

# 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 11<sup>th</sup> 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