How to have a great trip with MPC

Health & Safety
• Go out in groups of 4 or more with a Nicaraguan, not alone. Go out only before dinner.
• 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.
• Sign in and out when leaving the building aside from job sites.
• Do not eat food prepared outside mission (street venders, job sites, fresh fruits, non-bottled drinks). If you see something you’d like to try let us know.
• Do not bring any outside food into the mission. If you have leftovers, give them away.
• Do not eat tres leches dessert or any salad prepared outside of the mission.
• Wear close toed shoes outside the mission. No shorts downstairs or outside the mission.
• Inform your group leader about any food allergies/special requirements or if you need medicine to be refrigerated.
• Do not drink the sink water or use it to brush your teeth. Use bottled water only.

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 trash. Do not flush any man-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 upstairs to visit.
• Treat the kitchen as you would a restaurant kitchen. Please don’t enter unless specifically asked to help.
• The refrigerator by the coffee pot is available for an item of yours (drink or snack) labeled with your name.
• 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.
• Please keep the veranda as a quiet zone at all times and the Big Room after 9 pm.

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 date.
• Be sure to write encouragement notes throughout the week to each other and to the Nicaraguans who you work with. We can translate them for the Spanish-speaking workers.
• 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, including the staff fund.

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.