

Information Regarding Medical Mission Trip to Honduras

When: February 28 - March 7, 2015 and March 7 -14, 2015. You can go either week or both weeks

Where: La Esperanza, Intibuca, Honduras

Purpose: Provide medical care to the Lenca Indian people in the mountains of Southwest Honduras

History: This is the 12th year for this medical mission group

Team members needed: Doctors; Dentists; MP's; PA's; Nurses; Dental assistants; anyone with a servants heart

Team leader: Seth Berl, MD Been on over 20 mission trips to this area of Honduras

Costs: \$950 plus airfare: \$950 includes ground transportation in Honduras, meals in Honduras, lodging in Honduras, translators in Honduras, medical insurance in Honduras, medical supplies

Speaking Spanish is NOT required

Non-medical personnel needed

If you want more information, Contact Seth Berl 229-850-0019 or sberl@moultriega.net

GENERAL INFORMATION HONDURAS MISSION TRIP

Team 1 February 28 - March 7, 2015

Team 2 March 7 - 14, 2015

Team 3 February 28 - March 14, 2015

Paperwork needed:

1. General information form
2. Copy of passport, passport CANNOT expire in 2015
3. Copy of medical school or dental school diploma
4. Copy of medical, dental or nursing license

Airline Information These are all Saturday flights; double and triple check your dates of travel.

You are encouraged to fly the direct delta flight from Atlanta to San Pedro Sula, Honduras.

DL flight 575 departing Atlanta at 9:45am and arriving in San Pedro at 12:25pm

DL flight 504 departing San Pedro at 1:15pm and arriving in Atlanta at 5:40pm

If you decide on another airline, you MUST contact me before booking as the arrival times to San Pedro and departure from San Pedro must be similar to the Atlanta flight.

YOU MUST BUY YOUR OWN TICKET After you have purchased your ticket, email me a copy of the ticket.

Rides to and from the US airport will be made at a later date.

Our base of operation is La Esperanza, Intibuca, Honduras. This is in Southwest Honduras. We will go out from La Esperanza daily to hold medical and dental clinics.

ACCOMODATIONS:

You will stay in a hotel called Hotel Mina. It is a very nice hotel by Honduran standards.

COMMUNICATION:

You will have access to computers and the internet along with internet phones and cell phones. Many walk about 1/4 mile every night to the internet café. The hotel will have wireless internet. You will be able to send and receive texts. You will be able to facetime if you have iphones.

AREAS TO WORK:

- Triage
- Pharmacy
- Medical
- Dental
- Dental assistant; dental sterilization
- Eye glasses
- Hair washing
- Patient transport
- Cooking

All medical and dental personnel will have a translator. Triage and pharmacy will have translators.

Do not drink the water anywhere in Honduras. You must only drink bottled water. We will provide bottled water in your hotel room.

Do not throw toilet paper in the commode. Wrap it up and throw it in the trash can.

The team will get together weekly starting in January to sort and pack medications. If you are within 30 miles of Moultrie, please make as many of these sessions as possible.

COSTS

The cost of your airline ticket is based on your purchase of the ticket. The airlines release tickets to internet sights like orbitz, expedia, cheapair, travelocity and the others on Tuesday at midnight. Ticket prices will usually come down for 12 to 24 hours and then go back up.

We ask and encourage every medical and dental doctor to donate an extra \$500 to help cover the cost of the medication. We spend about \$12,000 on medication.

Ground costs...\$950 Must be paid in full at least 30 days prior to departure

Ground costs include:

1. Transportation in Honduras
2. Meals in Honduras
3. Translators
4. Lodging in Honduras
5. Bottled water in your room
6. Night watchman to look after our medication
7. Medical insurance

Not covered by ground costs:

1. Cost of personal suitcase
2. Trip insurance if you desire; this is different than the medical insurance
3. Shopping
4. Treats
5. Costs of any meals or lodging required in the USA for the trip
6. Transportation in USA to airport and cost of leaving car at airport
7. Exit fee from Honduras about \$40
8. Tips for bus driver and anyone else that does good work. You do not have to tip.

Make checks for ground cost payable to Heritage Church. This is tax deductible.

Mail checks to me at:

Seth Berl
1825 Franklin Street
Moultrie, GA 31768

Check your email at least weekly for trip updates. If you have not received an email in 2 weeks, you need to email or call me to check and make sure you have not missed an update.

Things to do now:

1. Fill out paperwork
2. Get your passport; must NOT expire in 2015
3. Buy airline ticket and email me a copy
4. Seek support for your ground costs
5. Check email weekly
6. Help pack mission medications

You can contact me at any time:

229-850-0019

sberl@moultriega.net

Remember, your spot on the team is not secured until you pay your ground costs or buy your airline ticket.

If your church asks what to donate, here is a list:

Tylenol of all strengths including infant
Motrin / Advil / Aleve of all strengths including infant
Vitamins- adult, children- infant- prenatal
Money for medications
Money for Honduran people in need

THE MOST IMPORTANT THING TO REMEMBER IS YOUR PASSPORT!
Keep this with you at all times!!!

We are going to help the people of Honduras. We do this by helping them physically, emotionally and spiritually. We must maintain our "witness." This means you must conduct yourself in an appropriate manner. Everyone needs to use good clean language. No cursing please. Please refrain from drinking alcohol. Make it your goal to bless someone every day.

Be flexible. Plans will change during the week in Honduras. Trust your team leader me!!! Decisions will have to be made quickly and you, as a team member, may not be consulted. All decisions are made for a reason even if that reason is not readily apparent.

If you have not had a tetanus booster in the last 5 years, please go to your health department and bring this up to date. Otherwise, no vaccinations are needed. We are not in a malaria zone.

Ladies wear at least calf length pants, no short pants in public. No sleeveless shirts or tank tops for the ladies. Regular T-shirts are fine for all. Blue jeans will fit in anywhere. Scrubs can be worn anytime and anywhere.

Do not bring any money greater than a \$20 bill. All money must look new without having a tear. Do not show your money. Do not carry large amounts of money. Do not exchange your money for Honduran money called lempira. Do not show your money at the airport. Exchange rate is 20 lempira per \$1. Each lempira is worth 5 cents. You should bring at least \$100 with you as a minimum. I would recommend you bring \$200. Do not bring travelers checks.

When you enter Honduras, the government official stamps your passport and will put a small card in your passport. Sometimes they will staple the card in and sometimes they won't. Do not lose this piece of paper. If you do, you will have to fill out a pile of paperwork to leave the country and have to pay about \$100 for a replacement card.

Do not go anywhere alone. Men can travel in groups of 2 or more. Ladies should try to have a man in their group or travel with at least 3 other women.

Credit cards and debit cards will NOT be accepted for payment of any type in Honduras.

Carry your passport everywhere.

Do not flush toilet paper down the toilet anywhere in Honduras.

Drink only bottled water. Buy a bottle of water when you arrive in Honduras and fill this up with purified water from your room. Do not use tap water for anything.

Praise Rhonda and all the workers including the bus driver and translators. Do not criticize or even give suggestions unless directly asked for your opinion. Do not talk among yourselves about what you would change as this will get back to Rhonda. We do not know all of the behind the scenes work that is done before we arrive. They need our encouragement, not our suggestions on how to do it better. Come to me with any problems or suggestions.

BE ON TIME!! It is disrespectful to everyone to be late. We will meet often to keep everyone informed of the schedule. If you miss a meeting for any reason, it is your responsibility to ask someone if any changes are being made in the events of the next day.

At night, we may have group activities. This may include a time for discussion of the events of the day or preparation for the next day such as making sandwiches or packing medication. I hope you will attend these activities and contribute to any discussions.

In Honduras, Rhonda will assign each person their responsibility with the team. All areas are equally important. You may end up working in different areas during your week. Be flexible and submit for the good of the team. Do not request an area to work. If you have a problem with the area you are assigned, come see me.

