



## Healthy Niños Honduras

Office: 1 North Second St, Ste 2, Green Lane, PA 18054

Mailing: PO Box 53, East Greenville, PA 18041

Phone: 267-377-5058 office@healthyninos.org

www.HealthyNinos.org 501(c)(3)#82-2926833

# Team Member Manual

*Thank you for being willing to serve with us in Honduras at Healthy Niños Honduras! This manual will give you a better idea about what to expect from being a part of a service team, as well as information needed for you to successfully prepare yourself for travel.*

According to World Food Program, every day far too many men and women across the globe struggle to feed their children a nutritious meal. In a world where we produce enough food to feed everyone, **690 million people still go to bed on an empty stomach each night**. Acute food insecurity affected **135 million people in 55 countries in 2019**, and every one in three people still suffer from some form of malnutrition.

Eradicating hunger and malnutrition is one of the great challenges of our time. Not only do the consequences of not enough, or the wrong, food cause suffering and poor health, they also slow progress in many other areas of development like education and employment.

Healthy Niños Honduras visits 60-70 villages in the northern area of Honduras. **HNH provides medical, dental & construction brigades, where we are able to serve those that are sick or suffering from malnutrition.** HNH also supports hospitals and local clinics with donations of medicines and medical supplies.

HNH service teams offer each participant a smooth introduction to the mission field, where **team members can have an eye-opening experience, able to see first-hand the reality in poor countries.** Although it can be a cultural shock, it can also be the beginning of a future in missions and serving people in need around the world.

Healthy Niños Honduras is able to reach more communities and families every year with the support of our donors and the mission teams that serve in Honduras.

**Please review this manual carefully and contact the HNH office with any questions you might have about your upcoming trip.**



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### Trip Preparation Check List

#### *6 months or more before travel*

- Confirm participation on team with team leader.
- Confirm upcoming dates of travel.
- Check your passport.** If a passport is needed, start the application. If your passport needs to be renewed, start that process. **Your passport cannot expire before travel or less than 6 months after travel.**
- Send out support letters and start collecting material donations. (pages 9-12)
- Send registration form and fee** to Healthy Niños Office or fill out and pay online. (page 3)

#### *3-5 months before travel*

- Purchase tickets for travel.
- Plan on attending a team orientation (Ask Dr. Herman for dates).
- Get necessary vaccinations (page 7).

#### *3-4 months before travel*

- Collect donations.
- Send health form and liability form** to HNH Office or fill out online. (pages 4-5).
- If your minor son/daughter will be going to Honduras without a parent, please have them carry a notarized copy of the permission form with them. You can send a copy to the HNH Office or provide to the team leader as well. (page 6)

#### *Before travel*

- At least 6 weeks prior to travel, make sure all final payments are made to HNH Office.** (page 8)
- Pack suitcases. (Page 12)
- Get excited! You're going to Honduras to serve people in need!



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## Service Team Registration Form

Date: \_\_\_\_\_

Name (as written on passport): \_\_\_\_\_

Nickname or Name typically used: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone number (Cell) : \_\_\_\_\_ (Home): \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_ Male \_\_\_ Female

Occupation: \_\_\_\_\_

Country of Passport: \_\_\_\_\_

Passport Number: \_\_\_\_\_ Passport Expiration Date: \_\_\_\_\_

Dates of Travel: \_\_\_\_\_ Team Leader/Group Name: \_\_\_\_\_

In case of an emergency, person that you would like to be contacted:

Name: \_\_\_\_\_ Relation: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Secondary Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Return this registration form with your \$150 non-refundable deposit to:**

Healthy Niños Honduras, PO Box 53, East Greenville, PA 18041

**OR**

Visit our website, where you can **download a registration form and make your payment online!**



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## Health Form

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Allergies: \_\_\_\_\_

Current Health Problems: \_\_\_\_\_

Current Medications: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Immunization Status: *(please enter dates or provide copy of immunization record)*

COVID-19 (provide date of most recent booster): \_\_\_\_\_

Tetanus: \_\_\_\_\_

Hepatitis A Series: #1: \_\_\_\_\_ #2: \_\_\_\_\_

Hepatitis B Series: #1: \_\_\_\_\_ #2: \_\_\_\_\_ #3: \_\_\_\_\_

OR Hepatitis A/B Combined (Twinrix): #1: \_\_\_\_\_ #2: \_\_\_\_\_ #3: \_\_\_\_\_

Typhoid: Oral: \_\_\_\_\_ OR Injection: \_\_\_\_\_

Any additional health information that you feel is significant?

\_\_\_\_\_

Do you have any food/diet restrictions?

