



Service. Healing. Transformation.

Medical Missions Informational Packet *Honduras*

medicalmissions@oneworldsurgery.org
1-847-607-1095



Service. Healing. Transformation.

Table of Contents

<i>History and Background of One World Surgery</i>	3
<i>Our Work</i>	4
<i>Honduras Background</i>	5
<i>Before the Mission</i>	7
<i>Due Dates</i>	7
<i>Passports</i>	7
<i>Visas</i>	8
<i>Minor Travel Requirements</i>	8
<i>Flights and Travel Policies</i>	8
<i>Program Costs</i>	9
<i>Scholarships & Fundraising for Program Fees and/or Flight Costs</i>	10
<i>Late Cancellation Policy</i>	10
<i>Refund Policy</i>	11
<i>Purchase Protection</i>	11
<i>Rescheduled and Cancelled Missions Policy</i>	11
<i>Immunizations and Health</i>	11
<i>Attending a Medical Mission as a Family</i>	12
<i>Travel Day</i>	12
<i>Travel Delays or Cancellations</i>	13
<i>Arriving at the Comayagua Airport</i>	13
<i>During the Mission</i>	14
<i>NPH Policies</i>	15
<i>Safety</i>	15
<i>Accommodations</i>	17
<i>Meals</i>	18
<i>Alcohol & Smoking Policy</i>	18
<i>Typical Medical Mission Schedule</i>	19
<i>Surgery Center Experience</i>	19
<i>Observation Policy</i>	19
<i>One World Surgery Media Policy</i>	20
<i>NPH Media Policies</i>	21
<i>Code of Conduct</i>	22
<i>Donations</i>	23
<i>Recommended Packing List</i>	24
<i>Weather</i>	24
<i>Travel Back Home</i>	25
<i>Additional Information</i>	26
<i>Permission to Travel in a Foreign Country (Volunteers under 21 years old)</i>	27
<i>Recommended Reading and Viewing List</i>	28
<i>Useful Spanish Words and Phrases</i>	29
<i>References</i>	31

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 children’s home in Honduras for orphaned, abandoned, and disadvantaged



Service. Healing. Transformation.

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. However, the only facility available was a traveling operating room made from a converted semi-truck trailer 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, family, friends, and Summit, 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, former CEO of Surgical Care Affiliates (SCA) Health, 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 Health, and their many friends necessitated the development of a new, unified nonprofit to serve more patients, streamline logistics, and generate a more significant 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 Honduras and the Dominican Republic, providing education, primary care, and surgical care across 8 surgical specialties. The Dalys, Hayeks, and Koehlers are the founding families of One World Surgery.



Service. Healing. Transformation.

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 three operating rooms, one procedure room, 14 consult of which 6 are overnight bays, two private consult rooms, a physical therapy space, and dental and eye clinics. Dr. Merlin Antunez, an orthopedic surgeon, is the full-time, on-site Medical Director.

One World Surgery also operates a second site in the Dominican Republic. This site includes an ambulatory surgery center with four operating rooms (3 fully outfitted), a primary care clinic with twelve bays, one procedure room, and five private exam rooms. Dr. Joice Morillo, an orthopedic surgeon, is the full-time, on-site Medical Director.

Medical Missions

During weeklong medical mission trips in Honduras and the Dominican Republic, volunteers come together to perform life-changing surgeries and provide essential primary care. While our local staff leads the surgery center that serves patients on a daily basis, medical mission volunteers serve as catalysts to educate, expand our impact and provide an extension into specialty services. We host multiple medical missions per month in each country, with up to 60 volunteers per team.

Education

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 and primary care in Honduras and the Dominican Republic. In Honduras, we host fellowship programs in orthopedics and ophthalmology; provide scholarship funds for individuals pursuing careers in healthcare; and serve as a site for Honduran physicians, nurses, and microbiologists completing their social service rotation. Both countries also host training and educational events for staff and the broader local medical communities.



Service. Healing. Transformation.

Honduras Background

History and Context

Once a part of the Spanish empire, Honduras gained independence in 1821. Although the government has officially been elected by popular vote, it 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 has never entered a 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 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 2017 presidential election, in which Juan Orlando Hernandez was declared the winner, despite questions about the legitimacy of the results. His presidency ended in early 2022, and shortly thereafter, he was extradited to the US to face drug and weapons charges.

