

# Honduras

T R A V E L J O U R N A L

Everything You Need to Know About Your CHF 5-Year Club Trip



2018 FIVE-YEAR CLUB

# ITINERARY

- **MONDAY**      5/21      Depart LAX and arrive in San Pedro Sula; Visit feeding center in SPS – Staff will interact with children and serve lunch; Drive by ministry area in SPS (garbage dump); Food Pak visits

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- **TUESDAY**      5/22      La Esperanza; Food Pak visits; Dinner with kids @ MEDA – CHF staff serves dinner to children

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- **WEDNESDAY**      5/23      Siguatepeque and Comayagua; Food Pak visits; Dinner with Mercy Network pastors at MEDA

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- **THURSDAY**      5/24      San Pedro Sula/Tela; Food Pak visits

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- **FRIDAY**      5/25      Return to USA



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# ABOUT CHF



## DESCRIPTION OF MINISTRY

Children's Hunger Fund is a nonprofit organization incorporated in California to assist in meeting the physical and spiritual needs of children and their families in the United States and developing countries by obtaining and distributing food and other items and by working in cooperation with other organizations toward that end.

## CHF MISSION

Children's Hunger Fund seeks to deliver hope to suffering children by equipping local churches for gospel-centered mercy ministry.

## CHF DISTINCTIVES

**PRIORITIZE THE GOSPEL:** We declare the message of the gospel of Jesus Christ as our first priority. It is the only source of true hope, the ultimate remedy for mankind's suffering, and the power of God to those who are being saved. Therefore, we unite our God-given gifts and resources for gospel proclamation.

**ELEVATE THE CHURCH:** The Church was divinely established and its existence uniquely guaranteed by God as His representative of the gospel in word and deed. Therefore, we elevate and esteem churches dedicated to the gospel, by equipping and providing resources to help them proclaim this message to the world.

**IMPACT THE NEXT GENERATION:** Children are made in God's image and He commands us to nurture and instruct them in His Word. Therefore, we impact the next generation for Christ, so that one day they would be restored as "children of God" through the power of the gospel.

**PURSUE RELATIONSHIPS:** The most effective way to serve the needs of others is through ongoing, personal relationships. Therefore, we prayerfully pursue relationships with those we serve and those who help us accomplish our mission, so that our actions might be used by God to transform lives.

**STRIVE FOR INTEGRITY:** We recognize that we are ultimately accountable to God for the stewardship of the resources He has entrusted to us. Therefore, we strive to fulfill our mission with integrity before God and conduct ourselves in such a way that enables others to trust our work with confidence.

## IMPORTANT CONCEPTS

### MERCY MINISTRY

This signifies the spread of the gospel through the distribution of material goods and service, toward the alleviation of human pain, suffering, and deprivation, caused by natural and manmade problems, particularly problems impacting children.

### MERCY NETWORK

A Children's Hunger Fund "Mercy Network" is a collection of like-minded churches, trained and equipped by CHF, that are pursuing gospel-centered, Relational Mercy Ministry. On an international level, CHF, in partnership with our in-country partner, carefully selects a Mercy Network of churches. CHF then provides training and resources for this network of churches, so that they might provide care for their communities, and establish relationships through home delivery of food for the progress of the gospel.

### FOOD PAKS

The resources that CHF provides for these churches is a Children's Hunger Fund "Food Pak," which is a box that holds up to twenty pounds of nutritious food. The most effective way to care for a family in need is to bring help directly to their door. CHF's Food Paks are relationship-building tools that provide face-to-face opportunities to share the gospel through practical acts of compassion.



# MINISTRY PARTNER



## **MINISTERIO EVANGELICOS DE LAS AMERICAS (MEDA)**

Ministerios Evangelicos de las Americas (MEDA) is CHF's primary partner in San Pedro Sula, Honduras.

Children's Hunger Fund identifies regions of severe need and then establishes strategic ministry alliances to serve the children in those regions. CHF began providing services to Honduras in 2013 through MEDA.

Our ministry in Honduras started as a result of a generous donor whose company currently has production in San Pedro Sula, Honduras and whose donation allowed the launch of 21 churches serving the poor through our in-home delivery model. Our partner ministry, MEDA, is a connection from TMAI (The Master's Academy International). Our relationship with MEDA was a result of personal connections nurtured by their annual participation in Shepherd's Conference at Grace Community Church.

## **MEDA MISSION**

MEDA exists to train pastors and key leaders in the church, by providing the necessary resources for them to be revealers of the Faithful Word. Exhorting with sound doctrine and convincing those who contradict.

## **MEDA VISION**

The vision of Ministerio Evangelicos de las Americas is to serve and strengthen the body of Christ in Honduras, and the rest of Hispanoamerica through the training of biblical leaders qualified to minister.



# BEFORE YOUR TRIP

## PREPARATION FOR YOUR TRIP

### PASSPORT

A valid passport is required for entry into Honduras. Please make sure that your passport does NOT expire before May 2019 (one year from our trip). If this will be a problem or you need assistance, please contact CHF offices immediately.



### VISA

Currently, a visa is NOT required for entry into Honduras. However, please contact the nearest Honduran consulate in your area and confirm this information at least 3 weeks prior to the trip, as laws can quickly change, depending on the current political situation of the country.

### VACCINATIONS

No vaccinations are required. However, it is highly recommended that you consult your physician for any recommended vaccinations when traveling to Honduras.

### MEDICATIONS

Please contact your physician to inquire about medications you may need.

### SPENDING MONEY

All of your lodging and transportation expenses are covered by CHF during the trip, including your meals. Your only out-of-pocket expenses will be for additional food or souvenirs. In addition, any cost(s) associated with an in-country visa while in Central America, which should not exceed \$30, will be your personal responsibility. There will be opportunities on the trip to purchase souvenirs. Our suggestion would be that you bring \$200-\$300 in cash, depending on how much shopping you wish to do. You may choose to bring less cash than that if you will not be doing much or any shopping.

### EXCHANGING MONEY

You will have an opportunity to exchange currency at the direction of the CHF team lead and in-country partner.

## EXCHANGE RATE

\$1 USD = 23.68 Honduran Lempira  
(at the time of publishing)

## EMERGENCY MEDICAL INSURANCE

Check with your health care provider to determine the extent of your health care coverage while in Central American countries.



## PROVIDING EMERGENCY CONTACT INFORMATION

Please provide **Cate Cardenas** with the name and phone number of a person for us to contact on your behalf in case of an emergency.  
**210.395.4200 Ext. 5003** or **CCardenas@ChildrensHungerFund.org**

## LUGGAGE

Each team member is encouraged to bring one piece of checked luggage and one carry-on. Please check with your airline for weight limitations and baggage fees. We encourage you to pack as light as possible.



## WHAT TO BRING

### ATTIRE

As a general rule, dress should be modest, but comfortable. The weather will vary from location to location. Men, in particular, should plan on bringing ample shirts. Men can wear comfortable slacks or jeans, t-shirts or lightweight short sleeve shirts. Women can wear comfortable slacks, pants, full-length sun dresses, or full-length skirts in the city, but no shorts. Shoes should also be comfortable. Tennis/walking shoes are appropriate. Important: sandals should be avoided, due to the possibility of rain and mud.

### JEWELRY

Modest jewelry only.

## TRAVEL SAFETY

# RECOMMENDED PACKING LIST

Bible

Notepad for journaling

Light jacket (essential,  
as it is winter season)

Snack food

One bottled water  
(for first morning)

Small backpack for day trips

Flashlight

Compact umbrella

Prescription medications/  
toiletries

Travel pillow

\* If you are taking prescription drugs, bring an adequate supply and make sure they are in the original bottles with the labels on the bottle. Place in carry-on bag.

Imodium capsules

Basic nose/ear/throat/  
pain relief medications

Camera

Film and replacement batteries

Sunscreen

Anti-bacterial hand gel  
(a must!)

