



MISSION TRIPS

# PARTICIPANT GUIDE

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# WELCOME!

# BIENVENIDO!

Welcome to the Familia! We are thrilled to be serving with you soon! We put together this guide to help you through the process of attending a mission trip with us. We want to make all of the logistics easy, so that you can have an incredible and meaningful week in Nicaragua.

We believe that God is sending you to Nicaragua for a specific purpose, and we believe that He made you with unique talents and gifts. Our goal for your trip is that your talents and purpose become obvious so that you can “come alive” while serving. As you walk through all of the logistical aspects of preparation, we also encourage you to take some time in prayer and reflection, asking God to reveal His specific purpose for your trip.

Our team can't wait to serve with you in Nicaragua. If you have any questions along the way, don't hesitate to call or email me.

Thank you,  
Tessa Sulimirski  
Director of Missions - US Office  
[Tessa@AmigosForChrist.org](mailto:Tessa@AmigosForChrist.org)  
770-614-9250

# PREPARING FOR YOUR TRIP

Currently, the State Department has listed Nicaragua as a Level 3 Advisory (Reconsider Travel). We recommend that you visit the [State Department's website](#) as you make your decision to join us for a mission trip. You may also consider purchasing travel insurance in the case that you need to reschedule your mission trip.

## Signing up and Registration:

- If traveling with a group, your group leader will give you a registration link. If traveling on your own, Tessa will email you a registration link.
  - Please do not share this link with others. People who are interested in a mission trip should contact your group leader or [info@amigosforchrist.org](mailto:info@amigosforchrist.org) so we can send them the appropriate link.
  - Check out this [video](#).
- Please finish your online registration as soon as possible. You will have up until 2 months prior to the mission trip to register and pay Amigos for Christ for your “Mission Trip Contribution” of \$275. Just choose “pay later” on the drop-down menu if you need to send in a check or call with a credit card after registration. If you fail to pay within 2 months of departure, we reserve the right to cancel your registration and offer your spot to someone on the waiting list.
  - Please **fully disclose important medical information** on your registration so our medical team can be aware of everything before your arrival. A doctor’s note will be required for people with the following conditions: over 65 year’s of age; obese; type 2 diabetes; history of smoking; cancer; COPD; chronic kidney disease; heart conditions; respiratory conditions; Sickle Cell disease or immunocompromised due to an organ transplant.
- We cannot accept anyone on a mission trip who has a **peanut allergy** or some food allergies. Those who are pregnant, trying to get pregnant (or their wife pregnant) are advised not to come to Nicaragua due to the Zika virus. We also cannot accept anyone who has a condition that puts them in danger if exposed to extreme heat or strenuous activity. Our facility is not handicapped accessible. We are not set up to handle children under 5 years of age. All participants must **fully disclose important medical information** on their registration so our medical team can review their suitability before departure. If you have **any** reservations about your suitability, please contact the office before buying your ticket.
- Please note that those who live in a country at risk of transmission by yellow fever published by the WHO, and who wish to enter Nicaragua, must present the International Certificate of Vaccine against yellow fever with date of application at least ten (10) days before arrival in the country. For additional information and a list of these countries, please visit [Yellow Fever Information](#).
- **Everyone who registers for a trip is covered by our insurance policy while in Nicaragua.** This policy covers emergency medical and emergency evacuation costs. Our medical staff is trained to handle minor medical needs.

## Before Departure:

- **Get any shots and medications you might need.** The CDC recommends that you be current on your COVID shots, with Hepatitis A and an updated Tetanus if necessary. Some clinics advise a series of three Hepatitis B shots, a Typhoid shot, and/or malaria pills. Check with your doctor. **Please put all prescription medication in your carry-on** in case your checked luggage is delayed.
- **Collect donations** from our Current Needs List, items specific to projects on your trip, etc.
- **If you can’t make the trip,** you must cancel your ticket before the plane is scheduled to depart in order to get any credit for it. Please call your group leader (if applicable) and the Amigos office (770-614-9250) and let us know if you can’t make your flight at the last minute. Please do not e-mail Tessa at the Amigos office any urgent last minute information since this will not be seen until the office opens on Monday morning. Instead, please call the emergency number on the office answering machine (770-

614-9250).

