



HONDURAS/GUATEMALA

June 10-22/June 15-22

Table of Contents

Stuff to share with your parents

- Welcome to Project Serve
- Preparation Checklist and Deadlines
- Emergency Contact Information
- Know your host Country - Honduras/Guatemala

Who? What? When? Where? Why?

- Forms
- Trip Description
- Spending Money
- Luggage Restrictions
- Making List - What to Bring/What NOT to bring

Guidelines

- Health Guidelines
- Safety Guidelines
- Personal Guidelines
- Cultural Guidelines

PREPARATION CHECKLIST AND DEADLINES

Things to be done RIGHT AWAY:

- Turn in \$150 deposit to hold seat (**non-refundable**).
- Pray regularly for God's direction in all aspects of your project serve experience.
- Begin to get your identification in line: you will need a United States issued passport.
 - Please note: Guatemala will not accept passports within 6 months of expiring, so check to see if your passport needs renewing.
- Complete and return the Consent and Release form to Youth for Christ.
- Begin you fundraising activities, including writing letters to donors.
- Non-U.S citizens contact your country's embassy and the U.S. Embassy to determine your specific visa requirements for this trip.
- Contact your family doctor for a tetanus booster and guidance regarding any required or recommended immunizations.

Things to be done by April 1, 2019*:

Note: This is the last date you may withdraw from this trip without the potential of assuming financial responsibility for ticket costs, or funds advanced to the host ministry!

- You need to have raised and turned in at least 50% of your trip cost to Youth for Christ: Project Serve. Remember to thank your donors and follow up with those who have not yet contributed.

Things to be done by May 15, 2019*:

- You need to have raised and sent 100% of the trip cost to Youth for Christ: Project Serve.
- Be sure you have your passport in hand.
- Be sure to have your tetanus shot updated and any recommended immunizations (according to your family doctor).
- Double check the packing list in this handbook to be sure you have all items you will need for the trip.

KNOW YOUR HOST COUNTRY

Honduras & Guatemala

Honduras

- Land Area: 69,594 sq miles
- Population: 9,182,766
- Capital: Tegucigalpa
- Currency: Honduran Lempira (HNL) (current exchange rate: \$1 = 22.88 HNL)
- Ethnic Groups: Mestizo (mixed Amerindian and European) 90%, Amerindian 7%, black 2%, white 1%
- Literacy Rate: 89%
- Language: Spanish
- Economy: second poorest country in Central America
- Politics: Presidential Republic
- Religion: Roman Catholic 46%, Protestant 41%
- Youth: 53% of the population is under 24 years old

Guatemala

- Land Area: 42,042 sq miles
- Population: 16,581,273
- Capital: Guatemala City
- Currency: Guatemalan Quetzal (GTQ) (current exchange rate: \$1 = 7.73 GTQ)
- Ethnic Groups: Mestizo (mixed Amerindian-Spanish and European) 60.1%, Maya 39.3%, Garifuna (mixed West and Central African) 0.5%
- Literacy Rate: 81.5%
- Language: Spanish 68.9%, Maya languages 30.9%
- Economy: most populous country in Central America with a GDP per capita half the average for Latin America and the Caribbean
- Politics: Presidential Republic
- Religion: Roman Catholic, Protestant, indigenous Maya beliefs
- Youth: 54% of the population is under 24 years old

TRIP DESCRIPTION AND SCHEDULE

The team will fly into San Pedro Sula, Honduras. El Faro Camp and Retreat Center (<http://www.misionelfaro.org/en/>) in Guatemala is a 2-3 hour bus ride and 20 minute boat ride from San Pedro Sula, Honduras. During their week at El Faro, students will serve and work with children, local villagers, and fellow Youth for Christ students.

The daily schedule has not been determined as of yet. Young Leaders can plan on having some down time each day for personal time or free activities. There will be a day off during the week at El Faro at the discretion of the trip leaders and work site host to travel to a hot springs waterfall about an hour from El Faro.

SPENDING MONEY

We recommend that you bring no more than \$100 in spending money for souvenirs, snacks, etc. The trip cost covers virtually all of your other costs while on the trip. However, please bring money for meals in transit (ie: at the airport) on the way to Honduras/Guatemala as well as on your return trip home.

If U.S. dollars need to be exchanged for Guatemalan Quetzals, your trip leader or host will be able to help with this once we are in Guatemala.

LUGGAGE RESTRICTIONS

Weight limits for check luggage on most domestic flights is **50 lbs**. Keep this in mind when you are packing. Overweight baggage is subject to substantial charges by the airline and is the responsibility of the participant, not your trip leader or Project Serve.

