2027 FEBRUARY 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 or Leslie Ann Wilson.

Leadership Team

Patsy Curry: pcurry@comcast.net 615-347-2630
Leslie Ann Wilson: wilson.leslieann@gmail.com 615-202-4578

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 prior years, you do not need to take the course again.*
Please visit: https://traumafreeworld.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 Patsy: pcurry@comcast.net.

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:
More info to come closer to trip time.

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.
- **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 Wednesday afternoon.
- The hotel has laundry service.
- 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.

Please bring cash for the following in exact amounts:

- $40 total to tip our driver, Manuel
- $10 total per person for your housekeeper
- $5 per person to tip San Pedro Sula airport baggage handlers
- $5 per person to tip bellman if he delivers your luggage or groceries

Examples of cost/per person:

- Travel days: Airport lunch $25, Snacks $15, Book/Magazine $10
- Lunch or dinner at hotel $25 / day
- Snacks for room from grocery store $25

Hotel:

- You must have a credit card on file for your hotel room for incidentals.
- You must have $10(USD cash) for your hotel cleaning tip.
- The Copantl Hotel does exchange dollars for lempira.
- We recommend bringing small bills $5-$10.

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 on one of the days. They accept cash and cards. You may want smaller USD cash bills for this.

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.

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

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
- 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

Miscellaneous:

- 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 (international power converters are NOT needed)
- 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
- Rolaids, Other Over the Counter Meds such as, Alka-Seltzer, Tylenol, Advil, Immodium, cold medications, etc.
- Prescription medications (keep in carry-on bag)