

# Puerto Rico Missions trip June 1–8, 2019

Join us in the work of helping to plant a church in Carolina, Puerto Rico and experience the loving, Hispanic culture of Puerto Rico just a short plane ride to this beautiful island in the Caribbean Sea. Carolina is located on the northeast side of the island in the greater San Juan capital region. This means we are near the airport, modern restaurants, and, if necessary, medical facilities. There are neighborhoods that need to be shown the love of God. We will be doing prayer walks in the mornings, assisting with leading VBS in the community, distributing water bottles, and serving however the church needs us during our time with them.

**God is calling you to journey with Him, to share His love with the nations and establish His Kingdom on earth. Will you join Him in Puerto Rico?**

## Trip Cost

The total trip cost is approximately \$1,030 including round-trip airfare, travel insurance, lodging, project materials, breakfast, lunch, dinner, and ground transportation in Puerto Rico.

## Tentative Budget

Though this budget is accurate based upon current information, it may be subject to revision according to unforeseen assessments and costs.

Airplane ticket:	\$525
Transportation	\$ 25
Mission Trip I Insurance	\$ 30
Lodging:	\$175
Food:	\$150
Travel expenses in Puerto Rico	<u>\$125</u>
<b>TOTAL COST/PERSON:</b>	<b>\$1,030 (plus spending and souvenir money)</b>

## Lodging

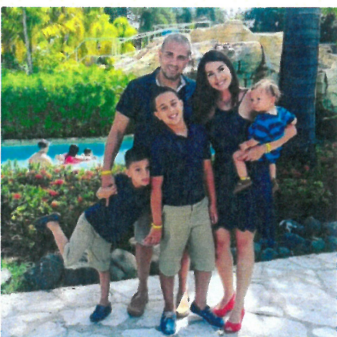
Your team will stay in rented houses (Airbnb.com) where we will have access to bathrooms and showers.

## Church We are Supporting

While in Puerto Rico, your team will partner with Iglesia Biblica Metro Metro (<http://ibmetro.org>, Facebook Iglesia Biblica Metro), a church dedicated to bring the love of Jesus to their community. Pastor Andrés Laracuente is married to Rosa and they have three children. His doctrinal training is on theology. He is currently pursuing a degree in Theology. He is a church planter working for North American Mission Board (NAMB).

## Use the Church address to complete your consent forms:

10,000 Ave. Roberto Sanchez Villeda, Carolina, Puerto Rico 00983



## Puerto Rico | General Overview

In 2017, Hurricane Maria devastated the nation. The power grid for the entire island was destroyed, leaving 3.4 million U.S. citizens in the dark. About 6% of the population fled Puerto Rico as a result of Maria, that's over 200,00 people. This tragedy left Puerto Ricans frightened, confused, and hopeless. As they continue to recover, will you share the hope of Jesus in Puerto Rico?

### Population

- The current population of Puerto Rico is 3,656,213 as of Monday, March 11, 2019, based on the latest United Nations estimates.
- Puerto Rico population is equivalent to 0.05% of the [total world population](#).
- Puerto Rico ranks number 134 in the list of [countries \(or territories\) by population](#).
- The population density in Puerto Rico is 412 per Km<sup>2</sup> (1,067 people per mi<sup>2</sup>).
- The total land area is 8,870 Km<sup>2</sup> (3,425 sq. miles)
- 94.1 % of the population is urban (3,438,552 people in 2019)
- The median age in Puerto Rico is 36.7 years.

### Language

Both Spanish and English are official languages of Puerto Rico, but Spanish is the dominant language, as the majority of the people in Puerto Rico are not proficient in English. Fewer than 20 percent of Puerto Ricans speak English fluently, according to the 1990 U.S. Census.

