RICE+BEANS MINISTRIES



Costa Rica TEAM MANUAL





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



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.





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."

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 PATH.
THE FOOD IS
HOWWE 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.





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.





Mhatdoesa 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

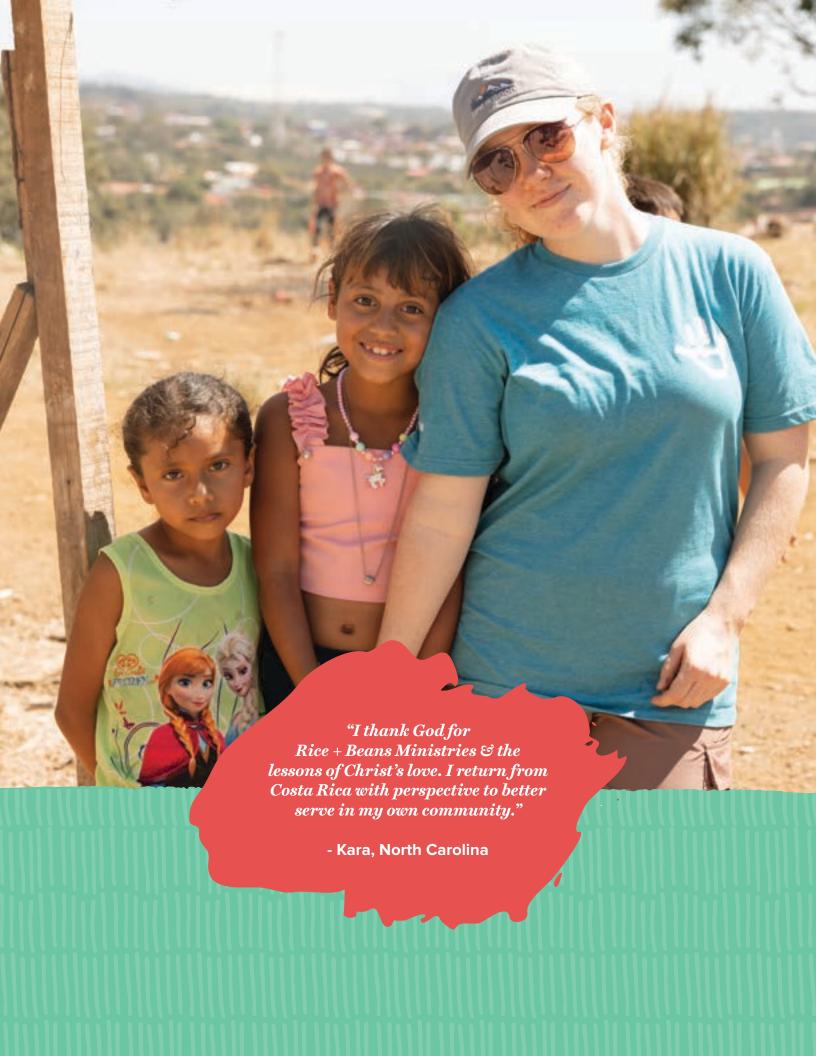
Monday-Thursday

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







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.

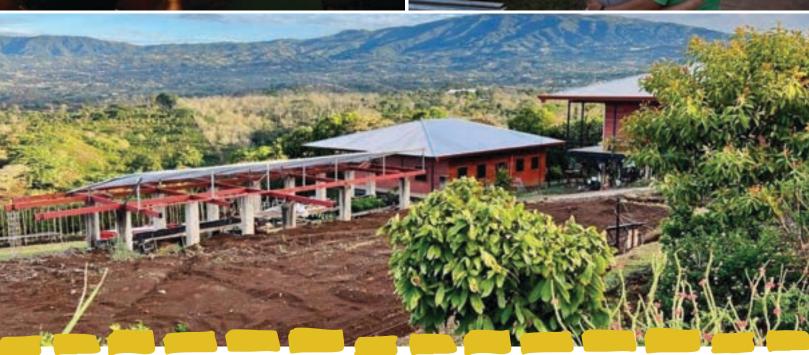
BASECAMP Costa Rica

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.



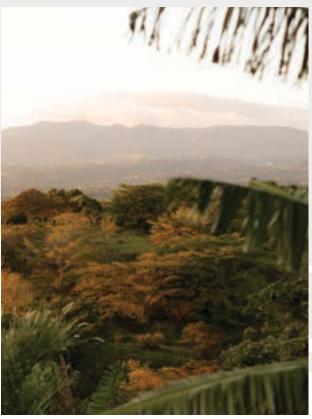




As you look out from the balcony of your dorm see all of the hard work poured into our property. You are able to see the Poas Volcano, the beautiful mountains & some of the most amazing sunsets you have even seen. You are able to see the gardens, the fruit trees & the coffee plants growing.

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.









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