Medical Missions
Informational Packet
Holy Family Surgery Center, Honduras

Contact
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1-847-267-3539
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History and Background

In 2003, the Daly family volunteered at Nuestros Pequeños Hermanos (“Our Little Brothers and Sisters”), a home for orphaned, abandoned, and disadvantaged boys and girls located in Honduras. Reinhart Koehler, the President of NPH, asked Dr. Peter Daly to evaluate Angela, a nine year old girl on the NPH home who had a severe condition that deformed her legs (chondroectodermal dysplasia). Angela had to scissor one leg in front of the other in order to stand or walk, and frequently used a wheelchair. Dr. Daly, an orthopedic surgeon, was asked to “fix” her knees in the only facility available, a traveling operating room made from a converted semi-truck trailer that resided on the NPH home. When he determined that the trailer facility could not address her condition, the Daly’s brought Angela to their home in the U.S. for a yearlong orthopedic odyssey of surgical procedures, rehabilitation, and life as part of the Daly family.

Angela’s need, and that of many other Hondurans, prompted the Daly’s to work with Reinhart Koehler, as well as family and friends, in raising funds to build and equip a permanent surgical facility on the NPH Honduras home. The project began in 2004, and their dream was finally realized in 2009 when Holy Family Surgery Center (HFSC) officially opened. Dr. Daly and his wife LuLu initially organized medical mission trips of volunteer physicians, clinical and nonclinical support staff, and their families four to five times annually. Today HFSC has grown into 3 operating rooms, 7 overnight bays where patients can recover, a dental clinic and eye clinic. The Daly’s have also launched an additional visionary project of building a 22,000 square foot conference center to house sixty volunteers and future educational and training conferences for the Honduran and visiting medical communities. Dr. Merlin Antuñez, an orthopedic surgeon, was one of the first children to grow up at NPH Honduras home. He is now the first full time, on-site Medical Director of HFSC.

In 2014, Andrew Hayek, CEO of Surgical Care Affiliates (SCA), visited the Daly’s and HFSC in search of volunteer opportunities for his partnering physicians and SCA teammates. SCA, an outpatient, ambulatory surgical care company with 200 locations throughout the United States, was in a unique position to activate and leverage 7,500 physician partners and 6,000 teammates to help address the unmet need in global surgery. SCA’s leadership and teammates rallied around the cause, and the surgical medical missions grew exponentially.

The amazing growth of this shared endeavor of HFSC, SCA, and their many friends necessitated the development of a new brand with an eye toward serving more patients, streamlining logistics, and having greater impact. In May of 2017, HFSC and SCA Medical Missions combined to create One World Surgery, embracing the concept of service and the transformation of lives through an uncompromising level of surgical care within a family oriented culture, rooted in community. The Daly’s, Hayek’s and Koehler’s are the founding families of One World Surgery.
Our Work
We are dedicated to providing world class surgical care to underserved communities, as well as empowering volunteers to make a positive impact in global health. We are committed to sustainability, education and collaboration with our community partners, as demonstrated by the fact that half of our Honduran surgery center staff members were raised on the NPH children’s home where our surgery center is located.

One World Surgery focuses heavily on forming local partnerships and capacity building, with our surgical medical missions serving as a catalyst. While our fully-functioning, Honduran staff leads the surgery center that serves patients on a daily basis, volunteers provide additional personnel support, education and an extension into specialty services. This allows us to assure that patients are offered a continuity of care that is essential to successful outcomes.

Our mission is equally focused on providing access to surgical care and “igniting the spirit of service.” One World Surgery’s three cornerstone programs include operating global surgery centers, leading surgical medical missions, and the exchange of education and training.

Our Programs
Global Surgery Centers
One World Surgery funds and operates the Holy Family Surgery Center which has 3 operating rooms, 7 overnight bays where patients can recover, a dental clinic, and an eye clinic. Dr. Merlin Antuñez, orthopedic surgeon, is the full time, on-site Medical Director. Providing this continuity of care and operating a standalone facility is unique and rare within the nonprofit surgical care space. After surgery, our patients can return to work, care for their families, and choose their own destiny.

Surgical Medical Missions
During weeklong medical mission trips, physicians, other clinical participants, nonclinical participants, and family members come together to perform life-changing surgeries. We host 1-2 medical mission teams each month, with up to 60 volunteers per team. Currently, all medical missions take place at the Holy Family Surgery Center in Honduras. The surgery center is located on the 2,000 acre ranch of the children’s home Nuestros Pequeños Hermanos (NPH). The ranch is approximately 1 hour northeast of Tegucigalpa, the capital of Honduras.

Education
Education is the most powerful tool to change the world. The conference center in Honduras was built to host our education and training programming. Our focus on education, training and capacity building assures that
we are not only filling a gap in the current medical system, but investing in the future of surgical care for the countries we serve.

2-3 Months Prior to the Trip
This section details next steps for preparing for your medical missions in the months leading up to your trip. You will begin to receive reminder emails about deadlines from the Medical Missions Coordinator 3 months before your trip. Please don’t hesitate to reach out before the 3 month mark if you have any questions.

If you change any of your contact information (email, phone number, address) after submitting your application, please be sure to update it in your application and/or contact the Medical Missions Coordinator. This will ensure that you receive all communications leading up to the trip.

Forms and Documentation
You will need to submit a number of waivers and documents prior to your trip. The required items vary depending on the participant’s age and role.

Some forms are valid for only 1 trip, and others are valid for 6 months. Passports and medical credentials must also be valid for the trip duration. You may be asked to resubmit forms and documentation even if you have participated in a medical mission in the past. Thank you for your understanding.

All follow-up waivers and documents should be submitted through the Regpack online registration system. Log in to your account here: https://www.regpacks.com/oneworldsurgery

Please do not submit items by email, fax, or mail.

<table>
<thead>
<tr>
<th>Item</th>
<th>How</th>
<th>Who</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical License/Certificate Copy</td>
<td>upload copy into registration system</td>
<td>All Surgeons</td>
<td>6 weeks prior to trip</td>
</tr>
<tr>
<td>- Must be valid for the duration of your trip</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Will be submitted to the Honduran Ministry of Health to register to the medical mission team</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- We recommend bringing this documentation with you on the trip in case the surgery center is inspected by the Ministry of Health</td>
<td></td>
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<tr>
<td>Form Type</td>
<td>Submission Details</td>
<td>Audience</td>
<td>Deadline</td>
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</tr>
<tr>
<td>Diploma copy</td>
<td>upload copy into registration system</td>
<td>All Surgeons</td>
<td>6 weeks prior to trip</td>
</tr>
<tr>
<td>Passport Copy</td>
<td>upload copy into registration system</td>
<td>All participants</td>
<td>6 weeks prior to trip for surgeons</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4 weeks prior to trip for all other participants</td>
</tr>
<tr>
<td>Registration Follow Up Form</td>
<td>complete electronic form</td>
<td>All participants</td>
<td>4 weeks prior to trip</td>
</tr>
<tr>
<td>Photo and Written Release</td>
<td>electronic signature required</td>
<td>All participants</td>
<td>4 weeks prior to trip</td>
</tr>
<tr>
<td>Flight Itinerary Form</td>
<td>complete electronic form</td>
<td>All participants</td>
<td>4 weeks prior to trip</td>
</tr>
<tr>
<td>Special Skills Form</td>
<td>complete electronic form</td>
<td>All adult general volunteer</td>
<td>4 weeks prior to trip</td>
</tr>
<tr>
<td>SCA Teammate Agreement</td>
<td>electronic signature required</td>
<td>SCA teammates</td>
<td>4 weeks prior to trip</td>
</tr>
<tr>
<td>Permission to Travel Letter</td>
<td>Signed and notarized permission to travel letter (template on pg. 40)</td>
<td>All participants under 21</td>
<td>Should be carried by participant under 21 during travel and presented to immigration officials if requested. See <a href="#">U.S. State Department’s website</a> for more information</td>
</tr>
</tbody>
</table>

**Passports**
Participants are responsible for ensuring that their passports meet all entry requirements. It is the participant’s responsibility to apply for or renew his/her passport in time for travel. Typical routine passport processing time is 4-6 weeks, and expedited service generally takes 2-3 weeks. See more information on applying for or renewing a passport at the [State Department website](#).

