

LOVE HONDURAS



"a five star country"

TEAM MEETING 1
First UMC - Gastonia

TEAM MEETINGS-What to Expect

MEETING 1

The Team

Expectations

Purpose of the trip

Conversation about Poverty

Honduran Culture/Statistics

General Logistics Review

MEETING 2

Check-in

Being a Guest

Care for the Vulnerable/Healthy Boundaries

SPS Partnerships

General Logistics Review

MEETING 3

Check-in

Prayer time

Packing Activity

Packing List

Airports

Final Itinerary

Updated Flight Information

Travel Insurance

THE TEAM

Go around and say your name, year in school and why you are coming on this trip (there is plenty of space for you to take notes about your team!)

EXPECTATIONS

Circle three things off of this list that are going to be difficult for you:

Not having a comfortable bed

Not having a hot shower

Not having familiar food

Not seeing immediate results of your work

Not being in control of the schedule

Not being in control of how others react to what they are seeing

The language barrier

Your ideas not being heard in the group

Not being able to fix Honduras

Not knowing all of the answers

How can you trust God in your weaknesses?

- Not having a comfortable bed (trusting God will provide strength and endurance)
- Not having a hot shower (trusting God to provide relaxation)
- Not having familiar food (trusting God with my likes and dislikes)
- Not seeing immediate results of your work (trusting in God's purpose and fruit in this timing)
- Not being in control of the schedule (trusting in my need for God's control in my life and God's sovereign hand)
- Not being in control of how others react to what they are seeing (trusting in God's workmanship in others)
- The language barrier (trusting God to speak for you)
- Your ideas not being heard in the group (trusting God with your reputation)
- Not being able to fix Honduras (trusting that God cares for them more than we ever could)
- Not knowing all of the answers (trusting that God is always right)

Where are you personally strong?

CONVERSATION ABOUT POVERTY

1. *Define poverty. In Honduras, in the US?*
2. *Describe your feelings about traveling.*
3. *What comes to mind when you hear the word "orphanage" or "group home" or "children's home"?*

Amor y Vida is a non-profit organization assisting children and young orphans and living with HIV/AIDS disease. For 25 years we have sought to make a difference in the lives of these children and young people who are marked and affected by social discrimination. We serve them for more than the disease, and we have as a vision to make all our children study whether it's a technical career, a college career, a trade or some art so that it's not difficult for them once they leave the home.

-Maria Iris (Director of Amor y Vida)

4. *How do you feel about being made in the image of God? How does this affect the way you interact with others?*

²⁷ God created humanity in God's own image, **in the divine image God created them,** male and female God created them.
-Genesis 1:27 (CEB)

5. *How can we tell more than a single story about Honduras and our new friends there?*

"The single story creates stereotypes, and the problem with stereotypes is not that they are untrue, but they are incomplete. They make one story become the only story...It's impossible to engage properly with a place or a person without engaging with all the stories of that place or people. The consequence of the single story is this: It robs people of dignity. It makes our recognition of our equal humanity difficult. It emphasizes how we are different rather than how we are similar."

-Chimamanda Adichie, "The Danger of a Single Story" TED Talk, October 7, 2009

GOALS FOR THE TRIP

- (1) Learning
- (2) Fellowship
- (3) Encouragement
- (4) Long-Term Engagement.

All Information gathered from The World Factbook:

<https://www.cia.gov/library/publications/the-world-factbook/geos/ho.html>

HISTORY

Once part of Spain's vast empire in the New World, Honduras became an independent nation in 1821. After two and a half decades of mostly military rule, a freely elected civilian government came to power in 1982. During the 1980s, Honduras proved a haven for anti-Sandinista contras fighting the Marxist Nicaraguan Government and an ally to Salvadoran Government forces fighting leftist guerrillas. The country was devastated by Hurricane Mitch in 1998, which killed about 5,600 people and caused approximately \$2 billion in damage. Since then, the economy has slowly rebounded. In 2020, Hurricane Eta and Iota hit Honduras within the span of a week. Collectively causing about \$1.9 billion in damages in Honduras alone.

