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Medical Missions Informational Packet

Honduras

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Important Information about COVID-19 and 2021 Missions

Volunteer Restrictions

Due to the global pandemic, One World Surgery may limit volunteers during initial medical mission reopening phases. If you belong to one of the restricted groups outlined below, your application may not be officially approved until we have entered a phase during which you would be permitted to attend. OWS will communicate with approved volunteers regarding any changes to their trip, including cancellations or volunteer restrictions.

Phase II: Medical missions of 15 people or fewer; only clinical volunteers; volunteers age 65+ and with certain medical conditions may only attend with OWS/medical approval

Phase III: Medical missions of 50+ people; clinical volunteers and nonclinical volunteers age 18+ may attend; volunteers age 65+ and with certain medical conditions may only attend with OWS/medical approval

Phase III: Volunteers age 65+ and with certain medical conditions and volunteers under age 18 may attend

During these phases, volunteers may also be required to comply with certain safety measures including but not limited to mask wearing, social distancing, and daily symptom screenings.

Additional Entry Requirements

As of September 2020, all travelers entering Honduras must provide negative COVID-19 test results. Travelers must hand-carry the negative test results for a PCR or rapid test taken less than 72 hours before entry into Honduras.

All travelers must also complete the immigration precheck form at <https://prechequeo.inm.gob.hn>. Upon completion, you will receive a confirmation email that you must print and carry with you during travel.

These entry requirements are subject to change. Be sure to read all message from medicalmissions@oneworldsurgery.org closely for any changes to entry requirements.

Trip Cancellations due to COVID-19

Any changes to scheduled trips will be communicated via email to registered volunteers. Decisions regarding trip cancellations will be made 2-3 months prior to the trip.

History and Background of One World Surgery

In 2003, the Daly family volunteered at Nuestros Pequeños Hermanos (“Our Little Brothers and Sisters,” or NPH), a home located in Honduras for orphaned, abandoned, and disadvantaged boys and girls. Reinhart Koehler, the president of NPH, asked Dr. Peter Daly to evaluate Angela, a nine-year-old girl living at 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 she frequently used a wheelchair. Dr. Daly, an orthopedic surgeon at Summit Orthopedics in Minnesota, was asked to “fix” her knees in the only facility available—a traveling operating room made from a converted semi-truck trailer



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that resided at NPH. When he determined that the trailer facility could not address her condition, Dr. Daly and his wife LuLu, a pediatric nurse, 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 Dalys to engage Summit Orthopedics as a partner in this important work. Summit Orthopedics is a specialty practice that provides comprehensive musculoskeletal care with over 40 specialists and 700 team members in Minneapolis/St. Paul, Minnesota. Together with Reinhart Koehler, as well as family, friends, and Summit's, they raised funds to build, equip, and staff a permanent surgical facility on the NPH Honduras property. The project began in 2004, and their dream was finally realized in March 2008 when Holy Family Surgery Center (HFSC) officially opened with its first orthopedic medical mission comprised of Summit Orthopedics volunteers. In the years following this flagship medical mission, Dr. Daly and LuLu, along with dedicated team members from Summit Orthopedics, organized four to five medical mission trips each year, consisting of volunteer physicians, clinical and nonclinical support staff, and their families.

In 2014, Andrew Hayek, CEO of Surgical Care Affiliates (SCA), visited the Dalys and HFSC in search of meaningful volunteer opportunities for SCA's physicians and teammates. SCA's leadership and teammates quickly rallied around the cause, and the capacity of surgical medical missions grew exponentially with the founding of the nonprofit SCA Medical Missions. Today, SCA is a leader in the outpatient surgery industry with more than 200 locations throughout the United States with 7,500 physicians and 8,000 teammates. This dedicated and passionate group has made a significant impact on addressing the unmet need in global surgery.

The amazing growth of this shared endeavor of the HFSC, Summit Orthopedics, SCA, and their many friends necessitated the development of a new, unified nonprofit to serve more patients, streamline logistics, and generate a 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 health and surgical care within a family-oriented culture, rooted in community. Today, One World Surgery's impact spans to Honduras and Dominican Republic; providing education, primary care, and surgical care in nine different specialties. The Dalys, Hayeks, and Koehlers are the founding families of One World Surgery.

Our Work

The mission of One World Surgery is to ignite the spirit of service and provide access to high-quality surgical and primary care globally.

Global Medical Centers

One World Surgery funds and operates the Holy Family Surgery Center in Honduras which has 3 operating rooms, 7 overnight bays, and dental and eye clinics. Dr. Merlin Antunez, orthopedic surgeon, is the full time, on-site Medical Director. One World Surgery is currently constructing a second facility in the Dominican Republic which will include a surgery center and primary care clinic.



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Medical Missions

During weeklong medical mission trips, volunteers come together to perform life-changing surgeries. While our Honduran staff leads the surgery center that serves patients on a daily basis, volunteers provide an extension into additional specialties. We host two to three medical missions per month, with up to 60 volunteers per team. Currently, all surgical medical missions take place at the Holy Family Surgery Center in Honduras.

Education

The Moscati Center in Honduras hosts 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 in Honduras.

Honduras Background

History and Context

Once a part of the Spanish empire, Honduras gained independence in 1821. Although government has officially been elected by popular vote, Honduras has experienced hundreds of coups, rebellions, power seizures, and foreign invasions since gaining its independence. In the 19th and 20th centuries, power alternated between civilian governments and military regimes, and the country's constitution was rewritten 17 times between 1821 and 1982. After two and a half decades of mostly military rule, a freely elected civilian government came to power in 1982. During the 1980s, Honduras found itself surrounded by political upheaval and popular uprisings throughout Central America. Although Honduras experienced unrest, it never entered into civil war.

Honduras 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, but Honduras continues to deal with unstable currency. Honduras is the second poorest country in Central America and has the highest income inequality in Latin America. Gang violence continues to be a prevailing issue.

In early 2018, Honduras experienced a string of political protests due to disputed results of the November 2018 presidential election. There is widespread opposition against the current president, Juan Orlando Hernandez, and his government.

- *Population:* 9,235,340 people (July 2020 est.)
- *Area:* 43,278 square miles (slightly larger than Tennessee)
- *Languages:* Spanish, Amerindian dialects
- *Religion:* Roman Catholic 46%, Protestant 41%,
- *Climate:* subtropical in lowland; temperate in mountains
- *Currency:* Lempira; 1 USD= approx. 24 lempiras

Healthcare

The health of Honduran people is defined by widespread poverty, violence, political instability, and lack of adequate social resources. More than 88 percent of local people rely



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on the Ministry of Health for healthcare coverage, although these public health services are almost entirely centralized into the country's two large city centers and receive very little funding (Center for Disease Control & Prevention, 2018; WHO Country Profile, 2018). Limited to non-existent healthcare is accessible for rural and remote individuals, which account for forty-five percent of Honduras' population and the majority of Honduras' citizens live in poverty (Center for Disease Control & Prevention, 2018).

