



"United by the Same Blood"

Team Member Orientation Manual

Revised Feb.23, 2009

Team Member Orientation Manual

We're glad that you have chosen to join us on a trip to Honduras. We hope that it will be a pleasant and memorable experience. To help you prepare, we have compiled this orientation manual to provide basic information about the people, our work, and some suggestions about what to bring. One of the most exciting aspects of a volunteer mission trip is the chance to meet and work with all types of people. You will experience a lifestyle and culture very different from your own. When God leads you on a mission trip, your life will never be the same.

FOUNDATION HISTORY:

South Aiken Presbyterian Church of Aiken, SC began a foreign mission ministry to Quimistan, Honduras in response to Hurricane Mitch in 1999. The first mission team went to assist in the rebuilding of homes that were destroyed by the hurricane. Shortly after that the ministry established a "Sister Church" relationship with the Agape Church led by Pastor Rene Jerezano.

From the initial 1999 trip, mission efforts grew into an ecumenical collaboration that included various churches and civic groups throughout the southeast. Rapid growth and participation by diverse organizations necessitated the establishment of a separate non-profit foundation to manage the future work.

In January of 2003, *The South Carolina Project Agape Foundation* was formed with the goal to continue manifesting the love of Jesus Christ to the people of Honduras by providing medical and health care and education, resources to construct homes, care for the children, and other support for the community of believers.

In July 2007, the foundation recognized that its supporters extended far beyond the state of SC and approved the name change to *Honduras Agape Foundation*. And what began with one mission trip a year had grown into an average of five each year with up to 16 members per team.

Throughout this time, the foundation has worked closely with The Agape Church and MPA (Ministerio Proyeccion Agape) both of which were shepherded by Pastor Rene Jerezano. In 2002, MPA received non-profit status from the Honduran government. Falling under the direction of MPA were the church activities; the Compassion program; the Agape Clinic; the Agape Promise (formerly known as Aiken Promise) program; and construction projects. During eight years of collaborative work, HAF has successfully supported MPA and the Agape Church and the Quimistan Valley communities in the following manner:

- Drilled a well and constructed a water tower, subsequently replaced with a deeper well producing potable water within the church compound
- Built a functioning clinic that is used by short-term dental and medical mission teams. It provides weekly care to the poor through our staff doctor, nurse and pharmacy; a fluoride and anti-parasitic program which has grown to include 2500+ children; medical outreach to small outlying villages; funding for individuals in need of surgery, chemotherapy, and nutrition supplements; and a diabetic treatment program for 20 patients within the church compound
- Constructed four classrooms and a cafeteria to support the 400+ children who come into the compound weekly with the Compassion International Program.
- Constructed 38 concrete homes.
- Supported local schools through the construction of bathrooms; desks and chairs; classrooms; provision of electricity and potable water; new roofs; security windows and doors.
- Created the Agape Promise program that provides sponsors for up to 50 children to continue their education beyond the 6th grade, healthcare, Christian education, and general support. The first four graduates from the local high school were celebrated in Nov. of 2007 and two more in Nov. 2008.

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- Created the Quimistan Valley Scholar Program, a collaborative program with local businesses to provide financial support to the brightest and poorest to attend a university through a matching funds program with our foundation matching their donations dollar for dollar. The first recipient began attending college classes in 2008.
- Initiated and sponsored evangelical events which included youth retreats for five local churches; vacation Bible schools in four neighboring villages; Bible story time with local kindergartens; home visitation with gifts of beans and rice with Gospel literature; and church fellowship through many hours of worship.
- Experienced the joy of witnessing the baptism of 37 local youth; the wedding of an elderly couple who had been living together for 35+ years; many come to accept Jesus as their Lord and Savior; and the development of long term, deep relationships between missionaries and local Honduran families.

In Oct. 2008, four directors attend The 9th Annual 'Conference of Honduras' in Copan which is a premier networking event for individuals and groups engaged in efforts to empower the people of Honduras in the areas of education, healthcare, and community building. Outflow from this conference has led HAF to look at ways to partner with the Municipality of Quimistan, the leaders of the local health clinic, a group of doctors who are building a hospital in Quimistan; the health clinic in a neighboring municipality, Pueblo Nuevo; and visiting Santa Clara, a small village with great needs. Networking is being done with Samaritan's Purse to begin a program of providing biosand filters to provide clean water to the local families of Santa Clara. We are also beginning the installation of Justa Stoves which will be more fuel efficient and create less smoke bringing better health to the family members.

We believe our foundation can continue its outreach in a new and improved way as we implement techniques for encouraging the locals how to take ownership of their own needs and working for solutions to them; empowering them with educational support in areas of health, agriculture, and evangelism; and offering help to those who are willing to help themselves and their neighbors.

TYPICAL COST:

Vaccinations / Medications	\$200
In-country fee (\$26 / day)	\$26
Medical Insurance (\$4/day)	\$44
Exit fee	\$36
Spending Money	\$50
Total (– airfare)	\$356 +airfare

Airfare to/from Honduras \$600-800 or higher as it does fluctuate

The In-country fee is applied at ½ for the first and last day of the trip. The In-country fee covers most expenses (water, food, transportation, translator fees, etc). Team members should plan on bringing funds for snacks, souvenirs, church offerings, and gifts. The exchange rate is approximately 19 Lempira / \$1 US.

AGE REQUIREMENTS:

Persons 18 years or older may go on missionary trips with the Foundation.

Persons 15 - 17 years old may go on missionary trips with the Foundation provided that a parent of

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the young person goes on the trip or a responsible adult is designated for the young person. The Board of Directors must approve the responsible adult.

STAYING HEALTHY:

"Be careful of what you eat or drink" is common advice to travelers, but very few understand its implications. Diarrhea affects an estimated 20% of all travelers to undeveloped countries. It may cause anything from discomfort and inconvenience to misery and disruption of travel and plans. Contaminated food and drink are the most common sources of infection. Careful selection and preparation of food and drink offer the best protection. Do not buy or eat from street vendors. When in doubt, do not even have ice in your drinks. Bottled soft drinks or bottled water are the safest. When in the field, always wash your hands before entering the kitchen. When eating out, the Team Leader and Translator will provide guidance on what is safe to eat and drink and what is not. Hand sanitizer is not a total substitute for soap and water! Use it, but wash your hands often.

