



Honduras Medical Mission Trip Information Packet

September 22 - 29, 2020





Valle de Ángeles, Honduras Medical Mission Trip

Trip Purpose

Volunteers from AdventHealth will provide primary care outpatient services and health education to several Honduran villages during five days of clinics.

Location & Culture

Honduras is bordered to the west by Guatemala, to the southwest by El Salvador, to the southeast by Nicaragua, to the south by the Pacific Ocean, and to the north by the Gulf of Honduras, a large inlet of the Caribbean Sea. The Honduran culture is very warm and friendly. When greeting, people often kiss each other's cheeks and hugs are common as well. The culture is relaxed, where interpersonal relationships are valued more than punctuality keeping a timely schedule.



Valle de Angeles is approximately 23 kilometers, a 45-minute bus ride, outside of the capital city of Tegucigalpa. It is one of the most pristine locations in the country and has a nearby national park, La Tigra, which is excellent for hiking and bird watching.



We will be partnering with Hospital Adventista Valle de Angeles (HAVA) while in Honduras. HAVA is a fully functional private hospital complete with In-Patient Care, Emergency Department, Out-Patient Clinic, Operating Suite, and Physical Therapy. HAVA provides a tranquil and serene healing environment, far different from chaotic and crowded government-run hospitals located in Tegucigalpa. HAVA serves as the main medical facility for the 10,000-person community.

Trip Cost and Due Dates

The total trip cost is \$1,300

Due Dates

Payment	Amount per Person	Date Due
Non-Refundable Deposit	\$200	Upon Application
50% of Trip Cost	\$550	June 26, 2020
100% of Trip Cost	\$550	August 21, 2020
TOTAL	\$1,300	

Note: Airline tickets will be purchased once the 50% of the trip cost has been paid. You may be subject to higher ticket rates if payment deadline is not met.

Trip cost may vary depending on departure city. Cost listed is based on departure out of Orlando, FL.

Please call our office at 407-303-2632 to make payments over the phone, or you can mail us a check made out to the "AdventHealth Foundation Central Florida" to our address:

870 Sunshine Lane
Altamonte Springs, FL 32714

The trip cost covers the following expenses:

- Flight(s) to location
- Hotel/Accommodation
- Ground Transportation
- Meals and Drinking Water
- Tips on behalf of the group
- Short-Term Travel Insurance

Donors will receive a tax-deductible receipt at the end of the year for the donation was made for the trip cost. If someone makes a donation to the AdventHealth Foundation Central Florida on your behalf, they will receive a tax receipt for the amount they contributed.

Additional Costs

These items are not included in the trip donation and are your own expense:

- Meals en route While flying to and from Honduras
- Medications May be covered by your health plan
- Personal Tips For laundry or other personal items not covered by group tips
- Emergencies Any personal emergency expense above what the insurance covers
- Beverages You may want to bring \$15 – 20 USD for extra drinks
- Souvenirs/Gifts

Travel Schedule

Tentative schedule shown below, *subject to change*.

Departure: Orlando, FL → Tegucigalpa, Honduras

Day	Date	Activity
1	Tuesday Sept 22	Depart from Orlando, FL to Tegucigalpa, Honduras
2	Wednesday Sept 23	Clinic/Community Service
3	Thursday Sept 24	Clinic/Community Service
4	Friday Sept 25	Clinic/Community Service
5	Saturday Sept 26	Rest Day
6	Sunday Sept 27	Clinic/Community Service
7	Monday Sept 28	Clinic/Community Service
8	Tuesday Sept 29	Return to Orlando, FL

****Flight itinerary will be emailed to you once flight has been finalized.**

Weather and Atmosphere

The rainy season is roughly from May/ June to November, and the rest of the year is fairly dry with no rain. The average temperature is between 75.2° and 95°F. Valle de Angeles sits at about 4,000 ft. elevation and in general, is noticeably cooler than Tegucigalpa.

Lodging

Name: Hotel San Jose

The hotel is a bed and breakfast type and is walking distance to hospital. Hotel will serve breakfast and have water and sodas available. Each room has its own bathroom and the hotel has laundry services available as well. The hotel room assignment will be 2 people per room based upon gender or married couples.



Food and Drink

The local typical meal consists of corn tortillas, beans, generally eggs and/or avocados, cream, cheese, and usually some type of meat. Other common foods are pupusas, baleadas, rice, corn, and sweet breads. The hospital cafeteria serves very good food ranging from traditional Honduran food to typical American dishes. The hospital has a vegetarian cafeteria, which will prepare our lunch and at times dinner. **DO NOT eat food from a street vendor.** Eat carefully. Not everything is perfectly safe --- even if cooked.

Water

DO NOT drink the water, ONLY bottled water. This includes brushing your teeth and ordering drinks with ice. You will be provided bottled water throughout the trip. It's important to keep yourself hydrated due to the heat and elevation of Valle de Angeles.

Entry Requirements

All passports must be valid for at least six months after the dates of intended travel. We recommend that you keep a copy of your passport with you at all times while traveling through Honduras. For U.S. citizens, no visa is necessary for Honduras if your stay is less than three months.

