

Fellowship of Christian Athletes

Costa Rica

Information Packet



Trip Overview

This packet contains details to help you prepare for ministry through sports in Costa Rica.

"To see the world transformed by Jesus Christ through the influence of coaches and athletes"

Partner with FCA in equipping coaches and athletes in Costa Rica.



Costa Rica

International Trips



The mission of the Fellowship of Christian Athletes (FCA) is to lead every coach and athlete into a growing relationship with Jesus Christ and His church. This mission trip to Costa Rica provides a unique opportunity to combine the love of sports with the call to make disciples of all nations (Matthew 28:19).

Our ministry in Costa Rica is new and growing. These trips allow us to enter into new relationships and strengthen existing ones by bringing discipleship and athletic equipping to local coaches, athletes, and students. They bring excitement and encouragement to local communities, as students and athletes have the opportunity to meet peers and coaches from other countries, sharing perspectives, experiences, and skills.

We have seen a multiplying impact because of the platform that international teams bring. Your presence adds immense value to our efforts to advance the Kingdom, empowering local coaches and athletes while also enriching our staff through the experience of serving and learning alongside you.

Our vision is to engage and equip communities of coaches and athletes through the empowerment of visiting teams. We are committed to sustainable growth and discipleship, only entering communities where we can provide consistent follow-up and ongoing ministry. In this way, the impact of your service continues long after the trip concludes.





Ministry Opportunities

During this trip, teams will:

- **Share the Gospel through sports** – Compete with local youth and professional teams, using competition as a platform for testimony and encouragement.
- **Serve local communities** – Participate in outreach alongside Costa Rican churches and ministries, meeting both physical and spiritual needs.
- **Encourage coaches and athletes** – Offer clinics, mentorship, and fellowship to equip leaders for lasting impact in communities.
- **Deepen discipleship** – Spend time daily in God's Word, prayer, and reflection as a team.

FCA Costa Rica

Ministry Regions

Central West (Alajuela – Heredia)



Active staff presence and strong partnerships with coaches and sports leaders.

Central East (San José – Cartago)



Currently no staff, but developing relationships and planning ministry impact trips.

Caribbean (Limón)



Staff-led ministry presence; building bridges through soccer, basketball, and youth programs.

Pacific (Guanacaste – Puntarenas)



No staff yet, but partnerships with sports leaders have opened doors for ongoing ministry and future growth.



Costa Rica FCA Map



What to Expect: Common Activities

Every FCA Costa Rica Mission Trip is unique depending on the team, location, and local ministry needs. However, there are some common activities you can expect during your time of service. Each of these moments is centered on building relationships, sharing Christ, and using sports as a platform for discipleship.

1. Sports Clinics & Training Sessions

You will run or assist in clinics for sports like soccer, basketball, and volleyball. While you teach skills, you will also have the chance to encourage athletes in their faith, share your testimony, and use sports as a platform for discipleship.



2. Competitive Games

You will play friendly games against youth teams, club teams, and even professional athletes. These moments give you the chance to show Christ-centered competition—playing hard, with integrity, and with love. Often, you will share a short devotion or testimony with opposing teams and spectators after games.

3. Community Service & Outreach

You will join projects such as school visits, food distribution, or serving families alongside local churches. These service opportunities help you build relationships while showing the love of Christ in practical ways.



4. Discipleship & Fellowship

You will spend time with local coaches, athletes, and students outside of the game. Over meals, conversations, and worship, you will exchange experiences, learn from their stories, and encourage one another in faith.



5. Team Devotions & Reflection

You will begin each day with team devotions and prayer. In the evenings, you will gather for reflection, worship, and testimonies. These times will strengthen your faith, deepen your friendships, and help you see how God is working through the trip.

6. Explore Costa Rica & Immerse in the Language

You will experience the beauty of Costa Rica through cultural excursions, meals, and time with local families. Even if you don't speak Spanish, you will get opportunities to learn basic phrases, listen, and connect through the universal language of sports and friendship.



Housing

and Transportation

We partner with hotels that provide:

- Clean and comfortable rooms (single, double, or triple occupancy)
- Private bathrooms and hot showers
- Wi-Fi access for communication and coordination
- On-site dining areas for group meals and fellowship



Hotel Aeropuerto



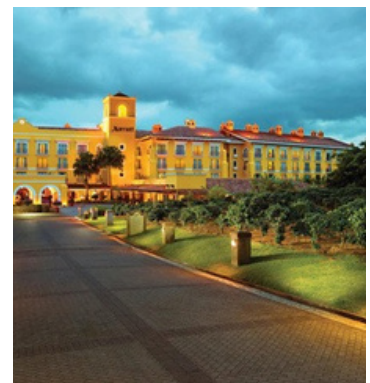
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Hilton City Mall



[Link](#)



Marriott Hacienda Belen



[Link](#)

Teams serving with FCA Costa Rica will stay in safe and comfortable lodging arranged by our staff. Prices vary by season, but through our partnerships we have been able to negotiate rates ranging from \$45-\$150 per person per night, depending on the hotel. In addition to hotels, we also have access to partner houses that can host groups of up to 20 people, though availability is limited.

For group transportation, our main partner is Alamo, with whom we have built a strong relationship over the years. This partnership allows us to secure reliable vehicles at reduced prices for our teams. We primarily rent two types of vans: the Toyota Hiace (up to 15 passengers) and the Hyundai Starex (up to 12 passengers). For smaller groups, it is also possible to rent 3-row SUVs, depending on availability and team needs. Rental rates start at approximately \$60-\$70 per day.