\_\_\_\_\_



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## LIABILITY FORM

I, or my son/daughter under the age of 18 years old, want to participate in a Trip organized and run by Healthy Niños Honduras, Inc. (hereinafter referred to as HNH). To obtain the privilege of participating in the Trip, I agree on behalf of myself and, if applicable, my child, to the following policies and guidelines:

**General Liability:** The principle underlying this policy is that there is always risk to traveling and HNH is not liable for any injury, illness, act of God, building or equipment failure, environmental conditions, or other negligence.

**Harassment Policy:** The principle underlying this policy is that all volunteers and staff should maintain an environment that is comfortable, safe and free from harassment of any kind.

**Child & Vulnerable Adults Protection Policy:** The principle underlying this policy is that all volunteers and staff should avoid actions or behaviors which may constitute poor practice or potential abuse and exploitation.

**COVID-19 Policy:** The principle underlying this policy is that certain measures need to be taken to prevent the spread of COVID, to protect other team members, communities, and HNH Staff.

The above policies are available on the HNH website. If a printed copy is desired, please contact the HNH office. For any questions in regards to any of the policies, please reach out the HNH office for discussion.

By signing below, I (or my son/daughter) am in agreement with all policies set forth by HNH. No one is forcing or requiring me to participate in the Trip or to sign this agreement. I sign this agreement of my own free will and I fully understand its contents. This agreement applies to each participation in a Trip, including the upcoming and all future Trips, is binding on me, my child (if applicable) and our heirs and estates, and will not be modified or revoked except by an express writing signed by Healthy Niños Honduras, Inc. and me.

Name (of participant): \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent signature (if under 18): \_\_\_\_\_



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## Permission Form for Team Members under 18 yrs old

*- Only for children whose parents will not be on the same trip -*

Date: \_\_\_\_\_

To Whom It May Concern:

I, (Parent's name) \_\_\_\_\_, give my son/daughter, (Participant's name) \_\_\_\_\_, permission to travel to Honduras with the team from the Healthy Niños Honduras, Inc. under the sponsorship of (Team leader) \_\_\_\_\_.  
The trip will last from \_\_\_\_\_ to \_\_\_\_\_ and to be arranged through Healthy Niños.

Signed: \_\_\_\_\_  
(Parent/Guardian)

Signed: \_\_\_\_\_  
(Parent/Guardian)

I give consent for my son/daughter to receive urgent emergency medical care during this trip.

Signed: \_\_\_\_\_  
(Parent/Guardian)

Signed: \_\_\_\_\_  
(Parent/Guardian)

*\*You may want to get this notarized before giving to your team leader.*

# Immunizations

Participants are also strongly encouraged to get all other immunizations.

The following are highly recommended immunizations that should be available through your family doctor (and most likely covered by your health insurance).

- Hepatitis A: (#1) now, (#2) 6 months later
  - Hepatitis B: (#1) now, (#2) 1 month, a booster in 6-12 months
- OR**
- Twinrix (Combined Hepatitis A & B):  
Accelerated: (#1) now, (#2) 7 days, (#3) 21 days, and (#4) 1 year
- OR**
- If not needed “last minute”: (#1) now, (#2) one month, (#3) 6 months
- Tetanus: every 10 years
  - Flu: every year
  - COVID-19: (#1) now, (#2) 3-4 weeks later, and a booster as recommended

We also recommend the following immunizations but due to the area of Honduras in which HNH works, it is not as likely to be in contact or be at risk for contracting:

- Typhoid (oral): immunity lasts for 5 years
- Malaria: Doxycycline, or Cholorquine, if available

You may want to request and fill a prescription for Cipro to help with traveler’s diarrhea, if needed while in Honduras. We also have some available at the mission house in Honduras. If you start taking the prescription while in Honduras and did not get your own, make sure to take home the remainder number of pills to complete your prescription.

# Healthy Niños Service Team Expenses 2023

**Immunizations:** Depending on health insurance and immunizations needed:

\$150-\$300

**Airfare:** To San Pedro Sula (SAP), Honduras, depending on season:

\$700-\$1,000

*Airlines that fly to Honduras: American Airlines, Delta, United, Spirit, Copa, Avianca*

**Registration (non-refundable, due upon reservation of team):** To cover emergency insurance while in Honduras and other mission team related costs:

\$150 / person (including children)

**Team Member Cost (due 4-6 weeks before departure):** To cover food, lodging, transportation, supplies, and Honduran Office costs (translators, doctors, dentists, helpers, etc.):

\$1,050 / person (for children under 10, we recommend \$100 per year of child's age)

