



# Honduras Adult and Family Trip

**Dates:**

July 11-18, 2020

**Host Organization:**

[gafcc.org/honduras-project/](http://gafcc.org/honduras-project/)

**Age Group:**

College Age, Adults, Families

**Per Person Cost:**

\$1850

**Documents Required:**

Passport

**Language Spoken:**

Spanish

**For more info,  
contact:**

[Jerry@ShelterRockChurch.com](mailto:Jerry@ShelterRockChurch.com)

516.627.2270 X333

or go to

[ShelterRockChurch.com](http://ShelterRockChurch.com)

## Life in Honduras

Join us as Shelter Rock Church heads to Central America in July of 2020. You will be part of a group consisting of college students, adults and families with children (at least 10 years old and travelling with an adult family member) to serve and minister in Comayagua, Honduras. We will be coming alongside a newly built school called "Angel Gardens" that is helping love and encourage children in the area. Potentially host a medical clinic, construction project and sports camp in the community.

We will be partnering with Guardian Angel Family Crisis Center [www.gafcc.org](http://www.gafcc.org) who has been serving the people of Comayagua for over 5 years connecting them to Jesus Christ. While there we will be facilitating a sports camp ministry to children and their families by sharing testimony, leading athletic skills training, Drama, teaching and children's ministry. We will also potentially be running a medical clinic and doing some construction to assist local churches and families in need sharing the good news of Jesus Christ through our words and actions.

We will be staying at Comayagua Golf Club ([comayaguagolfclub.com](http://comayaguagolfclub.com)). This is a gated resort with security, pools, golf course and restaurants but more importantly was built with visiting missions teams in mind. Missionary Medical teams have used this facility when visiting Southern Honduras.

## Inside this Packet

- Travel Information
- About the Camp
- Camp Life
- What Happens on a Project
- Health Information
- Preparation
- Getting your Passport & Visa
- Odds and Ends
- Schedules
- We Ask for a High Standard



Shelter Rock Church  
626 Plandome Rd.  
Manhasset, NY 11030



## Travel Information

### **FLIGHT INFO:**

American Airlines

July 11, 2020 JFK-MIA 6:30am - 9:38am MIA-TGU 12:59pm - 1:26pm

July 18, 2020 TGU-MIA 2:16pm - 6:48pm MIA-JFK 9:30pm - 12:36am+1 July 19, 2020

### **LUGGAGE:**

You must fit all of your clothes, tools, and personal stuff in one **50 LB** duffle bag, that you will live with in your Dorm all week, and a carry-on bag/backpack. Don't check the carry-on with other luggage. Don't put tools in your carry on. It is not uncommon to have bags lost or delayed so be prepared by packing essential items in your carry-on. Do not take valuable jewelry or electronics. We cannot be responsible for anything you lose.

### **TRAVELING ATTIRE:**

On arrival day, you may wear a comfortable pair of shorts/pants and your team t-shirt. This will help us be identified as a group and create interesting conversations as we travel.

## About the Camp



God has opened the doors at *Angel Gardens*, a school serving at-risk children in the community. The school is a bridge to the community of Comayagua that we hope to encourage families and point people to Jesus through education and meeting some of the basic needs that are unmet in the community right now.

## Camp Life

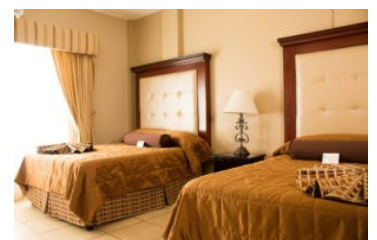
### **CLOTHING:**

Every work day your clothes will be subjected to one or more of the following: dirt, mud, wet cement, wood splinters, and sweat. Your clothes should be functional and comfortable above all else. We recommend hospital scrub-style or other loose cotton lounge pants. They are much cooler than jeans or other types of clothing. Please label all of your clothes to guard against loss. Sleeveless garments, tank tops, halters, mid-riffs, and shorts are generally discouraged for cultural reasons. When working in community, long pants are preferable for both men and women. Please bring one set of comfortable casual dress clothes for when our group is invited to a special event in the community such as church. **You will be provided with a packing list**

