Costa Rica Mission Trip

Rice and Beans Ministry(RABMIN) - San Jose

In the rural areas of Costa Rica, food is a common worry and need for our local communities.

RABMIN has sustainable programs set up to ease the worries of having food on the table while sharing the love and hope of Christ.

**Feeding Program**

RABMIN teams pack food bags with staple items like powdered milk, corn meal, rice, and beans door-to-door in our service regions of Coast Rica and Brazil. Through this ministry of food and prayer, we can meet an immediate need, an encouraging word, and prayer while building relationships with the families. Through these visits, we find families hungry for more than just food and begin to show them how to have a personal relationship with Jesus and much more.

RABMIN also supplies fresh produce to area schools through their Gardens of Hope program. Mission teams experience giving hope to others through the Gardens of Hope. Volunteers can work in the garden and have the opportunity to share what is gathered with families in need.

**“Vacation Bible School”**

RABMIN knows these our local children are hungry for more than just food. They are hungry to learn and hungry for joy. We will have opportunity to provide an interactive, kid-friendly, Christ-based after-school education. We can combine our food ministries and children’s ministries to feed them with food as well as the word of God.

**Construction**

There is always a need for light construction support at the farm and in the communities so if construction/painting is of interest to your team, we can make that happen.

**SAMPLE ITINEARY**

9/2 – Arrive to CR, meet RABMIN at airport for transport to Farm for Orientation and to prepare for the week.

9/3 – Church, short tour of area, collect produce, pack food bags, evening worship

9/4 –Visit School(s): Distribute produce and care bags to schools with VBS activities sponsored by PRUMC (arts, crafts, Bible story, games), evening devotions

9/5 – Food ministry day with distribution in neighboring communities, evening devotions

9/6 - ½ day community activity before departing for Atlanta or post trip excursion.

Costa Rica Mission Trip - Trip Details

**COST:** $1500 (including airfare and room and board at RABMIN)

**DATES:**

Option 1 September 2nd – 6th (return on 8th if doing excursion)

Option 2 September 6th – 10th (return on 12th if doing excursion)

**TRAVEL NOTES:**

Trip Size – 16 (must have 10 in order for the trip to happen)

Tickets will be acquired on your behalf either on Delta (preferred if $$ allows) or on American Airlines (there are many budget airlines with flights to Costa Rica but on-time arrivals are not reliable enough and layovers can be tricky).

Please talk to your doctor or travel clinic to find out more information about recommended vaccinations for this area, which historically is not needed in the areas that we will be traveling, other than your routine vaccinations such as Tetanus. There are currently no COVID restrictions or vaccine requirements.

Accommodations are dormitory style housing with full bathrooms and showers (hot water!), set on a small farm in the mountains outside San Jose.

**POST-TRIP EXCURSION**

Both options have the opportunity for a 2 day extension to tour, with stay at an eco-resort in the Rain Forest area of Arenal, located in this region. Activities include La Paz Waterfall with scenic hikes or less active viewing, coffee farm tours, volcano hikes/tours, or just relaxing by the pool.

So, on the last day of the mission, you will be able to return to Atlanta or do the extension tour. This is not included in the base price and not supported by PRUMC but we will work with one of your team members to help put this portion of the trip together which can be done for $500-$750 depending on tours and accommodation level.

Contact Dawn Hawkins at [dawnh@prumc.org](mailto:dawnh@prumc.org) or 404-240-8205 for questions or registration information