



Immersion trips can be life-changing for our teenagers and they could not happen without you. We thank you for taking a week of your summer to serve with our youth on the upcoming Honduras Immersion Trip. Taking a week out of your summer is a sacrifice, but as you learn and serve alongside our youth, we hope it will also be a deeply rewarding experience.

What's the purpose of this guide?

The purpose of the Adult Leader Guide is to give you a fuller understanding of the Honduras Immersion trip experience and how to be successful in your role during the week. Our hope is that you come with a flexible and teachable spirit and an eager heart.

What's in this guide?

This guide contains information that will help you, as an Adult Leader, know what to expect for the Honduras Immersion week. The following information is included:

- Honduras Immersion Overview
- Typical Daily Schedule
- Safety and Policies
- Youth Code of Conduct
- Adult Leader Roles and Responsibilities

General Preparation Information

- **Team Prep**

As with any team, group preparation and relationship are an important part of preparing. Make it a point to start building relationships with teenagers and fellow leaders now, during the team formation meetings before the trip. Ask your Immersion Trip Co-Leaders if there are other ways you can support the trip preparation process.

- **Student Expectations**

As an Adult Leader on the trip, it's important for you to understand what we've asked youth to agree to. That's why, on the second to last page of this guide, we've included a copy of the Youth Code of Conduct, which we have asked all students to sign. Please read through it so you can encourage students in creating an environment that is both safe and supportive for everyone involved in the Immersion Trip Experience.

- **Adult Leader Expectations**

Being an Adult Leader can be challenging, which is why we have created the Adult Leader Roles and Responsibilities. The Adult Leader Roles and Responsibilities are on the last page of this Adult Leader Guide; please read it, sign it and give it to one of the Immersion Trip Co-Leaders.



Typical Daily Schedule

The following schedule is an example of what you might expect on a Honduras Summer Immersion trip. This schedule embodies the flexibility of the sites and other activities for each given day reflective of Honduran Culture.

Tuesday – Arrival Day!

Arrive at the airport in Tegucigalpa
Board bus to Nuevo Paraiso
Pizza Lunch
Arrive at Nuevo, unpack, and begin our adventure

Wednesday – Monday

Wake up, Formation, Breakfast
Head off to Work Assignments
Lunch
Continue work for the day
Kids come home from school – Playtime!
Dinner
Formation
Fellowship Time
Bed 10:00 PM
Lights out 10:30 PM

Sunday – Community Day

Wake up, breakfast, Mass with Nuevo Paraiso Community
Activities with community until dinner
Dinner
Formation
Bed 10:00 PM
Lights out 10:30 PM

Tuesday – Departure Day

Groups will load buses, say farewells, and head to airport



Information & Policies

*It is the responsibility of each participant to read and understand the below information. Please contact a trip leader with any questions.

1. Objective

Through the experience of a Immersion trip, it is hoped that participants will contribute significantly to many needs of the Honduran people. The trip will also expand one's view of the Creator, the great need in the world, and the relative unimportance of "things" in our lives. This will be a trip of "reverse mission" where we learn some of life's most important lessons from the poorest of the poor.

2. Airline Ticketing

A Gesu Staff Member arranges for airline tickets.

3. Travel Documents

You are required to have the following pieces of personal identification:

- a. **Passport:** Applications can be made at the Post Office or at some local libraries (including the Beachwood Library at Richmond and Shaker). Always check <http://travel.state.gov/> for the most up to date information on passports. **Important: If your passport will expire within 6 months of your travel date you MUST renew your passport.**
- b. **Required back-up ID:** You should copy the inside of your passport which includes your picture and personal information. It should be carried separately from your passport (see below). You may also bring your state ID.
- c. **Passport copies:** Make 2 copies. Submit one to Gesu, bring and pack one in your suitcase or wallet.

4. Immunizations

The Center for Disease Control recommends the following:

- a. Malaria preventative
- b. Tetanus (Should be updated every ten years)
- c. Typhoid

This may be done through your own personal physician.

