



THE MANNA PROJECT

MISSION

G U I D E



APOPA, EL SALVADOR | 2026



APOPA 2026

ITENERARY

Saturday 8/1

- Arrival by 2pm
- Dinner 5pm Food Court (on own)
- Sightsee San Salvador
- Devotional 8pm

Sunday 8/2

- 8am Depart
- 9am Class/Worship
- 12pm Lunch
- 2-5pm Evangelism
- 5pm Dinner
- 6pm Gospel Meeting

Monday 8/3-Thursday 8/6

- 7:15am Depart
- 8:00am Breakfast
- 8:45am Devo
- 9:00am Work
- 12:00pm Lunch
- 1:00pm Work
- 5:00pm Dinner
- 6:00pm Gospel Meeting

Friday 8/7

- Fun Day (meals on own)
- Historic Mayan ruins
- Santa Ana & Cerro Verde Volcanoes

Saturday 8/8

- Depart for Airport 8:30am
- Arrive Airport 10am
- Most flights depart 12pm or later

At a Glance:

Trip Cost: \$800 (w/o airfare)

Trip Deposit \$350 non-refundable

Registration Deadline 5/31

Flight Confirmation 6/28

Final Payment Due 7/12

Flights **MUST** arrive in San Salvador International Airport (SAL) by 2pm on 8/1 & a valid passport is required.

Customs: Your purpose of visit is tourism & your address is the [Armonia Hostel, San Salvador](#) You may have to purchase a "tourist/visa card". Have \$12 in cash ready.

Travel Issues: In the event your flight is delayed or canceled, notify us immediately.

Zoom Meeting: There is a mandatory Zoom Meeting Sunday 6/7 at 2pm CDT.

Departure: Don't forget to wear your Mission Trip T-Shirt!!!



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INFORMATION

Preparation:

- Pray for the safety & success of the trip
- Purchase plane tickets
 - Email itinerary to josh@mannaform.org
- **Make final payments by 7/12**
- Download “WhatsApp” on your phone
 - Primary means of communication in country
 - Add Josh Robinson at +1.636.222.3534
- Exercise! We will be walking/hiking/working outside everyday. Prepare now by being active.
- Vaccinations: Hepatitis A & Tetanus (recommended)

Money:

- El Salvador uses US currency. Lots of places take cards (make sure to tell your credit/bank that you are traveling)
- You will be responsible for meals on travel and fun days. Plan for \$10-15/meal
- Snacks
- Souvenirs & Tourism Activities

Dress

- Dress code for worship We will not be able to cleanup or change before worship. Please pack a clean “nice” shirt for worship.
- Pack lightweight/quick dry clothes. Jeans are not recommended. Pack rain gear/poncho as we will work rain/shine.
- **See dress code section in Policies for all rules.**



Conditions:

We are staying at the Armonia Hostel. Rooms will have A/C and hot water (note: sometimes water and electricity are not available).

We will be utilizing three, 15 passenger vans. Roads are winding and hilly. If you get motion sickness plan accordingly.

Hydration is key! During the day we will be outside in the heat and elements. During meals and worship we will be at the church building or outdoor park (no A/C).



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ACTIVITIES

Overview:

- This is a Manna Project mission trip and will be active and intense. We are here to spread the Gospel, help the brethren, reach the community, and grow the Church.

Work Activities:


- **Evangelism:** We will be going door-to-door. We will be inviting people to worship, having prayers, and conducting Bible studies. In foreign countries it's common to spend 30 minutes+ at each home. We will also be conducting Bible studies, offering prayers, and VBS activities in local parks.
- **Benevolence:** We will be helping brethren and community members with small projects. These can include cleaning parks/streets of trash, basic repairs, painting, moving dirt, house cleaning, landscaping, etc.
- **Agriculture:** We will be doing ag related services. These could include: clearing land of brush/rocks, prepping spaces, composting, creating container gardens, planting, weeding, harvesting mulch, dirt work, retaining walls/terraces, etc
- **Gospel Meeting/VBS:** Each evening we will have a Gospel Meeting. It will be in Spanish. (Sunday morning we will have translation). VBS style classes will be held each evening for children.
- **Devotionals:** We will have a devotional daily. All men will be schedule to lead at some point.



We're Going to Have Fun!

On Arrival Saturday we will head to our lodging, drop bags and rest. We will then leave to eat at a food court and explore the historic city center and library.

On Friday we will have the opportunity to travel to Joya de Cerén & San Andrés (Myan historic sites). We will also visit Santa Ana and Cerro Verde volcanoes where you will have the opportunity to hike or sit and enjoy the views. **\$18 will be required** for admission to these areas.