**Recreation:** Local Recreation to the waterfall (entrance fee only) is included in your team expenses. However, there are other opportunities available at the waterfall park, but these are **not** covered by your team expenses:

\$25 / person (Canopy Tours Zipline)

*Various additional recreation opportunities are available and can be discussed with Dr. Herman. However, all expenses will need to be paid by the team which include, but are not limited to, transportation (rental vehicles if necessary), lodging, food, gas, tolls and parking, as these are not covered by your team expenses.*

## **Other Costs:**

- Your team will need to provide transportation to and from the airport in the United States.
- Having a bit of spare cash on hand for souvenirs is also a good idea. U. S. dollars are accepted at the souvenir shops but bring new, crisp dollars. Any torn or wrinkled dollars may be rejected by the shop owners.
- A team's expenses covers 8 concrete floors in total (2 each day). If a group would like to concrete additional floors, the cost is \$250/floor and the team leader must discuss this with Dr. Herman at least 4 months prior to travel.
- Some teams find that purchasing school supplies and Spanish Bibles in Honduras not only helps the economy in Honduras, but also gives them more suitcase space to carry other supplies that are more easily purchased in the USA. Contact Dr. Herman at [herman@healthyninos.org](mailto:herman@healthyninos.org) to find out current prices and availability for these items.



# Fundraising

Healthy Niños encourages each team member to participate in fundraising for their upcoming mission trip. Once a team has been established, fundraising should begin. It's important to begin this process as soon as possible (usually about 6 months before departure), as it takes time to receive responses.

Support is best raised through family and friends. Most often it is done by sending a simple, clear letter stating the purpose of the trip, the need for prayer, and a clear statement of the financial need. A response card can also be included with the letter. A sample letter and response card are given on the following page.

**All checks should be made to Healthy Niños, and the team member's name should be written on the memo line of the check or on the response card with the check. Healthy Niños is a 501(c)(3) non-profit with IRS and all gifts are tax deductible.**

## *Other fundraising options:*

- Bake sale
- Yard sale
- Spaghetti Dinner or Pancake Breakfast
- Rita's Italian Ice Fundraising Night (various other local restaurants often have fundraising options too)
- Check to see if your company is a matching gift company

**Be creative and enjoy the process of looking for support!** It may be intimidating first, but it helps us as Christians embarking on a journey to another country to become more dependent on God to provide for our every need. Make sure that after receiving, support you **send Thank You notes and keep your supporters up-to-date on your needs and prayer requests.** After returning from Honduras, it's always good to send a letter that reports on your trip as well.

# SAMPLE LETTER

*Make sure to change the letter to reflect your trip and needs.*

Dear Friends and Family,

This coming [month], I will be traveling to San Francisco de Yojoa, Honduras to work with Healthy Niños for 1 week. I will be spending 5 days participating in medical brigades (handing out deworming medicines and vitamins, checking blood pressures and anemia levels, and playing with the children in the villages) and construction projects (cementing floors in homes of poor community members).

I am very excited about this upcoming trip, and I know that it will be an excellent learning experience, both spiritually and culturally. **In order to participate in this trip, I need to raise about \$2,000. I will be paying for about half of my trip but will be raising funds to cover the rest of the trip.** My hope is that some of you will be interested in being a part of the team that sends me on this trip. As I will be traveling to a foreign country for 8 days, **I will also need support in prayer.** I have been asking that God will mold, shape, and change me through this experience. I would love for you to join me in this prayer. Thank you for prayerfully considering whether you are able to be part of this team.

Sincerely,  
[Signature]

## SAMPLE RESPONSE CARD:

*Make sure to substitute the date and your name in the brackets.*

**IMPORTANT! All donations must be received by [6 weeks before departure].**

YES! I (name) \_\_\_\_\_ would like to help [traveler's name] and the mission team as follows:

Enclosed is my check payable to Healthy Niños for:

\_\_\_ \$25.00      \_\_\_ \$50.00      \_\_\_ \$100.00      \_\_\_ Other \_\_\_\_\_

\_\_\_ I am willing to support this team in prayer. Please contact me with your team's prayer requests at: (donor's email address) \_\_\_\_\_

\_\_\_ Please do not add me to the Healthy Niños mailing list.

*If you choose to support me and I eventually receive more than the required support level, the excess funds will be allocated to the support of other members of the same short-term mission team.*

A receipt will be sent to you after the donation is processed.

**Please mail this form and any donations to:** Healthy Niños Honduras  
PO Box 53  
East Greenville, PA 18041

# Items Your Team Can Collect for Distribution in Honduras

Anything that you hand out while you are in Honduras will be appreciated. Here are a few ideas as you consider what you'd like to collect with your team.

