



**Trip Welcome Packet**  
***Ambassador Trip for Educators***  
**Honduras, April 4-7, 2019**

**Dear Ambassadors,**

Welcome to the **Squads Abroad** trip to **Honduras** from **April 4-7, 2019**. In a few weeks, your group will embark on an adventure-of-a-lifetime experience that includes fun and engaging cultural and volunteer immersion activities designed to enrich your understanding of the country while making a positive impact in the local community. Our staff in **Honduras** is busy preparing for your group and looks forward to sharing this enriching experience and their beautiful country with your group in **April**.

This **Welcome Packet** is designed to prepare you for your upcoming adventure. This Welcome Packet includes a **Checklist and Timeline, Immunization Information, Passport Information, and Country Program Information**. We hope it will answer any preliminary questions you may have but we are also available anytime to assist with any additional questions or concerns.

A couple of weeks before your Squad trip departs we will send out the **Final Expectations Packet** which contains more detailed information about your trip along with a sample Volunteer Match Assignment to give you an idea of what Squads potentially will do on their trip. The Final Expectations Packet will contain the **Daily Schedule, Flight Information, Packing List, Contact Sheet**, and final travel instructions.

We greatly appreciate your decision to travel with **Squads Abroad**. Last year our Squad groups provided over **3,000** service hours and over **\$22,500** in donations. With your help, we hope to continue to expand our international impact within the country and back home as more globally conscious citizens. Feel free to call **(559) 761-0351** or email any of our staff below with any questions or concerns.

**Yours in the journey,**

**Erik Werner**, Director of School Group Programs @ [ewerner@squads.ngo](mailto:ewerner@squads.ngo)

**Hailey Roodberg**, Program Specialist for Honduras @ [hroodberg@squads.ngo](mailto:hroodberg@squads.ngo)

## Things to Do

### Checklist

- Registration:** Make sure you are completely registered for the trip @ <https://www.empowered.org/Ambassador-Trip-to-Honduras-April-4-7-2019>
  
- Forms:** Complete all of your forms on your Empowered Signup/Registration Page
  - Agreement & Release: **must read and sign** online
  - Health and Information: **must complete** online
  - Behavioral Expectations: **must read and sign** online
  
- Passport and Immunizations:** Make sure you have a valid passport (cannot expire within 6 months of departure) and schedule and complete recommended immunizations.

## Participant List (as of 2.26.19...more likely will join!)

<b>Ambassador</b>	<b>Email</b>	<b>Location</b>
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## IMMUNIZATIONS

While the Honduran government does not **require** any immunizations for travel in Honduras, we do recommend following the **guidelines of the U.S. Centers for Disease Control**. @ <https://wwwnc.cdc.gov/travel/destinations/traveler/none/honduras>. We want to emphasize that, in general, Honduras is considered to be a very safe travel destination. Generally, the worst illness is traveler's diarrhea. Nevertheless, the U.S. Centers for Disease Control and Prevention (CDC) do recommend some immunizations. As with *any* medical recommendation, we strongly suggest that you **consult your physician** and/or a travel medicine clinic to make the final decision about immunizations.

## RECOMMENDED VACCINATIONS – MOST TRAVELERS

**General Vaccinations:** All routine vaccines (such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.

**Hepatitis A:** CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Honduras, regardless of where you are eating or staying.

**Typhoid:** Recommended for all unvaccinated people traveling to or working in Mexico and Central America, especially if visiting smaller cities, villages, or rural areas and staying with friends or relatives where exposure might occur through food or water.

## PASSPORTS AND VISAS

Honduras requires a valid passport through the length of your stay. Please reference the State Department website,

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories/honduras-travel-advisory.html>, to find out more information, apply for, or renew your passport.

According to the travel.state.gov website, passport processing times are as follows:

Routine                      4-6 Weeks

Expedited                    2-3 Weeks

Expedited at  
Agency                    8 Business  
Days

## General Information

### **The Country**

Known for its rich natural resources and culture, Honduras is home to the world's second-largest barrier reef, lush jungle-covered mountains, beautiful Mayan ruins, white sand beaches and cobblestone villages. Honduras has been recognized in recent years for its emerging economy in the international community. Despite the favorable economic outlook, the country faces the highest level of economic inequality in Latin America.



### **The Community**

The home-base is located in a valley approximately 1 hour and 30 minutes northeast of Tegucigalpa, the capital city of Honduras. Here, the Squad can enjoy a beautiful view of a landscape full of green pastures, sugar cane fields and distant mountains. The warm weather warrants a swim in the pool that can be utilized during free time.



### **The People**

Honduran culture is unique in Latin America because of their diverse populations and welcoming people. With deep Mayan roots along with various other indigenous cultures, the Honduran people are proud of their roots as well as their traditions.



### **The Food**

Honduran living means fresh and delicious meals. You'll try a classic breakfast with eggs, refried beans, cheese, avocado and sweet fried plantains, along with other regional specialties including tamales, baleadas, and carne asada. Explore papaya, pineapple, sapote, and passion fruit in juices and smoothies, or cozy up with a mug of fresh, locally sourced coffee.



## Honduras' Water and Sanitation Crisis

### **General Facts:**

- Honduras is the second poorest country in Central America, with approximately 63% of the population living below the poverty line
- Many of the rural poor work as subsistence farmers, growing only enough food to feed their families
- More than one million Hondurans lack access to improved sanitation
- 638,000 people lack safe water, with rural communities having the highest risk
- Rural communities depend on small springs to obtain their water which is often contaminated
- Water sources in these rural communities cannot be relied on throughout every season due to variable rainfall

### **Water Quality and Poverty Levels**

The lack of access to good water quality highlights the divide between rural populations in Honduras and the rest of the country. Rural communities do not have the resources nor do they have support available to establish high quality water and sanitation systems that exist in other parts of the country, further entrenching the population in poverty.

### **Challenges**

High unemployment rates, unequal distribution of income and lack of education surrounding water and sanitation are all challenges that need to be addressed throughout the rural communities in Honduras. Many times, households do not have proper latrines, contaminating the water source for the entire community. Education about the available water resources and the impact that usage has on surrounding communities is needed, along with projects and materials to construct sustainable water systems in these communities. Furthermore, the country is susceptible to adverse natural events such as hurricanes and droughts, which directly affect the quality and accessibility of water in places where the main water source is extracted directly from unprotected and contaminated springs. These communities often have no way to access water during the dry season, negatively impacting the development and sustainability of agriculture which is the primary economy in rural Honduras.

## Squads Abroad and Global Brigades



Squads Abroad is a 501c3 non-profit organization under our parent company **Global Brigades**. Since 2004, Global Brigades has collectively mobilized more than 70,000 international volunteers to work alongside local teams and community members in the implementation of our holistic development model. Impact made by volunteers drives Global Brigades' strategic campaign, *The Empowered 100*, aimed at empowering 100 rural communities partners to rise out of poverty by meeting Healthcare, Economic Development, and Water, Sanitation & Hygiene goals. For more information, please visit [www.globalbrigades.org](http://www.globalbrigades.org).

### Holistic Model

Global Brigades' Holistic Model is a system of collectively implementing health, economic and education programs to meet a community's development goals. After the development of success indicators, program-monitoring tools are used to measure impact. Programs are done "with," not "for" community members. Community buy-in and leadership is crucial to the sustainability and success of our programs. Before implementation, staff work with community leaders to establish committees, collaborate with local government, and prepare community volunteers for programs. Our volunteers are the driving force behind the funding and execution of our Holistic Model. Through their funding and participation in brigades, a continual flow of volunteers build on each other to implement programs such as medical clinics, community banks, sustainable farms, and more. In-between brigades, our staff works with communities to continue momentum, as it takes several brigades to complete programs.

