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**team member handbook: honduras**  
Lifeline Christian Mission | [Lifeline.org](http://Lifeline.org)



# Welcome Mission Team Member!

The staff at Lifeline Christian Mission are excited that you are considering a short-term mission trip with us!

This handbook provides detailed information about many aspects of your trip. If you have any questions that are not answered in this handbook, first contact your team leader.

We invite you to visit our website, [www.Lifeline.org](http://www.Lifeline.org), to learn more about Lifeline Christian Mission. While in the mission field you will be actively involved in many of these ministries. We look forward to serving with you on the mission field!

Serving Christ,  
Keith Dimbath, VP of Missionary Development  
Christi Dimbath, Director of Missionary Development

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# Frequently Asked Questions

## Where will we sleep?

- Men's and women's dormitories equipped with bunk beds, showers, sinks and modern restrooms.
- Bedding and towels are provided at the San Pedro Sula location only, unless otherwise instructed.

## What will we eat and drink?

- All water provided by Lifeline is safe to drink.
- Meals are prepared in Lifeline's kitchen; some meals will be in local restaurants.
- **Allergies:** Lifeline must be informed in advance as to the nature and severity of the allergies and past history. Those with more severe allergies, such as gluten type allergies, should bring their own special food products to supplement the meats we provide.

## What will we do?

- Team members will participate in many of Lifeline's main ministries in Honduras. Your team leader has received information about all aspects of your trip, including in-field activities and pre-field preparations.
- An orientation and review of the schedules will be among your first activities after arriving on the mission field.
- Be flexible! Schedules often change on the field.
- **Devotions**
  - All team members should be prepared to share a devotion of their choice for one of the daily team devotion times. Contact your team leader if you need assistance.

- On large teams you may be paired with another team member for devotion time.
- The devotion schedule will be included in your Final Packet.

## What should we wear?

Bring seasonally appropriate, modest clothing. Think *CONSERVATIVE* and comfortable rather than *FASHION*. We want to be sensitive to the culture of the Honduran people and to the local customs and expectations.

- Dress is casual. Do not wear your best clothing for work; it will get heavily soiled.
- Laundry facilities may be available at San Pedro Sula location, but very limited. No laundry at Tegucigalpa.

### Shoes (both men & women)

- Comfortable walking/work shoes, such as sneakers or work boots for working and walking
- Flip flops/shower shoes for in dorms and shower. Flip flops and sandals are never permitted at the worksites; Never go barefoot.

### Men:

- Men may wear shorts or jeans for work. No holes in jeans/shorts or exposed underwear. No low arm holes. Shirts must be worn at all times except when swimming.
- **Men at church services, Home visits and Bible Studies:** Men should wear pants (khakis or jeans) and a collared shirt. No shorts, flip flops or sleeveless shirts. Nice tennis shoes are acceptable.

### Ladies:

- Ladies are permitted to wear slacks, jeans or capri length pants (below the knee) for work, recreation and shopping. No holes in jeans/capris/etc. Shorts are permitted if Bermuda length (knee length only).

- Sleeveless shirts are permitted at the worksites but No low cut tops, halter tops, tank tops, spaghetti straps, low necklines, exposed underwear, low armhole shirts or bare midriffs.
- **Ladies at church services, Home visits and Bible Studies:** Dresses or skirts (length: at least knee length). No sleeveless tops for church services. Capris or slacks *may* be OK for *some* church services.

## What should we bring?

- Airline ticketing information (will be sent to the team leader)
- Bible
- Camera
- Clothing (modest apparel; see above for guidelines)
- Clothing - nice outfits for church services (1 or 2)
- Devotion (1 per person; schedule in Final Trip packet)
- Earplugs – there might be a snorer in your dorm 😊
- Flashlight and extra batteries
- Gift and money for your Sponsored child
- Insect repellent. (Aerosol containers must be packed in checked luggage, per federal regulations.)
- Water bottle/sports bottle
- Journal/pen (optional)
- Money for tips and food at airports
- Money for souvenirs on shopping day in the mission field
- Medication to prevent malaria
- Passport and also a copy of the first two pages
- Personal medications (pack in carry-on bag)
- Phone numbers and email addresses of emergency contacts (parents, guardians at home)
- Photo ID, such as driver's license (optional)

- Shoes - including protective shoes for working and walking, such as sneakers or work boots and shower shoes. Flip-flops and sandals are NOT permitted at work sites.
- Sleepwear
- Snacks for your personal use (optional). There will be no opportunity to purchase them in the field.
- Sunglasses
- Sunscreen and lip balm
- Swimsuit, if swimming is included in your schedule (ladies: no bare midriffs or high cut swimsuit bottoms), beach towel, water shoes/aqua socks
- Toiletries (toothbrush, shampoo, etc.)
- Work gloves

\*Sheets, pillows and towels are provided

## Can I bring electronics?

Team members will not have access to wifi. Upon arrival at Lifeline, our staff will send an email to the emergency contact(s) you listed on your online form to inform them of your safe arrival.

