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GET STRONG
MINISTRIES

TRIP OVERVIEW

PURPOSE

Our purpose on these mission trips is to seize every opportunity to connect and create relationships with the people of Nicaragua.

Our goal is to help people understand that God wants to have a relationship with them and that it is not enough to just know about Christ.

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

-Scott and Christie



Meet our Team:

Carlos

Started working for the ministry as a translator in 2018. Carlos is currently the head coach in our gym, CrossFit Get Strong, and is the pastor of the church we planted in the gym.

Scott and Christie

Scott is the executive Director at Get Strong Ministries. He and his wife Christie have been bringing teams of people to Nicaragua since 2014 using CrossFit as a vehicle to share the gospel and make disciples.



SAMPLE DAILY ITINERARY

We want 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 Ocotol!

7:00 am Group Devotional
7:30 am Workout with class (optional)
8:30 am Breakfast
9:30 am Serve in the community
12:00 pm - 2:00 pm Lunch & Downtime
2:30 pm Serve in the community
6:00 pm - 8:00 pm Workout with class (optional)
8:30 pm Dinner



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.

Cash: You will need \$10 USD cash for your tourist visa when you enter Nicaragua as well as personal money to spend throughout the trip.

Clothing:

- Shirts
- 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
- 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 Ocotol, Nicaragua that sleeps up to 20 people. And yes, we have Wi-Fi. Address: Parque central 6 cuadras al norte Ocotol, Nueva Segovia, Nicaragua.

2. What will I eat on my trip?

Get Strong has an amazing cook, Sonia, 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. To ensure your travel, you will need a valid passport. 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 6 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 7 days and 6 nights, 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 creating more trip dates throughout the year.

READY TO JOIN?

**Are you ready to join us?
Sign up for our next trip [HERE!](#)**

Instructions:

1. Using the link above, you will select a date that best works for you
2. Select the “join us” button
3. continue following the prompts on our website

If you have any questions please email:

Scott@getstrongministries.com

