Honduras – January 23-30, 2027

Team member, thank you for being willing to serve in Honduras with Healthy Niños Honduras and Word FM Missions. This manual will give you a better idea about the work of the service teams as well as information needed for you to successfully prepare yourself for travel.

Healthy Niños Honduras continues the work that MAMA Project began in Honduras, visiting 60-70 villages in the northern area. HNH will provide medical, dental, and construction brigades where we want to help those that are sick or suffering from malnutrition.

As well, HNH supports hospitals and local clinics with donations of medicines and medical supplies. HNH service teams offer each participant a smooth introduction to the mission field, where team members can have an "open eye experience," able to see firsthand the reality in poor countries.

Although it can be a cultural shock, it also can be the beginning of a future in missions, serving people in need around the world.

Healthy Niños Honduras is able to reach more communities and families every year with the support of the mission teams that serve in Honduras. Please review the manual carefully and contact the HNH office or Word FM Missions with any questions you might have about your upcoming trip.

Healthy Niños/Word FM Mission Trip – Honduras 2027

Immunizations (*you cover*): Please ask your doctor what they recommend or feel free to call Billy Dunn (215-721-2141).

Total Cost of the trip will be: $2,900.00 (includes airfare)

We cover you in country for: food, lodging, in-country transportation, and Honduran office costs, project, day-off activities, translators, doctors, dentists, helpers, orientation.

Registration: A non-refundable deposit of **$300 for each member** (including children) is due upon reservation of team to cover insurance while in Honduras, airfare deposit, and other mission team-related costs.

Recreation: ***All expenses for our DAY off are included in your trip cost.***

Other Costs: You will need to provide transportation to and from the airport in the United States. It will most likely be the Philadelphia International Airport (PHL). You will also need money for souvenirs, if desired. We suggest you bring $100 in cash.

(Installment payments below)

Team Member registration due Sept. 30th	**$ 300.00 / person**
Team Member installment due October 30th	**$ 800.00 / person**
Team Member installment due November 30th	**$ 800.00 / person**
Team Member installment due December 30th	**$1000.00 / person**

ALL checks are made payable to **Word FM,** PO Box 17, Harleysville, PA 19438

Contact: Dave Baker or Billy Dunn at 215-721-2141, dbaker@wordfm.org or billy@wordfm.org

You can give online at WordFM.org:

https://wordfm.app.neoncrm.com/forms/general-fund-?campaignId=5

[Please note *Mission Trips* or *Honduras* in the Donor Note field of the donation form.]

Service Team Forms

All team-related documents can be found on the HNH Service Teams links listed below:

Here you will find the registration form and the health form. T**hese must be completed by the team member or their guardian three to six months prior to travel.** If a paper form is needed, please contact us at office@healthyninos.org

> **If the team member has submitted forms for another trip in the previous five years and no information has changed, new forms are not needed**.

The **Registration Form** requests general information about the team member. There are also standard liability/release statements to review and digitally sign.

Registration/Liability Form: http://weblink.donorperfect.com/serviceteamforms

The **Health Form** is completed by all team members. The information is kept on file for safety and liability purposes. If you have any questions, please do not hesitate to contact our office.

Health Form: http://weblink.donorperfect.com/healthformhnh

A non-refundable $300 deposit fee is due at the time of registration.
Word FM Payment Portal (Note *Mission Trips* or *Honduras* in the Donor Note field of the donation form)
https://wordfm.app.neoncrm.com/forms/general-fund-?campaignId=5

Trip Preparation Checklist

Six months or more before travel

- Confirm participation on team with Word FM Missions: Dave Baker by September 30, 2026 (dbaker@wordfm.org) or as soon as possible if after that date.
- Check passport. If passport is needed, start application. If passport needs to be renewed, start process. Passport cannot expire before travel or less than six months after travel.
- Send out support letters and start collecting material donations.
- Send Registration & Release Forms and non-refundable deposit to Word FM Missions, PO Box 17, Harleysville, PA 19438

Three to five months before travel

- Plan on attending a team orientation (check email for dates).
- Get necessary vaccinations.

