

# INTERNATIONAL TRIPS

## FAQs

### **Is there anything I can show my parents?**

- You can share the individual trip graphic with your parents. Some trips will have more handouts if you ask the trip director.

### **Do I have to play this specific sport to go on a sports trip?**

- It depends! Most of our trips need an athletic trainer and we love photographers and social media people who just love sports. Some of our trips are focused towards competing, but many trips are also campus ministry focused and include a variety of sports. If you're interested in a certain trip, reach out to that trip director to see if it could work for you!

### **Are there opportunities or facilities for me to work out?**

- Generally, yes! It will depend on where you are traveling and the type of trip you are on. If you are traveling with a competitive sports team, you will naturally be working out. For other trips, you may need to be more creative. We cannot guarantee access to a weight room, so you may need to plan for bodyweight exercises or bring resistance bands. Your trip director will be able to give you a better idea of what to expect for your specific trip.

### **What is the support raising or fundraising expectation of me?**

- Each individual is responsible for raising the funds for their support goal that is given to them by the trip director. We have a support raising packet that will be given to you once you are accepted for a trip, and we will coach you through that process!

### **What can I expect to get out of going on a trip?**

- Each of our trips is committed to being a part of the Great Commission! Trip participants will be disciplined, trained in evangelism and cross-cultural ministry, and given opportunities to serve others on every Athlete in Action International Missions trip.

### **Where are the places I can go?**

- We have a variety of mission opportunities for athletes, coaches, athletic trainers, and other team support staff. Some trips are available for all skills levels and others require a more specific skill level. Check out <https://athletesinaction.org/trips-info/> and fill out the "Request More Information form" and we will get you in touch with the sport or trip leader you are interested in.

### **How many others will be going?**

- This depends on the trip! If there is a specific trip you are interested in, we can help you get more information. Generally, there are anywhere from 10-30 people on any given trip.

### **How long are the trips?**

- Most of the time, 1-2 weeks.

### **What happens if something goes wrong?**

- Athletes in Action has a crisis management team that is incredible. In the event of an emergency, your trip director will work together with the crisis management team to ensure the proper steps are taken to prioritize safety depending on the situation.

*\*Last updated January 2026\**