

Here are some suggestions to help make your arrival here go smoothly.

PASSPORTS: All team members' passports must have an expiration date of **more than 6 months** on their passports. Any passport with an expiration date under 6 months could prevent you from boarding the plane in the U.S. or leaving the airport in Honduras.

PACKING:

Identify your luggage in several places with your NAME and ADDRESS.

Personal Items Checklist:

- 1) Light rain jacket or poncho, sweatshirt or sweater
- 2) One nice outfit for church - modest and simple
- 3) Personal packs of Kleenex
- 4) Hand sanitizer
- 5) Sunglasses
- 6) Sunscreen and wide-brim hat for sun protection
- 7) Bug spray/mosquito repellent
- 8) Personal water bottle
- 9) A good book, a journal, and a Bible.
- 10) Snack food

Each team member should pack the following in their CARRY-ON BAG:

- 1) Passport
- 2) ID
- 3) Emergency information - names & phone numbers of family members, doctors, copies of any prescriptions, medicines, health kit, etc.
- 4) Sleep aids, ear plugs, inflatable pillow
- 5) Flashlight
- 6) Hygiene items - soap, shampoo, deodorant, toothpaste (travel size in a zip-lock bag) toothbrush, comb or brush
- 7) Extra pair of prescription eye glasses or contact lenses.
- 8) ALL prescription medications
- 9) At least ONE CHANGE OF CLOTHES - extra socks and underwear.

Bring a belt pouch ("fanny pack")

In crowds, wrap the strap through another waist belt or loop for security. This should contain travel documents, health certificates, passports, ID, money, sun glasses, pens, etc.

ARRIVAL:

Before you land. During the flight to Honduras, each person will be handed two forms to fill out: one for **immigration**, and one for **customs**. Each person (or family) should fill these out, including the address and phone number of the Honduras Methodist Church office:

Iglesia Metodista de Honduras

Colonia La Era, calle de acceso de tierra

atras de La Colonia Maya y atras de la Gasolinera Uno del anillo periferico

Tegucigalpa

IMMIGRATION: After disembarking and entering the airport terminal, you will enter immigration. Each team member should have their passport and customs forms ready for inspection. *After passing through immigration you will enter the luggage claim area.*

LEAVING the AIRPORT:

Your team will be met by an Mission staff member in the lobby of the airport. DO NOT leave the lobby. UMVIM staff will direct the team to the vehicles to be used.

If you use porters, be prepared to tip. The going rate is about \$1.50 per bag (about L.35 per bag) which can be paid in dollars or lempira. DO NOT pay anyone except for the lead porter. He will pay any others who helped with the luggage.

EMERGENCY PHONE NUMBERS: (while in Honduras eliminate 011-504 when dialing)

Iglesia Metodista Office: 011-504-2243-1072

Milton Ilovares: cell 011-504-31884224 UMVIM Coordinator

Thomas Brooks: (Country Director): cell: 011-504-9679-8251

Rev. Roberto Pena: (Mission Superintendent) home: 011-504-2763-3102 cell: 011-504-9971-4788
(Speaks English)

Edgar Avitia - GBGM, New York: 001-212-870-3828 (Mission Initiative Director)

US Embassy in Tegucigalpa: 011-504-2238-5114(x4400) after hours: 011-504-2238-5114(x4100)

State Department – Consular Affairs 888-407-4747 or 202-501-4444 Honduras Country Information
Enroll in Smart Traveler Enrollment Program (STEP) to receive security updates

The United Methodist Mission Church in Honduras thanks you for choosing to come here to work with your "brothers and sisters in Christ" to build God's kingdom. May God richly bless your trip to Honduras and your fellowship with the people.

QUE LE VAYA BIEN (Have a safe trip)!