Personal cell phones may be used for cameras, alarm clock, etc. Phone calls, texts, etc. should be made during free time only, not during the scheduled work day, devotions, meal times, team meetings, ministry times, etc.

## What should we NOT bring?

- Alcohol, cigarettes, e-cigarettes, tobacco, illegal drugs
- Secular books, magazines or music
- Computers, IPODs, computer games, etc.
- Exposed underwear, holes in jeans or shorts, tops with large arm holes, etc.
- Clothing with alcoholic beverage logos, secular band logos, or anything that would negatively impact Christian witness

- Bad attitude
- **Females:** Halter tops, spaghetti straps, low necklines, bare midribs (including swimsuits) or dresses shorter than knee length.
- **Males:** No earrings or gauges; facial hair must be neat & cropped

## What documents/forms are needed?

### Lifeline Christian Mission Forms:

- Your team leader has a link to the [Online application form](#) that all team members MUST complete ASAP (including returning mission team participants).
- In addition to the online form, the following must be received by the Payment #1 deadline:
  - [Copy of passport](#) (picture pages)
  - [Release Form](#)
- Your airline ticket will not be secured until these forms and Payment #1 are received by Lifeline.
- Bring an additional copy of the first two pages of your passport (photo page) to Honduras with you. Pack passport copy separate from passport.

### Passport:

- A passport is required. Apply early. Your passport must be valid for at least 6 months after entry into Haiti/Honduras.
- Bring a second form of photo ID (for example – drivers' license) if possible but not required.

### Parental Consent

- Youth under 18 years of age, traveling without either parent must have a signed/notarized authorization from their parents. This document must include parental permission to leave the country without their parent and designate an

adult on the team to act on behalf of the parents in case of emergency or sickness/accident.

## When will our trip payment be due?

### Financial Contribution

- Your Team Leader has information on trip costs, who to make checks payable to and payment deadlines.
- Lifeline has established a two-part payment plan. This covers trip expenses, which include airfare, airport taxes, team member insurance, meals, ground transportation, etc. In addition, a portion of the contribution is designated for Lifeline's on-going ministry operation. Trip contributions are **non-refundable**.
- Lifeline accepts checks and all major credit cards including VISA, American Express, MasterCard and Discover. Applicable fees will apply to all credit card payments.
- **NOTE:** In order for contribution to be tax deductible, do not include team member's name on the Memo line. You should include this information on a separate sheet of paper and include with the check.

### Additional expenses *not* included

- Passport and immunization expense.
- Flight interruption costs, such as hotels, meals, tips, etc., that are unexpected and not part of the original plan or cost.
- Money for snacks, meals, baggage fees and tips during travel; money for shopping and souvenirs.
- Cancellation penalty imposed by airline.

## Will we have an opportunity to visit our sponsor child?

- If you sponsor a child through Lifeline, you may bring a gift and extra money for your child and his family. You will have an opportunity to visit with your child and present the gifts and money you brought for them.

- If you are interested in sponsoring a child, we recommend you contact the Lifeline office at 614-794-0108, email Sponsor@Lifeline.org or visit our website Lifeline.org/Sponsor several weeks prior to your trip departure date to select a child. This will allow enough time for you to receive the information packet about your new sponsor child and time to purchase appropriate gifts for that child. If you plan to wait until you are in the mission field to select a child, please come prepared to make the first payment online. After payment is made, the child will be called to visit with the sponsor.

## Are immunizations/medications required to travel?

Lifeline Christian Mission's Medical Director, Dr. David Pound, shares his current recommendations for mission trips (adapted from the Centers for Disease Control and tailored for the Lifeline traveler). No immunizations are *required* by the U.S. government, Lifeline or the country of Honduras. You should consult your personal physician to determine what is recommended for your personal health needs.

