



TRIP PACKET

HONDURAS



MAY 22-29, 2027



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"FOR WE ARE HIS WORKMANSHIP,
CREATED IN CHRIST JESUS TO DO GOOD
WORKS, WHICH GOD PREPARED IN
ADVANCE FOR US TO DO."

-EPHESIANS 2:10-

Welcome! We are thrilled that you are preparing to join FAME on this trip to Honduras to partner with *His Eyes*.

Many exciting things happen when we are on the field, and it is a blessing to have you be a part of this team. As you plan and pack, we are preparing for the trip as well. We want you to have a great trip, so please take time to read this whole trip packet carefully. It should answer many of your questions.

If you have further questions regarding the trip, please direct them to Vanessa Scheel (vscheel@fameworld.org).

As I am sure you expect, life in Honduras is very different from what we are used to in the United States. Be ready to be flexible and patient as we journey together.





**FELLOWSHIP OF ASSOCIATES
OF MEDICAL EVANGELISM**

LOCATION: INDIANAPOLIS, IN

Mission: FAME is sending help and hope in the name of Christ to the world's most vulnerable through medical evangelism.

Vision: To be a global leader in evangelism through healthcare.

Core Values:

- Evangelism
- Compassion
- Empowerment
- Sustainability
- Partnership

Core Activities:

- Give: Healthcare projects
- Send: Medical supplies
- Go: Short-term trips

Learn more: www.fameworld.org



HIS EYES

LOCATION: TEGUCIGALPA,
HONDURAS

About: *His Eyes* was created to serve God and serve Hondurans in and around Tegucigalpa, Honduras. The ministries of His Eyes bring spiritual and physical healing, with the common goal of reaching more people for Christ, in Honduras and around the world.

Mission: We are called to not see the world as WE see it, but to use HIS Eyes to see what He (Christ) would have us see.

Core Activities:

- Churches
- Coffee
- The Milk Project
- Clinic
- Trips

Learn more:
<https://www.hiseyeshonduras.com>



FINANCIAL DEADLINES

FEB 5TH: \$1,100

MARCH 5TH: \$385

APRIL 2ND: \$385

The total estimated trip cost due to FAME is \$1,860 per person. This includes airfare, food, lodging, in-country transportation, travel insurance, training, interpreters, and an excursion. This does not include passport fees, immunizations, airline baggage, souvenirs, meals in airport, or incidentals. \$100.00 is usually sufficient to cover incidental expenses.

All funds should be submitted to FAME. Funds can be sent via check or online using this link:

<https://fameworld.org/short-term-trips/>

Contributions are NOT refundable once submitted to FAME. If you are unable to go due to illness, or an emergency, money paid to that point may be applied, for up to one year, toward another trip.



TRAINING MEETINGS

FEB 23 @ 6PM ET

MARCH 23 @ 6PM ET

APRIL 20 @ 6PM ET

FAME uses a training program called Mission's Academy. Each participant will be given access to this online platform with access to work through training modules.

Each participant will be given three books that coincide with the training:

Book 1: A field guide that the participant uses as they work through the training.

Book 2: A 30 day devotional guide that each participant will work through 30 days prior to departing.

Book 3: A journal to use upon returning from the trip to assist with re-entry.

RAISING SUPPORT



The most important thing in raising your finances for this trip is to understand that this mission is God's and not yours. Dedicate this to prayer. Trust that God can provide for you in a variety of ways.

The amount of money that you need to raise may seem insurmountable. Remember that funds can come from a number of sources over a period of several months, which will make it seem much more attainable. You may want to get family, your church, missions committee, neighbors, and interested people in your community involved.

The following are fund-raising ideas that others have used to raise their support:

- Assistance from your home church. Let your church know what you are doing. Ask for prayer and financial support. Ask the church to host to host fund-raising activities for you. Send letters to individual church members asking for their support. A sample support-raising letter is included in this packet.
- Assistance from family and friends. Send letters to relatives and friends asking for prayer and support. Enlist family and friends to help you with fundraising activities. Use your birthday and other gift-giving occasions to ask for support, in lieu of a traditional gift.
- Assistance from other churches. If there are other churches in which you have been involved, contact them, let them know your plans, and ask for their support.
- Hold fundraising activities. This includes such things as having a car wash, mission luncheon, auction, garage sale, bake sale, craft fair, doing odd jobs, go-fund me, etc. Use your imagination!

