

# La Esperanza de Jesús

Short-Term Mission Team

Handbook  
2010



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## **HONDURAS: Its Beauty and Brokenness**

### **LOCATION/CLIMATE:**

Honduras is a beautiful country, situated in the center of Central America, with its northern border on the Caribbean Sea. The coastal area of the country is famous for its beautiful beaches and a small island off the coast, Roatan, is a hot spot for scuba divers worldwide. On the western border with Guatemala, lie remains of the ancient Mayan civilization. The majority of the country is mountainous and central Honduras takes a sharp turn from the tropical coast with its tall pine trees and cool air. Honduras has two seasons, the wet season and the dry season. In North Western Honduras (where La Esperanza de Jesus Children's Home is located) the wet season lasts from June to January, while the dry season extends from February to May.



### **CULTURE:**

Honduran culture is very diverse. Different regions of the country have different customs. However, in general, Hondurans are social, outgoing people who love family and kinship ties are generally strong. Multi-generational households are the norm and family members often live very close to each other. Hondurans are very relationship-centered, rather than task-centered and tend to have a more relaxed attitude about time.

The majority of Hondurans consider themselves Catholic, although there has been rapid growth in many protestant denominations in recent years. The largest ethnic group is "Mestizo" a mix of Spanish and indigenous tribal heritage. The national language is Spanish. Agriculture and forestry provide 60 % of all jobs in the country and 2/3 of all exports. Major exports include shrimp, watermelon, sugar, timber, bananas, meat and coffee.

### **FOOD:**

Honduran food is not so diverse. Soft corn tortillas and some form of red bean are served at every meal. Lunch is the biggest meal of the day, generally consisting of chicken rice, beans, and soft corn tortillas. Meat is eaten sparingly and most poor families only eat meat (either beef or poultry) once a week and only in small quantities. A typical Honduran dinner is made up of scrambled eggs, refried beans, white cheese, a white cream sauce, and soft corn tortillas.

## **SOCIAL ISSUES:**

Honduras is considered the second poorest country in Central America and social problems are abundant. Many poor Hondurans begin having children at a young age (many at 15 years old) and continue having children into mid-life. Often, it becomes difficult to feed all the hungry bellies so mothers and/or fathers end up leaving their family to find work elsewhere. They travel into the cities, the United States, Spain and Italy and work to send money home to children who are spread out amongst extended family members. This is unfortunately a sad reality for many Honduran young adults and children. For those who stay, life is hard and survival is key.

UNICEF reports half of the Honduran population are children. Seventy-five percent of them are living under the national poverty line. They are legally required to attend school through the sixth grade, but many don't even make it that far. Rural children often end up farming and doing other manual labor with their parents, while urban children often take to selling things on the streets. These children are often in danger of exploitation. Forced manual labor for children is an all too common reality. For young girls, forced prostitution is a very real danger, as the demand for child prostitutes has increased in recent years. Many of these young children take to sniffing glue for a cheap high and they get lost in a life of addiction, exploitation and mere survival.

Alcoholism is a prevalent problem in much of rural Honduras. Sadly, many men chose to spend their scant wages on weekend drinking binges, thereby draining the family of much needed resources. Sometimes these men become abusive and in many cases their behavior forms a vacancy in the lives of wives and children who need a helper, a role model and a strong provider. As young sons grow older, this sad pattern often repeats itself.



An average wage for a male unskilled worker in a rural setting is about \$5.30 a day. This amount is significantly reduced to as little as \$2-3 a day if you are female.

Although there are no easy answers to many of these deep rooted and widespread problems, there is a God who knows and loves the people of Honduras unlike any other. His heart burns for justice, hope and new life to come to the lost and the broken of this beautiful country. And He is calling us to join in! Are you ready to help? Turn the page and see how God has called us to enter into the brokenness of Honduras and offer the hope of Jesus.

# La Esperanza de Jesús (The Hope of Jesus) Children's Home and Farm



## Children's Home

In response to these social issues, the Honduran Episcopal Church identified the need for a new children's home project called "*La Esperanza de Jesús*" (*The Hope of Jesus*). *La Esperanza de Jesús* exists to provide protection and daily care for vulnerable children in Honduras by offering them a safe home with Christian values, a loving family environment, and improved educational opportunities. We aspire to raise healthy boys and girls in the love of God and the teachings of our Lord Jesus Christ, empowering them to become competent young leaders in their communities.

