



Preparing for your Mission Trip

AIRLINE TICKETS

Our mission teams travel via United Airlines, with a connection in Houston, to the Honduran capital city, Tegucigalpa. Once the dates of the trip are confirmed, travelers can book their own flights or the Saint Basil Parish secretary can assist the traveler with making flight reservations. Travelers are responsible for paying the full cost of their airfare, which averages \$600 - \$900 per person, round trip. Upon arrival at the airport in Tegucigalpa, we pick up rental trucks for the four hour trip to San Francisco de la Paz in Olancho.

TRAVEL DOCUMENTS

You are required to have the following pieces of personal identification:

- **Passport:** Applications can be made at the Post Office. Cost is approximately \$100 and takes about six weeks. NOTE: Passport must not expire within six months of the return date of the trip.
- **Required back-up ID:** You should make four copies of the inside of your passport which includes your picture and personal information. One copy should be carried separately from your passport, on your person; a copy to be given to the designated team leader; a copy to be held at the parish office and a copy kept on file at home.
- **Immigration form:** This will be given to you by the airline during the flight.
- **Departure Tax:** There is a \$39 (U.S. dollars) departure tax per person that is paid at the Honduras Airport. Cash is necessary for this departure tax.

IMMUNIZATIONS

The Center for Disease Control recommends the following:

- Malaria preventative
- Tetanus. Should be updated every ten years.
- Typhoid
- Hepatitis Type A

Arrangements for the above immunizations can be made through Cleveland Clinic Marymount Travel Clinic by calling 216-518-3655 or University Hospitals by calling 216-844-8500 (the recording indicates you have reached the medicine scheduling office; stay on the line for an operator and ask for the travelers clinic office). If possible, immunizations should be done at least 60 days in advance of departure date.

HEALTH INSURANCE

Because our American health insurance doesn't cover our medical needs in overseas mission travel, we will contract with a company that will provide basic and emergency health insurance while in Honduras. For a 10 day trip the cost is approximately \$60 per person. This cost is included in the advance payment that is described below.

CARRY-ON BAGGAGE

United Airlines will permit one bag plus one personal item (Coat, purse, camera) per customer to be carried on the aircraft. The maximum combined linear measurement (length + width + height) of carry-on bags must not exceed 14 inches x 9 inches x 22 inches (23 x 35 x 56 cm) or 45 linear inches (114 cm). A backpack works great as a carry-on for the trip. Make sure all your bags have identification tags with your name on them, including your carry on. Suggested items for carry-on:

- Passport
- Credit Card
- \$39 for departure tax from Honduras, this is separate from the \$100(suggested amount for use during stay)
- Change of clothes in case your baggage is lost
- Camera and film
- Snacks in case of delay
- Water bottle
- Toilet paper (2 rolls)
- Hand sanitize gel
- Medications to include the following:
 - All personal medications.
 - Pepto Bismol or Imodium AD and Correctol.
 - Dramamine is recommended, if you are prone to motion sickness.
 - Ibuprofen is also recommended.
 - Acidophilus pills—good bacteria!
- Health insurance card
- Reading materials

CHECKED BAGGAGE

All passengers are permitted to check two bags, up to 62.0 linear inches (157cm) L + W + H and 50.0 lbs (23 kg) per bag. One bag, containing all of your personal items (see the list below), can be checked at no charge. A second bag will be packed with items we will use for our Mission work and the charge will be covered as part of the Mission expenses.

For additional information, visit United Airlines Web site (www.united.com) or Transportation Security Administration (www.tsa.gov).

- Clothing
- Boots / shoes
- Towels and washcloth
- Bed linens (twin bed)/pillow/ lightweight blanket
- Soap/antibacterial lotion
- Toilet paper/paper lunch bags for tissue use
- Sunglasses

- Contact lenses/solution (bring an extra pair). Glasses are preferred at construction sites.
- Shoes/work shoes and shower clogs
- Light rain jacket
- Electric hairdryers and shavers
- Earplugs (for noise reduction while sleeping)
- Snacks (granola bars, crackers, hard candy, tuna makers)
- Flashlight
- A few zip lock bags
- Work gloves
- Sun block, lip balm, insect repellent
- Prayer book
- Journal
- Ladies note: Come prepared with feminine hygiene products. You are able to purchase some products but not all (tampons are not available) in Honduras.

