

Information and Guidelines for



Honduras

Honduras – Central America

Honduras is a country in Central America. The republic of 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 at the Gulf of Fonseca, and to the north by the Gulf of Honduras, a large inlet of the Caribbean Sea.

Honduras was home to several important Mesoamerican cultures, most notably the Maya, before the Spanish Colonization in the sixteenth century. The Spanish introduced Roman Catholicism and the now predominant Spanish language, along with numerous customs that have blended with the indigenous culture. Honduras became independent in 1821 and has since been a republic, although it has consistently endured much social strife and political instability and remains one of the poorest countries in the Western Hemisphere.

The nation's economy is primarily agricultural, making it especially vulnerable to natural disasters such as Hurricane Mitch in 1998. The lower class is primarily agriculturally based while wealth is concentrated in the country's urban centers.

Honduras spans about 43,433 sq miles and has a population exceeding 9 million. Its northern portions are part of the Western Caribbean Zone, as reflected in the area's demographics and culture. Honduras is known for its rich natural resources, including minerals, coffee, tropical fruit, and sugar cane, as well as for its growing textiles industry, which serves the international market.

El Progreso

Impulse ministers in El Progreso near San Pedro Sula where the Ramón Villeda Morales International Airport is located. El Progreso is in the northwest corner of the country of Honduras approximately five and a half hours from the capital city of Tegucigalpa. To the east of the city is the mountain range of Mico Quemado (Burned Monkey).

El Progreso is located at a crossroads. Due to its strategic location, many travelers or tourists pass through el Progreso. El Progreso is considered a city of extreme importance in Honduras. Many travelers going to San Pedro Sula, Tela, La Ceiba, La Lima, Tegucigalpa etc. make a connection here, or use it as a rest area.

Due to its fertile lands, El Progreso is a city of agricultural tradition. The areas surrounding the city include various plantations producing products such as palm oil, bananas, and vegetables. Besides agriculture, the inhabitants of El Progreso also devote themselves to cattle ranching and to the production and trade of textiles.

Impulse Facilities

We currently utilize three area hotels in our ministry locations that are of high quality and security. They include a pool and other amenities. Each comes with a small café/restaurant. They are located close to our ministry locations as well as restaurants, stores, hospital and many local markets. Our motto is to work hard during the day and have a nice place to come back to in the evenings. In case of an emergency back home, team leaders/coordinators are provided with a phone number and a way to contact them in Honduras.

There are tight security measures at these locations that work with the staff of **Impulse** to provide safety for you and your group. There are various room facilities available including single, double, triple and quads.

Let's Eat!

Daily meals are designed to give you a real taste of the Honduran culture. You may eat a meal provided by a local church, at a local restaurant, or go into town for a pizza. All meals (except breakfast) are provided by **Impulse** and included in the overall price. Some hotels will provide a small breakfast for free or for a small cost. Breakfast is not supplied by **Impulse**. We ask you to bring your favorite box of cereal. When you arrive, all the boxes of each team will be combined in a common area and will be shared. **Impulse** will provide milk, sugar, bowls and spoons. If you would like to eat out for any meals, you are more than welcome to but the cost is on your own and not reimbursable by **Impulse**. All meals on your vacation/leisure day are on your own. In the event you group wants to eat out when it is not scheduled, proper notice must be given.

The meals in Honduras usually includes rice, beans, tortillas, some kind of grilled meat such as chicken, pork or beef, and a salad. Seafood and coconut products dominate the local cuisine.



Hello.....Hello?

Cell phones, iPads, etc... are allowed. There is internet WiFi service at the hotels. Special arrangements must be made with your cell phone carrier for any international calls or cellular internet use outside the hotel and WiFi areas. Cost for phone and cellular use is extremely high if prior arrangements are not made with your carrier. Also, cell phones and other electronic devices are not permitted to be used during ministry by students and strongly discouraged during ministry activities.

There will be a computer available for e-mail if necessary. The group leader/coordinator is responsible for monitoring the time used on the computer so as not to monopolize its use. As well, group leaders are more than welcome to bring a laptop or other communication device to communicate back home.

If there is an emergency, use this order to contact the team in Honduras: 1.) **Impulse** main number: 614/561-9697 2.) E-mail BillHayes@ImpulseMissions.com 3.) Call hotel 4.) Call **Impulse** secondary number 614/203-5026. Keep in mind that electric and internet lines are down sporadically. If there is a concern, call the **Impulse** main or secondary number.

