



COSTA RICA TRAVELER GUIDE

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A background image showing a crowd of people, likely at a church service or a large gathering. Many hands are raised in the air, some pointing upwards. The image is slightly blurred, focusing attention on the text overlay.

WELCOME

We're so excited that you're preparing for your trip to Costa Rica with SCORE International. This document is your go-to resource for everything you need to know before and during your mission experience, from travel logistics and housing to ministry expectations and cultural guidelines. *Please take the time to read through the entire document carefully.* Every section contains important details that will help your trip run smoothly and ensure you are well-prepared. We're looking forward to seeing how this trip will shape lives, both yours and those you serve.



HOUSING

Delta Hotels by Marriott San Jose Aurola

Your team will be staying at a conveniently located hotel in downtown San José. Each room includes two double beds, with the option to add an extra bed upon request. Rooms are equipped with air conditioning, a safe, and WiFi access. The hotel also features an indoor pool for guests to enjoy. All groups will eat breakfast at the hotel each morning before heading out for the day.

**Group leaders will be In charge of wifi access at the hotel.*

TRAVEL INFORMATION

The following information contains important details regarding travel logistics for your trip. It is vital that you read carefully and follow these instructions to help ensure a smooth and successful travel experience.

01

Passports:

- You must have a passport to travel to Costa Rica, and it must be valid for at least 6 months after your return date.
- To apply or renew, visit travel.state.gov

02

Airfare:

- The designated airport is San Jose (SJO).
- One airport transfer is included in your trip cost (each bus holds 25 people and their luggage). \$30 fee for additional transfers.
- If you arrive or depart separately from your group and need an extra airport transfer, you will incur a \$30 fee per trip. This fee will be paid to the SCORE Host Team.
- Baggage fees are not included in your trip cost.
- For teams of 10 or more people, SCORE can reserve flights for a fee of \$40 per ticket.

03

Parental Consent Forms:

- If you are a minor traveling **with or without** a parent, you must have a signed photo consent form and a signed and notarized parental consent travel form. These forms can be found in Managed Missions. The parental consent travel form must be brought with you on your trip. Both forms must be uploaded to Managed Missions, once completed.

TRAVEL INFORMATION

04

Health & Insurance:

- No vaccines required, but be up-to-date on standard shots (including tetanus).
- Faith Ventures Insurance basic plan is included in your trip cost. You can see coverage by clicking on the link in your Managed Missions page. Contact the SCORE home office if you would like to upgrade the coverage.
- Visit [CDC Travel Info](#) for CDC recommendations and a Healthy Travel Packing List before traveling to Costa Rica.

05

Transportation:

- While in Costa Rica, SCORE will provide all transportation.

06

Arriving in Costa Rica:

- There is no official paperwork required to enter Costa Rica.
- After landing, follow the signs to Customs/Immigration. Get in the Visitors line and hand over your passport. Once it's stamped, proceed to Baggage Claim.
- Go to the baggage carousel for your flight and collect your luggage. Do not leave the baggage claim area until everyone in your group has their bags. If a bag is missing, go to your airline's desk in the baggage area.
- As you exit, you may be asked to put your luggage through an X-ray. Once done, proceed to the exit.
- Exit the baggage claim area and look to your right. A SCORE representative will be there to greet you. Maintain possession of your luggage until the SCORE rep tells you which bus/vehicle to load your luggage onto.
- If no one is there yet, stay on the curb and move down the sidewalk to the right. Do not cross the street. A SCORE rep will come find you.
- Do not release your luggage to anyone offering help, as they will expect a large tip. Keep your bags with you until a SCORE rep directs you.

LOGISTICS IN COSTA RICA

Food Information:

Breakfast will be eaten at the hotel. SCORE will schedule all other meals at various destinations based on the location of the ministry or leisure activity. Groups may choose to eat at a restaurant if they prefer, at their expense.

Food Allergies - Please speak directly to the missionaries regarding any food allergies. You are welcome to bring supplemental items if needed.

Cash to Bring:

We recommend bringing \$150–\$200 in new, undamaged U.S. bills (nothing larger than \$20s). While most places accept U.S. cash or credit cards, small bills are more convenient for local purchases. Missionaries can help you exchange U.S. Dollars for Colones, if needed.

Bring money for:

- Leisure Activity
- Food and drinks at the airport
- Souvenirs, snacks, etc
- Possible ministry gift to the missionaries



DRESS CODE

Modesty is expected. Clothing should be non-revealing and respectful of cultural norms, which may differ from the U.S., especially for women. SCORE missionaries have final say on attire to protect ministry and relationships, so please follow their guidance. It's not personal. You may be asked to change if your outfit causes unease. In short: dress to bless, not impress.



