

Volunteer FAQ and Notes

Please initial each page by each team member and sign the last one . 7pages in all

- **ABSOLUTELY NO Smoking , E Cigarettes or tobacco use of any kind.**
 - **NO ALCOHOL PERMITTED OR CONSUMED WHILE WITH RICE AND BEANS MINISTRIES. NO ILLEGAL DRUG USE ALLOWED .**
1. Passports make sure that the passports are current and have 6 months on them before expiration. Make sure passports are not damaged as Costa Rica will not allow you in the country with a damaged passport. Make 2 Copies of the passport 1 for team leader and 1 for the missionary . I suggest make a cell phone photo also
 2. All teams are recommended to have trip insurance.
 3. We can arrange your airfare if you wish. I must know 4 months in advance if possible.
 4. Flights to Costa Rica.
Airport San Jose Costa Rica. SJO
Schedule flights to arrive around the noon hour if possible Our Transportation will meet you outside Baggage Claim.
Travel Agents we use
 - Andrew Dryden (972) 284-1324 adryden@highpoint963.com
 - Lyn McCory or Bonnie Powell (800) 523-9979 or (601) 582-3300 Lynmccory80@gmail.com
 5. Money – your money needs to be **clean and not marked on or torn or heavily wrinkled** as the vendors or banks will not accept it... most of Costa Rica will accept US dollars bring your spending money clean not larger than 20 dollar bills or Visa or Master cards in most places...

6. Don't exchange money in the airport.. you will lose 25% of the value of the dollar
7. PACK LIGHT as possible the airlines allow 50 lbs for a bag and the bag fee is \$25.00- \$40.00 check with your airline... Due to space on the transportation vehicles please bring only ONE BAG PLUS YOUR CARRYON... plus any teams bags you need for supplies brought from the USA
8. Pack a change of under clothes and 1 change of clothes in your carryon just in case of lost bags
9. Packing List
 - personal hygiene items and clothes, Shorts (mid thigh)
 - bug spray , Sun Screen
 - Personal Meds
 - hat , gloves , closed toed shoes
 - light jacket and Rain Coats or umbrellas
 - long sleeve thin shirt for sun block
 - clip on fan electric plug are normal 110, flash light
 - digital camera and plenty of cards and batteries
 - Note: We have pillows. We have sheets , blankets and towels however if you wish to bring twin sheets, towels or pillows to leave that is great...if you forget something we ARE IN town ... you can bring snacks and just keep them in zip locks as there is ants. Gloves, 2 pair of comfortable shoes close toed for working , remember we can wash clothes so you don't have to have clothes for everyday.

10. There is clinics and hospitals in the bigger towns and in the local communities most have small clinics for medical needs.

DRESS CODE

11. Church is on Sunday. On Sunday Ladies wear a skirt , sundress or nice slacks and slacks for the guys. **PLEASE DO NOT WEAR SHORTS .**

The other days of the week we have a message and music at our facility.

12. Work clothes shorts and tee shirts however some people like long pants. Ladies and men **PLEASE** wear long shorts. Short shorts or gym shorts are NOT PERMITTED for our work site, food ministry , schools or around the church. **Ladies and gentlemen please do not wear gym shorts or short shorts or cut off tee shirts outside of your rooms .** Ladies please do not wear shirts that shows sports bras or anything similar. Leggings are NOT pants please use shorts in combination with leggings. Men please always wear a shirt.. Bring safety glasses and Gloves also closed toed shoes or boots.Closed toed are required when you are at VBS, food ministry and construction.. no sandals for safety issues.

Remember that we are representing the church.. let us be the example.

Dress Code Questions?

Some parents and youth have asked me about the dress code, wanting a definition of "short-shorts." Or asking "Is _____ type of shorts ok?"

The most important thing to remember is that we are missionaries. We are the ones setting an example of modesty. We also don't want our clothes to be a distraction from our work. That being said, here are some ways to check if your clothes meet the Rice and Beans Ministries rules.

These are suggestions to help you - measurements are subjective since our bodies are all different. Some shorts may not fit all the standards below. The most important questions to ask when packing shorts are: *Can I be active in my shorts and still be modest? Can I bend and sit without being indecent or showing anything?*

Different ways to check for dress code requirements:

- Do your fingertips reach the hem of your shorts?
- Is the inseam measurement of your shorts at least 4 inches?
- Is the hem 3 to 4 inches above the knee?



The hem is at fingertip length (with straight back and

4" inseam minimum

3"- 4" above the knee

SUPPLIES

13. In the elementary school they can use English children's books , pencils, crayons, toys for kindergarten, math cards etc...

14. VBS is available everyday. please advise on how many days you wish to do.

15. Most of our bible schools take place in the schools

16. Gift bags for the students can be pencils ,erasers crayons , stickers toothpaste and brushes etc..

17. We encourage families to serve together.

18. I also ask the teams to covenant with Rice and Beans Ministries for annual support.

HELP US HERE

#1 Please with the children not to make promises of things you will send or that you want to take them to the USA

#2 I ask you not to enter into a romantic relationship with the locals. it is easy to break hearts. The people of Costa Rica are beautiful people so please keep it as friendships only as it can get to be very difficult for the dreams and wishes of the people. I do not allow this with our team so I ask you to respect this please.

#3 Please to not offer to take people to the USA as visas are very hard to obtain and it creates false hope for a better life , then the locals feel as they were lied to whether it was the case or not, they do not understand.

Remember we are here to build relationships with in the local community ... we are here to share the love that God has shown us.

All TEAM MEMBERS MUST SIGN THIS PAGE and please initial each page

EXCURSIONS

We can help you arrange excursions

Zip line 50 dollars depending on location

La Paz waterfall parks 52 dollars includes lunch,

White water rafting 90 dollars plus a busing fee etc.

There are many attractions I can help you arrange most.. with our rural visitation some teams are happy without tours..

What you can do

You can raise support for:

Food bags–5 lbs each Rice and beans, 2.2 lbs corn meal masa and 2.2 lbs of powdered milk for a food bag 12.00 each

Some team will raise funds for 100 to 600 food bags.

School uniforms with shoes and underwear 55.00

You can donate to our building fund.

Kids stuff for food bags coloring books, book markers The ladies love personal hygiene products

Health Kits Wash cloth , small travel size shampoo and bar soap , tooth paste and brush , band aids and maybe tylenol , also antibiotic cream all in a sandwich zip lock

Spanish Bibles are available at \$5.00 EACH. we can purchase these for you

TIPS

If you wish To tip our team you can tip the tip 50 to 100 each but put it in an envelope and i will divide among them all equally. If you wish to tip more please talk with me first please. please tip the bus driver separately

SCHEDULE

Saturday team arrives at airport and transported to the team house about 1/2 hr ride. We will have a sandwich lunch or snack. We have dinner for you at the our house.

Sunday

745 am breakfast,

9–930 am we leave to go to the church to worship

12 noon – lunch.

On Sunday afternoon we go to a local tourist area and shopping

Monday thru Thursday is serving

6:30 breakfast

730 leave for VBS or construction

12:00pm lunch

1pm Pack food bags

1:30–4:30 Food Ministry

5:30 dinner

We have devotions every night at 6:30 to 7:30pm..

Friday

Friday is your tour day.

We have Breakfast only this day and lunch and your dinner meal normally at a local restaurant is on the team. Dinner depending on the restaurant is \$15–20 per person.