## Location

*La Esperanza de Jesús* can be found in the small mountain town of La Esperanza (also known as El Venado). The lush green vegetation and open spaces of El Venado make it an ideal place for any child to grow, learn, and explore God's creation. El Venado is part of the municipality of Villanueva in the Cortés department of northern Honduras. *La Esperanza de Jesús* is conveniently located about 1 hour from the major city of San Pedro Sula and its international airport.

## Hope Farm

### HOPE FARM



*La Esperanza de Jesús* desires to be a responsible steward of the gifts the Lord has given us. Our goal is to subsidize 30% of the operating expenses of the children's home by using innovative techniques to produce an income. We've created a coffee plantation on our 40-acre working farm located in a nearby community. A portion of this land will be used for raising livestock and sustenance farming to help decrease our food costs.

## 2010 Short-Term Work Teams

Short-term mission teams to La Esperanza de Jesús will have the amazing opportunity to take part in a life-changing ministry from its very beginning. Short-term teams will be able to reflect on our initial days with joy in their hearts and the satisfaction of knowing they helped make the children's home a reality.

**2010 SHORT-TERM MISSION FOCUS:** SUMMER 2010 short-term mission teams will be doing construction on the children's home site. WINTER 2010 short-term teams will be working on our farm site.

**TEAM PROFILE:** Maximum team size is 8 people. Our rustic Volunteer House consists of two bedrooms (each sleep 4) and two indoor bathrooms, so plan your team members accordingly (ie: all male, all female, 4 men and 4 women, or co-ed living). **Minimum age for 2010 Summer Teams: 21 years old; Minimum age for 2010 Winter Teams: 16 years old**



**COUNTER-PART PROGRAM:** Built into your in-country expenses is the salary for skilled Honduran counter-parts for your team. Through our counter-part program, short-term teams PROVIDE jobs for local Hondurans instead of TAKE AWAY jobs from qualified Honduran workers. Team members will be helping the Honduran counter-parts with the project you'll be working on during your visit. We believe in relational evangelism and therefore, our short-term teams will be working side-by-side with Honduran counter-parts.

### **IN-COUNTRY EXPENSES:**

\$400 per person per week (about \$57 per day).

**THIS PRICE INCLUDES ALL OF YOUR IN-COUNTRY EXPENSES** except souvenirs, snacks, or additional trips. In-country expenses include: Food, Lodging, Cooking and Cleaning staff, Counter-part salary, Transportation, Airport Exit Tax, and Medical Evac./ Trip Interruption Insurance. The only cash you'll need is your personal spending money, which we estimate at \$20 per person for the week. *(Passport fees, vaccinations, airfare to Honduras, and site-seeing trips are not included in the above in-country expenses.)*

**TEAM LEADER NOTE:** To assist our volunteer treasurer, please collect your team's funds and send one check made payable to "HOPE FOR HIS CHILDREN INTERNATIONAL" to the address below at least 30 days prior to your departure. Please include a note stating your church's name and the dates of your trip to ensure your funds are properly assigned. Expense checks are NOT tax-deductible.

Hope for His Children Intl.  
c/o Church of the Redeemer  
8535 Baymeadows Road, Suite 31  
Jacksonville, FL 32256

**EXCHANGING MONEY:** You're welcome to exchange your personal spending money at your local bank or an airport moneychanger before you arrive. To avoid problems, you'll want to make sure all your bills are relatively new with no tears or marks on them. TRAVELERS CHECKS are NOT accepted in Honduras. However, most people find it's easiest to let us exchange your money for you.

**TEAM LEADER NOTE:** Please decide as a team how you will exchange money. If you choose to have us exchange your money, please include the amount each person would like to exchange in the expense check you send to HOPE FOR HIS CHILDREN INTERNATIONAL. Then e-mail us a list with each team member's name and how much he or she would like to exchange. We'll have your money ready for you upon your arrival.

**PASSPORT:** To apply for a passport visit: <http://travel.state.gov/passport>

**Passport must have AT LEAST 3 MONTHS BEFORE EXPIRATION** or you will not be permitted to board the plane. Also, please make TWO PHOTOCOPIES OF YOUR PASSPORT to bring with you. One copy should remain in your luggage and the other should be laminated and carried with you at all times. We recommend you NOT carry your original passport with you as you walk around town and work on our site. You can lock your original passports in our safe along with any other valuables you won't need while in Honduras (ie: cell phones, credit cards, etc).

**TRAVEL VACCINATIONS:**

Please review the Center for Disease Control website for the latest information regarding vaccinations needed while traveling in Honduras. <http://www.cdc.gov/> click on Travelers' Health then select Honduras.