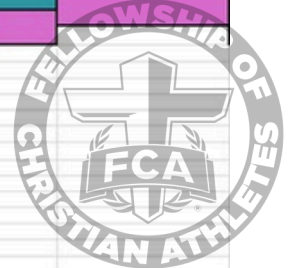


Sample Budget and Schedule

Trip costs and daily schedules can vary depending on factors such as the location of ministry, choice of hotel or group house, and retreat facility options. Excursions and cultural experiences also affect the overall budget. And just a heads-up, Costa Rica's weather likes to keep you on your toes! Sudden rain showers are common, so be ready to play, serve, and worship rain or shine. Our FCA Costa Rica staff will help adjust plans as needed so ministry and relationships remain the focus.

6 Day Trip		8 People		
	Item	Total cost	Cost per day	Cost per person p/day
1	Bus rent	\$1,200,00	\$200,00	\$25,00
2	Lodging	\$3,200,00	\$533,33	\$66,67
3	Breakfast	\$700,00	\$116,67	\$14,58
4	Lunch	\$1,200,00	\$200,00	\$25,00
5	Dinner	\$1,300,00	\$216,67	\$27,08
6	Misc	\$500,00	\$83,33	\$10,42
7	Gas	\$400,00	\$66,67	\$8,33
8	Nat Park	\$180,00	\$30,00	\$3,75
9	Camp	\$200,00	\$33,33	\$4,17
10	Zip Line	\$600,00	\$100,00	\$12,50
Total		\$9,480,00	\$1,580,00	\$197,50

A	B	C	D	E	F	G	H
	Thursday 5-Jan	Friday 6-Jan	Saturday 7-Jan	Sunday 8-Jan	Monday 9-Jan	Tuesday 10-Jan	Wednesday 11-Jan
07:00		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
07:30							
08:00		PVD High School	Samaria Sports Camp				
08:30							
09:00							
09:30							
10:00					Casa Roble Alto Sport Camp	Waterfall Swimming	PVD High School PE Classes
10:30							
11:00		Basketball & Volleyball Team Huddle		Church			
11:30							
12:00							
12:30		Basketball Practice PVD High School		Lunch	Lunch		Lunch
12:45	U.S. Team Arrival SJO						
13:00			Lunch		Casa Roble Alto Sport Camp	Lunch @ Gamboa's	
13:30							
14:00	Lunch						All Ability CAMP @ Sabana Park
14:30							
15:00				Sports Event Visit			
15:30	Check In		Alsacia Coffee Tour				
16:00							
16:30	ORIENTATION						
17:00	Team Builder						
17:30							
18:00	Dinner	Youth Group IBC	Dinner	Dinner	CODEA Sports Complex. Training Session #1	CODEA Sports Complex. Training Session #2	Celebration Dinner
18:30							
19:00			Pickleball				
19:30							
20:00							
20:30					Dinner	Dinner	
21:00							
		Alsacia - Starbucks coffee farm. IBC - International Baptist Church CODEA - State Sports Complex LPV - High School Pococi - A city in Costa Rica Vida Abundante - Church partner Arroz con Mango - Food ministry; outreach food distribution Honey Bee - The house where the team is staying during the trip. ASOEDRA: ALL Abilities Program Samaria: A city in Costa Rica Casa Roble Alto: Orphanage		https://www.starbuckscoffee.com https://www.ibccostarica.org https://www.codea.go.cr https://www.facebook.com/celegioplalabravida https://codeapococi.com https://www.vidaapococi.org https://www.facebook.com/p/Arroz-con-Mango-165965576 https://hotelhoneybee.com/ https://www.instagram.com/asodra/ https://www.asociacionoblealto.org/programas/albergue-hi			



Meet the FCA Costa Rica Team

FCA Costa Rica is led by a growing team of leaders committed to equipping coaches and athletes to live out their faith on and off the field.



Daniel Gamboa
FCA Costa Rica



Rigel Campos
FCA Costa Rica



Adrian Chinchilla
FCA Limon



Pamela Salas
FCA Limon



Jafet Vega
FCA Heredia



FAQ

1. How does the planning process work? To begin, contact Daniel Gamboa by email or schedule a call to discuss your team's goals, possible dates, and trip vision. You'll then fill out a trip form, and our staff will draft a potential cost estimate and schedule. We'll set up follow-up calls to finalize details and provide an orientation call to prepare your team before arrival.

2. How much does a trip cost? Trip costs vary depending on location, accommodations, and activities. On average, teams can expect to spend \$165-\$200 per person, per day. This covers lodging, meals, transportation, and ministry expenses (airfare not included).

3. Do you arrange airfare? No, teams are responsible for booking their own airfare. However, FCA Costa Rica will gladly assist with the process—helping confirm travel dates, arrival times, and airport details to ensure smooth coordination.

4. What sports can we serve in? Thanks to our local partnerships, FCA Costa Rica has connections across 28 different sports. While soccer is the most popular, opportunities also exist in basketball, volleyball, baseball, tennis, track & field, and more.

5. Can we bring donations? Yes! Donations are a huge blessing to local staff, coaches, and athletes. The most helpful items are sports equipment (such as balls, uniforms, shoes, and gear). These gifts directly impact communities and expand ministry reach.

6. Do I need to speak Spanish? Spanish is not required, many Costa Ricans speak some English, and translators are available. Learning a few simple Spanish phrases is encouraged and helps build connections.

7. Are trips customizable?

Yes! Every trip is designed around your team's goals, sports experience, and ministry vision.

Daniel Gamboa



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