Services available in the public hospitals require payment in advance, including purchasing all supplies required for an operation (gauze, screws, sutures, blood, etc.). As a result of both financial and geographical barriers, many people do not seek necessary medical services in preventative or acute care. Surgical treatment is often delayed or avoided for both emergent and elective surgeries (Carmenate-Milian et al, 2017).

Limited government funding of the public healthcare system exacerbates an ongoing major physician shortage: only 46 percent of Honduran physicians are employed. Several of Honduras' eighteen *departamentos*, or regions, have only two doctors per 10,000 people, with every region failing to meet the minimum World Health Organization standards of 25 physicians per 10,000 people. In addition, there is sparse specialty training of providers available in-country, which further restricts access to specialized care for complex patients or those requiring specialty surgery (Carmenate-Milian et al, 2017; Centers for Disease Control & Prevention, 2018; WHO Country Profile, 2018).

Interpersonal violence is the third leading cause of death in Honduras (WHO Country Profile, 2018). This is related to gang activity, as well as increasing rates of reported domestic violence, sexual and gender-based violence (Center for Disease Control & Prevention, 2018).

Additional challenges to health include lack of large scale sanitation systems, high risk of sexually transmitted and infectious disease, poor school retention rates, lack of a health information system, and high maternal mortality rates (Bermudez-Madriz, Saenz, Muiser, & Acosta, 2011; Center for Disease Control & Prevention, 2018; Central Intelligence Agency, 2018; Sookhoo, 2014).

Credit for summary on healthcare in Honduras: Hailey Blizniak

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Before the Mission

You will receive email reminders beginning 3 months before your trip. Please don't hesitate to reach out before then if you have questions. **If you change your contact information, please update your application or email medicalmissions@oneworldsurgery.org to ensure you receive all trip communications.**

Informational Call/Webinar

Details will be provided by email about a pre-trip informational call/webinar. We highly recommended viewing the webinar for first-time participants. These webinars are prerecorded unless stated otherwise based on the trip.

Forms and Documentation

A number of electronic waivers and forms will be added to your application after approval. If you have previously participated in a medical mission, you will be asked to resubmit forms every year. All items should be submitted through the online registration system. <https://www.regpack.com/reg/ows2021> Please do not submit items by email, fax, or mail.

Due Dates

- **6 weeks prior to trip:** Passport, medical license (must be valid for duration of mission), and medical diploma due for all physicians
- **4 weeks prior to trip:** Passport due for all other volunteers
- **4 weeks prior to trip:** Program fees and all other forms and waivers due for all volunteers

Passports

Volunteers are responsible for ensuring their passports meets all entry requirements.

- **Your passport must be valid for at least 6 months past your date of entry into Honduras.** For example, if you enter Honduras on January 6, 2021, your passport must be valid until at least July 6, 2021. Otherwise, you will not be permitted to board your flight.
- **Your airline ticket must match the name on your passport.** Update your passport if you 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.**

For more details and information on how to apply for or renew a passport visit <https://travel.state.gov/content/travel/en/passports.html>

Visas

U.S. Passport holders do not require a visa to visit Honduras for less than 90 days. Non-U.S. passport holders are responsible for securing their own visa, if required for their country of



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citizenship, and for confirming entry requirements with the Honduran embassy or a consulate. If you plan to travel elsewhere in Central America after the medical mission, check the country's entry requirements.

Minor Travel Requirements

Volunteers age 21 and under traveling without parents/legal guardians must have a permission to travel letter signed and notarized by **all** legal guardians who are not traveling with the individual. A template letter can be found at the end of this packet.

Flights and Travel Policies

Volunteers are responsible for booking their own travel according to the guidelines below.

Travel Management Company

One World Surgery is piloting the services of a travel management company. By booking your flights with the travel management company you may have access to humanitarian fares. These fares are not published and may have benefits such as additional luggage allowance, refunds (as opposed to travel credit), no change or cancellation fees, and ability to hold seats without payment. You would also have access to 24/7 customer service. The travel management company charges a minimal booking fee. You are not required to book your flight through the travel management company. If you would like to use the travel management company to book your flights, please contact medicalmissions@oneworldsurgery.org for more information.

Airport

Toncontín International Airport (TGU) in Tegucigalpa, Honduras

Travel Dates

Most missions run 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. Depending on where your travel originates, you may need to begin travel Friday evening to arrive in Honduras on Saturday.

Arrival/Departure Windows

Volunteers are required to book flights that arrive and depart within the time windows below so that volunteers can be transported to and from the airport in a group shuttle.

Arrive in Honduras: 10 am-1 pm Honduras time

Depart from Honduras: 1:00 pm and 4:30 pm Honduras time

Transportation

Volunteers are required to use One World Surgery's private transportation services which are provided only between the Toncontín International Airport and NPH ranch.

Alternate Travel Plans

In certain circumstances, it may be possible to join a mission for a shortened duration or to arrive/depart on a flight outside of the travel window. **Volunteers must email**

medicalmissions@oneworldsurgery.org no later than 30 days prior to the first



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Saturday of the mission to request approval to arrive late or depart early. We cannot guarantee transportation for alternative flight plans/travel dates that have not been pre-approved. For safety reasons, One World Surgery will not provide transportation for flights that arrive/depart outside of the hours of 8 AM and 5 PM.

Volunteers will be assessed a \$50 per person, per way transportation fee for arriving or departing outside of the official travel dates and/or time windows. Volunteers who do not obtain pre-approval will be assessed an additional \$50 per person, per way administrative fee. These fees will fund the additional airport pick up/drop off.

Flight Cancellations and Changes

We are unable to reimburse flight costs for any reason. If you have concerns about possible trip changes or cancellations, consider purchasing trip cancellation and interruption coverage. It is typically available as an add-on option when booking flights. If for some reason you need to make a flight change during your medical mission week, confirm with our on-site staff that we can provide transportation, prior to changing the flight. The aforementioned fees may apply.

Program Costs

Free surgery provided to those in need in Honduras is supported by volunteers' program fees.

The required program fee for the first volunteer in a family is \$1,000. Program fees for each additional accompanying family member are outlined below. These reduced fees apply only to family members.

- 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 one week (valued at \$250). The remaining portion of the program fee is applied towards the cost of surgery. You will receive an acknowledgement letter for tax deduction purposes.

Volunteers are also responsible for the cost of airfare and any other travel expenses (i.e. immunizations, luggage fees, flight change fees, trip cancellation fees, hotel stays).

SCA teammates (excluding physicians) and OptumCare employees (including physicians) will have their \$1,000 program fee sponsored by their company. This is done automatically, and you do not need to do anything to request this payment.

If paying online (preferred method), please do so through the secure Regpack online registration system.