Two to three months before travel

- Collect donations.
- Send Registration & Release Forms to Word FM.
- If your minor son/daughter will be going to Honduras without a parent, please have them carry a notarized copy of the permission form with them. You can send a copy to Word FM Missions. Email: dbaker@wordfm.org

Before travel

- Six weeks prior to travel: make sure final payments are made to Word FM Missions.
- Pack suitcases
- Review the team expectations and rules.

All people going to Honduras are strongly encouraged to get their proper immunizations beforehand.

The following recommended immunizations should be available through your family doctor (and are most likely covered by your health insurance).

- Hepatitis A: now and six months later
- Hepatitis B: now, one month, and booster in six to 12 months

  OR Twinrix: combined Hepatitis A & B

  accelerated: (#1) now, (#2) seven days, (#3) 21 days, and (#4) one year

  OR

  if not needed "last minute" (#1) now, (#2) one month, (#3) six months
- Tetanus: every 10 years

We also recommend the following immunizations:

- Typhoid (oral): immunity lasts for five years
- Malaria: Malarone (or Cholorquine, if available)
- Antibiotic (Cipro) for traveler's diarrhea: Available at the Mission House in Honduras

Fundraising

Healthy Niños encourages each team member to participate in fundraising for their upcoming mission trip. Once a team has been established, fundraising should begin. It's important to begin this process as soon as possible (usually about six months before departure), as it takes time to receive responses.

Support is best raised through family and friends. Most often it is done by sending a simple, clear letter stating the purpose of the trip, the need for prayer, and a clear statement of the financial need. A response card can also be included with the letter. A sample letter and response card are provided on the following page.

All checks should be made payable to Word FM Missions and the team member's name should be written on the memo line of the check or on the response card with the check. Four Rivers Community Broadcasting Corp. (Word FM, Word FM Missions) is a registered 501(c)(3) nonprofit organization and all gifts are tax deductible.

Other fundraising options:

- Bake sale
- Yard sale
- Spaghetti Dinner or Pancake Breakfast
- Rita's Italian Ice Fundraising Night (or other local restaurants with fundraising options)
- Check to see if your company is a matching gift company!

Be creative and enjoy the process of looking for support! It may be intimidating at first but it helps us become dependent on God to provide for our every need as Christians embarking on a journey to another country. Make sure that after receiving support you send 'Thank You' notes and keep your supporters up-to-date on your needs and prayer requests. After returning from Honduras, it's always good to send a letter that reports on your trip.

SAMPLE LETTER: *Make sure to change the letter to reflect your trip and needs.*

Dear Friends and Family,

In January, I will be traveling to _____, Honduras with Word FM to work with Healthy Niños for a week. I will be spending five days participating in medical brigades (handing out deworming medicines and vitamins, checking blood pressure and anemia levels, and playing with the children in the villages) and construction projects (cementing floors in homes of poor community members).

I am excited about this upcoming trip and know that it will be an excellent learning experience, both spiritually and culturally. In order to participate in this trip, I need to raise about $_____. I will be paying for about half of my trip but will be raising funds to cover the rest of the trip. My hope is that some of you will be interested in being part of the team that sends me on this trip. As I will be traveling to a foreign country for eight days, I will also need support in prayer. I have been asking that God will mold, shape, and change me through this experience. I would love for you to join me in this prayer. Thank you for prayerfully considering whether you are able to be part of this team.

Sincerely,

SAMPLE RESPONSE CARD: *Make sure to substitute the date and your name in the bracketed spaces.*

IMPORTANT! All donations must be received by [six weeks before departure].

YES! I, [name] _____, would like to help [traveler's name] and the mission team as follows:

Enclosed is my check payable to Word FM Missions for:

___$25.00 ___$50.00 ___$100.00 ___Other _____

_____ I am willing to support this team in prayer. Please contact me with your team's prayer requests at: (email address) _____

If you choose to support me and I eventually receive more than the required support level, the excess funds will be allocated to the support of other members of the same short-term mission team. Give online here: https://wordfm.app.neoncrm.com/forms/general-fund-?campaignId=5 Note *Mission Trips* or *Honduras* and state the person's name you are sponsoring in the Donor Note field.