Although you will be in a rural setting, malaria is not prevalent in our mountainous community. Please consult with your physician regarding the pros and cons of taking anti-malarial medication. Dengue Fever is prevalent in our area and has no prophylactic medication. So, you'll want to prevent being bitten by ANY mosquitoes. Appropriate precautions include: wearing bug repellent, long pants and long-sleeve shirts, during times when disease-carrying mosquitoes are most active.

**Thank you for sharing our desire to help homeless children in Honduras!**

**In His service,  
Mike and Kim Miller**



## PLEASE READ

### IMPORTANT CONCEPTS TO REMEMBER

**CONCEPT #1:** *“WE ARE THEREFORE CHRIST'S AMBASSADORS, AS THOUGH GOD WERE MAKING HIS APPEAL THROUGH US.” ... 2 Corinthians 5:20*

Our only goal for every short-term mission team is for you to behave as ambassadors for Jesus Christ in our community. Basically, it's all about Jesus.... not about ourselves.

**CONCEPT #2:** *“TOTO, I'VE A FEELING WE'RE NOT IN KANSAS ANYMORE.” .... Dorothy in the Wizard of Oz*

You've decided to enter into a different culture with different customs and different ways of looking at things. This means that potential dangers may not be apparent to you. You're also entering into a relatively poor community. Therefore we ask the following:

- **Please do not give anything directly to the local townspeople...** Our community leaders have asked us to only give away items through organized events to ensure donations are appropriately and fairly distributed. We respect their request and we ask you to do the same. You could potentially jeopardize your teams safety if individuals begin giving things away.
- **Please do not throw away food...** This is taught by local churches to be a sin. Therefore when someone sees you throwing away your left-over food, they think you are being sinful and this is not how we want to represent Christ.
- **Please do not use alcohol or tobacco products while in our community...** Alcohol and tobacco products are taught by local churches to be sinful as well, due to the huge incidence of alcoholism throughout rural Honduras.

**CONCEPT #3:** *“FLEXIBILITY IS THE NAME OF THE GAME!”*

Let me warn you right now..... Things will very likely not go as planned. There will be bumps and bruises, mishaps and miscommunications, plans will be changed and then changed again. This is just the nature of life in Honduras. So, if you're *flexible* you'll bend and stretch along with us.... If you're not, well you may just *snap*.

## HEALTH AND SAFETY RECOMMENDATIONS

- **Do not drink the water** out of the faucet anywhere in Honduras.
- **Notify your team leader, if you become ill** or suspect you've been exposed to dysentery. Bacterial dysentery is easily treated with antibiotics, if treated early.
- **You will have a more pleasant trip if you...**
  - Don't drink or rinse your toothbrush with faucet water
  - Don't eat food prepared by street vendors
  - Avoid lettuce, raw spinach, raw cabbage, and ice
  - Wash it with soap and peel it or boil it before eating it
  - Wash your hands before you eat
  - Wear insect repellent BEFORE you are bitten
  - Avoid dehydration and heat exhaustion (take a break)
  - Take all medication as prescribed by your doctor
- **Prepare an "Emergency Envelope"** in which you have an additional copy of your passport, a copy of your driver's license, a list of medications you're taking, a list of any major medical problems you have, and a list of people we should contact in case of an emergency.
- **Carry a laminated photocopy of your passport** with you at all times and keep the original in a safe place.
- **Keep a "fake wallet"** with a small amount of money separate from your main wallet with credit cards and identification. If someone wanting your wallet approaches you, show him your fake wallet, throw it away from you and run.

# PACKING LIST

## THE NECESITIES:

- Bible
- Photocopy of your passport
- Emergency Contacts in Honduras List (see next page)
- Work clothes (jeans or pants and T-shirts)
- \*\*PANTS AND CLOSE-TOED SHOES ARE REQUIRED ON CONSTRUCTION SITES\*\****
- Lightweight pants or knee-length shorts (for around the house)
- An outfit of nicer clothes to be worn to church (nothing fancy)
- Socks and undergarments
- Long-sleeve shirt or jacket for cooler nights (Winter teams need jackets)
- Work shoes (hiking boots or tennis shoes)
- Flip-flops or sandals (for the shower and around the house)
- Personal toiletries (include sunscreen, insect repellent, and ear plugs)
- WOMEN: feminine products, MEN: shaving products
- Medicines (anti-diarrhea and anti-malarial, if taken)
- Towel \*\* must bring your own \*\*

## THE EXTRAS:

- Hat and bandanna
- Work gloves \*\* must bring your own\*\*
- Water bottle
- Small flashlight or headlamp (useful when the power goes out)
- Travel-size pack of tissues (Ladies: you'll find useful when there's no toilet paper)

## LAUNDRY SERVICE/FORGOTTEN ITEMS:

Laundry service can be provided by a local woman for a small fee.  
Forgotten items such as: flashlight, flip-flops, towels, soap, shampoo, toothpaste/  
toothbrush, can generally be purchased at our local "convenience store".