In January 2022, Xiomara Castro was elected the first female president of Honduras.

Overview of Honduras

- *Population:* 11,005,850 people (mid 2025 estimate)
- *Area:* 43,433 square miles (slightly larger than Tennessee)
- *Languages:* Spanish, Amerindian dialects
- *Religion:* Protestant 43%, Roman Catholic 36% (2025 est.)
- *Ethnic Groups:* Mestizo (Amerindian & European) 90%, Amerindian 7%, African descent 2%, White 1%
- *Climate:* subtropical in lowland; temperate in mountains
- *Currency:* Lempira; 1 USD= approx. 25.84 Lempiras¹

Healthcare

The health of the Honduran people is defined by widespread poverty, violence, political instability, and a lack of adequate social resources. The Honduran healthcare system is divided into the public and private sectors. The public sector includes the Ministry of Health and Social Security, and the private sector has both for-profit and non-profit institutions, available to only a small portion of the population based on employment status (full-time work) (Hodak & Nicholson, 2021). More than 88% of the population relies on the public sector for healthcare coverage. However,



Service. Healing. Transformation.

these public health services are almost entirely centralized in the country's two large city centers and receive very little funding (*Centers for Disease Control & Prevention, 2018; WHO Country Profile, 2018*). Little to no healthcare is accessible for rural individuals, which account for 45% of Honduras' population and the majority of Honduras' citizens live in poverty (*Centers for Disease Control & Prevention, 2018*).

Services available in public hospitals require payment in advance, including purchasing all the supplies needed 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 for 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 and only 46 percent of Honduran physicians are employed. Several of Honduras' eighteen departments have only two doctors per 10,000 people, with every department failing to meet the minimum World Health Organization standards of 25 physicians per 10,000 people. In addition, specialty training for providers is sparsely 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, sexual, and gender-based violence (*Centers for Disease Control & Prevention, 2018*). Additional healthcare challenges include a lack of large-scale sanitation systems, high risk of sexually transmitted and infectious diseases, poor school retention rates, lack of a health information system, and high maternal mortality rates (*Bermudez-Madriz, Saenz, Muiser, & Acosta, 2011; Centers for Disease Control & Prevention, 2018; Central Intelligence Agency, 2018; Sookhoo, 2014*).²

Before the Mission

You will receive email reminders beginning 4 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.** Please update your email to a non-yahoo address; the application system cannot send emails to yahoo email addresses.

Informational Call/Webinar

Details will be provided by email about a pre-trip informational call that is usually held about 4 weeks prior to the trip. We highly recommend attending the call or viewing the recording for first-time participants.



Service. Healing. Transformation.

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 which can be found via the apply page of our [website](#). Please do not submit items by email, fax, or mail.

Due Dates

- **12 weeks prior to trip:** Passport, medical license (must be valid for duration of mission), and medical diploma due for all providers (physicians, NPs, PAs, dentists)
- **5 weeks prior to trip:** Passport and flight itinerary due for all other volunteers. Clinical licenses are due for all other medical volunteers. Program fees and all other forms and waivers due for all volunteers

Passports

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

- **Passport must be valid for the duration of travel.** It is highly recommended to travel with a passport that has at least 6 months remaining validity (3 months' validity is required). For example, if you enter Honduras on January 6, 2026, your passport should be valid until at least July 6, 2026. **If your passport does not have at least 3 months of validity, 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 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

Under Honduran law, children under 21 who are 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. Upon departing Honduras at the end of the mission, **all children under 21** will be required to receive a special exit passport stamp. This can be found at a designated desk in the airport **BEFORE** proceeding to customs line. They must be accompanied by an adult aged 21 or over to receive the stamp.



Service. Healing. Transformation.

Flights and Travel Policies

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

Diversity Travel- Travel Management Company

One World Surgery partners with Diversity Travel, a travel management company, as an option for volunteers who would like support booking their flights. You are not required to book your flight through Diversity Travel. They are familiar with our travel policies and routes and also have 24/7 customer service available in the event of unforeseen travel issues. Diversity Travel charges a minimal booking fee. They have access to all airfares published by airlines. If you would like to use Diversity Travel to book your flights, please see the cost section on this [page](#) of our website.

Airport

Palmerola Air Base (XPL) in Comayagua, Honduras

***As of December 2021, the Toncontin International Airport (TGU) in Tegucigalpa, Honduras has closed to international flights, and the newly built Palmerola Air Base (XPL) in Comayagua, Honduras now services all international flights in the region. ***

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. **The official trip dates of your medical mission are the dates listed in your approval email** (some trips may end on a Friday or Saturday or start on a Sunday; please check your approval email)

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:** 11:00 am – 2:00 pm Honduras time
- **Depart from Honduras:** 12:00 pm – 3:00 pm Honduras time

Volunteers carrying donations/supplies MUST arrive before 2:00pm due to the time it can take for these items to clear customs (no exceptions)

Transportation

Volunteers are required to use One World Surgery's private transportation services which are provided only between One World Surgery's designated pick-up airport and the NPH ranch.

Alternate Travel Plans

The Palmerola airport is located approximately 2 hours from the OWS site. Transporting volunteers to/from an airport at this distance presents challenges for our vehicle and staffing resources. For these reasons, we approve very limited requests for arrivals/departures outside our typical travel windows. **Please request approval to arrive/depart outside of the travel window at least 30 days prior to your trip from the medical missions' team at medicalmissions@oneworldsurgery.org** We cannot guarantee transportation for alternative



Service. Healing. Transformation.

flight plans/travel dates that have not been preapproved. For safety reasons, One World Surgery will not provide transportation for flights that arrive/depart outside of daylight hours.

Volunteers will be asked to cover additional transportation costs for arriving or departing outside of the official travel dates and/or time windows. Please note that the transportation vendor we use currently charges between \$100-\$200 for a one-way trip. Transportation is paid directly to the vendor. They accept credit card and cash.

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.

Surgical Trip Program Costs

- First participant: \$1,000
- Family members (**includes spouses, children, and parents only**): \$500

Primary Care Trip Program Costs

Most primary care trips are sponsored by corporate or foundation partners and closed to the public. Please contact medicalmissions@oneworldsurgery.org if you would like to inquire about attending a primary care medical mission trip to Honduras.

Program fees include ground transportation in Honduras, emergency medical and evacuation insurance, food, and lodging for one week. A portion of the program fee covers the cost of patient 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).

Partners who have their program fees sponsored include SCA Health (excluding physicians), Optum, Summit Orthopedics, AAFP, ASCA, and Envision. This is done automatically.

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

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

**One World Surgery
c/o SCA Health
569 Brookwood Village #901
Birmingham, AL 35209**



Service. Healing. Transformation.

Scholarships & Fundraising for Program Fees and/or Flight Costs

Program fees help fund patient care, 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 fees 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. Please see details [here](#) on how to set up your Empowered fundraising page.

A number of other organizations and businesses provide scholarships to support volunteers with the expenses associated with attending a mission. Please see the fundraising and scholarships [page](#) of website for eligibility and application details.

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 start of the mission.** Any other method of notification (e.g. telling another volunteer) is not considered official notice.

Volunteers who do not provide notification at least 45 days prior to the start of the medical mission will be charged a \$250 late cancellation fee. Medical emergencies or other extenuating circumstances may be considered an exception to this policy.

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.

Rescheduled and Cancelled Missions Policy

The health and safety 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



Service. Healing. Transformation.

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

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 check that all other routine immunizations are current (e.g. tetanus). The area of Honduras where you will be travelling is not considered a malarial zone. Pharmacies usually provide immunizations at a lower cost than travel clinics.

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-infectiousdiseases/yellow-fever>

Recommended Medications

We advise bringing Antidiarrheal medication (like Imodium) or antibiotics (e.g. Zithromax or Cipro) 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 in Honduras if immediate medical attention is needed. Filtered water is available for drinking in visitor housing and the surgery center to prevent illness.

Zika Virus

While there has previously been Zika presence in Honduras, there are currently no known Zika virus outbreaks in the country. Many health authorities including the United States CDC (Center for Disease Control) and the World Health Organization advise women who are pregnant or actively trying to become pregnant to avoid travel to Zika-active areas.

Dengue

Dengue is a common mosquito-borne illness in Honduras. There is no vaccination to treat dengue, but over the counter medications like acetaminophen relieve most symptoms. Common symptoms include fever, nausea, rash, and aches/pains. One World Surgery takes precautions to prevent the breeding of mosquitos in and around our facility. You can prevent catching dengue by avoiding mosquito bites; use mosquito repellent with DEET, wear long pants/shirts, and do not leave doors/windows to bedrooms open.