PACKING

Pack lightly. Do not take anything you can't afford to lose. Rolling clothes takes less space. Avoid glass containers. You may bring a purse or small camera bag in addition to your carry-on. Nametags need to be on all baggage. One bag should contain your personal items, while the second one is used to pack supplies and gifts. Always be mindful of where your passport is; and always have it on your person when traveling to and from the airport.

CURRENCY

DO NOT BRING TRAVELER'S CHECKS. You can bring some cash (approximately \$100 U.S. dollars) for snacks and souvenirs. You will be provided with \$100 Limpera (Honduran currency) sometime prior to our departure or at the airport. One Limpera is worth about five cents. Credit cards are accepted at some shops in Tegucigalpa and at some gas stations in Juticalpa. No credit cards are accepted in San Francisco de la Paz or the villages.

SAFETY AND SECURITY

We will make every effort to ensure the safety and security of our mission teams and the success of our Mission efforts by following some basic rules and guidelines while in Honduras. For example, we always travel in groups and make sure to complete our workday so we arrive back at the Hogar del Niño before dark. As to be expected in any developing country, the conditions in some of the places where we travel are not the same standard as the conditions to which most of us are accustomed (i.e. political environments and judicial systems). Further, there are certain health and detainment risks as well as other risks that anyone considering a trip should be aware of. Any questions or concerns will be addressed at informational meetings held prior to a trip. Finally, we closely monitor any travel warnings for Honduras posted on the U.S. State Department Web site: http://travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html



Things to Know About Your Stay in Honduras

LIVING CONDITIONS

- **Housing:** During your time in Honduras, you will be staying at the Hogar del Nino. Originally constructed as a children's medical hospital, the facility is secure with a gate that is locked 24 hours a day to keep visitors from wandering in and out. Sleeping arrangements are in dormitory-style rooms with shared restroom and shower facilities. Beds are provided, however you need to bring linens (for twin beds) and pillows. Showers are with cold water and you will need to bring your own towel, washcloth and soap.
- **Food:** One full, hot meal a day, typically dinner, will be prepared by a Honduran cook. Normally, breakfast and lunch is on our own and we do the shopping. If you would like to bring items from home, make sure they are non-perishable (crackers, granola bars, trail mix, tuna makers, peanut butter, instant oatmeal, microwave popcorn). Hondurans show their love and affection for others through their cooking. They appreciate hearing that you enjoyed your meal. Do not buy food from street vendors. The kitchen is equipped with pots and pans, microwave, small stove, refrigerator. Cost for groceries purchased in Honduras is included in the \$120 deposit.
- **Weather:** The temperature is likely to reach 90+ degrees in the heat of the day. Dehydration can easily occur under these conditions. Drinking plenty of bottled water (which will be supplied) is a must. A water bottle is required, so individuals can obtain clean water at the Hogar. Sunscreen, SPF 15 or higher, is recommended along with lip protection. Aloe Vera is helpful with sunburn. Bring a lightweight, long-sleeve shirt if you burn easily. A hat is recommended. Groups traveling in winter and spring should be prepared for cool evenings and bring sweatshirt or lightweight jacket.

CLOTHING

It is important, out of respect for the Hondurans, that we comply with their clothing standards. Please use discretion and common sense. Keep modesty in mind. Wearing clothes that are tattered is a sign of disrespect. Cool, comfortable clothing is recommended. Cotton clothing is most appropriate.

- **Male attire.** Lightweight work pants, slacks and jeans are appropriate. Shorts may only be worn at the Home Base, not the work area. Short-sleeve shirts, t-shirts or tank tops may be worn, however they must not contain any questionable logos, such as beer, cigarettes, or rock groups. For Mass, a short sleeve collared shirt and casual pants are

recommended. Tennis shoes and boots are the recommended foot attire. Sandals/flip-flops can be used at the Hogar and are excellent for showering.

- **Female attire.** Jeans, slacks and appropriate shorts may be worn. No mini-skirts, tank tops or skin revealing attire should be worn outside the Hogar. Tennis shoes and boots should be worn to the work area; no open toed shoes.
- **Jewelry.** No jewelry, just an inexpensive watch.

