

# Mission Honduras Trip Information - 2011

Team 1: June 2 – 11, 2011

Team 2: June 11-18, 2011

## Trip Costs:

\$1,400 airfare, rental vans, room and board (most meals)

\$35 exit fee from Honduras

\$150 spending money

\$120 - \$160 passport fee (if you do not have one)

The cost of vaccinations and medications (may vary)

Passport: Pursue as soon as possible – Here's what you need to apply:

2 passport photos (**get 3** – we want an extra just in case you lose your passport while we are in Honduras), birth certificate and driver's license (if of age). Go to [www.travel.state.gov/passport](http://www.travel.state.gov/passport) for more information

Vaccinations and Medications Information – talk with your doctor

1. Hepatitis A Vaccinations

2. Malaria Medication

3. Typhoid Shot or pills

4. Up to date Tetanus shot

Go to [www.GlobalOutreachClinic.org](http://www.GlobalOutreachClinic.org) for more information

Please check out the Olancho Aid Website to learn more about the Mission:

[www.OlanchoAid.org](http://www.OlanchoAid.org)

Team Meeting Dates (All from 4 – 5:30 at Holy Family)

- January 16
- February 20 \* (Spanish Lessons begin from 3-4pm)
- March 27 \* Remainder of trip fee due
- April 17
- May 15 (we will need coverage at 5/21-22 Masses for special collection)
- June 1 (Team Mass at 9am in the Chapel, for those who can make it)

Make the deposit checks (\$250) to Holy Family (mark Mission Honduras in the memo line) to reserve your space on the trip. Deposits must be sent or given to Steve Hayes ASAP to reserve your spot. Spaces will be held based on deposits being received.

Contact: Steve Hayes @ 615-371-0285 (work), 371-1626 (home) or 585-5058 (cell) or e-mail @ [Steve@HumanCapitalGroupInc.com](mailto:Steve@HumanCapitalGroupInc.com) ; Home address is 920 Lexington Drive, Brentwood, TN 37027

**INDIVIDUAL VOLUNTEER APPLICATION**

**Holy Family Catholic Church / Mission Honduras International / Olancho Aid**

(Permission and Release form must accompany this Application)

Dates of the Mission Trip (circle which one applies): **June 2 - 11, 2011** or **June 11-18, 2011**

Legal / Passport Name (First/Middle/Last)\_\_\_\_\_

Address:\_\_\_\_\_ T-Shirt Size\_\_\_\_\_

Home & Cell #:\_\_\_\_\_ E-mail\_\_\_\_\_

Birthday (MM/DD/YY):\_\_\_/\_\_\_/\_\_\_ Age:\_\_\_\_\_ Male / Female:\_\_\_\_\_

Speak Spanish?: fluently / moderately / a little (none):\_\_\_\_\_

List special skills, hobbies or talents:\_\_\_\_\_

List any health conditions/physical limitations:\_\_\_\_\_

List any medications taken or special dietary needs:\_\_\_\_\_

Where did you learn about Mission Honduras?: \_\_\_\_\_

What do you hope to gain from this experience?: \_\_\_\_\_

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**Note: Given that this function is coordinated through the Catholic Church, and it involves working with and around children, background checks will be part of the process for all individuals participating on this Mission Trip. In addition, each participant will have to take a quick on-line course and test to ensure they are educated on the Diocese's policies regarding the Protection of Children. More information will be provided as the date draws closer.**

**Mission Honduras**  
**PERMISSION AND RELEASE FORM**

Participant (or Minor's) Name \_\_\_\_\_

Address \_\_\_\_\_

**Permission**

As participant, parent or guardian of the above named person, I give permission for me / my child to travel with and participate in the **2010 Mission Honduras** service project in Honduras, Central America led by Steve Hayes or Chris Bove from **June 2-11, 2011** or **June 11-18, 2011** (please circle the dates you will be going). I agree, individually or on behalf of my child to the terms of the following Release of Liability.

