

MISION CARIBE

Plant . Grow . Serve .

Short-Term Missions Guide

A ministry that exist to **PLANT** New Testament Churches, to **GROW** through preaching and teaching the gospel, and **SERVE** in different communities throughout Honduras!



Why Short-Term Missions

It is our desire to serve God by serving our Honduran brothers and sisters. However, we cannot do it without your help. We continue to pray that God will send those who will partner with us, people like you, who will work alongside of us to help others who not only have physical needs, but more importantly have spiritual need of Jesus Christ as Lord and Savior of their lives.

Tegucigalpa

Tegucigalpa is located in the southern-central highland region of Honduras in the department of Francisco Morazán of which it is also the departmental capital. It is situated in a valley, surrounded by mountains. The population of Honduras is 9 million and today the city of Tegucigalpa has a population of 2.5 million. Tegucigalpa has an elevation of 3,300 feet.



Weather and Clothing

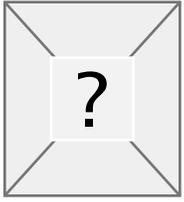
There are two seasons in Honduras. First, dry season which is November through April.

The temperature during this season is about middle to upper 90's during the day and middle 70's at night. Applying sunscreen is highly recommended. The major seasonal change is marked by precipitation. The rainy season starts in may and goes through October. The temperature during this season is mid 80's during the day and mid to upper 60's at night. A light jacket or sweater is recommend during this time of the year.



Work outfit

If you are involved in a construction Project, you must wear jeans or pants and close toed shoes. Remember that when you are at the work site the sun will get strong and can quickly cause sunburn and dehydration, so if you will be working with construction remember to bring sunscreen, a personal water bottle, work gloves, and a hat.



Daily outfit

Casual clothes are fine (Jeans and t-shirts), knee-length shorts are ok if you are around the mission house, playing soccer, or at Valley of Angels (Souvenir shopping), but remember that you will be doing house calling, school outreach, and other outreach activities, so please bring casual clothing for the occasion.

Church outfit

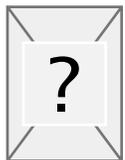
We would suggest a nice dress or skirts for women and for men a polo shirt is fine or a nice button up shirt. Sandals are ok for the women but **not** for the men the culture in Honduras and specially the people in the city see that as non proper. The Hondurans will be wearing there very best, so we want to do so as well.

Housing

We are renting a house 3 minutes away from the Tegucigalpa airport; the house holds up to 40 people. We have 5 bedrooms, 2 full baths (shower, toilet, sink), 3 half baths, 2 living rooms, 2 dining rooms, and a kitchen. All showers are hooked up to a hot water tank and the house is also equipped with Wifi. We also provide bed linens, a pillow, and a towel.



Water



We provide 5 gallon bottles of purified water that can be used for drinking and brushing your teeth. The shower and faucet water are not purified, so we suggest not to drink from it. Most Honduran families even use purified water for drinking.

Toilets

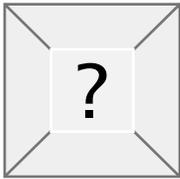


Please do not put the paper in the toilet. We will have a trash can in every bathroom and this will also be the same at any place you use the bathroom while in Honduras. We suggest that you carry a little bit of toilet paper with you if outside the mission house because not all places have it available.

Special Requests

While here at the mission house please stay inside the wall area. We will leave and come in to the mission house as a group.

If you have an allergy to a food please let us know so that we can prepare accordingly. Or if you have any special diet we will try to accommodate to your need.



Any personal items (including electronics) will be your responsibility, we ask while here in Honduras please do not leave any of your special items unattended.

Honduras Culture

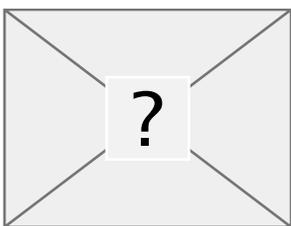
Honduras has a very hospitable culture. The people are very friendly and will make you feel like you are a part of their family. However, there are some cultural differences that you will face.

Greetings

It is important that you always greet people with a friendly "hola" and it is a cultural practice to greet with a friendly handshake and/or hug. It is customary to say "adios" as you leave a room or building as well. Failure to greet someone can be offensive.



Food



Honduras has many wonderful and delicious foods. We try to mix up the menu between American and Honduran type foods. Traditional Honduran food consists of a meat (beef or chicken), rice, red beans, plantains, corn tortillas, fresh cheese, etc.

Medical

Please bring any medicine(s) you need for your time here. We have a variety of common over the counter medication (anti-dirrea, ibuprofen, tylenol, allergy meds, etc.) at the mission house. Medical release forms, insurance, and any minors in the group are your responsibility.



