

Are you interested in a mission trip to Roatan, Honduras?

FAST FACTS:

- 2nd Poorest Country in the Americas
- Many on Roatan speak English, though some Spanish is helpful
- Mayan civilization ruled until the conquest by Spain.
- 1502 - Christopher Columbus lands in Honduras. When he left he said thank God we have left these “Depths”. In Spanish Honduras is the word for “Depths”
- The term “Banana Republic” was first applied to Honduras by the American writer O. Henry, for the influence the U.S. banana companies had at some time.
- Honduras has the second largest barrier reef in the world
- The main export products are bananas, coffee and wood.
- Unemployment rate is 56%
- The population below the poverty line was 50.7% in 2004.
- Average income per family is \$4500
- Average pay per day is about \$12
- The population is around 7.8 million (90,000 on Roatan)

MISSION TRIP PREPARATION

- First and most importantly, obtain your passport! This process is lengthy and otherwise expensive, especially when a rush order is needed. See <http://travel.state.gov/passport>
- PASSPORT MUST NOT be about to expire in the next six months or you won't be allowed to fly into Honduras
- Recommended immunizations (Hepatitis A&B, Typhoid, Polio & Tetanus).
- Contact the local public health clinic or a personal family physician.
- Obtain prescriptions for Malaria from family physician if desired.
- Roatan Honduras is very HOT and you must ensure that your Physician approves you to be in a very hot country. It is very important while in Roatan that you drink plenty of purified water.
- Learn some Spanish phrases, if possible. There are many free sites available online.
- Once you have completed this process you should have a plan for what your team will be doing while in Roatan Honduras. Some of the projects require your group to raise money. Once you have the money raised we can purchase most of the products for you, i.e. building supplies. Bringing down some specific supplies that are hard to get on the island may be requested.

AIRLINES AND FLIGHT INFO

- American, United and Delta Airlines fly directly into Roatan, Honduras
- You may use other airlines to fly into San Pedro Sula, followed by a three hour ride to La-Ceiba Honduras, From there you can take a 1.5 hour ferry ride to Roatan. You may also check with airlines in San Pedro Sula and fly into Roatan (no flights at night.).
- You will be asked to complete customs forms during your flight. When filling in the customs form, indicate that the items you are carrying are “personal”, and that you are going to Honduras on a mission trip. If one of the forms or the immigration official ask where you will be staying in Roatan Honduras, give the address:
Travis Morin
Seascape West Bay
Phone: 011-504-9827-5042 (yes, this # is correct ;)
- Also, please consult the Transportation Security Administration for the latest updates on travel guidelines and restrictions for Travelers. www.tsa.gov

PERSONAL CHECKLIST BEFORE PACKING

- PASSPORT (Upon arrival at the Mission Facility (Hotel) your passport should be given to the Trip Coordinator for safe keeping and will be given back to you at the airport on the return trip)
- Bug Repellent (with Deet Recommended) (You will wear every day)
- Bible
- Journal
- Toiletries (toothbrush, toothpaste, etc.)
- Sunglasses
- Hat
- Sunblock
- Tennis shoes
- Water shoes or sandals
- Water Bottle
- Poncho (October through December is the raining season in Roatan Honduras)
- Back-pack or something to carry your water and other items in during the day
- Waist Pouch (women – not advisable to carry a purse)
- Snacks (be mindful of the heat and to not choose snacks that will easily melt)
- Prescribed medicine
- Tylenol
- Allergy medicine

PACKING

- Pack one set of clothing and personal items into a carry-on suitcase. There are situation where luggage sometimes does not make the same flight and will arrive the following day. Often there are size and weight restrictions. You should check with the airlines before leaving to see if there are any current embargos.
- Currently you may check 1 suitcase 50 pound bag. An extra bag is \$40 on delta as of Oct 1, 2018. Be sure to follow 3-1-1 guidelines for flights to expedite the check-in process.
- You may carry on the plane one personal item such as a back-pack **OR** purse and one rolling bag. Visit your airline's baggage requirements for Central America to familiarize yourself with restrictions.

When packing for Roatan, keep these things in mind:

- It is HOT, HOT, HOT!!! Pack light-colored clothes.
 - Women: It is suggested that women be very conservative in their clothing. Short shorts & tank tops are not recommended; mid-length shorts, pants and skirts are appropriate.
 - Men: Wear long shorts; due to the heat, jeans are NOT advised.
 - The sun is bright and extremely hot. Bring sunglasses, sunblock and a hat.
 - You will be on your feet. Bring only comfortable shoes. The area where you will be working is rocky with large hills and clay.
 - At R Church you may dress casually. At most island churches, women wear casual dresses or skirts, and men wear shorts and a t-shirt or polo.
 - Pack light and plan to mix and match skirts/slacks/shirts to save space.
- IMPORTANT!!! ALWAYS KEEP YOUR EYES ON YOUR PASSPORT!**

ROATAN AIRPORT INFO

- The Airport is small. We will pick you up from the airport in Roatan, Honduras. You must first provide customs your passport, and then retain your luggage. Make sure you account for all of your luggage. Your Team Leader should organize one person in the airport to collect luggage to take to the truck. You should coordinate all tipping for luggage with your Team Leader.
- Once you collect your luggage, we will be right outside the door waiting to guide you to the trucks. **MAKE SURE YOU HAVE OUR PHONE NUMBER: 011-504-9827-5042** (yes the number is correct).

MONEY MATTERS

- The Honduran currency is the Lempira, and it has a value of about 24 lempiras to one US dollar as of Jan 2019. Dollars are usually accepted in souvenir shops, restaurants and hotels. Smaller denominations are preferable. You must be very careful about Lempira to USA Dollar exchange. For example something that is 200 Lempis is about \$8.5 US.
- Women will want to use a purse with a strong shoulder strap and not wear flashy or expensive jewelry. We strongly recommend that you leave all jewelry with sentimental value at home.
- **NEVER LEAVE IMPORTANT ITEMS LYING AROUND AS THEY MAY DISAPPEAR. PLEASE KEEP UP WITH PHONES. CAMERAS ESPECIALLY – MANY FREQUENTLY ARE LEFT AT THE DINNER TABLE.**

GUIDELINES

- Be careful what you say in English as many of the Islanders understand English.
- Do not give money or gifts to individuals, gifts should be coordinated through your Team Leader.
- Please be careful giving out candy, gum, and other favors, which could create small crisis. This will spread quickly throughout the village and you will have more people than candy, etc...

RECREATIONAL ACTIVITIES

- Although you will be working hard on mission critical activities during your trip at the site, there will be some available down time (at the direction and planning of your mission team's trip coordinator). Roatan is famous for many water sport activities.
- We recommend that teams use Fridays as a day for recreational activities. Activities:
 - Scuba/Snuba diving, Dolphin Swim, Monkey Adventure, Iguana Zoo, Parasailing, Snorkeling. West Bay beach is a top 10 in the world. It is also one of the best places for snorkeling in the Caribbean.