### While in Nicaragua:

- **Our team has been preparing for your trip for weeks before you come, and they are looking forward to serving with you.** We want you to feel free to embrace your experience in Nicaragua with as little stress as possible, so sit back, relax, and let them lead the trip. Of course, please do not hesitate to ask them if you have any questions or concerns.
- **Our team has prepared group reflection times throughout the week** so that everyone has a chance to share and process what they are experiencing on the mission trip.
- **We expect all participants and staff to treat each other respectfully at all times and abide by the [Code of Conduct](#).** You will be asked to E-sign this Code of Conduct when registering.
- **Internet and phone service is limited in Nicaragua.** We encourage you to “unplug” all week and not use phones or internet unless **absolutely necessary**. If family members need to reach you in an emergency, they should call the Amigos office at 770-614-9250 and a staff member will contact Nicaragua immediately. If they call the office after hours, a cell phone number is available on the answering machine for such purposes.
- **Usually groups arrive in Nicaragua between 11 AM and 7 PM on Saturday.** Please plan to depart Managua between noon and 3pm as the Amigos Complex will close at 8am Saturday morning.

# PACKING LIST

- Passport, copy of passport, address, phone number, etc.
- The NEXT PAGE of this Documentx
- Personal medicines – *All prescription medicines **MUST BE** packed in your carry-on bag.*
- \$50 in small bills, **plus** money for any meals to/from the airport, COVID testing, hotel stay and any extra money you want to buy souvenirs. Bills **cannot** be marked or torn. *This amount allows you to budget for the following items in Nicaragua:*
  - \$10 to enter country of Nicaragua
  - \$5 to cover special mission trip activities (volcano, etc.)
  - \$10-20 to cover 1-2 meals out to eat
- **Small backpack** (that fits your water bottle) to take to volcano and out to worksites.
- **Clothes:** 7 shorts or long pants, 8 t-shirts or long-sleeve shirts, 1 outfit for church, thin rain jacket, underwear, socks, work gloves, tennis shoes, work shoes, and sandals. Bathing suit if you have a hotel stay during your trip. **Laundry service is NOT available.**
- Pack one change of clothes in your carry-on bag.
- Toiletries Small flashlight, Bible, journal, pen
- Water bottle (insulated is best)
- Small snack items (granola bars, cracker packages, etc.)
- Sunscreen, insect repellent, hydrocortisone cream, hand sanitizer or hand wipes
- Sunglasses, hat, and a few bandanas
- Camera
- 1 can powdered “Gatorade” **AND** 1-2 boxes of individual packets (or liquid concentrate) of electrolytes (Gatorade, Propel or Pedalyte). **Please make sure that the can of Gatorade is in a large, sealed plastic bag and stuffed in a place where it will not break open!**
- 1 plastic jar of *peanut butter* and 1 plastic squeeze bottle of *jelly*. *Please pack all of these items in your checked bag as they are considered “liquids” by TSA*
- 1 small box of zip-loc sandwich bags per person/family
- Small flashlight, Bible, journal, pen
- Water bottle (insulated is best)
- Small snack items (granola bars, cracker packages, etc.)
- Sunscreen, insect repellent, hydrocortisone cream, hand sanitizer or hand wipes
- Sunglasses, hat, and a few bandanas
- Camera
- *Drinking water, sheets, a pillow, and a towel will be provided. **Please do not bring good jewelry, computers or drones.** Please ask if you have any questions regarding items that you can or cannot bring.*

**If you are traveling from Atlanta, you may be asked to carry an Amigos duffle bag of supplies.** In this case, please try to fit all of your personal items in your carry-on. Personal items that do not fit in your carry-on, plus any liquids (like peanut butter!) can be added to the top of the supply bag as long as it doesn't exceed 50 lb.