Immunizations

We recommend our participants are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. More information on recommended vaccinations are available at <https://wwwnc.cdc.gov/travel/destinations/list/>

Miscellaneous

Foreign Currency

Honduras uses the Lempira as their form of currency. As of June 2019, the exchange rate is **1 USD = 24.7 HNL.**

How much money should you bring?

The money you will need is for any extra item listed above that you may want to purchase. We will stop at the airport to exchange money; many vendors also take credit cards. Most everything you see in shops or from vendors will be less expensive than in the USA. Valle de Angeles is the capital of the country's craft trade, so you're bound to find great souvenirs.

Electricity

Honduras uses the same outlets and voltage as the United States.

Time

Honduras is on the same time as the Central Standard Time (CST) time zone.

Cell phone and Internet Access

If you need cell phone access, please make arrangements with your cell phone carrier prior to departure. Wi-Fi access will be available at the hotel.

Important Travel Tips

- Please do not go out on the streets by yourself; always in a group.
- DO NOT let anyone take your passport "to expedite" your check-in. Wait in line yourself.
- Carefully watch for everyone's luggage as these are easily mistaken on the conveyor belts.
- Identify yourself as a tourist – "tour group" on immigration documents.
- Stay with group when we go through customs.
- You are advised against street moneychangers for security purposes.
- Respect others; always be on time for scheduled events (better early than late), although the Honduran people are more relaxed about schedules.
- Remember: You are a guest in Honduras... the rules and cultural norms may be different and more conservative.

Packing List

Note: This is not an all-inclusive, nor do all items listed need to be packed. It is provided as a guide for what to consider packing for a Global Missions' trip.

BASICS	TO TRAVEL:	Watch/Travel Alarm	TRAVEL AIDS
	Passport	FUNDS	Pleasure reading
	Copy of travel docs	Wallet	Chewing gum
	Copy of passport	Cash	Snacks
	Emergency contact info	Credit Cards	Earplugs
	Medical insurance card	Foreign Currency	Sleeping mask
	Headphones	Money belt	Travel pillow
	Cell Phone & Charger		Motion-sickness remedy
Tablet & Charger			
CLOTHES	BASICS	Scrub Top	ACCESSORIES
	Underwear	Scrub Bottom	Belt
	Socks	OUTERWEAR	Wristwatch
	Undershirts	Jacket	Glasses
	Bras	Rain jacket	Sunglasses
	Sleepwear (warm)	Scarves	Glasses case
	CASUAL	FOOTWEAR	Hat
	T-shirts	Hiking Shoes	
	Sweatshirts	Athletic/Comfy shoes	
	Pants/Jeans	Sandals/flip-flops	
HYGIENE	Toothbrush	Face cleanser	Feminine hygiene
	Toothpaste	Moisturizer	Nail clippers
	Dental floss/mouthwash	Sunscreen	Hand Sanitizer/wipes
	Soap	Lip balm	Tissues
	Deodorant	Contact lenses & case	Insect repellent
	Shampoo	Saline solution	Prescription Medications
	Conditioner	Shaving cream	Pain reliever
	Brush or Comb	Razor	First-aid kit
	Ponytail holders	Perfume/cologne	Vitamins
	Hair dryer/curling/flat iron	Makeup	Toilet paper / baby wipes
EXTRAS	Camera	Reusable water bottle	DONATIONS
	Umbrella	Travel sewing kit	Clothing
	Towel	Journal/Pen	Toys
	Guidebook	Plug adapter	School Supplies
	Backpack/day bag	Voltage converter	Toiletries
	Stain remover	Laundry bag	
	Important Phone numbers	Ziploc bags	
	Powdered drink packets	Stethoscope	
	Personal snacks	Personal medical tools	
	Flashlight & extra batteries	MED BAG supplied by GMI	

Packing Tips:

- Be a minimalist, don't over pack.
- Nights and mornings are colder, pack warm sleepwear and sweaters.
- Dress in layers to accommodate changing weather throughout the day.
- Personal Medications: Bring what you would normally travel with and include items such as headache and anti-diarrhea medicine, Zofran, Cipro, etc.
- Clinical and non-clinical staff are encouraged to wear scrubs on clinic days. They are light and easy to pack. Wearing scrubs is although optional, you can always wear pants and a polo shirt.
- Please leave jewelry back home and dress conservatively.

Luggage Allowance

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|-----------------|------------------------|--|
| 1. Suitcase | Weight limit = 50 lbs. | Global Missions' to cover costs |
| 2. Suitcase | Weight limit = 50 lbs. | <i>(second bag will incur additional fees)</i> |
| 3. Carry-on | 22 x 14 x 9 inches | |
| 4. Personal bag | | |

Emergency Contact Info

GMI Office: (407) 303-2632

Monty Jacobs' cell phone: (240) 481-6887

Andrea Ward's cell phone: (407) 304-7716

The cell phones will be operational while in Honduras. You can give these numbers to your family so if an **emergency** should arise they will be able to contact you.