- Your passport must be valid for 6 months past your date of entry into Honduras. If your passport does not meet this requirement, you will not be permitted to board your flight.
• Your airline ticket must match the name on passport. Please make arrangements to change your name on your passport if you have recently changed your name (i.e. marriage, divorce).

• You must have at least 1 empty passport page for an entry stamp.

• If your passport has been significantly damaged, especially the book cover or the page displaying your personal data and photo, you will need to apply for a new passport. Damage that might require you to replace your passport includes water damage, a significant tear, unofficial markings on the data page, missing visa pages (torn out), a hole punch, or other injuries.

**Visas**

U.S. Passport holders staying in Honduras for less than 90 days do not require a Visa. Non U.S. Passport holders are responsible for securing their own visa, if required for their country of citizenship. They are also responsible for confirming that the passport meets entry requirements and that they have proper documentation to reenter the U.S. (i.e. valid Permanent Resident Card). Viso HQ is generally a reliable source, but we always recommend contacting the Honduran embassy or a consulate to confirm visa and passport requirements.

If you plan to travel elsewhere in Central America or outside of the US after the medical mission, be sure to check passport and visa requirements for that country.

**Flights**

Participants are responsible for booking their own travel to and from Toncontín International Airport (TGU) in Tegucigalpa, Honduras. There is more than one airport in Honduras, so be sure to select the correct city, as medical mission ground transportation is only provided to and from the Tegucigalpa airport. American Airlines (via Miami/MIA), Delta (via Atlanta/ATL), and United Airlines (via Houston/IAH) have direct flights to Toncontín International Airport in Tegucigalpa, Honduras. Flight times from Miami, Atlanta, and Houston to TGU are around 3 hours.

Flight costs typically range between $500 and $1500 roundtrip. Prices vary depending on departure city, time of year, and time at which flights are booked. American, United, and Delta Airlines include the Honduras departure tax in the cost of the ticket.

**We are unable to reimburse flight costs for any reason.** If you have concerns about possible trip changes or cancellations, we recommend purchasing trip cancellation and interruption coverage. It is typically available as an add-on option when booking your flights. It is also available for purchase through Allianz.
A medical mission officially runs from Saturday to Saturday. Participants are expected to arrive in Honduras on the first Saturday of the mission and depart from Honduras on the second Saturday of the mission. We understand that personal and professional obligations may prohibit you from arriving or departing on these dates. In certain circumstances, it may be appropriate to join a mission for a shortened duration. Participants should email the Medical Missions Coordinator no later than 30 days prior to the first Saturday of the mission to request approval for a late arrival or early departure.

When booking your flights, please pay close attention to your arrival date in Honduras as well as the arrival airport (Toncontín International Airport in Tegucigalpa). Depending on your point of origin, it may be necessary to begin travel on Friday in order to arrive in Honduras by the first Saturday of your mission.

Please also note flight times, as overnight flights with long layovers may require a hotel stay in Houston, Atlanta, or Miami. To break up travel or avoid early morning flight times (especially if travelling with children), some past participants have chosen to fly to Houston, Atlanta, or Miami on Friday and complete their travel to Honduras on Saturday morning.

Hotels stays in Tegucigalpa or elsewhere in Honduras before or after the brigade are highly discouraged due to safety concerns.

We ask that you book your travel to connect on one of the flights listed in the chart below to ensure that all participants arrive and depart around the same time and can be transported to and from the airport in a group shuttle.

Participants should email the Medical Missions Coordinator no later than 30 days prior to the first Saturday of the mission to request approval to arrive or depart on flight other than those listed below.

**Note: Airlines may change flight times or numbers or add or cancel flights throughout the year. Please contact the Medical Missions Coordinator if you cannot find the flights listed in the chart.

<table>
<thead>
<tr>
<th>Brigade Dates</th>
<th>U.S. to Tegucigalpa, Honduras Flights</th>
<th>Tegucigalpa, Honduras to U.S. Flights</th>
</tr>
</thead>
</table>
| July 8-15, 2017     | **Saturday, July 8, 2017**
American 955 depart MIA 10:45 AM, arrive TGU 11:23 AM
American 2688 depart MIA 12:59 PM, arrive TGU 1:26 PM
Delta 849 depart ATL 10:10 AM, arrive TGU 11:48 AM | **Saturday, July 15, 2017**
American 961 depart TGU 12:13 PM, arrive MIA 4:39 PM
American 1531 depart TGU 2:16 PM, arrive MIA 6:48 PM
Delta 552 depart TGU 1:09 PM, arrive ATL 6:25 PM |
<table>
<thead>
<tr>
<th>Date Range</th>
<th>July 29-August 5, 2017</th>
<th>August 5-12, 2017</th>
<th>September 23-30, 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Departure</strong></td>
<td>United 1540 depart IAH 9:15 AM, arrive TGU 11:20 AM</td>
<td>United 1540 depart IAH 9:15 AM, arrive TGU 11:20 AM</td>
<td>United 1540 depart IAH 9:10 AM, arrive TGU 11:15 AM</td>
</tr>
<tr>
<td><strong>Arrival</strong></td>
<td>United 1541 depart TGU 12:15 PM, arrive IAH 4:25 PM</td>
<td>United 1541 depart TGU 12:15 PM, arrive IAH 4:25 PM</td>
<td>United 1541 depart TGU 12:15 PM, arrive IAH 4:30 PM</td>
</tr>
<tr>
<td><strong>Saturday, July 29, 2017</strong></td>
<td>American 955 depart MIA 10:45 AM, arrive TGU 11:23 AM</td>
<td>American 955 depart MIA 10:45 AM, arrive TGU 11:23 AM</td>
<td>American 2688 depart MIA 12:59 PM, arrive TGU 11:26 PM</td>
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<tr>
<td><strong>American 2688</strong></td>
<td>depart MIA 12:59 PM, arrive TGU 1:26 PM</td>
<td>American 2688 depart MIA 12:59 PM, arrive TGU 1:26 PM</td>
<td>American 2688 depart MIA 12:59 PM, arrive TGU 1:26 PM</td>
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<td><strong>Delta 849</strong></td>
<td>depart ATL 10:10 AM, arrive TGU 11:48 AM</td>
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<td>depart IAH 9:15 AM, arrive TGU 11:20 AM</td>
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<td>United 1540 depart IAH 9:10 AM, arrive TGU 11:15 AM</td>
</tr>
<tr>
<td><strong>Saturday, August 5, 2017</strong></td>
<td>American 961 depart TGU 12:13 PM, arrive MIA 4:39 PM</td>
<td>American 961 depart TGU 12:13 PM, arrive MIA 4:39 PM</td>
<td>American 2688 depart MIA 12:59 PM, arrive TGU 1:26 PM</td>
</tr>
<tr>
<td><strong>American 1531</strong></td>
<td>depart TGU 2:16 PM, arrive MIA 6:48 PM</td>
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</tr>
<tr>
<td><strong>United 1541</strong></td>
<td>depart TGU 12:15 PM, arrive IAH 4:25 PM</td>
<td>United 1541 depart TGU 12:15 PM, arrive IAH 4:25 PM</td>
<td>United 1541 depart TGU 12:15 PM, arrive IAH 4:30 PM</td>
</tr>
</tbody>
</table>
Program Costs
Surgery provided to those most in need in Honduras is made possible only by participants’ program fees.

We have instituted a family-based program fee structure to make it more affordable for family members to attend a mission together. The reduced program fees for additional participants apply only to family members.

The required program fee for a participant is $1,000. Program fees for each additional accompanying family member are as follows:

- Family members 18 years old and up (including spouses): $500
- Family members under 18: $250

Program fees include ground transportation in Honduras, emergency medical and evacuation insurance, and food and lodging for a one week stay (valued at $250). The remaining portion of the program fee is applied towards the cost of surgery. Currently, the average supply cost is $250 per surgery, so your $1,000 program fees sponsors three life-changing surgeries. The program fee is partially tax deductible and can be made online or by check. You will receive a receipt for tax deduction purposes.

Every participant is also responsible for the cost of his/her own airfare and any other travel expenses (i.e. immunizations, luggage fees, flight change fees, trip cancellation fees, hotel stays).

