



What will we be doing?

Building relationships and sharing the love of God is the focus of all trips. You will lend your assistance to the locals by helping them drill a clean water well. Some of you will be teaching health and spiritual care to children, and possibly to mothers.

Remember, the relationships you build are far more important than the project itself. If by chance you do not hit water during your week, what intangible thing will you have left them?

Do I need to obtain a passport prior to our trip?

Passports are required *and must be valid for six months past your return date.* If you do not have a passport, you should apply immediately and must provide proof two weeks prior to departure.

Will I Be Safe?

We will do everything possible to ensure your safety. Each team will be cared for by in-country staff of O.R. Agua Viva Internacional who will be with the team the entire time. They are experienced drivers, aware of all transportation routes, communities and hotels. As an extra precaution, teams are not permitted to venture out from the hotels at night, or go off in the communities alone during the day. It is important that you stay together as a group, be aware of your surroundings, and do not bring valuables on the trip.

Do I Need Immunizations?

A list of recommendations can be found on the Center for Disease Control's website, Please contact your local healthcare provider or public health department to determine the best options for you. We suggest obtaining a prescription of Ciprol in case of travelers diarrhea.

What Should I Pack?

A suggested packing list is provided at the bottom of this document.

What are some things I need to know about the food and water?

O.R. Agua Viva Internacional works diligently to select hotels where food is prepared in a safe manner. Do not drink tap water, or use tap water to brush your teeth, or open your mouth in the shower. A good suggestion is to place a towel over the sink as your reminder not to use it.

Bottled clean water is available at the hotel for filling water bottles and on the drill site. Pack a water bottle where you do not have to touch the opening from which you'll drink.

Breakfast and dinner will be served at the hotel. Lunches are typically prepared by community members. Bottled water is provided to them as well as clarification on safe food preparation.

Lunch is a gift from the community members as a way of thanking you for your service. It is either raised / grown or purchased with their own funds. Sometimes a little is all they have, but many times you will be offered more than you can eat.

We suggest that you pack snacks to *discretely* supplement your diet while in the community if necessary. The team will stop at gas stations where you will be able to purchase soda or snacks as well.

What if I don't know Spanish?

There will be a staff member who will translate to assist your group. Don't be afraid! Try your best to speak the language. Community members will appreciate your attempts to communicate in their language. Knowing some basics such as hello, goodbye, thank you and bathroom are a good start!

How long does it take to get there?

Typical connections are through Houston or Miami. The flight to Honduras will be less than three hours. Once in country, travel time will depend on the location of your community. Take advantage of bus rides to see the country and bond with teammates and OR Agua Viva staff!

How many bags can I take?

Airline baggage allowances vary, as well as the type of ticket you purchased. For ease of transport it would be best to pack your personal items into a backpack or small rolling bag. Your team may pack supplies, larger liquid items, etc into a checked bag weighing no more than 50 lbs.

Don't forget to have a "day bag" to bring into the community with you that will contain hand sanitizer, sunscreen, bug spray, etc.

Currently space within the travel van is limited, so we appreciate not over-packing.

What will the weather be like?

The weather in Honduras is generally warm, however, it varies significantly depending on community location, season, and elevation. It can rain some afternoons and air conditioning can be set quite high in the hotel, so please be prepared with a light sweatshirt. Humidity will most likely be high. Be prepared to drink plenty of water throughout the day *and* evening, as well as pack a high spf sunblock.

Who will meet me at the airport?

Smiling OR Agua Viva Internacional staff members will be in the lobby just outside customs. They will be wearing blue Honduras Well Projects tshirts.

Where will we be staying?

Teams stay in hotels selected by OR Agua Viva Internacional. They have chosen lodging that offers the services we need and are as close as possible to your service destination. You may have to travel some distance each day to reach the community. You will not need an electrical adapter. Be prepared for electricity to go out from time to time. A small flashlight should be packed.

Will we go to church?

Teams will likely attend the church many of the staff call home. Enjoy this opportunity to experience worshipping our same God in another culture. What a great way to kick off your week of serving.

What will we do at night when we return to the hotel?

We highly recommend taking only a few minutes to check in with family back home if necessary and then shutting off the wifi to refocus on the mission. This is time for the team to relax and process what you experienced during the day. The team will have dinner together, debrief, and regroup for the following day.

If I have to cancel my trip, can I get a refund?

Honduras Well Projects is a registered 501(c)3 not-for-profit organization so we are unable to give refunds . Any cancellation will incur the loss of your funds.

What is covered in the cost of my Trip Participation Fee?

The \$750 covers travel medical insurance, lodging, three meals and bottled water while in Honduras. Team tshirt.

How much spending money should I bring?

That is up to each individual, but no more than \$200. US bills are accepted in increments of \$5 and \$10. Bills must be crisp and without rips or tears. Airport, gift shops and most gas stations accept credit cards.

Will we have the opportunity to shop?

It is possible if staying near LaCeiba you will be able to visit their gift shop. Souvenirs can be purchased at the airport before departure.

Can I give my personal contact information to the people I meet?

We recommend not giving personal contact information to anyone. It is important to understand that once your personal contact information is exchanged, it may be distributed to others in the community in search of unhealthy support.

SUGGESTED PACKING LIST

Remember, all liquids must be less than 3 oz per container and all must fit in **one**, quart size zip lock bag in order to carry it on the plane. The Team Leader will have one bag that is being checked under the plane that you can throw in boots, larger liquids, etc.

Women, when choosing clothing items, please think high school dress code. No spaghetti straps or shorts/skirts that are shorter than your knees. No yoga pants please. Men: No tank tops or cut up shirts please. Avoid logos if possible.

SATURDAY: Please wear your blue Honduras Well Projects tshirt for ease of identification.

SUNDAY: Church. Men: khaki pants or nice jeans. Polo or button up shirt. Women, pants or skirts are acceptable.

MONDAY – THURSDAY work *pants* and tshirt, work boots

Evenings at the hotel: modest shorts and tshirt.

Thursday – Please wear your team shirt for well dedication.

FRIDAY Casual day.

SATURDAY: Travel day.

Please leave all valuables at home.

OTHER

Passport & a copy of it emailed to yourself or team leader for easy access in country.

REMEMBER Passport must be valid for six months after your return date.

Bible + Daily Reflection (sent to your team leader as pdf)

Sunscreen

Water bottle! (one you don't have to touch where you drink from)

Work gloves for drill team – 2 pair

Bug spray with high deet concentrate deet – non aerosol.

A few quart size baggies

Toiletries

Advil, Band-aids, Immodium / Pepto

Small flashlight

Garbage bag for dirty laundry

Extra socks

Closed toe shoes in the community

Bandanas (great for wash cloths as they are not provided)

Towels and bedding are provided