



Comunidad Educativa Evangélica
Siguatepeque, Honduras
Central America
www.ceehonduras.org

Dear Volunteer,

Welcome to Comunidad Educativa Evangélica!

We want to thank you for your interest in our school. We are very proud of our institution – our students and our staff. Our mission is to “facilitate the transmission of knowledge, values, and attitudes through a transforming education based on the Word of God”.

The following Volunteer Handbook is designed to provide you with important information that you need to know before choosing to volunteer at our school and before arriving in Honduras. There is a lot of information in the following pages. You don't have to read it all at once! We will expect you to know the information before arriving in the country. We also anticipate your questions and thoughts in response and look forward to answering them. Please feel free to ask anything that comes to mind.

Please take note of the section on Cultural Sensitivity. While serving in Honduras, you are a guest and it is very important that you come with an attitude to serve. This section will help you in considering this important role and how you can begin to prepare yourself before stepping on the plane.

We trust this information will be helpful as you consider working at our school and prepare yourself to come and serve with our team. We know it will be an experience that you will change your life forever!

We look forward to hearing from you!

Blessings,

English Program Team
Comunidad Educativa Evangélica
Siguatepeque, Honduras
www.ceehonduras.org

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WHO WE ARE

Student Population

Our student population includes a wide spectrum of backgrounds. As we are primarily a tuition-based private school, many of our students are from middle to upper-income families, and form the financial base for our school to remain self-sustainable. While we do receive donations from individuals, churches and organizations outside of Honduras for various special projects, all of the funds for our day-to-day operating costs come from tuition paid by our families that can afford to pay.

School Information

Our school is split into 3 sections: the kindergarten program (Junior Kindergarten and Senior Kindergarten), the elementary program, (Grades 1-6) and the secondary program (Grades 7-11). Our students take approximately half of their classes each day in Spanish and half of their classes in English. For example, the Gr. 1s may have their Spanish classes in the morning and their English classes in the afternoon. In the secondary program, students take some subjects in English (i.e. Phys Ed, Science, English Language) and some subjects in Spanish (i.e. Geography, Math, Computers). All of the teachers in our Spanish program are local Honduran teachers. In our English program, some of the teachers are bilingual Hondurans, while others are from abroad (i.e. Canada, England, U.S.A etc.).

Daily Schedule

7:15	Classes Begin
12:00	Kindergarten Dismissal
2:30	Elementary Dismissal
2:50	Secondary Dismissal

Sample Yearly Calendar

The following are the important dates for the 2019-2020 school year:

New International Teacher Airport Pick-Up Date	Aug. 2nd , 2019
Teacher Orientation	Aug. 5th-19th, 2019
First Day of Classes	Aug. 20th, 2019
Christmas Holidays	Dec. 21st, 2019 – Jan. 6th, 2020
Easter Holidays	April 05 – 11th, 2020
Final Day of Classes	May 31 st , 2020
Completion of Teacher Contract	June 16th, 2020

Misc. School Information

Civic Hour: Every other week elementary and secondary students gather for an assembly, where we sing the Honduran national anthem, pray and have a short devotional, based on our chosen value for that week or month.

Devotional: All elementary and secondary students participate in a weekly devotional, either with their classmates or in other small groups. High school devotionals are on Tuesday and Thursday mornings and elementary devotionals are in each grade various times during the week.

IDEAS OF POSSIBLE INVOLVEMENT AT SCHOOL

There are many ways in which one can be involved at CEE. We are willing to work with your personal strengths to find the best fit while you are volunteering in Honduras. The following list has some examples of what previous volunteers have helped us with:

- Helping in different classes and levels with certain projects, reading with students one on one, helping with class activities, presenting information you are knowledgeable about
- Teaching specific classes (i.e. Science, Language, Reading, Spelling, PE)
- Helping with library projects (i.e. leveling books, organizing specific sections, coming up with new ideas to implement)
- Aesthetic projects around the school (i.e. painting, planting a garden)
- Field trips with different grades
- Sharing your testimony with high school students
- Helping with Adult ESL classes
- Assisting in after school activities (i.e. Reading program with parents)
- Judging at the Science Fair
- Tutoring our students during the summer

BEFORE YOU LEAVE

Personal Preparation

Things to consider as you prepare to leave:

- Register with your country's Honduran or Central American Embassy.
- Set up online banking.
- Make sure your bank cards will work overseas. and you have notified the bank company you will be traveling
- Photocopy all important documents and leave a copy of them at home (including bank cards, driver license, passport, etc.).
- Medical and dental checkups.
- Bring copy of all health records, immunizations, prescriptions, etc.
- Read about life and culture of Honduras
- Be mentally prepared that you are going to enter another culture that has different language, food, housing arrangements, and worship patterns

Spiritual Preparation

- Pray that the Lord will prepare you for your time on the trip.
- Pray for harmony and unity between yourself and others with whom you will work.
- Get others to pray with you and for you while you are in Honduras.