SCA Teammates will have their $1,000 program fee sponsored by SCA. This is done automatically. SCA teammates do not need to do anything to request this payment. If you are an SCA physician (surgeon or anesthesiologist), your donation is not be covered by SCA.

If paying online, please do so through the secure Regpack online registration system by logging into your account here: https://www.regpacks.com/oneworldsurgery
If paying by check, please make the check out to One World Surgery. Please send checks to the address below:

One World Surgery  
510 Lake Cook Road, Suite 400  
Deerfield, IL 60015

Participant program fees are the main way we fund patient surgeries, and our annual budget depends on all program fees being paid in full. In order to serve the maximum number of patients, we are unable to waive program fees or provide program fee reductions.

Many participants personally fundraise for their program fees and flight costs. We encourage those for whom the cost presents a financial challenge to fundraise by asking family members, friends, co-workers, and local businesses to support them. Contributions towards program fees can be made online at oneworldsurgery.org, or by check payable to One World Surgery, sent to the address above. The participant’s name and trip dates should be indicated in notes/memo section of the online donation form or check. If you will be collecting checks from donors, please ask them to make checks payable to One World Surgery to facilitate the receipting process. Donations made toward program fees are partially tax deductible.

Please note that contributions towards flight costs must be made directly to the participant. We are unable to provide tax receipts for contributions made towards flights, and we cannot reimburse participants for any contributions made to One World Surgery that are intended for flight costs.

Late Cancellation Policy
The success of a medical mission depends on adequate staffing. Late cancellations can cause major challenges for a mission, requiring us to recruit participants on very short notice. Participants wishing to withdraw from a mission or reschedule their trip must notify the Medical Missions Coordinator by email at least 45 days prior to the first Saturday of the mission. Any other method of notification (i.e. telling a surgery center administrator or fellow participant) is not considered official notice of cancellation or rescheduling.

Participants who do not notify the Medical Missions Coordinator at least 45 days prior to the first Saturday of the medical mission will be charged as $250 late fee. Medical emergencies or other extenuating circumstances may be considered differently. This policy applies to all individuals who submitted an application after March 1, 2017.

Refund Policy
If a participant withdraws from a trip more than 45 days before the first Saturday of the mission, he/she will be refunded any program fees he/she has personally paid.
If a participant withdraws from a trip less than 45 days before the first Saturday of the mission he/she will be refunded any program fees he has personally paid, minus a $250 late cancellation fee.

Any third party donations made towards the program fee will not be returned and will be considered donations to One World Surgery. We cannot provide any refunds for flight costs.

**Rescheduled and Cancelled Missions Policy**

We reserve the right to cancel or reschedule any medical mission without notice. We may cancel or reschedule a mission if conditions in Honduras are deemed unsafe for a medical mission team. We rely on information and recommendations from the U.S. Department of State, the Centers for Disease and Control and Prevention, NPH, and other local sources in making these decisions.

In the event that a mission cancelled or rescheduled due to unsafe conditions in Honduras, participants will be offered the opportunity to move their registration to any future mission with openings. Participants may also opt to receive a refund of any program fees that they have personally paid prior to the cancellation.

**Emergency Medical and Evacuation Insurance**

We purchase emergency medical and evacuation insurance on your behalf for the duration of the missions (Saturday through Saturday). It does not provide coverage for trip interruptions or cancellations. Please see pg. 41 for a policy summary.

**Immunizations**

The recommended immunizations for this trip are typhoid and hepatitis A. According to the Centers for Disease Control (CDC), the **typhoid vaccine** should be completed at least 1 week before travel, and the first dose of the **hepatitis A vaccine** series should be given at least one month before traveling. We strongly encourage you to make sure all of your immunizations are current (i.e. tetanus immunization should be boosted every 10 years).

Please check with your primary care provider or international travel clinic for general recommendations about Honduras. The part of Honduras you are visiting is not in a malarial zone, and the team that goes regularly does not use malaria prevention pills. It is good to have antibiotics (Zithromax or Cipro) with you in case of “traveler’s diarrhea.” These prescriptions can be prescribed either by your primary care provider or at an international travel clinic. There is a clinic on-site that is available 24/7 if immediate medical attention is needed. Filtered water is available for drinking in visitor housing and the surgery center, and meals are provided only by our ranch and brigade cooks. Most participants do not experience major stomach issues during mission.
If your insurance provider does not cover the recommended immunizations, consider visiting the clinic at your local pharmacy (i.e. CVS, Walgreens, Osco, Safeway). Many pharmacies now provide travel immunizations at a lower cost than travel clinics.

If you will be travelling directly to Honduras from a country other than the U.S. please check to see if you may be required to get the yellow fever vaccine: Countries with risk of yellow fever virus (YFV) transmission. The government of Honduras requires proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. This does not include the US.

1 Month Prior to the Trip

Informational Call
An informational call will be held for all participants approximately 2-4 weeks before your trip. You will receive an email notifying you of the date and time of the call and providing you with call-in instructions. The call is not mandatory, but is highly recommended for first-time participants. During the call, we will discuss the schedule for the trip, discuss travel and preparation tips, and answer any last minute questions. The call will be recorded, and the recording will be sent out by email in order to make the information available to those who are unable to participate in the call.

Scheduling Cases
The Surgery Center Coordinators will contact surgeons via email approximately one month prior to the trip to discuss scheduling of patient cases. They will provide surgeons with access to our online records system to view patient records. For questions about types of cases and supplies and equipment available at the center, please contact the Surgery Center Coordinators at hfsccoordinates@gmail.com

Travel Day

Communicating on Travel Day and During the Mission
Unless you have an international phone plan, you will not have access to cellular service and data during your time in Honduras. You may also want to set up international calling ability on your phone for emergency purposes. For example, Verizon has a travel pass program that provides international phone service and data for $10 a day, only on days when it is used. When not in use, you can keep the phone on airplane mode to ensure you won’t be charged.

There are a number of free or cheap apps that can use while connected to Wi-Fi (at the airport, surgery center, housing) to communicate with the Medical Missions Coordinator and your loved ones back home. If
you will be using one of the apps below for the first time, we recommend downloading (if necessary), setting it up, and testing it prior to your trip. iPhones can also send free text messages to other iPhones over Wi-Fi.

**Whatsapp**
- Free messaging and calling app
- Must be connected to Wi-Fi or data
- Person you are texting/calling must also have Whatsapp

**Facetime**
- Pre-installed app on iPhone; free calls (voice or video) to other iPhone users via Facetime
- Must be connected to Wi-Fi or data

**Skype**
- App to app calls are free (voice or video); App to cellphone/landline calls cost 2.3 cents/min
- Must be connected to Wi-Fi or data
- If you are making a paid call to a cellphone/landline, the other person does not need to have the app

**Travel Delays or Cancellations**
If your flight is delayed and/or cancelled, speak to the gate agent or call your airline and arrange to get on the next flight. If your updated flight has you arriving a day later than originally planned, we strongly encourage you to still come. We don’t want you to miss out on this opportunity because of circumstances beyond your control. Please notify Maria Doria, Medical Missions Coordinator of your updated flight plans by contacting (847) 267-3539 via Whatsapp.

**Luggage**
You may check luggage if you choose. Be sure to keep your checked luggage receipts, as the officials in Honduras will ask to see them and match them to your bags.

During travel, carry your passport on your at all times. Do not put it in your checked luggage.

We recommend packing all personal medications, toiletries, and at least one extra set of clothing in your carry-on luggage. Due to the limited number of daily flights to Tegucigalpa, if your checked bag does not make it onto your flight, it is likely that it will not arrive until the next day.

The luggage allowance and fees for checked baggage depend on the airline, but some allow one free piece. There is a 50 pound weight limit for each checked bag. If your bag weighs more than that, you may have to pay a hefty fee. Please be sure to check baggage allowances and fees with your airline before you leave as they are
subject to change. Please check for baggage embargos, especially during the summer months, which might limit your checked baggage allowance. We have listed links to the luggage policies for each airline below:

American Airlines’ policy
Delta Airlines’ policy
United Airlines’ policy

In order to prevent baggage inspections, please make sure your luggage meets all requirements and does not contain any prohibited items. See the TSA website for more information. The tips below are based on the most common luggage issues among past participants.

