



Team Member Packet

Why This Packet Matters

In the following pages, you will find valuable information about planning your trip, paperwork and releases, passports, immunizations, packing, arrival into Honduras and more. *Please use this packet!*

We are praying for you, and are excited to serve together soon in Honduras!

*"Whatever you do, work at it with all your heart,
as working for the Lord, not for men."
Colossians 3:23*



Preparation Details

Physical Check-up

Your time at El Ayudante will be in a different environment doing physical things you may not normally do. For this reason, we suggest a medical check-up prior to coming. *If there is a medical condition you have that may affect your time in Honduras, please let EA know in advance so we can be prepared to best assist you!*

Immunizations

Immunizations (including Covid) are not required for travel to Honduras. However, we highly recommend them, and advise all team members to ensure they have a current tetanus shot. Contact your physician or health department for immunization recommendations. **Note – some shots are taken in a series and need multiple shots over the course of several months; plan accordingly.* Additional information about immunizations may be found from the Center for Disease Control at www.cdc.gov. (Click on "Traveler's Health.")

Insurance

Purchasing international health and travel insurance for your team is a requirement. Also, be prepared with a credit card to cover a medical emergency. You may use any travel insurance you prefer. If you need a place to start you can check out the following websites: Many teams use IMG.

imglobal.com/mission-insurance or geoblutransportinsurance.com

Check with your team leader. They will probably be purchasing for the whole group on one policy. If coming separate from the team, you will need to purchase this yourself.

Educate Yourself

Do a little homework! Take some time to Google information about Honduras, the culture and history, Catholicism and Christianity here, and also about El Ayudante (eahonduras.org).



Paperwork

Passport & Visas

A valid US passport is required for travel to Honduras. Every passport must be valid for at least 6 months after your return flight date to the States. *If your travel date is less than 6 months before the expiration date of your passport, you must renew your passport before your trip, or TSA will not allow you to fly.*

US citizens are granted a 90-day visa into Honduras upon arrival in the airport. **Non-US citizens may be required to request their visa before arrival – contact the Honduran Consulate in the US for more info.**



Other Team Information

Communication

El Ayudante provides a phone for emergency calls to the States.

Phone calls to the States may be made on this phone per the team leader's discretion. One shared, public computer with internet access is also available in the mission house at El Ayudante for team use.

Emergency contact

Persons in the US that need to contact a team member in Honduras may send emails to admin@eahonduras.org or leave voicemails at 541-234-6494 (US number). Or, call this cell number in Honduras: 011-504-9752-8879. Messages will be delivered promptly to the team member.

Technology

El Ayudante requests that teams use their week in Honduras as a 'technology fast.' As our daily lives are so full of the distractions of constant communication via smart phones, email, text messages, and Facebook, your week in Honduras is a great opportunity to focus more intently on relationships and spiritual growth. We do have a public computer available for brief usage in the El Ayudante mission house. Please remember that this is a shared computer with all team members.

We do understand that access to the internet can be necessary for work or for checking in with family. Team members will have access to the WIFI on campus, **HOWEVER**, we ask that you respect the limited bandwidth and limit usage to before breakfast, during lunch and after dinner when our office staff is not using it.

Alcohol & Tobacco

The use of tobacco or alcoholic drinks during your week of ministry with El Ayudante is **not permitted**, on or off our campus. This is an important aspect of living above reproach as a Christian ministry in Honduras.



Teams Packing List:

Luggage Reminders

- *Pack all basic necessities in a carry-on bag, as sometimes baggage is delayed or lost.*
- *Laundry service is not ordinarily available – please pack enough clothes for your entire trip.*
- *Mark your team's bags with a bright tag of some sort so it's easier to find when you arrive.*

What TO Bring:

(Adjust this list according to your week's work detail – construction / medical / etc.)

- Clothing – **See dress code below**
- Tennis shoes or boots / shower shoes or flip-flops/church shoes or sandals
- Hat and / or bandana
- Sunglasses / sunscreen
- Bug spray with at least 25% DEET
- Work Gloves
- Toiletries & personal items
- **Refillable Water bottle** (we will have purified water to refill your bottles throughout the week)
- Bible / journal / pen
- Small bag or backpack
- First Aid Items (El Ayudante also has first aid items)
- Small flashlight or headlamp
- Cash for souvenirs (US cash is accepted everywhere; small bills are preferred, **NO torn bills and no coins**) **THE EA STORE ACCEPTS CREDIT CARDS!** (it will look like a US transaction so your bank will never know you are in Honduras)
- Prescription medicine – must be in original bottle with pharmacist's label for travel

{ if customs asks if you have prescription drugs, they are likely asking about prescription drugs to be used for ministry. If you are not a medical team, you can answer "no." }

Dress code: Please note: OUR DRESS CODE IS NOT A SUGGESTION. IT IS A REQUIREMENT.

- Mission House
 - T-shirts or tank tops (no inappropriate slogans, please)
 - Shorts, sweatpants, pajama pants, jeans, leggings etc
- Church
 - Ladies – dresses with sleeves or skirts (at least knee length)
 - Men – long pants, collared shirts and shoes (no flip flops)
- Trip to town
 - Ladies – skirts or pants
 - Men – pants or cargo shorts (no athletic shorts)
- Family Night
 - Same as church as these 2 activities are combined now.
- Working in the community(VBS, Learning Center, Filters, Adobe, Latrines, Pilas, etc)
 - Ladies – long pants or capris **NO SHORTS**, shirt (no tank tops) and closed toe shoes (no sandals on construction projects or filters).
 - Men - Long pants or cargo shorts, shirt (no tank tops) and closed toe shoes (no sandals on construction projects or filters).