Due to limited space with local transportation, the amount of luggage that you are allowed to bring on the trip are limited to:

1. One checked piece of luggage
2. One personal carry on item (ie: a backpack)

*Note: Project Serve luggage restrictions are tighter than those of airlines; do not contact the airlines for these guidelines! Just because you can get it onto the airplane does not mean we can fit it on the bus. Participants bringing excessive luggage over what has been noted may be asked to ship some pieces back home at their own expense. Please don't "push the envelope" on this.

HEALTH GUIDELINES

Immunizations

Project Serve requires that you have a current tetanus shot for this trip but does not issue guidelines regarding any other immunizations. You are urged to contact your family physician, or local health department for specific health and safety information, including immunization requirements for travel to this location. Information on immunizations and other health precautions may be obtained from the Center for Disease Control and Prevention's hotline for international travelers at (877) 394-8747, or via their website at www.cdc.gov.

Please consult with your physician to see if he/she would recommend any additional precautions for you to take, given your health history. Many immunizations require multiple shots or doses and may require more than one month to finish the process. Contact your physician as soon as possible to begin.

Medicines

There is no problem bringing cough drops, diarrhea medicine, pain relievers, and other over-the-counter health items on the trip. However, if you bring any prescription medicines on the trip, they must be kept in their original, labeled pharmacy containers and you need to inform your trip leader of any prescription medicine you bring. The amount of medicine you bring should be enough for your trip plus a couple days extra for emergency needs. If possible, leave any more than this at home.

Other Ideas on Staying Healthy

Our bodies find it hard to adapt to sudden changes in our diet, no matter where your destination. Some of our past participants have found it helpful to eat yogurt every

day for a few weeks prior to leaving home. The active cultures in yogurt can help protect your digestive track. If you bite your nails, try not to while we are on the trip. We will also ask that you check with the team leadership before you eat or drink anything from untested sources.

Project Serve Guatemala Packing List

Before you go:

- ❑ Team members need to make 3 copies of the first page of their passport (the one with the picture). Leave one copy at home, give one copy to your team leader, and put one copy in your checked bag to have on you at all times once you arrive.

What to bring in your carry on:

- ❑ Passport
- ❑ Medication you use regularly
- ❑ At least one day's change of clothes (suitcases can get lost or delayed)
- ❑ Cash/Credit cards: All bills need to be crisp, clean, new \$20's, \$50's & \$100's. Bills should not be torn, have any writing, ink marks, or creases as they will not be accepted by the Guatemalan banks
- ❑ Cell phone, camera, etc.
- ❑ Headphones/Earbuds
- ❑ Chargers (no adaptors needed)
- ❑ Some prepackaged snacks (all liquids, including peanut butter, must be under 3 oz. each)

What to bring in your checked bag:

- ❑ Work clothes that you don't mind ruining or leaving behind (we suggest 1-2 pairs of long pants or jeans ... shorts at your own risk)
- ❑ Sturdy work shoes: different from leisure shoes, as work shoes may get wet/muddy - no flip-flops or sandals on the worksites

- Sturdy work gloves
- Rain jacket
- Comfortable clothes for daytime, evenings, and tourist days
 - T Shirts
 - Shorts
- Comfortable walking shoes and/or sandals
- At least one fleece, sweatshirt, or jacket for cooler locations/evenings
- Sleepwear
- Undergarments
- Socks
- Swimsuit
- Beach towel
- Shower shoes/Flip Flops
- Bug spray
- Anti-itch cream
- Shampoo/Conditioner
- Soap/Body Wash
- Face Wash
- Deodorant
- Women's personal hygiene items
- Toothbrush and toothpaste
- Floss
- Razor
- Shaving cream
- Hairbrush
- Kleenex



- Earplugs
- Sunscreen
- Hat
- Sunglasses
- Flashlight (and extra batteries)
- Extra pair of prescription eyeglasses/contacts and contact solution
- Personal water bottle
- Dramamine if you are prone to motion sickness (Guatemala is a mountainous country and we travel on some very curvy roads - we don't want you to miss the beautiful scenery)
- Snacks
- Notebook and pen
- Photocopy of passport

What **NOT** to bring:

- Please do not wear your good jewelry on the trip
- Do not bring any clothing that has an American flag or questionable wording or symbols on it

Personal Guidelines

Project Serve is much more than just our name; it is our philosophy of ministry. You will be representing the local ministry of Youth for Christ, so your sensitivity to the local culture will protect their reputation. Be aware of guidelines for attitude and conduct:

Attitude of Service (Galatians 5:13-14, Philippians 2:5-11, John 15:17)

We are servants of the host ministry, striving to demonstrate love by assisting them in their ministry efforts. We are also here to serve each other so that the world will know we are children of God.

Submission to Authority (Romans 13:1)

We are guests of the host ministry, under their authority and with full consideration and respect for their agenda, needs, values and cultural expectations.

