



Volunteer Handbook

Name: _____

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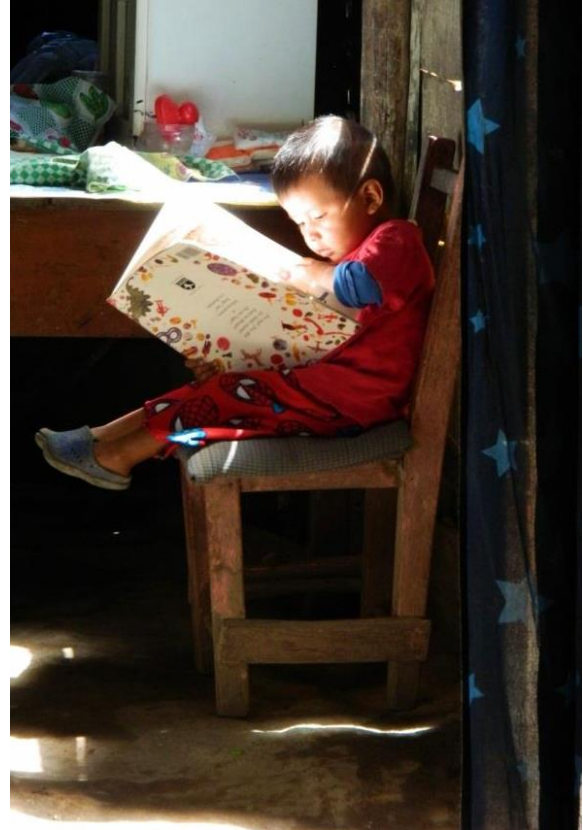
Introduction

Dear Volunteer,

There is a small village up in the mountains of Honduras called La Florida. They say that if you drink the water there you'll always come back, and I believe it. I first came to Honduras in 2011 to visit a friend, and the rest is history that grew into the Chispa Project. I blame the water.

Chispa Project started through the domino effects of volunteers just like you, and we know that the more people who come and visit, the more we can forge global communities who support and grow from one another. We are so excited to join you on the adventure you are about to undertake! It is always a privilege for us to get to experience this beautiful country through new eyes, and can't wait for the perspective you bring as well as how that perspective will be affected by this trip.

This handbook is to help prepare you and—literally— get you all on the same page (book puns intended). At the same time, we also realize even with a handbook and the many meetings we will have with your group, no one can be completely ready, as life is full of surprises. We hope this volunteer trip will push your limits and stretch you a bit. We know you may feel a little raw or uncomfortable at times, and we hope that you can find the grace within yourself and others to sit in those uncomfortable times and learn all you can. We promise to do the same in order to best partner with you during your volunteer days.



The handbook includes everything from cultural tips, a suggested packing list, a tentative schedule, and several pages of Spanish cheat sheets. We know it's long, but take your time and read this guide thoroughly. Consider printing off a copy to take what you need from it to bring along as a reference. Please don't hesitate to talk to your trip coordinator about any questions you may have, and we look forward to meeting you soon!

Sincerely,

Sara Burkes
Executive Director
Chispa Project



Community Guidelines

While we are all humans, we are all beautifully complex and different. As you'll be working with a variety of people within the country and on the Chispa Project team, these are some of our favorite guidelines for deliberately building an effective team. Whether it's our interpersonal relationships, group conflict, cultural differences or culture shock, we hope some of these guidelines help you process your time here in Honduras and the relationships you'll build. We've briefly described what these guidelines mean to us, but please take a minute to reflect and note some of your favorites or additional thoughts. *(Guidelines provided by Dr. Chris Linder)*

Be present.

Sometimes being present often can mean being extremely patient or being still. But your presence as a guest in the community is considered an honor. Just sitting and being still in the moment can be very valuable. And, the benefit of the lack of electronics may additionally help us be present in the moment!

Allow for Growth and Change.

Let yourself be moved by what you learn here, and be patient in the adapting process (both for yourself and others!)

Attempt compassion for yourself and others.

Especially as our views and understanding of the week may be complete different, as we are all beautifully and wonderfully made.

Listen to understand.

What would happen if we always listened with the intent to understand?

Be open and honest.

In such a small space, it's important that we keep short accounts, while also being open to how we may have unintentionally hurt or offended someone else.

Allow for Complexity.

Think multiple truths. It's not always one way or the other. It can be both. Or many. There's also not always an easy answer, if there even is an answer.

Sit in it - resist the urge to fix things.