APOPA 2026 PACK LIST

Must Haves:

- Passport
- Refillable water bottle
- Team Shirt
- Money
- Deodorant
- Soap & shampoo
- Hygiene items (like deodorant)
- Bible
- Medications
- Day bag/backpack
- Hand sanitizer
- Rain Gear
- Sunscreen
- Two pairs of comfy/sturdy shoes
 - In case one gets wet
- Work Gloves

Optional

- Shower shoes
- Towel/wash cloth
- Electrolyte powder/drops
- Portable charger for phone
- Dramamine (for motion sickness)
- Snacks
- Portable/personal fan
- Chapstick
- Earplugs (for light sleepers)
- Hat

Packing & Travel Tips:

- Consult your airline website
- Backpacks, day bags, and fanny packs are preferred over purses.
- Checked Bags vs Carry Ons: Make sure that sharp objects and full sized liquid bottles go in checked.
- Refillable Water Bottle: Clean water will be provided via 5 gal bottles only. Make sure you have at least one bottle to fill and carry with you daily. Must be emptied for airports
- It's going to be HOT, HUMID, and Rainy. Pack light weight clothing that dries quickly. Jeans are not recommended. Have a plan to get your wet clothes/shoes home
- Make sure to arrive at the airport AT LEAST two hours before departure and check bags to final destination
- Money must be "fresh/new". Don't bring damaged, old, crinkly bills. If it won't go in a soda machine it don't go to El Salvador ;)
- Make sure you have enough medication and that prescription meds are in the original packaging/bottle



MANNA PROJECT

TRIP POLICIES

Stay With the Group

Participants must remain with the group at all times unless directed by the team leader.

Passport Safety

Keep your passport with you at all times unless instructed otherwise by leadership.

Water & Food Safety

Drink only bottled or approved drinks. Avoid tap water, ice from unknown sources, and raw fruits or vegetables unless approved. Brush your teeth with bottled water & do not gargle in the shower. If you violate this rule you **WILL** get sick.

Dress Standards

As representatives of Christ and His church, modest clothing is required. Do not wear shorts, leggings, tight-fitting or low-cut clothing, tank tops, sleeveless shirts, or spaghetti straps. Capri pants are acceptable. Skirts or dresses must be knee length or longer. We reserve the right to ask you to change clothes.

Footwear

Closed-toe shoes are recommended during activities. Flip-flops or sandals should be worn in the shower.

Mission Mindset

This is a mission effort, not a vacation. Be ready to serve and encourage one another.

Be On Time

Arrive early for all activities. Respect the time of the group and our hosts.

Follow Leadership

Please follow the instructions of the team leader. If you have questions or suggestions, discuss them directly with leadership.

Communicate Problems Quickly

If any issues arise, notify the team leader immediately so they can be addressed.

Rest When Needed

Work hard, but communicate if you need rest so you can continue serving effectively.

Conduct Standards

There is zero tolerance for alcohol, tobacco, non-prescription drugs, sexual immorality, or pornography. Violations will result in removal from the team.

Bathroom Use

Do not flush toilet paper, wipes, or hygiene products. Use the trash bin provided.



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FIELD GUIDELINES

Stay Hydrated

Drink water frequently. The climate can be very hot and dehydration can happen quickly. Carry water with you at all times. Consider bringing electrolyte packets to add to your water. Common signs of dehydration include headache, dizziness, fatigue, dry mouth, dark urine, and lightheadedness. If you experience these symptoms, drink water immediately. If you can't remember the last time you urinated, it's time to drink!

Handling Requests for Help

People you meet may ask for help with a need or request. While many of these needs are legitimate, please direct all requests to the team leader. All assistance should be coordinated through the local church so that the church is seen as the source of help rather than the visiting team. **DO NOT GIVE MONEY OR CONTACT INFO TO ANYONE**

Be Flexible & Gracious

Travel and missions hardly ever go exactly to plan. There are many factors that lead to change of plans. Be ready to roll with it, go with flow, and maintain a positive attitude!

Working With Translators

Translating is demanding work. Please be patient and respectful. Speak slowly and clearly, using short sentences so translators can accurately communicate what you say.

Visiting Homes

While doing door-to-door evangelism, you may be invited into homes and offered food or drinks. For health reasons, please politely decline these offers. Carry your own water and small snacks so you can simply say, "I already have something."

Be Prepared

Carry a small pack of toilet paper or tissues, as restroom supplies may not always be available.

Clothing Tip

Some team members choose to bring inexpensive/thrifted clothing that they can leave behind for local families. This can also create room in your luggage for souvenirs.

Show Appreciation to Local Helpers

If you stop for a drink or meal while working with a translator or local church member, consider purchasing something for them as a way to show gratitude for their help.



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CONTACT INFO

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