Behavior (Philippians 2:12-15, 1 Timothy 3:1-3)

It is absolutely essential that you conduct yourself in a manner that is above reproach during the entire trip. This includes your appearance, your behavior and your physical contact with other people.

Flexibility (1 Peter 4:12)

Maintain a gracious and flexible attitude in the face of unexpected changes in plans, or different expectations regarding time, schedules and other aspects of the host culture. Don't complain. Don't criticize. Don't condemn. Immersion into another culture is one of the strengths of this trip, and new experiences should be welcomed rather than resisted!

Appearance (1 Timothy 2:8-10)

At times you may be told how to dress appropriately for an occasion or situation. You must accept your leaders judgement on these matters. In general, clothing styles must be modest. Tank tops, shorts shorter than knee length, tight-fitting clothing and anything containing personally offensive or controversial language or logos are not appropriate.

Physical Contact (1 Corinthians 10:23-24)

You will be asked to refrain from certain forms of physical contact such as holding hands, kissing, etc. with any team members or local person. The purpose of this is not to eliminate your freedom of expression; rather, it is in recognition of the fact that we are a team operating in a different culture. This type of contact is too often divisive and hurtful to team unity and can easily be misunderstood by those who observe such contact. **Married couples:** Please

check with your host for cultural context as physical contact may still be considered inappropriate in public.

Team Spirit (John 17:23)

Strive to be a “**team member**” by interacting with all members of the Project Serve team as well as reaching out socially to our hosts and other nationals. We are to present ourselves as a unified team on this trip and must refrain from confining our relationships to small circles of friends existing acquaintances.

Romantic Relationships (1 Corinthians 7:8)

Team members must refrain from “**pairing up**” while on the trip. Our purpose is to minister and serve as a team. Developing a romantic relationship during our time will impair team unity and distract you from your purpose for being here.

Cultural Guidelines

Clothing

As participants on a Project Serve trip it is our goal to represent ourselves well. We also want to show a great deal of respect to the people we are serving and their cultural customs. For that reason it is important that the clothes we choose to wear are culturally appropriate. Therefore participants will be required to dress as follows.

Ladies:

1. Church dress - knee-length skirt and a blouse/nice shirt or dress (spaghetti straps and tank tops **NOT** allowed, sleeveless is okay)
2. Work garments - full length pants and a shirt (**no sleeveless shirts**)
3. Sports attire - knee length shorts and t-shirts
4. Swimming apparel - one-piece swimsuits
5. Ministry clothing - pants, skirts, dress or capris with clean shirt
6. Free time - knee length shorts and t-shirt

Note for the ladies: Please DO NOT wear clothing that is too tight and wear only very light make-up.

Gentlemen:

1. Church dress - clean pants (**no jeans**) and a nice collared shirt
2. Work garments - full length pants and a shirt (**no sleeveless shirts**)
3. Sports attire - knee length shorts and t-shirt
4. Swimming apparel - knee length swimsuit
5. Ministry clothing - full-length pants with a clean shirt (t-shirt is okay)
6. Free time - knee length shorts and t-shirt

Note for the men: Not recommended - earrings or long hair

Touch

In Latin culture, excessive touch between males and females is not appropriate. It is best if males and females do not hug or kiss in public. Touching Hondurans of the opposite sex over the age of 10 is not appropriate as it is easily misinterpreted. Young children can and should be hugged, but it is best by someone of the same sex.

Belching/Being Loud

Hondurans sometimes see Americans as rude and loud (and sometimes for good reason). It is inappropriate to belch in public, as it is perceived to be loud and obnoxious. Try to keep voice down and avoid behavior that would be offensive to our hosts.

Keeping Comments to Yourself

Even if you do not speak Spanish or the people you are with do not speak English, you communicate very effectively without words, whether you mean to or not. Please keep all comments regarding food, dress, living conditions, etc. to yourself. When driving through or visiting any area, it is best to look but not point. Pointing is

interpreted as a put-down to others. Do not yell, scream, or make negative remarks. Swearing is obviously a negative response and a lousy witness. Whispering and sharing secrets are inappropriate as well. There will be appropriate times to share your experiences, be cautious that you don't insult your hosts.

Sharing

In Honduras it is understood that when someone receives a gift, they will share it with everyone. Therefore, if you give a gift to only one person it is only polite to give a gift to everyone else too. For example, if you give one child a piece of candy, it is only polite to give the other 50 children a piece of candy, too. Do not give children any

Project Serve Team Leaders:

Tony Au (847) 651-9364, tau@yfcchicago.org

Cassie Wiedeman (219) 241-1880 cwiedeman@yfcchicago.org

Trip Dates: June 10-22, 2019 (Young Leaders), June 15-22, 2019 (Higschool)

Trip Cost: \$2,000

**These dates are subject to change at the discretion of the Trip Leader.*