If paying by check, please make the check out to **One World Surgery.** Please send checks to the address below and indicate the trip dates and attendee name on the memo



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line.

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

Fundraising for Program Fees and/or Flight Costs

Program fees help fund patient surgeries, and our annual budget depends on program fees being paid in full. Therefore, we are unable to waive program fees or provide program fee reductions. Volunteers are encouraged to fundraise if costs present a financial challenge.

One World Surgery partners with Empowered.org to offer a simple fundraising solution for volunteers to raise money for program fee and/or flight costs. Empowered.org is One World Surgery's official peer-to-peer fundraising platform. To streamline fundraising for volunteers, donors, and the organization, One World Surgery requests that all program fee and/or airfare fundraising occur through an Empowered.org fundraising page. **If you plan to fundraise for your program fee and/or flight costs, contact medicalmissions@oneworldsurgery.org for guidelines and details on how to set up your page.**

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. **If you need to withdraw from a mission or reschedule your travel, please notify medicalmissions@oneworldsurgery.org 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 volunteer) is not considered official notice.

Volunteers who do not provide notification at least 45 days prior to the first Saturday of the medical mission will be charged a \$250 late cancellation fee.

Medical emergencies or other extenuating circumstances may be considered differently.

Refund Policy

Program fee payments are considered donations to One World Surgery, a registered 501c3 nonprofit organization in the United States. **In accordance with IRS regulations, donations are nonrefundable.** In the event of a trip cancellation (by the volunteer or One World Surgery), the volunteer may designate his/her funds to cover the costs of another volunteer or may apply the funds towards another One World Surgery mission within 12 months. This policy also applies to any third-party donations made to One World Surgery in support of a volunteer's program fee or flight costs.

Purchase Protection

When you pay your program fee through Regpack, you now have the option of adding purchase protection for a small additional fee. In the event that a death, accident or illness involving you or an immediate family prevents you from participating in your mission, you may be eligible for a program fee reimbursement through Regpack's purchase protection plan. See here for instructions on filing your claim. <https://www.regpacks.com/help/purchase-protection/how-to-file-a-claim/>



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Please note that flight costs are not eligible for reimbursement through purchase protection. Cancellations related to COVID-19 are only eligible if you cancel your mission because you or an immediate family member are diagnosed with COVID-19.

Rescheduled and Cancelled Missions Policy

The safety and health of our volunteers is one of our top priorities and One World Surgery reserves 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. 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. If a mission is cancelled or rescheduled, volunteers will be offered the opportunity to move their registration to another One World Surgery mission with openings within 12 months. One World Surgery is not able to provide any flight cost refunds. In the case of a canceled trip, One World Surgery can provide a letter that can be shown to airlines when rebooking flights.

Immunizations and Health

Recommended immunizations for this trip are typhoid (completed at least 1 week before travel) and hepatitis A (first dose given 1 month before travel). We strongly encourage you to make sure all other routine immunizations are current (i.e. tetanus). The area of Honduras where you will be travelling is not considered a malarial zone. Local pharmacies usually provide immunizations at a lower cost than travel clinics.

It is a good idea to have antibiotics (Zithromax or Cipro) with you in case of "traveler's diarrhea." They can be prescribed by your primary care provider or at an international travel clinic. There is a clinic on-site if immediate medical attention is needed. Filtered water is available for drinking in visitor housing and the surgery center, and meals are provided by the ranch and One World Surgery cooks. Most participants do not experience major stomach issues during missions.

The government of Honduras requires proof of yellow fever vaccination for anyone arriving from a country with risk of yellow fever transmission. This includes anyone arriving within 10 days after leaving or transiting (more than 10 hours in the airport) countries with risk of yellow fever transmission. The U.S. is not one of these countries. If you are arriving from a country other than the U.S. or will have travelled to another country within 10 days prior to arriving in Honduras, please consult this list:

<https://wwwnc.cdc.gov/travel/yellowbook/2020/travel-related-infectious-diseases/yellow-fever>

Zika Virus

Zika virus is present 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, women who are pregnant are actively trying to become pregnant should not participate in a medical mission to Honduras at this time. If you are considering trying to conceive after a trip to Honduras, be sure to consult the WHO or CDC for guidance on how long to wait.



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Zika is a viral illness spread via mosquito bites and sexual transmission. 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). Most people recover fully in about a week. Occasionally neurological complications including Guillain-Barre syndrome (a potentially severe muscular weakness) occur. 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.

Attending a Medical Mission as a Family

Part of One World Surgery's mission is to ignite the spirit of service, and attending a medical mission as a family can be a great way to instill a lifelong commitment to service in your child. Please see the Attending a Medical Mission to Honduras as a Family packet at <https://oneworldsurgery.org/trip-resources/> for more guidance on how to have a successful family medical mission experience.

Requirements for Minors on Medical Missions

- The minimum recommended age is 5 years old. We have found that the ideal minimum age for a child and supervising adult to fully experience this trip is 10 years old.
- Children under 18 must attend the mission with a parent or adult guardian who will assume responsibility for the child and accompany him/her for the entire duration of travel.
- Children under 13 must be accompanied by a nonclinical adult at all times during the mission. One World Surgery staff and other volunteers cannot provide child supervision.
- One World Surgery allows children 13 and over to walk around the ranch and participate in general volunteer activities on their own. If you are not comfortable with this, you should bring a nonclinical adult to accompany them.

Travel Day

Communicating on Travel Day and During the Mission

All volunteers should download WhatsApp, a free, international messaging and calling app, to communicate with our team in Honduras. Contact numbers will be provided in the "last minute reminders email" that will be sent the week of your travel. WhatsApp works when connected to Wi-Fi or data. The person you are texting/calling must also have WhatsApp. You may also consider setting up international calling ability for emergency purposes. When not in use, keep the phone on airplane mode to prevent charges.

Travel Delays or Cancellations

If your flight is delayed and/or cancelled, communicate with your arrival contact (provided in last minute reminders email) and speak to the gate agent or call your airline. We encourage you to still attend the mission, even if you will not arrive until the next day.

Luggage

You may check personal luggage. Keep checked luggage receipts; officials in Honduras will ask to see them and match them to your bags. Check your airline's policy regarding fees, number of bags



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allowed, and size restrictions. Also check for possible embargos, especially during summer months, which might limit your checked baggage allowance.

Arriving at the Tegucigalpa Airport

1. On the plane to Tegucigalpa, you will receive a customs form (1 per family). Complete it during your flight (sample of form on pg. 30). Indicate that you are traveling for pleasure and use the address below.

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

Phone number: Use your phone number.

2. After exiting the plane, head downstairs, and proceed to the passport control line. The official will ask the purpose of your travel (pleasure) and the duration and location of your stay (provide the same address above). They will take your picture and fingerprints and scan your passport.
3. Walk through the duty-free store to the luggage carousels. Pick up your luggage. Luggage handlers may offer to help carry your luggage. **If you use their services, you will be responsible for providing a \$1-\$2 tip per bag. ***If your bag does not arrive, notify your arrival contact via Whatsapp. Proceed to your airline's counter (before luggage scanners) to complete a lost luggage form.**
4. Show your luggage receipts to the officials as you walk towards the luggage scanners.
5. Pass bags through the scanner and hand your customs form to the official. The customs officials may inspect your luggage. Show them your customs letter if you're carrying one.
6. Proceed into airport lobby. When you enter the airport lobby, look for the One World Surgery representative holding a One World Surgery sign.





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If you can't find the One World Surgery representative, go to the Customer Service Desk (servicio al cliente) behind the escalator. Contact your arrival contact via WhatsApp and wait for the representative.

We recommend connecting to the internet in the Tegucigalpa airport to let your loved ones know you have arrived as we will not arrive at the ranch for a few hours. 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. **Volunteers are not permitted to leave the airport.** Remain inside the airport until instructed by the One World Surgery representative to exit the building and proceed to the bus. While waiting, you're welcome to check out airport shops (they accept US cards). The group will travel to the ranch via private bus (about 1 hour). We'll provide pizza and water on the ride.

During the Mission

NPH Ranch Experience

Nuestros Pequeños Hermanos (**NPH**, Spanish for "Our Little Brothers and Sisters") opened a home in Honduras in 1986. Rancho Santa Fe, also called "The Ranch", is home to about 200 pequeños (word for children at **NPH**) who are cared for by tíos and tías (caregivers). An additional 60 children from the community attend the NPH school. More than 100 NPH youth attending high school or university live in Tegucigalpa. The Ranch features preschool/kindergarten, primary and secondary schools, vocational workshops, a chapel, a farm, greenhouse and vegetable gardens, and clinics. The Holy Family Surgery Center (HFSC) and the Moscati Center are also located on the NPH property.

Safeguarding and upholding the rights of the NPH children are of utmost importance, and we will never neglect these duties to provide a volunteer with a "feel-good" experience. Please keep in mind that NPH frequently hosts visiting groups (medical mission and other), and we want to integrate ourselves into the ranch in a way that minimizes disruption to routines and use of resources. For children who have experienced a traumatic or unstable upbringing before coming to NPH, stability and routines help create feelings of security.

We are sensitive to the fact that creating bonds with many short-term volunteers may impact attachment issues in the children, and we recognize that many jobs working with children are better suited for individuals who are trained, speak the local language, and understand the local culture. For all these reasons, there are limited, scheduled opportunities to interact with the children, typically on Saturday and Wednesday afternoons.

NPH Policies

- NPH children are not allowed in volunteer bedrooms under any circumstances and are only permitted in the Moscati Center when approved by the child's caregiver **and** an employee of One World Surgery.
- Please dress modestly, as cultural standards in Honduras are different than those in



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the U.S. Skirts, dresses, 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 if possible, and remove piercings, except for the ears. **Shorts are not allowed at mass.**

- Do not exchange email addresses or become Facebook friends with the NPH children.
- Keep the children with their hogar (home) during group activities. If you are at an activity which includes more than just one hogar, please stay close to the group of the children and do not take anybody away.
- Due to living in a community with other children, pequeños have very little privacy. NPH wants to give them as much privacy as possible and teach them modesty. Do not enter the hogares while the children are showering and changing, even though the children might invite you.

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 using One World Surgery's buses. Security guards accompany the team during transit.

The NPH ranch is a gated property patrolled 24/7 by a team of guards. A security guard is always stationed at the surgery center 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 medical mission in over 10 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 with the NPH security team to assess risks and discuss safety practices, and we receive security updates from the U.S. State Department, the U.S. Embassy in Tegucigalpa, and our travel insurance provider. The NPH security team maintains strong relationships with local police and other emergency services (i.e. firefighter, Red Cross) who could be called upon to provide assistance.

Due to safety concerns, we do not recommend traveling around Tegucigalpa before or after your trip.

Volunteers must take personal responsibility for their own safety by following our safety policies, as well as common travel security advice.

Emergency Medical and Evacuation Insurance

One World Surgery purchases emergency medical and evacuation insurance for all volunteers for



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the duration of the mission (Saturday through Saturday). Volunteers are personally responsible for any deductibles. See the policy summary at the end of this packet.

Travel Security Advice

- Always carry some form of communication equipment, such as a cell 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, cameras, or cellphones. 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.
- 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

- Volunteers are not permitted to leave the ranch property during the medical mission. We cannot arrange transportation off the ranch, and any outside visits and sightseeing must be done before or after the medical mission.
- Walk with at least one other person at all times. Always carry your contact card and a flashlight.
- Volunteers 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 must return to the Moscati Center by 10 pm every evening. The NPH guards do not speak

English, and we want to prevent confusing situations if they were to encounter you roaming around the ranch late 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



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open rear compartment of any pick-up style vehicle.

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.

Volunteer housing is located on the ranch at the Moscati Center, about a 10 minute walk from the surgery center. The Moscati Center has 18 bedrooms, a courtyard, visitor and catering kitchens, and a large conference room where group dinners and evening programming are held.

Most rooms have 4 single beds. Each room has a private toilet area and a private shower stall. Each volunteer is provided with sheets, a pillow, and a towel (1 per week). Toilet paper, hand soap, and hand towels are also provided. Cleaning staff empty trash cans in the rooms daily, but volunteers are otherwise responsible for keeping rooms tidy. There is no air conditioning in the Moscati Center.

We try to make room assignments according to roommate requests indicated on your registration form, but due to limited bedrooms it may not be possible to accommodate every request and you may share a room with people you do not know. Per NPH policy, unmarried couples are not permitted to room together.

The ranch is in a forest-like area, so you can expect insects of all shapes and sizes, though most will stay outside of your bedrooms. All toilet paper must be disposed of in trash cans, as the sewer systems in Honduras cannot handle toilet paper. Be conscious of water use, as water is in short supply, and expect occasional cool showers. Filtered water is provided in the surgery center and the Moscati Center. Do not drink the tap water or use it to brush your teeth. Please pack clothing to last the entire week; laundry facilities are not available. Daily power outages are frequent. No adapters are necessary for your electronics; outlets are the same as the U.S.

Internet Access

Wi-fi is available for personal use at the Moscati Center only after 4 PM. Internet use during the day and in the surgery center is restricted to looking up medical information. The ranch has a certain amount of daily bandwidth and when it is exhausted, internet access is cut off.

Meals

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

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

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

If you have strict dietary restrictions or are a picky eater, bring food items to supplement what is provided. Typically, we can accommodate vegetarian and gluten-free diets. Food



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allergies and restrictions are not common in Honduras, so the ranch lunch may not always meet your needs. Snacks are always available in the surgery center and Moscati Center. Coffee and limited soda (Coke, Diet Coke, Sprite; enough for 1 can per person per day) are provided. There is a small food stand across from the surgery center where you can buy typical Honduran food if you prefer that to the ranch lunch (U.S. dollars accepted).

Alcohol Policy

Adults 21 and over may consume beer or wine provided by One World Surgery during dinner in the Moscati Center. One World Surgery will provide enough for 1-2 drinks per person. Volunteers are not permitted to supply their own alcohol. Alcohol must always remain inside the Moscati Center and cannot be carried around the ranch. After consuming any alcohol, volunteers cannot leave the Moscati Center. This is a NPH policy. Alcohol also cannot be consumed in front of NPH children. If any NPH children are present at dinner, we will not serve alcohol until they have all departed.

One World Surgery strives to respect the culture and environment in which it works. Social drinking, particularly in rural areas of Honduras, is much less common than in the United States. Drinking can be viewed very negatively, and some Hondurans may think you have an alcohol problem, even if you have just one or two drinks. We host many Honduran guests and staff at dinner, and we want to respect cultural norms and leave a good impression. We are also on the property of a children's home where many children have had very negative experiences with alcohol. For some children, seeing a beer can or smelling alcohol on someone's breath may trigger traumatic memories. Thank you for understanding and respecting this policy, even if it differs from your personal practices.

Smoking Policy

The designated smoking area outside of the Moscati Center will be pointed out during your housing orientation. Smoking is not permitted anywhere else on the NPH property.

Typical Medical Mission Schedule

Saturday

- Arrive at NPH ranch and settle into housing
- Optional mass with NPH community
- Dinner and speakers

Sunday

- Ranch tour
- Surgery Center orientation
- Activity 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



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throughout the
week

- Dinner, speakers, and activities in the evenings
- There is a half day once a week, usually on Wednesday: end surgery by 2:30 pm for free time and activities on the ranch

Saturday

- Depart for airport

Surgery Center Experience

One World Surgery provides high-quality surgical, adhering to best practice standards whenever possible. Among these standards are protecting patients from harm and ensuring that patient care is provided by trained medical professionals. We will never sacrifice patient safety in order to provide a volunteer with an experience. Volunteers are not permitted to exceed their level of experience or training.

Observation Policy

Volunteers must be at least 15 years old in order to observe a case in an OR and at least 18 years old to scrub in on a case in an OR. Any exception must be approved by the Medical Director or Chief Medical Officer. In order to control the number of observers in a single OR at any time, volunteers are only permitted to observe or scrub in on a case during their assigned shift(s), which will be scheduled by our Program Assistant.

Volunteers may not observe cases outside of their assigned shifts. Additional observation policies will be discussed during the on-site surgery center orientation. Volunteers who violate observation policies may be banned from the surgery center for the duration of the mission, sent home at his/her own expense, or prohibited from attending a future mission.

Media Policy

Capturing and sharing images from your medical mission must be approached thoughtfully in order to affirm the dignity and privacy of all those encountered. This is particularly important in vulnerable settings such as in the surgery center and at the NPH children's home. In addition to the specific media policies outlined below, we ask that volunteers consider the following when capturing and sharing images:

- **Avoid spectacle mode:** Be careful not to treat people or communities as tourist attractions. You should always ask for permission, even from a child or his/her caregiver, before taking someone's photo. Follow guidance from the One World Surgery staff and long-term volunteers regarding whether it's an appropriate time or place for a photo. Certain spaces, like the children's living quarters, require an extra level of privacy.
- **Do unto others:** Before capturing an image or posting, ask yourself how you would feel if the roles were reversed. Would you want to be portrayed in the same manner? Would it be an acceptable time or place for a photo in your own country?



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- **Tell the whole story:** Peoples' lives and poverty are complex. Instead of sharing oversimplified and sweeping generalizations like, "They have absolutely nothing," or "They are so happy all the time," provide a more nuanced story, and use the opportunity to challenge assumptions or stereotypes.
- **Question your intentions:** Ask yourself why you are capturing the image or sharing it.

One World Surgery Media Policies

- Only the designated medical mission photographer, who will be identified during the surgery center orientation, is permitted to capture images inside of an operating room (OR) for general purposes. This includes "temporary" images such as Snapchats. These photos will be shared with all volunteers after the mission and are the only operating room photos that volunteers are permitted to post on line or share publicly. Exception: A physician may direct another volunteer or staff member to take a photo in the OR, on the physician's phone or camera, for clinical or educational purposes.
- Capturing the following images in the operating room is prohibited:
 - Bloody or graphic surgical photos (unless requested by a physician for clinical or educational purposes)
 - Patient faces during surgery and when intubated and under anesthesia
 - Patients with exposed genitals or breasts during surgery
 - Images that show sterile technique unintentionally being broken
 - Materials removed for patients' bodies (i.e. mass on a tray, amputated limb)
- All volunteers may take photos or videos (referred to hereafter as "images") in the following areas of the surgery center with verbal consent from the patient or his/her guardian: Lobby, Pre-op, and Clinic/Overnight. Photo and video are allowed in the Phase II Recovery Area only when the patient is ready for discharge. Photo and video are not allowed in the Phase I Recovery Area. Use an interpreter to obtain consent if you are not proficient in Spanish. Consider whether a patient is fully able to consent at that moment. For example, patients recovering from anesthesia may not be able to provide informed consent. If you have any doubt whether the patient can fully consent or is comfortable with the image being taken, do not take it.
- Images of patients accompanied by identifying information (real name or other demographic information; diagnosis or prognosis; past, current, or future medical treatment) may not be posted on line or otherwise circulated.
- All images and accompanying captions posted on line or shared publicly should accurately represent One World Surgery's work and a volunteer's role on the mission. One World Surgery has the right to request that volunteers remove images or captions that violate our media policies or misrepresent One World Surgery or a volunteer's role on the mission.
- Patients and their guests are not allowed to take photos/videos of equipment inside of the surgery center. Notify a One World Surgery staff member if a patient or his/her guest takes a photo/video of equipment.
- All visiting professional journalists, videographers, and photographers who intend to



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conduct interviews or capture footage for external use must obtain approval from One World Surgery at least 30 days in advance.

In addition to the above policies, the following images are explicitly prohibited:

- Images of NPH children in the surgery center
- Images that include any identifying patient information (i.e. patient's name on a whiteboard in the background)
- Patients in distress or pain
- Patients with a lot of skin exposed (i.e. surgical gown not fully closed)
- Photos that could give the impression that a child or someone without medical training was permitted to perform tasks for which he/she is not qualified
- Volunteers violating any other One World Surgery policy

NPH Media Policies

- Do not use the real name of any minor (under 18 years old) who is under the care of NPH when sharing or posting photos to social media. This is mandated by Honduran law.
- All children and adults in photos must be fully clothed. Photos of children in diapers or bathing suits are not permitted.
- Do not take any photos of the bed or locker areas of the children's dormitories.
- No hand symbols are permitted in any photos or video, as they can be perceived as gang signs in many countries.
- NPH has the right to request that any media used of a NPH home, child or program, be removed from any social media platform (website, Facebook, Instagram, blogs, etc.)