- Share with others in your church and where you work or go to school what you are doing and why.
- Come prepared to be a servant.
- Think about why you are coming to volunteer and what experiences are you looking for.

Prayer Team

We ask all of our volunteers to raise a prayer support base of people who will commit to pray regularly (at least once for you during your preparation and time serving in Honduras. They need to be mature Christians who will take their prayer covenant with you very seriously.

THIS IS THE MOST IMPORTANT THING YOU WILL DO IN PREPARATION TO SERVE IN HONDURAS!!!

PRAYER TEAM LIST

Name	Email	Phone
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		
6. _____		
7. _____		
8. _____		
9. _____		
10. _____		

LIFE IN SIGUATEPEQUE

School Location

The school is located in the city of Siguatepeque, in the heart of Honduras. The city is approximately 1200m (4000ft) above sea level and surrounded by lush, green mountains. Siguatepeque enjoys an excellent climate year-round, with mostly sunny days and cool nights. Siguatepeque has a population of 80,000 and it is located two hours away from the two main cities in Honduras: Tegucigalpa, the nation's capital and San Pedro Sula, the largest industrial center. Both major cities have international airports, with flights arriving daily from Canada and the United States.

Local Climate

The average annual temperature range in Siguatepeque is 18-30°C (65-85°F). As Siguatepeque is in a mountainous region, it does not have the typical tropical climate. During the “rainy” season, June through November, it is not constantly raining but you will want a water repellent jacket. From December through February, when the temperature dips occasionally down to 4°C (40°F) you will feel the cold more because there are no heating systems anywhere. Layered clothing works best on cold days, so bring a fleece, sweater, sweatshirt, long pants, socks, gloves, scarves etc. to wear.

The “dry” season is from February to May, with the hottest months being April and May. The temperatures peak at 32°C (95°F) but it is still relatively comfortable because of the low humidity. During these months you may not see any rain what-so-ever, leading to water shortages and poor air quality. Once the dry season begins, the temperatures during the day will average 28°C (82°F). Evenings can be cooler, and a sweater may be needed.

The lower the elevation, the warmer it will be. Beach temperatures in the middle of the day can be up to 35 C with humidity. The sun is extremely strong, so sunscreen is a must.

Activities and Entertainment in Siguatepeque

- There are various evangelical churches with Bible studies available
- Sports (both organized and recreational) – staff has access to soccer fields, volleyball/basketball court, and a pool.
- Restaurants (Mexican, Chinese, fast food, Italian, and local cuisine)
- Movie Theatre
- Cultural Events (concerts, festivals, holiday celebrations, parades, and more)

LANGUAGE ISSUES

One concern that many potential volunteers express is that they do not speak any Spanish. Knowledge of Spanish is not a requirement to volunteer at our school, and often in the classroom it works in your advantage to not understand Spanish, as students are forced to speak only in English. Outside of the classroom though, it can be daunting to not speak any of the local language. Rest assured – you will learn, and there are lots of people around to help you along the way!

If possible, try to learn some Spanish before arriving in Honduras. Even a few basic phrases, like “How are you?” and “My name is ...” will make you feel more comfortable upon arrival. Check out your local bookstore for helpful CDs, books, dictionaries, etc.

Once you arrive in Honduras, there are a number of different options for taking Spanish classes, if you are interested. Please talk to the English Program Coordinator who can help arrange a teacher for you. 1 hour of one-on-one Spanish lessons normally costs \$6.00 USD- \$8.00 USD.

Basic Spanish

- Hello/Hi = Hola
- Good day= Buenos días
- Good afternoon/evening = Buenas tardes
- Good night = Buenas noches
- Good bye = Adiós
- See you soon = Nos vemos
- Have a nice day = Que tenga un buen día
- Nice to meet you = Mucho gusto
- My name is = Mi nombre es _____
- Excuse me = Con permiso
- Thank you = Gracias
- You're welcome = De nada
- Yes = Si
- No = No
- I don't speak Spanish = No hablo español.
- Do you speak English? = Habla inglés?
- Can you help me? = Puede ayudarme?

TRAVEL INFORMATION

Several major airlines have regular (weekly or daily) flights to Honduras. Please book flights into San Pedro Sula, as this airport is easier for us to access than the airport in Tegucigalpa (the capital city of Honduras). Look for a flight that arrives around mid-day as it is safer to drive during the day than it is at night. Some helpful travel websites to check out are:

- www.travelocity.com
- www.orbitz.com
- www.kayak.com
- www.expedia.com
- If you live in Canada, you can also contact Menno Travel (wendy@mennotvl.com) or Earth Trek Travel (darlene@etu.travel) as they both offer discounts for individuals who are buying flights to work for a non-profit organization.

Airlines that frequently fly to San Pedro Sula are American, Continental, Delta, TACA, and Spirit – be aware that each of these airlines have different connecting flight locations.

On the airplane be sure to declare accurately what you are bringing into the country to avoid problems going through Customs. If asked what you will be doing in Honduras, respond that you will be doing **VOLUNTEER** work, volunteering at Comunidad Educativa Evangélica. If asked if you will be working, holding a job or earning a salary, respond “**NO**,” or you could be denied entry. They don't want foreigners competing for jobs here in Honduras (you are essentially a short term missionary). At that time you will also fill out a form to apply for a “**tourist visa**.” After landing, as you go through Customs, this paper will be signed and stamped by the customs official, then stapled to your passport – be sure you don't lose it! Be sure to check that the customs official writes “90 dias” (90 days) on your sheet and not “30 dias”.

If requested to provide an address, you can give:

Comunidad Educativa Evangélica
Siguatepeque, Comayagua
Tel. 2773-0107

Documentation

When you first arrive in Honduras, you will receive a Tourist Visa (90 days). If you have questions or concerns about this, please speak with the English Program Coordinator.

Leaving Honduras

When you leave Honduras by plane, there is a exit fee around \$40 USD. This is paid at the airport, after checking into your flight. It must be paid in cash- either US dollars or Honduran Lempiras. If you are leaving Honduras via bus, there will be different fees that need to be paid at the border.

BANKING/FINANCES

To volunteer at the school, we ask for a \$100 USD administration fee that helps to cover some of the expenses while you are here, including your pick up and drop off at the airport. To live with a family it costs \$120 per week and this includes all your meals.

The administrative fee and cost of living with a family is due around the time you arrive, in US dollars. They do not need to be separate payments. The payments can be made in US dollars and given to the English Program Coordinator or English Program Assistant. The school does not accept personal cheques, traveller's cheques, or credit cards. It is best and highly recommended to bring this money with you from where ever you are traveling from, in case your bankcard does not work.

Around Honduras

The majority of banks do not exchange traveller's cheques, so please don't bring them. Honduran banks will not cash personal checks, nor will they accept American currency that is stained, torn, marked with ink, written on, etc.; check your currency before coming here. You should either bring Honduran lempiras or US dollars. If you bring dollars, they can be easily exchanged at the local bank with your passport. It is important to bring your payment for the school with you from where ever you are traveling from and in US dollars.

Credit cards are accepted at most hotels/hostels and sit down restaurants; VISA is the most commonly used. You also can use your debit card at local ATM to get out lempiras, but it is a good idea to check with your local bank on their international fees. Usually you can only withdrawal \$150 per transaction, which can include surcharges each time. However, it is always better to carry cash around and not just rely on your credit cards as sometimes there won't be a possibility to take money out while traveling. So please make sure that you bring enough cash with you!

If you are going to use your credit card or ATM/debit card, don't forget to let the credit card company/bank know in advance so there will be no problems while you are here.

Money/Budget for Travelling

To travel in Honduras is usually inexpensive, but it depends on how far you are going, where you want to stay and your meals. Usually for a weekend trip to Lake Yojoa, San Pedro Sula or Tegucigalpa, you should budget between \$50 -\$75 USD. For a long weekend or week trip to Utila or Copan Ruinas, you should budget about \$150 -\$200 USD. Again, these budgets are estimates and depend on your mode of transportation, where you stay and what you eat. For more specific information or travel ideas, you can speak to current teachers or the English Program Coordinator while you are here.

(Mostly) Budget Friendly Places to Stay Around Honduras

Siguatepeque

- Granja D'Elia: Located on the highway. Rooms are between \$40-\$60, but a very nice breakfast is included

San Pedro Sula

- Tamarindo Hostel: Located a little far from city center & the airport, but it's inexpensive at around \$15
- La Posada B&B: Located near the mall in a safer area of San Pedro. (\$13-\$30)
- Villa Nuria: Located close to the airport, it's a bit more expensive, but it has a nice pool, workout room, and free breakfast and shuttle to/from airport/bus station/mall. (\$40-\$60)
<http://www.aparthotelvillanuria.com/index.php?lang=english>

Copan Ruinas

- Hostel Iguana Azul: Located about 2 blocks from the center of town (\$5-\$15)
- Café Via Via: Cute restaurant & hotel with 5 rooms (\$15-\$25)

Utila

- Rubi's Inn: BEST budget hotel on Utila, many teachers have stayed here. (\$25)

Lago de Yojoa

- Panacam- located off the main highway, in a national park. Need to call in advance for pick-up from the highway. Nice rooms, including dorms & trails for hiking in national park. (\$8-30)
- Finca de las Glorias- located on the lake with cabins. (\$35 and up)
<http://www.hotellasglorias.com/index.html>
- D&D – located near the lake, but not on the lake. Good jumping off place if you want to visit the waterfall. (\$6-\$15) <http://dd-brewery.org/>

ACCOMMODATION

Normally, volunteers live with local families, especially those who have students at the school. We try to make sure there is at least one person that speaks or is learning English in the family to help with communication.

Most families charge approximately \$120/week which includes all meals, laundry, etc. In some cases the family will have internet which you can ask permission to use (though make sure to use sparingly, especially if others in the house need to use it.) Normally a volunteer will have their own bedroom, or will share with another volunteer. Volunteers should bring these funds in cash (US dollars) and give it to the school, who will provide the volunteer with a receipt, and then will give the money to the family. Many volunteers decide to also bring a small gift for their family. Please ask if you are wondering what would be appropriate.

COMMUNICATION

Internet

The school has a computer lab that is usually available for use during school hours, 7:15-3:30. There is also wireless internet at the school that is available any time for volunteers that bring their own laptop.

Sometimes home stays have internet access, through a family's computer or wireless if a volunteer brings a laptop, but this is not guaranteed.

Cell/mobile phones

Cell phones are very popular and affordable in Honduras. It usually will cost about \$25 for a basic phone. Then, you can purchase recharge cards for different amounts, depending on how much you use your phone.

CLOTHING

School Dress Code

Students at CEE wear the required school uniform, as do all Honduran children, whether in public or private schools. Volunteers, therefore, are also expected to dress appropriately – professionally, tastefully and conservatively. Please remember that since the students are wearing uniforms and are required to maintain a dress code, staff should do the same and come to work attired for work in a place of business. In general, volunteers should avoid wearing jeans in the classroom. Please avoid T-shirts, tank tops, clothing with offensive ads or slogans, sweats, baseball caps, etc., except for Phys Ed classes.

For women, a skirt (knee-length skirts are acceptable) and blouse (sleeveless are O.K. if modest), a dress, dress pants, nice khakis, etc. are proper attire; either shoes or sandals may be worn. Please avoid anything tight or low-cut. For male volunteers, polos or button-down shirts, dress or casual pants, and shoes (but not sandals) are appropriate. Men should bring along at least one dress shirt and tie for special occasions; (most men do not wear a jacket or tie to church). Fridays are 'casual' days and staff is allowed to wear nice, professional jeans and the school polo shirt that is available for purchase.

Bring along jeans for out-of-class situations, but not dirty, torn, worn-out, baggy or cutoffs. Shorts are appropriate for guys in town. Few Honduran men wear shorts, except perhaps at the beach or in areas of the country with a hot climate. Girls should bring long-shorts for around town or in the city. Shorter shorts are more acceptable for trips to the beach or other tourist destinations, sports

activities, etc. Most women still do not wear shorts in public, although this is changing rapidly. “*Evangélicos*,” as Christians are referred to here, tend to dress on the conservative side.