There is no safe tap water in the local community. However, the location of our lodging has a deep water well with potable water. This means that you may use the tap water in the sinks safely for drinking, etc. If unsure, please check with your Team Leader. The cooks we hire are experienced in cooking for us and we have very few episodes of illness due to the foods they prepare.

WHAT CAN I DRINK AND EAT?

- PURIFIED water
- PASTEURIZED products (although milk products are not typically eaten)
- PACKAGED products
- PIPING hot food
- PEELED or PREPARED fruits and vegetables (when processed by our kitchen personnel or recommended by our local staff)

You may also choose to bring your own non-perishable snacks.

WHAT ELSE CAN I DO TO STAY HEALTHY?

- Wash your hands frequently (with soap) and keep them out of your mouth. Hand sanitizer is not a substitute for soap and water.
- Hand sanitizer should be used prior to the intake of food. Remind your fellow team members to take this precaution before each meal.
- In general, do not pet animals – especially cats and dogs. If you do touch an animal, wash your hands thoroughly with soap and water.
- Wear shoes at all times when outdoors. We recommend no open-toed shoes. Wear flip/flop shoes in the shower. Quimistan is a rural area; parasites are often acquired through bare feet.
- Wear sun block when out in the sun for more than a few minutes. Central American countries are closer to the equator and sunburns happen quickly, and at a deeper level than in the U.S.
- Heat stress is also a concern. Watch out for your teammates. If told to take a break, take one.
- Drink plenty of liquids to prevent dehydration. Drink Gatorade as well when performing strenuous work. The first sign of dehydration is a headache. If you get a headache, drink a full glass of liquid before taking any medicine.
- Shake your shoes before putting them on in the morning. This will remove any unwanted critters (such as spiders and scorpions). Placing your shoes in a cloth bag after removal will help alleviate this problem.

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- Prior to departure, most missionaries use a lice preventative shampoo (such as, Nix). You can also wait until you return home, but be careful that you don't forget.
- Please fill out the attached Missionary Application sheet and provide to the Travel Coordinator. The medical information on this form will be used if you cannot provide this information due to an injury or illness.

IMMUNIZATIONS / VACCINATIONS / MEDICATIONS:

The following are the Foundations recommendations, based upon research and discussions with other medical-related missionaries:

Call the Aiken County Health Department (803-642-1687), the Mississippi State University Travel Clinic (662-325-2323 MSU Switchboard), or your local Health Department. They have a nurse who will give you a recommendation for travel to Honduras. Typically on the conservative side, they will normally recommend Hepatitis A & B, Malaria prevention, Typhoid vaccine, and Tetanus. These clinics also can provide an International Certificate of vaccination. It is a good idea to maintain this record and keep it with your passport. It will help you know when you need to have a booster.

You can also consult www.cdc.gov.

(See listings for Mexico & Central America, <http://www.cdc.gov/travel/camerica.htm>)

Get a copy of your vaccination record (if available). School age missionaries will normally have had the Hepatitis B and Tetanus vaccinations.

Hepatitis A & B are recommended (Hepatitis A is two shots – taken at 0 and 6 months - at least one is taken before your trip, Hepatitis B is three shots - taken at 0, 1 and 6 months, the first two are supposed to be taken before the trip.)

Hepatitis B is primarily for health care workers. You may not expect to work in the clinic, but it is good insurance for a serious potential. You can get these at the Richmond County Health Department (RCHD - Augusta) or your family doctor. The Aiken County Health Department did not offer these the last time that we checked. We recommend that you try your regular doctor first. The Hepatitis A & B vaccines are good for life once you complete the series of shots.

Tetanus vaccine is strongly recommended. If your tetanus is not up to date (It is recommended every ten years), you should get one. The shot is actually tetanus and diphtheria preventions. It is a good idea for anyone performing outdoor work.

Typhoid vaccine is optional. It is an oral medication (Vivotif Berna Capsule EC BER, 4 pills, one taken every other day, two weeks before departure) that provides protection for several years. A minority of folks get this prevention. Typical cost = \$43.

Malaria prevention (Chloroquine, 7 pills, take one/week, starting a week before departure). These pills are taken once a week starting one week before the trip and 4 weeks after. About half of the missionaries take this prevention. There are mosquitoes around, but we have never heard of a malaria problem. If mosquitoes like you, we recommend that you take this preventative. Typical cost = \$35. Note: Some people are allergic to chloroquine. If you develop a skin rash, discontinue use.

Generic Cipro - general antibiotic. Some folks take this general antibiotic medication with them. It is

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used only in case you get a serious case of traveler's diarrhea. It is now recommended that you take 2 chewable Pepto Bismol tablets to prevent traveler's diarrhea. Then take the antibiotic only if severe diarrhea develops. We have access to a health clinic, and the veteran missionaries will have some available, so you probably will not need to buy it. Typical cost = \$6.

One of the doctors that assist the mission effort will normally write prescriptions for the missionaries who want Cipro, Chloroquine, and typhoid vaccine. This will be arranged as part of the pre-trip meetings and you can solicit opinions from some of the other missionaries. As with anything, some folks are more conservative than others.

In summary, you need to get Hepatitis A & B. Make sure tetanus is up to date. Wait for pre-trip meetings to decide on Malaria prevention, typhoid vaccine, and Cipro.

WHAT CAN I DO IF.....?

The safest and most effective treatment for traveler's diarrhea is a preventive treatment. Pepto Bismol is one of the best initial treatments for diarrhea. Take it according to the package instructions. It has been found to be very effective if you take twice the recommended amount for the first 2 doses. Some people take 2 tablets before every meal. If you still have problems, then you may want to take Imodium or similar medications. This must be done cautiously as this can bring on dehydration and other related problems. While taking medications for diarrhea you should be drinking 10 -12 glasses of liquid per day. Remember public restrooms rarely have toilet paper. Carry your toilet paper with you.