Code of Conduct

Protecting our patients, staff, the NPH children, volunteers, and organizational values is one of One World Surgery's highest priorities. In order to ensure that our medical missions are a positive and safe experience for all those involved, our volunteers are responsible for abiding by the following Code of Conduct. Volunteers should understand that violating the Code of Conduct is taken very seriously by One World Surgery, as violations may place volunteers, staff, NPH children, patients, and the future of our mission at risk.

Volunteers are expected to:

- interact respectfully with fellow volunteers, One World Surgery staff, patients, and NPH children and staff at all times. Harassment or discrimination of any kind will not be tolerated.
- truthfully represent their skills and perform duties only within their current level of training or licensure. This includes communicating medical information in Spanish only after passing a language screening with a One World Surgery staff member.
- prioritize the safety, privacy, and dignity of patients and NPH children over their own desires for experiences or photo opportunities.
- abide by all One World Surgery policies and procedures regarding observation of surgeries. Volunteers should not use their role or relationship to another volunteer to



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- circumvent these policies and procedures.
- follow all One World Surgery safety policies and take personal responsibility for their own safety during the mission.
- comply with One World Surgery's policies regarding alcohol consumption and tobacco use, recognizing that cultural norms in Honduras and our presence on a children's home require practices that may differ from volunteers' personal preferences.
- follow One World Surgery's policies and guidance as they pertain to taking photos and videos, interacting with the NPH children, appropriate attire on the ranch, and cultural norms.
- come prepared to participate fully in the service aspect of the trip, even if it means putting personal desires aside to be a valuable team member.
- refrain from giving money (including tips) or gifts to One World Surgery staff or full-time volunteers for their personal benefit. Though the giver may have the best intentions, gifts can create feelings of jealousy or lead people to feel indebted to the giver. Small tokens of appreciation (under \$10 in value) such as cards or photos are permitted, as well as items that benefit the entire organization or team.
- refrain from asking One World Surgery or NPH staff to perform personal favors during the mission
- (i.e. going to the city to buy a souvenir). Staff work long, hard days alongside volunteers and may feel pressured to do favors in exchange for volunteers' service.

Any urgent needs should be directed to the Hospitality Manager.

- remember that they are guests of Honduras, NPH, and One World Surgery. Approach the experience with a positive and humble attitude and an open mind. Refrain from passing judgment on things that are different.
- be flexible, patient, and supportive while our team works through any challenges or sudden changes in plans. Working in a different culture and an under-resourced country can present unexpected circumstances or different priorities, despite extensive planning.

Donations

One World Surgery is required to register all donations with the local customs office by 40 days prior to the trip. **You will need to provide information to medicalmissions@oneworldsurgery.org regarding all donations by 40 days prior to the trip.**

Bringing Medical Supplies to Honduras

- To ensure items can be used, One World Surgery requests the ability to approve all donations of goods. **One World Surgery cannot accept any expired medication or medical supplies.** Contact our Program Associate at medicalmissions@oneworldsurgery.org to obtain pre-approval. You will be provided you with a customs letter, in Spanish, that you should carry during travel. Please do not bring items that have not been approved.



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- **If you plan to solicit any donations on behalf of One World Surgery from medical supply or equipment companies, please contact medicalmissions@oneworldsurgery.org**
- We recommend transporting medical supplies in a sturdy black bin and packing medical supplies separately from your personal items. Write the NPH address on the outside of the bin. Use zip ties to secure the bin, put something on the outside of the bin to identify it more easily (i.e. ribbon, colored duct tape).
- **Never attempt to transport donations of narcotics!**

Donations for the NPH Children

- To ensure items can be used, please see NPH's donation page for wish lists of items needed by each home and instructions on how to claim items. <https://sites.google.com/view/nphdonations/home> All donations must be transported as luggage.
- **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. They must be given to our Visitor Coordinator who will distribute them to the children's caregivers.
 - 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.

Mail service in Honduras is slow and unreliable. Do not attempt to ship anything to Honduras.

Recommended Packing List

- Passport and copy of passport in case it gets lost
- **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.**
- Reusable mask
- Reusable water bottle
- Phone charger
- Hand sanitizer
- Insect repellent with DEET and anti-itch cream
- Anti-diarrheal medication and antibiotics for traveler's diarrhea
- Sunscreen



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- Toiletries
- Towels (1 will be provided during the week, bring more if desired) *Past participants have recommended quick-dry towels.*
- Routine medications
- Clothing for entire trip (*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**
- **General volunteers: at least 1 pair of pants and closed-toe shoes (required for some workstations)**
 - **1 pair of closed-toe shoes to leave in the surgery center for the week**
 - Rain gear (i.e. poncho, umbrella) and old shoes for rainy season
 - Sweatshirt/light jacket for January and February trips
- Small fan (if desired)
- Light blanket (if desired)
- Hair dryer (if desired)
- Ear plugs (if desired)
 -

Packing Tips

- **Always carry your passport on you. Do not put it in checked luggage.**
- Pack personal medications, toiletries, and at least one set of clothing in carry-on luggage. If your checked bag does not make it onto your flight, it will likely arrive the next day.
- **Do not bring items of value. We are not responsible for any lost or stolen items.**
- Make sure your does not contain prohibited items. See <https://www.tsa.gov/travel/security-screening/whatcanbring/all> for more information. The tips below are based on 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.
 - Do not carry any fresh foods (i.e. fruits) internationally.
- Do not plan to buy any travel necessities in Honduras. We will not stop at any stores outside of the airport.

Weather

Honduras is hot and humid almost year-round. The average high temperature is 90°F and the average low is 68°F. June through November is rainy season. December to May is dry



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season. Mornings and evenings can be cooler (60°F) December-March, so bring a sweatshirt or light jacket. Bring rain gear June- November.

Travel Back Home

At the Tegucigalpa Airport

All volunteers travel back to the airport around 8 am. If you are traveling with anyone under 18, go to the "minor immigration" desk before checking in. They will ask a few questions and stamp the minor's passport.

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. Note that there are limited food options past this point.
3. Turn in your exit form at the desk and go through passport control. You will need to show your passport and will 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 record your passport information. This is common.

It is common for gate numbers to change at the Tegucigalpa airport. Pay attention to all announcements (made in Spanish and English) regarding gate changes. **If you experience any flight cancellations or other travel issues in Tegucigalpa, communicate with the departure contact provided.**

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. Once you complete the form, you will receive a receipt. Proceed through the passport control lanes.
2. At passport control, you will show your passport and will most likely be asked where you traveled to, your length of stay, and the purpose of your travel.
3. If you have a connecting flight, you will need to pick up your baggage and re-check it. Follow the signs to baggage pick up and pick up any checked luggage (if applicable).
4. 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.
5. Follow the signs to security and go through security (if applicable).
6. Exit security and find the gate for your connecting flight (if applicable).

