

**RICE + BEANS MINISTRIES**



# *Costa Rica* **TEAM MANUAL**



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*He has told you, o man, what is good; and what does the lord require of you but to do justice, and to love kindness, and to walk humbly with your god?*

Micah 6:8

**This is an exciting journey, and we will gladly walk you through every step of the way.** We hope this experience will help you see opportunities to love and serve your neighbor are all around us. We believe living out the love of Christ gives us the ability to build meaningful relationships that lead others to know His love.

# Trips at a Glance + FAQs

## HOW MUCH DOES A TRIP COST?



**TEAM FEE:** \$770 per person + airfare

**ADMIN FEE:** \$50 per person for 9 or less people  
\$650 per team for 10-20 people  
\$900 per team for 21-30 people

Contact us for  
groups of over  
30 people!

### ADDITIONAL COSTS:

Food Bags - \$16 per bag

Tour Day Transportation - \$300-\$350 (depending on which tour)

Tour Day Meal - \$20

If RABMIN needs to provide breakfast on departure day - \$10

Construction Donation - Based on project of each team

### ● What is the best way to handle airfare?

We have agents to help with quotes for airfare. Just let us know how many seats and your airport/city of choice, and we will send you the best options to choose from.

### ● Does our team need to have volunteers for construction, VBS & food ministry?

Your team can do construction only, VBS only or both. We recommend teams & individuals participate in food ministry. This is a very impactful part of your trip which everyone needs to experience. It is the core of what it means to “Go live love” & “love your neighbor”.

### ● Is there a deposit?

The admin fee is your deposit and is due when you sign up for a week. The admin fee is non-refundable.

### ● When is the final payment due?

The final payment is due 1 month before your trip. The final payment is also non-refundable. However, you can move the fee to another week.

### ● Are there specific requirements to serve with RABMIN?

All are welcome to serve with Rice + Beans Ministries. As an organization serving in Costa Rica, our goal is to love our neighbor and be respectful of their culture and beliefs. This is what we ask and expect of all volunteers who serve with us.

*Let's go live love!*





# Ways to Serve

*“Rice and Beans Ministries is where I have seen God working. When I first went to Costa Rica I thought it was a food & prayer ministry with some VBS & construction opportunities. The more I watched I began to see God working through relationships.”*

- April, Tennessee

# Food Ministry

Food ministry is as simple as bringing food to someone in need, but as powerful as inviting yourself into their lives & praying over their deepest burdens.

The impact made through this ministry is something which must be experienced to understand. This is why we encourage each person on the team to support at least 20 families with food. It is the door to a relationship which other teams will build upon for years to come.



THE RELATIONSHIP IS  
THE PATH.  
THE FOOD IS  
HOW WE GET THERE.





# Schools

RABMIN is involved in over eighty schools throughout Costa Rica. We believe it is essential to have a continuous presence in schools. This opens up the opportunity to teach students about anti-bullying & building character through Bible studies, music & puppet shows.



**ERASE  
THE  
NEED**



$2+2=4$



# Construction

Another way to serve is through our construction ministry. We have ongoing projects at our Base Camp, offering opportunities for volunteers to make a tangible impact. During school vacation periods in Costa Rica, we focus on helping local schools improve their facilities, ensuring students have a better environment for learning. Whether at Base Camp or in the community, construction projects provide a meaningful way to contribute and make a difference.





# Gardens of Hope

The Gardens of Hope became an open door to meet people where they are, share the love of Christ and give hope that does not disappoint.

Mission teams get to experience giving hope to others through the Gardens of Hope. Volunteers are able to work in the garden and have the opportunity to share what is gathered with families in need.







*What does a  
typical week  
look like?*

# A Typical Week in Costa Rica with RABMIN

Each week looks different, depending on what week you come, the areas we will be serving & weather conditions.

## *Saturday*

Arrival & get settled in at Base Camp

## *Sunday*

Breakfast & orientation

Go to church

Lunch at Base Camp

Leave for short tour & shopping

Supper at Base Camp

Worship time

End of day

## *Monday - Thursday*

Breakfast

Leave for work project or VBS

Lunch at Base Camp

Return to work project or VBS

Pack food bags

Leave for food ministry

Supper at Base Camp

Devotion, worship time & testimonies

End of day

## *Friday*

Eat breakfast

Leave for tour day

Supper at restaurant of your choice



*Quiet time at 9pm*

*Lights out at 10pm*

*Meal times will be listed in the dining hall.*





*"I thank God for  
Rice + Beans Ministries & the  
lessons of Christ's love. I return from  
Costa Rica with perspective to better  
serve in my own community."*

**- Kara, North Carolina**

# Where you'll stay



Base Camp is place to meet friends, for food, & for reflection. Base Camp is where we experience renewal & restoration, not only for our bodies, **but for our soul.**



# BASECAMP

## Costa Rica

As you serve with Rice + Beans Ministries in Costa Rica, each day you start & return to Base Camp. It is the place we have our meals, our rest, & our worship.

We have 96 comfortable beds in our 2 dorms. We have 8 bedrooms, 8 bathrooms & 8 showers with hot water. We are building a multi use life center with a kitchen & dining area.





As you look out from the balcony of your dorm see all of the hard work poured into our property. You are able to see the Poas Volcano, the beautiful mountains & some of the most amazing sunsets you have even seen. You are able to see the gardens, the fruit trees & the coffee plants growing.

As each day ends at Base Camp, you are able to reflect on the impact made in the lives of the children & each family you met during the day. You contemplate the ways you were able to play a part in meeting needs today. It will nourish your spirit, as well as fuel & inspire how you serve throughout the rest of the week....

**Maybe even the rest of your life.**







## RICE + BEANS MINISTRIES

*Meeting people where they are, sharing the love of Christ, & giving hope that does not disappoint.*

GO LIVE  
LOVE