WHAT TO DO IN CASE OF SERIOUS ILLNESS OR EMERGENCY?

Bring any medication you will need with you. Advise the Team Leader of any special medical needs you have before you leave. If you become ill enough to need medical attention or in case of a serious injury, your local missionary will know where and how to get help. If they are not available, someone from the Mission team will transport you or make arrangements for you to return to the States.

Most US-based medical insurance plans will not apply in a foreign country. We require that all missionaries have traveler's medical insurance. This insurance will cover the cost of medical care and medical evacuation, if required.

These companies provide several options for this type coverage:

www.airambulancecard.com This site offers a plan for annual individual or family coverage. The cost is approximately \$200/year.

www.medexassist.com This site offers various plans for weekly rates (TravMed Abroad is recommended). The cost is approximately \$20/week.

The Travel Coordinator will purchase this coverage and provide you a copy of your card. If you have alternate coverage, make sure you make note of it on your application.

SHOULD I BE CONCERNED ABOUT SECURITY?

It is safe to travel in most parts of this country as long as you listen to the advice of your Team Leader. The Team Leader will provide guidance about locations that may be less safe. Of course,

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there are always certain precautions to be taken. An armed guard may accompany the missionary bus from the airport to Quimistan. This is a precaution used depending on the advice of our local support staff. You will also see armed guards at most businesses that handle cash (gas station, fast food restaurants, and banks). This is normal in undeveloped countries where police presence is not as prevalent as we are used to in the United States.

A potentially wonderful and rewarding experience can become disappointing for everyone if we don't follow some well proven, common-sense precautions for everyone's safety and the security of personal belongings. Use the "Buddy system" and never go anywhere alone in an airport, hotel or the streets around the area where you are working or staying. It is best for women to have a male escort. Always ask your Team Leader for permission to leave the compound without the group and agree on where you are going and when you expect to return. A group of three or more is desirable.

Reduce the risk of being a pickpocket's victim by placing your wallet in a front pocket or a fanny pack carried in front. Be careful in crowds where people are likely to bump into you (such as trips to a tourist area). Do not lay your personal or ministry items around unguarded. We have not had any problems with theft, but we do not want to tempt anyone.

Be extra careful with your passport. To avoid its loss, team member passports and exit fees will be collected by the team leader at arrival and placed in a secure location. Without a passport and exit fee, your return home with the team could be in jeopardy.

WHAT KIND OF LIVING CONDITIONS CAN I EXPECT?

Living accommodations since the summer of 2008 have been at the Celia Delfina Village owned by Gary and Martha Thomsen. Until further notice, that is expected to be the preferred location.

Sleeping Arrangements: The missionary lodging can accommodate 8 men and 8 women comfortably. The conditions are clean, safe, and comfortable. The men's and women's quarters are usually in separate homes but because the different buildings accommodate different numbers of people, the makeup of each team may necessitate a mix. If that happens, men and women are housed together but with separate bathrooms and bedrooms.

! Snoring happens, so plan accordingly. Earplugs may be useful and can be obtained in any drugstore and most supermarkets. Fans are provided in the sleeping areas.

Meals: Eat only at places recommended by your Team Leader. Most meals will be prepared at the Missionary House by a hired cook.

Bathing: The water is cold, but refreshing after a hot day at work, and several sufficient bathrooms available in each Missionary House and two additional in the cafeteria

Toilet use: The Village has flush toilets. Public restrooms seldom have toilet paper available, so be prepared with some in your pocket. Do not put the toilet paper in the toilet; put it in the disposal container beside the stool. Do not flush anything but human waste. The local septic systems cannot handle paper. In some areas there will not be water in the tank to flush it. Usually there is a bucket nearby. Get water from the holding tanks nearby and pour it into the toilet bowl. This will flush the toilet. Some places will only have a latrine. Once again, always carry toilet paper. Camping supply stores will have small pocket rolls available.

Linens: You should bring at least one towel and a washcloth, and twin bed linens. A pillow is provided. If traveling Jan. – Feb., you may need a light weight blanket.

Washing clothes: The local staff will wash clothes daily. See the note on the Personal Items List related to laundry. Try to pack one change of clothes in your carry-on just in case your luggage does

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not arrive when you do.

Electrical Supply / Outages: Electricity is not reliable and is often unavailable during/after a storm. The power quality is poor. Do not plug sensitive equipment into the local power supply (cell phones, DVD players, etc) without using a voltage regulator. Even then, there is risk. Be prepared by carrying a flashlight with you to church at night or anyplace you visit after dark. The Village does have a back up generator which helps during outages.

IS THERE ANYTHING THAT I SHOULD KNOW ABOUT THE CULTURE?

The Honduran Christians we with whom we work consider the use of tobacco and the drinking of alcoholic beverages inappropriate behavior for a Christian. **We require all volunteers to refrain from the use of tobacco (smoking, chewing, etc.) and drinking alcohol (beer, wine, or liquor) while serving as volunteers from the time you leave the States until your return home.** As a missionary, your clothing should be modest (men and women). Women are encouraged to wear a dress to church services and men are expected to wear long pants. You would not want anything to affect your Christian testimony. As ambassadors for Jesus, we need to be sensitive to Honduran culture, traditions and customs no matter how strange they may seem to us. We must be careful not to complain or make negative comments about Honduran people, food or customs. Our actions often speak louder than our words. Hondurans are, in general, an event-oriented people. North Americans are a time-oriented people. The importance placed on time is not as high as we are used to. Appointments are flexible and activities are not governed by a strict timetable. When in doubt concerning proper conduct, you should consult the Team Leader or the translator with whom you are working with. Because of the primitive conditions, many bathing and restroom practices are different than in the U.S.

IN WHAT WAY WILL THE CHURCH SERVICES BE DIFFERENT?

The local churches with whom we worship are generally Pentecostal Churches. Watch the Pastor and others around you to discern acceptable actions. The church members may clap and sing and even dance as they worship. In many churches, all prayers and scripture reading are done standing. Be prepared to follow the accepted routine of that church. We are not concerned with their worship styles as long as the Spirit of Worship is from the heart. We will be asked to participate in the services by preaching or singing. We do not want to appear as spectators or tourists. Sit among the church members, not apart from them. Offering plates are not passed from person to person. The usher will just hold it out in front of you. You may touch it to stabilize it but do not expect the usher to let go of it. Frequently, the offering is taken up in a bag sewed to a long pole. You may give in either dollars or the country's currency.