Lip balm

Sunglasses

Hat or baseball cap

## AIRPORT SECURITY

*Airports and train stations have proved to be high-risk for terrorist attacks.*

- Say goodbye to friends and relatives before you get to the airport or station, particularly in the host country. Minimize the amount of time that you spend outside of security.
- Check your departure times before leaving for the airport to make sure your plane is on time, to diminish the number of waiting long hours in the airport.
- Comply with security checks quietly.
- If a stranger asks you to carry anything, refuse. Quietly notify airport security.
- Areas outside of security are especially sensitive. Avoid sitting next to trash receptacles and vending machines. Be aware of your surroundings, watch the people around you, and know the locations of exits. Do not sit next to unattended baggage or boxes.
- Do not wear clothing that identifies you as an American when you travel.

- If there is an evacuation, do not panic, walk quickly to the nearest exit and get away from the airport.
- Keep a low profile at all times in the airport. Do not make a lot of noise.
- After claiming your baggage, remove any security tag before flying again. Destroy all security tags so they cannot be used again.
- Shred your boarding passes. They contain personal information.
- If separated from the team in airport, meet at the gate; do not get on the flight without the group.

## HOW TO BEHAVE IF HIJACKED

*In the remote possibility that you are hijacked, your behavior alone may be the very reason you survive and survive unharmed. If you survive the first 15 minutes, you usually survive the hijacking attempt.*

- Remember that pilots and attendants are trained for such events. Follow their exact instructions.
- Keep as quiet as possible.
- Follow all instructions from the hijackers. Do not talk or look around.
- Avoid eye contact.
- Do not do anything that will cause you to be singled out.
- Do not ask questions or ask for special treatment.
- Do not flaunt your citizenship. Being an American is not an asset in this situation.
- Do not complain.
- Do not be a hero or try to disarm the terrorist. This usually does not work and you will be the one that ends up hurt or dead.
- Do not talk. If you must do so, talk in a normal voice. Whispers are suspicious.
- Eat all food they give, even if you do not like it. You need to keep your strength up.
- Only use the bathroom when you absolutely have to. The fewer times you must get up the better.
- Do not display authority in any way. Do not volunteer. Do not try to negotiate. Do not enter into discussions in any way.
- Terrorists will often spread propaganda. Just listen. This is not the time to debate. Remember, the terrorists are prepared, willing to die, and not rational.

- Do not attempt to hide anything.
- Once the initial shock is over, begin to observe everything. This will be valuable to you. Know how many terrorists there are, what they look like, and what type of weapons they have. Keep your mind alert and thinking.
- Remember that if you find yourself in this situation that most hostages survive. Do not panic or allow fear to control you.

## WHAT TO DO IN A RESCUE ATTEMPT

*If a rescue attempt is attempted, consider the following:*

- Do not make any sudden moves. This alarms both the hijackers and rescuers.
- Do not get involved. Do not try to disarm your captors, let the rescuers do their job. They may mistake you for a terrorist, or you may be caught in the crossfire.
- Follow directions given by rescuers or crewmembers immediately and quietly. You may be treated roughly at first by the rescuers because it is common for terrorists to try to disguise themselves as one of the hostages. Be patient with this process.
- Put your head down or get under your seat if you are able.
- Leave your luggage and evacuate as quickly as possible when you are instructed to.
- Keep your hands empty and above your head, and get away from the aircraft as quickly as possible.

## GENERAL IN-COUNTRY ETIQUETTE AND SAFETY



*Due to the nature of our ministry, CHF is present in countries where there is constant risk of violence and crime. Therefore, we take the following precautions for every trip:*

- Dress modestly and do not draw attention to yourself (avoid flashy or expensive jewelry and/or shoes).
- Secure money and other belongings.
- Securely carry passport and travel cash with you at all times.
- Always stay in a group and with partners.
- Avoid areas of public demonstrations/protests.
- Avoid public transportation.
- Do not engage with street vendors (initiated by vendor); do not make eye contact.
- Only allow partners to make payments to locals; do not pull out wallet/purse in public.
- Keep electronics out of sight.
- Take pictures only where safe and appropriate.
- Do not give money to beggars, even children.
- Avoid extending invitations to the US.