Team leaders/coordinators are permitted to bring a laptop for scheduling, web-site updates, etc... Team leaders/coordinators are to e-mail BillHayes@ImpulseMissions.com each day with a team update which will be posted on the **Impulse** FaceBook page facebook.com/ImpulseMissions/.

Insurance

Impulse provides insurance for all travelers and is included in the cost of the trip. Each team leader/coordinator is provided with the insurance information prior to departure and can be distributed to the participants and their family members. Each traveler is covered by the same policy which provides at least \$25,000 coverage for accidental injury and sickness and \$25,000 for accidental death, among other features.

Do I Need A PASSPORT?

YES! All travel outside the U.S.A. to international destinations requires a PASSPORT. An application for a PASSPORT can be obtained from your local post office or county courthouse. The cost is around \$120 and will require a PASSPORT photo which can be taken and purchased at Walgreens® or CVS Pharmacy®, among other places. It can take up to 6 plus weeks so get yours early.

How About Money?

Lempira is the currency used in Honduras. Dollars can be converted into Lempira while there. The best rates are in the local banks. Many places accept dollars and give your change in Lempira. For most travelers it will not be necessary to convert money.

One of the questions we are often asked is “**How much money should I bring?**” In most cases \$150 should be plenty for incidentals, souvenirs, a night out and extra spending money for the vacation/leisure day.

Time To Pack

Make room for the following necessary items:

Bible	Notebook	Something to write with
Small Flash Light	Swim suit	Beach Towel
Cell phone for pictures or camera	Bag for dirty clothes	Medication and Hygiene products
Bug Spray & Sunscreen	Journal	A good attitude & servants heart

There is no laundry service available for team members.

Electronic games or devices are discouraged from being used on the mission field and are not permitted during ministry times or on the buses.

Soap and towels are supplied by the hotel but **NOT** washcloths. Feel free to bring a couple to use on your trip. Hotel towels are **NOT** to be used for the pool or the beach. Soccer is the popular sport of Honduras so each group is encouraged to bring 4 or 5 soccer balls to use while there and plan on leaving them upon departure. It's best to deflate them for packing so bring a small sports pump as well.

Each traveler is encouraged to bring two large suitcases as well as carry-on items as is permitted by their airline. Some airlines charge for baggage on international flights and some do not. These fees are not included in your airline ticket price nor provided by **Impulse**. Please check with your airline to determine if any baggage fees will be needed when leaving the U.S.A. or when leaving Honduras.

Keep in mind there are size and weight restrictions and you should contact the airline for that information as well. All travelers are to keep their luggage with them at all times while traveling (except when luggage is checked and you are in flight). It is wise to have one set of clothes in your carry-on just in case luggage is misdirected or lost.

One piece of large luggage is to be used for all your personal items: clothing, toiletries, shoes, etc... There is no need to bring an undue amount of clothing items or ensembles. You are traveling to a very poor part of the world and, we promise, there is no need to impress. Plan on hot weather. As well, do not bring unnecessary/excessive jewelry. Here are a few ideas when packing:

Men...	Ladies...
Pants or nice jeans for worship services	Capris or knee length skirt/dress for worship services
Polo or collared shirt for worship service and T-shirts	Polo and T-shirts (may be sleeveless but no spaghetti/thin straps)
Tennis shoes, beach shoes/sandals, flip-flops	Tennis shoes, beach shoes/sandals, flip-flops
Long/modest cargo or sports type shorts for ministry, leisure, and hotel	Long/modest cargo or sports type shorts for ministry, leisure, and hotel

When planning to pack, please use common sense. Modest attire is to be worn at all times. This is for cultural reasons and does not reflect any judgment or opinion by **Impulse** or the team organizers. We must respect their culture and our witness. You will be leaving but the pastors, missionaries and **Impulse** employees do not. Thank you for your attitude in this matter.

Dress shoes are welcome but not necessary. We ask that when ministering in the villages, pants or long athletic/cargo shorts with tennis shoes must be worn. Flip-flops/sandals are not allowed for ministry.

When attending church, men must wear dress pants or nice jeans, dress or tennis shoes and a collared shirt and the ladies wear a dress or skirt. Flip-flops are permitted but only for the ladies.

