



## Frequently Asked Questions & Additional Information

- 1. What type of accommodations is there?** Typically, the groups stay in Mission House, Orphanages, dorm style setting. Big Groups will be spent in a small hotel (clean & comfortable). Nothing fancy, but comparable to a very old Days Inn or Motel 6.
- 2. What are the costs for food?** Food costs are generally included in the cost of the trip. Team members are encouraged to bring their own snacks **and** some extra spending money for airport food **and** two restaurant meals on the return trip. **Tip:** Drink only purified water & do not eat anything from vendors.
- 3. What vaccinations are needed?** Vaccinations are not necessary for Costa Rica or Israel. We suggest Malaria if traveling into Haiti. We do recommend that you check with your city Health Department and they can instruct you accordingly. **A Tetanus shot is highly recommended.** These shots usually cost under \$100.00

Helpful information:

- ◆ Travel Health Online – [www.tripprep.com](http://www.tripprep.com)
- ◆ U.S. Department of State – [www.travel.state.gov](http://www.travel.state.gov)
- ◆ Centers for Disease Control and Prevention – [www.cdc.gov/travel](http://www.cdc.gov/travel)
- ◆ World Health Organization – [www.who.org](http://www.who.org)

- 4. How should we pack and what should we wear?** Pack as light as possible for a week's trip. See the packing list for details.
- 5. How much is the trip?** Most trips will start at about **\$1,000.00** but could vary depending on the airfare, location and length of trip. This cost covers room and food while on the missions trip and usually one night hotel stay unless otherwise noted. A non-refundable **deposit of \$200.00** is necessary before tickets can be purchased.
- 6. Can we make phone calls to the U.S.A.?** Yes, however you will pay international rates and roaming fees. Suggest getting an international SIM card or calling your provider prior to the trip to change over for International rates. Sometimes we have Magic Jack available so phone calls can be made from the mission house. Most times you can purchase minutes on a pay as you go phone. If you have a cell phone, there are areas where it may work. As a result, there will be days that you cannot reach the U.S.A. In the event of an emergency CMI will provide contact information.
- 7. How much spending money do we need?** We suggest you bring \$100.00 - \$200.00.
- 8. Who will take care of our airplane reservations?** You can make your own travel arrangements or You may contact Christina at Apollo Travel (<http://www.myapollotravel.com>) 1-888-33APOLLO (888-332-7655) to book your plane ticket, as they are familiar with the correct flights you must book.

### **OTHER:**

- Always try and remember that it's missions, so be prepared for anything, such as unexpected delays and/or stops.
- Try to bring shampoos and deodorant with no fragrance. Mosquitoes love fragrances.
- Make sure your insect repellent contains DEET.
- Spray clothing and luggage inside and out with Repel Permanone Insect Repellent. *This is an odorless insect repellent (tick, mosquito, chiggers and biting flies) protection for clothing, tents, nets, and gear. (It is not recommended for skin application)*
- Wash your hands often. Use hand sanitizer such as Purell.
- If you feel sick, notify your Team Leader immediately.
- You **MUST** have your passport if traveling outside the USA. (Make a photocopy of your passport and drivers license, carrying the copies with you at all times; leave the originals at the hotel or accommodations you will be staying.)

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