Additional Information

U.S. Contact

If your family needs to reach you and cannot get in touch with you, they can contact the medical missions team at 1-847-267-3539 or medicalmissions@oneworldsurgery.org



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Online Store

Stock up on One World Surgery gear to be delivered to your home before or after your trip by visiting our [online store](#). A portion of every purchase supports One World Surgery.

Pop Up Store

One World Surgery now hosts a pop-up gift shop with One World Surgery merchandise in the Moscati Center. Items can be purchased by credit card, and proceeds benefit One World Surgery.

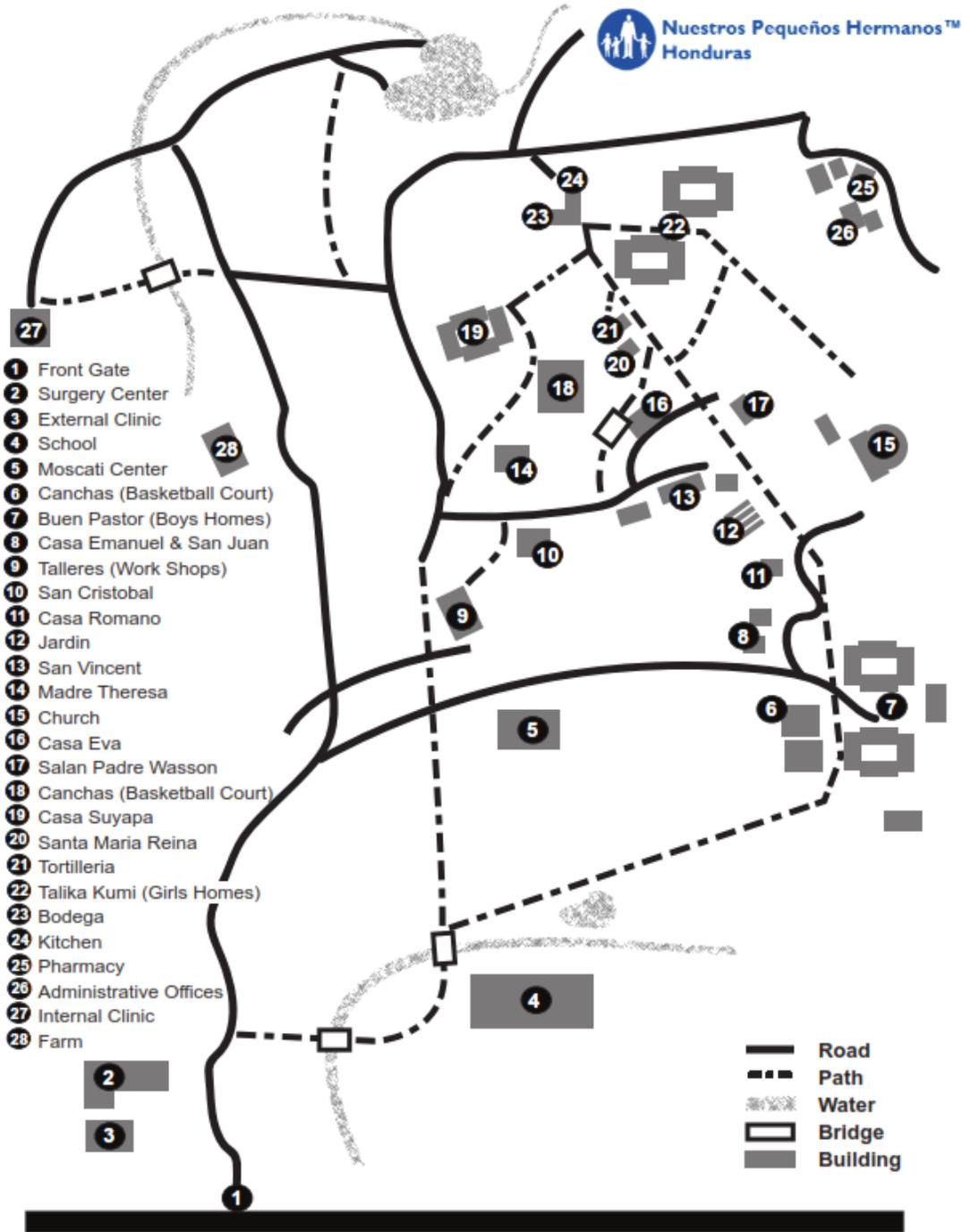
Money

There are opportunities to purchase small souvenirs from airport gift shops and on site, but it is not necessary to bring large amounts of cash or exchange money at the airport. The shops at the airport and Moscati Center pop-up store will accept US credit and debit cards. The gift shop at the ranch accepts US dollars. Notify your credit/debit card company of travel dates and destinations prior to travel. Many companies charge a fee for international card use. Do not bring travelers checks; there is not an opportunity to cash them.

Social Media

We hope you will stay in touch and follow One World Surgery on Facebook (facebook.com/oneworldsurgery) and Instagram (@oneworldsurgery)!

Map of NPH Honduras





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Permission to Travel in a Foreign Country (Volunteers under 21 years old)

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:



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Emergency Medical and Evacuation Insurance Policy Summary

BENEFIT	LIMIT	COMMENTS
Accidental Death & Dismemberment	\$100,000	Reduced to \$10,000 for those under age 12 or over age 70
Medical Expenses – Primary <i>\$100 deductible – No preexisting conditions exclusion.</i>	\$10,000	Primary benefits; \$2,500 of this limit is available to pay U.S. or Canadian providers
Disability Income Benefit <i>(no benefit if under age 12 or over age 70)</i>	\$1,000/month \$500/month \$250/month	First 100 Months — Accident Months 101–200 — Accident 50 Months — Sickness (after 3 month waiting period)
Assistance Service	Included	Available 24/7/365 for assistance with worldwide medical emergencies; provided by Intana Global™
Emergency Medical Evacuation	\$100,000	Coordinated by Intana Global™; will bring participant back to their home country (including US) if necessary
Crisis Management Service*	Included	Available 24/7/365 for assistance with worldwide non-medical emergencies; provided by World Aware
Security Evacuation*	\$100,000	Coordinated by World Aware; for evacuation due to crime, civil unrest, natural disasters, kidnap/hostage
Family Coordination and 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 <i>\$100 deductible</i>	\$2,500	“Door to door” replacement cost benefit includes checked baggage; higher limits available upon request
General Liability	\$1,000,000	Worldwide jurisdiction; includes benefit for injury to a volunteer; covers volunteer and sending organization
Crisis Triage	Included	Available 24/7/365 for guidance and support through difficult situations; provided by Concilium
Telemedicine	Included	Provides fast and convenient care for your medical needs with no consultation fee or copay; available 24/7/365
PARTICIPATION FEE	\$3.75 per person per day	