## Carolina, Puerto Rico Population and Demographics

	Male	Female	Total
Total Population	81,864	94,898	176,762
Hispanic or Latino	80,501	93,733	174,234
White	52,174	61,509	113,683
Black or African American	19,123	21,187	40,310
Some Other Race	6,914	7,918	14,832
Two or More Races	2,655	3,130	5,785
American Indian	738	776	1,514
Asian	253	372	625
Three or more races	218	271	489

#### MEDIAN HOUSEHOLD INCOME

\$29,018

#### POVERTY RATE

29.3%

#### NUMBER OF EMPLOYEES

57,723

Source: <https://datausa.io/profile/geo/carolina-pr/>



**north roanoke**

*Reach the World*

## **Puerto Rico Frequently Asked Questions.**

### **Q: Will I be safe in Puerto Rico?**

A: Safety is of the utmost importance, and we will do everything possible to ensure your safety. Since the ministry is in a U.S. territory, we have the benefit of our U.S. citizenship. We will use experienced drivers. We also plan to stay in a safe venue and eat foods that are known to be clean and well prepared. Our transportation in Puerto Rico will be by rented vans. It is important that all participants stay together as a group, are aware of their surroundings, and keep valuables secure.

### **Q: What documents will I need?**

No passport needed.

State ID/DL needed.

***Please provide a copy of the ID that you will use to travel. We need to ensure that your ticket reflects your name exactly as it is listed on your ID.***

### **Q. Do I need immunizations?**

A: Although there are no required immunizations for travelers from the United States into Puerto Rico, it would be advisable for trip participants to discuss this with their physician and be current on all physician-recommended shots and vaccines. Our team may work with materials that can cause cuts and may also drink water or eat fruit that could cause relatively minor illness. Therefore, it would be wise to have a typhoid and tetanus shot. Please see [www.CDC.gov](http://www.CDC.gov) for further information about travel medical recommendations.

Please check the insert sheets: Health Information for Travelers to Puerto Rico (U.S.)

### **Q: What are some things I need to know about the food and water?**

A: It is important when traveling in a hurricane relief area to use caution in the food and drink that you consume. We will work with our church partner: Iglesia Biblica Metro in Puerto Rico. You will be served three meals per day, but the lunch meal will likely be peanut butter and jelly served at the worksite. We suggest that you pack snacks for lunch, or to supplement your diet. Bottled or filtered water will be provided for you each day. It is recommended that you only consume drinks such as bottled sodas and water, drinks made with boiled water such as coffee. It is recommended that you do not drink any tap water, use it to brush your teeth, or open your mouth in the shower.

### **Q: What if I don't know the language?**

A: Spanish is the spoken language in PR, but since it is a US territory, many people speak English as a second language. There will be onsite interpreters, and we will likely have bi-lingual trip participants traveling with our group. Don't be afraid however to attempt to speak the local people. People will appreciate your attempts to communicate with them.

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## **PACKING AND TRAVEL**

### **Q: How long does it take to get to Puerto Rico?**

A: Actual flight time will be around 4 hours depending on our departure city. Total travel time varies greatly depending on any connecting flights we may encounter. Once in Puerto Rico, travel time will be 30 minutes to Carolina near Iglesia Biblica Metro.

### **Q: How many bags can I take?**

A: You are allowed to take one carry-on bag and one personal item (purse/backpack). However, we ask that you pack your personal items into one bag to be checked, weighing no more than 50 pounds.

### **Q: What will the weather be like?**

A: The weather is generally warm, with temperatures ranging from 72-95. It can be rainy so please be prepared with a light rain jacket.

### **Q: What things should I consider as I pack?**

A: For Sunday worship, please pack a pair of slacks or khakis. Some consider shorts to be irreverent in their culture. For the rest of the week, shorts and lightweight apparel is recommended, although you will want to be aware of the sun. Please pack a hat and sunglasses as well as sunscreen. We will try to swim at least once during the trip, so pack a swim suit (one-piece swim apparel please) if you would like to swim. Also, remember we are representing Christ, and we want to honor Him in what we wear throughout the trip. Please pack towels and washcloths, toiletries, and any medications you will need during your time in Puerto Rico. We suggest that you pack snacks for lunch, or to supplement your diet.

### **Do I need an electrical adapter?**

A: Adapters are not needed. Please limit hair dryers, straighteners, or curling irons, and use them as a team.

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## **ITINERARY**

### **Q: What will we be doing in Puerto Rico?**

A: We will have the opportunity to interact with local leaders, community members and many children throughout the week. You will be working in a designated community,



assisting with projects identified by the community leadership, such as: VBS and sports camps. You will be working alongside Puerto Rican church members. You will engage with the people you serve. Teams will have an opportunity to visit a Puerto Rican church, Iglesia Biblica Metro.