Work hard but take the time to take in what is really happening around you. Enjoy the experience. Many of the Honduran people have lost hope, especially the young women. It means everything to them to know that you care about them. Talk to them through an interpreter. Let them see you as a caring person; show your emotions, hug them, hold their baby, play with the children, take their picture.

You will have access to computers in La Esperanza. Use of the computer and internet is about \$1 for 30 minutes. Internet phones are available at the internet cafe for about 7 cents a minute.

You are discouraged from bringing candy or gifts for the children. Giving away candy only leads to problems as there is no fair way to distribute. If you bring treats, give them to Rhonda to give to the kids on their birthday.

You are allowed one suitcase for your personal belongings. This can weigh no more than 50 pounds. You are also allowed a purse or back pack PLUS a small carry on. You MUST bring a carry-on even if you do not need one. We will pack medication in your carry-on if you have extra room. You will be assigned a second piece of luggage. This will be full of medication or other supplies. Bring a large primary suitcase. Do not bring a small primary suitcase. If you do not bring 50 pounds of personal luggage, we will stuff some medication in your suitcase to bring it up to 50 pounds. You must bring clothes for all 7 days. There is no place to wash your clothes. You can make it through the week with 3 sets of scrubs, one pair of jeans and some T-shirts for night. Pack some long sleeve shirts and sweatshirts. The temperature will range from 45 to 75. It will be dry and, at times, windy. Bring a warm hat for night and early morning. You must be able to identify your luggage in the mass confusion of a 3rd world airport. I suggest you buy luggage strap. It can be bought from Walmart for \$4. Remember, no liquids in your carry-on except 3 containers of 3 OZ. or less in a clear quart sized baggy.

DO NOT LEAVE THE LUGGAGE AREA OF THE AIRPORT IN HONDURAS WITHOUT ALL YOUR LUGGAGE AND ONLY YOUR LUGGAGE.

The first people through customs in Honduras will start pulling the team luggage but you are responsible for the exact pieces of luggage you checked in Atlanta.

Put batteries and, if possible, all liquids in your checked baggage.

Put all your personal medication in your carry-on or back pack.

Pack at least one day of clothes in your carry-on.

Doctor and dentists: bring all the equipment you will need. If you need something specific and can not obtain this, let me know early so I can work on obtaining your equipment.

Everyone bring 3 cans of Pringles and 2 bags of cookies

Everyone will be assigned to bring some food item. Do not forget this as our cooks have a very specific meal plan. If you require a special diet, let us know well ahead of time so arrangements can be made.

THINGS TO BRING:

Camera, if desired

Small flashlight

Layered clothes

Sunscreen, we will be up about 6000 feet

Hand sanitizer

Hat baseball cap and pull over stocking cap

Pens

Clipboard for nurses and doctors

Reading light

Pillow their pillows and flat and lumpy

Sheets for your bed in hotel. Queen beds Both top and bottom sheet

Ear plugs and eye mask...Firearm to shoot the rooster!!!!!!!

Battery powered alarm clock

Sandals or flip flops to wear in shower

Rain poncho

Old shoes whatever shoes you take will be ruined

Sunglasses

Toilet paper to take on the road

Soap, shampoo, cream rinse, toothpaste; or any other toiletries you need
as the quality of goods in Honduras are sub-standard

Do not bring valuable jewelry

Do not bring any clothes you are not willing to ruin or leave behind

Snacks can be purchased at the small shop called a pulperia. snacks and
soft drinks are good and cheap

NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____

ZIPCODE: _____ **EMAIL:** _____

BIRTHDATE: _____

BENEFICIARY: _____

PASSPORT NUMBER: _____

PASSPORT EXPIRATION DATE: _____

HOME PHONE: _____

WORK PHONE: _____

CELL PHONE: _____

EMERGENCY CONTACT

NAME: _____

HOME PHONE: _____

WORK PHONE: _____

CELL PHONE: _____