## EMERGENCY CONTACTS IN HONDURAS

Honduras Country Code: 504

***BRING THIS WITH YOU AND LEAVE A COPY WITH YOUR FAMILY OR FRIEND***

Mike Miller's Cell Phone:

011-504-9-931-5333

e-mail: MikeMiller@sams-usa.org

Kim Miller's Cell Phone:

011-504-9-840-4089

e-mail: KimMiller@sams-usa.org

AANGLIDESH (Anglican Agency for the Development of Honduras)

Eleana Mayorquin's Cell Phone (English Speaking):

011-504-9-885-5560

e-mail: hnbrigades\_north@yahoo.com

Diocese of Honduras Main Numbers:

011-504-556-6155 (Some English)

011-504-556-6268 (Some English)

U.S. Embassy in Tegucigalpa Honduras:

011-504-236-9320

011-504-238-5114

***ATTENTION TEAM LEADER: In case of an emergency and you are not able to contact ANY of the above people, ask a local taxi driver to take you to HOTEL VILLANURIA, which is located near the airport. (see below directions in Spanish)***

***POR FAVOR, LLEVANOS AL HOTEL VILLA NURIA QUE ESTA UBICADO CERCA DEL AEROPUERTO, DESVIO A COLONIA "FELIPE ZELAYA", FRENTE DE ALMAHSA TEL: 559-4801, 559-5107***

## **AIRPORT INSTRUCTIONS**

### **PRINT AND BRING THIS WITH YOU**

**1. KEEP YOUR BAGGAGE CLAIM STICKERS.** Baggage claim stickers are often put on the back of your boarding pass or attached to your boarding pass cover. You will be asked to show your baggage claim stickers before you leave Customs in the San Pedro Sula Airport to prove your bag belongs to you.

**2. IMMIGRATION DOCUMENT** (given to you on the plane)

- The purpose of your visit is **TOURISM**;
- Your **VISA #** is your **PASSPORT #**;
- The immigration officer will place a yellow copy of this form into your passport... **DO NOT REMOVE THE YELLOW COPY.** It is your visa to enter the country and you will need to show it when you leave or be required to pay a large fine in cash.

**3. CUSTOMS DECLARATION FORM** (given to you on the plane)

- Your address in Honduras is **CALLE 21, AVENIDA 23, COLONIA TREJO, SAN PEDRO SULA**;
- Again, the purpose of your trip is **TOURISM**;
- Only declare the value of **NEW ITEMS** you are bringing into the country. If the package has been opened, it's not new. You'll be asked to pay a tax on any items declared.

**4. WHERE TO GO AFTER CUSTOMS:** Walk through the double doors that go **INTO THE MAIN AIRPORT LOBBY.** We will be waiting for you on the other side of the doors holding a sign bearing our logo.

**5. AIRPORT DEPARTURE TAX:** Honduran airports impose a **\$35 PER PERSON AIRPORT TAX (PAID IN CASH).** If you are part of a "Work Team" we will pay this tax for you.

## Helpful Spanish Phrases

**PRINT AND BRING THIS WITH YOU**

If you get lost or separated from the group in our community.....

**Hola! Me llamo \_\_\_\_\_ . No hablo español.  
Necesito su ayuda, por favor. Estoy buscando la  
pulperia “El Bigote” en la aldea El Venado.  
Gracias!**

If you get lost or separated from the group in the city.....

**Hola! Me llamo \_\_\_\_\_ . No hablo español.  
Necesito su ayuda, por favor. Estoy buscando La  
Iglesia Episcopal en Colonia Trejo; 23 Avenida y 21  
calle; 7 cuadras al oeste del Hospital CEMESA, San  
Pedro Sula. Gracias!**

(other helpful phrases)

**HELP ME!!:**

**I need to go to the hospital.**

**Do you speak English?**

**Where is...**

**I'm looking for...**

**Ayúdeme!!**

**Necesito ir al hospital.**

**Usted habla Inglés?**

**Donde esta...**

**Estoy buscando...**

**Waiver**  
**SOUTH AMERICAN MISSIONARY SOCIETY**  
**SHORT-TERM MISSIONS**  
**CONSENT AND LIABILITY RELEASE AND INDEMNIFICATION**

YOU HAVE CHOSEN TO PARTICIPATE IN A MISSION TRIP  
TO \_\_\_\_\_ AND YOU COULD BE  
SUBJECT TO PERSONAL INJURY.

TO PARTICIPATE IN THIS ACTIVITY, SIGN AND HAVE YOUR PARENT OR LEGAL GUARDIAN SIGN THIS FORM TO RELEASE AND INDEMNIFY THE SOUTH AMERICAN MISSIONARY SOCIETY ("SAMS") AND ALL LEADERS AND OTHER ORGANIZATIONS INVOLVED IN THIS MISSION TRIP FROM LIABILITY.

In consideration of being permitted to participate in this mission trip I,

\_\_\_\_\_ )  
for myself, my legal guardian, my personal representatives, heirs and next of kin:

1. Hereby release, waive, discharge and covenant not to sue SAMS, all leaders, and organizations involved in this mission trip from any and all claims and/or legal liability that I, my legal guardian, my personal representatives, heirs and next of kin may have against SAMS, all leaders and organizations involved in this mission trip, for any and all loss or damages and any claim or demands thereof on account of injury to the person or property or resulting in my death arising out of the mission trip, including any negligence caused by SAMS and any leaders and organizations. Further, I hereby release, waive, discharge and covenant not to sue SAMS and individuals or other organizations involved in the mission trip for any claims, including, BUT NOT LIMITED TO, sickness, injury or death that may result from hazardous traffic, poorly constructed roads, dangers resulting from military or political problems, sickness or disease.

For the purpose of this document, negligence shall mean the failure to do something that a reasonable person, guided by those considerations which ordinarily regulate human affairs would do, or the doing of something which a reasonable and prudent person would not do.

2. Hereby recognize that if I am hurt or my property is damaged arising out of or related to the mission trip, I will have no right to make a claim or file a lawsuit against SAMS or any of the individuals or other organizations involved in this mission trip, even if they or any of them caused my injury or damage.
3. Hereby agree to hold SAMS and any of the individuals and other organizations involved in this mission trip harmless from any claims or liability as additional consideration for participating in this mission trip.

4. Hereby agree to indemnify SAMS for any loss, liability, damages or cost that it may incur arising out of or related to my participation in the mission trip whether caused by my negligence, actions or inactions.
5. Hereby authorize SAMS and its leaders to make essential decisions on my behalf regarding medical treatment, emergency surgery or hospitalization.
6. Hereby agree to NOT hold SAMS, any individuals or other organizations involved in this mission trip responsible or liable for the payment of any medical bills incurred as a result of this mission trip.
7. Hereby agree that in the event that I die while on this mission trip that I, my estate, my legal guardian, my personal representatives, heirs and next of kin, will assume complete responsibility for the total cost of shipping my body.
8. Hereby agree to abide by the rules, regulations, and guidelines set forth by SAMS and to abide by all decisions made by leaders and those in authority.
9. Hereby agree that in the event that I do make a claim, I, my legal guardian, my personal representatives, heirs and next of kin shall pay all legal fees and costs incurred by SAMS or SAMS' personnel.
10. Hereby assume full responsibility for any risk of bodily injury, death or property damage arising out of or related to the mission trip, including any acts of negligence or otherwise.

I HAVE READ THIS CONSENT AND LIABILITY RELEASE AND INDEMNIFICATION AGREEMENT, FULLY UNDERSTOOD ITS TERMS, UNDERSTAND THAT I MAY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

SIGNATURE FOR WAIVER: \_\_\_\_\_

NAME OF LEGAL GUARDIAN: \_\_\_\_\_

SIGNATURE OF LEGAL GUARDIAN: \_\_\_\_\_

DATE: \_\_\_\_\_

## **APPENDIX: YOUTH TEAMS (ages 16-18)**

We believe youth play an important and valuable role in fulfilling the Great Commission of Jesus. We also believe the lives of American youth can be dramatically changed when their worldview is widened and they realize we, as Christians, are part of something much bigger than ourselves. Our youth trips will have a two-part focus on Bible Study and Service. Under the guidance of their Youth Leaders and using the Bible as their textbook, youth team members will learn about God's love for the poor and needy, Jesus' example as the ultimate servant, and what it truly means to live a Christian life, all in the context of a cross-cultural setting. Each day youth team members will spend half their day studying God's Word and engaging in Discussion Topics that will challenge them to think deeper about their faith. The other half of their day, they'll put their faith into action through various service projects at the children's home, farm, or in our community.

**Youth Trips require advanced preparation. Youth Leaders must contact us 8-10 MONTHS before your requested arrival date to discuss the details.**

For more information on youth trip planning please contact Kim Miller at [KimMiller@sams-usa.org](mailto:KimMiller@sams-usa.org)