Because of the existence of multiple truths in how we understand the world, sometimes our multiple truths will clash with the others, and recognizing the complexity sometimes means not trying to fix it or immediately resolve someone's hurt feelings. Instead, just be. Recognize the hurt or the discomfort and contemplate the complexity of what might be happening.

Use "I" Statements.

Shun blanket statements or the “impersonal you” (i.e. You know, when you’re making statements about yourself but you keep saying “you”.) In the end, the only thing ~~you~~ I really know, is how I feel.

Consider how your identities relate to the amount of space you take up.

How does just being you take up space? Whether it’s physical space, emotional space, attention space, talking space...consider all the ways that take up space. How can we best share that space so that it’s more appropriately distributed and doesn’t leave people on the sidelines feeling undervalued?

What's shared here stays here, what's learned here leaves here.

Also known as the “Vegas” rule! In close quarters with high emotions, we may be more vulnerable and share personal stories. Please be careful with only sharing what you’ve learned, not others’ stories or personal information when you return home.

Just because you are doesn't mean you understand.

This guideline helps remind us of the complexity of ourselves and the intersectionality of our identities. Thus, we fall into our next guideline....

Don't make anyone a "native informant" or tokenize them.

Just because someone else is from one group or another (i.e. Latina, female, middle-class, bisexual) doesn’t mean they can speak on behalf of their group, considered an expert on their entire culture, or should be obligated teaching you about their group. For example, this is that awkward work meeting where the subject comes up on making a new equitable hiring policy, and everyone turns to the person of color in the group. Ouch.

Participate fully (at your own comfort level).

We encourage you to push yourself during your volunteer time with Chispa Project, and this will mean different things for different people. Find your own balance in pushing yourself in places you may be uncomfortable, but while still being emotionally and physically safe.



Who is Chispa Project?

In Spanish, "chispa" means "spark," which is exactly our goal: to inspire and empower Honduran education through books. The word "chispa" is often used to describe people who have a little something extra, or the will to get things done in an extra-ordinary way.

Through book donations, teacher development, and international volunteer projects, [Chispa Project](#) works with Honduran educational institutions to help spark a passion for transformative learning that will grow and be nurtured within the local communities. Over the last several years, Chispa Project created alliances with Honduran teachers, mayors, PTAs (*padres de familia*), superintendents and volunteers to distribute over **50,000 books to 70+ different schools.**

Chispa Project has a unique approach in bringing books **directly to schools**, thus supporting local educational institutions instead of trying to create new ones. In addition, we train the teachers and the PTA (*padres de familia*) to jointly manage the books. **We strive for maximum usage of these books ensuring all students have access to the books, engage with their teachers and peers about the content to enhance their knowledge and successfully complete their education.**

We've witnessed how these books provide a spark in children's eyes, and it's a spark that has the ability to light a fire. **Books help create a culture of reading that provides the foundation for all other success in school. Books are rare and expensive in Honduras:** even in major cities. Children's books are that much more luxurious at approximately \$15 each. Through the use of books and transformative learning, children improve their reading and critical thinking skills.



Honduras continues to rank lowest in the Americas for teacher accountability, educational outcomes and performance. **Many students in rural schools spend the entire day copying their shared textbook** word for word thanks to lack of materials and well-prepared teachers. **Many of the students who can't read have perfect handwriting** due to this teaching method. Many organizations continue to play a role in educational improvement; however students still need continued support in their transformative learning. It is for all these reasons and more that **Chispa Project works to empower students and teachers to take back control of Honduran education.** We are excited to have you along for the journey!

Location Information and Maps

Honduras:

Once part of Spain's vast empire in the New World, Honduras became an independent nation in 1821. After two and a half decades of mostly military rule, a freely elected civilian government came to power in 1982. During the 1980s, Honduras proved a haven for anti-Sandinista contras fighting the Marxist Nicaraguan Government and an ally to Salvadoran Government forces fighting leftist guerrillas. The country was devastated by Hurricane Mitch in 1998, which killed about 5,600 people and caused approximately \$2 billion in damage. Since then, the economy has slowly rebounded.