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(ren).



Service. Healing. Transformation.

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 them for the entire duration of travel, including all domestic and international flights.
- Please see the “Minor Travel Requirements” section if you or your child are under 21 and **not** traveling with a parent or legal guardian.
- 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 non-clinical adult to accompany them.

Travel Day

Customs Declaration Form

Honduras requires all incoming visitors to submit the Customs Declaration form **immediately prior to going through customs in Honduras**. You will need your passport, flight details and address of stay (below) to complete this form. To complete the form, a QR code will be available at the airport as part of the customs process. To complete the form in advance, go to [this website up to 5 days prior to travel](#). Once all fields are complete, a confirmation page will be generated. You will need to print this page or have a copy available on your phone for the Honduran customs agents.

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. The link to join the WhatsApp group for your mission will be shared in the pre-trip call and will be emailed to you a few weeks before the mission. It is your responsibility to join the WhatsApp group. WhatsApp works when connected to Wi-Fi or data. The person you are texting/calling must also have WhatsApp. You may also consider contacting your cell phone carrier to set up international calling capabilities in case of an emergency. When not in use, keep your phone on airplane mode to prevent charges.

Travel Delays or Cancellations

If your flight is delayed and/or cancelled, communicate with our local team via the WhatsApp group to notify them of any changes in travel plans. Speak to the gate agent or call your airline to rebook your flights, if needed. If you booked your flights through Diversity Travel, call them at **703-721-7394** to rebook. We encourage you to still attend the mission, even if you will not arrive until the next day. **Do not rebook your flight to arrive after dark if other options are available**; it is better to arrive the following day during daylight hours due to safety concerns.

Luggage

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



Service. Healing. Transformation.

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

Arriving at the Comayagua Airport

1. The Customs Agents may ask you for more information about your visit. You can indicate that you are **traveling for pleasure/ tourism** and use the address below for your stay.
Nuestros Pequeños Hermanos
KM 36 Carretera Nueva Olancho
City: Tegucigalpa
Neighborhood: La Venta Nueva
Department: Francisco Morazan
2. Phone number: Use your phone number. After exiting the plane, proceed to the passport control line. The official will ask the purpose of your travel (pleasure/tourism) 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. Proceed through the airport; the agents may ask to scan your electronic customs form and put your handbags through a luggage scanner.
4. Proceed to the checked baggage carousel. Pick up your luggage.
 - a) Luggage handlers may offer to help carry your luggage. If you use their services, you will be responsible for providing a \$10-\$15 tip per family.
 - b) ***If your bag does not arrive, notify our local team via the WhatsApp group. Proceed to your airline's counter (before luggage scanners) to complete a lost luggage form.
5. Proceed through the area that ends with clear double doors that lead to the airport lobby. Officials may ask to see luggage receipts or inspect your luggage.
 - c) If the officials have follow-up questions about donations, a member of the One World Surgery team will be in the customs area to assist. You can also text the hospitality team in the WhatsApp group for assistance. Do not provide any documentation or pay any fees to customs agents; the OWS staff member will assist with this.
6. Proceed into the airport lobby. When you enter the airport lobby, look for the One World Surgery representative holding a One World Surgery sign/ wearing One World Surgery clothing.

If you can't find the One World Surgery representative, contact our local team via the WhatsApp group.

We recommend connecting to the internet in the Comayagua airport to let your loved ones know you have arrived as we will not arrive at the ranch for a few hours. The group will wait at the airport until all flights arrive. **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 2 hours).



Service. Healing. Transformation.

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 150 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. Around 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. One World Surgery is located on the NPH property and includes the Holy Family Surgery Center (HFSC) and Moscati Visitor Center.

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 missions 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 routine 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.

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** a member of One World Surgery's hospitality team.
- Please dress modestly, as cultural standards in Honduras are different than those in 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 children and do not wander away from the group.
- 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 children's homes while the children are showering and changing.

Safety

One World Surgery 's facilities are 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



Service. Healing. Transformation.

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. All visitors to the ranch must be approved by the guard at the main gate.

Upon arrival at the ranch, participants receive a safety orientation 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. A policy summary can be provided upon request.

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., firefighters, Red Cross) who can 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.

Smart Traveller Enrollment Program (STEP)

Volunteers are responsible for registering their time abroad with the U.S. Embassy in Honduras, through the Smart Traveller Enrollment Program [STEP](#) to receive security updates. This is recommended to ensure that volunteers receive the latest news, security updates of the country. Here is [step-by-step guide](#) to help you fill out the information required.

Emergency Medical and Evacuation Insurance

One World Surgery purchases emergency medical and evacuation insurance for all volunteers for the duration of the medical mission. Volunteers are personally responsible for any deductibles or coverage for travel outside of the medical mission. A policy summary can be provided upon request.

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 keep a copy on your person.
- Adhere to rules regarding appropriate dress codes and common courtesies to avoid drawing attention to yourself.



Service. Healing. Transformation.

- 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.
- 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 - will usually 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 that is ready to go and 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 phone and a flashlight.
- Volunteers under 13 must be accompanied by an adult at all times.
- You must return to the Moscati Center by 9:00 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.
- Please use seatbelts at all times, when available, and do not ride in the open rear compartment of any pick-up style vehicle.

Accommodations

The NPH home is out in the countryside amongst rolling hills at 3,500 feet elevation.

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 four single beds. Each room has a private toilet area and a private shower stall. Each volunteer is provided sheets, a pillow, and a towel (1 per week). Some volunteers elect to bring their own sheets, pillow, extra blankets, or towels for added comfort. Mattresses are firm and some volunteers elect to bring an extra sleeping pad. Toilet paper, hand soap, and hand towels are also provided. There is no air conditioning in the Moscati Center.



Service. Healing. Transformation.

We try to make room assignments according to roommate requests indicated on your online registration form. However, 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.

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 tap water or use it to brush your teeth.** Please pack clothing to last the entire week; laundry is not available in most cases. Daily power outages are frequent. **No adapters are necessary for your electronics;** outlets are the same as in the U.S.

Internet Access

Wi-fi is available at our facilities, but service can be spotty or go out. The ranch has a certain amount of daily bandwidth, and internet access is cut off when it is exhausted.

Meals

- **Breakfast:** We serve light breakfasts including fruit, cereal, pancakes, scrambled eggs, and toast. Grab and go items are available in the Moscati Center visitor kitchen and surgery center kitchen. Breakfast is delivered to the Surgery Center around 8:10 am.
- **Lunch:** Pasta, grilled meat, chicken stew, fajitas, or traditional Honduran lunch (e.g. pupusas). Lunch is delivered to the Surgery Center around 1 pm.
- **Dinner:** Hearty Honduran and Italian meals. Group dinner is in the Moscati Center around 6:30 pm.

If you have strict dietary restrictions, food allergies, or are a picky eater, bring food items to supplement what is provided. Typically, we can accommodate vegetarian, vegan, and gluten-free diets. Snacks are always available at the Moscati Center. Coffee and limited soda (Coke, Diet Coke, Sprite; enough for 1-2 cans per person per day) are provided.

Alcohol Policy

Volunteers are not permitted to bring alcohol to the NPH home. 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 or interact with any NPH children. This is an 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 departed.

One World Surgery strives to respect the culture and environment in which we work. 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



Service. Healing. Transformation.

dinner and 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 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 the Moscati Center will be pointed out during your housing orientation. Smoking is not permitted anywhere else on the property.

Clothing

Comfortable, broken-in walking shoes are a must! The days can be hot, so light clothing (shorts, slacks, cotton T-shirts, sandals and/or running shoes) is appropriate. Please dress modestly, as cultural standards in the Dominican Republic are different than those in the U.S., and the children copy the models they see. Please adhere to the following dress code when interacting with NPH children or patients:

- Shorts and skirts should reach near to the knee
- Straps on shirts must be at least 3 fingers wide
- Torn, transparent, very tight or revealing clothing is not allowed.
- Earrings and piercings are not allowed for men. For women, one earring per ear is acceptable.
- Piercings are permitted in the ear. Any facial piercings should be removed
- All tattoos should be covered when on the NPH property
- Visitors must remove visible face piercings and cover tattoos when around NPH children.
- Flip flops are not allowed at mass