## **HEALTH PRECAUTIONS**

- Wash hands with antibacterial soap before eating, or use a hand sanitizer. Sanitary wipes or towelettes are also good to have (antiseptic).
- Keep cuts and scrapes clean.
- Drink plenty of fluids and do not share your drink with others.
- Check for bugs before putting on clothes.
- Take care of any insect bite immediately.
- Use a mosquito spray with 40-50% Deet.
- In case of rain or other moisture, dry feet as soon as possible and keep feet dry.
- Do not handle animals.
- Bathroom facilities can be very limited during certain parts of the trip. It would be wise to take a roll or two of toilet paper in your checked bag, and maybe a small emergency roll to carry in your day bag. Flushable wipes may also work.

# COUNTRY NOTES



## ABOUT HONDURAS

### POPULATION

8.4 million (as of 2013)

### CAPITAL

Tegucigalpa

### GOVERNMENT

Constitutional Democratic Republic

### ETHNIC GROUPS

Spanish-speaking Latinos 90.0%, Amerindian 7%, Black 2%, White 1%

### RELIGIONS

Roman Catholic 97%, Protestant 3%

### LANGUAGES

Spanish (official)

### TIME ZONE

Honduras is 1 hour ahead of West Coast time (PST) in the US.

### CLIMATE

The climate is tropical with cooler, more temperate weather in the mountains with temperatures ranging from 16°C (61°F) to 20°C (68°F). The north coast is very hot with rain throughout the year, and though the offshore breezes temper the climate, the sun is very strong.

### BRIEF HISTORY

**Early Honduras:** For thousands of years, indigenous peoples lived in Honduras. The greatest of them were the Mayans. However, the first European to reach Honduras was Christopher Columbus on July 30, 1502. Columbus later sailed as far south as Panama. The area became known as Honduras from the Spanish word for depths. The Spanish conquest of Honduras began in 1523. The native people resisted bitterly but by 1539 the Spanish were in control. The native

people were forced to work for the Spanish, but their numbers fell drastically partly due to European diseases, such as smallpox, to which they had no resistance. In the early 19th century, the Spanish colonies in Central and South America gained their independence. Honduras became independent from Spain in 1821 but in 1822 it was joined with Mexico and four other nations: Costa Rica, El Salvador, Guatemala, and Nicaragua. However, the five Central American nations broke away from Mexico in 1823. Honduras finally became completely independent in 1839.

**Modern Honduras:** In the early 20th century, exportation of bananas came to dominate the economy of Honduras. In 1924, General Tiburcio Carías Andino was elected president of Honduras. He made himself a virtual dictator and he held onto power until 1949. General Oswaldo López seized power in Honduras in 1963. Then, in 1969, Honduras fought a war with El Salvador. López resigned in 1974 but civilian rule was not restored until 1981. Unfortunately, Honduras suffered badly when Hurricane Mitch struck in 1998. The country slowly recovered, but Honduras remains a very poor country.

Congressional, municipal, and first-round presidential elections took place on September 11, 2011. The final round of presidential elections took place on November 6, 2011. The administration of Otto Perez Molina was inaugurated on January 14, 2012.

## CULTURE

Honduras is one of the poorest countries in Latin America and has the world's highest murder rate. More than half of the population lives in poverty and per capita income is one of the lowest in the region. Poverty rates are higher among rural and indigenous people in the south, west, and along the eastern border than they are in the north and central areas, where most of Honduras' industries and infrastructure are concentrated. The increased productivity needed to break Honduras' persistent high poverty rate depends, in part, on further improvements in the educational system. Although primary-school enrollment is near 100%, educational quality is poor, the drop-out rate and grade repetition remain high, and teacher and school accountability is low.

Honduras' population growth rate has slowed since the 1990s, but it remains high at nearly 2% annually. The birth rate averages approximately three children per woman and more among rural, indigenous, and poor women. Consequently, Honduras' young adult population - ages 15 to 29 - is projected to continue growing rapidly for the next three decades and then stabilize or slowly shrink.

Population growth and limited job prospects outside of agriculture will continue to drive emigration. Remittances represent about a fifth of GDP.

## CUISINE

Honduran cuisine is a fusion of indigenous (Lenca), Spanish, and African. There are also dishes from the Garifuna people. Coconut and coconut milk are featured in both sweet and savory dishes. Regional specialties include fried fish, tamales, carne asada, and baleadas. Other popular dishes include meat roasted with chismol and carne asada; chicken with rice and corn; and fried fish with pickled onions and jalapeños. In the coastal areas and the Bay Islands, seafood and some meats are prepared in many ways, some of which include coconut milk.