Tattoos and Piercing

Both tattoos and piercing are not as widely accepted in Honduras and especially Siguatepeque. It is a more conservative culture and for that reason, tattoos and excessive piercing are usually associated with gangs. Highly visible tattoos and piercing other than ear lobes (and any piercings for men) are prohibited by the school. For questions about this, speak with the English Program Coordinator.

PACKING GUIDELINES

Most items are available in Siguatepeque and/or Honduras. Some items tend to be more expensive than in your home country and often are poorer quality. Also, during your first two weeks here you will be very busy between meetings at school and planning for your classes. There will not be a lot of time to run around buying things. As far as what you will need for the first month or so, the more you can bring with you, the easier your transition to life in Honduras will be.

What to Bring

Please keep in mind that this is not an exhaustive list.

- *Paperwork*
 - **Vaccination Record**
 - **Passport and copy of Passport** – by law, all foreigners are required to carry around their passport as identification. Bring a good copy.
 - **Driver’s License** – if you have one

- *Clothing*
 - **School clothes:** outlined above.
 - **Casual clothes:** around town, travel and church.
 - **Work clothes** – clothes for painting, doing work around the school.
 - **Warm clothing:** sweater, jeans, jacket or fleece, closed toe shoes and warm socks. It will probably be cooler than you are expecting during certain times of the year. Some people may even need scarves, gloves, and hats (toques) depending on their tolerance for cold.
 - **Beach clothing:** for trips. Bathing suit, shorts and sandals are ideal. Sunglasses and hats recommended.
 - **Shoes** for different activities. Bring running shoes, dress shoes for school and church, and sandals for casual wear and for holiday trips.
 - **Pajamas**
 - **Underwear, Socks, Nylon, Tights, Leggings**
 - **Rain Jacket and/or Wind breaker**

- *Toiletries*

All of the following are available in Honduras but if you are particular about a specific or expensive brand, bring it with you.

- **Toiletries** – deodorant, soap (body and face), shampoo, conditioner, toothbrush, toothpaste, shaving items, nail clippers, nail files, make up, sunscreen (#30 recommended), bug spray with DEET, hand sanitizer, and Chapstick.
 - **Feminine products**
 - **Contacts** –bring extra pairs, an extra bottle of solution as it is expensive to buy locally, and glasses.
- **Hair dryer or Straightener/Curler**
- **Sunglasses and hat** for sun protection
- **Medications:** you will be able to find most prescriptions at the hospital pharmacy or in one of the larger cities, but probably under the generic name.
- **Basic health supplies** - Imodium, aspirin (or equivalent), Pepto Bismol tablets, multivitamin, Polysporin cream, Benadryl, and motion sickness medication.

- *Electronics*

- **Laptop** – If you are doing a practicum or university placement, it is highly encouraged that you bring a laptop computer to use while working at the school and communicate with your friends/family back home.
- **Flashlight and batteries**
- **Alarm clock** with battery backup as the electricity goes out periodically.
- **Camera, Flash drive/USB**

- *Personal*

- **Bible**
- **Journal, stationary, pens**
- **Spanish/English dictionary** and/or Latin America phrase book for travelers (pocket size)
- **Guidebook** for Honduras or Central America (there are some older versions available at the school library)
- **Calendar/day planner**
- **Money** - see Banking/Finances section
- **Small day pack/Laptop Case/Backpack**
- **Specific foods** that you can't live without.
- **Inexpensive watch**
- **Water bottle** with a wide rim top.
- **Sports equipment** – ex. Swimming goggles
- **English books** – to read while you are here & then to donate to the library. (The library does have a wide variety of English books)
- **Money belt or bra pouch** for greater security when traveling

Make sure to check with your specific airline regarding luggage regulations, as the rules change regularly. As well, depending on the airline, you may need to pay for checked baggage or you may have the option of bringing extra baggage for an additional fee. If you anticipate having a bit

of extra space in your luggage, please let us know as we may ask you to bring things specifically for the school or for others already serving here.

What Not to Bring

- **Expensive jewellery** (rings, watches, dangle earrings, long chains, etc.)
- **An overabundance of items**
- **Electronics** – while Honduras uses the same voltage as North America (110V), there are often power surges. Please be aware of this and try to only plug important electronics (such as your laptop) into a surge-protected power bar, and not directly into the wall.