5. Health and Hygiene

Sanitary conditions throughout Honduras are poor. Parasites and microorganisms cause many health problems for the Honduran people. These can cause intestinal disorders, such as diarrhea, in foreigners. To remain healthy, carefully observe the directions below.

- a. **Water:** Drink only bottled water. Tap water is unsafe to drink. **DO NOT EVEN USE IT TO BRUSH YOUR TEETH.** Ice made from tap water is also unsafe.
- b. **Hand Sanitizer:** Hand sanitizer gel is great and convenient to use when water is not readily available.
- c. **Toilet Tissue:** In Nuevo Paraíso, toilet tissue is provided. However, it is not flushed down the commode; rather it is deposited in a container next to the commode.

6. Living Conditions



- a. **Housing:** During your stay in Honduras, your Home Base will be comfortable. In Nuevo Paraíso, beds are available and include the necessary linens and pillows. Showers are available.
- b. **Food:** Three meals a day are prepared by Honduran cooks who are associated with the organization. Hondurans show their love and affection for others through their cooking. They appreciate hearing that you enjoyed your meal. **DO NOT BUY FOOD FROM STREET VENDORS.** In Nuevo Paraíso there is a Pulpería where you can buy pop and Honduran snacks.
- c. **Weather:** The temperature is likely to be in the 90s in the heat of the day. Dehydration can easily occur under these conditions. Drinking plenty of bottled water (supplied) is a must; a water bottle is required so that individuals can obtain clean water from the Home Base. Sunscreen (SPF 30 or higher) is recommended along with lip protection. A hat for all participants is necessary. We will often be in Honduras during the rainy season, which can increase the number of mosquitoes present; pack a strong bug spray (preferably with DEET).

7. Clothing

It is important, out of respect for Hondurans, that we comply with their standards. Please use discretion and common sense; keep modesty in mind. Wearing clothes that are tattered is a sign of disrespect. Cool, comfortable clothing is recommended; cotton clothing is most appropriate.

Hospital scrubs are ideal for both the Home Base and the work sites.

- a. **Male Attire:** Lightweight work pants, slacks, and jeans are appropriate. Shorts may only be worn at the Home Base, not to the work area or off-site. Short – sleeve shirts or t – shirts may be worn, however they must not contain any questionable logos, such as beer, cigarettes, or rock groups. For church, a collared shirt and casual pants are recommended. Tennis shoes and boots are recommended foot attire. Sandals / flip – flops can be used at the Home Base and are excellent for showering.
- b. **Female Attire:** Jeans, slacks, and dresses / skirts may be worn. Shorts and tank tops can only be worn at the Home Base, not to the work area or off – site. Skin revealing attire is not appropriate. For church, a dress / skirt or casual slacks and blouse are recommended. Tennis shoes and boots are recommended foot attire. Sandals / flip – flops can be used at the Home Base and are excellent for showering.
- c. **Laundering:** During the week, the women at the Home Base will wash your clothing (this service is included as part of your trip cost).

8. Make – Up and Jewelry

Keep make – up to a minimum. Leave expensive jewelry at home. Inexpensive watches are recommended for everyone. Please keep in mind that jewelry may be an attraction for you to be robbed.

9. Packing

Pack lightly; you will only be gone a week. Do not take anything you cannot afford to lose. You may bring one check- in bag (may be charged depending on the airline), one carry – on (it is recommended that your carry – on is a backpack), and a personal item. (On some trips you may be asked to bring an additional checked bag for medical supplies or other donations). Nametags need to be on all baggage (these will be supplied by Gesu). **It is recommended that you visit the airline’s website prior to the trip to be sure regulations concerning luggage have not changed.**



- a. **Personal Item**
 - i. Passport
 - ii. Gesu Polo Shirt (to be worn to the airport)
 - iii. Drivers license or back – up ID
 - iv. Change of clothes in case your luggage is lost
 - v. Camera
 - vi. Water bottle
 - vii. Hand Sanitizer
 - viii. Medications: Imodium or Ciprofloxacin for diarrhea. If you are prone to motion sickness, Dramamine is recommended. Remember all personal medications.
 - ix. Health insurance card
 - x. Sunglasses
 - xi. Mobile phones, iPods, and other small electronic devices, as well as items such as playing cards are allowed if desired but not necessary.

- b. **Carry – on Bag** (The dimensional limit cannot exceed a total of 45 inches: maximum height is 15 inches; width 20 inches; depth 10 inches. Be sure to pack any items you do not want to lose in this bag).
 - i. Clothing
 - ii. Hat for protection from the sun
 - iii. Contact lenses (bring an extra pair). Glasses are preferred at the construction sites.
 - iv. Shoes, boots, sandals / flip – flops
 - v. Light rain jacket
 - vi. Snacks (granola bars, crackers, hard candy in re - sealable Ziploc bags)
 - vii. Flashlight
 - viii. Insect repellent
 - ix. Work gloves (at least 2 pairs)
 - x. Sunblock
 - xi. Toiletries
 - xii. Journal
 - xiii. Ladies note: Come prepared with feminine products. These items are not always easily accessible in Honduras.

10. Miscellaneous Information

- a. **Communication:** Good communication is essential for preventing and solving problems. If you have any problems or health concerns, please talk with your leader.
- b. **Being Sent Home:** If you create a serious problem within the team you will be required to return home immediately. The use of drugs or alcohol is unacceptable.
- c. **Working with Interpreters:** The interpreters are vital to the organization. Be sure to go out of your way to treat these individuals as part of your team. We encourage you to get to know them personally.
- d. **Currency:** Upon arrival at the airport in Honduras, your leader will exchange American dollars for Lempira. Most team members spend less than \$100. Credit cards are accepted at most shops in the city. You will want to bring some money with you for use in the airport and for souvenirs.



- e. **Giving to the Poor:** Refrain from giving to beggars, many of whom are professionals; even the children consider begging a game.

11. Gift Giving:

- a. If you want to leave some of your personal belongings (clothing), check with your team leader first.
- b. If the team leader approves, the item (s) will be given to Mae Cruz who will (anonymously) present the donation.
- c. Never arbitrarily give items away to Hondurans.
- d. Giving things away, even candy, can create chaos.
- e. It is very important not to add to the disempowerment of the people by creating a begging mentality. The gifts that the team brings down will be distributed by the Home Base leaders.

12. **Shopping:** On one of your days in Honduras, you will have the opportunity to shop for souvenirs. Basket weaving, leather goods, pottery, hammocks, etc. can be purchased. Again, most areas accept credit cards.

13. Team Projects

- a. **Construction:** Recent teams have worked on projects which have included churches, schools, orphanages, dormitories, hospices, and individual homes. All of these projects have one thing in common; they are built out of concrete. This means that most of the team will be carrying tools and materials, mixing and pouring cement and laying concrete blocks. All of this work is done “Honduran – style” – by hand. Additionally, there is often carpentry, painting, plumbing, and electrical work to do. We have found that men and women of all ages are able to learn and do all of the types of work needed to complete these projects. There is plenty of opportunity for light tasks that require no lifting. The rule is that when one is tired, they are expected to get out of the sun, sit down, and rest. On hot days, a cycle of twenty minutes on and twenty minutes off may be appropriate. **Drink plenty of water.**

14. Application Process and Withdrawing from the trip

- a. The latest date to **apply** to the trip will be **February 1, 2019**. After this date:
 - i. No additional applications can be received, not even for the waiting list. This is to ensure that there is time for the participant to prepare for the trip, allows the committee to make an educated decision about whether this individual should be permitted to participate, and does not place undue hardship on the individual who is working with the airlines
- b. The latest date that participants can **withdraw** from the 2019 trip is **May 8, 2019** (approximately 5 weeks prior to the trip). All payments are non-refundable. Any participant who withdraws past this date may incur additional fees, since the Church will incur added expense because of their late withdrawal
- c. To apply for the July trip, participants must be at least entering the 11th grade to be eligible.

