

# How to have a great trip with MPC

## Health & Safety

- Go out in groups of 3 or more, not alone. Go out only before dark.
- Wear sunscreen even on cloudy days.
- Drink plenty of water. Please label a water bottle with your name and refill it. Get a new water bottle every other day.
- Avoid eating food prepared outside mission/street vendors, including fresh fruits/non-bottled drinks. If you see something you'd like to try let us know.
- Wear closed toed shoes outside the mission.
- Inform us (tonight!) about any food allergies/special requirements or if you need medicine to be refrigerated.

## This Facility

- Operate the shower head by turning water on high then slowly turning down until water warms. Do not touch the shower head or its buttons.
- Place all toilet paper in the small trashcan. Do not flush any mad made items.
- Put your key in the key box so your roommates can access the room as well.
- Visit only in rooms belonging to members of the same gender.
- Keep the upstairs secure by not inviting anyone up. This building is a shared space.
- Treat the kitchen as you would a restaurant kitchen. Please don't enter unless specifically asked to help.
- Pick items up off the floor before leaving in the mornings—the floors are mopped with bleach.
- Keep suitcases closed especially at night to avoid infestation.

## Group Dynamics/ Our Reputation

- Make connections with your Nicaraguan peer group and provide encouragement. Avoid rapid romantic relationships. You are here for a week to serve, not to date.
- Sit among the Nicaraguan members at church services to show unity.
- Talk to us about how best to distribute “give away items” and gifts in a way that supports the work of the Church. For the safety of the recipient never give cash to anyone—particularly children. Let us guide you on equitable ways to share with staff and translators.

## Procedures/Scheduling

- Leave muddy shoes/boots in the garage when returning from work sites.
- Make your sack lunch (if required) in the morning, and do not get into the lunch storage items at other times.
- Enjoy ice cream or coffee shop trips when you have a minimum of 45 minutes. Be on time for the next group event.
- Wait upstairs in the big room until your group is called in the morning so we can get to job sites as quickly as possible.
- The “mission store” will be open your last night here, consider buying some of your souvenirs or coffee from us, you'll know where your money is going.
- Remember, being in a group provides different benefits and responsibilities than solo travel.