CFCA AWARENESS TRIPS

trip information

*The following information is for **2014** trips. The dates and trips to specific countries change from year to year depending on interest, the political situation within the countries and the ability of CFCA projects to host an awareness trip. A detailed schedule and additional information will be sent one to two weeks prior to departure in the pre-departure packet.*

HONDURAS

Trip Dates: May 17-24, 2014 (Ocotepeque project)
Aug. 9-16, 2014 (Santa Barbara project)

Trip Size: 12-25 participants

Please register by 60 days in advance to reserve your spot. If you still wish to register after this date, contact a CFCA trip coordinator regarding availability.

Trip Fee: $500

Includes food, lodging and in-country transportation. Airfare is **not** included.

Sponsors will have the opportunity to meet their sponsored friend from any Honduras project, including Santa Rosa and Suyapa, during either of the trips. However, if your friend is served through one of the projects hosting a trip, we encourage you to choose that trip. Suyapa and Santa Rosa sponsors may join either trip.

On your trip to Honduras you may do some or all of the following activities:

- Be welcomed by the local CFCA staff who will be your hosts for the week, ensuring that your visit is enjoyable
- Spend time with your sponsored friend and possibly the family
- Visit the homes and communities of CFCA sponsored friends and their families, where you will learn about their joys and challenges
- Experience the warm hospitality of the Honduran people as they greet you as an honored guest and friend

Entry and Exit Requirements

A passport valid for at least six months beyond the end of your intended stay is required. A visa is not required for a stay of 90 days or less, but tourists must provide proof of return or onward travel, such as a return plane ticket. During the trip, travelers should carry their passport or a photocopy of it at all times. Participants who will be traveling with a minor should contact a CFCA trip coordinator for additional information.

Participants will be required to pay an exit fee at the airline counter in San Pedro Sula. This fee fluctuates, but is approximately $40 per person and can be paid in U.S. dollars or in the local currency. *All fees are subject to change.*

Airport and Travel Arrangements

Make your airline arrangements only after your registration is confirmed and you receive the CFCA trip coordinator's written instructions for scheduling your flight. In the meantime, we encourage you to research airfares with a travel agent, the airlines or via the internet. The Florida-based agency, Vista Travel, may be contacted regarding airfare at (800) 537-5066. This agency is familiar with our programs and schedules.

Participants will travel to **Ramon Villeda Morales Airport (SAP) in San Pedro Sula** on the first scheduled day of the trip and depart from the same airport on the last scheduled day. **The CFCA staff will meet all travelers at the airport who arrive on the scheduled arrival day. Do not accept offers for transportation from anyone other than the CFCA team.**

(over)

Accommodations and Food

All trip participants will stay in simple accommodations near the CFCA projects, usually a retreat center or hotel. Private rooms for married couples and families are available. Individuals will be assigned a roommate. Running water for showers is readily available, but it may not be heated. **Tap water is unsafe for drinking.** Instead, the project will provide bottled water. Alcoholic beverages are not included in the trip fee.

Participants will eat simple meals that reflect the local cuisine. All food is prepared with purified water. All meals will be eaten with the group. Do not purchase food from street vendors. Meals are often served at a later hour than most Americans are accustomed to eating. We recommend bringing snacks such as dried fruit and nut mixes, raisins, granola bars, etc., as you may want something to eat between meals.

An electrical converter or adapter is not necessary. The electrical current and the shape of the outlets in Honduras are the same as in the U.S.

Climate

Although Honduras is pleasant most of the year, there can be frequent, but brief, rain showers. August temperatures in Santa Barbara average in the 80s, while Ocotepeque in May is around 70 degrees. Trip participants should bring a lightweight, breathable rain jacket with them on the trip to remain comfortable in Honduras' tropical climate. Participants should be aware that minor tremors may occur. The group also travels along winding, mountainous roads, which can cause motion sickness.

Health/Medical Preparations

Contact your medical doctor or local health department for immunization recommendations based on your health history. The Centers for Disease Control and Prevention website at www.cdc.gov/travel has country specific recommendations regarding immunizations. You may also contact them by phone at 800-CDC-INFO (800-232-4636). CFCA staff members are not qualified to offer advice on immunizations.

You should consult with your medical insurance company prior to traveling to confirm whether your policy applies in a foreign country. **If your policy does not cover emergency expenses such as a medical evacuation, we urge you to consider the purchase of temporary travel insurance.** Many insurance plans, including Medicare, do not cover treatment outside of the U.S. Information on travel insurance can be obtained through a travel agent or through research on the Internet.

Currency Exchange and Handling

The local currency is the Honduran **lempira** (HNL). Your lodging, food and in-country transportation are included in the trip fee. You should bring additional money for the purchase of snacks and souvenirs, and to cover the exit fee. You should not carry bills in denominations greater than $20 because they may be difficult for local banks or vendors to exchange. Do not bring torn or severely worn currency. You can bring U.S. dollars into the country. You will be provided with an opportunity to exchange money upon arrival either at the airport, at the lodging, or another method. Traveler's checks are not recommended, and ATMs are not readily available.