Ethnic groups:

mestizo (mixed Amerindian and European) 90%, Amerindian 7%, black 2%, white 1%

Languages:

Spanish (official), Amerindian dialects

Religions:

Roman Catholic 97%, Protestant 3%

Literacy rate: 85% in people 15 and older

Agriculture - products:

bananas, coffee, citrus, corn, African palm; beef; timber; shrimp, tilapia, lobster

Industries:

sugar, coffee, woven and knit apparel, wood products, cigars

Area Comparative:

Slightly larger than Tennessee

Honduras is one of the poorest countries in Latin America and one of the world's highest murder rates. More than half of the population lives in poverty and per capita income is one of the lowest in the region. Poverty rates are higher among rural and indigenous people and in the south, west, and along the eastern border than in the north and central areas where most of Honduras' industries and infrastructure are concentrated. The increased productivity needed to break Honduras' persistent high poverty rate depends, in part, on further improvements in educational attainment. Although primary-school enrollment is near 100%, educational quality is poor, the drop-out rate and grade repetition remain high, and teacher and school accountability is low.

Environment - current issues:

urban population expanding; deforestation results from logging and the clearing of land for agricultural purposes; further land degradation and soil erosion hastened by uncontrolled development and improper land use practices such as farming of marginal lands; mining activities polluting Lago de Yojoa (the country's largest source of fresh water and only natural lake), as well as several rivers and streams, with heavy metals.

Honduras' population growth rate has slowed since the 1990s, but it remains high at nearly 2% annually because the birth rate averages approximately three children per woman and more among rural, indigenous, and poor women. Consequently, Honduras' young adult population - ages 15 to 29 - is projected to continue growing rapidly for the next three decades and then stabilize or slowly shrink. Population growth and limited job prospects outside of agriculture will continue to drive emigration.

Honduras, the second poorest country in Central America, suffers from extraordinarily unequal distribution of income, as well as high underemployment. While historically dependent on the export of bananas and coffee, Honduras has diversified its export base to include apparel and automobile wire harnessing. Nearly half of Honduras's economic activity is directly tied to the US, with exports to the US accounting for 30% of GDP and remittances for another 20%.

Education: By law education is free, compulsory, and universal through ninth grade, although students were often charged fees at the school level. While estimated net enrollment rates for first to sixth grades were almost 93 percent, enrollment rates from seventh to ninth grades were less than 40 percent, and enrollment rates for 10th and 11th grades were only 27 percent. The country had approximately 12,600 primary schools but only 1,500 secondary schools. There was a shortage of middle schools and of adequately prepared teachers. The education ministry reported that more than 2,000 children between the ages of three and 17 stopped attending school in San Pedro Sula during 2013 because of harassment and bullying from gang members and narcotics traffickers. Of the children who dropped out, 86 percent were between the ages of six and 14.

Sources: Country Report on Human Rights Practices for 2014 and the CIA World Factbook, U.S. Department of State



Volunteer-to-Volunteer

Some advice from previous volunteers and the people who work with them!

Be super flexible and ready to anything that is asked of you. It might not be what you thought you were going to do. Be flexible with times changing, projects changing, people not showing up, but to try to be open minded and be enthusiastic about whatever there is to do. The more excited you are to experiencing anything that you could in Honduras, you'll have a better time.

- Ruth, Ithaca, New York

There are many people who come to Honduras who think is unsafe for a couple reasons, but in the end we are a people who are very easy-going and amicable. If you believe only the bad news, you will greatly miss out.

- Mayron, Tegucigalpa, Honduras

Efficiency isn't always the bottom dollar. Cultivating relationships and respecting certain cultural norms and traditions take priority. While volunteering is impactful, the relationships you form along the way are more impactful than the buildings you build or the services you perform.

- Dane, Denver, Colorado

We know your country to have more opportunities and more money, so we think that when foreigners come, they are going to offer money. The best way to help this country is not financially, but with your ideas. If you are knowledgeable in a certain area, this is the help we welcome: help with supporting our schools, or talking of health and education. These are the most important things. If we have educated people, we will have less people in jail, and less people in the hospitals.

- Liliana, Marcala, La Paz

Tip #1: Bring earplugs.

- Anne, Charleston, South Carolina

It can be a BIG temptation to play Santa Claus. Sometimes, we do that just to make ourselves feel better, to get over our helplessness of not knowing what to do. But, the real work is trying to figure what they need rather than what you want to give them.

- Norris, Sacramento, California



Logistics

TRAVEL DOCUMENTS

- **Passport:** Honduran law requires that you carry a passport that is valid for at least 6 months from the date of entry. Please make three copies of your passport. Provide one copy to your trip coordinator, and leave copy with someone at home. The third you carry with you in a separate place from your passport so that both are not lost. Finally, take a picture and email yourself.
- **Driver's License:** Bring your driver's license for driving and/or as a secondary form of I.D.
- **Register:** Register with the U.S. Embassy for your trip at <https://step.state.gov/step/>

MONEY AND SHOPPING

- The Honduras currency is Lempiras, and the approximate exchange rate at the time of writing is almost 25 Lempiras to the US Dollar. Check the most current rate at xe.com
- ATM cards for VISA or Mastercard are the most reliable ways to take out cash in-country. Do not bring traveler's checks or an excess of U.S. cash, as they are both difficult to exchange.
- Your trip fee covers all your in-country needs. Talk with your country coordinator for any other costs you might be responsible for, including travel meals between countries. Otherwise, you only need a little fun money for souvenirs or extra snacks!
- Don't forget to inform your bank you will be out of the country!
- We will have a little time on the last day to do a little souvenir shopping as well as time to take our more cash. Bargaining for prices is not typical.

TRANSPORTATION

Our traveling to and from airport is when we need to take the most precaution. Please keep an eye on personal belongings and stay with the group. Traveling in the "campo" (countryside) roads are extremely bumpy and may be slippery with rain. We will drive cautiously, but prepare yourself for the adventure! For long distant trips, all volunteers have seatbelts. Within the community, it is your choice if you'd like to ride in the bed of the truck, otherwise talk with the trip coordinator if you'd like to be guaranteed a seatbelt at all times which is easily arranged.

COMMUNICATION

In general, internet and phone connection can be spotty due to the rain, sporadic electricity shortages, and other unknown circumstances. Outside of this, we will have phones available to make short, free calls home during the week for all group members, but internet should not be expected.

WEATHER

Check the weather before you come and check with the volunteer coordinator for the region in which your trip takes place. Consider packing a couple layers as described on the packing list provided later on in this handbook.

TIME ZONE

Honduras changes between the Central Standard Time zone in winter, and Mountain Standard Time in the summer because we do not observe Daylight Savings.

AIRPORT

On your entry form, you are here for “pleasure” and check with your coordinator to find out the address you should include. Customs officers do have the right to open your bags, but should *not* be “confiscating” anything or be bribed with gifts or money. It is rare to have this problem. Finally, keep your baggage claim tickets until you have exited the airport terminal, in case a customs agent needs to confirm the identity on your luggage.

FOOD

Many of the typical Honduran foods are vegan and gluten free out of basic necessity. Poverty and lack of refrigeration make foods like corn tortillas, beans, and plantains regular staples. Our diet will be supplemented with additional meat, fruits and vegetables, but simply the change in diet can be a major cause of intestinal disorders. Our food is refrigerated and prepared by people who have been instructed in extra food safety measures. We can easily accommodate almost any diet with advance notice – *please* write all dietary needs on your application as we pre-plan all meals.

WATER CONSERVATION

Water conservation is extremely important as Honduras has been deeply affected with climate change, and often there are water shortages and droughts. Please help us conserve water, especially when you shower.

HOUSING

Housing depends on the arrangements made for your particular trip. Often the housing is basic, with clean (but sometimes cold!) water available on-site. Talk to your trip coordinator for more details. Towels and bedding is all included.

LGBTQ RIGHTS

From the U.S. Department of State: “There are no legal restrictions on same-sex sexual relations or the organization of Lesbian, Gay, Bisexual, and Transgender (LGBT) events in Honduras. Honduran law prohibits discrimination based on gender, sexual orientation, or other personal characteristics. Despite this, many Honduran LGBT activists report that many crimes committed against the LGBT community go unpunished. LGBT public events are held regularly without incident. Nonetheless, LGBT travelers should consider exercising caution when visiting Honduras, especially with regard to expressing affection in public. According to local advocacy organizations, many LGBT persons are reluctant to display affection in public (including holding hands) because of societal intolerance of same-sex relationships.”

ALCOHOL and SMOKING

Alcohol and smoking are generally looked down on, and especially so for women and Christians. In solidarity with cultural norms, we will limit our intake of both drinking and smoking. Please talk to your trip coordinator if you have further questions.

Cultural Considerations

What's considered polite is different in every culture, country, or zone. Sometimes, we intend to communicate in a certain way, but miscommunication often muddles the impact we have on others in a way we did not intend. Here's a few tips to get you started in matching your *intent* to your *impact*.

- Smile! Be friendly and courteous. Your facial expressions and body language are being read and interpreted all the time.
- Go out of your way to initiate greeting and shaking hands when entering and leaving. Even when there is a small group of people, you say goodbye and hello to everyone.
- Common “*campo*” (countryside) greetings include shaking with both hands, or placing one hand on their shoulder (in a half-hug type of way).
- Always say “*Con permiso*” (ask permission) when entering a room or business, and when leaving a conversation or excusing yourself from the table.
- Always give a full greeting (such as “Good Morning” and/or “How are you?”) before asking even simple questions such as directions or assistance.
- Never assume that someone doesn't understand or speak English.
- Whenever anyone is eating, wish them “*buen provecho!*” (enjoy your food).
- Use the Spanish phrases you know. Your effort will be appreciated no matter how small.
- For the most part, you will find that Hondurans are incredibly friendly and interested in building relationships with visitors, but this should never be assumed. As is true of all relationships, the strongest are built over time as you gain mutual respect for one another.
- Be careful when dealing with the opposite sex. Men and women often have very specific gender roles and gender separation. Friendship across gender can often be confused with something more and is a common misunderstanding.
- Hondurans do not usually use the ‘*tú*’ (you) form when speaking Spanish, even with children or friends. It is customary to address everyone with the ‘*usted*’ form. Not doing so can be perceived as being disrespectful or inappropriately intimate.
- Wear clothes that are cool and modest. Avoid short shorts, halter tops or army fatigues.
- It is generally very rude to turn down food or drink when it's offered. If you have to refuse, do your best to be overly gracious and apologize.
- When guests we know well visit, please invite them in and offer something to drink or eat when possible. Guests will not enter the house or eat unless specifically encouraged.
- Public display of affection, even as subtle as holding hands, is typically uncommon and should be kept at a minimum.

PICTURE TAKING

By all means bring your camera, but please always ask before taking someone's picture.

GIVING GIFTS

Please *never* arbitrarily give things or money away. International development or aid can be complex in that it can create a culture of dependency and undermine the ability and self-worth of local communities. It is very important not to add to the disempowerment of people by creating a "begging mentality."

If you want to give some of your personal belongings or other gifts, you must check with the executive staff first, and they will advise you of an appropriate way to do this. This includes any candy, balloons, bubble gum, crayons, clothing, money, etc., that your service team has brought as a whole. There may be the occasion to use these types of treats as incentives or rewards.



BOOK DONATIONS

Your trip coordinator may discuss the option to help carry down books that Chispa Project purchases. These books are then added to our overall supply that get sorted between various library projects. Schools have worked hard to meet the requirements, raise a nominal portion of the costs associated with book donations, and go through teacher training. Chispa Project policies prohibit giving away books to individuals as this undermines the work that schools have done to receive books.

If you brought books, or are donating books, they will be sorted with other book donations to schools in need. We are so grateful for all the book donations you bring, and thank you in advance for your confidence in us to distribute them to be used in the most effective manner.

Health and Sanitation

FOOD

While we take every precaution with the food, parasites and microorganisms as well as a complete change of diet can often cause diarrhea and other intestinal disorders. We will have basic over-the-counter drugs available for cases of food poisoning or general stomach discomfort. While visiting at houses, it is up to you what food or drink you choose to accept. Coffee, Coca Cola, and coffee cakes are generally safe to eat and commonly offered to guests. Talk to your doctor about possibly bringing a short course of antibiotics and loperamide to take with you in case of diarrhea while traveling.

WATER

Because of the heat and altitude, please always carry and drink lots of water. We will provide purified water at your residence, but it's your job to carry your water for the day on your work site. Local water is supposed to be chlorinated but we recommend not drinking from the tap and only using the purified water we provide.

USING THE PILA

A *pila* (pee-lah) is a large water basin that is used as the main source of water in many rural houses and at schools. The water is filled on one side, and the other side has a washing area. In order not to contaminate the water in the basin, you use a *paila* (pie-lah) to dip into the basin. Use the *pila* to dip into the basin, and then pour over the washing area to drain. You wash your hands, clothes, and food in this manner.

Washing area (pila) with
woman using a *paila*



BATHROOMS

Toilet paper goes in the waste bin, and never in the toilet no matter where you are in the country. Also, when out for the day, be sure to pack your own toilet paper from the room where you are staying. It will not often be available in schools. Toilets are often flushed by filling a bucket or *paila* (pie-lah) with water from the *pila* (pee-lah), and pouring it directly down the toilet bowl. Sometimes it takes a couple tries.

LAUNDRY

Generally we have a chance midweek to send clothes to be washed, otherwise try and pack sufficient clothing for your whole trip. Talk to your trip coordinator to find out more information specific to your group.

IMMUNIZATIONS

All routinely recommended immunizations for the United States should be up to date. Measles, mumps, rubella, tetanus, pertussis, and chickenpox are much more common than in the United States, especially among children. Additionally, Hepatitis A, Hepatitis B, and typhoid immunizations are recommended for all travelers.

SICKNESS or INJURY

Make sure to mention any injuries or illnesses to one of the trip coordinators. If you should become ill after your trip, it is very important to tell your doctor where you have traveled. The following viruses are present in Honduras, and travelers should be aware of the possibility of contracting Malaria, Zika, Dengue, and Chikungunya. Because of the high altitude of our main location, these viruses are rare in the place we volunteer, and have not been a problem with any of our past volunteer groups. For further information and up-to-date travel advisories, consult the [CDC website](#).

MALARIA

Malaria is present throughout the country at altitudes of less than 1,000 m (3,281 ft.). If volunteers choose to use malaria prevention, chloroquine and other antimalarial medicines (atovaquone/proguanil, doxycycline, and mefloquine) are protective in this country. Drug choice depends on personal factors discussed between the traveler and medical provider.

DENGUE FEVER and CHIKUNGUNYA

Dengue Fever and Chikungunya both are viral diseases carried by day biting mosquitoes and cases of both have been reported throughout the country. Unlike traditional mosquito-borne illnesses, there is no medicinal prophylactic or curative regimen for Dengue or Chikungunya.

Chikungunya and Dengue are mosquito-borne illnesses that are becoming more frequent in tropical and equatorial climates around the world. Symptoms can include fever, rash, severe headache, joint pain, and muscle or bone pain. There are no specific treatments for Chikungunya or Dengue, and vaccines are still in the developmental phase. Preventing mosquito bites is the most important way to prevent these illnesses. Avoidance and prevention techniques include reducing mosquito exposure by using repellents, covering exposed skin, treating clothing and tents with permethrin, and sleeping in screened or air conditioned rooms. Travelers should carry and use [CDC recommended insect repellents](#) containing either 20% DEET, picaridin, oil of lemon eucalyptus, or IR3535, which will help diminish bites.

ZIKA VIRUS

Zika virus is a mosquito-borne illness with similar effects of Dengue and Chikungunya, but that can be spread from a pregnant woman to her unborn baby. Among other effects, there have been reports of a serious birth defect of the brain called microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with Zika virus while pregnant. Persons considering being pregnant within a year of travel should consult their doctor before deciding to travel.

Safety

While Honduras has been featured in the news as a country with substantial turmoil and violence, it is important to recognize that the majority of issues are associated with drug and gang violence. Foreign visitors are typically not targeted nor at high risk. We work hard to avoid all high risk situations including but not limited to avoiding specific locations, public transportation, and spending excess time wandering around in the large cities.

We have specifically picked our volunteer locations based on their safety. There are always the exceptions however, and we still follow basic safety precautions. As with most tourists in Honduras, theft is the most common crime especially when valuables are in view. Still, we remain vigilant with our staff and volunteers and stay in secure locations.

According to the Department of State, U.S. citizens are victims of crime at levels similar to those of the local population and do not appear to be targeted based on their nationality. Tourists traveling with group tours report fewer criminal incidents. *Crime toward travelers in Honduras is primarily opportunistic; therefore, you can minimize the risk by taking simple precautions.* Use the same common sense while traveling in Honduras that you would in any high crime area in the United States. For example:

- Remember that cell phones are common targets of thieves so keep phones concealed as much as possible or avoid carrying them.
- Do not wear excessive jewelry.
- Do not carry large sums of money, or display cash, ATM/credit cards, or other valuables.
- Do not resist a robbery attempt. Most criminals have weapons, and most injuries and deaths during robberies result when victims resist. Think in advance about how you will react if ever confronted by criminals.
- Whenever possible, travel in groups of two or more.
- Take precautions while driving. Travelers should always drive with their doors locked and windows rolled up to avoid potential robberies at traffic lights and other places, such as congested downtown streets.
- Exercise caution in discussing travel plans in public since criminals may conduct crimes based on tips from sources at airport arrival areas.
- Do not bring things of value to Honduras that you cannot replace.

EMERGENCY NUMBERS

The local equivalent of the “911” emergency line in Honduras is 911 for National Police; 112 for the investigative police unit; 198 for fire fighters; and 195 for the local Red Cross. Emergency operators typically speak Spanish only. Emergency telephone lines may also experience connectivity problems.

Packing List

This suggested packing list is to help you pack light! We do our best to pack light helping us travel simpler. This list is just highly recommended and fairly complete, with things that have worked for most travelers in the past. Having your clothes washed mid-week is generally an option for all our volunteer trips.

- 1 Long sleeve shirt—for work, bugs, or warmth at night
- 5 shirts
- 2 pairs of work pants (culturally we generally avoid shorts, even for men, and pants are better for bugs)
- 1 pair of Flip flops/sandals/Teva
- Tennis shoes or boots (it's the rainy season!)
- 6 Socks
- 6 pairs of underwear/boxers
- Hat with a brim (baseball cap, etc. These are used more than sunglasses)
- Light rain coat—rain coat or waterproof shell.
- Fleece (optional)—nice layer that is warm and quick dry if you get cold easily (we are in the mountains, but it's usually not too cold). If nothing else, it's nice for the plane.
- Money belt to keep extra cash, credit card and passport when traveling to and from the airport.
- Unassuming travel Purse/or small day pack to carry what you need for day trips like a water bottle and sunscreen.
- Earplugs and eye mask—life savers when it comes to roosters, roommates and thin curtains
- Water bottle (reusable) or Hydration Pack – we will have purified water onsite
- Flashlight or head lamp
- Pajamas appropriate for sharing a room
- Brush or comb
- Sunscreen
- Small shampoo
- Small bar of soap in a ziplock bag
- Toothbrush/toothpaste
- Anti-itch cream (for bug bites)
- Bug spray (not aerosol for carry-on)
- Hand sanitizer
- A copy of this handbook



Other items you might consider:

- Tampons (hard to find in Honduras)
- Medications you need or want for traveling. A prescription for antibiotics could be helpful like Ciproflaxen, or others like Metamucil or Colace.
- Glasses/contact stuff
- Reading book (for the little downtime we may have)
- Deodorant
- Hair ties

Other packing tips:

- ❖ We will have a first aid kit to share as a group.
- ❖ Rolling your clothes tends makes them smaller to pack. Often using “compression/stuff sacks” for my clothes and sleeping bag.
- ❖ Please refrain from bringing laptops or other expensive technology.
- ❖ Check your airline ticket to verify the carry-on policy as some budget tickets do not allow a carry-on.
- ❖ If you are doing carry-on with your personal luggage, make sure you comply with Federal law carry-on requirements. Check out the liquid/gel limitations on only 3.4 oz or less and must be carried in a quart-sized, clear plastic, zip-top bag; 1 bag per passenger placed in screening bin. Read more about liquids at <http://www.tsa.gov/traveler-information/3-1-1-carry-ons>
- ❖ Other travel and carry-on information can be found at <http://www.tsa.gov/traveler-information>
- ❖ Things to definitely leave at home:
 - Nicer clothes
 - High heels
 - Excess toiletries
 - Hair dryer
 - Other items with high electricity output
 - Any Apple products
 - Electronics (to be used sparsely and discreetly if brought)
 - We will have one or two volunteers be our primary photographers and then share the pictures with all volunteers after the trip is over. Consider not bringing a camera.
 - Electricity is the same voltage as the U.S., so you don’t need any adapters.

(Hopefully) Helpful Spanish Phrases

Visiting adult friends

Gracias por invitarme.	Thank you for inviting me.
Gracias por invitarnos.	Thank you for inviting us.
¿Cómo se llama usted?	What is your name?
Me llamo _____.	My name is _____.
¿Cómo está?	How are you?
Estoy bien.	I am fine.
¿De dónde es usted?	Where are you from?
Soy/Somos de _____.	I/We are from _____.
Mucho gusto.	Nice to meet you.
Sí, por favor.	Yes, please.
No, gracias.	No, thank you.

Ideas for visiting with children

Enseñame...	Teach me...
Cómo contar hasta diez.	How to count to ten.
Cómo se dice esto.	How to say this.
Cómo jugar esto.	How to play this.
¡Bien hecho!	Well done!
¡Felicidades!	Congratulations!
Le toca a usted	It's your turn
Me toca a mí	It's my turn

Formal Spanish

Hondurans are typically very formal in speaking to each other, especially in the countryside. Instead of using a “tu” (you) form, they talk in the third person “usted” when addressing each other. As visitors, we also use this format to show respect even when talking with children. Check out common questions like “¿como se llama?” and “¿como está?” to see how these examples are different from what you usually may use.

Dining

Me gustaría _____, por favor.	I would like _____, please.
¡Qué rico!	How delicious!
¿Podría traerme _____, por favor?	Could you bring me _____, please?
un tenedor/	a fork
un cuchillo	a knife
una cuchara	a spoon
un plato	a plate
un vaso de ____.	a glass of ____.
Estoy satisfecho/a.	I'm full.