**Release of Liability**

In consideration of the acceptance of my application for this mission trip, I agree on behalf of myself, my heirs, assigns, executors, and personal representatives, to release, hold harmless, discharge forever and defend Holy Family Catholic Church, Mission Honduras International, Olancho Aid, Diocese of Nashville, all leaders, staff, priests, employees, volunteers, or affiliates of any of them, its officers, directors, agents, employees, or representatives associated with the Mission Honduras Trip, including the coordinators, Steve Hayes & Chris Bove, from any and all liability, claim, loss, damage, cost or expense arising from or in connection with my participation in this trip. I (we) waive any such claims against any such person or organization arising directly or indirectly from or attributable in any legal way to any action or omission to act of any such person or organization in connection with the sponsorship, organization and involvement in all activities, occurrences and consequences, to include health, sanitation and safety exposures, related to the Mission trip. The "Mission trip" in this context includes all time related to preparation for the trip, travel to and from the Mission, and the duration of the visit in Honduras.

**Release for Emergency Medical Treatment**

Should emergency medical treatment be necessary, and I (or my minor) am/are not able to act on my (his/her) own behalf, I authorize the delegated agents of the Mission Honduras Trip to act on my (or my minor's) behalf and approve appropriate treatment.

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**Signature of Participant**

**Date**

*Both parents (if living) and/or the guardian(s) of each minor must sign this Permission and Release form before the minor leaves the US. The signature of both parents is required by US and Honduran law, even if they are separated or divorced.*

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**Printed Name & Signature of Parent or Guardian (if applicable)**

**Date**

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**Printed Name & Signature of 2<sup>nd</sup> Parent or Guardian (if applicable)**

**Date**

**Mission Honduras Trip**  
**GENERAL MEDICAL INFORMATION**  
**Medical Insurance and Emergency Contact Information**

Participant's Legal Name: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Relationship to Participant: \_\_\_\_\_

Daytime (Cell/Work) Number: \_\_\_\_\_

Evening (Home) Number: \_\_\_\_\_

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

NOTE: This person will be added to a distribution list for updates while we are gone

Insurance Company: \_\_\_\_\_

Group and Policy Number: \_\_\_\_\_

Does coverage extend out of the country (Y/N)?: \_\_\_\_\_

Insured's Name and SSN: \_\_\_\_\_

Physician's Name \_\_\_\_\_

Physician's Phone Number: \_\_\_\_\_

**Specific Medical Information**

Allergic reactions (medications, foods, plants, insects, etc.): \_\_\_\_\_

\_\_\_\_\_

Medications taken presently: \_\_\_\_\_

Any physical limitations? \_\_\_\_\_

\_\_\_\_\_

# Passport Info

Website: <http://travel.state.gov/passport>

To obtain a passport for the first time, you need to go in person to a passport acceptance facility (**Franklin P.O. on Oak Meadow**). You **MUST**:

1. Provide *Application for Passport, Form DS-11*
2. Present Proof of U.S. Citizenship
3. Present Proof of Identity
4. Provide Two Passport Photos – and have **an extra one made** as well....so walk away with **3**.  
Several local pharmacies or FedEx/Kinko's take passport photos, and will print them while you wait.  
**The reason we are requesting a 3<sup>rd</sup> photo is so we can bring one of the 3 with us...in the unlikely event you loose your passport while we are in Honduras, we will need this photo to get a new passport to return to the US**
5. Pay the Applicable Fee
  - Age 16 and older:** The passport application fee is \$140. The execution fee is \$25. The total is **\$165**.
  - Under Age 16:** The passport application fee is \$95. The execution fee is \$25. The total is **\$120**.

Please go to the website for more details and information. Minors will need parental consent.

**If you already have a Passport, but it will expire within 6 months of our trip, you MUST renew your passport before we go. The airlines will not let you through security if your Passport will expire within 6 months of the trip!**

**Steve will need a color copy of the main page of your Passport ASAP so he can register each person with the US Embassy**

## Mission Honduras Packing List

### Carry on Bag

#### **Passport**

Personal Medicines (bring extra just in case we get delayed for any reason)

Toiletries / sunscreen / toothbrush / hairbrush / facial wipes

Sunglasses

1 Change of Clothes

Spending Money

Snacks / Bottle to fill with water after we get through security

Gum

No liquids over 3 oz; all liquid / gel toiletries in quart size zip lock bag

Earplugs (if you have problems with pressure / ear pain)

