

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 vendors, 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.