



## Trip Leader Tips

Make two copies of each person's passport: one set to keep in the United States and one to bring to Honduras. If a passport is lost, this will help speed up the replacement process.

Living Hope recommends that each person in the group have a current tetanus shot. Each individual will want to consult with his or her doctor with regard to other shots or medicines that might be recommended. If you have any questions, don't hesitate to ask!

You do not need a visa to travel to Honduras. Each airline passenger is given a tourist visa while on the plane en route to Tegucigalpa. It is a simple form that asks for names, US address, passport and flight numbers, purpose of travel and an address where you will be while in Honduras. The address to put on the form is:

**Living Hope Ministries  
15 de Septiembre  
Toncontin, Honduras  
Phone: 291-0248**

Some airports will let one person from the group check in everyone at one time. Be sure to ask! You might want to check the luggage tags as they are being put on your luggage. Check to make sure they have the right airport codes? For example: If traveling from Detroit - Miami - Tegucigalpa, the luggage tag would read DTW - MIA - TGU.

For international travel, you are permitted two pieces of checked baggage per person. We would like for each person in the group to limit themselves to one suitcase and a carry-on. This will leave one piece of luggage for supplies (if Living Hope needs you to bring in things.) Living Hope discourages bringing jewelry or other valuables. It is up to you to determine whether your group can bring mp3 plays/ipods. Some groups find they distract too much, while others find them useful to help fall asleep at night or during delays in airports.

Pack one change of clothes and any essentials in your carry-on/backpack. If your luggage is lost or delayed, you will have what you need for the night. You might want to consider packing clothes that can be left in Honduras and given away. Visitors need to dress modestly at all times, especially when swimming. No two piece bathing suits or bikinis.

Living Hope allows the leaders of each group to email the states as often as they feel necessary. There is also a phone that can be used for emergencies. The email address is [rex\\_christine@yahoo.com](mailto:rex_christine@yahoo.com). Between rex and christine there is an underscore. The phone number is 011-504-234-0203. LHM discourages your group members from emailing or telephoning during the trip. It is a good idea for you to have some kind of email contact person

who can then contact the parents/others of your group. This will help your group to stay focused on the mission trip. If you have any questions, please ask us.

Please let us know ahead of time if anyone in your group has special needs (physical, medical, food allergies, extremely shy, etc.). If you have group members that suffer from asthma, they may want to bring an extra inhaler.

Talk to your group ahead of time about ways they can minister in Honduras. If they have any special talents or abilities, they can share those with our congregation as well as the schools in which we serve. Dramas, Bible stories, songs, crafts and games are great. These are good to practice with each other before they come. Encourage your group to have an attitude of a servant. Remind them that they are here to be stretched!

Plan to have a devotional time with your group during the trip. Group members could possibly share a devotion, discuss how they were able to serve, or what they learned that day. This is a great time to share in prayer and worship. It's a perfect way to draw the team together!

Put some time into your trip packet/manual. You might want to include enough devotions that you can start one week before your trip and end one week after your trip.

Before you leave on your trip, start planning the presentation your group will make after your return. Will you want pictures? Will the group members need to be prepared to give a testimony of their experience on the trip? Perhaps you could include a page in your trip packet where they can write out a testimony.

It will be important for you to have a debriefing time with your group. Once at the end of the week (to prepare for re-entry culture shock) and maybe again about a week after your trip. Your group might experience extremes in poverty, smells, cleanliness, etc. It is not uncommon to feel irritated or sad upon returning to the United States. Some in your group may be ready to head home and sell everything. Some may feel the need to let everyone back in the US know just how spoiled we are in America. Encourage them to take some time and re-adjust to being back before they offend too many friends and family members. Encourage them to pray and think about what God was teaching them on this trip. How is their life going to be different now?