Camera

I-Pod / Headphones

**Spending Money (make sure you have \$35 exit fee to return to the US)**

### In Suitcase

Shorts

T-Shirts

Underwear

Tennis Shoes / Work Shoes

Socks

Flip-flops (for the shower)

Sunscreen

Hat

**Below the Knee skirt for the ladies (lightweight – slip over your shorts kind)**

**Jeans or Long Pants (1 pair) for the guys**

Light weight Khakis for Chapel / visits to town (boys)

Swimsuit (modest)

Work Gloves

Water Bottle to fill up at the mission and carry to the work site

**Snacks (Peanut Butter, Granola Bars, Cheese Crackers, etc...)**

Bug Repellant

Sports watch

Alarm Clock

Hanging DOP kit

Pillow / Sheets / Light Blanket / Towel / Hair Towel

Bible / Rosary / Journal / Writing Paper / Pen

Bandanas

Flashlight

Rain Coat / Poncho

**Extra passport photo + phone numbers / account numbers for any credit cards you bring with you...just in case you loose either your Passport or your wallet while we are gone.**

**Suitcases must not weigh more than 50 lbs!!!**

## **RULES TO GUIDE OUR STAY**

- 1. Always remember this is a mission trip, not a vacation. We are going to God's work with the poor of Honduras. We are striving to become more spiritual, closer to the Lord. Keep God and service first in your thoughts and actions and expect to work.**
- 2. Always show respect for our Honduran hosts. When riding the Honduran buses and in public never be annoying and disrespectful.**
- 3. Please follow the dress code of the Mission. Wear dresses and long pants when required in the House Rules for Mass. No tank tops or spaghetti strap tops may be worn and shorts should be an appropriate length.**
- 4. Wear the Mission Tee Shirts where they can be seen at all times at the airports. There are perks with being in a group. Appropriate shorts will be allowed on travel days. Stay together as a group.**
- 5. Work- everyone is expected to work and work together.**
- 6. While at the Mission, there will be no dating. There are no boyfriend / girlfriend relationships. There will be no public shows of affection.**
- 7. Boys are not allowed in girl rooms. Girls are not allowed in boy rooms...assuming we are in a situation where this is possible.**
- 8. No bathing in the pila's. The pila's are for clothes washing only.**
- 9. Watch out for each other. We want this to be a safe trip with no one left behind.**
- 10. Drink plenty of water. There is no quicker way to get sick than dehydration.**
- 11. Everyone be respectful of each other's needs and show respect for one another, especially the leadership of the Mission.**
- 12. Cell phones and ipod's should be used minimally. This is a great opportunity to "disconnect" yourself...and enjoy the beauty of simplicity!**
- 13. Room assignments at the mission cannot be changed, except by permission of the leadership team.**

***Remember: "Respect, love and serve life...every human life!"  
Pope John Paul II***

## **Travel Information - Mission Honduras**

**Team 1: June 2-11, 2011**  
**Team 2: June 11-18, 2011**

### **Team 1: June 2-11, 2011**

*June 2, 2011*

4:00 am Meet at Nashville airport  
5:55 am Depart for Miami – American Airlines #1877  
9:05 am Arrive Miami  
12:40 pm Depart for Tegucigalpa – American Airlines #953  
1:00 pm Arrive Honduras

*June 11, 2011*

2:05 pm Depart for Miami – American Airlines #954  
6:40 pm Arrive Miami  
10:20 pm Depart for Nashville – American Airlines #410  
11:35 pm Arrive Nashville

*\* All times subject to change as the trip gets closer.*

### **Team 2: June 11-18, 2011**

*June 11, 2011*

4:00 am Meet at Nashville airport  
5:55 am Depart for Miami – American Airlines #1877  
9:05 am Arrive Miami  
12:40 pm Depart for Tegucigalpa – American Airlines #953  
1:00 pm Arrive Honduras

*June 18, 2011*

2:05 pm Depart for Miami – American Airlines #954  
6:40 pm Arrive Miami  
10:20 pm Depart for Nashville – American Airlines #410  
11:35 pm Arrive Nashville

*\* All times subject to change as the trip gets closer.*