WHAT SHOULD I WEAR?

Cool and comfortable cotton clothing is a must. Avoid polyester (check your shirts before you take them). You should dress modestly. During the day when out in the villages, long pants, Capri's, or modest shorts is a good choice for the women. Men should wear khakis or blue jean pants or shorts. Please, no tank tops for the men or women. For church services, men usually wear long pants and casual shirts. Women may wear casual dresses, long pants or skirts and blouses. A good pair of walking shoes will be your best friend. Bring sturdy work shoes. Make modesty a priority with all the clothing you bring to wear in public, in church and in the villages. Do not wear open toed shoes. If there is a question of certain cultural requirements in dressing, please direct your questions to the

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Team Leader or an experienced missionary for appropriate dress required.

WHAT SHOULD I BRING?

See Attachment #1 for a suggested list of items you should bring (remember you should carry at least one change of clothes and your medicine in your carry on. See Attachment #2 for a list of items that the Team leader will bring. There is a grocery store and a hardware store in town. If you forget something, we can probably find a suitable substitute (except personal medications).

WHAT SHOULD I NOT BRING?

Don't bring or wear expensive watches or other flashy jewelry.

HOW MUCH MONEY SHOULD I BRING?

You will need money for souvenirs, snacks, and church offerings. Travelers' checks are not recommended because they are not readily accepted. Credit cards can be used in some places. You will have an opportunity to change U.S. dollars to lempira when you arrive. You will need \$36 for a country exit fee. This fee will be collected by the Trip Treasurer upon arrival along with your passport for safekeeping.

LUGGAGE:

Each person is allowed two checked bags and one carry-on. The carry-on must fit under a seat or in an overhead bin and weigh no more than 40 pounds. New security regulations are in force and do change. Be prepared. Do not bring liquids, knives, aerosols, or items that may be considered weapons in your carry on. Do not put undeveloped film in your checked bag. The high energy x-ray machines may ruin the film. Check with your Team Leader about what you may bring. No piece of checked luggage may weigh more than 50 lbs. **Each team member will be limited to one checked piece of luggage.** The additional piece will be used to transport donated items and team supplies. Remember it is always wise to carry at least one change of clothing and medicine in your carry-on bag. Consider buying a cheap suitcase from the Salvation Army or similar store. Consult with the appropriate airline staff if you are unsure if the size or weight of your baggage is within limits. (See Attachment #3).

DO I NEED A VISA?

No entry visa is required for US citizens to enter Honduras. Everyone must have a valid passport. You will pay an **exit fee** as you leave (currently \$36 U.S. in Honduras). See <http://travel.state.gov> for additional information related to travel to Honduras.

COMMUNICATING WITH HOME:

An internet phone and email service is available in Quimistan and wireless is available in the Village unless there is an electricity outage. Remember that you are working and traveling in a foreign country. It may be difficult to reach you while you are on the field. The Team Leader will assign a person in North America to serve as your families' emergency contact. This person will have the phone number for the HAF office and the phone numbers for the Thomsens who will contact the

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team, if required.

GIFTS:

Gifts of any significance should be coordinated through the Team Leader.

HOW DO I PREPARE PHYSICALLY?

You will probably do a lot of walking. Make sure that you have comfortable walking shoes.

HOW DO I PREPARE MENTALLY?

TRY to learn some Spanish before your trip (See Attachment #4)

DON'T expect to live by your watch.

DON'T expect to communicate with the U. S. regularly.

DON'T expect to have a flush toilet.

DON'T expect to have hot water.

DON'T expect to have beds like you have at home.

DO expect a simpler lifestyle that focuses on the value of people and relationships.

DO expect that God will use this experience to cause you to reevaluate your priorities and your relationship with Him.

DO expect that God will use you and the team to encourage Honduran Christians and their families, their churches and to attract nonbelievers to a faith in Jesus Christ.

It is extremely important that each volunteer prepare to be flexible as living and serving in a foreign country is not the same as in the United States. There are three things that each volunteer needs to practice when on the Mission Field: **FLEXIBILITY, PATIENCE and FLEXIBILITY**. Seek to be a team builder by promoting team unity and love. Be forgiving of teammates and staff and be considerate at all times.

HOW DO I PREPARE SPIRITUALLY?

Jesus sent his disciples out saying, "Freely you have received, freely give." Think on how much God has given you. Giving of yourself, making sacrifices, withstanding discomfort, meeting hardships head on, and committing yourself to this mission work are one way that you can give of yourself.

Be prepared to lead a daily devotion. We have a 10 -15 minute devotion each morning.

We pray that your stay will be an enjoyable and fruitful one in the service of our Lord.

Attachments:

Attachment #1 - SUGGESTED PERSONAL ITEMS LIST

Attachment #2 - SUGGESTED TEAM ITEMS LIST

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Attachment #3 - Delta Baggage Rules (Feb. 2009)

Attachment #4 - Honduras Agape Foundation - Application for Short-Term Missions

Attachment #5 - Honduras Agape Foundation - Scholarship Application

Attachment #6 - Honduras Agape Foundation – Application Update (Use only if this is not your 1st trip.)