HEALTH AND HYGIENE

Sanitary conditions throughout Honduras are poor. Parasites and microorganisms cause many health problems for the Honduran people. These can cause intestinal disorders, such as diarrhea, in foreigners. To remain healthy, carefully observe the directions below.

- **Water:** Drink only bottled water. Tap water is unsafe to drink. DO NOT EVEN USE IT TO BRUSH YOUR TEETH. Ice made from tap water is also unsafe. Lettuce and non-peeled fruit (a banana would be okay, an apple would not be) could also be contaminated.
- **Wash-N-Dry:** These and/or hand antiseptic sanitizer gel are great. They are convenient to use when water is not readily available.
- **Toilet tissue:** Is not flushed down the toilet, rather it is deposited in a container (small brown bag) next to the toilet. Also, please bring several paper lunch bags for disposing of toilet tissue. Please bring a four pack of toilet tissue with you (it is recommended you keep one roll on you at all times; even areas such as the airport lack toilet tissue).

DISTRIBUTION OF GIFTS AND SUPPLIES

Never arbitrarily give items away to Hondurans. If you want to leave some of your personal belongings (clothing), check with your team leader first. Giving things away, even candy, can create chaos. It is very important not to add to the disempowerment of the people by creating a begging mentality. The items that the team brings (shoes, clothing, school supplies) will be distributed by the members through an organized, pre-determined process. You should refrain from giving money to beggars, particularly at the airport, many of whom are professionals.

COMMUNICATION

We have three cell phones for use by team members during their stay in Honduras -- to stay connected with one another and to check in with home. We ask that team members limit the time and number of calls to home. Part of the purpose of the mission is to disengage from our everyday life and engage with the people of Honduras. Checking in occasionally with your loved ones to make sure everything is okay at home and to reassure them that you are doing well is to be expected. If someone needs to reach you, they should contact the Saint Basil Parish Office and someone from the office will contact us. You might want to check with your cell phone provider to find out if you have service in Honduras. There is also an internet café in San Francisco de la Paz and several in Juticalpa.



Other Information You May Need

COST OF TRIP AND PAYMENT INFORMATION

The total cost for the trip will average about \$900-\$1,100, depending on the price of airfare at the time of the trip. This includes airfare; \$150 for immunizations; \$100 for a passport if you don't currently have one; \$85 for accommodations and meals at the Marriott Hotel the night before departure to return home; and \$39 departure tax per person that is paid at the Honduras Airport (Cash is necessary). Travelers are encouraged to use frequent flier miles to defray the cost of the airfare. All expenses related to the mission are tax deductible. In addition, it is our hope that you will see these expenses as an investment in your personal growth, and as a contribution of service to the people of Honduras. Advance payment of \$120 to cover the cost of food, Limpera and insurance are due at the Saint Basil Parish Office approximately six to eight weeks prior to departure. Checks should be made to Saint Basil Honduras Mission.

INFORMATION TO LEAVE AT HOME

The Hogar del Nino where we will be staying is located in:

San Francisco de la Paz
Department (State) of Olancho, Honduras, C.A.

The evening before departing Honduras, groups stay at the Marriott Hotel in Tegucigalpa. The cost per room has been approximately \$85 (U.S. dollars) and includes breakfast and transportation to the airport. Hotel information:

Tegucigalpa Marriott Hotel
Boulevard Juan Pablo Segundo
Tegucigalpa, Honduras
Telephone: 011-504-232-0033
Fax: 011- 504-235-7700

The U.S. Embassy and Consulate are located at:

U.S. Embassy Tegucigalpa
Avenida La Paz
Tegucigalpa, Honduras
Telephone: 011-504-2236-9320 or 011-504-2238-5114
Emergency after-hours telephone: 011-504-2236-8497
American Citizens Services Unit Fax: 011-504-2238-4357

Consular Agency San Pedro Sula

Banco Atlantida Building (across from Central Park) – 11th Floor
San Pedro Sula, Honduras
Telephone: 011-504-2558-1580
For information on services for U.S. citizens, please ask for ext. 4400

For more information about traveling to Honduras, visit the U.S. State Department Web site:
http://travel.state.gov/travel/cis_pa_tw/cis/cis_1135.html.