## Current Needs List

[Use this link to see our most current needs.](#) We also have an [Amazon Wish List](#) with items we need in Nicaragua. Any help getting these much needed supplies to Nicaragua is greatly appreciated!

**\*\*PRINT THIS PAGE AND BRING WITH YOU TO NICARAGUA\*\***

## **\*\*PRINT THIS PAGE AND LEAVE WITH A FAMILY MEMBER\*\***

### To Parents and Family Members of Mission Trip Participant,

We are excited to spend a week with your child/family member in Nicaragua! To fully experience a week in Nicaragua, we ask that all of our mission trip participants refrain from contacting home unless there is an emergency. In the case of an emergency, your child/family member will be able to contact you. Please assume that if you do not hear from them while they are in Nicaragua, they are having a wonderful week. You may visit our website ([www.amigosforchrist.org](http://www.amigosforchrist.org)) or our Facebook page to see the projects that your family member may be working on.

### Contact Information

In the event of an emergency, you can contact your child/family member using these numbers:

- **US Amigos Office (Recommended during office hours 8:00am-5:00pm M-F):**  
Tessa Sulimirski, US Missions Director: 770-614-9250 or [Tessa@AmigosForChrist.org](mailto:Tessa@AmigosForChrist.org)
- **To directly contact someone in Nicaragua:**

Annie Bland: 770-572-6953 or [Annie@amigosforchrist.org](mailto:Annie@amigosforchrist.org)  
Danny Duggan 314-341-4613 or [Danny@Amigosforchrist.org](mailto:Danny@Amigosforchrist.org)  
Amigos Office: 011-505-2340-2786

### Participant Flight Information

Please fill in when you have purchased your flights.

Departure Date: \_\_\_\_\_ Departure Time: \_\_\_\_\_

Departure Airline: \_\_\_\_\_ Departure Flight #: \_\_\_\_\_

Return Date: \_\_\_\_\_ Return Time: \_\_\_\_\_

Return Airline: \_\_\_\_\_ Return Flight #: \_\_\_\_\_

Please make sure that the Mission Trip Participant has left a copy of their passport at home.

# PREPARING YOUR HEART AND MIND

You are about to step into a different culture for a week. You'll see new things, experience life in a new way, and meet new people. Many parts will feel fun and exciting, and other parts may feel scary and uncomfortable. We'll be there to guide you through the whole journey.

At Amigos, we serve to make Christ more visible. Our ultimate goal is that all involved in our ministry would "come alive" in His love.

## As you prepare, consider these goals for your mission trip:

1. **LEARN.** Learn about the Nicaraguan culture. Break out your Spanglish. Make this a learning mission to see the world through a Nicaraguan's eyes. Let this experience alter your worldview. How is life similar or different to your daily life?
2. **FELLOWSHIP.** Our mantra is "Juntos", or "Together". Visit a family's home. Get to know one of our local staff members. Get to know someone on the trip that you don't know. You'll have endless opportunities to do things and spend time with others throughout your week. This is the most tangible way to make Jesus more visible.
3. **ENCOURAGEMENT.** We have a staff of 100+ people working in Nicaragua; made up of Nicaraguans and American missionaries. As you'll experience, the work is fulfilling, but days can be long. Ministry is hard, especially when it involves long-term transformation. Consider finding some time to get to know and encourage one of our staff. You could never imagine how impactful that can be.
4. **PARTNERSHIP.** Consider this week as just one piece of learning and engaging in poverty alleviation and missions. At Amigos, we are committed to making Jesus more visible through the process of community development. Consider partnering with us to ensure that our work continues; this can be as simple as being a monthly donor, or as involved as planning a fundraising event.

If you want a more in-depth spiritual preparation guide to the mission trip experience we highly recommend the Small Group Experience curriculum developed by the Chalmers Center: [When Helping Hurts / The Small Group Experience](#)