Attachment #7 - BASIC ENGLISH-SPANISH PHRASES FOR MISSIONARY WORK

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Attachment #1

SUGGESTED PERSONAL ITEMS LIST:

TWIN SHEET SET, TOWELS, WASHCLOTHS (In winter you may need a lightweight blanket.)
BUG SPRAY
CAMERAS
KLEENEX
SOAP / SHAMPOO / 2 TOWELS / WASHCLOTH / SHOWER SHOES / SWIMSUIT
SUNSCREEN / HAT / SUN GLASSES
FLASHLIGHT
PAJAMAS
BIBLE / DEVOTION MATERIALS / JOURNAL
NIX (LICE TREATMENT SHAMPOO)
PASSPORT / \$35 EXIT FEE / SPENDING MONEY
MALARIA PILLS / OTHER MEDICATIONS
FANNY PACK
AT LEAST 2 SETS OF WORK CLOTHES
2 SETS OF CHURCH CLOTHES / TRAVEL CLOTHES
STURDY SHOES FOR WORKSITE / GOOD QUALITY WORK GLOVES
TOYS / ART SUPPLIES
UNDERWEAR / SOCKS
ADVIL / IMODIUM / PEPTO BISMOL TABLETS
SPANISH/ENGLISH DICTIONARY
PURELL (HAND SANITIZER – TRAVEL SIZE)
PERSONAL TOILETRIES (TOOTHBRUSH, TOOTHPASTE, RAZOR, DEODORANT, ETC)
SNACKS (CRACKERS, GRANOLA BARS, ETC)
POCKETKNIFE
SMALL RAIN PONCHO
TRAVEL MEDICAL INSURANCE CARD

Notes:

A laundress will be available each day so you only need several sets of work clothes.

Cameras – suggest one disposable camera/day.

Remember: The cameras and film need to travel in your carryon bag due to the x-ray machines used on the checked baggage.

Remember the restrictions on liquids in carryon bags.

There is a grocery store in town, so you can purchase items there.

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Attachment #2

SUGGESTED TEAM ITEMS LIST:

TARPS FOR SHADE (3)
ROPE (3 X 50 FT)
STRING (100 FT)
ZIPLOC BAGS (gallon)
CLOTHES PINS
NEOSPORIN
DUCT TAPE
TRASH BAGS
GATORADE (powder, equivalent of a 3 lb container/person)
FUNNELS FOR GATORADE
LYSOL (non-aerosol) / ANTI-BACTERIAL WIPES
ICE PACKS (FIRST AID TYPE) (3-4)
FIRST AID KITS (3)
SMALL SPRAY BOTTLES (3) FOR COLD WATER COOL DOWNS
ROOM / TRUNK LOCKS
CLOTH BAG (3) TO TAKE TEAM SUPPLIES TO EACH JOB SITE
TOILET PAPER (8 ROLLS)
SCISSORS
TRAVEL CLOCK

MISC. PLAY ITEMS:

MEMORY GAMES / CARD GAMES
FRISBEES
PUZZLES
VOLLEYBALL
SOCCER BALLS
ART SUPPLIES

Notes:

1) These are the items that will normally be purchased by the Team Leader or will be maintained in the storage area in Quimistan.

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Attachment #3

Delta Baggage Rules (Feb. 2009)

Carry-on Baggage

You can carry on **one bag** plus **one personal item** per passenger as long as it:

- Weighs less than 40 pounds (18 kg).
- Does not exceed 45 inches when you total length plus width plus height.
- Fits easily into our SizeWise® unit (approximately 22"x14"x9").
- Fits in an overhead bin or underneath the seat in front of you.

Here are some examples of personal items:

- Male or female purse
- Briefcase
- Laptop computer (All laptop/computers must be carried aboard and cannot be checked.)
- Camera case
- Diaper bag
- Items of a similar or smaller size to those listed above, such as Portable Electronic Devices.

These additional items are okay to carry on and don't count towards your allowance:

- Food items for immediate consumption
- Assistive devices such as wheelchairs or crutches, provided passenger is dependent on them
- One box or bag of duty free merchandise
- A coat or jacket
- An umbrella
- One item of reading material

There may be more limits to carry-on baggage based on available space and additional restrictions on certain flights.

Checked Baggage

You can check **two bags** per passenger free of charge.

(Missionary NOTE: One of your checked bags will be a team trunk packed with supplies for the mission trip. You may check only one personal bag.)

Each bag must:

- Weigh 50 pounds (22.5 kg) or less.
- Not exceed 62 inches when you total length plus width plus height.

If you have a bag that exceeds these allowances, see Airline staff.

With the exception of original factory-sealed boxes that will be accepted on a standby basis, we do not accept boxes as checked baggage to Central or South America (except Brazil, Mexico, and Chile) at any time of the year.

Some packages, sporting goods, musical instruments, and fragile or bulky items may require special handling. For more information on special items, see Special Baggage.

General Conditions of Acceptance

Delta will accept your baggage for transportation, subject to the following conditions:

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- All baggage is subject to search.
- We reserve the right to refuse baggage whose size, weight, character, or condition is unsuitable for transportation on the particular aircraft which is to transport it or which cannot be accommodated without harming or annoying passengers.
- Baggage check-in requirements, which vary by airport, must be met. Please review [Airport Check-in Requirements](#) for details.
- Baggage must be checked in at a Delta designated city or airport office.
- Your name must be on your luggage.
- Baggage will not be checked to a destination that is not on a passenger's itinerary.

Liquids and Containers

Most countries now prohibit or strictly limit the size of containers with liquids, gels, aerosols, and pastes (including the empty containers) that you can bring in your carry-on luggage. Taking a few minutes to prepare may help to prevent some real hassles at security or even the frustration of having personal property confiscated.

Examples of liquids and gels included in these security measures are:

- Beverages
- Creams
- Hair gel
- Hair spray
- Shampoo
- Suntan lotion
- Toothpaste
- Other items of similar consistency

You'll go smoothly through the security checkpoints in most countries if you follow these guidelines for your carry-on baggage.

- For all liquids, gels, aerosols, and pastes limit each container to a maximum size of **3.0 oz/100ml**.
- Place all such items in a single **quart-size, clear plastic, zip-top bag**.
- Remove your quart-size bag from your carry-on and place in the provided bin at the security checkpoint.

Packing/Check-In Suggestions

These simple hints will usually help you to breeze right through security checkpoints.