WOMEN

Church - Dress or skirt to the top of the knee. Sleeveless tops are fine, but no tank tops or spaghetti straps.

Ministry/Hotel - Pants, capris, or Bermuda shorts. Modest sleeveless tops or t-shirts are okay. Yoga pants are fine, If wearing a shirt that covers your bottom. Some ministry sites may require closed-toe shoes. Bring clothes you don't mind ruining for painting or light construction.

Swimming - One-piece suits or tankinis that do not show the midriff or are cut high to expose the bottom section. You may be asked to wear a t-shirt and shorts if the suit is not appropriate.

Athletic Events - Uniforms should be worn for the event only.

Church - Pants, collared shirts, closed-toe shoes or sandals. No shorts or t-shirts.

Ministry/Hotel - Shorts and t-shirts are fine. No tank tops or sleeveless shirts. Some ministry sites may require closed-toe shoes. Bring clothes you don't mind ruining for painting or light construction.

Swimming - Modest swim shorts only. No speedos.

Athletic Events - Uniforms should be worn for the event only and changed out of afterward.

**Pants or shorts should never be worn low enough to expose underwear.*



MEN

***Please change out of dirty athletic uniforms when you arrive back at the hotel.**

PACKING LIST

- ✓ Outfit for each day of ministry (Laundry will not be available, so bring enough clothing for the extent of your trip. Sports team uniforms will be washed daily).
- ✓ Outfit for each day of relaxation at Hotel & swimwear
- ✓ Personal hygiene items - The hotel provides the standard complimentary items (soap, shampoo, conditioner), but you may want to bring your favorite items as well. Also bring toothpaste, deodorant, lotion, etc.
- ✓ Blow dryer, medications, hand sanitizer, sunscreen, and bug spray.
- ✓ Closed toe shoes to wear when doing ministry, especially after a rain. Some rest and relaxation activities may require closed toe shoes as well.
- ✓ A plastic bag for dirty, muddy clothes and shoes.
- ✓ Bible, journal, pen, etc.
- ✓ Any ministry items to use or to donate (see the team leader)
- ✓ Your favorite snack
- ✓ A light jacket or sweatshirt
- ✓ Phone and/or camera

****Bedding, towels and washcloths are provided. Adaptors are not needed.***

MINISTRY OPPORTUNITIES



CHILDREN'S MINISTRY

There are many opportunities to reach kids and teens through Vacation Bible Schools, Back Yard Bible Clubs, park ministries, and more. If your team chooses one of these, you'll need to plan ahead and bring most supplies with you.



COMMUNITY MINISTRY

Your team can take part in local outreach such as food delivery, evangelism, sports, and feeding children, helping connect the community to local churches. Some projects may require additional funds or supplies. *Food bags are \$40 each.*



CONSTRUCTION MINISTRY

Whether it's building from the ground up, doing light construction, repairs, or painting, there are many projects across the country your team can support or fund to strengthen ministries long-term. We recommend bringing tools and purchasing supplies in country.



MEDICAL MINISTRY

If your team has dental, vision or medical experience, we have opportunities for you to help both urban and rural areas through medical clinics and outreaches. Medical clinics can be mixed with other types of ministry opportunities as your schedule allows.



LEISURE ACTIVITIES

01

Day/Night Beach Trip

Cost is \$450 per bus, per night (max 20 people per bus). Must be reserved and prepaid through the SCORE Home Office. This covers roundtrip travel, meals, and lodging for a beach day and night in Jaco on the Pacific coast.

02

Mountain Zip Lining

Don't miss this one of a kind adventure. Ride on 8 zip lines through trees and over valleys with breathtaking views and fun along the way. After a half day of riding, enjoy an authentic Costa Rican lunch. Cost is \$50 per person.

03

La Paz Waterfall Gardens

Features the most famous waterfalls, an animal sanctuary with over 100 species of animals, and hiking. Five waterfalls, cloud forest and rain forest, safe hiking trails, and many Costa Rican animals. Cost is \$52 per person.

04

Inactive Volcano

This exciting half-day adventure lets you explore Costa Rica's natural beauty. Take a bus ride up to Irazu mountain, arriving in about an hour and a half. At the top, enjoy short trails to see the volcano crater and wildlife areas. Bring a jacket as it gets cool. Cost is \$35.

05

Britt Coffee Tour

This half-day trip guides you through the lifecycle of gourmet coffee. Start in the nursery and follow the beans from growth to careful collection and selection. Learn how Costa Rica's climate and landscapes create ideal conditions for gourmet coffee. Cost is \$40.



CONTACT INFO

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