

Volunteer Document

Texas Water Mission Trip to Honduras

Purpose of the Trip

The purpose of this trip is to go to Honduras as a team of dedicated Christians, to work with our Honduran brothers and sisters, and to share the love of our Lord Jesus Christ through our Water Ministry. We will go as a team, work as a team, share as a team, and play as a team.

We will meet and worship together twice a day (morning and evening). We will also begin all of our work with our Honduran team members in prayer together.

Your decision to go means you are committed to be a part of the whole life of the team, including our meetings and worship.

About the Water Ministry

The Episcopal Diocese of West Texas Water Ministry (Texas Water Mission, Inc. or TWM) is a group of Christian volunteers committed to using the ministry of drilling water wells to fulfill the Great Commandment. Currently, we are working in the country of Honduras, where we have drilled 92 wells in the past 16 years.

Work in the mission field includes overseeing the drilling of water wells, repairing wells and hand-pumps, assisting the Honduran teachers of health and hygiene programs, and ministering to the children and people in the communities we serve. We do all of this in response to our gracious Lord and Savior, Jesus Christ; we serve through Him and with Him.

Vision

Through God's gift of water, we strive to fulfill the commandment of Christ to make disciples who share the "living water" of the Gospel with others.

Mission

- **PROVIDE** adequate, safe drinking water by drilling wells and sourcing other alternatives
- **TEACH** communities the skills needed to safely obtain drinking water
- **DEVELOP** local hygiene programs to improve health and the quality of life
- **ARTICULATE** needs of rural developing communities, share the experience and joy of Christian service, and increase involvement of our community in mission outreach
- **EVANGILIZE** through servant leadership, personal witness and role-modeling
- **PLANT** seeds of hope for the future, encourage permanent change, and connect people by building relations with mutual respect and trust.

Itinerary

Each volunteer missionary is responsible for booking and paying for your flights. This makes it possible for missionaries to have various payment options such as paying by credit card, frequent flyer miles, etc. Please note:

- **We depart on Thursdays, on United Airlines Flight 1540 leaving Houston Int'l (Bush) at approximately 9 am** and arriving in Tegucigalpa, Honduras at approximately 12pm (*or 11am depending on Daylight Savings Time*).
- **We return on Thursdays, on United Flight 1541 leaving Tegucigalpa at approximately 12:30 pm and arriving in Houston at approximately 4:25pm** (*again, Daylight Savings Time may alter this information by 1 hour*).
- ***If you are flying into Houston from San Antonio, you will need to add round-trip flights from and to San Antonio to the Itinerary above.***
- For those making flight arrangements for travel after arriving in Houston, please note that we will have to go through Customs in Houston, which may take an hour or more. Also, we will have to go through airport Security again before going to our gate for our connecting flight. *Going through Customs and Security may take as long as 2 hours.*
- One final note regarding booking your flights, *we strongly recommend purchasing trip insurance.* Although cancellation of Mission Trips is unusual, unforeseen issues may cause you or us to cancel the trip. As the cost of “reusing” a cancelled ticket with United Airlines has increased to \$200, flight insurance is a good idea.

Budget/Costs

As of January, 2018, we estimate the total cost of this Mission Trip will be approximately \$1,500 based on the following information:

- Round-trip airfare of \$800 from San Antonio to Tegucigalpa, Honduras (Trip Insurance may add approximately \$50 more)
- Hotel costs of approximately \$40 per person per night for a double room (share with another person) for 7 nights
- Average cost for meals of \$15 per day for 7 days
- Each missionary is also responsible for payment for in-country travel (van or mini-bus). Cost for in-country travel, depending on the cost of fuel, averages approximately \$150 per person for the week. More information regarding this expense will follow after we finalize the project planning and itinerary. Payment for in-country travel will be due on or before our second Team Meeting. Checks should be payable to Texas Water Mission, Inc. and sent to:

Texas Water Mission, Inc.
P. O. Box 6885/111 Torcido Dr.
San Antonio, TX 78209

- We recommend taking \$100 spending money. This would cover any meals we might have outside the hotel, incidentals and water. We will spend most days in places

where money is not needed except for possibly one day of tourism/shopping on Sunday after church. Visa/MasterCard are accepted in most places but Traveler's checks are not recommended in Honduras.

Team Meetings

A successful Mission Trip begins long before the flight departs from Houston. *Team meetings are important spiritual as well as administrative preparation for our trip and as such, are mandatory for those who will be part of our Mission Team.* You will be notified of the dates for the (2) Team Meetings once we have finalized the Mission Trip dates.

Passport Requirements

You will need a passport. If you have a passport, check the expiration date. *Honduras will not let you enter the country if your passport expires within 6 months of travel.*

No visa required if you are a U.S. Citizen.

Immunizations/Medical

An important part of your Mission Trip planning is making sure that you are medically prepared, please note:

- TWM Mission Trips do not require significant physical strength but they may require physical stamina, as some days can be hot, humid and up to 12 hours long. *We are therefore asking that your Doctor provide a letter stating that your current health is able to withstand those conditions for this Mission Trip.*
- *Also, due to the current conditions in Honduras, all Mission Team Members will be required to show proof of Hepatitis A immunization.* The Hep-A vaccine is administered in 2 doses, you can get the first one before you leave and the second one when you get back.
- Please discuss your immunizations record with your Doctor to be sure you are covered for Tetanus, Hepatitis A, and, as needed, booster doses for Tetanus-Diphtheria and Measles. Regarding Malaria preventives, we work in an area of Honduras that is not considered at risk for Malaria; however, please discuss this with your Doctor.
- Plan your medications carefully. Take all your prescription medicines as well as those you use on occasion, such as aspirin, Maalox, Pepto Bismol, eye drops, Chap Stick, etc. The food is very edible, but different from our diet.

Travel Days (Tips from our missionaries in Honduras)

- Prepare a carry-on bag that could meet your needs if your checked baggage arrived on a different date. Remember, only sample-size liquids are allowed through the security check point at the airport.
- Please plan to arrive at least two hours early for your flight.

Airport in Tegucigalpa: The terminal in Tegucigalpa is chaotic. Here's the drill:

- Upon arrival, proceed from the gate area to the immigration port of entry. You'll need your passport and the two forms you will receive and fill out on the airplane.
- We'll meet at the baggage claim area. We will have designated Baggage Handlers to help us. Please wait in the baggage area until all baggage has been claimed for each missionary.
- Proceed through the baggage scanner, through the customs declaration area, and into the main lobby of the airport. Wait in the lobby for all missionaries to clear Customs.
- One person will be assigned to pay the baggage handlers (the fee is included in the In-Country travel cost of your trip). The designated person will indicate where to gather checked luggage or who to hand it to.
- Please stay alert and be careful about people handling bags. There are independents that come up and start to help—both in the lobby of the airport and outside near the bus. They are not part of the porters, but they will press hard for a tip. Do not pay them. We deal with one guy only, and we pay only one guy. Only one designated person from our group will coordinate this activity.
- Money changers: We do not want anyone changing money in the lobby, in front of the terminal, or in the parking lot. We've used the same money-changer for years (Charlie) at a desk in the rental car section of the airport lobby. Please stick with this plan. This may be your best chance to exchange money.
- Arrival briefing: Once we get to the hotel and luggage is off loaded, rooms assigned, etc., we will have a brief meeting to discuss schedule, time, food, water, work, transportation, and answer questions. You'll have time to unpack, rest, and walk around the lobby and hotel.
- Shopping at the airport: There are many good shops to visit when we are preparing to leave the country. If you go into Ideas or the jewelry store next door, upstairs, be sure to tell them you are with the Episcopal Church as they will give you a discount.

Travel days are exhausting, people are excited and eager and maybe a bit confused. Plan to get some rest your first night, drink plenty of fluids and don't push the limits. We want you to be healthy and have a good, memorable trip.

Daily Routine

We begin each day with Morning Devotionals at 6:15am, followed by breakfast. After breakfast, we depart for a gas station where we purchase our daily supply of potable water and snacks. We usually take our lunch on the bus/van with us when we leave in the morning because we work in rural areas that are not near restaurants.

In the evening we meet for dinner. The team meeting and the Evening Devotional follow dinner. Missionaries return to their rooms to prepare for the next day's activities after Devotionals.

Devotionals

We begin and end our day with prayer, praise and worship. We ask each missionary to sign up to select a reading and lead either a morning or evening devotional. Please plan to attend all devotionals.

At our first Team Meeting, you will be given a devotional book with an order of service we will use daily. Please start praying from the devotional book before you leave. You will be glad you used it.

Buddy system

Don't wander alone! And be sure that someone in the group knows where you are at all times.

Meal Count Person

Someone on the team will be responsible for ordering the group lunches/meals. Knowledge of basic Spanish is helpful but not required.

Work Site and Conditions

The work and meeting sites will be dusty and muddy. There will likely be standing water. Depending on the season, the weather should be mild but may include a lot of rain. Regardless, the sun can be quite intense as we are closer to the equator. It is usually cool in the evenings. Make sure to bring rain gear and clothing that will protect you from the sun.

