



Team Member Handbook

March 1, 2026

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Culture – Why it is important

Always remember that our objective is to bring Christ to those we serve not to turn them into us. That means we need to do all we can to make sure cultural differences don't distract from the message of Christ. Here's what the Apostle Paul said about that:

1 Corinthians 9:19-22 (ESV) – ¹⁹ For though I am free from all, I have made myself a servant to all, that I might win more of them. ²⁰ To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though not being myself under the law) that I might win those under the law. ²¹ To those outside the law I became as one outside the law (not being outside the law of God but under the law of Christ) that I might win those outside the law. ²² To the weak I became weak, that I might win the weak. I have become all things to all people, that by all means I might save some.

Paul definitely lived this way. Even though he was a Pharisee and the son of a Pharisee (meaning strict observance of Jewish law and tradition), he ate with non-Jews. In fact he got in Peter's face in Galatians 2:11-15 for not doing the same. This also means he ate pagan food some of which probably made him gag. And, in the council of Jerusalem in Acts 15:10-11, he strongly advocated that non-Jews not be forced to become Jews but that salvation is by grace.

On the flip side, when he was trying to win over the Jews in Acts 21:20-21, he took a Nazarite vow (see Numbers 6:1-21) to prove that he respected Jewish law and tradition. He also paid for four other guys to go through the expensive rituals with him.

One of the great shortcomings of the missionary wave of the 19th and early 20th centuries was confusing Christianity and culture. They tried not simply to win people to Christ but to impose European or American customs, music, dress, and even forms of government. Paul didn't make that mistake and we shouldn't either. Let's make sure our culture doesn't get in the way of Christ's message. The next few sections will discuss ways we need to accommodate our behavior to the culture of those we are going to serve.

Greeting:



Mexico has a greeting culture. EVERYONE needs to be greeted. For Mexicans, this includes a handshake or hug (even a kiss, sometimes). Saying “goodbye” follows much the same rules.

As Americans, if we enter a room full of people, we tend to just greet only a few (usually our friends) or just wave to the group. Mexicans can see this as cold, aloof, stuck up, and rude. It reinforces a stereotype they have of us thinking ourselves better than they are. So you

need to make an effort to individually greet and say goodbye to everyone in a room even if that means a lot of people!

We have to greet even if:

- It's uncomfortable
- There's a language barrier
- It's not the way we do it

See the Spanish Phrases page later in the guide to find some simple phrases to help you greet and say goodbye. If you like, lean heavily on “hola” as a greeting because it's easy. It's hard to go wrong with “Dios le bendiga” (God bless you) for both greeting and saying goodbye. Note: in the Safety and Health section, it says to use sanitizer after contact with people who have no access to proper washing. Don't let this deter you from shaking hands. Sanitizer is cheap!

Boys and Girls in Mexico:

When American young people greet one another, they tend to hug regardless of gender. Girls tightly hugging boys, even ones they know only casually, is not strange or “out there”. This is not the norm in Mexico especially among Christians. Girls are protected and expected to be reserved. Teenage boys in Mexico are often obvious in their feelings toward girls and think that a girl who is not accompanied by a male is fair game to be hit on. Likewise, a girl who is friendly with a guy one-on-one is “asking” to be hit on. This results in the following policy in our ministry:



- Boys work with boys. Girls work with girls, ladies, small children of both sexes, and boys 10 and under.
- Girls do not go places “alone.” They must be in a group that includes at least one male.
- Girls, TELL leaders if someone is hitting on you!

Within our team, girls and boys shouldn't interact one on one – especially outside a group. If you do, people will assume you are married. Believe it. This results in the following policy:

- One of our boys and one of our girls should never be together without someone else there.
- Boys and girls should not hug, hold hands or show other signs that could be seen as affection.

Mexican sovereignty:

Mexicans are very sensitive about national sovereignty, especially with Americans. In the 19th Century, we took about half their country (including all of California, Nevada, New Mexico, Texas, and Utah along with much of Arizona, Colorado, and Wyoming). We dominate them economically. Mexicans notice our “illegals” controversy. Virtually everyone in Mexico has a family member or friend who has been affected by our immigration policies. Recent political

developments have made this even more of a sore point. The giant flag pictured below is a symbol of Mexican national pride and a message to Americans: “You are in our country now”.