- Only plastic utensils may be packed in your carry-on luggage. Metal utensils must be packed in your checked luggage.
- Any balls (i.e. soccer balls, footballs) must be deflated.
- Other sports equipment (i.e. bats) must be packed in checked luggage.
- In your carry-on luggage, only liquids (including gels, creams, pastes, aerosols) 3.4 oz or less are allowed. All liquids must fit into a quart-sized Ziploc bag. Liquids over 3.4 oz must be in checked luggage.
- If you lock your luggage, you must use a TSA approved lock.
- Do not carry any fresh foods (i.e. fruits) internationally.

Arriving at the Tegucigalpa Airport

1. On the plane to Tegucigalpa, you will receive a health form and a customs form (1 per family). Complete them during your flight to expedite entry into Honduras. On the customs form (sample of form on pg. 27), indicate that you are traveling for leisure/tourism and use the address and phone number below.

Address
Nuestros Pequeños Hermanos
KM 36 Carretera Nueva a Olancho
City: Tegucigalpa
Neighborhood: La Venta Nueva
Department: Francisco Morazán

Phone number: +504-8987-9308
2. After exiting the plane, head downstairs. Give your health form (sample of form on pg. 28) to the officials standing in front of passport control. They will be wearing tan colored aprons.

3. Get in the passport control line. The official will ask the purpose of your travel (tourism/leisure), how long you are staying, and where you are staying (provide the same address above). They will take your picture and fingerprints.

4. Walk through the duty free store to the luggage carousels. Pick up your luggage. There are men with luggage carts who may offer to help carry your luggage. It is not necessary to use them, but you may do so if you need assistance. **If you choose to use their services, you will be responsible for providing them with a $1-$2 tip.**

   If your bag does not arrive, please notify another participant or contact Maria Doria via Whatsapp so we know why you are delayed. **Proceed to your airline’s counter (before luggage scanners) to complete a lost luggage form. In most cases, luggage will arrive the next day, and we will make arrangements to pick it up for you.**

5. Show your luggage receipts to the officials as you walk towards the luggage scanners.

6. Pass all of your bags through the scanner, and hand your customs form to the official. At this point, the customs officials may inspect your luggage. Show them your customs letter.

7. Proceed into airport lobby. When you enter the airport lobby, look for the One World Surgery representative on the left, just behind the rope. He/she will be wearing a One World Surgery polo and holding a One World Surgery sign.

8. If you can’t find the One World Surgery representative, go to the Customer Service Desk (servicio al cliente) behind the escalator. Contact Maria via Whatsapp at (847) 267-3539 and wait for the representative to come find you at the customer service desk.
There will be internet service in the main visitor housing and in the surgery center, but it can be spotty, especially when all participants try to connect at once. We recommend connecting to the internet in the Tegucigalpa airport to let your loved ones know you have arrived safely. The network name is Aeropuertos Toncontín. The first time you connect, you will be prompted to fill out a brief form. The connection usually drops after a few minutes without use, so you may need to periodically reconnect.

The group will wait at the airport until all flights have arrived before departing for the ranch. Participants are not permitted to leave the airport. While you’re waiting, you’re welcome to check out airport shops (they accept US cards). Remember, only drink bottled water at the airport!

Remain inside the airport until instructed by the One World Surgery representative to exit the building and proceed to the bus. We will walk to the bus in groups. You should not walk to the bus alone.

Once all participants have arrived, the group will travel to the ranch via private school bus. It is a 45 minute to 1 hour drive from the ranch. We’ll provide pizza and water on the ride.

Medical Mission Week

What Participants Can Expect on a Mission

- The surgery center wait list is long, and the need for surgical care in Honduras is great. Above all else, this is a medical mission trip, and our primary objective is to serve as many patients as possible. You will be asked to work hard, perhaps even harder than you do at home, but your efforts will result in the changed lives of dozens of patients.

- While our goal is to finish cases at 4 pm, there will be days when cases go longer than anticipated. You may be asked to work longer hours or take fewer breaks than you’re used to at home. While the surgery center staff will do their best to give breaks, it is ultimately your responsibility to make sure you have eaten or otherwise rested. If you need a break, please speak up.
• While we are strong believers in teamwork, it is agreed upon that the US volunteers leave at the end of a day and that the Honduran clinical staff stay overnight, if needed. Our Honduran staff appreciate the opportunity to earn overtime pay to support their families. When released by Holy Family Surgery Center staff at the end of your shift, please leave the surgery center so you can rest up for a busy next day.

• While we will try to utilize your specific expertise as much as possible, we require your flexibility in order to meet patient needs. For example, we sometimes get donations of supplies (i.e. implants) that must be returned to the company if unused during the mission, requiring us to focus on certain types of cases.

• Surgeons should be prepared to see patients in clinic (1-3 days) and perform surgeries (2-4 days) during the mission. Since the surgery center only has one full-time orthopedic surgeon, providing clinic consultations helps line up cases for surgery and provide follow-up care, especially for other specialties. Time spent in clinic is just as important as time in the OR.

• A large portion of the supplies and equipment at the surgery center has come to us by donation. This means that the surgery center may have older model equipment and a more limited inventory than you’re used to. We appreciate your willingness to problem solve and to work with the equipment and supplies available.

• Most of the full-time Honduran staff are still working on their English. Many of them, however, are very familiar with English medical terminology. Time and time again we’ve seen the American and Honduran staff communicate, work together as a team, and build friendships. Please don’t hesitate to help them practice their English!

• While general volunteers (including students of health professions) will have the opportunity to assist in the surgery center, they will not be able to spend all day, every day in the OR. Those interested in spending time in the surgery center will also assist with room turnover, instrument washing, laundry, general upkeep of the building, and other projects. For the safety of our patients, we may need to limit the number of people in the surgery center at any given time and ask that a general volunteer take a turn in a ranch workstation.
• There will be some time (usually on Sunday and Wednesday afternoons) built into the schedule to spend on the ranch and with the NPH children, but if you are a clinical participant, you can expect to spend the majority of your time in the surgery center.

• We will spend the entire mission on the ranch property. In an effort to minimize safety risks, we do not include any excursions to the city or neighboring towns as part of the mission.

**Our Expectations of Participants**

In order to ensure the safety of participants and the NPH children, we have developed policies that will be reviewed during the pre-trip informational call and on-site orientations. Participants will be expected to comply with all policies during the mission. Failure to comply could, in serious cases, result in being sent home prematurely at the participant’s expense and/or being prohibited from attending future mission.

We have worked hard to build a strong relationship with NPH, and the future of the surgery center and work in Honduras depends on this relationship. Please honor this relationship and protect the future of our mission by respecting our policies.

**General Expectations**

• You and any family members or friends accompanying you are ambassadors of any surgery center or company with which you are affiliated, as well as One World Surgery and HFSC. Remember to represent us and your surgery center and/or company well.

• We are glad to host a number of families on our missions, and your children will have an amazing experience in the surgery center and on the NPH ranch. Parents, please help us set the expectation that this will be a working trip and help us to enforce the expectations set forth in this document. If we approach you with a situation involving your child, please help us resolve the issue.

**NPH Ranch**

• Please dress modestly, as cultural standards in Honduras are different than those in the U.S. Per NPH guidelines, skirts and shorts should come at least to mid-thigh, and tank top or dress straps should be at least 3 inches wide. Please cover tattoos as much as possible, and remove piercings, except for the ears. This dress code is strictly enforced at mass.

• We provide just enough beer and wine for a drink or two at dinner for adults 21 and over. Participants may not provide their own alcohol. Alcohol must remain inside the dining room at all times and cannot be carried around the ranch. As a nonprofit we’ve worked to create our alcohol policy in consideration of the NPH ranch and country where we’re guests. Factors that influence this policy include:
○ We are on the property of a children’s home where many children have had very negative and even traumatic experiences associated with alcohol. In order to limit the possibility of the children even seeing beer cans, we only provide alcohol at one time, in one place. We need to help maintain the safe environment that NPH creates for its children.
○ There is a strong taboo against alcohol consumption in Honduras. We host many Honduran guests at dinner, and we want to respect cultural norms and leave a good impression.
○ As a nonprofit, we operate under a tight budget and want to direct as much of our funding as possible towards the mission.

• Per NPH rules, NPH children are not allowed in volunteer living quarters under any circumstances.

• Please use your camera only after building a relationship with the people you want to photograph. It is generally a good idea to ask permission before taking photo or video of someone. Per NPH rules, only take photos of the NPH children when they are fully clothed. Photos of children in diapers or swimming attire are not allowed.

• When posting on social media, be sensitive to each child’s story and don’t share details. Per NPH rules, the use of a minor’s real name is not permitted in any type of posting. If the individual is over 18, you must have his/her personal permission to publish a real name.

• Per NPH rules, do not exchange email addresses or become Facebook friends with the NPH children.

Surgery Center

• Come with a positive attitude, and be prepared to work hard in the service of patients. We know that the surgery center days can be long and difficult, but please remember to treat all fellow participants, staff members, and patients with kindness and respect. If fellow brigade members are not behaving in an acceptable manner, please notify brigade organizers immediately so we can handle the situation.

• Patients are not allowed to take any photos inside the surgery center. If you see a patient taking a photo, please notify the Administrative Director or Surgery Center Coordinators.

• Only the sanctioned mission photographer, who has been briefed on our photography rules, will be allowed to take photos inside of an operating room.

• Always obtain a patient’s permission before taking a photo. Patients who do not wish to have their photos taken or to have observers in the OR can indicate this during the intake process. This
information will be indicated on the patient file, and the nurses will help to make sure all participants respect the patient’s wishes.

• You may see some really interesting or unusual cases in the surgery center, but before taking a picture, please ask yourself if you would want a similar photo taken of you and/or floating around social media.

• General volunteers should always obtain permission from the Circulating Nurse before stepping into an OR. The nurse may request that you don’t enter a room if there are already other observers. This is for patient safety, as too many observers in a room can increase the risk of infection.

• We operate under the “see something, say something” principle. If you see something that you think is unsafe (i.e. sterile technique is broken; there are too many observers in the room), it is your responsibility to say something to others in the room, in that moment, to address the issue.

Safety
The surgery center is located approximately 22 miles northeast of the capital city of Tegucigalpa on the 2,000 acre property of the children’s home Nuestros Pequeños Hermanos (NPH). The medical mission team remains on the NPH property for the entire trip, traveling through the city only for airport pick-up and drop-off. Teams travel to and from the airport by NPH’s private vehicles, which are operated by NPH’s licensed drivers. Armed security guards accompany the mission team during transit.

The NPH ranch is a gated property patrolled 24/7 by a team of armed guards. A security guard is stationed at the surgery center at all times and at the visitor housing complex after dark. All visitors to the ranch must be approved by the guard at the main gate.

Participants receive a safety orientation upon arrival at the ranch and are briefed on personal safety practices. Short term travel insurance, which provides coverage for medical expenses and evacuation, is purchased on behalf of all participants. All participants are registered with the U.S. Embassy in Tegucigalpa through STEP (Smart Traveler Enrollment Program), which facilitates contact with the Embassy in the event of an emergency.

While we have never experienced a security incident during a brigade in nine years of operation, the safety of participants remains a top priority. We have safety policies and procedures in place as well as detailed emergency response plans. We meet regularly meet with the NPH security team to assess risks and discuss brigade safety practices, and we receive security updates from the U.S. State Department, the U.S. Embassy in Tegucigalpa, and Red24 (risk management company). The NPH security team maintains strong
relationships with the local police and other emergency services (i.e. firefighter, Red Cross) who could be called upon to provide emergency assistance.

There has been a travel warning in place for Honduras since 2012 due to crime levels, mostly in urban. The warning encourages travelers to Honduras to remain vigilant and take enhanced safety precautions. The most recent travel warning update (January 23, 2017) discourages travel to the Gracias a Dios area in the northeastern part of Honduras. One World Surgery’s medical mission teams do not travel through Gracias a Dios, and the surgery center is not located in an area mentioned in the warning. We monitor all warnings for heightened risks and possible impact to our operations in Honduras.

We ask that you take personal responsibility for your own safety by following our safety policies, as well as common travel security advice.

**Travel Security Advice**

- Always carry some form of communication equipment, such as a cellular phone programmed with emergency contact numbers.
- Always keep your passport in a safe but accessible place and a copy on your person.
- Adhere to rules regarding appropriate dress codes and common courtesies to avoid drawing attention to yourself.
- Maintain a low profile. Dress as inconspicuously as possible and avoid ostentatious displays of wealth. Avoid displaying money, wearing jewelry, or carrying valuables such as laptop computers or cameras. When walking in the street, keep your bags away from passing traffic.
- Carry cash in more than one pocket, and keep a small amount in a top pocket to hand over to a criminal who confronts you. A dummy wallet – with a small amount of local currency, an expired credit card and some useless receipts – can be useful to satisfy a mugger.
- Maintain a high level of information security. Do not give out personal information. Do not discuss your plans with strangers. Do not carry unnecessary amounts of information, either in hard copy or on laptops, removable drives etc.
- Take personal responsibility for yourself and family in being prepared for security problems.
- Practice “what would I do if...” scenarios in your head. If travelling with family, let them in on your thoughts and the roles they play in the scenario.
- Keep a “go pack” handy at all times. You don’t have to carry it, but at least have one ready to go that is ready to grab should you have to quickly evacuate the ranch. Include your necessary prescriptions, hygiene items, and charger for your phone.

**Safety Policies**

- Participants are not permitted to leave the ranch property during the medical mission.
- Walk with at least one other person at all times. Always carry your contact card (sent in your welcome bag) and a flashlight.
• Participants under 13 must be accompanied by an adult at all times. If you do not plan to accompany your child to a work station, make arrangements with another adult.
• You should return to your housing complex by 10 pm every evening. There are armed guards that patrol the ranch 24/7. They do not speak English. In order to prevent confusing situations with the guards, we ask that participants not roam around the ranch at night.
• During the ranch tour, we will point out any areas that are off-limits.
• Swimming is only permitted if part of an official mission activity, led by a One World Surgery representative.
• During late nights at the surgery center, you may be offered a ride back to the top of the ranch. Please use seatbelts at all times, when available, and do not ride in the open rear compartment of any pick-up style vehicle.

Zika Virus
Zika is a viral illness that is mostly spread via mosquito bites, although sexual transmission occurs. Four out of five people infected have no symptoms. When symptoms occur, they are usually mild fever, rash, muscle and joint pains, and red eyes (conjunctivitis), similar to many other viral illnesses including flu, dengue and chikungunya. Most people recover fully in about a week. Occasionally neurological complications including Guillain-Barre syndrome (a potentially severe muscular weakness) occurs. Irreversible severe birth defects, including “microcephaly” (a small head with severe brain and developmental abnormalities) can occur in the babies of women infected during pregnancy. There is no specific treatment and no vaccine. Prevention is through avoidance of mosquito bites and sexual transmission.

Ongoing Zika Virus Transmission
The Center for Disease Control (CDC) has issued an Alert Level 2 (Practice Enhanced Precautions) for the Zika virus in Honduras. There have not been any confirmed cases of Zika on the NPH ranch. Many health authorities including the United States CDC and the World Health Organization advise pregnant women not to travel to Zika-active areas. Due to Zika presence in Honduras, pregnant women should not participate in a medical missions brigade to Honduras at this time.

Prevention During Travel
• Prevent infection by preventing mosquito bites.
• Use an effective insect repellent that contains DEET, Picaridin, PMD, or IR3535.
• When outdoors, wear clothing that covers most of your body (long sleeves, long pants, socks).
• Use “knock-down” insect spray to kill mosquitoes in your room.
• Consider the use of an insecticide-treated bed net. (Treat with Permethrin.)
Prevention After Travel

- Monitor your health for two weeks. If you develop symptoms, ensure that you see a doctor.
- Pregnant women - consult your doctor. You may be advised to be tested for Zika whether or not you develop symptoms. Your doctor may also arrange additional monitoring or specialist care.
- Prevent sexual transmission - Anyone who has a pregnant partner should use condoms (applicable to males and females) or abstain for the duration of the pregnancy. For those whose partners are not pregnant, authorities differ in their recommendations for the duration for which precautions should continue. The World Health Organization advises that everyone should continue precautions for at least 6 months after return. The United States CDC advises: Men should continue precautions for at least 6 months; Women should continue precautions for at least 8 weeks.
- Consider delaying pregnancy - The World Health Organization recommends couples or women planning a pregnancy, who have returned from an area with Zika transmission, to wait at least 6 months. The United States CDC recommends women trying to get pregnant wait at least 8 weeks and partners of women trying to get pregnant wait at least 6 months.
- Continue to prevent mosquito bites for two to three weeks to reduce the risk of infecting local mosquitoes with Zika.