SAMPLE SUPPORT LETTER



The following is a form letter that can be used to solicit funds and prayer support. This is just an example. Please personalize it to meet your specific needs and situation.

Dear...

I am sending you this letter so that you might share in my excitement and in my prayerful anticipation of serving on the mission field this year. From (dates of trip), I will be in (name of city, country where serving), with a short-term mission team providing medical care, medical education, training, and working with local churches all for the purpose of taking Christ to the unreached and undeserved. My personal gifts and abilities will be used to their fullest, but more importantly, my love for Jesus will be shared with the people there.

I would like to ask you to join me in praying for God's wisdom and strength as I follow His leading. It is a humbling thing to ask for help, but at the same time it forces me to grow in my faith. While it's true that I need help funding the trip, Please do not make a financial donation to this cause if it would be done out of a sense of obligation. I understand that no one has unlimited funds and that unexpected expenses seem to appear in our lives, but, if you are able, and if it would bring you the joy that I believe it can, any amount would be greatly appreciated.

Regardless of the decision you make concerning my financial need, I would ask you to please let it not interfere with my request for your partnership in prayer. I am seeking to have someone committed to pray for me each day of the trip. If you are willing to be one of my prayer partners, please let me know. I know that God's desire is that I continually seek His direction as I make my needs and requests known to Him!

LETTER CONT...

Yes, I will partner (your name) in (his/her) efforts to advance the Kingdom of God in (name of country). I will commit to pray from (dates of trip) for every need to be met as (he/she) and the team faithfully answer God's call to make His glory known.

Name: _____

Address: _____

City, State, Zip _____

If you would like to make a donation to help, send me to (name of country), please follow the directions below. Your donation is both non-refundable and tax-deductible.

1. Make the check payable to FAME
2. Include a note stating your donation is designated for me

Address: FAME 4545 Southeastern Ave. Indianapolis, IN 46203



TRIP POLICIES



- The trip leaders and the host missionary are the recognized authorities on the trip. Any defiance toward a trip leader or host missionary may result in immediate termination of your mission trip and you will be sent home at your expense.
- Conduct is to be that expected of a Christian person - willing to give and take and maintain the spirit of unity and harmony of the group, to extend politeness and courtesy to those with whom we come in contact (missionaries, nationals, team leaders, team members). A positive attitude is expected.
- Regardless of your personal religious belief, you will be expected to support the mission's stance as we help those in need.
- All trip participants are required to follow the trip schedule and participate in all group functions and team meetings. Permission to deviate from the scheduled activities must be obtained from the trip leaders.
- Always be on time for meals, devotions, and other activities.
- No smoking or tobacco of any form, illegal drugs, or alcohol is permitted while on the trip.
- Be mindful of your speech and behavior making sure it is appropriate for all settings.
- You will be expected to acclimate to the host culture. This may mean eating food you are unfamiliar with or participating in foreign customs. Complaining about or constantly comparing the differences from U.S. culture is considered inappropriate.
- Pairing off is NOT permitted, as it tends to distract from the real purpose of the trip. Males are not allowed in females' rooms and vice versa. (With the exception of married or related family members) Due to cultural considerations, public displays of affection are not acceptable.

- Separation from the group is not allowed without prior approval by the team leader. Always let the team leader or host missionary know your whereabouts. NEVER wander off or go exploring by yourself.
- It is important that you dress in a neat, clean, and modest fashion. Your appearance is important not only for the missionary's reputation, but in the way the local people will perceive you. You may have to submit to certain restrictions regarding dress or appearance. (This information will be given elsewhere)
- Due to cultural considerations, practical jokes are not permitted.
- Do not give gifts of any kind to nationals without consulting the host missionaries or trip leader. The preferred method of giving is through structured programs by the host mission. Careful consideration should be given to the sharing of your personal contact information with any nationals, except for our host missionary. Well intentioned friendships can quickly turn into a form of dependency using friendships to get material gifts.
- Play with the kids outside. No youth or children should be invited into your personal living space. This is for their protection, as well as yours.
- Do not brush your teeth with or drink the tap water.
- Cell phone use to make personal calls, post on social media, and texting should be done during free time either before our day begins or at the end. Do your best to be present with your team members, hosts, and patients always.