**Long pants and shirts with short sleeves are required for the worksite.** On the worksite, some clothing is inappropriate, such as shorts, tank tops, halters, mid-riffs, and sleeveless sun-dresses. As servants to people of another culture, we must be careful not to offend them by going beyond their standards of decorum. Please make modesty a priority with all the clothing you choose to take along.

### **ACCOMMODATIONS:**

We will be staying at *Comayagua Golf Club*. Rooms will have single beds and accommodate up to 3 people . There is a shower and bathroom in each of the rooms and air conditioning. Breakfast and dinner will be at the hotel. The Resort is gated and has 24 hour armed security. Transportation to different ministry sites is provided by certified and licensed Honduran drivers in private buses.





## What Happens on a Project?

Our team will depart from JFK on Saturday, July 11, flying into the international airport in Tegucigalpa. We will settle into camp on Saturday then attend and participate in a local church service on Sunday. Monday through Friday will be working as a team in construction, medical missions, and sports ministry in the community. The typical work day starts at 8am. We will be working on an ongoing construction project either building or repairing a house for a family or possibly a church or school. Depending on medical personnel that make up the team we will partner with a local doctor and pharmacist to host a medical clinic during the week.

In addition to the medical clinic (two days potentially 50 patients each day) and construction. We will minister each day to families and children through a Sports ministry program using drama, music, skills training (Soccer), testimonies, games, crafts and Bible lessons. After Supper we will have a group meeting where we will have a time of worship and prayer, debrief from the day and talk about how we saw God at work through out the day.



## Health Information

### **INNOCULATIONS & MEDICATIONS:**

We recommend that all team members have updated tetanus. The country of Honduras does not require any immunizations, but we always recommend that team members check with their physician or local travel clinic. Risk for US travelers for Malaria is low. The best way to prevent problems is simply to wash your hands and avoid putting your fingers in your nose, eyes and mouth. Carrying some Imodium with you is always a wise thing to do but every precaution is taken to provide us with clean water and food at camp.

### **MEDICAL:**

**Please bring a 2 WEEK supply of medications you are required to take.** Put your medications in your carry-on and keep it with you at all times during the project.

Should any health problems arise while you are on the trip, you will be treated promptly. We hope to have medical personnel with us on the trip from our church to help with basic medical care and injuries that may occur. Each person is responsible to know his or her own medical insurance policies when traveling out of country; if your insurance does not cover emergency care when traveling out of the country go to [www.cdc.gov](http://www.cdc.gov) and look for advice on short term travel medical coverage.

## Preparation

### **INDIVIDUAL PHASE FEBRUARY-APRIL:**

We will have people from different backgrounds, ages and places in life. Students or people who live outside of Long Island are able to participate in the trip by completing the curriculum that the entire team will be working through as individuals. Monthly homework will be due at the end of the month along with your payments. Home work assignments once completed can be brought to team meetings or emailed to pastor Jerry or another specified group leader. Once you have confirmed you are going via deposit, forms will be emailed and curriculum will be sent out by mid-February, 2020. During this phase of preparation our team will practice various spiritual disciplines such as Bible study, Scripture memorization, and fasting to prepare us for working with one another in Nicaragua. The key attributes we will seek to develop during this time are understanding what it means as a follower of Christ to be a Learner, Servant and Storyteller. Assignments must be handed in on time or you need to communicate with Pastor Jerry to let him know about any complications.

### **TEAM BUILDING PHASE MAY-JULY:**

Everyone will play a role and must do their part if we are to do a God-sized thing in Honduras. We will group preparation and team building. We will have monthly team meetings and service projects where we will have the opportunity to get to know one another and start to come together as a team. Attendance at team meetings is important and you need to let Pastor Jerry know if you cannot attend a team meeting before the scheduled date. Schedule will be sent out by mid-February.



## Getting Your Passport & Visa

### **PASSPORT:**

Only one type of proof of identity is accepted: a passport. When applying for a passport you will need to submit an application at least 10 weeks prior to departure. Passport applications are available at the nearest main branch of your United States Post Office. Allow for plenty of time in its delivery. **The airlines will not allow you to board your flight without a passport.** The airline will not allow you to board unless your passport is valid (does not expire) for at least 6 months after departure date.

Non-US citizens must have a Green Card and appropriate visas to enter Honduras and reenter the United States. If you are a non-US citizen, contact the US Consulates office in NY or Washington DC to determine any additional documents needed to travel to Honduras and return to the US. Passports must be valid for at least 6 months after returning to the United States.

- No visa is required for US citizens visiting Honduras for less than 90 days.
- If you are bringing children under the age of 18, be sure you have followed the necessary requirements for them to travel abroad.





## Odds & Ends

### **RESPONSIBILITIES:**

All participants must prepare spiritually, emotionally, physically, and mentally prior to leaving on this trip; the preparation will have two phases. Individual preparation will be the focus from February-April. Team building will be the focus May-July. Participants are required to come to each team meeting (unless cleared with Jerry) and complete the preparatory materials prior to the trip. All participants must fundraise and be diligent in raising support for the costs of their trip. Jerry will help you with several fundraising opportunities such as letter writing, and various other opportunities to raise money prior to the trip but you need to be diligent and creative. All team members will read a book together with homework prior to the trip.

### **INSURANCE:**

Each person is responsible to know his or her own medical insurance policies when traveling out of country; If your insurance does not cover emergency care when traveling out of country go to [www.cdc.gov](http://www.cdc.gov) and look for advice on short term travel medical coverage.

### **MONEY:**

While on a Missions project you will need the money you choose to spend for souvenirs and such for the day off. We recommend you bring \$200-300 dollars for spending money. We will have various opportunities to make financial contributions to missionaries in the area so you can bring extra if you are hoping to donate. Please remember that Shelter Rock can not be responsible for lost or stolen money.

### **CHILDREN'S SPORTS MINISTRY:**

Our team is responsible to provide ministry to children the week we are there Everyone will participate in this it is one of our most effective ways of reaching out into the community and reaching families with the gospel. If you are interested in being the lead person for some aspect of this ministry let Pastor Jerry know. We will be responsible for the following skills training (probably soccer), Games, Testimonies, Bible Story, Songs, Drama, Crafts. We will bring everything we need for Children's Ministry from home. The more organized we are, the smoother it will run. We will need to plan most of our sessions before we arrive in Honduras.

### **EMERGENCY PHONE NUMBER:**

Only adults should use cell phones and electronics. Cell phones do work where we are going but it can be extremely expensive. Please check with your cellular carrier if you have coverage in Honduras. There is free WiFi where we are staying so you can make voice calls via WiFi and check email. If you plan to use cellular service, do check with your carrier before leaving about a plan to allow you to call or text messages back and forth from Honduras. In the event that a loved one needs to contact you, they can call Pastor Jerry's Cell 516-840-6122 or Comayagua Golf Course.



## Payments & Fundraising:

### **PAYMENT SCHEDULE:**

Total cost of the trip is \$1850.00 does not include any fees for passport, luggage and \$10.00 fee for a Visa. Send in deposits ASAP to reserve spots Attn. Jerry mailed to 626 Plandome Rd. Manhasset 11030 or put into offering basket in envelope marked "Honduras ADULT/FAMILY Trip"

01.31.20—Deposit of \$300.00 Per Person (You can submit a deposit sooner to reserve a spot)

02.28.20 1st Payment—\$200.00 (Total of \$500.00 needs to be in account)

