

## FAQs

### **1. Who can go?**

*The trip is currently open to current juniors.*

### **2. What kind of food can I expect to eat? What will I be drinking? Isn't the water dangerous to consume?**

*You will eat a lot of rice and beans. If you eat meat, it will likely be chicken or a tough cut of beef. Meat is a luxury in Honduras. You will be given some fresh vegetables, like yucca (similar to potato) and carrots. You may get fresh fruit, too. Breakfast usually consists of beans, eggs, and tortillas. The food is also a little saltier than what you may be used to.*

*We will provide bottled, filtered water and Gatorade. You may be offered fresh fruit juice, like pineapple juice or orange juice. Do not expect to be given soda, tea, or coffee.*

*You will not want to drink any water that comes out of a tap. Even when brushing your teeth you should use bottled water and you should avoid drinking any water in the shower. Because of the potential that you may get ill due to eating the different foods there (you might get traveler's diarrhea or stomach upset), we do suggest you bring Pepto-Bismol. We are very vigilant to make sure that the foods you are offered are prepared safely and that the water you are given is always filtered, but sometimes your stomach will still get unsettled.*

*It's a good idea to bring a few snacks (granola, nuts, e.g.) in case you get hungry at night. Be sure to keep this to yourself and not offer it to the kids or young adults, since it can create competition between them.*

### **3. Will there be hot water, or air conditioning?**

*You will be taking cold showers and washing your clothes in cold water. In most of the places you will be, there is no A/C.*

### **4. Where will I sleep?**

*You will be sleeping in a dormitory-like setting. You will likely be sleeping on bunk beds. Linens and a pillow will be provided. These compounds are secured and every effort is made to assure student safety. Chaperones sleep in the same quarters and are posted at each exit and entrance for added safety. Restrooms are usually located in close proximity to sleeping quarters.*

### **5. What will I be doing in Honduras?**

*The better question would be, what won't you do? Expect to work hard and play hard. You will be doing a lot of manual labor, but will also have lots of opportunities to sight-see, play with the kids, do crafts, go to Mass, etc.*

## **6. What if I don't speak Spanish/speak very little Spanish?**

*Most of the Hondurans speak very little English. However, even if you speak very little Spanish or none at all, you will pick up on some phrases very quickly. Also, the Hondurans are very friendly and make their best effort to communicate with you in other ways (non-verbal communication).*

## **7. What if I get sick or have an accident?**

*We always have at least one nurse in each camp to help students and chaperones if they fall ill or have an accident. In a few worse case scenarios (dehydration, overexposure, etc.) there are local hospitals available that can treat students and chaperones. This is why providing the Youth Medical Form to the mission trip leaders is so important, as it gives them your medical background in the event of an emergency.*

## **8. What do I pack? How do I pack?**

*Please see the link on the main Home page.*

## **9. What vaccinations do I need? How do I get my vaccinations?**

*You will need to get vaccinated against: Hepatitis A, Tetanus/Diphtheria/Measles, Meningitis (not required but HIGHLY recommended due to sleeping arrangements), and Typhoid. The first three immunizations can be given by your child's doctor. However, the Typhoid immunization can usually only be obtained through the Dallas County Health Department. It can be administered as an injection or in pill form.*

*To contact the Dallas County Health Department, call 214-819-2162. Appointments are not necessary. They are open from 8:30 to 4 Monday-Friday. They accept cash, or check if you are a Dallas County resident with current ID. As of December 2009, the cost of the Oral Typhoid vaccine was \$50. Please call to verify prices.*

*You can read more about CDC recommendations at <http://wwwnc.cdc.gov/travel/destinations/honduras.aspx>.*

*Regarding malaria, you will need to take anti-malarial medication prior to, during, and after your trip. You will need to get a prescription from your child's doctor. We recommend Chloroquin. This is the preferred brand that you will want to take and it has the least amount of side effects.*

## **10. How do I get a passport?**

*If you do not have a passport or do not have a current one, please go to the State Department's website: [http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html). You will want to apply early (by the end of February) so you can get it well before the trip. Color copies are due by the April 1 deadline so that we can do early check-in.*

### **11. How can I pay for the trip?**

*We can provide you will sponsor letters on BL letterhead that you can mail to friends and family asking for donations. We will help keep track of the donations for you. You can also consider selling dress-down passes at your elementary school, asking for a special collection at Mass, etc.*

### **12. Isn't Honduras dangerous?**

*Honduras is certainly one of the safer Central American countries. This past summer, the former president of Honduras, Manuel Zelaya, wanted to run for another term, but that was forbidden by the Constitution. He tried to change this law with the assistance of Venezuela (where president Hugo Chavez runs a dictatorship), but the Honduran Congress and Courts exiled Zelaya. Roberto Micheletti is now serving as president.*

### **13. How is communication maintained between students and families?**

*Each school chooses a volunteer (usually a parent) to receive email updates from the Diocese of Dallas each day. That volunteer then spreads the word to the other student's parent/guardian contacts. While they are in Honduras, the chaperones and mission trip leaders are in daily contact with the Diocese, updating them on the group's location and daily activities.*