- Travel light—minimal clutter will speed up the screening process.
- Leave your pocket-knives, scissors, and any other sharp objects at home or put them in your checked baggage.
- To help reduce the risk of fires, air travelers will no longer be able to pack loose lithium batteries in checked luggage beginning Jan. 1, the Transportation Department said Friday. Passengers can still check baggage with lithium batteries if they are installed in electronic devices, such as cameras, cell phones and laptop computers. If packed in plastic bags, batteries may be in carryon baggage. The limit is two batteries per passenger.
The ban affects shipments of non-rechargeable lithium batteries, such as those made by Energizer Holdings Inc. and Procter & Gamble Co.'s Duracell brand.
- Be ready to take off your shoes and put belts, mobile phones, and metal objects in your carry-on.
- Take your laptop out of its case and place it in the container provided for you.
- Have [acceptable identification](#) and your boarding pass out and ready to show.

NOTE: PLEASE CHECK THE WEBSITE OF THE AIRLINE THAT YOU WILL BE TRAVELING WITH. BELOW ARE THE WEBSITE ADDRESSES FOR THE AIRLINES THAT WE USE ON A REGULAR BASIS.

www.delta.com

www.continental.com

Team Member Orientation Manual

Attachment #4 Honduras Agape Foundation

Application for Short-Term Missions

Anticipated Trip Date: _____ Departure City: _____

Name (as it appears on your passport): _____

Passport Number: _____ Expiration Date: _____

Date of Birth: _____ Occupation: _____

Address: _____

Home phone: _____ Alternate phone: _____

Email address: _____

Gender: ___ Male ___ Female Marital Status: _____ T-Shirt Size _____

Emergency Contact - Name, Relationship and phone numbers:

Please indicate your skills and gifts in the following areas:

	<u>None</u>	<u>Some</u>	<u>Skilled</u>	<u>Professional</u>
Construction:				
Carpentry	_____	_____	_____	_____
Masonry	_____	_____	_____	_____
Plumbing	_____	_____	_____	_____
Roofing	_____	_____	_____	_____
Painting	_____	_____	_____	_____
Electrical	_____	_____	_____	_____
Human Services:				
Health Care	_____	_____	_____	_____
Counseling	_____	_____	_____	_____
Preaching	_____	_____	_____	_____
Recreation	_____	_____	_____	_____
Singing	_____	_____	_____	_____
Evangelism	_____	_____	_____	_____
Teaching :				
VBS or Sunday School	_____	_____	_____	_____
Nutrition	_____	_____	_____	_____
Sewing	_____	_____	_____	_____
Crafts	_____	_____	_____	_____
Computer	_____	_____	_____	_____
English	_____	_____	_____	_____

___ Speak Spanish: ___ A little ___ Moderate ___ Fluent

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Other language: _____

Other gifts: _____

What is the main reason you wish to go on this trip and what do you hope to accomplish?

Previous mission experience _____

General Health Information

Travel Medical Insurance Co. _____ Policy No. _____
(This is insurance which will cover you in a foreign country and assist you in being returned to the US.)

Any known allergies? _____

What is the general state of your health? _____

Do you have health-related problems in the following areas?

Blood Pressure

Diabetes

Heart

Other (specify):

Lungs

If you are required to take any medications on a regular basis, please list the name, dosage, and purpose of each:

Is there anything else we should know about your health and/or physical limitations?

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Permission and Release Form

I, _____, do hereby certify that I am willing, physically fit and sufficiently prepared to travel with and participate in a work project with the Honduras Agape Foundation, in the country of Honduras.

Trip sponsors have my permission to take me to a doctor for medical treatment, hospitalization, or emergency surgery if the need should arise. Should it be necessary for me to return home prematurely (due to medical reasons or disciplinary action), I will assume total responsibility for any additional costs incurred.

I have read and agree to abide by the Community Covenant that follows this application.

Signature: _____ Date: _____

Parent/Guardian Signature; _____
(If under 18)

Home church: _____ Pastor: _____

Recommending Pastor Signature: _____

Pastor's Email or Phone Number: _____
(Please include title and name of congregation. A requirement for first time travelers is to obtain a recommendation from a pastor from your congregation.)

Please note:

The mission does not make any money on group trips. If you decide not to go, you must let us know a month before your departure, or you will be responsible for any and all penalties with airline tickets.

The approximate total cost of the trip is \$355 plus airfare which fluctuates. (Avg. \$600-\$800)
Please submit this application a minimum of 60 days prior to the trip departure date along with a deposit of \$100 made payable to "HAF" to the following address:

Honduras Agape Foundation
P. O. Box 6315
Aiken, SC 29804

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Honduras Agape Community Covenant

Recognizing (1) that our actions bear witness to our beliefs and (2) that we represent not only the United States of America, and our home church, but also, more importantly, our Lord, each mission team member agrees to abide by the following covenants:

1. I will strive to ensure that my words and actions are consistent with Biblical teachings and respect the beliefs of the churches we may attend while in Quimistan.

Rationale: As Christians, the Bible outlines the way in which the Christian life is to be led. To have integrity in our witness requires us to strive to follow these teachings regardless of where we find ourselves. And as missionaries to Quimistan, we are visitors of the congregation of the churches we visit. As visitors, we are to be respectful of their customs and beliefs.

This includes neither possessing nor using tobacco, alcohol, or any other type of recreational drugs while in Honduras.

Rationale: The sponsoring congregation teaches these practices are wrong. Any such activity will cause hard feelings and problems for our relationship with the local church.

2. I will adhere to the curfew as it is stated each day, in particular to remain with the group at night and not to interfere with the rest of others.

Rationale: Mission work and fellowship are tiring. Rest, therefore, is essential, not only for our health, but also for our attitudes and enjoyment of each other and the trip. Additionally, even though most people love us, Quimistan may be dangerous at night.

3. I understand that I should stay with the group or a minimum of one other team member. If one member of the group is under 25 years old, the minimum in the group shall be three.

Rationale: This policy promotes the safety and well being of all missionaries.

4. I understand that to be a good witness I must be respectful of all persons with whom I interact and to the best of my ability joyfully participate in their activities.

Rationale: Although you may not speak Spanish, if your non-verbal actions are offensive, they will be understood. Fellowship with the people of Quimistan is a fundamental mission responsibility.

5. I understand that I should leave unnecessary expensive gadgets and jewelry at home.

Rationale: Besides reducing your chance of being a target for theft, especially in public areas, an excessive display of wealth is not conducive to building meaningful relationships in a community where people generally have very few material possessions.