A receipt will be sent to you after the donation is processed.

Checks can be sent for donations to:
(put the name of the person in the "Memo" field)

Word FM
PO Box 17
Harleysville, PA 19438

Items Your Team can Collect for Distribution in Honduras

Anything that you hand out while you are in Honduras will be appreciated. Here are a few ideas as you consider what you'd like to collect with your team:

- Medicines – generic or brand name
  - Acetaminophen for infant & children; Adult tabs 500mg
  - Ibuprofen for infant and children; Adult tabs 500mg
  - Naproxen tablets
  - Cough medicine tablets and liquid
  - Allergy medicines: Benadryl liquid/tabs, Cetirizine (Zyrtec) liquid or tabs, Loratadine 10mg liquid or tabs
  - Artificial eye drops, Visine
  - Lansoprazole, Tums, stool softener tablets
  - Hydrocortisone cream
  - Triple antibiotic creams
- Medical Supplies – small band-aids, gloves, gauze
- Soccer Balls (deflate to take to Honduras and inflate when there)
  Bring inflation needles and a hand pump. Soccer Balls can be used when in the community. Leave them with the community leader or the school teacher (ask HNH Staff).
- Nail polish – paint nails after the brigade when people are waiting for the doctor/dentist consultation
- Coloring books
  Crayons (gently used or new) – You can package them into small bags of five crayons to hand out.
- School Kits – put into plastic or cloth bag to hand out. You do not need to make complete kits. School year in Honduras is February to November.
  1 notebook, 2 pencils, pencil sharpener, ruler, crayons or colored pencils, large eraser
- Health Kits – Hand towel, washcloth, comb, nail clipper
- Toothbrushes and toothpaste
- Small toys – small stuffed animals, little cars, small dolls/Barbies
- Hair accessories – hair ties, ribbons, headbands

Items Your Team can collect for Distribution in Honduras (cont'd)

- Reading glasses – with strength clearly marked
- Work gloves
- Baseball caps
- Women's aprons (half-aprons preferred)

After the brigades, while patients are still being seen by the doctors and dentist, feel free to prepare a skit, songs to be sung with the children, puppet show, games to be played, or bring sidewalk chalk, nail polish, soccer balls, beads for bracelets, coloring books, etc. to be done with the children.

Contact Dr. Herman at the Healthy Niños office if you are interested in purchasing Spanish Bibles in Honduras to hand out in the community.

In addition, some teams find that purchasing school supplies in Honduras, not only helps the economy in Honduras, but gives them more suitcase space to carry other supplies that can more easily be purchased in the USA. Please contact Dr. Herman if you would like the current price list for school supplies in Honduras.

Packing List

- PASSPORT!! See https://travel.state.gov/content/travel/en/passports.html for directions on obtaining or renewing your passport. *Your passport must not expire within six months of travel.*
- Pocket cash ($ for souvenirs – You can bring a credit card; don't bring traveler's checks.)
- Sunscreen
- Hat/cap/visor (for sun shade)
- Insect repellent
- Flip flops (for shower wear)
- Personal water bottle (to bring on community brigades)
- Work clothes (two to three sets)
- Light jacket (or sweatshirt) if traveling around January
- Prescription medication (bring enough for at least five days longer than you'll be in Honduras, just in case of travel delays)

OPTIONAL:

- Snack foods for airplane (trail mix, dried fruit, granola bars)
- Wash 'N Dry/alcohol packets or hand sanitizer (We have hand sanitizer at the Mission House and brigades, but you might want to bring along a small bottle for your use.)
- Ear plugs (you might need them to block out roosters or snoring)

DO NOT BRING:

- Sheets, towels, beach towel, washcloths, pillows/pillowcase, toilet paper
- Shampoo, conditioner, soaps, and toothpaste (unless you require a certain brand)
- Hair dryer
- Laundry detergent
- We also have some disposable razors, toothbrushes, and shaving cream.