GOLDEN RULES

- 1.No Complaining
- 2.Do everything you are asked
- 3.Leave every space cleaner than you found it



COMMUNICATION GUIDELINES



Communication standards, expectations, methods and interpretation vary from culture to culture. This includes virtual communication.

- Generally, exchanging contact information and maintaining communication with minors, without parental knowledge, consent, and oversight, is not recommended.
- Generally, 1-on-1 communication between members of the opposite sex is not recommended.
- As much as reasonably possible, keep text conversations in group chats.
- Do not give out someone else's personal contact information without their permission.
- It is OK to refrain from sharing contact information.
- Participant conduct is to be that expected of an individual following Christ, including their interpersonal communications, both in-person and virtual.

The most important communication guideline is to communicate and be transparent with your trip leader and in-country host. Your trip leader and/or host will be able to give insight into and help you navigate different communication situations.

On trips, meaningful connections are often made in short periods of time, and it is amazing that we have the means to keep in touch with new friends across countries and continents. Our goal as a team is to support our host's ministry and connection in their community. This applies both while we are present in-country and to our ongoing communications after we leave.



Honduras (Quick Facts)

Official Name: Republic of Honduras

Government: Democratic Constitutional Republic

Capital: Tegucigalpa

Population: 9.5 million (2024)

Official Language: Spanish

Currency: Honduran Lempira

Area: 43,433 square miles (112,492 square km)

Climate: Tropical

Flag:





Honduras (Geography)

Honduras is located in Central America, bordered by the Caribbean Sea to the north and Pacific Ocean to the south. Honduras also shares land borders with Guatemala to the west, El Salvador to the southwest, and Nicaragua to the southeast.

Honduras is the second largest country in Central America, following Nicaragua, and has four distinct geographical regions on the mainland: the interior highlands, Pacific lowlands, Caribbean lowlands, and the Mosquito Coast. The Bay Islands, found to the north of the mainland in the Caribbean Sea, are also a part of Honduras.

For this trip, you will fly into Comayagua, Honduras, located just outside of Tegucigalpa, the nation's capital.





Honduras (Language)

Spanish is the official language of Honduras and the most widely spoken language in the region. English, however, is the main language of the Bay Islands. There are several indigenous languages spoken in Honduras, including Garifuna, Miskito, Sumo, Pech, and Jicaque. Traditional native languages are mostly isolated within remote indigenous communities and some do not have a written alphabet or text.

Spanish/English High-Frequency Words

él	he	fecha	date
ella	she	divertido(a)	fun
pronto	soon	rapido(a)	fast
también	also	gracias	thank you
allá	there	aquí	here
sí	yes	Yo	I
arriba	up	bueno(a)	good
sobre	on	debe	must
muy	very	ahora	now
y	and	de	of
en	in	afuera	out
lejos	away	abajo	down
alrededor	around	para	for
siempre	always	por favor	please
pero	but	grande	big
porque	because	mejor	best
antes	before	donde	where
nuevo(a)	new	de nada	you're welcome



Honduras

(Brief History)

Christopher Columbus arrived in Honduras in the 16th century, then home to the Maya and other indigenous people. His arrival was soon followed by a Spanish conquest of the country.

In the early 19th century, Honduras gained independence from Spain and briefly became a part of Mexico before joining the newly formed United Provinces of Central America. Following some political instability in the early 20th century, the United States took action to protect its investment of banana crops in the country.

In 1969, while Honduras was under military rule, a brief but serious war broke out with El Salvador as a result of a dispute over immigration and the lack of a clearly defined border between the two countries. Two decades later, Honduras returned to civilian rule and an agreement was reached with El Salvador. In 1998, Hurricane Mitch took the lives of more than 5,000 people in Honduras and caused billions of dollars in damage. Political instability continues to trouble the country, with a military coup taking place as recently as 2009.

