



Nicaragua Mission Trip July 28-August 4, 2018

ITINERARY *(tentative)*

Saturday, July 28th: Meet at Intercontinental Airport, for morning flight to Managua on United Airlines. We will be picked up by the ministry leader at airport with school bus. Transport to La Quinta Havilah (Open Hearts Base). Have lunch and settle in. Afternoon briefing, drive to see project area, prepare projects for the week. Dinner and worship.

Sunday, July 29th: Breakfast, quiet time. Church and morning program. Lunch at La Quinta. Afternoon outreach. Dinner and worship.

Monday, July 30th-Thursday, August 2nd: Breakfast, quiet time, outreaches: work projects, evangelism outreaches and VBS. Dinner and worship each night.

Friday, August 3rd: Breakfast and quiet time. Depart for San Juan del Sur to the beach for lunch, swimming and shopping. Dinner at La Quinta Havilah and closing worship.

Saturday, August 4th: Breakfast, quiet time. Load bus for airport. Flight to Houston.

HOUSING AND TRANSPORTATION

We will be staying at the Open Hearts mission base, called La Quinta Havilah, in Managua. It is a beautiful acreage with small cottages for men and women with areas for eating and worship. There is a nice swimming pool for free time. Girls must wear shorts over their one-piece bathing suits. You will need to bring a towel for the pool and the beach.

United Airlines flight and school bus in country. If you have a Mileage Plus account, bring your card with you when you check in to earn miles.

COST

The cost is \$1600 per person. It includes airfare, housing, ground transportation, visa, departure taxes, medical insurance and most meals.

\$200	Deposit and application due upon registration (deposit is non-refundable)
\$500	First Payment due March 1 st
\$500	Second Payment due May 1 st
\$400	Final balance due June 15 th

PREPARATION MEETING

We will have one meeting for information and preparation prior to our trip, which will be decided after the team has been finalized.

FLIGHT INFORMATION

We will give details once flights are secured.



Nicaragua Mission Trip PREPARATION CHECKLIST

REQUIRED DOCUMENTS

- Mission Trip Registration on REALM
- Passport check expiration date – **MUST EXPIRE AFTER JANUARY 28, 2019; RENEW IF EARLIER**
- Color copy of your passport
- Copy of your health insurance (*You will be covered for international medical and emergency insurance.*)

**Email copy of passport and proof of health insurance to Paula Niz at pniz@fmhouston.com.*

IMMUNIZATIONS

Check with your doctor for their recommendation on vaccinations for Managua, Nicaragua. Don't usually recommend malaria prevention, as we are in populated areas.

VACCINES

- Tetanus: required
- Hepatitis A & B: recommended

MONEY

You will need money for 2 meals in the airport and 1 meal at the beach and any snacks and small souvenirs that you wish to bring home. Please remember to carry cash only, NO CREDIT CARDS or Travelers Checks. Small bills are best - \$1, 5, 10 and 20 bills (Recommend a minimum of \$50 in cash for meals and snacks). There is a coffee shop at the ministry base, which sells coffee and souvenirs.

SUGGESTIONS FOR A SUCCESSFUL TRIP

- Pray for the trip and the people we will serve.
- Pray to be flexible and bring a positive attitude.

FOLLOWING THE TEAM

We will post details on the church Facebook page, as we are able. Please use only for emergencies.

Emergency: If you have an emergency and need to contact us by phone, call Mandy Jones at (832.655.3912).

DRINKING WATER

La Quinta Havilah has its own water well and we will have fresh, clean water. You will fill your water bottles each day and we will have large water coolers with fresh water, as well. You may drink from the sink at La Quinta Havilah and use the water for brushing teeth, etc. Do not drink water from other sources.



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VALUABLES

We recommend that you do not bring valuables, such as laptops, iPads, jewelry or other items. La Quinta Havilah has a full-time security guard and a safe to lock up our passports and things, but it is best to leave expensive items at home (unless you are on the AV team).

LUGGAGE REQUIREMENTS

The size limitation of your luggage is calculated by adding the total outside dimensions of each bag (length + width + height). One checked bag at 62in/157cm. Maximum weight: 40lbs. We will ask you to carry some additional supplies. One carry-on bag at 45in/114cm.

OPEN HEARTS WEBSITE

[Open Hearts](#)



Nicaragua Mission Trip PACKING LIST

- Bible, pen, and notebook
- Long lightweight pants for outreaches
- Skirt and blouse (ladies), slacks and short-sleeved shirt (men) for church
- Jeans (optional)
- T-shirts (no tank tops or belly shirts)
- Shorts (modest for wear at mission base and beach)
- Closed-toe shoes
- Sandals for mission base
- underwear/socks
- Pajamas
- Towel (for pool and beach)
- Shower shoes
- Rain gear
- Sunglasses/sunscreen/hat
- Toiletries
- Tissues
- Medicine in prescription bottle or box (anti-diarrhea)
- Chewable Pepto-Bismol
- Antibacterial wipes (wipes are more effective than the gel)
- 1 Roll of toilet paper
- Bug repellent
- Small personal fan – if desired
- Water bottle
- Camera
- Flashlight
- Snack food – individually packaged (if desired)
- Work gloves
- One piece swimsuit and shorts for girls to wear over swimsuit (in pool)
- Hair ties
- ZipLock Bags for dirty clothes



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SAMPLE SUPPORT LETTER

(send to friends and family)

Date _____

Dear _____,

Hello, (Greeting, according to who you're writing and how well you know them.)

I am writing to tell you a little about what has been happening in my life and the opportunity I have for this summer.

This summer, July 28-August 4th, I will be traveling with a mission team from my church, First Methodist Church in Houston, Texas to Nicaragua on a short-term mission trip. Nicaragua is the second poorest country in Latin America. My team will be serving very poor families with service projects and evangelistic outreaches in Managua. Many of the families we serve have no running water or electricity and suffer from malnutrition and lack of medical care. We will help repair homes, work with disabled children and families, lead sports and evangelistic outreaches and share about the hope and love of God through Christ.

The cost of the trip is \$1600. Would you consider becoming a partner with me and being a part of this outreach to the people of Nicaragua? All of my support must be raised by May 1st. If you are interested in being a part of this ministry, you may make your check payable to: First Methodist Houston – Nicaragua Mission Trip. All donations are tax deductible. You may send the check to me directly at your address .

I would also like to ask for your prayers for the people we will meet and serve and for my team as we prepare to go. Please pray that God will use me in a great way and that many people will come to know God's love for them. Please pray that our hearts would be open to however God wants to use us.

Thank you in advance for your support through donation and/or prayer. I know God will do great things for the people of Nicaragua whom we will be serving, as well as our team this summer!

May God bless you and your family,

(Name)



Nicaragua Mission Trip TESTIMONY

(Optional to use in team building time)

Your Personal Testimony

Name _____

Describe your life before you came to know Christ:

Describe how you came to know Christ personally:

Explain how your life is different since you have known Christ: