Volunteer Handbook

Name: _ _ _ _ _ _ _ _ _ _ _ _ _ _ _
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Dear Volunteer,

There is a small village up in the mountains of Honduras called La Florida. They say that if you drink the water there you’ll always come back, and I believe it. I first came to Honduras in 2011 to visit a friend, and the rest is history that grew into the Chispa Project. I blame the water.

Chispa Project started through the domino effects of volunteers just like you, and we know that the more people who come and visit, the more we can forge global communities who support and grow from one another. We are so excited to join you on the adventure you are about to undertake! It is always a privilege for us to get to experience this beautiful country through new eyes, and we can’t wait for the perspective you bring as well as how that perspective will be affected by this trip.

This handbook is to help prepare you and—literally—get you all on the same page (book puns intended). At the same time, we also realize even with a handbook and the many times we’ve talked already, no one can be completely ready, as life is full of surprises. We hope this volunteer trip will push your limits and stretch you a bit. We know you may feel a little raw or uncomfortable at times, and we hope that you can find the grace within yourself and others to sit in those uncomfortable times and learn all you can. We promise to do the same in order to best partner with you during your volunteer days.

The handbook includes everything from cultural tips, a suggested packing list, a tentative schedule, and several pages of Spanish cheat sheets. We know it’s long, but please take your time and read this guide thoroughly. Consider printing off a copy to take what you need from it to bring along as a reference. Finally, please don’t hesitate to talk to me about any questions you may have, and we look forward to meeting you soon!

Sincerely,

Sara Burkes
Executive Director
Chispa Project
Community Guidelines

While we are all humans, we are all beautifully complex and different. As you’ll be working with a variety of people within the country and on the Chispa Project team, these are some of our favorite guidelines for deliberately building an effective team. Whether it’s our interpersonal relationships, group conflict, cultural differences or culture shock, we hope some of these guidelines help you process your time here in Honduras and the relationships you’ll build. We’ve briefly described what these guidelines mean to us, but please take a minute to reflect and note some of your favorites or additional thoughts. *(Guidelines provided by Dr. Chris Linder)*

**Be present.**

Sometimes being present often can mean being extremely patient or being still. But your presence as a guest in the community is considered an honor. Just sitting and being still in the moment can be very valuable. And, the benefit of the lack of electronics may additionally help us be present in the moment!

**Allow for Growth and Change.**

Let yourself be moved by what you learn here, and be patient in the adapting process (both for yourself and others!)

**Attempt compassion for yourself and others.**

Especially as our views and understanding of the week may be completely different, as we are all beautifully and wonderfully made.

**Listen to understand.**

What would happen if we always listened with the intent to understand?

**Be open and honest.**

In such a small space, it’s important that we keep short accounts, while also being open to how we may have unintentionally hurt or offended someone else.

**Allow for Complexity.**

Think multiple truths. What is true for me, may not be true for you. It’s not always one way or the other. It can be both. Or many. There’s also not always an easy answer, often not a “right” answer, if there even is an answer.

**Sit in it - resist the urge to fix things.**

Because of the existence of multiple truths in how we understand the world, sometimes our multiple truths will clash with the others, and recognizing the complexity sometimes means not trying to fix it or immediately resolve someone’s hurt feelings. Instead, just be. Recognize the hurt or the discomfort and contemplate the complexity of what might be happening.
Use "I" Statements.

Shun blanket statements or the “impersonal you” (i.e. You know, when you’re making statements about yourself but you keep saying “you”.) In the end, the only thing you really know, is how I feel.

Consider how your identities relate to the amount of space you take up.

How does just being you take up space? Whether it’s physical space, emotional space, attention space, talking space…consider all the ways that take up space. How can we best share that space so that it’s more appropriately distributed and doesn’t leave people on the sidelines feeling undervalued?

What's shared here stays here, what's learned here leaves here.

Also known as the “Vegas” rule! In close quarters with high emotions, we may be more vulnerable and share personal stories. Please be careful with only sharing what you’ve learned—not others’ stories or personal information—when you return home.

Just because you are doesn't mean you understand.

This guideline helps remind us of the complexity of ourselves and the intersectionality of our identities. For example, all women don’t have the same experiences. Just because I’m a woman, doesn’t mean I necessarily understand what another woman may be going through. Thus, we fall into our next guideline.…

Don't make anyone a "native informant" or tokenize them.

Just because someone else is from one group or another (i.e. Latina, female, middle-class, bisexual) doesn’t mean they can speak on behalf of their group, considered an expert on their entire culture, or should be obligated teaching you about their group. For example, this is that awkward work meeting where the subject comes up on making a new equitable hiring policy, and everyone turns to the person of color in the group. Ouch.

Participate fully (at your own comfort level).

We encourage you to push yourself during your volunteer time with Chispa Project, and this will mean different things for different people. Find your own balance in pushing yourself in places you may be uncomfortable, but while still being emotionally and physically safe.
Who is Chispa Project?

In Spanish, "chispa" means "spark," which is exactly our goal: to inspire and empower Honduran education through books. The word “chispa” is often used to describe people who have a little something extra, or the will to get things done in an extra-ordinary way.

Through book donations, teacher development, and international volunteer projects, Chispa Project works with Honduran educational institutions to help spark a passion for transformative learning that will grow and be nurtured within the local communities. Over the last several years, Chispa Project created alliances with Honduran teachers, mayors, PTAs (padres de familia), superintendents and volunteers to distribute over **20,000 books to 60 different schools**.

Chispa Project has a unique approach in bringing books directly to schools, thus supporting local educational institutions instead of trying to create new ones. In addition, we train the teachers and the PTA (padres de familia) to jointly manage the books. **We strive for maximum usage of these books ensuring all students have access to the books, engage with their teachers and peers about the content to enhance their knowledge and successfully complete their education.**

We've witnessed how these books provide a spark in children's eyes, and it's a spark that has the ability to light a fire. **Books help create a culture of reading that provides the foundation for all other success in school. Books are rare and expensive in Honduras:** even in major cities. Children's books in Honduras are that much more luxurious at approximately $15-20 each. Through the use of books and transformative learning, children improve their reading and critical thinking skills.

Honduras continues to rank lowest in the Americas for teacher accountability, educational outcomes and performance. **Many students in rural schools spend the entire day copying their shared textbook** word for word thanks to lack of materials and well-prepared teachers. **Many of the students who can't read have perfect handwriting** due to this teaching method. Many organizations continue to play a role in educational improvement; however students still need continued support in their transformative learning. It is for all these reasons and more that Chispa Project works to empower students and teachers to take back control of Honduran education. We are excited to have you along for the journey!
Honduras:
Once part of Spain’s vast empire in the New World, Honduras became an independent nation in 1821. After two and a half decades of mostly military rule, a freely elected civilian government came to power in 1982. During the 1980s, Honduras proved a haven for anti-Sandinista contras fighting the Marxist Nicaraguan Government and an ally to Salvadoran Government forces fighting leftist guerrillas. The country was devastated by Hurricane Mitch in 1998, which killed about 5,600 people and caused approximately $2 billion in damage. Since then, the economy has slowly rebounded.

Honduras is one of the poorest countries in Latin America and one of the world’s highest murder rates. More than half of the population lives in poverty and per capita income is one of the lowest in the region. Poverty rates are higher among rural and indigenous people and in the south, west, and along the eastern border than in the north and central areas where most of Honduras’ industries and infrastructure are concentrated. The increased productivity needed to break Honduras’ persistent high poverty rate depends, in part, on further improvements in educational attainment. Although primary-school enrollment is near 100%, educational quality is poor, the drop-out rate and grade repetition remain high, and teacher and school accountability are low.

Environment - current issues:
urban population expanding; deforestation results from logging and the clearing of land for agricultural purposes; further land degradation and soil erosion hastened by uncontrolled development and improper land use practices such as farming of marginal lands; mining activities polluting Lago de Yojoa (the country's largest source of fresh water and only natural lake), as well as several rivers and streams, with heavy metals.

Ethnic groups:
mestizo (mixed Amerindian and European) 90%,
Amerindian 7%, black 2%, white 1%
Languages:
Spanish (official), Amerindian dialects
Religions:
Roman Catholic 97%, Protestant 3%
Literacy rate: 85% in people 15 and older
Agriculture - products:
bananas, coffee, citrus, corn, African palm; beef; timber; shrimp, tilapia, lobster
Industries:
sugar, coffee, woven and knit apparel, wood products
Area Comparative:
Slightly larger than Tennessee
Honduras' population growth rate has slowed since the 1990s, but it remains high at nearly 2% annually because the birth rate averages approximately three children per woman and more among rural, indigenous, and poor women. Consequently, Honduras' young adult population - ages 15 to 29 - is projected to continue growing rapidly for the next three decades and then stabilize or slowly shrink. Population growth and limited job prospects outside of agriculture will continue to drive emigration.

Honduras, the second poorest country in Central America, suffers from extraordinarily unequal distribution of income, as well as high underemployment. While historically dependent on the export of bananas and coffee, Honduras has diversified its export base to include apparel and automobile wire harnessing. Nearly half of Honduras's economic activity is directly tied to the US, with exports to the US accounting for 30% of GDP and remittances for another 20%.

**Education:** By law education is free, compulsory, and universal through ninth grade, although students are often charged fees at the school level for materials. While estimated net enrollment rates for first to sixth grades were almost 93 percent, enrollment rates from seventh to ninth grades were less than 40 percent, and enrollment rates for 10th and 11th grades were only 27 percent. The country had approximately 12,600 primary schools but only 1,500 secondary schools. There was a shortage of middle schools and of adequately prepared teachers. The education ministry reported that more than 2,000 children between the ages of three and 17 stopped attending school in San Pedro Sula during 2013 because of harassment and bullying from gang members and narcotics traffickers. Of the children who dropped out, 86 percent were between the ages of six and 14.

Volunteer-to-Volunteer

Some advice from previous volunteers and the people who work with them!

Be super flexible and ready to anything that is asked of you. It might not be what you thought you were going to do. Be flexible with times changing, projects changing, people not showing up, but to try to be open minded and be enthusiastic about whatever there is to do. The more excited you are to experience anything that you can in Honduras, you’ll have a better time.

- Ruth, Ithaca, New York

There are many people who come to Honduras who think is unsafe for a couple reasons, but in the end, we are a people who are very easy-going and amicable. If you believe only the bad news, you will greatly miss out.

- Mayron, Tegucigalpa, Honduras

Efficiency isn’t always the bottom dollar. Cultivating relationships and respecting certain cultural norms and traditions take priority. While volunteering is impactful, the relationships you form along the way are more impactful than the buildings you build or the services you perform.

- Dane, Denver, Colorado

We know your country to have more opportunities and more money, so we think that when foreigners come, they are going to offer money. The best way to help this country is not financially, but with your ideas. If you are knowledgeable in a certain area, this is the help we welcome: help with supporting our schools, or talking of health and education. These are the most important things. If we have educated people, we will have less people in jail, and less people in the hospitals.

- Liliana, Marcala, Honduras

Tip #1: Bring earplugs.

- Anne, Charleston, South Carolina

It can be a BIG temptation to play Santa Claus. Sometimes, we do that just to make ourselves feel better, to get over our helplessness of not knowing what to do. But, the real work is trying to figure what they need rather than what you want to give them.

- Norris, Sacramento, California
Logistics

TRAVEL DOCUMENTS
• **Passport**: Honduran law requires that you carry a passport that is valid for at least 6 months from the date of entry. Please make three copies of your passport. Provide one copy to us and leave copy with someone at home. The third you carry with you in a separate place from your passport so that both are not lost.
• **Driver’s License**: Bring your driver’s license as a secondary form of I.D.
• **Register**: Register with the U.S. Embassy for your trip at https://step.state.gov/step/

MONEY AND SHOPPING
• The Honduras currency is Lempiras, and the approximate exchange rate at the time of writing is a little over 24 Lempiras to the US Dollar. Check the most current rate at xe.com
• ATM cards for VISA or Mastercard are the most reliable ways to take out cash in-country. Check your bank for any international fees or ATM fees you might incur, and be sure to inform them you’ll be in Honduras.
• Do not bring an excess of U.S. cash over $200 if you do choose to bring cash, and do not bring traveler’s checks.
• Your trip fee covers all your in-country needs. You are responsible for any travel costs occurred before arriving in Honduras, like travel meals, hotels in the U.S. between countries. Otherwise, you only need a little fun money for souvenirs!
• We will have a little time on the last day to do a little souvenir shopping as well as time to take our more cash. Bargaining for prices is not typical.

TRANSPORTATION
Our traveling to and from airport is when we need to take the most precaution. Please keep an eye on personal belongings and stay with the group. Traveling in the “campo” (countryside) roads are extremely bumpy. We will drive cautiously, but prepare yourself for the adventure!