- **Medicines** – *All medicines (even over-the-counter medicines) need to be reported to the Honduras Customs agents prior to travel. Contact Dr. Herman to discuss the information needed and he will submit the paperwork one month prior to travel.*
  - Acetaminophen for infant & children; Adult tabs 500mg
  - Ibuprofen for infant and children; Adult tabs 500mg
  - Naproxen tablets
  - Cough medicine; tablets and liquid
  - Allergy medicines: Benadryl liquid/tabs, Cetirizine (Zyrtec) liquid or tabs, Loratadine 10mg liquid or tabs
  - Artificial eye drops; Visine
  - Antacids: Lansoprazole, Tums, stool softener tablets
  - Hydrocortisone cream
  - Triple antibiotic creams
- **Soccer Balls** - *deflate to take to Honduras and inflate when there*
  - Bring soccer balls, needles and a hand pump. Soccer Balls can be used when in the community. Leave them with the community leader or the school teacher (ask HNH Staff).
- **Coloring Books/Crayons (Gently used or new)** - *You can package crayons into small bags of 5 crayons to hand out*
- **School Kits** - *The following list is recommended, but you do not need to make complete kits*
  - 1 cloth or plastic bag to put everything in
  - 1 notebook
  - 2 pencils
  - 1 pencil sharpener
  - 1 ruler
  - 1 pack of crayons or colored pencils
  - 1 large eraser
- **Health Kits** - *The following list is recommended, but you do not need to make complete kits*
  - 1 Hand towel or body towel to wrap everything in
  - 1-3 washcloths
  - 1 comb
  - 1 nail clipper
  - 1 pack of toothbrushes and a toothpaste
  - 1 bar of soap
- **Various Toys** - *preferably not battery operated*
  - Matchbox cars
  - Stuffed animals
  - Dolls
  - Baby toys
  - Jump ropes
  - Beads and string for bracelets
- **Reading Glasses** - *with strength clearly marked*
- **Work Gloves**
- **Baseball Caps** - *No USA/ camo themed*
- **Bandannas** - *No USA/camo themed*
- **Women's Aprons** - *half-aprons preferred*
- **Sewing Kits** - *Dollar Tree carries some great simple ones*

# Packing List

## *RECOMMENDED:*

- PASSPORT!!** Your passport must **not** expire before or within 6 months of travel. See <https://travel.state.gov/content/travel/en/passports.html> for directions on obtaining or renewing your passport.
- COVID-19 Vaccination Card or negative PCR test** (see Honduras entry requirements for details)
- Disposable Masks** (bring at least one mask per day for use in the communities and public places)
- At-Home COVID-19 Tests** (bring 1-2 tests to use if symptoms are displayed)
- Pocket Cash** (\$ for souvenirs. You can bring credit card, but don't bring traveler's checks.)
- Sunscreen**
- Hat/Cap/Visor** (for sunshade)
- Insect Repellent**
- Flip Flops or Crocs** (for shower wear)
- Personal Water Bottle** (to bring on community brigades)
- Work/Play Clothes** (2-3 sets)
- Light Jacket/Sweatshirt** (if traveling around January)
- Prescription Medication** (bring enough for at least **5 days longer** than you'll be in Honduras, just in case of travel delays)
- Personal Toiletries** (double check do not bring list below first)

## *OPTIONAL:*

- Snack Foods for Air Travel** (trail mix, dried fruit, granola bars)
- Wash 'N Dry/Alcohol Packets/Hand Sanitizer** (We have hand sanitizer at the Mission House and brigades, but you might want to bring along a small bottle for your own use.)
- Ear Plugs** (You might need them to block out roosters or snoring.)

## *DO NOT BRING (because we have them at the mission house):*

- Bedding** (sheets, pillows/pillowcase, blankets)
- Towels** (body towels, washcloths, beach towels)
- Shampoo/Conditioner/Soap** (unless you require a certain brand)
- Toilet Paper**
- Toothpaste** (unless you require a certain brand)
- Hair Dryer**
- Laundry Detergent** (unless you require a certain brand)

NOTE: We have 110 volt electric outlets, laundry machines, and plumbing in the Mission House. We also have some disposable razors, toothbrushes, and shaving cream if you forget yours.