LOCATION

Central America, bordering the Caribbean Sea, between Guatemala and Nicaragua and bordering the Gulf of Fonseca (North Pacific Ocean), between El Salvador and Nicaragua. 2,784 from Charlotte, NC to the Bed and Breakfast we stay at in San Pedro Sula.



AIRPORT, CITY,
CHILDREN'S
HOMES

CAMP

CLIMATE

Subtropical in lowlands, temperate in mountains"- Expect weather to be 30-35 Celsius, or 90-100 Fahrenheit. Hondurans measure with the metric system, and Celsius rather than Fahrenheit.

LANGUAGE

Spanish

CULTURE

Honduran culture is laid back; this attitude is more pronounced among the people living in coastal areas. The majority of Hondurans are passionate about soccer and politics. In general, Hondurans, like those in other Latin American countries, are close to extended family and many families live either in the same house or close to each other. There is a friendly and welcoming attitude toward international visitors.



San Pedro Sula



Camp



Typical Daily View

DEMOGRAPHIC PROFILE

Honduras is one of the poorest countries in Latin America. 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 and in the south, west, and along the eastern border than 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 educational attainment**. 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 because 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.

	HONDURAS	UNITED STATES
Capital	Tegucigalpa (1.123 million people, 2016) (1.444 million, 2020)	Washington, D.C. (4.955 million people)
Population	9.113 million (2016) 9.235 million (2020) Second Largest City: San Pedro Sula 719,063 people in 2013	323.1 million (2016), 332.6 million (2020)
Languages	Spanish, Amerindian dialects	English 78.2%, Spanish 13.4%, Chinese 1.1%, Other 7.3%
Religions	Roman Catholic 46%, Protestant 41%, Atheist 1%, Other 2%, None 9% (2014)	Protestant 46.5%, Roman Catholic 20.8%, Jewish 1.9%, Mormon 1.6%, other Christian 0.9%, Muslim 0.9%, Jehovah's Witness 0.8%, Buddhist 0.7%, Hindu 0.7%, other 1.8%, unaffiliated 22.8%, don't know/ refused 0.6% (2014)
Literacy rate Age 15+	Male: 87.1% Female: 87.3%	Male: 99% Female: 99%
% of Population using improved drinking water sources	Urban: 97.4%, 100% now Rural: 83.8%, 88.9%	Urban: 99.4%, 100% now Rural: 98.2%, 97%
% of Population using adequate sanitation facilities	Urban: 86.7%, 95.4% (2020) Rural: 77.7%, 83.5% (2020)	Urban: 100% Rural: 100%

Climate	Subtropical in lowlands, temperate in mountains	Mostly temperate, but tropical in Hawaii and Florida, arctic in Alaska, semiarid in the Great Plains west of the Mississippi River and arid in the Great Basin of the southwest; low winter temperatures in the northwest are warmed occasionally in January and February by Chinook winds from the eastern slopes of the Rocky Mountains.
% of Population Urbanized	58.4% (2020)	82.7% (2020)
Life Expectancy	Male: 69.3 years (2016), 71.1 (2020) Female: 72.4 years, 78.3 (2020)	Male: 77.3 years, 78 (2020) Female: 81.9 years, 82.5 (2020)
Under 1 mortality rate	14.6/1,000	5.3/1,000
Child Labor (ages 5-14)	Total number: 280,809 or 16% Male: 5.5% Female: 13.8 %	
GDP per capita	\$5,600 (2017)	\$59,800 (2017)
Monetary Unit	Lempira	U.S. Dollar (1 to 24.50)-2018 est
# of people living with HIV/AIDS	25,000 (2019)	1.1 million, N/A (2020)
Number of people living without electricity	2 million (2017)	100% of population has access.
% of people below poverty line	29.6%	15.1%

ECONOMY

Honduras, the second poorest country in Central America, suffers from extraordinarily unequal distribution of income, as well as high underemployment. While historically dependent on the export of bananas and coffee, Honduras has diversified its export base to include apparel and automobile wire harnessing.

