



GET STRONG MINISTRIES

2023

SHORT TERM MISSION TRIPS
USING CROSSFIT TO REACH
PEOPLE

PURPOSE

Our purpose on this mission trip is to seize every opportunity to connect and create relationships with the people of Ocotal.

It is not enough to know about Christ (religion). Our goal is to help people understand that God wants to have a relationship with them.

If you have any skills, gifts or talents that the Lord has blessed you with and would like to share with the people of Ocotal, join one of our mission trips!

- Scott & Christie



Meet Our Team

Carlos - Started working for the ministry as a translator in 2018. Carlos has been leading discipleship groups since attending a Get Strong training event at his church. Carlos is currently maintaining the Get Strong mission house and translating for the teams.

Carmen - She has been working for the ministry since 2018. Carmen not only translates for the ministry, but manages many of the community and gym relationships in Nicaragua.

Irving - Is part of our coaching staff and is quick to help new gym members.

Fernando - His love for CrossFit and helping people made him an easy choice to coach. He started coaching in 2021.



SAMPLE DAILY ITINERARY

The goal is to stay flexible throughout the day to make sure that we seize the opportunities that the Holy Spirit provides us to connect/minister to the people of Ocotal!

7:00 am Group Devotional

7:30 am Breakfast

8:30 am Workout #ministryofpresence (optional)

9:30 am - 11:30 am Community/Connection Service

12:30 pm - 2:30 pm Lunch & Downtime

3:00 pm - 4:30 pm Community/Connection Service

5:00 pm - 6:30 pm Workout #ministryofpresence (optional) 7:00 pm Dinner

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PACKING LIST

Passport - In addition to bringing your passport we recommend you make a few copies of the photo page of your passport. Leave one copy at home or at your office, put one copy inside each of your bags and keep one copy with you.

You will need \$10 USD cash to enter into the country.

Clothing:

Shirts

Pants (men, 1 pair for church)

Summer Dress or Pants (ladies, 1 for church)

Shorts (ladies, shorts on the longer side)

Workout Clothes (ladies, no booty shorts)

Underwear

Cap or hat

Socks

Shoes

Shower shoes

Swimsuit or Swim Trunks

Miscellaneous:

Bible / Journal & Pen

Prescription Medicine

Personal Money (small bills)

Sunglasses

Snack

Personal & Hygiene Items:

Soap & Shampoo

Towel & Washcloths

Deodorant

Toothbrush & Toothpaste

Personal / Feminine Hygiene

Sandals Comb / Brush

Sunscreen

Hand Sanitizer

Bug Spray

FAQ

1. Where will I stay during my trip? Get Strong has a house in Ocotal, Nicaragua that sleeps up to 20 people. And yes, we have Wi-Fi. Address: Parque central 6 cuadras al norte Ocotal, Nueva Segovia, Nicaragua

2. What will I eat on my trip? Get Strong has an amazing cook, Aura, that will cook 3 meals a day for us during our trip. She is very used to multiple food plans (keto, macros, paleo, gluten free, etc) and you can be sure, you will not be hungry! This ensures we have clean, safe food so that you can focus on the mission.

3. What will I do on the trip? Our focus will be on building stronger relationships with the people in the gym, community and churches. Trips usually consist of working out in the gym, Bible studies with gym members, investment in a local women's shelter, men's alcohol rehabilitation center, youth in the neighborhood and multiple pastor and church relationships.

4. Do I book my own travel? Get Strong provides travel logistics for you at no extra cost. This allows us to manage logistics for team members arriving from different locations. If you prefer, you can book your own flights, but this will need to be closely coordinated with us to ensure logistics are smooth for the entire team. You are also welcome to use points or whatever you can to help keep cost down.

5. What if I can't speak Spanish? Get Strong has 2 full time translators that will be available to you at all times during the trip.

6. How much does it cost to go on a trip? Trip cost is \$1500 plus your flight to Managua, Nicaragua. Trip cost includes all international travel, lodging, food and basically everything you need in Nicaragua but souvenirs.

7. What are my next steps if I want to come on a trip? You can always reach out to us directly or send the Team Member Information form that is on the website under TRIPS. Trip dates are also listed on our website and we are open to discussing additional dates if the current trips do not work with your schedule.

READY TO JOIN?

Are you ready to join us? Sign up for our next trip [HERE!](#) Below are some important details you will want to know:

1. Trips are 7 days and 6 nights.
2. Your room, meals, and transportation is included in your trip fee.
3. Trip fees are \$1500 + air fare.
4. You will need a negative COVID test and valid passport

If you have any questions please email sbatson@getstrongministries.com

