HONDURAS

It is with enthusiasm and anticipation this team manual has been prepared to help you experience an exciting, fulfilling and fun mission trip. Please read it carefully as it contains pertinent team and travel information.

Hospital: (History & Description)

The Hospital Centro Socorro De Lo Alto (translated: Hospital Center Help From On High or Above) is a 26-bed hospital located in Sula, Macuelizo, Santa Barbara, Honduras. The hospital has three operating rooms, pre-operative, recovery and a central sterile. The emergency room operates 24/7 with an in-house Honduran physician. In addition, the hospital has laboratory, radiology, labor and delivery services and a pharmacy. An outpatient clinic houses general consultation rooms, dental and eye clinic services. In the OR suite is a team lounge.

The hospital is supported via donations of money and materials. No one in the US sends a specific amount of money to support this endeavor. The hospital charges a minimal fee to people who can afford to pay. No one is refused care. Staff salaries and supplies the hospital must purchase are paid with monies collected from those who can pay. We do not want to undermine the people’s enthusiasm to care for themselves and their families by having them become totally dependent upon North Americans for their care. No charges are made to patients for supplies, medications, team surgical or anesthesia services that are donated.

Please consider visiting www.eimworldwide.org. You can view a picture tour of the hospital and team schedule.

Please Note: EIM is a Christian organization as is the hospital. Hondurans view alcohol consumption, cursing and smoking non-Christian behaviors. In the past a few team members have presented themselves before Hondurans in such a manner the local people have questioned EIM as a Christian organization. We have experienced alcohol consumption in the operating room and in lodging quarters. A local hotel owner has complained of loud speaking associated with “out of order behavior” and a young man went missing all night only to find out he was using drugs with the locals. These examples are a few of the many experiences we have had over the past years.

Evangelistic International Ministries asks you to refrain from alcohol, smoking and cursing on or off the hospital campus while working with the hospital. Please help us respect the Hondurans and protect the ministry of EIM and our hospital.
Team Cancellation:

Due to the political unrest that happened in Honduras in the summer of 2009 resulting in a team cancellation, it is important for all team members to understand if for any reason EIM feels the team's safety could be in jeopardy when traveling overseas, we reserve the right to cancel the trip. This would be done only after thoroughly investigating the situation with our overseas directors. There is always risk involved traveling overseas that is beyond anyone’s control. EIM will not be responsible for any expenses lost due to the cancellation. Team safety is our top priority. Every effort would be made to reschedule but there is no guarantee. We hope and pray EIM never has to cancel another trip, but we do want you to understand the risk that is involved with all overseas travel whether it is individuals or groups traveling. That risk has always existed and will continue to do so.

Travel Information:

**Passport Information:** A passport is required. Your team leader will have an extra photocopy. You will need to have your passport available when you check in at the airport. After check-in, place it on your person. Passports have been lost in transit, so know where your passport is at all times. Make sure your passport does not expire within six months of departure. Honduras is one of the Central American countries that will not allow you in the country if your passport only has six months validity left.

When traveling overseas, all mission agencies recommend that you have two **passport size pictures** with you.

**Immunizations:** No immunizations are required to enter Honduras but an updated tetanus and malaria prophylaxis is recommended. Check with your doctor for additional immunization suggestions.

**Travel Insurance:** If a team member wants to purchase travel insurance, we recommend you do a thorough investigation. At this time, we do not know of a policy that reimburses due to civil unrest. There has to be an official declaration from the government that there is a “warning” or the borders are officially closed for insurance policies to cover trip cancellation. Should you choose to purchase travel insurance, it will be your responsibility.

**Booking a Flight:** All teams should schedule their flights to arrive midday. Should your flight arrive late in the day, you will have to stay in a hotel at your own expense. The transportation staff will pick you up the next day. It is not safe to be traveling after dark. Please check your flight schedules before booking.

**Please confirm with your airlines the latest baggage requirements, checked bag fees and carry on regulations.** The weight limit for checked bags is fifty pounds and 62 linear inches per each piece. Some airlines have started charging a fee to check your first bag and an additional larger fee for a second one. That fee will be your responsibility. Please check this. You are allowed one carry-on per person for overhead storage. Please check weight and size limit with your airlines. This varies with different carriers. Place a change of clothing in your carry-on bag in case your luggage is delayed or lost. You may also carry on a purse, backpack, or laptop etc.