- Weddings
 - Ladies – Dress to at least the knee with sleeves and sandals (no flip flops)
 - Men – Dress shirt with tie and closed-toed shoes.
- 5th & 6th grade afternoon activity or Sports Camp
 - Pants or knee-length shorts (if sports or games are on the agenda)
- Clinic
 - Pants or skirts for spiritual care. If you need scrubs for medical or dental work, please bring your own. NO sandals.
- Tattoos and Piercings
 - No pierced body jewelry other than earrings should be visible. Men should not wear earrings.
 - Tattoos will need to be covered when attending an event at a church or a school.

Ladies – no shorts or leggings can be worn off campus!

What NOT to Bring:

- Expensive jewelry and watches, laptops, or electronic games—anything of value that could be stolen, damaged or anything that might prove to be a distraction to your team or ministry. (El Ayudante does not assume liability for missing/damaged items.)

Towels, pillows, sheets, and blankets are provided by El Ayudante – no need to pack them!



Arrival into Honduras:

Arrival into the airport in Honduras, immigration, finding your luggage, and customs can be a bit stressful. Hopefully the following information can help with this part of your journey.

- The “paper” customs form that you used to fill out on the plane is now an electronic process. Your team leader will give you the info to complete that process. In addition to your passport number, use the following info for this form: Customs: Palmerola Destination: Mision Internacional El Ayudante Address: Aldea Lo De Reina, Comayagua Phone: 9762-5869 Purpose of visit: Tourist
- **If you are missing a checked bag** – report it to the airline representative before leaving baggage claim. You should receive a phone number and information about how to retrieve your bag. Give them this cell number of El Ayudante to call: **9752-8879**.
- An El Ayudante staff member will be waiting to meet your team as you exit customs.

(El Ayudante is not responsible for additional transportation or hotel expenses due to airline problems.)



What to Expect in Honduras

Honduran Culture

- Please avoid flirting of any kind and withhold displays of romantic affection— including within your own team (with the exception of spouses).

- Please ignore any stares, whistles, or comments from Hondurans.
- No pierced body jewelry other than earrings should be visible. Men should not wear earrings.
- Tattoos will need to be covered when attending an event at a church or a school.
- Hondurans are extremely gracious and giving – be cautious to not unintentionally suggest you would like something as they will quickly sacrifice and give you whatever they think you want.
- Hondurans are extremely relational – slow down and take the time to talk, ***it's more important than your agenda or task.***

“We put no stumbling block in anyone's path, so that our ministry will not be discredited.” 2 Cor. 6:3

Regardless of your stance on non-Christian music, movie choices, alcohol & tobacco, etc...due to the cultural differences between the Honduran Christian church and our US churches, we err on the side of caution. Please be aware of what you say or advertise, and we ask that you refrain from alcohol, tobacco, and non-Christian music so we will avoid any chance of offending the Christian community in Honduras.

Weather

Honduras has a tropical climate, and many days will be hot and humid. However, the evenings may cool off or we may have a rain-storm, so a light jacket or sweatshirt may be useful.

Do's & Don'ts in Honduras

- Don't take photos of military or police unless you're told it's ok
- Don't make promises to locals about how you plan to help them
- Don't invite locals to eat with the team without permission from your El Ayudante team leader
- Don't go anywhere alone or without your team leader's & El Ayudante staff permission
- Don't make fun of or put down Honduras, the government, or the people – you are their guest. Be mindful of how you talk in front of translators.
- Don't criticize something in Honduras, or talk about how 'great the US is' in comparison.
- DO eat all of your food, and don't waste water – you are in a country that uses everything!
- DO come with an open mind about how things work in Honduras, you might learn something!
- DO take time to talk to people instead of just focusing on finishing a task



Your Stay at the EA Mission House

Water: Honduras is a country that often has a limited supply of water; be respectful by not wasting water! Please *limit your showers* to 1 shower a day, and limit the time of your shower to a reasonable time.

Drinking Water: ***The water in the Mission House is filtered.*** El Ayudante will also have jugs of water available for you to refill your water bottle. It is safe to brush your teeth with tap water. Be sure to stay hydrated; you will be active and hot and sweating. Dehydration can come quickly, so prevent it by drinking lots of water!

Meals: Most of your meals will be served at El Ayudante by our amazing cook and will be a combination of Honduran and North American food. Peanut butter & jelly sandwiches are always available as needed.

Kitchen Duty: We ask all teams to help do their own dishes – there will be a sign-up sheet for dish duty.

Housing: The mission house has 2 large dorm rooms – men's and women's, each with bathrooms attached. Both dorm rooms have bunk beds; linens, pillows, and towels are provided. Each dorm also has several

fans, but you may choose to bring your own. *Our mission house is not air-conditioned.* Earplugs may benefit you as well if you are bothered by your teammates snoring talents.

Snacks: El Ayudante has candy bars and sodas for sale in the Mission House for your snacking pleasure.

Security: El Ayudante is very safe and we have never had security problems. We have a 24-hour armed guard as a precautionary measure. We also have a locked safe for passports, cash, etc. to be stored.

Gifts: *Gifts, tips, money, food, etc. to Hondurans must be approved by your El Ayudante team leader.* (This includes EA support staff, pastors, community members, and adorable little Honduran kids.) This is not because we are stingy; we never want to withhold a blessing from someone. HOWEVER, El Ayudante is a ministry striving to create lasting relationships and not be known for giving out unlimited hand-outs. We know the people and culture, and sometimes helping can hurt; let us help discern this.

Here to Serve: While we hope you have come to serve Honduras and our Savior, El Ayudante is also here to serve you. If we can serve, help, or assist you in something, please just ask.

Questions?

Email us at admin@eahonduras.org **or visit** eahonduras.org

Rev 04/10/25