If you chose not to eat, that's up to you. However you are required to drink lots of water. You need to consciously drink much more than usual even if it means more pit stops. We will buy bottled water every day. Our hotel will have potable water; however, some people choose to use bottled water for everything that goes near their mouths, including brushing teeth.

What to Wear

The clothing we wear while on a Mission trip sends a message about who we are. We are representing our churches, our dioceses, our country and Texas Water Mission. We do not want to draw attention to ourselves but want to fit in with our brothers and sisters in Honduras. As such, we strive for modesty in our clothing and refrain from wearing shorts and revealing clothing. Please leave your expensive jewelry at home. We will not be going to any fancy events where nice jewelry is expected so there is no need to risk losing it or drawing attention to it on the trip.

Also, an important note on tattoos: unlike the U.S., where tattoos are widely accepted, in Honduras, tattoos have a very negative perception. Tattoos in Honduras are associated with drug and gang activity and employers will not hire individuals with tattoos. As a result, tattoos are virtually non-existent in Honduras and we ask that if any volunteers have tattoos, that they remain covered while in Honduras.

Worksite Clothing

- Large hat
- Neck covering (bandana)
- Sun glasses or shaded safety glasses
- Light weight, loose clothing with sleeves. Most people find blue jeans too hot and hard to dry out when they get wet. Even if they get dirty, plan to wear the same clothes more than once.
- Work boots, if you have them, that will take a beating and be comfortable for a long day. They should have good ankle support and thick soles.
- Gloves; cotton with leather palms is a good combination. Also, you may want to consider bringing safety glasses for the construction work around the well.
- Rain gear, jacket, ponchos, etc.

Clothes/Packing List

- Slacks and casual shirt for church and dining out (men)
- Simple dress or pants and blouse for church and dining out (women)
- Casual clothes for evenings (no shorts, please, unless you wear them only in your room; Hondurans and others at the hotel never wear shorts in public)
- Underwear
- Sweat Socks
- Washcloths (the hotel does not provide washcloths)
- Light Poncho or rain jacket
- Sunglasses
- Water bottle
- Back support if you use it
- Casual shoes with slip-resistant soles (Nikes, etc.)
- **Flashlight** with extra batteries (the hotel power goes out sometimes)
- Toiletries (there is bar soap, shampoo, conditioner, and lotion in your hotel room)
- Medications (give a list of your medications to the team leader)
- **SUNSCREEN**
- Bug Repellent (high in %DEET)
- Personal first aid kit
- Aspirin, muscle pain reliever (whatever you use on occasion)
- Camera and battery charger

Do's and Don'ts

Do keep praying for the trip and those that are going.

Do pray for the people you meet and work with.

Do drink lots of liquids.

Do stop to rest regularly.

Do take carry-on baggage with a change of clothes and toiletries. Baggage may not arrive or may not arrive at the same time.

Remember you're not in the U.S. anymore, think before you do anything.
Don't eat raw what you cannot peel. (No Green Salads)
Don't drink anything that isn't bottled except for coffee, juice, and milk at the hotel.
It's better not to eat pork anywhere except for the hotel's restaurant.
Don't go out alone.
Don't get friendly with any animal. Rabies is rampant!
Don't take jewelry. Take a cheap watch and leave your wedding rings, etc. at home.
Don't ride in the back of the pick-up trucks on the main highways. The roadways in Honduras are extremely dangerous because of the combination of pedestrians, large trucks and buses, no enforced speed limit and virtually no rules.
Don't throw toilet paper in toilets; the plumbing is not designed for it; there will be a trashcan.

Emergency Information

You will be given a Texas contact in case your family needs to contact you during the mission.

Make a few black and white photocopies of your passport and give one to the trip leader. Keep another with you in a waterproof pocket (baggie) at all times while we are working. We can store passports, money, and valuables in the safe at the hotel while we are there.

The Diocese of Honduras and the Diocese of West Texas require a signed release form prior to departure for Honduras. We will distribute those at the first Team Meeting.

Medical evacuation insurance is required to cover any emergency evacuation issues. For more information go to the following website: <http://www.stmservices.com/>

We will register the group with the American embassy in Honduras so they can better assist us in case of an emergency. To read travel warnings and to learn more about the Smart Traveler Enrollment Program visit: <https://travelregistration.state.gov>

Questions?

Contact Team Leader:

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We look forward to seeing you in Honduras!