03.31.20 2nd Payment—\$250.00 (Total of \$750.00 needs to be in account)

04.30.20 3rd Payment—\$350.00 (Total of \$1,100.00 needs to be in account)

05.31.20 4th Payment— \$350.00 (Total of \$1,450.00 needs to be in account)

06.30.20 5th Payment—\$ 400.00 (Total of \$1850.00 needs to be in account)

All checks should be made out to Shelter Rock Church. Checks can be mailed to Shelter Rock Church or given to Jerry O'Sullivan. Spots are limited can only be reserved by a \$300 non-refundable deposit. You can mail checks to Shelter Rock Church or drop in offering basket just put on envelope or in the memo of the check "Attn: Jerry - Honduras Trip"

Payment will cover your airfare, lodging, transportation and food while in Honduras. The only thing you will need to cover is your spending money for souvenirs and if you want to do something special on the day off.

### **FUNDRAISING SCHEDULE:**

**WE WILL SET UP AN ON-LINE GIVING PAGE AND PEOPLE CAN DONATE VIA CREDIT OR BANK CARD BY FEBRUARY 2020**

### **APRIL:**

Letter Writing Campaign—Starts April of 2020 we will write letters to friends, family, and posting on social media asking them to help you with the costs of the trip. Write lots of letters and make plenty of online posts as soon as possible to everyone you and your family knows. Don't be afraid to ask neighbors and people who you don't know all that well. People are excited to partner with you and be part of something that is God sized. The earlier you start, the better. This is the major way that most people raise the funds they need. (Look for sample letter and instructions in writing letters. You cannot write people at Shelter Rock Church without permission from Jerry)

### **MAY/JUNE:**

Local group service project where we will focus on team building and also asking friends, family, and members of the congregation to sponsor our efforts as we work together in the community. If you have any idea of places we could serve as a team such as a clean up project, building project, or some other form of outreach, let Pastor Jerry know.



## We Ask for a High Standard

- Our team from SRC will be composed of 20-30 participants.
- The trip is open to high school and college students, adults and younger students (**at least 10 years old if they are with an adult family member**).
- As a team we hope to be intentional about spiritual disciplines such as Bible study, prayer and hearing from God in the months leading up to the trip through personal and group devotionals and journaling.
- Team members must attend a church on a weekly basis.
- A maximum of two meetings can be missed without some formal make up process. Please inform the Pastor Jerry prior to a the team meeting if you cannot attend. (Schedule will be given out in Feb)
- Team members must complete required individual and team preparation prior to the trip.
- Behavior, especially with the opposite sex, needs at all times to be honoring to the Lord.
- This is a work project and every member must be willing to work at whatever is being done, i.e., mix cement, lay block, dig, clean up, help in the kitchen, etc. Each is expected to do his or her share and nothing will be asked of anyone that he or she cannot do. Each one must be willing to work and cooperate with the leadership of your group.
- We ask skilled people to be aware that things are done differently within your trade. Please be adaptable and flexible as we work together to the glory of God.
- Unless you are married to one another, we ask that there be no emotional/physical involvement or contact. Do not go into any rooms/dorms belonging to the opposite sex. No Public Displays of Affection (PDA) or pairing off is permitted. It tends to distract from the real purpose of the team. "No pairing off" offers a better relationship and more fellowship with the other team members.
- No smoking or use of drugs (let Jerry or the team medical person know if you are on a prescription or taking over-the-counter meds).
- No alcoholic beverages of any kind are to be consumed during the trip this includes on the plane and meals at the end of the trip.
- No T-shirts that display cigarettes, alcohol products, drugs, rock groups, obscene or suggestive language. No tank tops, tube tops or halters (only for sleep).
- The only appropriate piercing would be for females to have their ears pierced. Anything other than ear piercing for females would be culturally insensitive to the people we are going to minister to.
- You must be willing to commit time and energy to individual and team preparation so that we come together as a team before we land in Honduras.