NOTE: We will have 110-volt electric outlets, laundry machines, and plumbing in the Mission House.

Visiting Communities with Healthy Niños

While in the rural communities, you will participate in medical, dental, and construction brigades. This list is intended to give you a brief overview of what your days in the community will look like.

Your team will divide into two groups. One group will participate in pouring concrete floors in homes. One home will be done in the morning and then one in the afternoon. Your Honduran expense covers eight floors during the week. If a group would like to concrete additional floors, the cost is $250 and the team leader must discuss this with Dr. Herman at least four months prior to travel.

The other portion of the group will help with the medical and dental brigades. Depending on the size of the team, you may not have every station available.

#1. Registration – a community leader or Healthy Niños Staff

A community member will be registering the people for the day's brigade.

#2. Weighing and Measuring – one team member

In this station, someone (usually a community member with HNH Staff) will be measuring and weighing every child (up to age 19). A team member (bilingual preferred) can help write the data onto the forms or into the computer database.

#3. Vital Signs – one to two team members

Using digital blood pressure cuffs, take the blood pressure of every person over 19 years. Also, record pulse ox levels.

#4. Vitamin A & Deworming – two team members

All children ages six to 60 months will receive vitamin A. Everyone over 24 months (except pregnant women) receives a deworming pill.

#5. Hemoglobin / Anemia Screening – three to four team members

Prick finger and dab blood on testing strip. Wait 30 seconds and then compare blood sample to anemia strip to estimate hemoglobin level. One person should be dedicated to helping write results on encounter and registration forms.

This is only completed in new communities, where HNH has never visited.

#6. Nutritional Counseling – Healthy Niños Staff

A HNH Staff person will hand out micronutrients or other fortified food to community members and explain use.

#7. Reading Glasses – one team member

Any person over 40 years old will be tested for reading glass strength and provided a pair of glasses.

#8. Giving of Toys/Gifts – two to four team members

Give gifts to the people coming through the medical brigade. Various gifts can be collected by teams to distribute in communities (see #13 on page 13).

#9. Medical Consultations – # of team members varies depending on team

Those with medical problems will be seen by a physician, physician's assistant, or nurse practitioner. All teams have a Honduras physician with them.

#10. Dental Consultations – one to two team members

Those with dental problems will be seen by the dentist for consultations, extractions, fillings, or cleaning. The team member will assist with cleaning instruments.

#11. Pharmacy – two team members

When patients come from dentist or doctor with their prescriptions, the team member will fill the prescriptions and explain the use of the medicines.

At the end of the day:

Collect registration forms and give to a HNH Staff member.

Take inventory of your station and let the HNH Staff know if you are in need of something for the next day.

Service Team Expectations & Helpful Hints

1. Word FM Missions, Healthy Niños Honduras (USA), and Healthy Niños en Honduras are Christian organizations. Our goal is to minister to both physical and spiritual needs. You need to be respectful of the spirituality of the organizations even if the beliefs may be different than yours.

2. Be sure to spend time alone with the Lord each day. Be in touch with Him—He'll guide your steps, open your eyes, and expand your heart during all the adventures of this trip.

3. Keeping a daily journal is a great idea. Your first-hand impressions will be invaluable. Along with your activities, be sure to include feelings, thoughts, struggles, questions, and perhaps even some answers. In the evenings, teams can gather to discuss what they are experiencing and ask questions to HNH Staff about Honduras culture and the organization's programs.

4. You will be eating, sleeping, and relaxing with 10 or more people that you may not know very well. The days may be long and tiring. You must be able to get along well with different personalities and be a team player.

5. You must be willing to "go with the flow!" The best-laid plans often go awry for various reasons while we are in Honduras. It is important to realize that the Honduran society is a bit more "laid back" than we are and at times we must adjust our plans accordingly.

6. No alcohol, smoking, or swearing. This behavior will offend our Honduran hosts.

7. Come with a "a servant's heart." The Hondurans are our brothers and sisters. As their guests, allow them to work too. Our goal is to encourage and stimulate these men and women to continue to carry on with the project when we leave.