COMMUNICATION
In general, internet and phone connection can be spotty due to the rain, sporadic electricity shortages, and other unknown circumstances. Outside of this, we will have phones available to make short, free calls home during the week for all group members, but internet should not be expected. As prearranged with your trip coordinator, we will send an email to your emergency contact letting them know you’ve arrived on site.

WEATHER
Weather varies considerably in the mountain region on top of the climate changes which have greatly affected Honduras. This is why you’ll want to pack layers as described on the packing list provided in this handbook. March is the dry, but hot season, so please pack accordingly, while still dressing conservatively (no shorts or skirts above the knee, low cut shirts, or spaghetti straps out of respect for our host country).
**TIME ZONE**
Honduras does not do daylight savings, and during your trip will be on Mountain Standard Time.

**AIRPORT**
Customs officers do have the right to open your bags, but should not be “confiscating” anything or be bribed with gifts or money. It is rare to have this problem, but staying courteous and calm with customs officers is important. Finally, keep your baggage claim tickets to give to the customs agent to confirm your luggage. We will pick you up from the airport, just look for a Chispa Project sign!

**FOOD**
Many of the typical “campo” (country) foods are vegan and gluten free out of basic necessity. Poverty and lack of refrigeration make corn tortillas, beans, and plantains the regular staples. Our diet will be supplemented with additional meat, fruits and vegetables, but simply the change in diet can be a major cause of intestinal disorders. Our food is refrigerated and prepared by women who have been instructed in extra food safety measures and have been working with volunteers for several years. We will be verifying your dietary needs before your arrival, but we are happy to discuss any concerns you may have at any time.

**WATER CONSERVATION**
Water conservation is extremely important. There is a finite amount of water for the entire village, and overuse of water from visitors may mean that others in the village go without water. Luckily, because only cold water is available, water conservation in the shower becomes easier!

**HOUSING**
We will be staying in a Presbyterian retreat center run by women in the hills right outside of Tegucigalpa just off the main highway. This women’s project was started to support the Presbyterian women’s group and provide jobs to women. We also chose this location for its safety, cooler weather, and great cooking. It is a basic housing option with fans and cold water, but the home style cooking and sweet company makes it all worthwhile. We will be sharing rooms with single beds, with approximately 3 volunteers in each room.

**LGBTQ RIGHTS**
From the U.S. Department of State: “There are no legal restrictions on same-sex sexual relations or the organization of Lesbian, Gay, Bisexual, and Transgender (LGBT) events in Honduras. Honduran law prohibits discrimination based on gender, sexual orientation, or other personal characteristics. Despite this, many Honduran LGBT activists report that many crimes committed against the LGBT community go unpunished. LGBT public events are held regularly without incident. Nonetheless, LGBT travelers should consider exercising caution when visiting Honduras, especially with regard to expressing affection in public.”

**ALCOHOL and SMOKING**
The municipality where we stay is technically a dry county. Alcohol and smoking are generally looked down on, and especially so for women and Christians. In solidarity, we will limit our intake of both drinking and smoking, especially while in the community until our final celebration dinner. ☺ Please talk to your trip coordinator if you have further questions.
Cultural Considerations

What’s considered polite is different in every culture, country, or zone. Sometimes, we intend to communicate in a certain way, but miscommunication often muddles the impact we have on others in a way we did not intend. Here’s a few tips to get you started in matching your intent to your impact.