**Q: Who will meet us at the airport in San Juan, Puerto Rico?**

Our team will be meeting pastor Andres or church member from Iglesia Biblica Metro who will guide us to our lodging. Please stay with the NRBC mission team at the airport and let team leadership know any special movement you make away from the group (restroom, café, etc.). The team will be renting vehicle transportation.

**Q: Where will we be staying?**

A: The team will be staying at some houses to be rented ([www.airbnb.com](http://www.airbnb.com)). It may be a large home. The group will likely visit a grocery or department-type store upon arrival or shortly thereafter. We may have to travel some distance each day to reach the community where we will be serving.

**Q: What will we do at night when we return to the house?**

A: Upon return from daily service activity, the group will have a short break followed by dinner and a time of group interaction to reflect upon the day and prepare for the day ahead. There will be many who tire early in the evening, so everyone is asked to remain quiet in sleeping areas.

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## MONEY

**Q: What is covered in the cost of my trip?**

A: The total cost of your trip is approximately \$1,030 including round-trip airfare, travel insurance, lodging, project materials, breakfast, lunch, dinner, and ground transportation in Puerto Rico.

**Q: If I have to cancel can I get a refund?**

A: Not once airfare has been purchased, there is no refund.

**Q: How much spending money should I bring?**

A: That is up to each individual, however, we do not expect that you will have some expenses while in Puerto Rico. Credit cards are accepted, and you should keep a close watch on cash, credit cards, and personal information. It is suggested that you have \$100 in cash and have plenty of small bills. The American dollar is the currency in Puerto Rico. Depending on your credit card, there may be a foreign transaction fee. Please check with your credit company prior to departure and advise them that you may be making purchases in Puerto Rico.

**Q: Will we have the opportunity to shop while we are in Puerto Rico?**

A: Yes. Souvenirs can be purchased and transported in your luggage. Be aware that some items such as knives, lighters, etc. may not be allowed in luggage.

**Q: Do I need to obtain a visa or passport prior to our trip?**

A: Visas and passports are not required for U.S. visitors entering Puerto Rico.

**Q: Can a gift be given to people we meet in Puerto Rico?**

A: We ask that you not give any gift to a local resident. Some gifts may be permitted such as a hat, but we ask that you ask the group leader for permission before offering a gift to anyone. While a gift may be received well by a recipient, it can cause tension and resentment by others who do not receive one.

**Q: Can I give my personal contact information to the people I meet?**

A: Personal contact information should NOT be given to anyone. People receiving your personal information may welcome this but may end up requesting your help with matters of serious nature that will overwhelm you and cause you much distress. We encourage you to build relationships on a group level and we also encourage you to pass along the local church information as you can.

# Health Information for Travelers to Puerto Rico (U.S.)

## Vaccines and Medicines

Check the vaccines and medicines list and visit your doctor at least a month before your trip to get vaccines or medicines you may need.

### All travelers

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required

#### Routine vaccines

Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.



### Most travelers

Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.

#### Hepatitis A

CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Puerto Rico, regardless of where you are eating or staying.



#### Typhoid

You can get typhoid through contaminated food or water in Puerto Rico. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.



### Some travelers

Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you are traveling from a country other than the US.

#### Hepatitis B

You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.



#### Rabies

Although rabies can be found in dogs, bats, and other mammals in Puerto Rico, it is not a major risk to most travelers. CDC recommends this vaccine only for these groups:

## **Health Information for Travelers to Puerto Rico (U.S.)**

### Healthy Travel Packing List

-Prescription medicines.

-Glasses & Contact lenses.

Consider packing spare contacts or glasses in case yours are damaged.

-Diabetes testing supplies.

-Diarrhea medicine.

-Insect repellent.

-Sunscreen (SPF 15 or greater) with UVA and UVB protection.

-Sunglasses and hat.

### **-Documents**

Health insurance documents.

Health insurance card (your regular plan and/or supplemental travel health insurance plan) and copies of claim forms

Copies of all prescriptions.

Make sure prescriptions include generic names. Bring prescriptions for medicines, eye glasses/contacts, and other medical supplies.

Contact card.

Carry a contact card containing the street addresses, phone numbers, and e-mail addresses of the following:

Family member or close contact remaining in the United States.

Health care provider(s) at home.

Lodging at your destination.

Hospitals or clinics (including emergency services) in your destination.

US embassy or consulate in the destination country or countries.