All swimwear must be modest. **Ladies** – bathing suits may be 1 piece or 2 piece but must cover the midriff and be modest. Bikinis are not allowed. **Men** – swimming trunks must be modest. A T-shirt is to be worn to and from the pool area and beaches by all travelers.

The second piece of large luggage is your ministry suitcase and is to be used to bring ministry material, supplies and items necessary as explained by the team leader/coordinator. Some ministry items to bring are (but not limited to):

<p>Personal Hygiene</p> <ul style="list-style-type: none"> ▪ Shampoo ▪ Conditioner ▪ Toothbrushes/paste ▪ Children's Cold Medicine ▪ Deodorant/Soap ▪ Lotion ▪ Mouthwash 	<p>Baby Needs</p> <ul style="list-style-type: none"> ▪ Disposable Diapers ▪ Wet wipes ▪ T-shirts ▪ Powdered Formula ▪ Powdered Cereal ▪ Baby Shampoo ▪ Diaper Rash Ointment 	<p>Medical Supplies</p> <ul style="list-style-type: none"> ▪ Band-aids, Gauze, tape ▪ Antibiotic ointment ▪ Teething rings ▪ Aspirin ▪ Adult Cold Medicine ▪ Thermometers ▪ Over the counter drugs
<p>School Supplies</p> <ul style="list-style-type: none"> ▪ Notebook paper ▪ Pencils/Pens/Erasers ▪ Crayons ▪ Rulers/scissors ▪ Notepads ▪ Spiral Notebooks ▪ File Folders ▪ Folders with pockets 	<p>Spanish Religious Study Items</p> <ul style="list-style-type: none"> ▪ Spanish Bibles ▪ Study guides ▪ Commentaries ▪ Concordance ▪ Bible Dictionary ▪ Bible Book Studies ▪ Journals ▪ Children's Bible stories/games ▪ Skits/dramas 	<p>Miscellaneous Items</p> <ul style="list-style-type: none"> ▪ Books written in Spanish ▪ Children & Adult clothing (<i>light weight/good condition</i>) ▪ Colorful stickers ▪ Jump ropes, Frisbees ▪ Soccer Balls ▪ Face painting supplies ▪ Money for Projects within the village (food, construction, etc...)

Check with your **Impulse** facilitator when planning your trip to see what items would be best to bring. Sometimes, it is more conducive to bring money and purchase supplies there. Ministry suitcases will be brought to the hotel and sorted and categorized so as to share evenly. You should make an inventory of your ministry suitcases so it will be easier and more efficient once you arrive. It is suggested that new or good luggage not be used for the ministry suitcases. You can find inexpensive used luggage at Good Will or second hand stores. If other items are needed we will advise your team leader/coordinator. You may leave unwanted suitcases with the pastors who distribute the supplies.

What Can We Do To Help The People Of Honduras?

There are several ministry opportunities available. Here's a list of suggestions but is not all inclusive:

Vacation Bible Schools

Painting projects

Construction work

Puppet shows

Sports games and clinics

Musical presentations

Soccer Clinics/games

Evangelistic campaigns

Dental clinics

Dental teams

Food Distribution

Skits and dramas

Mime presentations

Youth Services & Rallies

Street evangelism & tract distribution

Drug/Alcohol Rehabilitation Ministry

Vacation/Leisure day

There are several things to do for your day-off while in Honduras. **Impulse** will work with your team leader/coordinator to select the date and the activity. Some of the available activities are:

Pulha Waterfalls

(Includes transportation, breakfast, lunch, horseback riding, waterfalls, hiking and guide.)

Shopping & Excursion Day!

Shop down "Souvenir Row", go to the mall and sightseeing

Water Park

Finca Las Glorias

Horseback riding, boat rides, mechanical bull, train ride, etc... on beautiful lakefront farm

Canopy/Zip Line

Tela Beach Day

Hiking in the National Forest

Prices available by request and are subject to change without notice.

Other activities are available and may be requested.

Please keep in mind that the cost of your vacation day is not included in your mission trip

package. If your group decides not to include a vacation day, you will need to add \$10 per person as travel and facilitator expenses for the vacation day are not included in your package.

Extras

All pricing and scheduling is based upon specific hours. Bus drivers and **Impulse** facilitators are here to make your trip the best ever but they need their rest. Any activities planned by your group outside the normal schedule or during evening hours may incur an additional charge. In some cases, if enough advance notice is given, scheduling can be changed to accommodate your activities without additional charges.