15. Payment Policy

- a. All trips must be paid for in full prior to final ticketing of the trip.
- b. The cost of the July 2019 trip is \$2000.
- c. The Payment Schedule for the July 2019 Trip will be as follow:
 - i. **Application Fee (\$100):** Due with application no later than registration deadline
 - ii. **Payment #1 (\$475):** Due at First Meeting
 - iii. **Payment #2 (\$475):** Due at Second Meeting



- iv. **Payment #3 (\$475)** : Due at Third Meeting
- v. **Payment #4 (Trip Paid in Full)**: Due at Fourth Meeting
- d. If a participant has not paid in full by the date of the fourth payment, then we will not issue a ticket for them. If their payment comes late, then they risk higher costs and not having an available seat to participate.
- e. The total cost of the trip is non-refundable.
- f. Payment Information:

Checks should be made out to: Gesu Honduras.

Checks should be sent to:

Church of the Gesu

Attn: Ashley Ponce

2470 Miramar Boulevard

University Heights, Ohio 44118



Youth Code of Conduct

- Upon acceptance to the Gesu Honduras Immersion, participants will be expected to attend pre-trip meetings and other team functions and fundraising events. These are mandatory and serve to strengthen the team dynamic.
- Participants are responsible for the total cost of the immersion.
- Participants are also required to help with fundraising efforts made by the team.
- In the event that a participant is unable to attend the immersion, he/she still must pay all non-refundable expenses incurred on his/her behalf.
- Gesu will not tolerate any use of drugs or alcohol. Any use of drugs or alcohol, whether or not the participant is 21 years of age, will be considered a violation of this policy and will result in termination of his/her participation in the immersion. (i.e. Being flown home at his/her expense)
- Participants are also asked to refrain from blatant separations among the group of a few individuals (i.e. cliques) or any action that results in a breakdown of community. This is in respect for community living which is hindered by individuals who are not open to the entire group.
- While participating on the trip, community living, simplicity, service, and daily reflections are all expected from each person. Each participant is asked to come out of their comfort zone for the betterment of their fellow participants and the community they have immersed themselves in.



Adult Leader Roles and Responsibilities

We appreciate the sacrifices you have made to be here. Your role as an Adult Leader is very important for this week. Your attitude and leadership are important in making this experience Christ-centered and life-changing for your students. In all of these roles, we need your help putting Jesus at the forefront. Seek to exemplify Christ in your attitude, actions and speech. Your spiritual leadership is vital to our youth's experience. That's why we're asking you to:

Engage Students

Processor- As your youth interact with the community, each other and Jesus, there will be much to process. By asking questions- then asking more questions- you'll help students internalize the experience.

Motivator- Youth need your words of encouragement. As you serve alongside the youth, use your language to uplift them. Help the youth to understand the importance of what they are doing and, at the same time, challenge them to step outside their comfort zones in the way they work and the people they interact with.

Team Player- Respect the people you are working alongside. Work together with your Adult Leaders. Handle conflict respectfully. Be conscientious of the other groups you might be working alongside. Set an example by exhibiting respect for the diverse beliefs and faith backgrounds of others.

Participant- By actively participating in all activities and conversations you'll not only deepen your experience, but you'll show the youth that these experiences are worth being involved in. By being involved you will both set an example for the youth and set yourself up for incredible interactions.

Lead Students

Tone-Setter- Your attitude matters. Be patient, flexible and positive in the way that you respond. You are the model for the youth during this experience.

Servant Leader- Look for opportunities to serve each other, the students, and our community. You may be asked to do something that is out of your comfort zone. Be flexible and approach every task with a willing heart.

Communicator- Be proactive about communicating questions and concerns with the Co-Leaders of the trip. Attend all Adult Leader Meetings (this is when details and info about the next day will be shared)

Direct Students

Safety Promoter- Safety is our top priority. Remind the youth to stay hydrated, stick together and stay within the boundaries given.

Supporter- All youth signed a Youth Code of Conduct. Please do your part in making sure students are upholding these expectations and are conducting themselves in a way that honors God, themselves and others.

Please sign below acknowledging that you agree to meet the expectations of this Adult Leader Roles and Responsibilities and have read the Youth Code of Conduct.

Signature

Date