



June 2025 Honduras Trip Information

Thank you for registering for the trip to Honduras! We cannot wait to engage with you over the next few months as we plan and pray for this amazing experience with fellow parishioners and the girls of Our Little Roses! In this document, you will find helpful information about the trip. If you have any additional questions about the trip, please do not hesitate to ask Patsy Curry (615-347-2630) or Kate Meriwether (615-414-7136).

Leadership Team

Elizabeth Broome: ejobroome@gmail.com 615-830-3671

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Mandatory Trainings

Trauma Informed Care- New in 2023, OLR began *requiring* Trauma Informed Care training for all visitors to OLR. *If you completed this training in 2024, you do not need to take the course again.* Please visit: <https://traumafree.world.org/product/mission/> to take the FREE 30 minute module. Once you have completed this training, please download the certificate and email a copy to Kate: katetarleton@gmail.com.

Sunday, April 27- 11am in Dandridge Hall (upstairs) **MANDATORY** Training: "Why Mission?" with Sarah Puryear. Light bites served!

Important Dates

Unless you are out of town, please plan to attend these meetings, as it is an invaluable opportunity to learn more about our work in Honduras and to get to know the rest of the mission team!

Sunday, April 27- 10-11am in the Gathering Space AND outside of the Table. Shoeboxes of Love. Help parishioners choose a "Rose" and sponsor a Shoebox of Love.

Sunday, April 27- 11am in Dandridge Hall (upstairs) **MANDATORY** Training: "Why Mission?" with Sarah Puryear.

Sunday, May 4- 10-11am in the Gathering Space. Shoeboxes of Love. Collect the filled Shoeboxes from parishioners.

Sunday, May 11- 9am at the NAVE Service. Blessing of the Shoeboxes of Love. Will need help transporting the Shoeboxes of Love into the service and up front for the blessing. *SHOEBOX SORTING TO FOLLOW*

Sunday, May 11- 10-11am in the Gathering Space. Shoeboxes of Love. Collect the filled Shoeboxes from parishioners.

Sunday, May 11- 11am in Dandridge Hall (upstairs). Please join us to inventory, sort, label, and “fluff” the Shoeboxes of Love. Light bites will be served.

Sunday, June 8- 10am service in the NAVE. Group Commissioning. All participants are expected to attend the commissioning, unless you are out of town. *GROUP LUNCH TO FOLLOW*

Sunday, June 8- Following the commissioning. Group lunch at Brad Thomason’s house: 943 Oak Valley Ln Nashville TN 37220. Please join us for a BBQ lunch! We will be handing out supply duffel bags, the daily schedule for the trip, and taking care of any last minute housekeeping items.

Leadership Opportunities

There are many ways for you to participate prior to and during the trip to Honduras! It takes many hands to make this trip possible and we would love to take advantage of any talents you have to offer! We need help with various aspects of the trip. These leaders will work in coordination with each other around a theme for the day/week. Please contact **Kate Meriwether** if you are interested in a leadership role for the upcoming trip!

- **Arts & Crafts** (for multiple age groups, in coordination with the theme, order ahead of the trip, pack, and keep organized in hotel room, bring to OLR daily)
- **Let's Get Moving!** (organize soccer games, yoga, pickleball, etc)
- **Meals at OLR** (order meals prior to group arrival, purchase drinks, organize and purchase paper products)
- **Group outings** (beach day and 1 other outing TBD in coordination with Patsy)
- **Group activities at OLR** (scavenger hunt, field day, fair, etc.)
- **Work project** (plan/organize painting, gardening or other pre-determined work project, coordinate with Patsy/ Brad Thomason)

Customs and Immigration

PRE-CHECK:

There will be a Honduras Immigration **pre-check** form to fill out 24 hours prior to departure. This is typically sent to you by your airline, found on their app with your reservation details, or by visiting: <https://prechequeo.inm.gob.hn/Login>. More details to follow closer to departure.

CUSTOMS:

You will need to fill out this form **before** going through Customs in Honduras. Take a screenshot of the QR code that you are given. You cannot pass Customs without this!
https://sisglobal.aduanas.gob.hn/Pech/#/plataforma/otra_gestiones/formularioDJRV

BAGGAGE CLAIM TICKET:

PLEASE hold on to your baggage claim ticket from your departure airport into SAP. Our luggage handlers will need those when we go through security at SAP.

Arrival Information

When you arrive in San Pedro Sula airport you will go through Immigration and a passport check. Then you will go to the luggage area and **claim your bag and the supply bag that you checked.** Make sure you have your baggage claim receipt handy, and provide it to the baggage handler. **Please remember to get the supply bag!** A luggage handler will help collect all of St. George's group bags and then send them through the x-ray machine together. **It is VERY important that the group and bags stay together during this process.** The group will reclaim their personal and supply bags at the end of the x-ray machine and take the bags out to the Arrivals area. Some of the supply bags will likely be pulled and searched by the customs officers. If this happens to your bag, ask someone from the Leadership Team to wait with you. A member of the group will be in the Arrivals area to greet you with the buses.

Hotel Information

We will be staying at the **Copantl Hotel:** Res. Los Arcos, Blvr. del Sur, San Pedro Sula 21104, Honduras. 011 504 2516-8900

- The hotel rooms have a refrigerator, hairdryer, shampoo, soap, and safes.
- Breakfast is included in the price of your room.
- There are three restaurants on the property.
- If the safe does not work or there is no refrigerator, contact the Front Desk.
- **Do not drink tap water or brush your teeth with the tap water in the hotel room.** Use bottled/purified water only. There is a water cooler in the lobby with drinkable water available.
- Two bottles of purified water are provided by the hotel each day per room.
- Bottled water is available for purchase from the hotel or you can purchase at the grocery store on Sunday afternoon.
- The hotel has laundry service.
- Carry pocket-size containers of hand sanitizer with you.
- The hotel has WIFI, a pool, a restaurant, and ample space to sit and relax.

Money

Everyone will need to travel with some **USD CASH** on their person, as well as a credit card (NOT DEBIT) for other purchases and for your hotel room incidentals. Honduras currency is *Lempira*.

Exchange rate: \$1(USD) equals approx. 24.5 Lempira. The exchange rate is usually better on a credit card vs cash exchange. You will not need ANY Lempira.

Examples of cost/per person:

- Travel days: Airport lunch \$25, Snacks \$15, Book/Magazine \$10
- Lunch or dinner at hotel \$20 (plan for 5 lunches/ 2-3 dinners)
- Snacks for room from grocery store \$25-40/pp

Hotel:

- You MUST have a credit card on file for your incidentals. The hotel cost is included in your pre-paid fees. You MUST have \$10 (USD cash)/pp for your hotel cleaning tip.
- Please have \$5 bills for tips for room service or bellmen to bring your luggage/groceries to your room.

Grocery/Restaurants/Shopping:

- You can use Visa and Mastercard at the grocery and restaurants.
- We will go to the grocery store on the first or second day of the trip to purchase snacks/drinks for the hotel room. They do have Gatorade and some other “American” foods.
- We will try to go to the Guamilito market one day. They accept USD cash and cards. You may want smaller USD cash bills for this. Please do not barter.

OLR Rules

- Do not bring valuables of any kind.
- Do not let the girls use your cameras, phones, or any other electronics. This takes away from our time with the girls and is a distraction to them and others.
- OLR prohibits posting any photos of OLR girls on your Instagram/ Snapchat/ Facebook/Tic Tock page or on the Internet. This is for their protection!
- All gifts for girls must be taken to the office to be logged in; we cannot give gifts directly to any girls due to the non-profit nature of the organization.
- Never play the role of maternal or paternal figure for a girl of OLR. Most OLR girls have parents, some of them play important roles in their lives. Volunteers, godparents and visitors are considered the girls’ extended family.
- It is NEVER appropriate to be alone with a girl in any area or room, without close supervision by OLR staff.
- ALWAYS show responsible and appropriate behavior, especially in front of the girls. Follow all directions of the OLR staff. Use common sense.
- Our Psychologist wants male visitors to pay attention to physical contact with the girls. It is inappropriate to allow older girls to sit on laps, to embrace or to drape arms around them, or use any other behavior that may be considered inappropriate.
- Please dress appropriately for church and outings with the girls. For church long pants and modest tops are required. No shorts and revealing tops please. **DRESS CODE:** No midriffs, no low-cut shirts/ tanks / no super short skirts or shorts.

Packing List

You may take one carry-on bag and one checked bag (your checked bag can be no more than 50lbs). Put identification information on your luggage where it is easily seen. Please include on a piece of paper inside your checked bags: "Your name / Copantl Hotel 504 2561-8900 / San Pedro Sula". You may be asked to carry one additional checked bag with group supplies. Please keep up with this bag; we will reimburse you for the extra-bag fee with the airline. **Place your passport in your carry-on bag, pocket, or purse.** Make a copy of the front page of your passport; put it in your carry-on bag. The current TSA rule for liquids in carry-on bags is 3oz containers or less and only as many containers as you can put in a quart size Ziploc bag. *For more information go to the TSA and/or FAA websites.* **Do not bring or wear any jewelry or valuables! This is for your safety!**

*****DRESS CODE REMINDER, AS LISTED IN YOUR SIGNED COVENANT:**

No midriffs, no low-cut shirts/ tanks/ no super short skirts or shorts***

Clothing:

- Athletic tops/t-shirts
- Athletic shorts/tennis skirts
- Pants/leggings for possible Planet Jump outing
- Socks for possible Planet Jump outing
- Tennis shoes/work shoes/sandals/flip-flops
- Swimsuit and Coverup
- Hat, sunglasses, visors, and/or bandanas.
- For church or going out to dinner:
- Men: One Shirt with collar and one pair of slacks or long shorts
- Women: Sundress/long skirt or nice slacks and blouses
- One mask just in case!

Miscellaneous:

- Black Sharpie pen to use for signing T- shirts.
- Beach towel that you can leave there for the girls.
- Sun-block SPF 30-50+ (we are almost on the equator!)
- Insect/mosquito repellent containing Deet
- Backpack or tote bag to carry things between hotel and OLR
- Refillable water bottle
- Hydration packets (Nuun, Liquid IV, etc.)
- Phone/electronic chargers
- Card games to leave at OLR- SkipBo, Uno, standard playing cards, etc.

Toiletries/Medications:

- Personal hygiene items (deodorant, toothbrush/toothpaste, bath soap)
- Lip balm
- Hand sanitizer
- Pepto-Bismol tablets for GI prophylaxis EVERY DAY
- Roloids, Other Over the Counter Meds such as, Alka-Seltzer, Tylenol, Advil, Immodium, cold medications, etc.
- Prescription medications (keep in carry-on bag)

Contact Information

Copantl Hotel: 011 504 2561-89

Our Little Roses Office: 011 504 2552-7687 / M-F; 8:30 to 4:30

Mayra Aguellas: 011 504 9922-2994 / Emergency number after OLR hours

Patsy Curry: 615- 347-2630 / Patsy has International service / text if possible