On the plane you will receive an immigration form asking for your address while in Honduras. Please use the following: The Hospital Centro Socorro De Lo Alto Sula, Macuelizo, Santa Barbara, Honduras. Telephone: 2-657-41-60. Upon arrival at the San Pedro Sula airport, proceed to immigrations, then to baggage claim. When passing through immigrations and customs, it is better to not offer unsolicited information – not the best time to practice your Spanish.
Please keep the entire team luggage together as you proceed. The airport staff may or may not want to see your luggage stickers and match them with your luggage. Normally none of the luggage is searched. It is usually a long wait standing and moving through customs. Consider carry-on luggage with wheels and comfortable footwear.

Hospital staff will meet you outside. Do not allow anyone at the airport to handle your luggage. Do not tip anyone. Do not exchange money at the airport.

With money donated by team members like yourself, we have purchased a 15 passenger (Honduras size) Nissan Minivan for your use. Please help us care for the van. Designated hospital employees are drivers due to insurance regulations.

The drive from San Pedro Sula to Sula is approximately 1-1/2 hours. There are no bathroom stops. Please consider this before departing the airport.

If you are lost from the group or have a change in flight schedule, go the following hotel. The hotel has a shuttle service to and from the airport. They also have English-speaking employees.

Hotel Y Club Copantl
Apartado Postal 1060
San Pedro Sula, Honduras. C.A.
Telephone: 011-504-2561-8900
Fax: 011-504-556-9461
E-mail: reservaciones@hotelcopantl.com

Lodging, Team Lounge & Meals:

Lodging is provided on the hospital campus in the Team House. All EIM team members will lodge on campus during their scheduled work days. No exceptions.

Daily meal schedule at hospital:

- Breakfast: 7:00 AM
- Lunch: 12:00 Noon
- Dinner: 5:30 PM

The team should complete their dinner meal no later than 6:30 PM. Our kitchen staff must clean and walk home. Should team members not meet the 6:30 deadline ask your team leader to notify the kitchen staff how many plates will be needed. The kitchen staff will prepare plates; take them to the lounge where you may reheat in the microwave. Snacks and sodas will be provided in the team house and operating suite lounge. Should you need a special comfort food, please bring. The team house has a fully equipped kitchen. The lounge no longer has a computer; it is in the team house.

Special Dietary Needs: The food that is served at the hospital has become more user-friendly to the American palate. It is prepared by a wonderful team of the dearest Honduras women and they work very hard to make it right for teams. We are, however, in Honduras, and there are tortillas and lots of chicken, as well as local vegetables. Please remember that much of Honduran food is based around starches which are what they know. The concept of sugar free and gluten free is unknown to them.

Fresh fruit will be served at every meal. If you have a special dietary need, you need to try to bring transportable food items with you.
Various team members may give daily devotionals at breakfast. It is a great way to start the day. EIM personnel may conduct worship services in the evening.

When leaving to come home, keys to dorm rooms will be left in a designated basket in the team house.

***Bulletin Board Information***

A bulletin board is located beside the entrance into the hospital dining room/kitchen for pertinent information. Please check it daily.

**Clothing:**

Scrub suits are the attire for work. Please bring your own scrubs. Shorts and pants are allowed and worn when we have our days off. We ask that you be discreet, very modest and respectful in your dress.

It is **not** advisable to wear scrub suits in the streets of the community. Complaints have been made to the Ministry of Public Health over team members wearing surgical attire in the streets.

The team house is equipped with a washer and dryer. Should the laundry facilities at the team house not be working, we have staff members that will take your clothes home to laundry. Please see your team leader or Mary Kinsey to schedule this service.

**Money & Valuables:**

The village of Sula (location of the hospital) has a bank. With presentation of your passport money may be exchanged. Most vendors in Honduras will take dollars. If you desire to exchange money, transportation will be provided to the bank or we can have a hospital staff member exchange the money for you.

Money may be exchanged into Lempiras at any bank in Honduras. All bills can have no marks, smudges, excessively worn areas or tears. They will refuse to tender any such bills, so inspect your bills carefully before you bring them.

Bring Cash (No traveler’s checks).

A travel wallet is a good idea during travel, while away from the hospital and on your recreation days.

We have lockers in the operating suite. Team members may bring personal items to the hospital for security while working. The lockers are small and will accommodate small to medium locks only. You must bring your own lock. Lock each individual dormitory door as well as front/back door of team house and turn off lights when all team members leave.

**It is advisable to leave all your jewelry at home except for an inexpensive watch. Do not wear earrings while shopping in the city. It is also advisable to not wear rings, even your wedding ring.**

**Caution:**

*You are not in the witness protection program; these cautions are for your protection. Please follow them.*
Due to past political unrest in Honduras, use extra precaution measures of always staying together in groups. No one can walk off the hospital campus even in a group. When leaving the hospital grounds always travel by van with the group. Refrain from any travel after dark if possible. Minors cannot leave the hospital campus unless accompanied by adults. While we have always been safe at the Sula Hospital, we should not take risks. Safety for team members is a priority. In 2009 many gangs began to move their activity into smaller villages including Sula. Due to this infiltration, we have seen an increase of incidents in the community; in 2009 there were 12 murders compared with none the year before.

Asking you not to walk after dark and never alone is for your protection. A van and a driver is available should you need transportation.

Do not give out your personal address or addresses of other team members.

While at a restaurant, drink bottled water or request no ice in your beverage. Eating food that has not been thoroughly cooked or peeled also has a risk. Many times you have no problem eating green salad but it is risky.

Expense & Recreation Information:

Expense: People participating with mission teams pay their expenses. Airfare is variable. Three hundred dollars (One week or less) covers all expenses while at the team house/hospital. This includes transportation, food, lodging, departure tax, three translators as well a processing fee.

Note your fees below based upon the length of time you will be there.

One Week: $300.00 per person
Two weeks: $575 ($300 minus $25 for transportation) per person
Daily fee: $45 per day after 1 week (7 days) but less than 2 weeks (14 days)

Extra expenses not included in the three hundred dollars are: Tours, tour guides, and meals off hospital grounds, souvenirs, shopping, meals traveling to/from Honduras.

**Donations to medical missions are tax deductible. Please keep your receipts. Consultation with your tax authority may be beneficial. All donations given to a 503 C3 non-profit agency to pay expenses for your mission trip are non-refundable if you cancel for any reason.

Coffee: Coffee ordering must be handled by the team leader only. Noemi orders from only one company. The team leader must get the following information and submit to Noemi:

..Number of pounds of ground coffee
..Number of pounds of coffee beans
..Number of pounds in bags
..Number of pounds in boxes

Noemi will phone to confirm prices and if the coffee is available. She gives information to team leader. Team leader collects money and gives to Noemi. Noemi will place the order. The hospital transportation department will deliver the coffee to the team.

This process must be completed at least three days prior to the team’s departure.

Recreational Trips: All recreation plans/trips will be made by your team leader. They will provide the information to you.
Packing/Personal Needs:

**Packing Note:** It’s best to go online and view guidelines for packing as they constantly change. As of now in your carry-on bag, the airlines require all toiletries to be travel size and to be in clear, ziploc bags, with a limit of two bags. Also any snacks need to be travel size as well. It’s best to pack as much of this in your checked baggage as possible.

In addition to your regular packing, the following items are suggested. Weigh luggage before leaving home to see that it is within the weight limit.

Insect repellent, anti-diarrhea medication, kleenex, hand wipes, antibacterial hand cleaner, bar of soap, shower shoes, packing tape, snacks, hair dryer (if desired), flashlight, alarm clock, blood pressure cuff & stethoscope, (medical staff), extra pair of contact lenses if possible if you wear them, & routine medications. Keep all prescription medications in pharmacy labeled prescription bottles and over the counter medications in their original boxes. Pack these in your carry-on bag. No sharp objects such as razors, tweezers, etc. in your carry-on. They must be in your checked luggage. If you have room, you can bring small toys/play items such as yo-yo’s, jump ropes, small stuffed animals, etc. for our young patients. Try to think of items that do not weigh much.

*Please pray the team will be in God’s will and everything that will be done will be only for His honor and glory!*

EIM Team Coordinators,
Mary Kinsey
Fonda Norris

**NEXT PAGE:** Contact information for you and family and friend while you are in Honduras.
**Telephone Numbers in Honduras:**

**See below for the procedure for emergency contact.**

**Centro Socorro De Lo Alto**
Sula, Macuelizo, Santa Barbara, Honduras
Kilometro 72 Calle hacir occidente del pais
Telephone: 011-504-2-657-41-60
E-mail: hsocorrohond@yahoo.com

Wayne Ely
Wayne’s Cell: 011-504-9557-2624

Manuel Lepe, EIM Honduran Director
Home: 011-504-608-0616
Cell: 011-504-9966-6039

Hotel Y Club Copantl
Telephone: 011-504-556-8900
Fax: 011-504-2561-8900

All team members will have access to the computer in the lounge to email home. Also, if a team member has a laptop; it can be used in the team house.

**In case of emergency: Team Members having cell phones may want to consider leaving them on 24/7 for contact from home. ER staff answers the phone after the business office closes. They understand NO English. Should e-mails be sent to the hospital e-mail address after 3:30 P.M., it will not be read until the next day.**

**IMPORTANT! PLEASE LEAVE A COPY OF THIS INFORMATION FOR FAMILY OR FRIENDS TO HAVE IN CASE OF AN EMERGENCY AND MAKE A COPY AND KEEP WITH YOUR PASSPORT WHILE YOU ARE IN HONDURAS.**