If for any reason a group member needs to go to the doctor, you are responsible for paying the bill. You can use a credit card, but make sure you notify your bank before coming so that it does not get blocked after using it here. Normally a doctors visit will cost you \$100 minimum. Travelers health insurance is a good thing to have, however the medical bill will need to be paid in full and then you will need to fill a claim with the insurance company later to get reimbursed. We do not require or recommend you to take malaria medication, but do require an updated tetanus shot. Malaria is only in the north coast and we are located and minister in the southern part of Honduras. Dengue Fever is a virus transmitted by mosquitos that takes 2 weeks to develop. Upon returning to the states, if you come down with symptoms of fever, body pain, vomiting, and diarrhea most likely you do not have malaria it is a possibility it is dengue fever, but this is only diagnosed through a series of blood test which will show the drop in white blood cells. Treatment for this is staying hydrated, resting, and taking prescription tylenol. Many people have come over the years and only a few have come down with dengue.

Money and Exchange



Housing Money

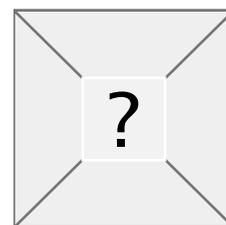
The Housing fee will cover most everything while you are here: general transportation, 3 meals per day, and a place to stay. \$40 per night per person should be made in one lump sum and sent to our forwarding agent two weeks prior to your arrival date. Make check payable to:

Mision Caribe
PO Box 76
Carterville, MO 64835

Project Money

Like the housing money, please send another lump sum two weeks in advance of your arrival date. Make your check out to Mision Caribe and put a note in the memo to let us know that it is designated for projects. Forwarding agent address is:

Mision Caribe
PO Box 76
Carterville, MO 64835



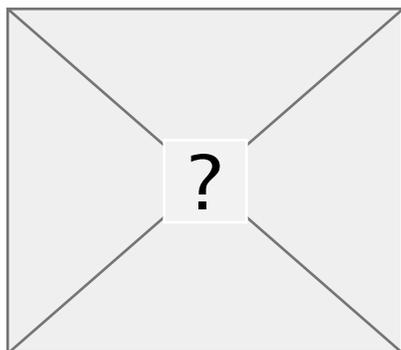
Personal Money

Money for personal souvenir shopping, beach day, offerings, and traveling outside of Tegucigalpa should be brought in cash form for exchange. How much is up to you. You can find most souvenirs are anywhere from \$1 to \$50 on average.

Exchange

The currency of Honduras is Lempiras. The exchange rate changes a lot here, but an average rate is for every \$1 it is 20 lempiras. On the day of your arrival you will have an opportunity to exchange dollars into lempiras. We always encourage to exchange a little more than you plan on spending and then on the day of your departure you can always exchange any lempiras back into dollars. Dollars are accepted at most malls and valley of angels where the souvenir shopping takes place.

Electronics



Cell Phones, iPads, Computers, etc.

If you do bring one or more of these items it is your responsibility and the mission is not responsible for any lost or stolen items. We do request that these things do not become a big distraction in any opportunity you may have to interact with those around you.

Magic Jack Phone

The mission house does have a magic jack phone with a US phone number that is free of charge and available to your group leader or designated person if there is a need to contact the states for any reason. Usage of this phone for others of the group will be at the request of the group leader.

Travel Documents

Passports are required for entry into Honduras and reentry into the united states for all travelers.

MISSION CARIBE SHORT-TERM MISSION GUIDE



Visas

Once on the airplane you will fill out a visa paper. The paper will ask you for a Honduras address and phone # use:

Mision Caribe, Col. San Luis, Ave Culmi Casa #1315 Comayaguela, Honduras C.A.

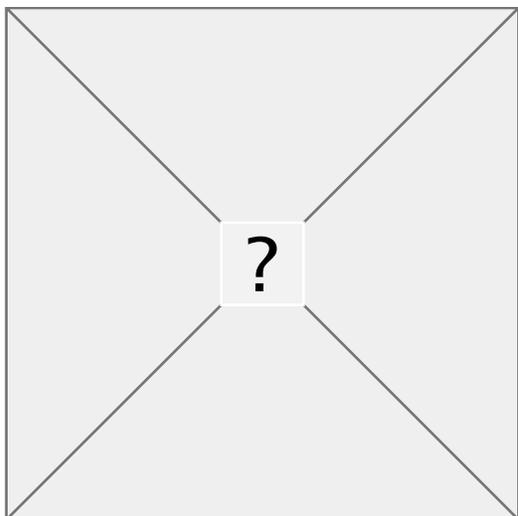
Phone: (504) 2233-3091

When filling out forms, please remember that you are a "tourist" while in Honduras not a student or worker. Once in immigration, they will staple this visa paper to a page in your passport. Please do not remove that paper. Once at the mission house we offer a safe place to keep all passports and exit fee money until the day of your departure.