Construction

¿Puedo ayudar?	Can I help?
pila	A sink used for washing hands, dishes and clothes
arena	sand
madera	wood
mano de obra	labor
agua	water
cavar	to dig
construir	to construct
pala	shovel
balde	bucket

Directions

¿Dónde está...?	Where is
A la izquierda	To the left
A la derecha	To the right
Por/En la esquina	By/At the corner
A través de	Cross by
Detrás de	Behind
En frente de	In front of
El banco	Bank
El baño	Bathroom
El papel higiénico	Toilet paper
El mercado	Grocery Store
La biblioteca	Library
La pulpería	Corner store
Ya voy	I'm coming/going!

Estoy....

 abrumado	 aburrido	 acelerado
 agradecido	 alegre	 ansioso
 arrepentido	 asustado	 avergonzado
 cansado	 celoso	 contento

Dichos Macanudos (the coolest phrases)

Catracho/a	Honduran
¿Qué onda?	What's up? (informal)
¿Qué pepsi?	What's up? (informal)
Vaya pues	Ok
Cheque	Ok
Mira Vé	Look
Qué pinta/masizo!	How cool!
Qué leche!	What luck!
El mero mero	The best of the best
Tomando el pelo	Joking
Otro nivel	Another level/unreal
Que chulada	How beautiful
Guiro(a)/Cipote	Child
Putcha/Putchika	Shoot!
Nombre	No way, man!
Chismol	Salsa (pico de gallo)
Que barbaridad	How wild/how terrible

Around Town

Charamusca	Frozen baggies of juice
Café	Coffee
Baleadas	Flour tortilla and beans
Bolo/a	A drunk or to be drunk
Lempira	Honduran money
Huerto	Garden
Colegio	Middle/High School
Hembra	Female
Varón	Male
Paila	Little Bucket/Bed of the truck
Litera	Bunk Bed
Campesino	Person living in the country
Campo	Countryside
Cancha	Soccer field, basketball court
Alumno/a	Student
Pisto	Cash

SPANISH STUDENT CHEATSHEET

ENDINGS

masculine	feminine	plural
-e, -l, -n, -o, -r,	-dad, -lón, -z,	-s, -es
-s, -ma, -ta, -pa	-a, -umbre	

DEFINITE ARTICLE

(English 'the')

	singular	plural
masculine	el	los
feminine	la	las

INDEFINITE ARTICLE

(English 'a', 'an', 'some')

	singular	plural
masculine	un	unos
feminine	una	unas

CONJUGATION OF -AR VERBS

(present tense)	singular	plural
1st person	-o	-amos
2nd person	-as	-áis
3rd person	-a	-an

CONJUGATION OF -ER VERBS

(present tense)	singular	plural
1st person	-o	-emos
2nd person	-es	-éis
3rd person	-e	-en

CONJUGATION OF -IR VERBS

(present tense)	singular	plural
1st person	-o	-imos
2nd person	-es	-ís
3rd person	-e	-en

SUBJECT PRONOUNS

	singular	plural
1st person	yo	nosotros nosotras
2nd person	tú	vosotros vosotras
3rd person	usted	ustedes
	ella	ellos ellas

POSSESSIVE ADJECTIVES

	singular	plural
1st person	mi(s)	nuestro(s) nuestra(s)
2nd person	tu(s)	vuestro(s) vuestra(s)
3rd person	su(s)	su(s)

DEMONSTRATIVE PRONOUNS

Este (English 'this', 'these')

	singular	plural
masculine	este	estos
feminine	esta	estas

Ese (English 'that', 'those')

	singular	plural
masculine	ese	esos
feminine	esa	esas

Aquel (English 'that', 'those' far away)

	singular	plural
masculine	aquel	aquellos
feminine	aquella	aquellas

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<http://www.scribus.net/>

Further Reading and Information

U.S. Department of State Travel Advisory for Honduras:

<https://travel.state.gov/content/passports/en/country/honduras.html>

The World Factbook for Honduras, CIA:

<https://www.cia.gov/library/publications/the-world-factbook/geos/ho.html>

COMSA, a local coffee cooperative and treatment plant:

<http://coopcoffees.coop/comsa/>

Coffee plague and its effects on immigration, article and video:

http://www.nola.com/environment/index.ssf/2014/08/coffee_rust_fungus_pushes_chil.html

Chispa Project on NPR:

<https://www.wbur.org/hereandnow/2022/09/23/honduras-chispa-project>