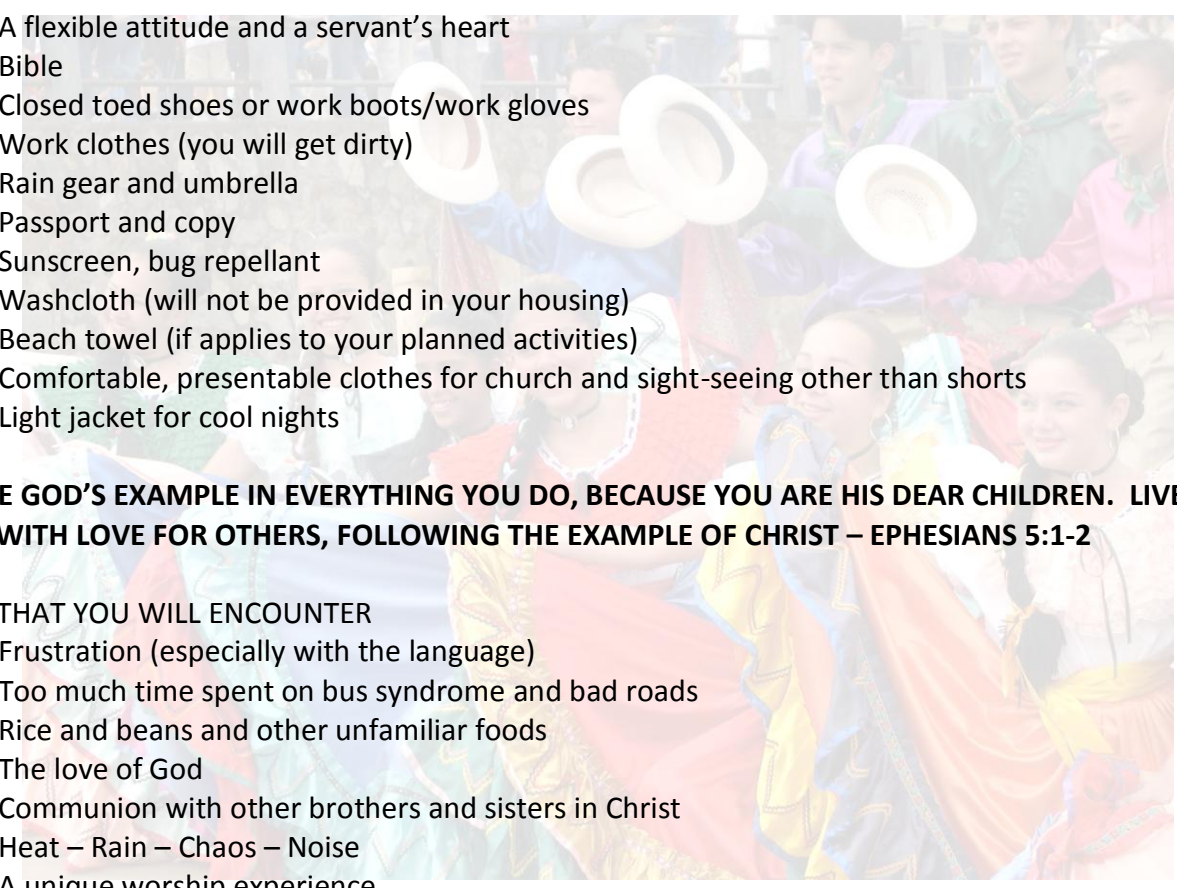


PREPARE YOURSELF

The Abraham Project Team requests that you spend time before your trip preparing yourself spiritually both as a team and individually. If you are grounded in the truth, life's big surprises both good and bad will not catch you off guard. Ask God what He wants to show you during this mission experience. Much of what you get out of your experience is determined by how much you put into it. To help mentally equip you for the trip we have devised a list of what to bring/expect.

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- ✓ A flexible attitude and a servant's heart
 - ✓ Bible
 - ✓ Closed toed shoes or work boots/work gloves
 - ✓ Work clothes (you will get dirty)
 - ✓ Rain gear and umbrella
 - ✓ Passport and copy
 - ✓ Sunscreen, bug repellent
 - ✓ Washcloth (will not be provided in your housing)
 - ✓ Beach towel (if applies to your planned activities)
 - ✓ Comfortable, presentable clothes for church and sight-seeing other than shorts
 - ✓ Light jacket for cool nights

IMITATE GOD'S EXAMPLE IN EVERYTHING YOU DO, BECAUSE YOU ARE HIS DEAR CHILDREN. LIVE A LIFE FILLED WITH LOVE FOR OTHERS, FOLLOWING THE EXAMPLE OF CHRIST – EPHESIANS 5:1-2

KNOW THAT YOU WILL ENCOUNTER

- ✓ Frustration (especially with the language)
- ✓ Too much time spent on bus syndrome and bad roads
- ✓ Rice and beans and other unfamiliar foods
- ✓ The love of God
- ✓ Communion with other brothers and sisters in Christ
- ✓ Heat – Rain – Chaos – Noise
- ✓ A unique worship experience

Learn Some Phrases In Spanish

“Tico/Tica” = Affectionate way of calling a Costa Rican

“Pura Vida” = Everything's Great (a saying you will only find in Costa Rica)

“Tuanis” = Cool

“Mucho Gusto” = Nice to Meet You

“Con Mucho Gusto” = You're Welcome

“Buenos Dias” = Good Morning

“Buenas Tardes” = Good Afternoon

“Buenas Noches” = Good Night

“Gracias” = Thank You

“Dios le (les) Bendiga” = God Bless You

“Chepe” = Another Name For San Jose

CLIMATE: Costa Rica has a tropical climate with an average temperature of 72°F in the highlands and temperatures of uppers 70's to the 90's in the lowlands. Expect comfortable temperatures during the day and chilly evenings in the highlands. The rainy season is from May to November.