



## *Serving the World with the Love of Jesus*

3/7/22

### **Introduction:**

- ✓ Check out Project World's website @ [www.projectworldinc.com](http://www.projectworldinc.com) to meet our team
- ✓ A few things about Honduras
  - Capital city: Tegucigalpa
  - Religion: Primarily Roman Catholic
  - Official Language: Spanish
  - Honduras is located in Central America between Guatemala and El Salvador. It is a mountainous country and is slightly larger than the state of Tennessee. Honduras faces high levels of poverty and inequality. Before the pandemic, 14.8% of Hondurans lived on less than \$1.90 per day and almost half of the population lived on less than \$5.50 per day.

### **Before the trip:**

- ✓ Individuals are responsible for purchasing their own airline ticket. You will fly into Comayagua International Airport in Honduras (XPL).
- ✓ Secure VALID passport. Honduras requires your passport to be valid for at least six months after entry.
- ✓ Complete *Project World* Release Packet and submit by the deadline
- ✓ Make an extra copy of your passport to carry with you on the trip
- ✓ Pay *Project World* for mission trip cost
  - Cost of trip includes lodging, travel, and 2 meals (breakfast & dinner) a day while in Honduras
- ✓ For information concerning recommended vaccines and immunizations for travel, please see the CDC website: [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel).
- ✓ Project World does not require but encourages each individual participant to obtain travel insurance. We use [www.fithventures.com](http://www.fithventures.com).

### **Be aware:**

- ✓ The climate in Honduras is hot and humid but can be cool in the mountains at night. We work rain or shine!
- ✓ The work in Honduras can be different each day according to the trip agenda. Take only clothing you don't mind getting dirty.
- ✓ Travel is typically by a school bus w/no air, but sometimes we travel by bus or truck w/air. The roads are bumpy and curvy. In Honduras, they have their own road rules...make a way!! If you get motion sickness, carry your medicine!
- ✓ Be aware of surroundings...YOUR safety is important! Always travel with a partner.
- ✓ Lodging is determined by the trip agenda. In the city (Tegucigalpa), it is dorm-style with bunk beds. In the country (Tizate), it is in a tent or inside a small hut-style home. We provide a mattress, sheets, blanket, and pillow. There is NO air conditioning.



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- ✓ Bathrooms are community-style or shared with 5-6 people in the same room. We provide a towel, but you will need to bring your own washcloth.

### **Within 72 hours of travel:**

- ✓ **Honduras REQUIRES you have a NEGATIVE COVID PCR test within 72 hours of travel or be fully vaccinated.** YOU will need a hard copy of your negative results or your vaccination card. Regardless of vaccination status, Project World requires each team member have a NEGATIVE COVID test within 72 hours of traveling. If you are fully vaccinated, the results from a rapid or home test are acceptable.
- ✓ Download **VERIFLY** and complete the steps to travel to Honduras. YOU will need to upload a picture of your passport and negative COVID test and/or COVID vaccination card.
- ✓ Complete the online Immigration pre-check (Prechequeo) form @ <https://prechequeo.inm.gob.hn/Login>. Print a hard copy and carry it with you to the airport.
- ✓ Complete the online Health form (Ficha de Vigilancia Epidemiologica de la Salud). The link to the health form will pop up once the pre-check form is completed. You will not receive a confirmation message upon submission. No hard copy is needed.

### **A few ideas for packing:**

- ✓ Money (Cash-small bills)
  - To purchase souvenirs, snacks, and a \$25 COVID test to depart from Honduras
- ✓ Personal Daily Medications
  - You might consider the following: meds for diarrhea, nausea, infection (antibiotic), and cough/congestion
- ✓ Sunscreen, sunglasses, hat, bandana (protection from the sun)
- ✓ Insect repellent and/or dryer sheets
- ✓ Shoes
  - Work shoes (closed-toe), Tennis shoes or other comfort shoes, shower shoes
- ✓ Clothes
  - Shorts, T-shirts (It is cool at night in Tizate...YOU might want a sweatshirt, light jacket/rain jacket/poncho \*\*rainy season is our summer
  - Long pants or mid-thigh shorts (depends on what **work** clothes you prefer)
- ✓ Toiletries, including hand sanitizer \*Be aware of travel requirements for carry-on bags
- ✓ Work gloves, garbage bag for dirty clothes
- ✓ \*Lunch and snack items (crackers, nutrition bars) (pack in Ziploc Bags for easy access to remove in the airport)
- ✓ Water bottle, Flashlight, Wash Clothes \*Towel is provided

### **Once you arrive in Honduras:**

- ✓ Upon arrival, you will be asked to complete a *Traveler's Declaration form*. All of the information you will have from your passport and travel documents, but you will need a Foreseen Address: 1906 Independencia; Avenue 15; Septiembre Morazan; Tegucigalpa, Honduras
- ✓ We can exchange your US money (increments of \$40) for Lempiras
- ✓ Only drink bottled water (We purchase water in large jugs for you to refill your water bottles.)



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- ✓ Do not flush your toilet paper
- ✓ The food the ministry provides/cooks is safe to eat...and it is quite delicious!