



**Information & Guidelines
for Your Upcoming
Mission Trip to Honduras**

Mission Statement

Light of Honduras spreads God's light by actively serving on missions, providing supplies, and working to alleviate poverty. We hope to improve the health, education, and welfare of children and their families through being God's hands and feet.

Goal

Our goal is to serve Christ while serving others alongside one of our partners. Mission trips are planned with the needs of local churches, communities, villages, and orphanages in mind. We recognize that each mission is unique, as God has blessed each of you with distinct abilities, gifts, and callings that have led you to participate in this mission. You come from diverse backgrounds, each bringing a specific set of skills-whether physical, educational, medical, or driven by the desire to form emotional connections. We are deeply grateful for your commitment to serve. We trust that, while each of us may leave this trip with different perspectives, the fellowship, experiences, and newfound relationships will endure for a lifetime!

Ministry Options

- Children's Ministry: Minister to children through leading kids' clubs, Vacation Bible School, puppet shows, crafts, Bible stories, sports, skits, and games.
- Service Projects: Providing tangible support through your work on various projects from painting, roofing, cement work, tiling, building swing sets, replacing water pumps, plumbing, cleaning, etc.
- Sports Ministry: Use sports such as soccer, basketball, frisbee, volleyball, jump rope, or any large-group game as a platform for building relationships and sharing the gospel.
- Prayer Ministry: Bless communities through times of prayer with local churches at prayer meetings.
- School Ministry: During the school year, your team could minister at local schools by leading devotions, tutoring students, observing classes, or participating in recess.
- Mercy Ministry: Be the hands and feet of Christ as you visit and minister to those that others may have forgotten in orphanages.

Information

Here is all the information we feel you will need to know for this trip along with some basic rules to adhere to for your safety and alignment with how we want to serve as representatives of God and our Non-Profit. This trip is customizable and will be coordinated with your Missions Director so that we together can best meet the needs of the local Honduran community.

FREQUENTLY ASKED QUESTIONS

- What does the price of each trip include?
 - Registration fee (non-refundable), airfare, lodging, transportation during trip, translator(s), possible construction materials, and meals provided while in Honduras in a group setting.
- What does the price of each trip exclude?
 - Any purchases while at the airport, any extra cost to your luggage fees (additional suitcases or overweight/ sized will be at your expense), any meal or treat outside of what is provided during our group meals for breakfast/lunch/dinner, souvenirs, spending money, or insurance.
- How do sleeping arrangements work?
 - Hotel rooms are typically shared between 2-3 people with all individuals sleeping in their own bed. All rooms are designated either male or female. There is no gender mixing.
- What if our family (spouse/children) wants to stay in the same hotel room?
 - Families may stay together in their own room provided the couple is married.
- Can we shower during the trip?
 - There is a shower, toilet and sink in each room. A towel is provided per person for shower use only. No washcloths are provided, you'll need to supply your own.
- What kind of food will I be eating?
 - Some will be Americanized food, while most will be of local cuisine, which could include beans, rice, plantains, other fruits, tortillas, pork, beef, seafood, or chicken.
 - You can only drink bottled water or water from filtered jugs. The water is otherwise unsafe to consume.
 - The soda/Gatorade also is made with cane sugar which is different from American soda.

- Do I need to bring my own food?
 - If you have severe dietary restrictions or major allergies like poultry or gluten. In cases such as those, it is wise to bring appropriate snacks to supplement your diet for the week. There is a refrigerator in each room but also please advise your Missions Director of any special accommodations that may be required ahead of the trip.
- Which currency is used in Honduras?
 - Honduras uses the Lempira; it is currently 24.87 to the American Dollar.
 - Most places accept American currency, but you can exchange it while at the airport.
 - If you bring money, it is best to bring crisp bills: \$1, \$5, \$10, \$20.
- How much money should I bring?
 - This depends on how much you intend to spend. The only cost you can plan to incur would be baggage fees, souvenirs, food at the airport and any coffee or extras that you may wish to purchase from the hotel or on our free day. Typically, it is recommended to bring \$150 or less.
 - You can use your debit/credit card at most places as well. (Inform your banking institution as an FYI of your travel plans.)
- Is there a time difference?
 - Honduras could be one to two hours behind Ohio. (They do not follow Daylight Savings Time.)
- Can I use my cell phone or electronic devices?
 - The hotel does have Wi-Fi but it is recommended that you contact your carrier prior to this trip to ensure you have international coverage for outside of the hotel area. The cost could be much higher if not previously discussed with your carrier.

About Your Hotel: Instalaciones del Hotel Casa Blanca

Km 1 Carretera A tela, 23201 El Progreso, Yoro, Honduras

International Phone#: 504 2647 1520

Amenities include:

- ✓ Wi-Fi
- ✓ Shower, toilet, sink, blow dryer, mini refrigerator
- ✓ American -standard plug-in (do not need a converter)
- ✓ Swimming pool
- ✓ Restaurante La Cantera (L300-500 pp, 11:30am-9pm)
- ✓ Ara Macao Café (L100-500 pp, 7am-8pm)
- ✓ Television (in Spanish)
- ✓ Air conditioning

Does not include:

- Washer/dryer
- Beach/swim towel
- Washcloths
- Non-smoking Hotel

What to pack:

- ✓ Cell Phone/electronic device and chargers
- ✓ Bible
- ✓ Bug Spray, Sunscreen
- ✓ Medications (prescriptions and OTC, i.e. Dramamine, Benadryl, Band-Aids, Pepto Tablets, Tums, Tylenol, etc. if you feel this may be needed)
- ✓ Journal/ Notebook/ Pens
- ✓ Swimsuit/ beach towel
- ✓ Hygiene products (all toilet paper/sanitary products must be placed in the trash can- and cannot be flushed)
- ✓ Clothes (remember it is a very hot and wet climate)
- ✓ Washcloth/loofah for showering
- ✓ A bag to put clothes needing laundered in
- ✓ Tennis shoes and sandals
- ✓ Bookbag/ fanny pack/ cross body
- ✓ Reusable water bottle

CODE OF CONDUCT

- No consumption of alcohol or drugs at any point on the mission trip (including at the airport prior to and after).
- Rooms are not to be shared with the opposite sex and those of the opposite sex should only be together in public areas.
- You must wear modest attire for swimming- no bikini swimsuits or short shorts and you will need to have a cover up/t-shirt going to and from the pool area.
- Also, while ministering, serving, and attending church remember to be modest. We want you to be comfortable; however, we also want to respect the Honduran culture and our witness as representatives of God and the church. (Church attire: Men cannot wear t-shirts, shorts or open toed shoes but can wear dress slacks or jeans with a polo/ button up shirt, while women should wear pantsuits, dresses, or skirts that are knee length or longer, and are able to wear sandals.)
- It is not necessary to bring an excess of clothing, jewelry or money (we are traveling to an impoverished country/area, and this could draw attention to you).
- No foul language
- You cannot leave the hotel or ministry location without your group. If there is a situation that you feel you need to leave for a personal reason or an urgent matter, please notify both your Missions Director and a LOH Director. This is for your safety.
- Always dispose of your toilet paper and feminine products in the trash cans (this is a rule across Honduras due to their plumbing- this could back up their system, please be mindful of this!)

SAMPLE ITINERARY

Light of Honduras Mission Trip

January 18 – 25, 2025

SATURDAY, JAN. 18, 2025

- 03:00AM Leave Meeting Location head to Home Airport
- 12:00PM Arrive at San Pedro Sula International Airport in Honduras
- 02:00PM Arrive at Hotel Casa Blanca in El Progreso for room assignment and LOH Orientation
- 05:30PM Dinner
- 07:30PM Devotional Time with Mission's Team

SUNDAY, JAN. 19, 2025

- 07:00AM Breakfast at Hotel Casa Blanca
- 08:00AM Leave for Iglesia del Rey Free Will Baptist Church Service
- 12:00PM Lunch
- 01:30PM Leave for Hogar Suyapa Orphanage to prepare for Monday (Playground Construction, tbd)
- 05:30PM Dinner
- 07:30PM Devotional Time with Mission's Team

MONDAY, JAN. 20, 2025

- 07:00AM Breakfast at Hotel Casa Blanca
- 08:00AM Leave for Hogar Suyapa Orphanage (Playground Construction, tbd)
- 12:00PM Lunch
- 12:30PM Resume Playground Construction
- 02:30PM VBS Ministry
- 05:00PM Dinner
- 07:30PM Devotional Time with Mission's Team at Hotel

TUESDAY, JAN. 21, 2025

- 07:00AM Breakfast at Hotel Casa Blanca
- 08:00AM Leave for La Guacamaya Village (Ministry tbd)
- 12:00PM Lunch
- 12:30PM Resume (service tbd)
- 02:30PM VBS Ministry

05:00PM Dinner
07:30PM Devotional Time with Mission's Team at Hotel

WEDNESDAY, JAN. 22, 2025

07:00AM Breakfast at Hotel Casa Blanca
08:00AM Leave for La Guacamaya Village (Ministry tbd)
12:00PM Lunch
12:30PM Resume (service tbd)
02:30PM VBS Ministry
05:00PM Dinner
07:30PM Devotional Time with Mission's Team at Hotel

THURSDAY, JAN. 23, 2025

07:00AM Breakfast at Hotel Casa Blanca
08:00AM Leave for Copprome (Ministry tbd)
12:00PM Lunch
12:30PM Resume (service tbd)
02:30PM VBS Ministry
05:00PM Dinner
07:30PM Devotional Time with Mission's Team at Hotel

FRIDAY, JAN. 24, 2025

07:00AM Breakfast at Hotel Casa Blanca
08:00AM FREE DAY (souvenirs/ catch up if not finished at Copprome/ tbd)
12:00PM Lunch
01:00PM FREE DAY
05:30PM Dinner
08:00PM Devotional Time with Mission's Team

SATURDAY, JAN. 25, 2025

07:00AM Breakfast at Hotel Casa Blanca
09:00AM Leave for San Pedro Sula Airport
11:00PM Arrive at Home Airport

***This is a tentative schedule and will likely change before and or during your trip. We ask that you remain flexible. Our goal is to serve, minister, fellowship and build relationships all while reflecting God's love. There is a lot that we want to accomplish but time will go quickly! If you have any questions or concerns about this schedule, please ask one of the LOH Directors. We will keep you updated with the most current flight schedules and changes to the itinerary. Keep in mind, we are not responsible if you miss your flight, forget or lose your passport or for any flight changes- no refunds will be issued. If an emergency arises, please let your LOH Director along with your Missions Director know. We are so grateful to serve alongside you on this trip!*

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