Honduras's economy depends heavily on US trade and remittances. The US-Central America-Dominican Republic Free Trade Agreement came into force in 2006 and has helped foster foreign direct investment, but physical and political insecurity, as well as crime and perceptions of corruption, may deter potential investors; about 15% of foreign direct investment is from US firms.

The economy registered modest economic growth of 3.1%-3.6% from 2010 to 2016, insufficient to improve living standards for the nearly 65% of the population in poverty. In 2016, Honduras faced rising public debt, but its economy has performed better than expected due to low oil prices and improved

investor confidence. The IMF continues to monitor the three-year standby arrangement signed in December 2014, aimed at easing Honduras's poor fiscal position.

IMPORTANT DATES AND HOLIDAYS

Semana Santa: Celebrated the week before Easter.

Carnaval at La Ceiba: Held during the third week of May.

Feria Juniana: Held in San Pedro Sula during the entire month of June, celebration of San Pedro Sula and the establishment of the City in 1536

Dia del Limpira: July 20. Day celebrating their national "hero" and legend

Independence Day: September 15.

Christmas: December 25. Hondurans celebrate with their families on Christmas Eve and rest on Christmas Day. Hondurans set up a nativity scene where they cover the baby Jesus with a blanket. On Christmas Eve, the blanket is removed to unveil the baby.

TYPICAL FOODS

- rice
- beans (refried)
- grilled meat chicken or beef (pollo asada, carne asada)
- tortilla (flour or corn)
- avocado
- eggs (mostly scrambled)
- matequilla (white sauce, similar to sour crème, but totally different as well)
- plantains (fried, grilled)
- cheese (typically white, dry or wet)
- encurtido (type of pickled onions and peppers)
- baleadas

GENERAL LOGISTICS REVIEW

OVERVIEW OF SCHEDULE

- Sign Up/Downpayment due (\$300): October 15
- Team Meeting 1: November
- First Payment (\$600): December 15
- Team Meeting 2: January/February (Turn in picture of passport/medical form)
- Second Payment (\$600): March 1
- Team Meeting 3: March/April (Receive t-shirt and luggage tags)
- Third (Final) Payment (\$600): May 15
- Trip Begins: June 27

EXPENSE PROFILE

\$1000: Flight, baggage fees, and travel insurance

\$150: Room/camp fees

\$150: Food

\$300: Construction supplies/donation to orphanages served

\$50: Training

\$400: Extra Cost (in country travel, staffing, free day)

TOTAL: \$2100

PASSPORTS AND VACCINES

Must have a current US Passport, the expiration date on your passport cannot be within 1 year of proximity to departure. For example, you're traveling week one June 27 - July 4 2022 meaning if your passport is going to expire on July 4, 2023 or before, you have to get it renewed before you leave. Visit: [ustraveldocs.com](https://ustraveldocs.com/US-1216) to apply for a passport if you do not have one. You can also visit a post office to apply, just remember to set up an appointment. If you are apply for a passport in person for a person younger than 16 you will need either both parents present to apply for a passport or a written letter from the parent not present. For more info about applying for a passport in person refer to: travel.state.gov.

Typhoid Vaccination is required, the shot is around \$90, you can visit passport health, the health department a local minute clinic to get or pills for Typhoid. The shot will offer protection for two years, the pills offer protection for 5 years. If you are 16 or under the pills are required. In order for it to work effectively it must be in your system for 2 weeks before departure. Hep A and Hep B is an optional recommendation.

TENTATIVE FLIGHT ARRANGEMENTS

BE AT THE AIRPORT IN GSO at 4:30 am

Monday July 10, 2023

AA 3640, Departs from GSO at 7:12 am, Arrives in MIA at 9:20 am

AA 559, Departs from MIA at 10:05 am, Arrives in SAP at 10:29 am

Monday July 17, 2023

AA 1312, Departs from SAP at 11:25 am, Arrives in MIA at 3:55 pm

AA 3754 Departs from MIA at 7:30 pm, Arrives in GSO at 9:44 pm

Questions: (write down answers to questions so you don't forget!)



Contact Info for CCC Office:
Laura Brown - Urban & Overseas Administrator
Email: laura@carolinacrossconnection.org
Phone: (704) 721-0033 x 5