HEALTHCARE

Since you will be in a foreign country and an unusual culture, it is important to remember that some precautions must be taken in order to remain healthy. Visitors in foreign countries generally experience some form of “travel sickness”. In adjusting to differences in climate, diet, altitude and bacterial flora, some people experience diarrhea, sometimes accompanied by nausea, fever and muscle aches. When it does happen it can be very uncomfortable and inconvenient but usually leaves in 24 to 48 hours. Expect to experience some stomach discomfort, and rejoice if you don’t. Drinking lots of water – 8 glasses per day – will help greatly, especially in combating the dehydrating effects of higher altitudes which is the main cause of headaches.

Avoid sunburn! Bring at least a #15 sunscreen and a hat. Remember that Siguatepeque is at a higher elevation and much closer to the equator. Your skin will burn quickly. Severe sunburn can incapacitate you for days. As much as possible, avoid direct exposure between 11 am and 3 pm, use plenty of sun block, wear a hat, and don’t stay in the sun for long periods.

We are fortunate that Siguatepeque has a very good hospital called the “Hospital Evangélico”. Should you require more care than what this hospital can give, you will be transported to a private hospital in Tegucigalpa or flown home. Be sure that your medical insurance covers these expenses should they arise.

We require volunteers to purchase out-of-country health insurance to cover any serious medical emergency that may occur. Please be sure your medical coverage includes evacuation if necessary.

Here are a few insurance companies that other volunteers have used in the past:

For Canadian Citizens

TIC Travel Insurance Coordinators
#1200 - 438 University Ave.
Toronto, ON M5G 2K8
Canada
Telephone 416-340-1980
Toll-free 1-800-670-4426
Fax 416-340-2707
<http://www.travelinsurance.ca/>

For U.S. Citizens

International Medical Group, Inc.
2960 N. Meridian St.
Indianapolis, IN 46208
USA
Telephone: 317-655-4500 or 800-628-4664
Fax: 317-655-4505
www.imglobal.com

Travel Assist Network

Cooperators
 130 Macdonell Street
 Guelph, ON N1H 6P8
 Toll-free 1-877-545-2667
 Fax 1-866-222-4947
www.cooperators.ca

1001 South Capital of Texas HWY
 Austin, TX 78746
 Tel: 512-330-0306
 Fax: 512-330-0197
www.TravelAssistNetwork.com

Samaritan Ministries
 P.O. Box 3618
 Peoria, IL 61612
 Inquiry: 888-268-4377
 Members: 877-764-2426
 E-mail: smchcn@smchcn.net
<http://www.samaritanministries.org/>

Immunizations

Schedule an appointment with your regular doctor or medical travel clinic to receive up-to-date recommendations for Honduras.

Be sure that your regular immunizations are up-to-date; especially tetanus and Hepatitis A and B. If you've had these shots in the past, check to see whether or not any of them need to be repeated.

Siguatopeque is not in a malaria, cholera or typhoid area, but malaria does exist in the coastal areas, especially the in the region of the North East. Dengue Fever is also prevalent in Honduras during the rainy season. Travellers are reminded to ensure that their routine (childhood) immunizations (e.g., tetanus, diphtheria, polio, and measles) are up to date. Please include a scanned copy of your vaccination record with your application.

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
<u>Routine</u>	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
<u>Hepatitis A</u> or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
<u>Hepatitis B</u>	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission, especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).
<u>Typhoid</u>	Recommended for all unvaccinated people traveling to or working in Mexico and Central America, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.

<u>Rabies</u>	Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, or hiking. Also recommended for travelers with significant occupational risks (such as veterinarians), for long-term travelers and expatriates living in areas with a significant risk of exposure, and for travelers involved in any activities that might bring them into direct contact with bats, carnivores, and other mammals. Children are considered at higher risk because they tend to play with animals, may receive more severe bites, or may not report bites.
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Water

There is no potable water from municipal systems in the entire country. No one drinks from the tap! Bottled water is very inexpensive and host families should have purified water for you to drink. Bring a water bottle with you that can be filled regularly and carried with you to avoid dehydration.

CULTURAL SENSITIVITY

During your time here you will notice the cultural differences, both at the school and in your interactions within the community.

A Philosophy for Relating to the Honduran Culture

One of the aspects of working in a developing country, which is likely to incite a great deal of discussion, is just how much one should try to “fit in”. This question has bearing on the clothes you will wear, the food you will eat, even the volume of your conversation! Here are some basic operational principles that will help you relate well to the Hondurans.

- **You are guests** - When you are working at the school, you are working at the invitation of the Board of Directors and the School Administrative team. Be as sensitive to your role as guest. If nationals are offended by your actions, change your behavior.
- **You are there to learn, not to teach** - You will undoubtedly run across procedures that you feel are inefficient, or attitudes that you find closed-minded. Resist the temptation to inform your hosts “how we do things”. Ask yourself why the community operates that way: What is the benefit? Be open to learning that other methods and ideas may have merit that is not readily apparent to a foreigner’s eyes.

Avoid the “anything we do makes a difference” attitude and try your best to be humble with your actions. Save your observations for devotional time when the entire group can explore the causes and effects of the community’s idiosyncrasies. If you are coming to work in the classroom, please make sure that you are respecting the teacher and how they do things in class. Please realize that the teachers have been working with the students for a longer time and for that reason have a more rounded picture of each student. Resist negative comments about students as you will only be seeing a glimpse of time and may not have the full understanding of the student. These students are also second language learners, which means although they may not understand everything you are saying it doesn’t mean that they don’t understand. Please be respectful of this when volunteering and try to speak a bit slower and continually check for understanding. Also please be respectful of school rules set in place as they are there for a reason. For example, the

school has specific copy days for a reason so we ask that you respect the rules even if they do not quite make sense to you.

- **You must respect the Honduran view of Christianity** – It is important to recognize that Christianity has many faces throughout the world, and that the purpose of your trip is to witness and experience faith lived out in a new setting. One of the keys to effective cross-cultural ministry is to identify those aspects of Christianity, which transcend cultural trappings. Here in Honduras, you will find the evangelical church generally conservative and legalistic. It is important to understand the difference between cultural Christianity (that which is influenced by one's own culture) and the Christian culture (that which is defined by Christ).

General Cultural Differences

Your ability to adapt yourself to a new culture will have a great effect on your attitude and your ministry. Your ability to perceive and respond differently to cultural signals will determine the positive or negative outcome of your time here, experientially, relationally, and spiritually.

- Common greetings are different (kiss on the cheek between women, pat on the arm between men and women). It is common to have less personal space than you are used to.
- Confrontation will not be received well and could potentially destroy friendships.
- You will not be confronted like you are used to.
- Time is a fluid concept – this encompasses all aspects of life, plans will change frequently.
- Efficiency is not valued as highly as it is in North America, this will show up in many different ways.

It is important to recognize these cultural differences; not as better or worse than what you are used to but as different.

SAFETY AND SECURITY

The crime rate in Honduras is high, especially in the large cities. Fortunately, Siguatepeque is considered one of the safest areas in the country, but common sense is your best defense. We go over some basic rules when you arrive in the country so you can avoid being a victim.

This is not meant to alarm you unduly but to simply make you aware of the situation here in Honduras. It is a country where there is a great disparity between the rich and poor, and crime is a problem. Theft from cars and homes is a concern, but if you are aware of certain situations the likelihood of a problem is reduced. You will see that most homes have burglar bars and barbed wire to protect the doors and windows.

Personal Security Tips

- Do not walk at night
- Avoid going out alone There are times of course when you cannot avoid it, just become aware of your surroundings. There is no problem walking around downtown during daylight hours provided usual precautions are taken.

- Always be aware of your surroundings
- Lock your doors and windows before you go to bed
- Do not carry large amounts of cash
- Do not overdress, and avoid wearing flashy jewelry
- Be wary of “bargains” offered by persons on the street
- Avoid using ATM machines at night

Tips for the Beach and Waterfalls

- Leave valuable possessions at home.
- Don't leave belongings unattended.
- Don't wander alone.
- Stay in groups or crowds

HELPFUL RESOURCES

Websites

- <https://www.cia.gov/library/publications/the-world-factbook/geos/ho.html> - CIA World Factbook
- www.hondurasthisweek.com – online version of a national English newspaper
- <http://www.lonelyplanet.com/honduras> - Lonely Planet Online
- <http://www.letsgehonduras.com/> - Let's Go Honduras Online
- <http://hondurasculturepolitics.blogspot.com/> - Blog with one view of Honduran Culture & politics