- Smile! Be friendly and courteous. Your facial expressions and body language are being read and interpreted all the time.
- Go out of your way to initiate greeting and shaking hands when entering and leaving. Even when there is a small group of people, you say goodbye and hello to everyone.
- Common “campo” (countryside) greetings include shaking with both hands, or placing one hand on their shoulder (in a half-hug type of way).
- Always say “Con permiso” (ask permission) when entering a room or business, and when leaving a conversation or excusing yourself from the table.
- Always give a full greeting (such as “Good Morning” and/or “How are you?”) before asking even simple questions such as directions or assistance.
- Never assume that someone doesn’t understand or speak English.
- Whenever anyone is eating, wish them “buen provecho!” (enjoy your food).
- Use the Spanish phrases you know. Your effort will be appreciated no matter how small.
- For the most part, you will find that Hondurans are incredibly friendly and interested in building relationships with visitors, but this should never be assumed. As is true of all relationships, the strongest are built over time as you gain mutual respect for one another.
- Be careful when dealing with the opposite sex. Men and women often have very specific gender roles and gender separation. Friendship across gender can often be confused with something more and is a common misunderstanding.
- Hondurans do not usually use the ‘tú’ (you) form when speaking Spanish, even with children or friends. It is customary to address everyone with the ‘usted’ form. Not doing so can be perceived as being disrespectful or inappropriately intimate.
- Wear clothes that are cool and modest. Avoid short shorts, halter tops or army fatigues.
- It is generally very rude to turn down food or drink when it’s offered. If you have to refuse, do your best to be overly gracious and apologize.
- When guests we know well visit, please invite them in and offer something to drink or eat when possible. Guests will not enter the house or eat unless specifically encouraged.
- Public display of affection, even as subtle as holding hands, is typically uncommon and should be kept at a minimum.
PICTURE TAKING
By all means bring your camera, but please always ask before taking someone’s picture.

GIVING GIFTS
Please *never* arbitrarily give things or money away. International development or aid can be complex in that it can create a culture of dependency and undermine the ability and self-worth of local communities. It is very important not to add to the disempowerment of people by creating a “begging mentality.”

If you want to give some of your personal belongings or other gifts, you must check with the executive staff first, and they will advise you of an appropriate way to do this. This includes any candy, balloons, bubble gum, crayons, clothing, money, etc., that your service team has brought as a whole. There may be the occasion to use these types of treats as incentives or rewards.

BOOK DONATIONS
Many of our volunteers help transport books by bringing them from the U.S. to Honduras. The books are then distributed to schools through an extensive application process. Schools have worked hard to meet the requirements, raise a nominal portion of the costs associated with book donations, and go through various trainings. Chispa Project policies prohibit giving away books to individuals as this undermines the work that schools have done to receive books.

Your books will either be donated to a school that we have pre-arranged with your group, and/or they will be sorted with other book donations to schools in need. We are so grateful for all the book donations you bring, and thank you in advance for your confidence in us to distribute them to be used in the most effective manner.
Health and Sanitation

FOOD
While we take every precaution with the food, parasites and microorganisms as well as a complete change of diet can often cause diarrhea and other intestinal disorders. We will have basic over-the-counter drugs available for cases of food poisoning or general stomach discomfort. While visiting at houses, it is up to you what food or drink you choose to accept. Coffee, Coca Cola, and coffee cakes are generally safe to eat and commonly offered to guests. Fruit juices sometimes use local water, so drink at your own risk. Talk to your doctor about short course antibiotics and/or loperamide to take with you in case of diarrhea while traveling.

WATER
Because of the heat and altitude, please always carry and drink lots of water. We will provide purified water at your residence, but it’s your job to carry your water for the day on your work site. Please bring a reusable water bottle and do not drink from the tap.

USING THE PILA
A pila (pee-lah) is a large water basin that is used as the main source of water in many rural houses. The water is filled on one side, and the other side has a washing area. In order not to contaminate the water in the basin, you use a paila (pie-lah) to dip into the basin. Use the pila to dip into the basin, and then pour over the washing area to drain. You wash your hands, clothes, and food in this manner.

BATHROOMS
Toilet paper goes in the waste bin, and never in the toilet no matter where you are in the country. Also, when out for the day, be sure to pack your own supply of toilet paper! It will not often be available in local houses or schools. Rural toilets are often flushed by filling a bucket or paila (pie-lah) with water from the pila (pee-lah), and pouring it directly down the toilet bowl. Sometimes it takes a couple tries.

LAUNDRY
Laundry is often washed at a pila. We will have laundry service if you need it, but we recommend packing enough for the week, as the pila can be hard on your clothes.
IMMUNIZATIONS
All routinely recommended immunizations for the United States should be up to date. Measles, mumps, rubella, tetanus, pertussis, and chickenpox are much more common than in the United States, especially among children. Additionally, Hepatitis A, Hepatitis B, and typhoid immunizations are recommended for all travelers. It is your responsibility to consult your doctor as soon as you decide to visit Honduras.