This results in the following policy:

- No clothing with American flags or other political or patriotic images or messages
- Stay away from discussing immigration policy, border barriers, or the Border Patrol
- Go to God with any attitudes you or your family may have about Latinos in our communities

Protestant Church in Mexico:

The Protestant church in Mexico tends to be very conservative. There is no dancing, no card playing or gambling of any kind, no alcohol, no secular music and, for some, no movies at all. They are very concerned about paganism and the occult. They can be very anti-Catholic, which they associate with idol worship and superstition. They are a minority (only about 11% of the population) and they are often persecuted. The Ensenada congregation pictured at right has actually been persecuted by a nearby Catholic church simply for being in the same neighborhood.



Christians in Mexico also have a stereotype of Americans as following a party lifestyle. This is reinforced by many of the American tourists they see in Ensenada, especially young adults.

We have freedom in Christ. But Galatians 5:13 (ESV) says: “For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.” So we need to be concerned not to offend our ministry partners in how we dress and act. This leads to the next topic.

Dress Code

We need to represent Jesus well in the way that we dress. We need to avoid giving offense or raising questions about us because of what we wear. Although we have freedom in Christ, Galatians 5:13 (ESV) tells us: “For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.” So, we need to be concerned not to offend our ministry partners in how we dress. Nor do we want it to distract from our message.

Here’s the rules for our church ministry sites:

- Showing “skin” in public is not appropriate. (Men) Keep shirts on in public at all times, even while doing work projects. (Women) Shoulders, midriffs and thighs must be covered in public. No cleavage.
- No shorts. Legs must be covered to below the calf.
- Wear jeans without holes
- Don’t show your underwear.
- No gang-related clothing.
- No clothing with inappropriate messages (for example, a beer logo)
- No wildly colored or eccentric hairstyles (example: Mohawks)
- Try to keep tattoos covered.
- Don’t show body piercings.
- Modest earrings for girls, don't wear them for guys.
- Light or no makeup for girls, no makeup for guys.
- Wear nice clothes in church services (dresses or skirt and blouse for women, slacks and shirt with a collar for men)
- No US “patriotic” clothing
- Don’t wear cross jewelry (considered superstitious by local churches)
- Wear closed toes shoes at ministry sites (just a safety issue)



At the Rancho El Refugio, we can be more relaxed. Shorts and flip flops are okay. But still maintain appropriately modest dress.

Helping without Hurting

When you are in Mexico, you will see many needs and, of course, you will want to meet some of those needs as you feel led and are able. But there is a danger in opening your wallet to meet needs directly. You risk having your relationship with the people you serve be about your wallet instead of Jesus. You can unintentionally create jealousy and strife in the community. Worse, you may encourage people to lie in an effort to get help. Worst of all, you may undermine the ministry of the local pastors we work with as people bypass them to receive help directly. Here's some guidelines to make sure you help without hurting.



- Be cautious with “lone ranger” giving either of money or of things you buy. If you give someone your shoes out of compassion, that can be a great witness. But more substantial gifts and, especially, gifts of money can create unintended consequences, even harming rather than helping. Discuss the need with your group leadership and reach a consensus. (Proverbs 15:22 “Plans fail for lack of counsel, but with many advisers they succeed.”)
- Discuss needs with your partner Mexican pastor. The pastor knows the people and it is his job to watch over them. (1 Peter 5:2) He has history with them and a relationship with them that you don't. His knowledge and insight about his flock will give you a fuller picture of how best to meet needs. Many times he will suggest ways to help which you wouldn't think of and are more effective.
- Give gifts through the partner pastor instead of directly. In this way you become a resource in his ministry rather than a competitor for the loyalty and gratitude of those you help. He will be there after you leave and we need to be sure we are his co-workers in building God's kingdom. (1 Corinthians 3:1-9)



Spanish Phrases

Greetings and goodbyes:

| | |
|-------------------------|--|
| Hello! | ¡Hola! |
| How are you? | ¿Cómo está? (for children: estás) |
| I'm well, thank you | Bien, gracias |
| Good morning | Buenos días |
| Good afternoon | Buenas tardes |
| Good evening (or night) | Buenas noches |
| God bless you | Dios le bendiga (for adults) Dios te bendiga (for children) |
| Welcome | Bienvenidos |
| Until later | Hasta luego (most common) |
| Until tomorrow | Hasta mañana |
| Goodbye | Adios |

Introductions:

| | |
|---------------------|---------------------------------------|
| My name is ... | Me llamo ... -or- Mí nombre es ... |
| What is your name? | ¿Cómo se llama? |
| Pleased to meet you | Con mucho gusto |

Politeness:

| | |
|-----------------|-----------------------------------|
| Please | Por favor |
| Thank you | Gracias |
| You're welcome | De nada |
| Excuse me/Sorry | Perdón Lo siento Discúlpeme |

Testimony:

| | |
|--------------------|------------------------------------|
| Jesus is my Savior | Jesús es mi Salvador |
| Jesus loves you | Jesús le ama (children: te ama) |

Understanding:

| | |
|----------------------|------------------------|
| Do you speak English | ¿Habla inglés? |
| Please repeat. | Repita, por favor |
| One word at a time. | Una palabra a una vez. |
| I don't understand | No entiendo |
| I don't know | No sé |

General:

| | |
|------------------------|-----------------------------------|
| What time is it? | ¿Que hora es? |
| Where is the bathroom? | ¿Dónde está el baño? |
| I am lost | Estoy perdido (girls: perdida) |

For kids programs:

| | |
|--------------------------------|---|
| Jesus loves you | Jesús le ama Jesús te ama (child) |
| Let's play a game | Vamos a jugar un juego |
| Join hands | Agárrense de las manos |
| Make a circle | Hagan un círculo |
| Run! | ¡Ándale! -or- ¡Córrele! |
| Come here! (plural) | ¡Vengan acá! |
| Attention please | Atención por favor |
| We are going to sing | Vamos a cantar |
| Slower. | Más despacio |
| Faster | Más rápido |
| Put the crayons here | Pongan los colores aquí |
| Use the glue | Use la goma |
| Glue it here | Péguelo aquí |
| Fold it on the line | Dóblelo en la línea |
| Everyone sit down | Siéntense todos |
| Everyone stand | Pónganse de pie. -or- Levántense. |
| Come to the meeting | Véngate al servicio (one child) Vénganse al servicio (multiple people) |
| Come back tomorrow (plural) | Vuelvan mañana |
| Invite your friends | Inviten a tus amigos |



Spanish Pronunciation Guide

This guide is intended to help you if you need to read Spanish aloud, say, your lines in a drama. Spanish pronunciation from written text strictly follows rules so, if you follow the rules, you'll always make the right sounds. The phonemes (sounds) of the language have pretty similar English analogues with one exception: the trilled "R". So, with a little practice, you can read out loud and be understood even if you have no idea what you are saying! Below are the pronunciation rules. Of these, the most important to for being understood are the following:

"Top Ten" rules for being understood

- | | | | |
|-----------------|-------------------------------|-------------|--------------------------|
| 1. Vowel sounds | 4. Emphasis | 7. Soft "g" | 10. "r" at start of word |
| 2. "ñ" | 5 "h" and "j" | 8. "y" | |
| 3. "ll" | 6. "que", "qui", "gue", "gui" | 9. "rr" | |

Vowel Sounds

- A – always pronounced "ah", as in father (Spanish example: nada)
- E – always pronounced as a short e, as in best, dress (Spanish example: inglés)
- I – always pronounced "ee", as in feet, bee (Spanish example: sí)
- O – always pronounced as a long o, as in or, doctor, but with the lips a little more rounded. There is no trace of the u sound which is present in the English pronunciation of "no". (Spanish example: taco)
- U – pronounced "oo", as in fool, pool. (Spanish example: uno) except in a combination where it is preceded by "g" and followed by "a" where it has a "w" sound (Spanish example: guacamole). See also the rules for gue, gui, que, qui and for the dieresis mark on the next page.

Like English, Spanish has hard vowels (A, O, U) and soft vowels (E, I) which affect the pronunciation of a C or G in front of them. See the rules for C and G.

Consonant Sounds

If there is no entry for a letter, then it is pronounced very much like English.

- B – Similar to the English "b" but less hard. Between vowels it is pronounced very softly so that the lips touch only slightly. (Spanish example: bebida) It's interchangeable with the pronunciation of "v".

- C – As in English, before "a", "o", and "u" it is pronounced as a "k" as in can. (Spanish example: cantar) Before "e" or "i", it is pronounced like the "s" in cent. (Spanish examples: centavo, ciudad)
- CC – Pronounced very similar to the "cc" in accident (Spanish example: accidente)
- D – Similar to the English "d" in "bed" but with the tongue further forward; between vowels or as the last letter of a word it is pronounced similar to the "th" in "the" (Spanish example: ciudad)
- G – Before "a", "o", or "u", it is pronounced as the "g" in gate (Spanish example: gato) Before "e" or "i", it is pronounced like the English "h", but more emphatic. (Spanish example: gigante)
- H – Always silent in Spanish. (Spanish example: hotel)
- J – Always pronounced like the English H but more emphatic (Spanish example: jalapeño)
- LL – Always pronounced like the Y in yes. (Spanish example: ella)
- ñ – This Spanish letter is pronounced NY as in canyon (Spanish example: español)
- Q – See rules for "que" and "qui". For "qua" and "quo", it is similar to English.
- R – Similar to English (Spanish example: hora) except when it is the first letter of a word it is strongly trilled. (Spanish example: Costa Rica)
- RR – Always strongly trilled. (Spanish example: arroz)

- V – There is no difference between the “v” and “b” sound. (Spanish example: video)
- X – Normally like English (example: “texto”) except for some indigenous names. (Examples: in “México”, it’s like an English “h” and in “Xel Ha”, it sounds like “sh”).
- Y – Standing alone, it is pronounced “ee” as in tree (Spanish example: cinco y media, San Ysidro), that is, just like an English “i” would be. Next to a vowel or between vowels, it is pronounced like the “y” in yearn (Spanish example: vaya, hoy)
- Z – Like the English S (Spanish example: diez, Cortéz)
- Que – pronounced ke as in kept (Spanish example: ¿Qué pasa?)
- Qui – pronounced kee as in keep (Spanish example: quince)
- Gue – pronounced ge as in get (Spanish example: guerra)
- Gui – pronounced gee as in geese (Spanish example: guitarra)
- The remaining letters are pronounced as they are in English with only very slight variations.

Syllable Emphasis and the Accent

Normally the syllable that is emphasized (or stressed) is either the last or next to last according to the following rules:

- Words that end in a consonant other than “n” and “s” have stress on the last syllable. Examples: comer, verdad.
- Words that end in a vowel, “n”, or “s” have stress on the next to the last syllable. Examples: tacos, enchilada, hacen.
- Many two-vowel combinations are diphthongs (see next section) unless one of them has an accent. Examples: colonia, Mario.

In Spanish, an accent on a vowel (á, é, i, ó, ú) serves two purposes:

- Overrides normal stress. Examples: millón, cárcel, liberación, dólar.
- Used to distinguish between otherwise identical words and for interrogatives. Examples: si (if) vs. sí (yes), tú (you) vs. tu (your), él (he) vs. el (the), mí (me) vs. mi (my). Interrogatives: “¿Qué quiere?” (What

do you want?) vs. “Hace lo que quiere”. (Do what you want.)

Emphasis is very important for verbs, for example: “hablo” means “I speak”, “habló” means “he spoke”.

Diphthongs (not beachwear)

A diphthong is where two vowels are pronounced as a single syllable. Spanish vowels are divided into strong vowels (a, e, o) and weak vowels (i, u, and sometimes y). Hint: strong vowels have closed tops, weak vowels have open or pointy tops. You have a diphthong when there is a weak vowel involved. Strong and weak vowels affect pronunciation like this.

- Two Strong Vowels - No diphthong. Pronounced as two syllables with normal stress. (Example: “empleado”)
- A Strong Vowel and a Weak Vowel - Pronounced as a diphthong with emphasis on the strong vowel. (examples: bien, seis, bueno), actual. The following diphthongs make special sounds: “ai” and “ay” sound like the “i” in might (example: bailar, hay), “au” like the “ou” in found (example: causa), “ei” and “ey” like “ey” in they (example reina, ley), “eu” like the vowel sounds in “may you” (example: deuda), “oi” and “oy” like “oy” in boy (example: estoy).
- Two Weak Vowels - Pronounced as a diphthong, emphasis on second vowel. (examples: ruido, ciudad)
- Exceptions - When the pronunciation of a word does not follow these rules, an accent is placed on the stressed vowel. (Examples: río, reir)

Diaresis (not what you get from drinking the water)

The dieresis is two little dots that appear only above a “u” like this: “ü”. It is used to override the “gue”/“gui” rule and have the “u” make a “w” sound. Examples: vergüenza, lingüístico.



Your testimony is an important and powerful part of our program. If you are a Christian, you have a testimony. It's simply the story of your life in Christ. It could be about any of these things:

- Your story of coming to Christ. You don't need a specific date, just your experience.
- A story of how your relationship with Christ helped you get through hardship (like bullying or depression) or tragedy (like the loss of a loved one).
- A story of how God has changed you in the way you think or act. For example, in dealing with anger or some sin in your life.

Your testimony is the **story** of your encounter with God and what role He has played throughout your life.

Your faith and your testimony are tightly linked. Read through Hebrews 11 to see the kinds of testimonies that can come out of faith. Some are testimonies of doing great works for God while others are of simply hanging in there in really tough circumstances. All give glory to God. And that is the purpose of your testimony.

You may feel that your testimony is boring or too ordinary. Or that it is unimportant. Or that it wouldn't be relevant, especially to someone in Mexico. Or that your walk with Christ isn't good enough for you to be giving a testimony. Or it might be painful or embarrassing to remember, let alone talk about things God has dealt with in your life. Or it would be impossible for you to give your testimony in public so why write it? Or that there are a lot of "more spiritual" people on the team whose testimonies would be better. Or _____ (fill in the blank).

Here are the facts:

- God created you to give glory to Him in your life. (Psalm 115:1)
- He commands you to share Him with others. (Acts 1:8)
- He has given you a testimony that is just what some particular person needs to hear. (Romans 10:14)
- He will supernaturally give you the words and strength to testify for Him. (Matthew 10:18-19)

All team members must write down their testimonies. Some may be asked to give a testimony (through a translator), perhaps to a VBS class of children or in a church service or to a group of inmates or residents in a rehab program.

If you are at a loss on what your testimony should be or even if you have one, pray and ask God what He wants you to say about your personal story. Also talk to your friends, parents or spouse, your team leader, or a pastor. They can help you work out what story you should be telling.



Here's some tips to think about in composing your testimony:

- Use simple phrases. Also avoid slang that might not translate easily such as “It smacks.” Your translator might not know that means “Es muy bueno” (it is very good).
- The churches we partner with are pretty conservative so be careful in your use of dramatic impact unless it is the core of your story. Generally, if drugs or alcohol is central to what God has done in your life you can be somewhat specific. It's O.K. to say that you were using and in the grip of it but don't wallow in the details of what you did. Focus on what God did to rescue you. If divorce is central to your witness (if, for example, your parents divorced), then say so but emphasize how it hurt and how God helped you deal with it rather than lots of details about the drama. Some things are best dealt with in general terms like “I was doing bad things that displeased God and dragged me down.” Examples would be pornography or sexual activity. If you have doubts, talk to your team leader about what to reveal.
- The point of your story is not you or your problems. Instead, the focus is on God and His work in your life. Let's give glory to Him.
- Try to shoot for four to seven minutes of testimony. Remember, that time will be doubled when you give it through a translator.

“Sandwich” Format

Consider using the “sandwich” format shown at right to help you organize your testimony. It has four parts:



1. Greeting – Say hello and thank God for the opportunity to be there. Find something you can affirm about their country, church or people. Perhaps something you've seen or someone has done for you. For example, “Thank you for welcoming me to your beautiful country.” or “I have enjoyed making new friends here.” Bring a greeting from our church. For example, “I bring you greetings from my church in [place], they are praying for us while I am here.”
2. Personal information – Give your name and tell a little about yourself: your family, school, interests, and activities. If you have relatives on the team, mention that. Tell whether this is your first mission trip or how many others you have been on and to where.
3. Testimony – This could be your conversion story or a story about how God has worked or is working in your life to help you deal with difficult circumstances and/or your attitudes and actions.
4. Scripture – End with a Bible verse. Choose a verse that has special meaning to you. You could also pick a scripture that goes along with your testimony or that gives a challenge to you and those who are listening.

Safety and Health

Every year the enemy attacks teams through illness. When team members get sick, not only they but our ministry suffers. Here are some guidelines to try and stay healthy.

- **Wash your hands**, especially as you work and play throughout the day. Also **use sanitizer liberally**. Many people in our programs have no access to washing and, in some cases, even toilets. So keeping sanitized, especially before eating, is crucial.
- **Drink lots of purified water**. For every soda you consume, drink 2 cups of water, or you may get dehydrated. Dehydration is the number one cause of team illness.



- **Drink enough water** to make sure you go to the bathroom several times each day, to avoid getting dehydrated or sick.
- **Drink only purified water**. Never drink Mexican tap water. (Exception: all the water at El Refugio is safe.) Our churches cook with, and drink only purified water or water that is confirmed safe. Foodborne illness is the number two source of team illness.

- **Wear a hat in the sun** to avoid dehydration and sunburn.
- **Rest**. Adequate rest is essential to a healthy week.
- **Food**. Stay away from “street” food. Eat only Team food, food prepared by our churches, and other food approved by your team leader. Foodborne illness is the number two source of team illness.



- **No fireworks**. And smoking is strictly forbidden.
- El Refugio staff are in place at the ranch for your safety. Please **cooperate** with them.
- Don't climb the **rocks** at El Refugio. Snakes like to hang out on them.
- Alcohol, Drugs, and Tobacco are prohibited. Mexican law is much harsher than the United States if you are caught with drugs. If caught, you may jeopardize yourself and the entire team.
- When at the El Refugio, youth and children must **stay on the grounds**. No walks on the roads, hiking, jogging, or exploring without adult supervision/approval.
- **Travelling**
 - Avoid travelling at night.
 - Travel in groups
 - Stay on approved routes

Packing List

Items You Must Bring

- Passport Book or Card
- Clothes for 6 days (including some “church clothes” for Sunday and some “work project” clothes you might get paint on)
- Comfortable, closed toed shoes
- Hat
- Warm sweatshirt or jacket
- Pajamas
- Light sleeping bag or sheets and blanket
- Bible
- VBS Program Manual (if you are doing a VBS program)
- Pen or pencil and paper
- This team member handbook
- Toiletries (toothbrush, toothpaste, soap, shampoo, hair brush, etc.)
- Towel
- Money for 2 meals while traveling
- Sunscreen (at least SPF 15)
- Personal water bottle
- Personal medication (if any)

Items You May Want To Bring

- Pillow
- Work Gloves
- Hand sanitizer
- Wet Wipes
- Insect repellent
- Flashlight
- Flip flops or sandals
- Makeup (please girls only 😊)
- Camera
- Extra Shoes
- Musical instruments
- Phone
- Earplugs (if concerned about snoring roommates)

Items You Must Not Bring

- Weapons (firearms, Rambo knives, etc. – all illegal in Mexico)
- Electronic games (be with your team)
- Personal sound equipment (iPod, MP3 player, CD player, etc.)
Don't use your phone for this either, if you bring one.

Daily Schedules

Saturday:

7:00 am – Meet at church (with your stuff)
7:30 am – Travel to Ensenada
11:30 am – Arrive Ensenada
7:00 pm – Dinner at El Refugio
8:00 pm – Chapel
10:00 pm – Quiet time
10:30 pm – Lights out

Monday- Friday

7:00 am – Breakfast
8:00 am – Morning devotion
9:00 am – Depart for ministry sites
7:00 pm – Dinner at El Refugio
8:00 pm – Chapel
10:00 pm – Quiet time
10:30 pm – Lights out

Saturday

7:00 am – Breakfast
8:00 am – Leave for the border
1:00 pm – Arrive at Riverview



Note: In Mexico, schedules are flexible. So keep calm even when things don't go according to the schedule! ☺

Lodging Rules for the El Refugio

1. Please use water wisely, and take short showers.
2. Don't flush anything but bodily waste down the toilet! Toilet paper and hygiene products must be placed in trash cans next to toilets. Mexican plumbing is not designed to dispose of other waste as we do in the USA. If you forget and clog the toilet, let a leader or staff member know immediately!
3. No alcohol, illegal drug, or tobacco usage.
4. Please observe quiet after 10 PM, and before 7 AM.
5. Be respectful of the ranch and don't leave liter or disturb nature.
6. Do not leave the fenced-in compound of El Refugio except as a group.
7. Do not enter the room of the opposite sex.
8. Please do not leave valuables behind at El Refugio when you are not there.