First-aid supplies are available for the treatment of minor cuts, abrasions, diarrhea, etc. and Lifeline has a staffed medical clinic. However, if you have medication you must take regularly or over the counter medications that you prefer, be certain to pack it in your carry-on bag.

### Recommendations:

It is recommended that these immunizations be up to date:

- **Tetanus/Diphtheria:**
- **Measles/Mumps/Rubella**
- **Poliovirus Vaccine**

**Chloroquine for Malaria prevention:** *Recommended*

- **Malaria:** Mosquitoes carrying the protozoan parasite plasmodium transmit malaria. Wearing protective clothing and applying insect repellent to both skin and clothing can reduce the risk of acquiring malaria. (Repellents with 20-30% DEET is recommended)

### Dengue Fever and Dengue Hemorrhagic Fever (DHF)

Dengue is transmitted by mosquitoes carrying the viruses. There is NO vaccine or prophylactic medication available. Therefore, prevention by wearing protective clothing and applying insect repellent containing is recommended.

**Oral vaccine for Typhoid:** *Optional* - Lifeline travelers are at very low risk for exposure to typhoid.

**Traveler's Diarrhea (TD):** In general, the CDC does not recommend taking antibiotics to prevent TD. For more serious issues, Cipro is recommended.

**Hepatitis A Vaccine (permanent):** *Recommended* for frequent international travelers and health care workers.

**Hepatitis B Vaccine:** *Recommended for healthcare workers*

Travel clinics may recommend that every traveler receive vaccines such as typhoid, due to travel to Honduras. Because of the accommodations and environment provided by Lifeline, the risk of the healthy traveler acquiring typhoid, for example, is very unlikely. Therefore, the healthy traveler may not need every vaccine, unless an update is needed. Individuals with certain health conditions, however, may be at greater risk and thus recommendations should be tailored to the individual's specific health status.

# Travel Information

Travel to the mission field will be via commercial airlines. All airline reservations are scheduled by the Lifeline office.

- Flight schedules, payment deadlines and terms/conditions of the airline will be sent to your team leader.
- Check with your team leader before you pack regarding the luggage requirements for your team.
  - If you do not have a team leader check with Lifeline's Travel Manager, Cathi Lester at [cathi.lester@lifeline.org](mailto:cathi.lester@lifeline.org) or 614-794-0108.
- Most team leaders require their team members to pack the majority of their personal belongings in their carry-on bag, freeing the checked luggage space for ministry needs. In some cases, several team members share one checked bag. Consult your team leader.
- For easier identification in baggage claim areas, consider using large, colored tags or ribbons for each bag.
- A **Final Information Packet** will be sent to you via email approximately 10-14 days prior to your departure. It will include: activity schedule, devotion schedule, kitchen crew schedule and last minute information, etc. If you do not have email access, check with your team leader.
- Your Team Leader will receive airline flight schedule and T-shirts approximately 2 weeks before travel.

# Important Phone Numbers

Make note of these phone numbers in case they are needed during your trip.

- **U.S. phone numbers**
  - Lifeline Christian Mission (U.S.): 614-794-0108  
(Monday – Friday 9am – 5 pm EDT)
  - Cathi Lester: 614-794-0108  
(Monday – Friday 9am – 5 pm EDT)  
614-949-8879 (after 5:00 p.m. & weekends)
- **Honduras phone numbers**
  - San Pedro Sula: Carlos Cojon: 9768-6226  
(when calling from Honduras)
  - Tegucigalpa: Eduardo Silva: 2234-3389

# Mission Policies & Guidelines

## Personal Witness and Conduct - Impact on the Honduran Culture

Conduct should be such that Christ is honored, glorified, and presented to the Honduran people through a positive witness. You will be serving as missionaries, representing Jesus Christ, Lifeline Christian Mission and your local church or organization.

