

## GUIDE FOR SHORT TERM TEAMS

1. **HEART** - The single greatest preparation for serving on a short term mission team is making sure your heart is right. Are you coming for a fun trip or possibly to feed your own ego? Our eyes need to be set on Jesus, our minds purposing to think on kingdom things, in our hearts desiring to know Him and make Him known. Try not to hold on to expectations of the people, the other team members, potential projects, or your missionaries. Trust and proclaim the reality that God has gone before you to prepare the work for you to do!

“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” Eph 2:10

2. **PASSPORTS** – Please check your passport to be sure you have at least six months from the date of travel before it expires. You will not be allowed to travel if it is too close to the expiration date. Make two colored copies of the information pages with your photo. Give one to your team leader and leave one with your emergency contact person at home.
3. **EMERGENCY CONTACT INFORMATION** - everyone is required to provide at least one name, phone number, and email for your emergency contact person in the states.
4. **CUSTOMS AND IMMIGRATION** – On the airplane you will be given customs/immigration papers to fill out.
  - a. Your purpose of travel is: tourism,
  - b. Foreseen address will be the city of La Paz, district of La Paz, barrio: San Antonio.
  - c. Immigration will staple the green or yellow copy of your immigration form into your passport. This is your approval to enter and remain in the country during your visit. **Do not remove it or lose it!** If and when asked about the purpose of your visit to Honduras, simply state that you are coming as a volunteer with a missionary group.
5. **LUGGAGE** – Each airline has it’s own rules on size and charges for luggage. Luggage fees are usually made at the gate on the day of travel. Also, it is a good idea to pack a carry-on with at least one change of clothes, five pieces of underwear, as well as any prescription medicine you need to take regularly. This will be of great help should your regular luggage not arrive when you do.
6. **LUGGAGE HANDLERS** - In Honduras there are luggage handlers at the airport. You do NOT have to accept their help. If you do, then plan on tipping around \$5.00... or you can just smile and say “no thanks” for free!
7. **CASH** – Honduras currency is the Lempira and it’s easy to exchange some dollars at the airport for spending money. A normal amount is \$20 to \$50 and some stores in the bigger cities even take US dollars. Traveler’s checks are not accepted in Honduras.
8. **CREDIT CARDS** - You can use major credit cards some places in Honduras. Photo ID will be required. It is advisable to notify your credit card company your dates of travel.

9. **SHOTS** – None are required to enter Honduras but a current tetanus shot is strongly recommended. You may check into “HEP A” if you have enough time (it requires a booster).
10. **CLOTHING** – Normally the weather is warm to hot with occasional wet. We recommend men wear long pants, unless the team activities include a sporting event then shorts would be appropriate. For the ladies knee length or capris. No tank tops or spaghetti straps. For construction areas, no sandals or flip flops, only closed toed shoes. We suggest light weight fabrics. Do pack a sweater, jacket or long sleeved shirt, just in case.
11. **CLOTHES DONATIONS** - If you would like to donate, simply leave your dirty clothes, shoes, towels, toiletries, suitcases, etc. We will wash them and find them a new home.
12. **OTHER** – We suggest you pack a flash light as power outages are common. If you are a light sleeper, pack some earplugs, you may share rooms with someone who snores, and if that doesn't keep you up then there are the roosters, dogs and the occasional firework.
13. **DEHYDRATION** – Start hydrating, drinking water, the week before you leave. The sun, the heat and hard work can combine to quickly suck the water from your system.
14. **SUNSCREEN** – For sunscreen it is better to use an SPF 45. Wide brim hats are also a good idea to bring. Those with less hair need to be extra careful. Honduras is very close to the equator (Only 15 parallels away), so the sun is very intense and direct.
15. **REPELLENT** – Mosquitoes can also be a problem, so bring a repellent with you.
16. **VALUABLES** – We suggest you leave at home anything of value, or anything you cannot easily replace. While we go to great lengths to keep you as safe as possible, Honduras is a country with high risk security issues and we do not take anything for granted. Please do not bring diamonds or other jewels, fancy watches, electronics, etc. Consider carefully whether to bring your laptop. Be careful where you leave you cameras and other media devices should you bring them. Items such as these can easily disappear.
17. **BE CAUTIOUS** – Avoid going anywhere unaccompanied, watch your wallet, purse and personal belongings at all times. Don't count money nor fumble through your wallet or purse where others can see you. Pay attention to what is going on around you. Some Hondurans understand some English so be careful what you say as it's easy to be inadvertently offensive or end up in a conversation you did not mean to start. You are like a fish in a fish bowl; all eyes will be on the gringos. Let Jesus shine!
18. **GIFTS** – Talk to us before offering or giving a gift to a Honduran. Gifts can result in unintended expectations, hard feelings or envy from others, and a perspective to befriend a short term team worker to get “stuff”.
19. **TOILET PAPER** – In Honduras there is a trash can next to every toilet, and this is because they do not flush toilet paper but dispose of it in trash. The plumbing and septic systems cannot handle toilet paper. Program yourself mentally not to flush toilet paper.

20. **WATER** – The only potable water is bottled water. Use faucet water for bathing, washing and shaving with; DO NOT DRINK IT! Use bottled water for brushing your teeth as well.
21. **FOOD** – You will probably have the opportunity to stop and buy snacks, or bring your own from the US. Do not buy anything from street vendors, only buy factory made products.
22. **TRAVELER INSURANCE** - We strongly recommend the purchase of traveler insurance that includes emergency medical transportation to the states for each team member.

**“Now he who plants and he who waters are one, and each one will receive his own reward according to his own labor. For we are God’s fellow workers; you are God’s field, you are God’s building.” 1 Corinthians 3:8-9**