



5-Day Sample Trip Itinerary - Puerto Rico 2021*

***Pre-trip negative Covid test results required for all volunteers in 2021**

Saturday

12:30 PM – 2:30 PM - The group will be met at baggage claim at the Luis Muñoz Marín International Airport (SJU) in San Juan. Crossing Threshold staff will transport the group to The Zen Center for Meditation and Learning in Caimito, Puerto Rico and a 30 minute ride from the airport. **Masks are required during all transport.**

3:00 PM - Group arrives, unpacks and gets settled into their respective dorm rooms. The group will then meet the Directors of the Center, Ms. Rowan St. Clare and Mr. Lee Hennigan. Centro Zen is a registered non-profit and has been in existence since 1982. They are our partner organization on the ground in Puerto Rico and our liaison to the community. The group will get a tour of the Center and meet the staff who they will be working with during the week. They will also receive an overview of all the activities that are currently occurring at the Center and with the community. Later on the group will receive an updated project list, including an explanation of the daily service work options and evening meeting schedules.

6:00 PM - 7:00 PM – Socially distant outdoor dining at the Center

7:30 - 8:30 PM - Formal welcome by the Directors of Centro Zen. Presentation will include a brief history of the Center, their organization's goals in reference to working with the community and the projects Crossing Thresholds and Centro Zen will be working on in 2021.

8:30 - 9:30 PM - General socializing followed by volunteers retiring back to the dorm rooms. **Limited group size, expanded dorm space in well ventilated rooms in 2021 is now available to provide socially distant sleeping accommodations.** Pillows, sheets, blankets and towels all supplied. Laundry is available at the Center. Carry-on luggage is all that should be required to make the trip.



Sunday, Monday, Tuesday

7:00 AM - Coffee available

8:00 AM – Socially distant outdoor breakfast at the Center

9:00 AM- 12:30 PM – Work projects:

The group divides into 2 teams of volunteers. Each group will have a leader from Crossing Thresholds. One group will be staying at the Center to work on the re-construction of a building that is to become a community library, work on a Community Garden project or on a trail clearing project. The other half of the group will travel to a local elementary school to begin work on repairs from storm related damage guided by local trade professionals. Projects will include repairing and repainting walls and assisting the art teacher in a mural project. Volunteers can switch worksites each day. More projects may be added before the group arrives. **Masks must be worn when working/traveling outside the Center grounds.**

1:00 PM – Socially distant outdoor lunch at the Center

1:30 - 5:00 PM Groups return to project site to complete the work begun in the morning.

5:00 PM - 7:00 PM – Showers/Free time

7:00 PM – Socially distant outdoor dinner at the Center

7:30 PM - Evening program with Rowan & Lee offering a summary of the day's work, their plan for the following day, followed by a Crossing Thresholds mission focused discussion.

Potential Topics/Activities: Crossing Threshold suggested list of topics and/or activities:

1. Saturday PM: Rowan & Lee will talk about their work at Centro Zen over the past year and their goals for how the Center will be working with the community in 2021. They will talk about their arrival on the island after the storm and their work with "All Hands & Hearts" a disaster relief organization. The group will watch a film about on Puerto Rico and the impact the storm has had on the island and its people.
2. Sunday PM: Meet with Board members and representatives from the community to discuss the impact of Hurricane Maria, recent tropical storms and impact of the Covid Pandemic on the island.
3. Monday PM: Evening meeting with optional yoga class or meditation training
4. Tuesday PM: Final night reflection and celebration.



Wednesday

7:00 AM - Coffee available

8:00 AM – Socially distant outdoor breakfast at the Center

9:00 AM - Final meeting with the Centro Zen staff and Board members who will be present to say good bye, thank volunteers for coming and encouraging them to continue to their support of the projects that are occurring at the Center and in the community.

10:00 AM – Depart the Center and head to San Juan for some AM beach time, lunch, followed up by a guided tour of Old San Juan.

5:00 PM - Arrive SJU airport, check-in and dinner at the airport.

7:00 PM – 8:00 PM Depart to home airport or continue your stay in Puerto Rico.