Accommodations

The NPH home is located one hour’s drive (36 km) northeast of the capital, Tegucigalpa, and is out in the countryside amongst rolling hills at 3,500 feet elevation. The scenery looks a bit like Colorado with the pine trees and hills. There are great paths for running through the 2,000 acre Ranch.

Honduras is hot and humid almost year-round. Temperatures vary by altitude rather than season. The average high temperature nationwide is 90°F and the average low is 68°F. June through November is considered the rainy season. December to May is considered the dry season. Mornings and evenings can be cooler (60°F) December-March, so you may want to bring a sweatshirt or light jacket.

Volunteer housing is on-site at the Conference Center. You will be staying in a communal living environment. You may be sharing a room with people you don’t know. Room sizes vary from 2-8 people. We will try our best to make housing assignments according to roommate requests, but it is not possible to accommodate every request. Please respect your roommates, and keep communal spaces clean. Lights out is at 9:30 pm. After 9:30, anyone who wishes to stay up is asked to move to the conference room to minimize noise. Please bring ear plugs if you are sensitive to noise or anticipate going to bed early. Participants should keep their room door and the gate in front of their housing locked at all times. NPH kids are never allowed in your living quarters for any reason.
The ranch is basically located in a forest, so you can expect more bugs and insects than you probably see in your own home. The sewer systems cannot handle toilet paper, so please dispose of all toilet paper in the trash cans next to the toilets. Hot water is in short supply, so you can expect cool showers. **No laundry facility is available at the visitor quarters, so please bring enough clothes to last the entire week.**

The Conference Center is located about 10-15 minute from the surgery center, and the principal way of getting around the ranch is by foot. Please be prepared to walk to and from the surgery center every day.

There is Wi-Fi available only at the Conference Center and at the surgery center. We ask that you avoid any internet activity that uses a lot of bandwidth, such as uploading and watching videos, streaming music, as well as constant Facebooking. The ranch pays for a certain amount of bandwidth each day and when that gets exhausted, the Internet access shuts off. Please do not be the cause of the Internet going down! **We cannot guarantee reliable internet access during your medical mission. For this reason, we do not recommend planning to submit important work or school assignments while in Honduras.**

Ranch electricity is 110 volts (same as U.S.). No adapters are necessary for your US equipment.

Filtered water is provided throughout your stay. **Please do not drink the tap water or use it to brush your teeth.**

**Meals**

**Breakfast:** fruit, pancakes, scrambled eggs, Honduran breakfast (i.e. tortillas filled with eggs and beans) **Grab and go items available in the Conference Center visitor kitchen. Full breakfast delivered to surgery center at 9:30 am.**

**Lunch:** same meals that the NPH kids eat: Honduran food (chicken, rice, beans), pasta, soup. **Delivered to surgery center at 1:30 pm.**

**Dinner:** hearty Honduran and Italian meals. **Group dinner at 7 pm.**

Meals generally accommodate most dietary restrictions, but if you are a picky eater or have food allergies, please consider bringing your own food to supplement what is provided. Snacks are available throughout the day at the surgery center and in visitor housing. Soda, in addition to coffee, is provided at the surgery center.

**Typical Brigade Schedule**

**Saturday**

- Arrive at NPH ranch and settle in to housing
- General brigade orientation
- Optional mass with NPH community
• Dinner and speakers

Sunday
• Ranch tour
• Surgery Center orientation
• Activities with NPH kids

Surgery Days: Monday-Friday
• Patients arrive at 5 AM. First cases begin at 7 AM. Goal is for last patient to be out of OR by 4 pm. Honduran staff provides overnight care, if needed.
• Non-clinical volunteers rotate among surgery center jobs and ranch work stations throughout the week
• Dinner, speakers, and activities in the evenings
• End surgery by 2:30 pm on Wednesday for free time and soccer game with NPH kids

Saturday
○ Depart for airport

Medical Donations and Donations for NPH Children
While the surgery center is stocked with the supplies and equipment necessary to perform surgeries during the medical mission, we welcome your donations.

Bringing Medical Supplies to Honduras
Contact the Medical Missions Coordinator to confirm that the surgery center can use the items. We don’t want you to go through the trouble of transporting items that the center can’t use!

After confirming which items can be used, the Medical Missions Coordinator will provide you with a customs letter, in Spanish, that you should bring during travel. If the Honduran customs officials have any questions about the supplies, you will present the letter, which explains that the items are donations.

We recommend transporting medical supplies in a sturdy bin like this. Put the NPH address on the outside of the bin. To secure the bin use zip ties or a TSA approved lock. It’s also helpful to put something on the outside of the bin to help you identify it more easily (i.e. ribbon, colored duct tape). There are lots of black bins during the busy summer mission months!
**If at all possible, please pack medical supplies separately from your personal items, this will allow us to quickly drop off all of the medical supplies at the surgery center when we arrive at the ranch.**

If you plan to solicit any donations from medical supply or equipment companies, please first contact the Administrative Director of the surgery center at ascdirectohfsc@gmail.com

**Future Medical Donations**

1. Contact the Medical Missions Coordinator to confirm that the surgery center can use the items.
2. You will be provided with a shipping address within the U.S. Donors are responsible for the cost of shipping within the U.S.
3. Items will be transported to Honduras via a sea shipping container or with a future mission participant.

**Donations for the NPH Children**

See NPH’s donation page for wish lists of specific items needed by each home. The site contains instructions on how to claim items on the wish lists. At this time, the only way to transport donations for the NPH kids is by carrying them down to Honduras as luggage. They can be transported in regular suitcase or duffel bag.

Please do not:

- Bring candy or small items to randomly pass out. This can result in hurt feelings among children who do not receive anything.
- Bring expensive gifts such as music players, video games or jewelry. This may unintentionally create feelings of jealousy and cause problems for that child.
- Give gifts directly to the children. Give them to the Visitor Coordinator.
- Give money to anyone at the home. This can cause confusion about how it will be used and will not qualify for a tax deduction under U.S. law.

Remember, your visit is a gift! NPH does not want the children to associate your visit with material items. The best thing that you can bring is you! All your kind words, thoughts and affection are going to be the most lasting gift. Building relationships is the most valuable thing you can offer!

**Mail service is Honduras is slow and unreliable. Please do not ship anything to Honduras.**

**Recommended Packing List**

- Passport and copy of passport in case it gets lost
- Copies of medical school degree(s) and CURRENT state medical license(s) (medical personnel only)
- Notarized letter of permission to travel for participants under 21 traveling without 1 or both parents
- Copy of customs letter (if carrying medical supplies or donations)
- If you have a sensitivity to gloves (latex), masks, or scrub (we use betadine and avagard), please bring your own.
- Flashlight or headlamp (available on Online Store)
- Reusable plastic plate/Tupperware and utensils (available on Online Store)
- Water bottle
- Thermos or coffee cup
- Phone charger
- Power Strip
- Hand sanitizer
- Insect repellent with DEET and anti-itch cream
- Mosquito net (if desired) and something to hang it with (hooks, duct tape)
- Anti-diarrheal, upset stomach, and stool softener medication
- Sunscreen
- Toiletries (including hand soap)
- Towels (1 will be provided during the week, bring more if desired) Past participants have recommended quick-dry towels.
- Small fan (if desired)
- Light blanket (if desired)
- Snacks (nuts, protein bars, etc.)
- Hair dryer (if desired)
- Ear plugs (if desired)
- Routine medications
- Clothing for 8 days (Note: Scrubs will be available every day at the surgery center for your use. For sizes 2X and above, we recommend bringing your own.)
  - One nicer outfit for optional mass
  - Clothing for possible painting or outdoor work stations (non-clinical volunteers)
  - Comfortable and sturdy shoes or sandals for walking around the ranch
  - 1 pair of closed-toe to leave in the surgery center for the week
  - Shower shoes/sandal
  - Rain gear (i.e. poncho, umbrella) and old or waterproof shoes for rainy season
  - Sweatshirt/light jacket for January and February brigades

**Packing Tips**

- We recommend packing all personal items (i.e. medication, clothing) in your carry-on bag in case you experience any baggage delays or losses. Most airlines only have 1-2 flights to Tegucigalpa per day. If your checked luggage does not arrive on your flight, it most likely will not arrive until the next day.
• If you use a CPAP machine, please consider bringing a back-up battery. Grid power periodically goes out every day, and generator power is not turned on in the evenings.
• It is a good idea to pack extra essentials (i.e. necessary medications) in case you experience travel delays on the way back to the U.S.
• Do not bring any items of value to Honduras. All electronics should be packed in carry-on luggage and should not be checked given risk of theft. We are not responsible for any lost or stolen items.
• There are opportunities to purchase small items from airport gift shops or from NPH, but it is not necessary to bring large amounts of cash, nor is it necessary to exchange money at the airport. The shops at the airport will accept US credit and debit cards. The gift shop at the ranch accepts US dollars. Make sure to notify your credit/debit card company of travel dates and destinations prior to travel. Please note that most companies charge a fee for international card use. Do not bring travelers checks, as there is not an opportunity to cash them.
• The shops at the Tegucigalpa airport are small and their stock is limited. Do not plan to buy any travel necessities at the Tegucigalpa airport. There will also not be any opportunities to stop at a store outside of the airport during your time in Honduras.

Travel Back Home

At the Tegucigalpa Airport
Regardless of flight time, all participants will travel back to the airport at the same time (typically arriving at the Tegucigalpa airport by 9 AM). There are very limited food options after security, so if you’d like to get something to eat, we recommend doing that before going through security. To expedite the security process, be sure to follow the same luggage rules and restrictions for carry-on and checked baggage as you did upon entering Honduras.

1. Proceed to your airline’s counter (downstairs) to check in and check any luggage. You will receive an exit form that looks just like the customs form you completed upon entry.

2. Complete the exit form (1 per family) and proceed upstairs to the customs line.

3. Turn in your exit form at the desk and go through passport control. You will need to show your passport and will most likely be asked your final destination, airline, and flight number. You will have your fingerprints taken.

4. Proceed to the security desk. Show your passport and boarding pass.
5. Go through security. If your bag is inspected, the official may ask to see your passport to record your information.

6. Walk through the duty free store to the gates.

It is common for gate numbers to change at the Tegucigalpa airport. Pay attention to all announcements regarding gate changes. All announcements are made in English and Spanish.

If you experience any flight cancellations or other travel issues at the Tegucigalpa airport, please contact the HFSC Visitor Coordinator via Whatsapp or international calling at: +504-3398-7092

Arriving Back in the U.S.

1. After exiting the plane, follow the signs to passport control. At most U.S. airports, you can now complete the customs form at an electronic kiosk instead of filling out a paper form. Once you complete the form, you will receive a receipt. Proceed through the passport control lanes.

To expedite your entry back into the U.S., you may want to download and use the free Mobile Passport app on your smartphone. Mobile Passport Control enables travelers to submit their passport and customs declaration information via their smartphone instead of the traditional paper form. After reviewing the submission, CBP may send a digital, secure bar-coded receipt to the traveler’s smartphone via the app. This receipt will expire in 4 hours. The Mobile Passport App speeds up the process and allows you to use a special, faster lane. The traveler proceeds through the arrivals area, following the Mobile Passport Control signs until prompted by CBP to place their digital bar-coded receipt on the barcode scanner and presenting their passport to a CBP officer. Unless further inspection is necessary, the passenger then exits the arrivals area. For more information, visit [http://www.mobilepassport.us/](http://www.mobilepassport.us/)

1. At passport control, you will need to show your passport and will most likely be asked where you traveled to, your length of stay, and the purpose of your travel.

2. Follow the signs to baggage pick up and pick up any checked luggage (if applicable).
3. Follow the signs to connecting flights and recheck any checked luggage onto your connecting flight (if applicable). The customer service agents will scan your luggage tag and direct you to place your luggage onto the appropriate conveyor belt.

4. Follow the signs to security and go through security (if applicable).

5. Exit security and find the gate for your connecting flight (if applicable).

Additional Information

U.S. Emergency Contact for Family Members

In the event that your family needs to notify you of an emergency and cannot make contact with you, they should get in touch with our U.S. emergency contact who will help facilitate communication with you.

Claire Cunningham
Executive Director, SCA Medical Missions
720-299-6227
Claire.cunningham@scasurgery.com
### Sample of Health Form

<table>
<thead>
<tr>
<th>Secretaría de Salud de Honduras</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unidad de Vigilancia de la Salud</td>
</tr>
<tr>
<td>Boleta para Vigilancia Sanitaria Internacional</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nombre completo / Full name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Edad / Age</td>
</tr>
<tr>
<td>Sexo / Sex</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>No. Pasaporte / Passport Number</th>
<th>Nacionalidad / Nationality</th>
<th>Profesión u Oficio / Profession</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Nombre punto de entrada / Name point of entry</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Medio de transporte / Means of transport</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aéreo / Air</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>País donde inició su viaje / Country where your journey began</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fecha / Date</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Países visitados en las últimas tres semanas / Countries visited in the last three weeks</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Dirección prevista en Honduras / Foreseen address in Honduras</th>
<th>No. Teléfono / Phone number</th>
</tr>
</thead>
</table>

¿Tiene usted alguno de los signos y/o síntomas siguientes? (marca con una x) / Do you have any of the following signs or symptoms (mark with an x)

- [ ] Fiebre / Fever
- [ ] Tos / Cough
- [ ] Dolor abdominal / Abdominal pain
- [ ] Dolor de cabeza / Headache
- [ ] Dificultad respiratoria / Breathing difficulty
- [ ] Diarrea / Diarrhea
- [ ] Erupción en piel / Rash
- [ ] Dolor muscular / Muscular Pain
- [ ] Dolor de articulaciones / Joint Pain
- [ ] Hemorragia / Hemorrhage
- [ ] Dolor de garganta / Sore throat
- [ ] Debilidad / Weakness
Sample of Customs Form
### Useful Spanish Words and Phrases

#### On the Ranch

<table>
<thead>
<tr>
<th>Spanish</th>
<th>Pronunciation Key</th>
<th>stress on bolded syllable</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buenos días</td>
<td>Buey-nos dee-as</td>
<td></td>
<td>Good morning</td>
</tr>
<tr>
<td>Buenas tardes</td>
<td>Buey-nas tar-days</td>
<td></td>
<td>Good afternoon</td>
</tr>
<tr>
<td>Buenas noches</td>
<td>Buey-nas no-chase</td>
<td></td>
<td>Good evening</td>
</tr>
<tr>
<td>Gracias</td>
<td>Grah-see-us</td>
<td></td>
<td>Thank you</td>
</tr>
<tr>
<td>Por favor</td>
<td>Poor fah-vor</td>
<td></td>
<td>Please</td>
</tr>
<tr>
<td>De nada</td>
<td>Day nah-duh</td>
<td></td>
<td>You’re welcome</td>
</tr>
<tr>
<td>Hogar</td>
<td>Oh-gar</td>
<td></td>
<td>Home</td>
</tr>
<tr>
<td>Pequeño</td>
<td>Peh-cain-yo</td>
<td></td>
<td>Little one (child who grows up on the ranch)</td>
</tr>
<tr>
<td>Niño</td>
<td>Neen-yo</td>
<td></td>
<td>Child</td>
</tr>
<tr>
<td>Tio</td>
<td>Tee-oh</td>
<td></td>
<td>Uncle (male caregiver on the ranch)</td>
</tr>
<tr>
<td>Tía</td>
<td>Tee-ah</td>
<td></td>
<td>Aunt (female caregiver on the ranch)</td>
</tr>
<tr>
<td>¿Cómo está?</td>
<td>Co-mo es-ta</td>
<td></td>
<td>How are you? Formal</td>
</tr>
<tr>
<td>¿Cómo estás?</td>
<td>Co-mo es-tas</td>
<td></td>
<td>How are you? Informal, to use with a child</td>
</tr>
<tr>
<td>¿Cuántos años tienes?</td>
<td>Quan-tos ahn-yos tee-en-ehs</td>
<td></td>
<td>How old are you?</td>
</tr>
<tr>
<td>¿Cómo se llama?</td>
<td>Co-mo say ya-ma</td>
<td></td>
<td>What’s your name? formal</td>
</tr>
<tr>
<td>¿Cómo te llamas?</td>
<td>Co-mo tay ya-mas</td>
<td></td>
<td>What’s your name? informal, to use with a child</td>
</tr>
<tr>
<td>Me llamo...</td>
<td>May yamo...</td>
<td></td>
<td>My name is...</td>
</tr>
<tr>
<td>¿Quieres jugar?</td>
<td>Key-air-ehs who-gar</td>
<td></td>
<td>Do you want to play?</td>
</tr>
<tr>
<td>¿Estás bien?</td>
<td>Eh-stahs bee-en</td>
<td></td>
<td>Are you ok?</td>
</tr>
<tr>
<td>Agua</td>
<td>Ah-gwa</td>
<td></td>
<td>Water</td>
</tr>
<tr>
<td>Comida</td>
<td>Co-me-duh</td>
<td></td>
<td>Food</td>
</tr>
<tr>
<td><strong>In the Surgery Center</strong></td>
<td>El quirófano</td>
<td>El key-row-fah-no</td>
<td>The surgery center</td>
</tr>
<tr>
<td>--------------------------</td>
<td>-------------</td>
<td>-------------------</td>
<td>-------------------</td>
</tr>
<tr>
<td><strong>La cirugía</strong></td>
<td>La sear-oo-he-uh</td>
<td>surgery</td>
<td></td>
</tr>
<tr>
<td><strong>La operación</strong></td>
<td>La oh-pear-ah-see-own</td>
<td>operation</td>
<td></td>
</tr>
<tr>
<td><strong>La operación ha terminado y todo salió bien.</strong></td>
<td>La oh-pear-ah-see-own ah tair-amen-dough ee toe-dough sal-ee-oh bee-en</td>
<td>The operation has finished, and everything went well.</td>
<td></td>
</tr>
<tr>
<td>¿Tiene hambre?</td>
<td>Tee-en-eh ahm-bray</td>
<td>Are you hungry?</td>
<td></td>
</tr>
<tr>
<td>¿Quiere algo de comer?</td>
<td>Key-air-eh ah-l-go day co-mair</td>
<td>Do you want something to eat?</td>
<td></td>
</tr>
<tr>
<td>¿Tiene sed?</td>
<td>Tee-en-eh said</td>
<td>Are you thirsty?</td>
<td></td>
</tr>
<tr>
<td>¿Quiere algo de tomar?</td>
<td>Key-air-eh ah-l-go day toe-mar</td>
<td>Do you want something to drink?</td>
<td></td>
</tr>
<tr>
<td>¿Tiene frío?</td>
<td>Tee-en-eh free-oh</td>
<td>Are you cold?</td>
<td></td>
</tr>
<tr>
<td>¿Quiere una cobija?</td>
<td>Key-air-eh oo-na co-bee-ha</td>
<td>Do you want a blanket?</td>
<td></td>
</tr>
<tr>
<td>¿Quiere una almohada?</td>
<td>Key-air-eh oo-na ahl-moa-da</td>
<td>Do you want a pillow?</td>
<td></td>
</tr>
<tr>
<td>¿Tiene dolor?</td>
<td>Tee-en-eh doug-lore</td>
<td>Are you in pain?</td>
<td></td>
</tr>
<tr>
<td>¿Dónde le duele?</td>
<td>Doughn-day lay dwell-eh</td>
<td>Where does it hurt?</td>
<td></td>
</tr>
</tbody>
</table>
| ¿Está mareado(a)?        | Eh-sta mar-eh-ah-dough *to male
| Eh-sta mar-eh-ah-da *to female | Are you dizzy? |
| ¿Tiene nausea?           | Tee-en-eh now-see-uh | Are you nauseous? |
| ¿Tiene ganas de vomitar? | Tee-en-eh gah-nas day vo-me-tar | Do you feel like you are going to vomit? |
| ¿Tiene dificultad para respirar? | Tee-en-eh dee-fi-cool-tod pa-da res-pee-rar | Are you having difficulty breathing? |
| ¿Necesita ir al baño?    | Neh-seh-see-ta ear ahl bahn-yo | Do you need to go to the bathroom? |
| ¿Se siente list(a) para regresar a la casa? | Say see-en-tay lees-toe pa-da ray-gray-sar ah la ca-sa *to male
Say see-en-tay lees-ta pa-da ray-gray-sar ah la ca-sa *to female | Do you feel ready to go home? |
| ¿Quiere cambiar la ropa? | Key-air-eh cahm-bee-ar la row-pa | Do you want to change clothes? |
| Párese por favor.        | Pa-day-say poor fah-vore | Please stand up. |
| Siéntese por favor.      | See-eh-tay-say poor fah-vore | Please sit down. |
| Acuéstese por favor.     | Ah-ques-tay-say poor fah-vore | Lie down. |
| Mueve...                 | Muey-vay
los pies los pee-ehs
las manos las ma-nos
los brazos los bra-sos | Move...
your feet your hands your arms |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th>your head</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>a la derecha</td>
<td>To the right</td>
</tr>
<tr>
<td></td>
<td>a la izquierda</td>
<td>To the left</td>
</tr>
<tr>
<td>Abre los ojos.</td>
<td>Ah-bray los oh-hose</td>
<td>Open your eyes.</td>
</tr>
<tr>
<td>Abre la boca.</td>
<td>Ah-bray la bow-ca</td>
<td>Open your mouth.</td>
</tr>
</tbody>
</table>
Permission to Travel in a Foreign Country

We, the parents/guardians of the minor child named below, hereby give permission for our child to travel in the country of Honduras with One World Surgery under the supervision of __________________________ (name of chaperone) from ________________________ (place of travel origin).

Minor Child’s Information

Name as Appears on Passport: ________________________________

Date of Birth: ________________________________

Place of Birth: ________________________________

Passport Number: ________________________________

Both parents/legal guardians must sign below unless one parent/legal guardian has sole custody of the minor child.

Father/Legal Guardian

Name (please print): ________________________________

Signature: ________________________________

Date: ________________________________

Mother/Legal Guardian

Name (please print): ________________________________

Signature: ________________________________

Date: ________________________________

Notary Public

Seal:

Name (please print): ________________________________

Signature: ________________________________ Date: ________________________________
# Emergency Medical and Evacuation Insurance Policy Summary

## Volunteer Missionary Travel Insurance

<table>
<thead>
<tr>
<th>Benefit</th>
<th>Limit</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accidental Death &amp; Dismemberment</td>
<td>$100,000</td>
<td>Reduced to $10,000 for those under age 12 or age 70 and over</td>
</tr>
<tr>
<td>Medical Expenses</td>
<td>$10,000</td>
<td><strong>Primary coverage:</strong> $2,500 of this limit is available to pay US or Canadian providers; no pre-existing condition exclusion</td>
</tr>
</tbody>
</table>
| Disability income Benefit                    | $1,000 / mo | First 100 Months – Accident  
                              | $500 / mo | Months 101-200 – Accident  
                              | $250 / mo | 50 Months – Sickness (after 3 month waiting period) |
| Assistance Service                           | Included| Available 24/7/365 for assistance with worldwide medical emergencies; provided by Specialty Assist™ |
| Emergency Medical Evacuation                 | $100,000| Coordinated by Specialty Assist™; will bring insured back to USA; no pre-existing condition exclusions |
| Crisis Management Service                    | Included| Available 24/7/365 for assistance with worldwide non-medical emergencies; provided by red24 |
| Security Evacuation *                        | $100,000| Coordinated by red24; for evacuation due to natural disasters, civil unrest, crime, kidnap/hostage situations |
| Family Coordination & Repatriation of Mortal Remains | $25,000 | Combined limit for both benefits and includes a sublimit of $2,500 for extra expenses incurred during an approved evacuation |
| Personal Property                            | $2,500  | “Door to door”, replacement cost coverage; includes checked baggage; higher limits available upon request |
| General Liability                            | $1,000,000| Worldwide jurisdiction; includes coverage for injury to a volunteer; covers volunteer and sending organization |