Minors

Please check with the airline about any minors traveling to Honduras. A signed and notarized permission is usually required for a minor to travel outside of the united states when not traveling with both parents or guardians.

Travel to Honduras



Flights

Please let us know as soon as possible your airline, flight schedule, and travel dates in advance. We would request that you do all that is possible to avoid sunday flights.

Airport & Immigration Process

Once your plane arrives in Tegucigalpa, you will exit the plane into an international terminal. You need to follow the crowd from your plane to the Immigration and Customs Area. If you get separated from the crowd, ask a security guard or flight attendant to help you. Most should speak some English!

Once you arrive in the Immigration Area, get in the line for foreigners. When you get to the front of the line, you will give your visa form along with your passport to the officer. Here the

officers will finish the tourist visa (keep this with you - you will have to turn it in when you leave Honduras).

After you get your visa, follow the crowd to the Luggage Area. This should be pretty familiar. Once you have your luggage, follow the crowds through to the Customs Station. Here you will pass through all your luggage through an x-ray machine and collect it on the other side. Then you will continue and give your claims form to another officer, your bag may be searched. (Don't worry through, they are only looking for stuff you should not have).

Once that is done they you are free to pass through the area and Mision Caribe staff members will be waiting on the other side of the glass wall. Congratulations, you have made it!!!! If by any chance we are not there, please do not move from your location to look for us. We will find you! Just sit there with your luggage. We will be there!

Also, do NOT let the valets take your luggage unless you want to pay them about \$10.00 USD or more. If you happen to lose your luggage, they will give you a piece of paper and we will have to go back the next day to pick it up (always a god idea to have a carry on with at least one set of extra clothes).

Travel Insurance

Although we do not require travelers insurance, some may want to in case of an emergency while in Honduras. Here are a couple places to look for travelers insurance:

www.missionaryhealth.net

www.worldwidemedical.com

Leadership & Responsibility of Groups

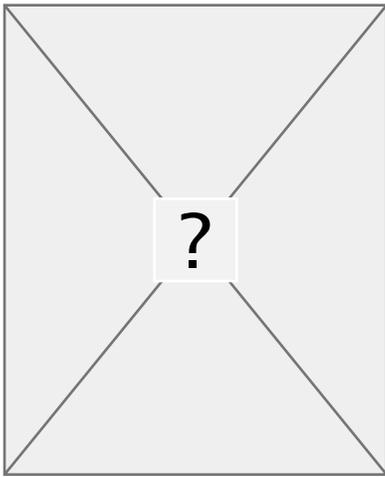
We truly value the partnership and leadership of each group. As a missions organization, we recognize and expect the group leader to prepare and lead their group through delegating roles and responsibilities. We expect you to know your group members and are responsible for each member in your group. We do require a legal guardian or parent to accompany anyone who is 14 years of age or younger. We also recommend that there be at least one female and one male leader if you have a mixed gender group. Some suggestions for making the most out of your trip:

1. Pray- Praying together as a group to ask God to prepare your heart for service.
2. Prepare- Get to know each other within your group. Also get to know our ministry by visiting our website www.caribbeanoutreach.net.
3. Reflect- Each night while on your trip we encourage you to get together as a group to debrief about the day and prepare your hearts for the next day. Also when

you get back home. Have a time of reflection and talking about experiences and what God taught you while on the trip.

Again, your leadership and partnership is very important to us and we look forward to working side by side with you and your church!

Packing List



1. Work clothes, shoes, hat, gloves *See bottom of page 2
2. Flashlight
3. Sun Screen
4. Socks
5. Two dress outfits *See Top of page 3
6. Casual outfits *See top of page 3
7. Bug Spray
8. Water bottle (one of the ones that you can wash and reuse)
9. Germ-X or hand sanitizer
10. Toothbrush/ toothpaste, and any other personal items you would need to prepare yourself for the day
11. TSA says you can carry up to 5 3oz bottle in your carry on. Use these for shampoo, conditioner/ body wash etc... You shouldn't need more than that for the week.
12. Passport and one color copy of your passport
13. One roll of toilet paper
14. Swim suit if you have a beach day or visit water park planned (Sorry girls, no two pieces)
- 15.
16. Spending Money
17. Any medicine you normally take please bring. If it is a prescription make sure it has your name on it. If you get motion sickness, the roads are a little rough, meds would be good to have.
18. Bible/Pen/Journal. We will have devotions every morning.

Other Optional Items

- Backpacks
- Camera
- Gifts for staff
- Spanish bibles

- School Supplies

*** Bring all supplies that you may need for Evangelism outreach activities. ***

Contact Information



Phone

Office: 011 (504) 2233-3091

Magic Jack: (417) 310-4502

E-Mail

office@caribbeanoutreach.net

Website

www.caribbeanoutreach.net

Emergency Contact:

Team Coordinator's cell phone # 011 (504) 3256-9088

Magic jack #: (417) 310-4502