SICKNESS or INJURY
Make sure to mention any injuries or illnesses to one of the trip coordinators. If you should become ill after your trip, it is very important to tell your doctor at home where you have traveled. The following viruses are present in Honduras, and travelers should be aware of the possibility of contracting Malaria, Zika, Dengue, and Chikungunya. Because of the high altitude of our main location, these viruses are rare in the place we volunteer, and have not been a problem with any of our past volunteer groups. For further information and up-to-date travel advisories, consult the CDC website.

MALARIA
Malaria is present throughout the country at altitudes of less than 1,000 m, but not in the areas we are going. If volunteers choose to use malaria prevention regardless, chloroquine and other antimalarial medicines (atovaquone/proguanil, doxycycline, and mefloquine) are protective in this country. Drug choice depends on personal factors discussed between the traveler and medical provider.

DENGUE FEVER and CHIKUNGUNYA
Dengue Fever and Chikungunya both are viral diseases carried by day biting mosquitoes and cases of both have been reported throughout the country. Unlike traditional mosquito-borne illnesses, there is no medicinal prophylactic or curative regimen for Dengue or Chikungunya.

Chikungunya and Dengue are mosquito-borne illnesses that are becoming more frequent in tropical and equatorial climates around the world. Symptoms can include fever, rash, severe headache, joint pain, and muscle or bone pain. There are no specific treatments for Chikungunya or Dengue, and vaccines are still in the developmental phase. Preventing mosquito bites is the most important way to prevent these illnesses. Avoidance and prevention techniques include reducing mosquito exposure by using repellents, covering exposed skin, and treating clothing with permethrin. Travelers should carry and use CDC recommended insect repellents containing either 20% DEET, picaridin, oil of lemon eucalyptus, or IR3535, which will help diminish bites.

ZIKA VIRUS
Zika virus is a mosquito-borne illness with similar effects of Dengue and Chikungunya, but that can be spread from a pregnant woman to her unborn baby. Among other effects, there have been reports of a serious birth defect of the brain called microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant. Persons considering being pregnant within a year of travel should consult their doctor before deciding to travel.
Safety

While Honduras has been featured in the news as a country with substantial turmoil and violence, it is important to recognize that most issues are associated with drug and gang violence. Foreign visitors are typically not targeted nor at high risk. We work hard to avoid all high-risk situations including but not limited to avoiding specific locations, public transportation, and spending excess time wandering around in Tegucigalpa.

We have specifically picked our volunteer locations based on their safety. There are always the exceptions however, and we still follow basic safety precautions. As with most tourists in Honduras, theft is the most common crime especially when valuables are in view. Still, we remain vigilant with our staff and volunteers and stay in secure locations.

According to the Department of State, U.S. citizens are victims of crime at levels similar to those of the local population and do not appear to be targeted based on their nationality. Tourists traveling with group tours report fewer criminal incidents. Crime toward travelers in Honduras is primarily opportunistic; therefore, you can minimize the risk by taking simple precautions. Use the same common sense while traveling in Honduras that you would whenever traveling in an unfamiliar location. For example:

- Remember that cell phones are common targets of thieves so keep phones concealed as much as possible or avoid carrying them.
- Do not wear excessive jewelry.
- Do not carry large sums of money, or display cash, ATM/credit cards, or other valuables.
- Do not resist a robbery attempt. Most criminals have weapons, and most injuries and deaths during robberies result when victims resist. Think in advance about how you will react if ever confronted by criminals.
- Whenever possible, travel in groups of two or more.
- Take precautions while driving. Travelers should always drive with their doors locked and windows rolled up to avoid potential robberies at traffic lights and other places, such as congested downtown streets.
- Exercise caution in discussing travel plans in public since criminals may conduct crimes based on tips from sources at airport arrival areas.
- Do not bring things of value to Honduras that you cannot replace.

EMERGENCY NUMBERS
The local equivalent of the “911” emergency line in Honduras is 911 for National Police; 112 for the investigative police unit; 198 for fire fighters; and 195 for the local Red Cross. Emergency operators typically speak Spanish only. Emergency telephone lines may also experience connectivity problems.
Packing List

This suggested packing list is to help you pack your ONE carry-on! We do our best to pack light helping us travel simpler and leave the most space for bringing books in our checked luggage. This list is just highly recommended and fairly complete, with things that have worked for most travelers in the past. We will be able to have our clothes washed mid-week.

- 1 Long sleeve shirt—for work, bugs, or warmth
- 7 shirts
- 2 pairs of work pants (culturally please avoid shorts or skirts above the knees, even for men, and pants are better for bugs!)
- 1 pair of Flip flops/sandals/Teva
- Tennis shoes or boots
- 7 Socks
- 7 pairs of underwear/boxers
- Hat with a brim (baseball cap, etc. These are used more than sunglasses)
- Fleece—or a nice layer that is warm and quick dry if you get cold easily (we are in the mountains, but it’s usually not too cold). If nothing else it’s nice for the plane.
- Money belt to keep extra cash, credit card and passport when traveling to and from La Florida.
- Travel Purse/or small day pack to carry what you need for day trips like a water bottle and sunscreen.
- Water bottle (reusable) or Hydration Pack – we will have purified water onsite for refills
- Flashlight or head lamp (battery recharger available on site)
- Night wear
- Brush or comb
- Sunscreen
- Small shampoo
- Small bar of soap in a ziplock bag
- Small hand sanitizer
- Toothbrush/toothpaste
- Anti-itch cream (for bug bites)
- Bug spray (not aerosol for carry-on)
- Hand sanitizer
- A copy of this handbook
Other items you might consider:

- Tampons (hard to find in Honduras)
- Medications you need or want for traveling. A prescription for antibiotics could be helpful like Ciproflaxen, or others like Metamucil or Colace.
- Glasses/contact stuff
- Reading book (for the little downtime we may have)
- Deodorant
- Earplugs and eye mask—life savers when it comes to roosters and thin curtains.
- Hair ties

Other packing tips:

- Please no shorts or skirts above the knee, low cut shirts, or spaghetti straps out of respect for our host country’s generally conservative culture.
- We will have a first aid kit to share as a group.
- Rolling your clothes tends makes them smaller to pack.
- Please refrain from bringing laptops, and curtailing your use of cell phones while in country.
- Bring a variety of layers, such as a thin long sleeve shirt or sweater for cooler nights.
- The clothes you are bringing should be enough for at least half your trip, and we will be able to do laundry in the middle of our trip.
- The airline allows one carry-on like a small suitcase or large backpack, and one personal item like a purse or tiny daypack.
- Because you are doing carry-on with your personal luggage, make sure you comply with Federal law carry-on requirements. Check out the liquid/gel limitations on only 3.4 oz or less and must be carried in a quart-sized, clear plastic, zip-top bag; 1 bag per passenger placed in screening bin. Read more about liquids at [http://www.tsa.gov/traveler-information/3-1-1-carry-ons](http://www.tsa.gov/traveler-information/3-1-1-carry-ons)
- Other travel and carry-on information can be found at [http://www.tsa.gov/traveler-information](http://www.tsa.gov/traveler-information)
- Things to try leave at home:
  - Nicer clothes
  - Excess toiletries
  - Hair dryer
  - Other items with high electricity output
  - Any Apple products
  - Electronics (to be used sparsely and discreetly if brought)
  - We will have one or two volunteers be our primary photographers and then share the pictures with all volunteers after the trip is over. Consider not bringing a camera, or a small one if you have to have one.
  - Electricity is the same voltage as the U.S., so you don’t need any adapters.
(Hopefully) Helpful Spanish Phrases

**Visiting adult friends**

Gracias por invitarme.
Thank you for inviting me.
Gracias por invitarnos.
Thank you for inviting us.
¿Cómo se llama usted?
What is your name?
Me llamo ______.
My name is ________.
¿Cómo está?
How are you?
Estoy bien.
I am fine.
¿De dónde es usted?
Where are you from?
Soy/Somos de ______.
I/We are from ____________.
Mucho gusto.
Nice to meet you.
Sí, por favor.
Yes, please.
No, gracias.
No, thank you.

**Ideas for visiting with children**

Enseñe...
Teach me...
Cómo contar hasta diez.
How to count to ten.
Cómo se dice esto.
How to say this.
Cómo jugar esto.
How to play this.
¡Bien hecho!
Well done!
¡Felicidades!
Congratulations!
Le toca a usted
It’s your turn
Me toca a mí
It’s my turn

**Dining**

Me gustaría ________, por favor.
I would like ________, please.
¡Qué rico!
How delicious!
¿Podría traerme ________, por favor?
Could you bring me ________, please?
un tenedor/
a fork
un cuchillo
a knife
una cuchara
a spoon
un plato
a plate
un vaso de ____________
a glass of ______
Estoy satisfecho/a.
I’m full.

**Construction**

¿Puedo ayudar?
Can I help?
pila
A sink used for washing hands, dishes and clothes
arena
sand
madera
wood
mano de obra
labor
agua
water
cavar
to dig
construir
to construct
pala
shovel
balde
bucket

**Formal Spanish**

Hondurans are typically very formal in speaking to each other, especially in the countryside. Instead of using a “tu” (you) form, they talk in the third person “usted” when addressing each other. As visitors, we also use this format to show respect even when talking with children. Check out common questions like “¿cómo se llama?” and “¿cómo está?” to see how these examples are different from what you usually may use.
Directions

¿Dónde está...?
A la izquierda
A la derecha
Por/En la esquina
A través de
Detrás de
En frente de
El banco
El baño
El papel higiénico
El mercado
La biblioteca
La pulpería
Ya voy

Where is
To the left
To the right
By/At the corner
Cross by
Behind
In front of
Bank
Bathroom
Toilet paper
Grocery Store
Library
Corner store
I’m coming/going!

Estoy....

Dichos Macanudos
(the coolest phrases)

Catracho/a           Honduran
¿Qué onda?           What’s up! (informal)
¿Qué pepsi?          What’s up! (informal)
Vaya pues            Ok
Cheque               Ok
Mira Vé              Look
Qué pinta/masizo!    How cool!
Qué leche!           What luck!
El mero mero         The best of the best
Tomando el pelo      Joking
Otro nivel           Another level/unreal
Que chulada          How beautiful
Guíro(a)/Cipote      Child
Putcha/Putchika      Shoot!
Nombre               No way, man!
Chismol              Salsa (pico de gallo)
Que barbaridad       How wild/how terrible

Around Town

Charamusca           Frozen baggies of juice
Café                 Coffee
Baleadas             Flour tortilla and beans
Bolo/a               A drunk or to be drunk
Lempira              Honduran money
Huerto               Garden
Colegio              Middle/High School
Hembra               Female
Varón                Male
Paila                Little Bucket/Bed of the truck
Litera               Bunk Bed
Campesino            Person living in the country
Campo                Countryside
Cancha               Soccer field, basketball court
Alumno/a             Student
Pisto                Cash
**SPANISH STUDENT CHEATSHEET**

### ENDINGS

<table>
<thead>
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<tr>
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<tr>
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<td>-a</td>
<td>-as</td>
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### DEFINITE ARTICLE

*(English 'the')*

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### INDEFINITE ARTICLE

*(English 'a', 'an', 'some')*

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### CONJUGATION OF -AR VERBS

*(present tense)*

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<td>-amos</td>
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<td>2nd</td>
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### CONJUGATION OF -IR VERBS

*(present tense)*

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### SUBJECT PRONOUNS

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<tr>
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<td>yo</td>
<td>nosotros</td>
</tr>
<tr>
<td>2nd</td>
<td>tú</td>
<td>vosotros</td>
</tr>
<tr>
<td>3rd</td>
<td>usted</td>
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### POSSESSIVE ADJECTIVES

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<td>nuestro(s)</td>
</tr>
<tr>
<td>2nd</td>
<td>tu(s)</td>
<td>vuestro(s)</td>
</tr>
<tr>
<td>3rd</td>
<td>su(s)</td>
<td>su(s)</td>
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### DEMONSTRATIVE PRONOUNS

**Este** *(English 'this', 'these')*

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<td>estes</td>
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<tr>
<td>feminine</td>
<td>esta</td>
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**Ese** *(English 'that', 'those')*

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<tbody>
<tr>
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<td>ese</td>
<td>esos</td>
</tr>
<tr>
<td>feminine</td>
<td>esa</td>
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**Aquel** *(English 'that', 'those') far away*

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http://www.scribus.net/
Further Reading and Information

U.S. Department of State Travel Advisory for Honduras:
https://travel.state.gov/content/passports/en/country/honduras.html

The World Factbook for Honduras, CIA:

COMSA, a local coffee cooperative and treatment plant:
http://coopcoffees.coop/comsa/

Coffee plague and its effects on immigration, by former Chispa Project volunteer and translation by Sara Burkes:
https://www.kdlg.org/post/struggling-honduran-farmers-cope-climate-challenges#stream/0

Updated view of how climate change is affecting immigration:

Story about the mayor of Opatoro and her fight for coffee: