

**Honduras Mission Trip  
July 14-21, 2018**

# **Honduras**

## **Mission Trip Booklet**



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**INTRODUCTORY LETTER**

Dear Mission Team Member,

I am excited to be able to give you information about our mission trip to Honduras. In the following pages you will find answers to many questions, however if you have a question that we do not cover you may feel free to contact me at 704-280-4095 (texts are fine!) or at [reidmatthews@icloud.com](mailto:reidmatthews@icloud.com). Also check the mission website at [www.medicaldental.org](http://www.medicaldental.org), the First Baptist Church of Weddington site at [www.fbcw.com/missions/honduras](http://www.fbcw.com/missions/honduras), or our Facebook Group, HBDMI17.

We are excited that you will be coming to Honduras. It will be an unforgettable, life changing experience. You will gain much first-hand knowledge of the mission field and partake in the ministry that God has done here in Honduras.

In His Service,

Reid Matthews

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**ABOUT HONDURAS**



**Honduras** has a population of 7,326,496 as of July 2006.  
0-14 years: 39.9% (male 1,491,170/female 1,429,816)  
15-64 years: 56.7% (male 2,076,727/female 2,077,975)  
65 years and over: 3.4% (male 113,747/female 137,061)

The capital of Honduras is **Tegucigalpa**. It has a population of 1,435,000.

Cost line: 510 miles.

Land areas: 43,201 sq miles.

Highest elevation: Cerro Las Minas 9,416 ft.

Currency is Lempira.

National Day is recognized on September 15.

The time zone is GMT-7, or two hours behind U.S. Eastern time.

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**ABOUT THE MISSION**

No two weeks are exactly alike, but there is a general outline of the week.

<p><b>Saturday</b> <i>(Travel to Honduras)</i></p>	<ul style="list-style-type: none"> <li>• Fly out of the U.S. to San Pedro Sula (SAP) airport in Honduras: depending on your location, you may leave Friday night to take early flights from major airports like Atlanta or Houston</li> <li>• Arrive around mid-day in Honduras, where we will be met by the local mission team, board the bus, and drive to the Mission House</li> <li>• The rest of the day is spent organizing and preparing</li> </ul>
<p><b>Sunday</b> <i>(Travel to the village)</i></p>	<ul style="list-style-type: none"> <li>• We will depart the Mission House early and travel to the village</li> <li>• After arrival at the local school, we will immediately begin setting up the sleeping rooms, clinic rooms, and kitchen for the week to ensure that this is completed before sunset</li> <li>• We will attend the local Sunday evening services as a group</li> </ul>
<p><b>Monday Tuesday Wednesday</b> <i>(In the village, running the clinic, evening church services)</i></p>	<ul style="list-style-type: none"> <li>• The local mission team will begin clinic registration around 7:00 AM, and after the first church service of the day, the clinic will open, generally around 8:15.</li> <li>• Children will attend a children’s church service while their parents attend the adult service.</li> <li>• We will see patients in the medical clinic/dentist office and fill prescriptions, doing what we can for people’s physical needs while listening, witnessing, and inviting them to church that evening.</li> <li>• As time and staffing allow, we will send small groups out into the village for “house calls” to attend to the needs of home-bound people. This is one of the most unique aspects of the mission – don’t miss it!</li> <li>• After the clinic closes each day, usually between 4:00 and 5:00 PM, we will clean up, eat dinner, and prepare for a nightly church service.</li> <li>• After the clinic closes on Wednesday, we will break down the clinic to prepare to load the trucks on Thursday morning.</li> </ul>
<p><b>Thursday</b> <i>(Travel from the village)</i></p>	<ul style="list-style-type: none"> <li>• We will load the trucks early and depart in time to turn the school back over to the village for classes that day.</li> <li>• Thursdays can include stops at local attractions or just down-time back at the Mission House.</li> </ul>
<p><b>Friday</b> <i>(Local missions and shopping)</i></p>	<ul style="list-style-type: none"> <li>• In addition to local shopping opportunities or “field trips” to the beach or tourist areas, our team has been blessed with a prison ministry for the last several years where we lead a service in a local prison.</li> <li>• Our team banquet is Friday night where we celebrate with the local mission team.</li> </ul>
<p><b>Saturday</b></p>	<ul style="list-style-type: none"> <li>• Travel home!</li> </ul>

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**REQUIREMENTS FOR THE HONDURAS TRIP**

**To go on the Honduras Mission Trip, you must:**

- ✔ Have your parents or legal guardians permission, if under 21 years of age.
- ✔ Be able to cover trip cost. (See page 4 for trip cost.)
- ✔ Be willing to abide by the rules and regulations that apply to this trip.
- ✔ Submit the mission trip application and have it approved.
- ✔ Have a valid passport 6-8 weeks prior to departure and 12 weeks after return.
- ✔ Medical professionals will need to supply a copy of their diploma and valid license.

**How to get approved to go on the Honduras Mission Trip:**

- Make sure you meet the requirements listed above.
- Fill out the applications.
- Email the forms to [reidmatthews@icloud.com](mailto:reidmatthews@icloud.com) or mail forms to:

Reid Matthews  
First Baptist Church of Weddington  
348 Providence Road South  
Weddington, NC 28173

**What to do after you are approved:**

- ✔ Join the team Facebook Group (HBDMM17) to ask questions and receive updates. (<https://www.facebook.com/groups/125493608054405/>)
- ✔ Begin the process of raising your money.
- ✔ Make sure you have a valid passport (see page 4 for passport information)
- ✔ Read all of the information in this booklet.
- ✔ Familiarize yourself with differences in language. Try [www.duolingo.com](http://www.duolingo.com) for some easy practice of basic words and phrases.
- ✔ Make your airline reservations (we will provide guidance on this during the application process).
- ✔ Begin praying for Gods direction and guidance.
- ✔ Check the First Baptist Church of Weddington website for updates ([www.fbcw.com/missions/honduras](http://www.fbcw.com/missions/honduras)).

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**TRAVEL TO HONDURAS**

PASSPORTS AND VISAS

- ✔ Before the trip you must get your passport. You will need two passport photos, two pieces of identification, and the required fee. It takes about 2 months to get your passport – so please start early. Call your local post office to verify what you will need to do.
  - ✔ U.S citizens will receive tourist visas on the airplane. You simply fill it out and they will take care of it in immigration. Non-U.S. citizens, please contact Reid as soon as possible.
  - ✔ You will be registered with the U.S. Embassy in Honduras prior to arriving into Honduras. For more information about registration requirements with the US Embassy go to the following website: <http://honduras.usembassy.gov>
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COST

- ✔ Approximately \$1,475/ person (Will vary depending on airline cost.)

Plane tickets	\$500/ person (varies in cost)
Mission Tuition	\$950/ person
Bag fees	\$25 first bag, an <i>additional</i> \$50 for a second bag
- ✔ Please include “Honduras 2018” in the memo line of your check, and mail the Mission Tuition to:

First Baptist Church of Weddington
348 Providence Road South
Weddington, NC 28173
- ✔ The \$950 includes everything you will need in Honduras, including transportation, meals, translators, and the mission staff.
- ✔ The prices of airline tickets greatly vary with the time of purchase. You will want to purchase your ticket *at least* 2 months prior to departure to keep cost low.

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**TRAVEL TO HONDURAS**

**LUGGAGE**

- ✔ The airline will allow you two 50lb. suitcases, a carry-on and a personal item. If possible, please be willing to allow one of your checked bags for the ministry, as there are always needed supplies that could be brought from the U.S..
- ✔ Your carry-on must be small enough to fit under the seat in front of you or in the overhead bin.
- ✔ Your personal-item can be one of the following items: a purse, briefcase, backpack, or an item of similar size or smaller.
- ✔ Your name needs to be on every piece of luggage. All baggage is subject to being searched. You are not allowed to lock any luggage.
- ✔ It would be helpful to tie a brightly colored ribbon on your suitcase to quickly recognize them as they come through the baggage carousel.
- ✔ Do not take anything you do not need. Leave valuables at home. Go through your wallet or purse and purge them of credit cards and items you will not need in Honduras.
- ✔ Pack liquids in a sealable plastic bag before placing them in your suitcase.
- ✔ Pack lightly. A bag with wheels or shoulder straps is wise because you will be responsible for transporting your bags at several locations.