# Service Team Expectations & Helpful Hints

1. **Healthy Niños Honduras (USA) and Healthy Niños en Honduras are Christian organizations.** Our goal is to minister to both physical and spiritual needs. You need to be respectful of the spirituality of the organizations even if the beliefs may be different than yours.
2. **Keeping a daily journal is a great idea.** Your first-hand impressions will be invaluable. In the evenings, teams can gather to discuss what they are experiencing and ask questions to HNH Staff about Honduras culture and the organization's programs.
3. **You must be able to get along well with different personalities and be a team player.** The days may be long, hot, and tiring, and you will be eating, sleeping, and relaxing with 10 or more people that you may not know very well.
4. **No alcohol, smoking or swearing.** This behavior will offend our Honduran hosts.
5. **You need to go with "a servant's heart".** The Hondurans are our brothers and sisters. As their guests, allow them to work too. Our goal is to encourage and stimulate these men and women to continue to carry on with the project when we leave.
6. **We are not any better than anyone else just because we are "wealthy" Americans!!** There are things we are able to share and help them with, but there also is a lot we can learn from them if we will humble our hearts.
7. **Don't smile and say "yes" (or "sí") if you don't know what was said—use an interpreter.** You may be making a promise you can't keep. On that note, please don't make promises purposefully, either (e.g. of sending back a picture, writing a letter, etc.).
8. **We must remember that for our Honduran coworkers, working with us is their job.** Most of them have families to go home to at the end of the day. Remember that they have many teams to work with throughout the year, and be careful not to place unreasonable time demands on them while we are there.
9. **Be very sensitive about taking pictures.** At the morning introduction, the HNH Staff will ask permission for the team to take pictures.
10. **Many children and others may approach you for money, but PLEASE don't give them any.** This random act of giving can do more damage to the project by creating dependency (news of hand-outs travel fast), warping relationships ("givers" vs. "takers"), hurting others by showing favoritism, etc. When we leave, **donations can be left at the HNH office to be distributed to the neediest families. Giving out toys or gifts in the villages must NEVER be done "spontaneously",** but planned as part of the day's events and done as equitably as possible (ex. One gift in every family's bag along with children's vitamins, toothbrushes, etc.).
11. **Tippling is unnecessary. We pay our employees very well, and we don't want to cause any feelings of inadequacy among staff.** If you absolutely feel the need to compensate our staff, give your tip to the Director and they will disperse the tip evenly amongst the staff members.

## Service Team Expectations & Helpful Hints (Continued)

12. **Concerning clothing: Modesty.** Honduran women usually wear skirts or jeans. Jeans, skirts, pants or capris are recommended. It is best to leave all unnecessary valuables at home (diamonds, expensive jewelry, etc.). **No camouflage clothing or army garb please.** Women need to make sure that their dress is not culturally offensive – no short or tight shorts, no exposed bra straps or cleavage.
13. **Concerning health: BE CAREFUL.** Diarrhea causing bacteria and parasites are microscopic, and looks can be deceiving! **Good hand washing is important** (wash before eating and after obvious contamination). After washing hands **always use hand sanitizer as well.** Be aware of everything that goes into your mouth (food, water, fingers).
14. **NEVER drink any water or ice unless you are sure it is purified (bottled or boiled).** Use pure water for teeth brushing—tap water is unsafe for us gringos! Bring a water bottle to take with you to the community each day. Fill up your water bottle at the mission house with clean water and then refill during the day from water jugs. You may graciously turn down any food or drink offered to you if you feel uncomfortable taking it. Only eat fruit or vegetables that are §peeled or well cooked.
15. **Please wear plenty of sunscreen, insect repellent, drink LOTS of fluids, and be sure to take your malaria pills.** Many insect-transmitted diseases are not preventable by vaccine or drugs. Always wear closed-toe shoes when outside, use rubber sandals for showering. Avoid walking barefoot (except at the beach) as some parasites enter through the skin. Wash off mud quickly from your skin and stay clear of puddles (in very poor areas, standing water may be raw sewage).
16. **We are functioning in a different culture.** Our hosts may have expectations and requests that we may not see as significant but we still need to respect them (such as house rules, etc.). Rules are reviewed at team orientation as well as upon arrival at the Mission House.
17. **Leave your actual passport at the Mission House, but carry a copy of your passport with you.**

### EMERGENCY CONTACT INFORMATION:

Healthy Niños en Honduras is located in *San Francisco de Yojoa, Cortés*, a one-hour drive from San Pedro Sula.

Emergency Contact:

Contact Dr. Herman at [Herman@HealthyNinos.org](mailto:Herman@HealthyNinos.org) or 267-377-5058 (call or text).

*Have a question that wasn't answered in this manual? Feel free to reach out to Leah at [Leah@HealthyNinos.org](mailto:Leah@HealthyNinos.org) and ask!*