Read more below:

<https://kids.nationalgeographic.com/geography/countries/article/honduras>

<https://www.britannica.com/place/Honduras>



Honduras (Nature)

As a tropical, bicoastal country, the distinct geographic regions of Honduras create varied climates and terrain, ranging from beautiful beaches and coral reefs to sprawling forests and mountain ranges.

This creates a wide variety of biomes and habitats for plant and animal life to thrive. Many colorful insects, reptiles, birds, and mammals, including kinkajous, tapirs, macaws, puma, crocodiles, and more, are found throughout Honduras' diverse landscape. Vibrant marine life is also found along the coasts.

Honduras has several national parks and other protected areas to preserve its native plant and animal species.

Puma pictured below.





Honduras

(People & Culture)

The majority of people in Honduras live in the Highlands and practice Roman Catholicism. Family life is considered very important. Many people in the country are poor and nearly half are unable to read and write.

Popular foods vary across the country and include cassava (tapioca), seafood, and chili peppers. Poor communities rely primarily on corn, beans, rice and other staples, and eat very little meat.

Soccer is a very popular sport in Honduras and, in addition to the national team, most communities have their own team as well. While playing soccer is more common among boys, basketball, volleyball, and dancing are more common among girls. Western music and movies are also common forms of entertainment.





Honduras

(Religion)

Christianity is the religion of the vast majority in Honduras. Catholics comprise 48.7 percent of the population of Honduras. Protestants account for 41% of the total population. 8% of the population comprises of atheists, agnostics, and those who claim not to adhere to any particular faith. Followers of religions other than Christianity account for 3% of the country's population.

The ancient Maya religion was widely practiced in Honduras between 4th and 7th centuries A.D. The religion was also practiced in other parts of Central and South America. Currently however, a syncretic form of religion is practiced where Christian thought and belief takes precedence.

The Honduran constitution provides for the freedom of religion and this right is protected by law.





Honduras

(Government & Economy)

Citizens of Honduras vote for a president, who serves a term of four-year. Re-election for more than one term was prohibited until 2015. The president appoints governors to run administrative departments. Departments are further broken down, with localities being the smallest, most local subdivision of government. People in each locality are able to elect a mayor.

A third of the economy in Honduras is derived from agriculture, with coffee being the biggest export. Bananas also contribute a significant percentage of the country's national income.

Current President:
Iris Xiomara Castro
(2022-present)





Honduras (Sports & Games)

The largest spectator sport in Honduras is football (soccer), and the Honduran national league and the major European leagues are all keenly followed. Olimpia and Motagua from Tegucigalpa, Marathon and Real España from San Pedro Sula, and Victoria from La Ceiba are the biggest teams and usually pull a fairly decent crowd. Tickets don't need to be bought in advance, as most games don't sell out.

With a number of national parks, most of which have accommodations and/or camping availability and well-marked trails, Honduras is a fantastic place to hike. Parque Nacional Celaque is home to the highest peak in the country and is a great place to start. Additionally, birdwatching, fishing, snorkeling, and diving are major touristic draws to Honduras and the Bay Islands offer some of the most affordable places in the world to take PADI diving certification courses.





Honduras (Food)

Honduran cuisine is a fusion of Meso-American, Spanish, Caribbean, and African cuisines. Coconut and coconut milk are featured in both sweet and savory dishes. Regional specialties include sopa de caracol, fired fish, tamales, carne asada, and baleadas. Other popular dishes include meat roasted with chismol, carne asada, chicken with rice and corn, and fried fish. In the coastal areas and the Bay Islands, seafood is prepared and consumed in a greater variety of ways. A wide variety of soups are also prepared and enjoyed in Honduras, including bean soup, modongo soup (tripe soup), seafood soups, and beef soups. Generally, all of these are mixed with plantains, yuca, and cabbage, and served with corn tortillas.