**PACKING SUGGESTIONS**

1. A great attitude and a desire to share Christ with the people of Honduras. Each team member must have an understanding that they will be working hard and will need to be flexible.
2. We'll say it again: pack as LIGHTLY as possible; you'll be happy you did. Using a suitcase on wheels or with shoulder straps (backpack-style) is wise.
3. A current passport that is good for at least 3 months past our trip date.
4. Two flat sheets, twin or full, and a light-weight blanket (OR a compact sleeping bag) and a small pillow. Bedding is supplied in the team house at the mission. We sleep on military cots in the field, which is where you will use your own sleeping bag, sheets, blankets, sleeping pads, and pillows.
5. Flashlights (carry at least 2 in the case 1 is lost) and camera with extra batteries and film. A headlamp is also suggested for those times that you need both hands free.
6. Sleep wear. Remember it must be modest.
7. Wash cloths and towels (2 of each are sufficient).
8. Toiletries, soap and shampoo for the shower and other personal care items.
9. Shower sandals, flip-flops.
10. Insect repellent and sunscreen – make sure the top seals well. A hat or baseball cap is encouraged.

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PACKING SUGGESTIONS (cont'd)

11. Wet wipes and small pocket size hand sanitizer bottles or Purell.
12. Bandanas – a million uses – a hand towel in a pinch, something to keep the sweat off the brow.
13. A good book and/or music (I-Pod, MP-3 player) for the bus ride.
14. Small daypack (large enough to hold bottles of water, sunscreen, snacks, tracts, bibles, and personal items).
15. Any medications you take regularly. Pack them in your carry on. A small amount of any other medications or supplies you might need (Tylenol, Ibuprofen, cough drops, antacids, etc.).
16. Water bottle marked w/ your name.
17. Sunglasses
18. For those who wear eyeglasses, bring an extra pair.
19. Health insurance card.
20. Swim suit if we have an opportunity to go swimming on Friday before heading home.
21. Ear plugs – if you've never slept with 2 dozen exhausted mission workers you'll learn, if you have then you already know.
22. Cell telephone and charger (check with your cell provider for international service – we will cover this in more detail at the final team meeting before the trip and via email).
23. A raincoat/poncho (nothing expensive).
24. Your Bible and other devotional material. A journal and writing pens/pencils.
25. Snacks for trip are optional – we eat very well! Hard candy, power/breakfast bars – things that won't melt.
26. Some people find that packing each day's clothing and other items in a 1 or 2 gallon zip bag is helpful to keep them organized and keeps the bugs out – no surprises.
27. Sturdy comfortable shoes. Sandals can be messy if it rains or in uneven terrain.
28. Souvenir money (\$200 is a good amount, but by no means required). Upon our return to the city we will visit a local market for shopping.
29. Please no jewelry or expensive items. No purses – use a fanny pack or your pockets for safety. We will be traveling in poor areas and we need to be sensitive to this and not place temptation in anyone's path or reach.
30. Feel free to bring small trinkets to give out to the children (ex. hard candy, small toys, something for that special child(s)). Please distribute these items discretely or you will have many, many new young Honduran friends before you can blink.
31. Offering – please be prepared to provide a small offering each night of church service.

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Do not pack the following items in your **checked luggage:**

- 🕒 Your passport.
- 🕒 Money or anything valuable.
- 🕒 Needed medications.

Remember to place the following items in your carry-on:

- 🕒 Passport & photo ID
- 🕒 Bible
- 🕒 Journal / Notebook and ink pen
- 🕒 Airline tickets
- 🕒 Camera
- 🕒 Itinerary
- 🕒 Needed medications
- 🕒 Change of clothing in case luggage is lost in transit or arrives later than you do!

## DRESS

You will want some relatively comfortable shoes for all the walking we will be doing. Plan for warm weather – bedding should accommodate for possible cool nights.

You will be visiting the mission field. You are asked to wear khakis/jeans/scrubs and shirts (no shorts or tank tops.) You are allowed to wear shorts on both travel days to and from San Pedro (airline days).

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## ARRIVAL

A few instructions for the airport when you land in San Pedro Sula, Honduras:

Deplane and follow the group to immigration. From there you will go to the luggage carousel and pick up your baggage. Then proceed to the Customs agent. He will look at your declaration and ask you to put your baggage onto the x-ray belt. Here you may be asked to look in your bags. Sometimes if there are a lot of people they will just wave you through without putting your bag on the x-ray belt. Follow the crowd on out of the customs area into the main airport. We will have transportation waiting on us to take us to the hotel.



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## HOUSING

We will be staying at a Mission Compound in El Plan, Honduras the first night upon our arrival and upon our return from the mission field. The building will have electricity, hot and cold water, comfortable beds, air conditioning, good security, and a pleasant atmosphere. There may be several unexpected inconveniences but then this is the mission field.

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## SAFTY

- ✔ Do not drink the water from the tap. You will need to drink only the filtered water provided for you in the field.
  - ✔ Always be careful to watch your things at all times. Do not wear expensive amounts of jewelry or something that might call attention to thieves. Do not flash your money around.
  - ✔ It is not required to have vaccinations before coming to Honduras although you may want to check with your health provider.
  - ✔ For current safety travel information: <http://honduras.usembassy.gov>
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## CULTURE DO'S AND DON'TS

- ✔ Do not treat church any differently than you would a church in the United States.
- ✔ Be careful not eat or drink in front of them without offering them something.
- ✔ Do not eat their food or drink when visiting a person's home. Better to be safe of food preparations.
- ✔ Attend evening church services. Get involved with the people in the service.
- ✔ *Always* ask the missionary before giving someone money or to offer support.
- ✔ It would be good to place a small amount of money in the offering plate each time it is passed because people are watching your example and in their eyes you have much more than they do.
- ✔ Men are to wear long pants when in the mission field unless engaged in sporting events (soccer with the local children).

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**Packing Checklist**

<p><b>Spiritual Preparation</b></p> <ul style="list-style-type: none"> <li>○ A desire to witness and care for people</li> <li>○ Your Bible</li> <li>○ A journal with a pen or pencil</li> </ul>	<p><b>Administrative Items</b></p> <ul style="list-style-type: none"> <li>○ Current Passport</li> <li>○ Health Insurance Card</li> <li>○ Spending and offering money (not too much!)</li> </ul>
<p><b>General</b></p> <ul style="list-style-type: none"> <li>○ Two flashlights (or a flashlight and a headlamp)</li> <li>○ Camera</li> <li>○ Extra batteries</li> <li>○ Bandana</li> <li>○ Sunglasses</li> <li>○ Water bottle (with your name on it)</li> </ul>	<p><b>Safety</b></p> <ul style="list-style-type: none"> <li>○ Sturdy, comfortable shoes</li> <li>○ Insect repellent and sunscreen</li> <li>○ A hat or baseball cap</li> <li>○ A raincoat/poncho</li> <li>○ Extra glasses/contacts</li> <li>○ Any medications you take regularly</li> <li>○ Other meds (Tylenol, etc.)</li> </ul>
<p><b>Daily Clothing Checklist</b></p> <ul style="list-style-type: none"> <li>○ Sunday: Dress for the field (long pants)</li> <li>○ Monday: Dress for the field</li> <li>○ Tuesday: Dress for the field</li> <li>○ Wednesday: Dress for the field</li> <li>○ Thursday: Dressed for the field for departure – optional shorts for bus ride</li> <li>○ Thursday evening: Casual</li> <li>○ Friday: Long pants for prison ministry, casual otherwise</li> <li>○ Friday evening: Casual, but feel free to dress it up a bit</li> <li>○ Saturday: Casual for flight home</li> </ul>	
<p><b>Hygiene</b></p> <ul style="list-style-type: none"> <li>○ Wet wipes <b>and</b> small pocket size hand sanitizer bottles</li> <li>○ Towel/washcloth</li> <li>○ Toiletries/other personal care items</li> <li>○ Shower sandals, flip-flops</li> <li>○ A tolerance for freezing-cold water</li> </ul>	<p><b>Sleeping</b></p> <ul style="list-style-type: none"> <li>○ Sheets/blanket or light-weight sleeping bag</li> <li>○ Pillow (optional)</li> <li>○ Modest sleepwear</li> <li>○ Ear plugs (you have been warned)</li> </ul>
<p><b>Convenience</b></p> <ul style="list-style-type: none"> <li>○ Zip-lock bags</li> <li>○ A good book</li> <li>○ Music player with charger</li> <li>○ Small daypack</li> </ul>	<p><b>Optional</b></p> <ul style="list-style-type: none"> <li>○ Swim suit</li> <li>○ Mobile phone and charger</li> <li>○ Personal snacks</li> <li>○ Trinkets for the children</li> </ul>

**You can bring more, but remember: you have to carry it.**