Among the soups the Hondurans enjoy are bean, mondongo (tripe soup), seafood, and beef. Generally, all of these soups are mixed with plantains, yuca, and cabbage, and are served with corn tortillas.



## SAFETY PRECAUTIONS

As is the case in traveling to any foreign country, be aware of the possible safety risks. In Honduras, petty crime is common. Although CHF has never had a negative situation on any trips to Honduras, it is necessary to be mindful of petty theft, such as pick-pockets, and to take the necessary precautions. Here are some common-sense ways to maximize your safety:

- Avoid breaking away from your group.
- Never go anywhere alone. Always have someone with you, and communicate to others when and where you are going.
- Avoid becoming a target. Do not draw attention to yourself or stand out from the crowd.
- Keep your camera out-of-sight in your backpack
- Avoid flamboyant/expensively looking attire or jewelry.

## HEALTH PRECAUTIONS

- Use plenty of insect repellent containing DEET if you plan to visit the jungle (we will not on this trip, but you are welcome to use it anyway).
- Wash your hands frequently with soap and water, or with anti-bacterial gel.
- Carry a roll of toilet paper with you because bathrooms are often lacking.
- Wear long sleeves and pants from dusk to dawn.
- Avoid drinking tap water. Only drink bottled water. Ask for drinks “without ice” (Spanish, “sin hielo”).
- Avoid eating salads. Eat only fruits and vegetables that you can peel.
- Avoid eating food from street vendors.
- Avoid eating dairy products unless they have been pasteurized.
- In order to avoid diseases such as rabies, do not touch animals like dogs or cats,
- Do not swim in fresh water. It is better to swim in the ocean, but first ask a local how safe it is. Some beaches may be contaminated.

## SPANISH PHRASES

ENGLISH	SPANISH
Are you ok?	¿Está bien?
At what time?	¿A qué hora?
Come	Ven
Danger	Peligro
Excuse me	Con permiso/Disculpe
God bless you	Dios te bendiga
God loves you	Dios te ama
Good afternoon or evening	Buenas tardes
Goodbye	Adiós
Good Morning	Buenos días
Goodnight	Buenas noches
Hello	Hola
How far is it?	¿Qué tan lejos está?
How much is it?	¿Cuánto es?/¿Cuánto cuesta?
How old are you?	¿Cuántos años tiene?
I'm hungry	Tengo hambre
I'm sorry	Lo siento/Disculpe
Jesus loves you	Cristo te ama
Look!	¡Mira!
Please	Por favor
Stop	Détente/Pare/Alto
Thank you	Gracias
Wait	Espere
Welcome	Bienvenido
What is your name?	¿Cómo se llama?
What time is it?	¿Qué hora es?
When?	¿Cuándo?
Where are we?	¿Dónde estamos?
Where is the restroom?	¿Dónde está el baño?
Where is the telephone?	¿Dónde está el teléfono?
Where?	¿Dónde?
Why?	¿Por qué?
Yes	Sí



# EMERGENCY CONTACTS

## **Ministerios Evangelicos de las Americas (MEDA)**

Barrio El Calan 15 Calle SE

Apartado Postal 1199

Siguatepeque, Comayagua

Honduras, Central America

medahn.org

Phone: (813) 425-3684

### **MEDA President:**

Pastor Carlos Montoya, montoyafam@hotmail.com

### **Mercy Network Coordinator:**

Pastor Carlos Núñez, familianunez12@hotmail.com

## **Embassy of the United States of America**

Avenida La Paz

Tegucigalpa M.D.C.

Honduras

Phone: (504) 2236-9320 / 2238-5114

Fax: (504) 2236-9037

honduras.usembassy.gov

## **US Embassy emergency services for American citizens**

During regular business hours call:

(504) 2238-5114 or (504) 2236-9320, extension 4400.

During after-hours call:

(504) 2238-5114 or (504) 2236-9320, extension 4100.