PASSPORT INFORMATION



- The US government requires a passport book for everyone traveling to and from international locations by air.
- When traveling internationally, your passport should be valid at least six months after entry in-country.
- Your passport must also have at least 1 blank page.
- If you do not have a passport, you need to start the application process now. Passport processing times vary widely so don't put this off. Processing could take up to 12 weeks or longer.
- Passport applications are available at your county clerks office or some local post offices. You can also obtain an online passport application at www.travel.state.gov
- You will need two regulation size passport pictures. Travel agents, American Automobile Associations, Wal-Mart, Walgreens, and CVS are possible places to have your passport photo taken.
- You will need a certified copy of your official birth certificate. Check with the health department in the county in which you were born if you do not already have this document.
- Current fee is \$165 for ages 16 and older, \$135 for under 16 years of age. Renewal fee for adults is \$130.

HEALTH & VACCINES



There are no vaccines that are required to enter Honduras, however, FAME recommends that you read the CDC recommendations to make an informed decision.
(www.cdc.gov/travel)

Recommended by the CDC:

- Chickenpox (Varicella)
- Polio
- Hepatitis A (up to date) 2 doses
- Hepatitis B (up to date) 3 doses
- Measles-Mumps-Rubella (MMR)
- Diphtheria-Tetanus-Pertusis (DTP)

Food and waterborne disease are the number one cause of illness in travelers. Traveler's diarrhea can be caused by viruses, bacteria, or parasites, which are found throughout the region and can contaminate food or water. Infections may cause diarrhea and vomiting, fever, or liver damage. Make sure your food and drinking water are safe. Do not eat or drink anything unless the host missionary or trip leader says it is safe to eat and drink.

STAYING HEALTHY



- Wash hands often with soap and water.
- Drink bottled water, or carbonated drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes (bring your own refillable water bottle).
- Eat food (specifically meat) that is fully cooked.
- Take any medications as directed.
- Keep feet dry and clean to prevent fungal and parasitic infections.
- STAY HYDRATED!
- Liquid IV, emergency, airborne, and other liquid supplements can aid in boosting your immune system and are recommended.

MEDS TO TRAVEL WITH



Below are a few common prescriptions or over the counter meds that are not required, but may be useful to have on hand when traveling.

- Dramamine
- Zofran
- Cirpo
- Azithromycin
- Tylenon/Ibuprofen
- Asprin
- Pepto/Tums
- Stool Softeners
- GasX

Travel/Plane Recommendations

- Travel Pillow
- Earplugs for plane rides
- Face Mask for plane rides
- Water Bottle (fill up in airports)
- Gum (helps ears adjust on planes)

PACKING LIST



- Passport
 - Colored copy of the first two pages of your passport
 - Bible/journal/pens
 - Clothing (see next page)
 - Shoes (ex: tennis shoes, sandals, flip flops, Chacos)
 - Sleepwear
 - Raincoat
 - Sweatshirt/jacket
 - Sunglasses/hat
 - Sunscreen
 - Bug spray
 - Personal Toiletries
 - Personal Medications
 - Earplugs
 - Travel pillow, earplugs, compression socks
 - Refillable water bottle
 - Snacks (if desired)
 - Drawstring bag/backpack
 - Spending money (\$50-\$100)
 - Hand sanitizer/wet wipes
-
- ****Medical participants (any instruments such as stethoscopes, otoscopes, etc.)**

*This is a preliminary packing list, it could change as we get closer to the trip.

DRESS REQUIREMENTS



- Expect warm conditions with daytime temperatures between 80-90°F. Evenings will be cooler, ranging from 65-75°F.
- Pajamas should not be worn to breakfast or while outside the sleeping rooms
- Jewelry should be kept to a minimum
- Scrubs or similar attire should be worn for all clinic days.

Ladies:

For work days, scrubs should be worn as well as sturdy shoes. Shorts can be worn, but are not recommended for clinic days. Tops must be modest (thick tank tops in the evening are fine). For church, a long skirt or dress should be worn.

Men:

For work days, scrubs should be worn as well as sturdy shoes. For church, a nice (e.g. polo, button down, dress) shirt and pants should be worn.

Following these guidelines is important not only for the mission's reputation, but also because it impacts how the local people perceive you. If you have questions about attire, please ask.

If needed, the trip leader or host missionary may ask you to change into something different

FINAL COMMENTS

Congratulations on making it to the end of this trip packet! Hopefully most of the questions you had were answered here. If not, please contact your trip coordinator below.

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