OPTIONAL BENEFIT	LIMIT	COMMENTS***
Excess Medical Expenses – Optional <i>Preexisting conditions are Excluded.</i>	\$40,000	For those age 12-59 at an additional \$0.49 per diem
<i>Includes an additional \$50,000 Emergency Medical Evacuation limit.</i>	\$90,000	For those age 12-59 at an additional \$0.69 per diem
Excess Medical Expenses – Optional <i>Preexisting conditions are Excluded.</i>	\$40,000	For those age 60-65 at an additional \$1.40 per diem
<i>Does NOT include an additional Emergency Medical Evacuation limit.</i>	\$40,000	For those age 66-70 at an additional \$3.05 per diem



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Recommended Reading and Viewing List

Articles

- "How Surgery Can Fight Global Poverty." <https://www.nytimes.com/2015/09/26/opinion/how-surgery-can-fight-global-poverty.html?r=0>
- "Global Surgery 2030: Report Overview."
- http://docs.wixstatic.com/ugd/346076_713dd3f8bb594739810d84c1928ef61a.pdf "Global Surgery 2030: Investing in Surgical and Anaesthesia Care."
- http://docs.wixstatic.com/ugd/346076_23b4c3a24c594888a8f0e077195dc5d8.pdf
- "Ethical Obligations Regarding Short-Term Global Health Clinical Experiences: An American College of Physicians Position Paper."
- <http://annals.org/aim/fu11a/article/2676739/ethical-obligations-regarding-short-term-global-health-clinical-experiences-america>
- "Common Assumptions Underlying Volunteer Travel." <https://www.altoglobalconsulting.com/altoblog/2018/8/22/common-assumptions-underlying-volunteer-travel>
- "A Volunteer's Charter." <http://learningservice.info/library/wp-content/uploads/2015/09/Volunteer-Charter.pdf>

Books

- *Mountains Beyond Mountains* by Tracy Kidder. Traces the life of physician and anthropologist Paul Farmer with particular focus on his work fighting tuberculosis in Haiti, Russia, and Peru.
- *Learning Service: The essential guide to volunteering abroad* by Claire Bennett, Daniela Papi-Thornton, Joseph Collins, Zahara Heckscher. Invites volunteers to learn from host communities before trying to help.
- *Don't Be Afraid, Gringo* by Elvia Alvarado. The history of a Honduran woman in the 1980s who advocates for national land reform in Honduras.
- *Working Hard, Drinking Hard: On Violence and Survival in Honduras* by Adeienne Pine
- *Banana Cultures: Agriculture, Consumption, and Environmental Change in Honduras and the United States* by John Sulori
- *Open Veins of Latin America* by Eduardo Galeano. Explores the historical context of current issues in Latin America.

Videos

- *One World Surgery Videos* <https://oneworldsurgery.org/category/videos/>
- *Surgery in Developing Countries* <http://learningservice.info/library/wp-content/uploads/2015/09/Volunteer-Charter.pdf>
- *A Cautionary Tale* <https://vimeo.com/126307760>



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Useful Spanish Words and Phrases

On the Ranch

Spanish	Pronunciation Key <i>stress on bolded syllable</i>	English
Buenos días	Buey -nos dee -as	Good morning
Buenas tardes	Buey -nas tar -days	Good afternoon
Buenas noches	Buey -nas no -chase	Good evening
Gracias	Grah -see-us	Thank you
Por favor	Poor fah- vor	Please
De nada	Day nah -duh	You're welcome
Hogar	Oh- gar	Home
Pequeño	Peh- cain -yo	Little one (child who grows up on the ranch)
Niño	Neen -yo	Child
Tío	Tee -oh	Uncle (male caregiver on the ranch)
Tía	Tee -ah	Aunt (female caregiver on the ranch)
¿Cómo está? ¿Cómo estás?	Co -mo es- ta Co -mo es- tas	How are you? <i>Formal</i> How are you? <i>Informal, to use with a child</i>
¿Cuántos años tienes?	Quan -tos ahn -yos tee- en -ehs	How old are you?
¿Cómo se llama? ¿Cómo te llamas?	Co -mo say ya -ma Co -mo tay ya -mas	What's your name? <i>formal</i> What's your name? <i>informal, to use with a child</i>
Me llamo...	May yamo ...	My name is...
¿Quieres jugar?	Key -air-ehs who- gar	Do you want to play?
¿Estás bien?	Eh- stahs bee- en	Are you ok?
Agua	Ah -gwa	Water
Comida	Co -me-duh	Food

In the Surgery Center

El quirófano	El key- row -fah-no	The surgery center
La cirugía	La sear-oo- he -uh	surgery
La operación	La oh-pear-ah-see- own	operation
La operación ha terminado y todo salió bien.	La oh-pear-ah-see- own ah tair-me- na -dough ee toe -dough sal-ee- oh bee- en	The operation has finished, and everything went well.
¿Tiene hambre?	Tee- en -eh ahm -bray	Are you hungry?
¿Quiere algo de comer?	Key- air -eh ahl -go day co- mair	Do you want something to eat?
¿Tiene sed?	Tee- en -eh said	Are you thirsty?



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¿Quiere algo de tomar?	Key- air -eh ahl -go day toe- mar	Do you want something to drink?
¿Tiene frío?	Tee- en -eh free -oh	Are you cold?
¿Quiere una cobija?	Key- air -eh oo -na co- bee -ha	Do you want a blanket?
¿Quiere una almohada?	Key- air -eh oo -na ahl- moa -da	Do you want a pillow?
¿Tiene dolor?	Tee- en -eh dough- lore	Are you in pain?
¿Dónde le duele?	Doughn -day lay dwell -eh	Where does it hurt?
¿Está mareado(a)?	Eh- sta mar-eh- ah -dough *to <i>male</i> Eh- sta mar-eh- ah -da *to <i>female</i>	Are you dizzy?
¿Tiene náusea?	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 listo(a) para regresar a la casa?	Say see- en -tay lees-toe pa - da ray-gray-sar ah la ca -sa *to <i>male</i> Say see- en -tay lees-ta pa -da ray-gray-sar ah la ca -sa *to <i>female</i>	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... los pies las manos los brazos la cabeza a la derecha a la izquierda	Muey -vay los pee -ehs las ma -nos los bra -sos la ca- bay -sa a la deh- ray -cha a la ease-key- air -da	Move... your feet your hands your arms your head To the right To the left
Abre los ojos.	Ah -bray los oh-hose	Open your eyes.
Abre la boca.	Ah -bray la bow -ca	Open your mouth.
Respire profundamente.	Reh -spear-eh pro- foon -da- men-tay	Breathe deeply.