6. I will strive to support and follow other recommendations made by the team leader.

Rationale: The team leader is chosen for each trip by the Board of Directors and thus has its support. This person is an active participant in our mission work and has experience working with and for the people of Qumistan, Honduras.

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Attachment #6

HAF Application for Short-Term Missions-UPDATE

NOTE: Fill in the first box only if no other information has changed.

Anticipated Trip Date: _____ Departure City: _____ Name (as it appears on your passport): _____
--

Passport Number: _____ Expiration Date: _____

Occupation: _____

Address: _____

Home phone: _____ Alternate phone: _____

Email address: _____

Emergency Contact - Name, Relationship and phone numbers:

General Health Information

Travel Medical Insurance Co. _____ Policy No. _____

Any known allergies? _____

What is the general state of your health? _____

Do you have health-related problems in the following areas?

Blood Pressure

Diabetes

Heart

Other (specify):

Lungs

If you are required to take any medications on a regular basis, please list the name, dosage, and purpose of each:

Is there anything else we should know about your health and/or physical limitations?

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Attachment #7

BASIC ENGLISH-SPANISH PHRASES FOR MISSIONARY WORK (with pronunciation guide).
Updated by Bill Bengtson - May 9, 2001

Yes - Sí (SEE)	I'm glad to be here - Estoy feliz de estar aquí (eh-STOY fay-LEEZ de eh-STAR ah-KEY)
No - No (NO)	What did you say? - ¿Cómo? (KOH-moh)
Hello - Hola (OH-lah)	I speak English - Yo hablo inglés (yo AH-blow ing-GLAYS)
Greetings - Saludos (sah-LOO-doughs)	I speak Spanish - Yo hablo español (yo AH-blow ess-pan-YOL)
Good day/morning - Buenos días (BWAY-nos DEE-us)	I speak a little - Yo hablo un poco (yo AH-blow un POE-coe)
Good afternoon - Buenas tardes (BWAY-nahs TAR-days)	I understand - Yo comprendo (yo com-PREN-doe)
Good evening/good night - Buenas noches (BWAY-nahs NO-chays)	I don't understand - Yo no comprendo (yo no com-PREN-doe)
Welcome - Bienvenido (bee-IN-vay-NEE-dough)	More slowly, please - Más despacio, por favor (mahs day-SPAH-see-oh, pore fah-VORE)
How are things? - ¿Qué tal? (kay TAHL)	We - nosotros (know-SEW-tross)
What's happening? - ¿Qué pasa?	They - ellos (AYE-yohs)
Goodbye - Adios (ah-DYOS)	You (informal) - tú (two)
See you later - Hasta luego (AH-stuh loo-AY-go)	You (formal) - Usted (ooh-STEAD)
See you soon - Hasta pronto (AH-stuh PRON-toe)	Y'all - Ustedes (ooh-STEAD-es)
See you tomorrow - Hasta mañana (AH-stuh mahn-YAH-nah)	She - ella (AYE-yah)
Farewell/go with God - Vaya con Dios (VAH-yah kon DEE-ohs)	He - él (el)
Please - Por favor (pore fah-VORE)	I - yo (yo)
I like it - Me gusta (may GOOSE-tah)	What is it? - ¿Qué es? (KAY ESS)
I don't like it - No me gusta (know may GOOSE-tah)	It's ...Es (ESS)
I understand - Comprendo (com-PREN-dough)	It isn't ... No es (NO ess)
I don't understand - No comprendo (no com-PREN-dough)	There is (a book) - Hay ... un libro (aye oohn LEE-broh)
I'm sorry - Lo siento (loe see-IN-toe)	There isn't (or aren't) any - No hay (no aye)
Excuse me - Perdoneme (per-DOHN-eh-may)	What time is it? - ¿Qué hora es? (kay OH-rah ess)
Excuse me (when getting up from the table or passing in front of somebody) - Con permiso (kon pear-ME-sew)	I am (a missionary). - Soy ... misionero. (soy me-see-oh-NAIR-oh)
Thank you - Gracias (GRAH-see-us)	You are ... (nice). - Tú eres ... simpatico. (TWO AIR-ess seem-PAH-tee-ko)
No thanks - No gracias (no GRAH-see-us)	She is ... (American). - Ella es ... americana (A-ya es ah-meh-ree-KAH-na)
You're welcome - De nada (day NAH-duh)	He is ... (tall). - El es ... alto. (ell ess ALL-toe)
My name is ... - Me llamo (May YAH-mo)	We are ... (Baptists). - Nosotros somos ... bautistas (no-SEW-trohs SEW-mohs bow-TEE-stahs)
What's your name? - ¿Cómo te llamas? (KO-moe tay YAH-mas)	They are ... (Mexicans). - Ellos son ... mexicanos (AY-yohs sohn may-he-KAHN-ohs)
How are you? - ¿Cómo estás? (KO-moe eh-STAHs)	
I'm fine - Estoy bien. (Eh-STOY bee-IN)	
And you? - ¿Y tú? (ee TWO)	

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What did you say? - ¿Cómo? (KO-moe)	Jesus Christ - Jesucristo (HAY-sue KREE-stow)
Repeat that, please. - Repite, por favor (re-PETE-ay, pour fah-VORE)	Holy Spirit - Espiritu Santo (Eh-SPEE-ree-two SAHN-toe)
How much is it (how much does it cost)? - ¿Cuánto es? (KWAHN-toe ess)	The Bible - la Biblia (lah BEEB-lee-ah)
What time is it? - ¿Qué hora es? (kay OH-rah ess)	Christian - cristiano (KREE-stee-AH-no)
It's one - Es la una (ess la OOH-nah)	Man - hombre (OM-bray)
It's two - Son las dos (sohn las doughs)	Woman - mujer (moo-HAIR)
One - uno (OOH-no)	Child - nino (KNEEN-yo)
Two - dos (dose)	House - casa (KAH-sah)
Three - tres (trays)	Church - iglesia (eeh-GLAY-see-ah)
Four - cuatro (QUAT-roe)	Prayer - oración (oh-RAH-see-OHN)
Five - cinco (SINK-oh)	Gift - regalo (ray-GAH-low)
Six - seis (say-EES)	Food - comida (ko-MEE-dah)
Seven - siete (see-A.-tay)	Beverage/drink - bebida (bay-BEE-dah)
Eight - ocho (OH-cho)	Water - agua (AH-gwah)
Nine - nueve (new-A-vay)	Milk - leche (LAY-chay)
Ten - diez (dee-AYS)	Bread - pan (pahn)
One hundred - cien (see-IN)	Hamburger - hamburguesa (ahm-boor-GAY-sah)
One thousand - un mil (oohn meel)	Ice cream - helado (ay-LAH-doe)
More - más (mahs)	Cookies - galletas (gah-YAY-tahs)
Less - menos (MAY-nos)	Fruit - fruta (FROO-tah)
Many - muchos (MOO-chose)	Toast - pan tostado (pahn toe-STAH-dough)
A lot - mucho (MOO-cho)	Cup - taza (TAH-sah)
That's enough. - Basta. (BAH-stah)	Plate - plato (PLAH-toe)
Excellent - excelente (ex-sell-IN-tay)	Money - dinero (dee-NAIR-oh)
How nice - Que bueno. (kay BWAY-no)	Hotel - hotel (oh-TELL)
I'm hungry. - Tengo hambre. (TENG-go AHM-bray)	Store - tienda (tee-IN-dah)
I'm thirsty. - Tengo sed. (TENG-o said)	Market - mercado (mare-KAH-doe)
Big - grande (GRAHN-day)	Street - calle (KAH-yay)
Small - pequeño (peh-KAIN-yo)	Car - carro (KAR-oh)
Good - bueno (BWAY-no)	Truck - camioneta (kah-me-oh-NET-ah)
Bad - malo (MAHL-o)	Bus - autobús (ow-toh-BOOSE)
Sick (ill) - enfermo (en-FAIR-mo)	Plane - avión (ah-vee-OHN)
Easy - fácil (FAH-seal)	White - blanco (BLAHN-koh)
Difficult - difícil (dee-FEE-seal)	Black - negro (NAY-grow)
Wonderful - maravilloso (mah-rah-vee-OH-so)	Brown - moreno (moe-RAY-no)
Happy - contento (kon-TENT-oh)	Blue - azul (ah-ZOOL)
Sad - triste (TREE-stay)	Red - rojo (ROE-hoe)
Angry - enojado (in-oh-HAH-doe)	Yellow - amarillo (ah-mah-REE-oh)
Important - importante (EEM-pour-THAN-tay)	Green - verde (VAIR-day)
Interesting - interesante (EEN-tare-eh-SAHN-tay)	Orange - anaranjado (ah-nah-rah-HA-doe)
God - Dios (DEE-ohs)	Quickly - rapido (RAH-pee-dough)
	Slowly - despacio (day-SPAH-see-oh)
	Very - muy (mwee)
	OK, that's fine. - Vale (VAH-lay)
	Friend - amigo (ah-MEE-go)

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Brother - hermano (air-MAH-no)
Sister - hermana (air-MAH-nah)
Father - padre (PAH-dray)
Mother - madre (MAH-dray)
Child - niño (KNEEN-yo)
Pastor - pastor (pah-STORE)
Student - estudiante (eh-stew-dee-ON-tay)
Church - iglesia (ee-GLAY-see-ah)
I'm an American. - Yo soy americano (yo soy ah-mare-ee-KAHN-oh)
Come here - Vente (VIN-tay)
Wait - Espera (eh-SPARE-ah)
Look - Mira (MEE-rah)
Listen - Escucha (Es-KOO-chah)
God bless you. - Que Dios te bendiga (Kay DEE-ohs tay ben-DEE-gah)
Jesus loves you. - Cristo te ama (KREE-stoe tay AH-ma)
I am a Christian. - Yo soy cristiano (yo soy kree-stee-AH-no)
Where is ...- ¿Dónde está ... (DON-day eh-STAH)?
Where is the bathroom? - ¿Dónde está el baño? (DON-day eh-STAH el BAHN-yo)
What do you call this? - ¿Cómo se llama éste? (KOH-moe say YAH-mah ES-tay)
It's here. - Está aquí (eh-STAH ah-KEY)
It's there. - Está allí (eh-STAH ah-YEE)
Welcome. - Bienvenido (BEE-in vay-KNEE-dough)
Hands - manos (MAH-nose)
Feet - pies (pee-AYS)
Head - cabeza (kah-BAY-zah)
Legs - piernas (pee-AIR-nahs)
Arms - brazos (BRA-sos)
Smile - sonrisa (sohn-REE-sah)
Let's go! - ¡Vámonos! (VAH-moh-nohs)
We're on our way! - ¡Vamos! (VAH-mose)
It (the weather) is hot. - Hace calor (AH-say kah-LORE)
It (the weather) is cold. - Hace frío (AH-say FREE-oh)
I'm hot. - Tengo calor (TENG-o kah-LORE)
I'm cold. - Tengo frío (TENG-o FREE-oh)

Who? - ¿Quién? (key-IN)
When? - ¿Cuándo? (KWAN-doh)
Where? - ¿Dónde? (DOHN-day)
What? - ¿Qué? (kay)
Why? - ¿Por qué? (pour KAY)
How? - ¿Cómo? (KOH-moh?)

Other tips:

Objects in Spanish - everything from dust, bugs and rocks to people, oceans and planets - are always either masculine or feminine. "A house," for example, is "una casa" - a feminine thing. "A door" is "una puerta" - also feminine. "A car," however, is "un carro" - a masculine thing. "Un sombrero," which is "a hat," is also masculine.

The word "the" can also be confusing in Spanish.

"The man" and "the boy" (masculine singular things) would be "el hombre" and "el muchacho." "The woman" and "the girl" (feminine things) would be "la mujer" and "la muchacha."

"The men" and "the boys" (masculine plural) would be "los hombres" and "los muchachos." "The women" and "the girls" (feminine plural) would be "las mujeres" and "las muchachas."