wear what your leaders decide regarding fun trips
- Gloves, eyewear (sunglasses or glasses will work), and closed-toed shoes for work (and some activities on fun-trips)
- Pillow and pillowcase
- ATM card, extra money, (esp. small bills – 1s, 5s, 10s) for snacks, souvenirs, meals, fun trips, etc. ***TORN, MARKED OR SPOTTED U.S. CURRENCY WILL NOT BE ACCEPTED IN COSTA RICA, NOT EVEN A LITTLE BIT.***
- Personal medications
- Small flashlight and a camera or a smartphone
- Swimsuit & beach towel depending on your choice of fun trip, hotel stay
- Good walking shoes/hiking boots
- Shorts & Sandals for fun trip and time off
- Long pants and light jacket for cooler night weather at mission and mountain excursions (temps in the 60s and very occasionally the upper 50s at night at the mission)



- Small backpack for daily and fun trip use
- Hat or cap
- Rubber boots or old shoes for work
- Spanish dictionary/phrase book
- Donations for local families/children and for work (tools), school supplies, clothing, shoes, toys, soccer balls, hygiene items, First Aid materials, etc.
- **Again, a flexible attitude and a will to serve**