- **Be flexible!**
- No new romantic relationships between team members or with Hondurans.
- **Be on time!**

## In the dorms/dining areas:

- No food or drink of any type (except water) in dorms.
- There is a designated storage area for personal snacks. Snacks may be enjoyed in dining area during free time.
- **Mealtime** – receive what is served with gratitude. Never ask for “something else.” Remember the missionary’s prayer: “Where You lead me I will follow, what they feed me I will swallow.” ☺ **EAT WHAT YOU TAKE.**
- No guys in girl’s dorm. No girls in guy’s dorm.
- Warm water is available for showering. Caution: NEVER touch or try to adjust the shower heads. The temperature of the water is controlled by the water flow. Slower = warmer water.
- Clean out shower drains after each shower (they will clog & overflow).
- Ladies may wear shorts/PJ’s **inside** sleeping room ONLY.
- Men must wear a shirt whenever leaving the dorm.
- Used toilet paper must be placed in trash can at **all** locations in Honduras except CaryHill (San Pedro Sula dorms)

- Ladies: At **ALL** locations, place feminine hygiene products in trash can, not in toilets, even if the package says it’s OK to do so (Due to our septic system).
- Honor Lights Out time in the dorms so others who desire to sleep may do so.
- Dining area closes at 9:30 p.m. Lights out time will be announced in Honduras.

## Health/Hygiene/Safety:

- ALWAYS wear insect repellent day & night except in dorms during sleeping. Malaria & Dengue Fever mosquitoes bite day & night. Malaria is treatable. Dengue is viral and is more serious. There is no prevention except NOT getting bit.
- Water provided by Lifeline is safe to drink.
- Never brush teeth or drink water directly from the tap. Use water provided by the mission.
- Drink nothing away from the mission unless you are told it is safe. The water at the restaurants that are chosen is safe to drink. If not, you will be told Lifeline staff. Check with Lifeline Coordinators if you are uncertain.
- Drink LOTS of water throughout the day to remain safely hydrated & avoid sunstroke or heat exhaustion. It is recommended that you carry water with you at all times.
- If you begin to feel ill with such symptoms as diarrhea, stomach cramps, nausea, lightheadedness, headache, etc. notify a staff member so treatment can begin immediately.
- Clean all cuts/wounds immediately and apply antibiotic cream & notify your team leader.
- Do not go barefoot (even in dorms as much as possible).
- Wash hands often.
- Refrigerators/freezers are not for personal use due to hygiene considerations and space restraints.
- For safety, keep jewelry to a minimum. Best not to be “flashy.” ☺



- Do not invite Hondurans to the mission compound, into the vehicles or discuss travel schedules, where you are staying, activities, plans, etc. with anyone you may meet.
- *No one* should ever go off alone.
- No one is permitted outside the main gate at any time unless the group is going by vehicle and under Lifeline's leadership.
- Never flash large amounts of money. Only take what you need for that occasion.
- Passports (and other valuables) will be collected and locked up for safe keeping while on the field.
- **Honduran currency:** We will exchange money for you. Do not exchange money at the airport or on the street with moneychangers (it could be counterfeit or cause a robbery). **NOTE:** Please bring currency that is clean, no tears or marks. If possible, bring a variety of denominations. We can only change a certain number of \$20 bills/day.

#### Facilities & Mission Policies

- For your safety, do not give address, phone number, email address or social networking information to any Honduran.
- Wifi will not be available for team members. Lifeline staff will send an email to your emergency contact upon team's arrival.
- Personal cell phones may be used for cameras, alarm clock, etc. Phone calls, texts, etc. should be made during free time only, not during the scheduled work day, devotions, meal times, team meetings, ministry times, etc.

**\*\* DO NOT GIVE GIFTS** of any type to the Honduran people except through the structured programs set up by the mission. All giving is done through structured, organized program that point people to Christ. Please ask if not certain about what is appropriate and what is not. Please respect this mission policy.

- Non-Christians and members of Christian faith backgrounds other than Christian church/Church of Christ are welcome but must abide by Lifeline's policies, respect the doctrinal position of Lifeline and do nothing to teach contrary to or

against the mission beliefs. Our primary objective is to evangelize or enhance the evangelistic work of the church/mission.

## Insurance

Most U.S. health care insurance plans through an employer do NOT cover medical care or emergencies outside the United States. Therefore, Lifeline Christian Mission provides short-term mission trip insurance while on your trip.

If you become ill or have an accident during your trip (while traveling outside of the U.S.) and you are forced to seek medical attention that requires you to pay at the time of service, you must do the following:

1. Pay the bill.
2. Receive a receipt for the payment.
3. Contact the insurance company upon return home and obtain a claim form.
4. Complete the claim form and submit bills to the insurance company.
5. Wait up to several months to receive reimbursement.

If you have difficulty obtaining payment or the needed information on the insurance carrier, contact Lifeline's office for more information. Coverage period terminates upon your return from your mission trip.

Lifeline is not responsible for loss suffered due to illness, accident, theft or injury occurred at any time in relationship to your mission trip.

# Notes