8. Try to fit in while in the villages—be bold! Mix with the people, children are especially quick in becoming "amigos." Travel in small groups.

9. Don't smile and say "yes" (or "sí") if you don't know what was said—use an interpreter. Please don't make promises (e.g. sending back a picture, writing a letter, etc.).

10. We must remember that for our Honduran coworkers, working with us is their job. Most of them have families to go home to at the end of the day. Remember that they have many teams to work with throughout the year and be careful not to place unreasonable time demands on them while we are there. Take a little time to socialize with the Staff.

11. Be very sensitive about taking pictures. At the morning introduction, the HNH Staff will ask permission for the team to take pictures.

12. We are not any better than anyone else just because we are "wealthy" Americans! There are things we are able to share and help them with but there also is a lot we can learn from them if we will humble our hearts.

13. Concerning giving: Many children and others may approach you for money. Don't give money since this random giving may do more damage to the project by creating dependency (news of hand-outs travels fast), warping relationships ("givers" vs. "takers"), hurting others by showing favoritism, etc. When we leave, donations can be left at the HNH office to be distributed to the neediest families. Giving out toys or gifts in the villages must NEVER be done "spontaneously," but planned as part of the day's events and done as equitably as possible (e.g. One gift in every family's bag along with children's vitamins, toothbrushes, etc.).

14. Concerning clothing: Modesty. Honduran women usually wear skirts or jeans. Jeans, skirts, pants, or capris are recommended. It is best to leave all unnecessary valuables at home (diamonds, expensive jewelry, etc.). No camouflage clothing or army garb, please. Women need to make sure that their clothing is not culturally offensive—no short or tight shorts, no exposed bra straps or cleavage.

15. Concerning health: **BE CAREFUL**. Diarrhea-causing bacteria and parasites are microscopic—looks can be deceiving! Good hand washing is important (wash before eating and after obvious contamination). After washing hands always use hand sanitizer as well. Be aware of everything that goes into your mouth (food, water, fingers).

16. **NEVER drink any water or ice unless you are sure it is purified (bottled or boiled).** Use pure water for teeth brushing—tap water is unsafe for us! Bring a water bottle to take with you to the community each day. Fill up your water bottle at the Mission House with clean water and then refill during the day from water jugs.

17. Do not eat anything sold "on the street." You may graciously turn down any food or drink offered to you if you feel uncomfortable taking it. Only eat fruit or vegetables that are peeled or well cooked.

18. Please wear plenty of sunscreen and drink PLENTY of fluids. Use insect repellent and take your malaria pills. Many insect-transmitted diseases are not preventable by vaccine or drugs. Always wear closed-toe shoes when outside; use rubber sandals for showering. Avoid walking barefoot (except at the beach)—some parasites enter through the skin. Wash off mud quickly from your skin and stay clear of puddles (in very poor areas, standing water may be raw sewage).

19. We are functioning in a different culture. Our hosts may have expectations and requests that we may not see as significant but we still need to respect them (such as house rules, etc.). Rules are reviewed at team orientation as well as upon arrival at the Mission House.

20. Hondurans put toilet paper in the trash rather than flushing it (due to their plumbing systems). You are expected to do the same.

21. Leave your passport at the Mission House. Carry with you a copy of your passport.

22. Protect yourself from accidental injury due to motor vehicle transportation (a leading cause of morbidity in travelers). Avoid riding motorcycles and in the back of trucks. Wear your seatbelt at all times. If an accident were to occur, there is access to high-quality healthcare in San Pedro Sula.

23. Read the above again! If you don't feel that you can live with these expectations for seven to ten days, then this trip is not for you! You will be miserable and make others on your team miserable as well.

EMERGENCY CONTACT INFORMATION:

Healthy Niños en Honduras is located in ***San Francisco de Yojoa, Cortés***, a one-hour drive from San Pedro Sula.

EMERGENCY CONTACT INFORMATION:
Executive Director: Dr. Herman at herman@healthyninos.org or 267-377-5058 (call or text).

Have a question that wasn't answered in this manual? Feel free to reach out to us at office@healthyninos.org or dbaker@wordfm.org