Typical Medical Mission Schedule

Saturday

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

Sunday

- Surgery Center orientation
- Ranch tour

Surgery & Primary Care Days: Monday-Friday

- Surgery: Patients arrive at 5 AM. First cases begin close to 7 AM. Goal is for last patient to be out of OR by 4 pm. Honduran staff provides overnight care, if needed. Non-clinical



Service. Healing. Transformation.

volunteers rotate among surgery center and clinic jobs and ranch workstations throughout the week

- Dinner, speakers, and activities in the evenings

Saturday

- Depart for airport

Surgery Center and Clinic Experience

One World Surgery provides high-quality surgical and primary care adhering to best practice standards. 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. Patient safety and care are our number one priority. With the expansion of our education program and the addition of fellows and residents, education is a major focus during our missions. Surgeons should note that we will prioritize education over case volume.

Observation and Scrubbing Policies

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. Only 2 general volunteer observers are allowed per OR. For total joint cases, general volunteers will not be allowed to scrub into surgery unless they have previous medical experience, such as an MA or CNA, and should plan to stay in the room from draping to closure to prevent infections. Any exception must be approved by the Honduras Medical Director or Chief Medical Officer. Clinical volunteers in the OR are responsible for following best practice guidelines and keeping patient safety and dignity a priority. Please do not allow any volunteers to perform tasks outside their scope of practice. Please do not hesitate to speak up to the Medical Director, Director of Clinical Operations, or one of the Nurse Managers if you have a concern for patient safety or dignity to them. Volunteers who violate observation policies may be banned from the surgery center for the duration of the mission, sent home at their own expense, or prohibited from attending a future mission.

Media Policy

Capturing and sharing images from your medical mission must be approached thoughtfully to affirm the dignity and privacy of all those encountered. This is particularly important in vulnerable settings such as the surgery center and 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.



Service. Healing. Transformation.

- **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?
- **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

- 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.
- Other volunteers or staff members may be permitted to take photos in the operating room if the physician in the OR consents. Photos may be used for clinical or educational purposes and may be posted online if they adhere to the OWS media policy
- Capturing the following images in the operating room is prohibited:
 - o Bloody or graphic surgical photos (unless requested by a physician for clinical or educational purposes)
 - o Patient faces during surgery and when intubated and under anesthesia
 - o Patients with exposed genitals or breasts during surgery
 - o Images that show sterile technique unintentionally being broken
 - o 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 their guardian: Lobby, Pre-op, and Clinic/Overnight. Photo and video are only allowed in the Phase II Recovery Area when the patient is ready for discharge. Photo and video are not permitted 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 be unable 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 online or otherwise circulated.
- All images and accompanying captions posted online 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.



Service. Healing. Transformation.

- All visiting professional journalists, videographers, and photographers who intend to 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, including shoes. Photos of children in diapers, bathing suits, shirtless, or dirty 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.)
- Do not post any pictures with a child where their face is clearly visible on any social media platform.
- Any photos with a child's face clearly visible must be taken in a group of 3 or more.
- You must always have written consent from the children, parents, and guardians/tutors to take and use the photos.

Code of Conduct

Protecting our patients, staff, the NPH children, volunteers, and organizational values is one of One World Surgery's highest priorities. 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.



Service. Healing. Transformation.

- 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 circumvent these policies and procedures.
- follow all One World Surgery safety policies and take personal responsibility for their own safety during the mission.
- follow all policies related to attending medical missions as a family including bringing a non-clinical adult to supervise children under 13, taking personal responsibility for the safety of their children, and ensuring their children follow all general volunteer policies
- 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 you 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 45 days prior to the trip. **You will need to provide information to michael.fry@oneworldsurgery.org regarding all donations by 45 days prior to the trip. This includes donations of medical supplies, medications, or NPH children.**



Service. Healing. Transformation.

Bringing Medical Supplies to Honduras

- We transport many supplies through volunteers and ask that you help by carrying down supplies that will be sent to you. The Supply Chain Team will contact you by email a few weeks prior to the mission to confirm your ability to carry supplies and shipping address. if we need your assistance carrying supplies.
- One World Surgery cannot accept any expired medication or medical supplies, or those expiring within 9 months. This is in accordance with Honduras customs law. To ensure items can be used, One World Surgery requests the ability to approve all donations of goods. The Honduran government is extremely strict about medical supplies entering the country. All incoming supplies must obtain pre-approval at least **45 days before the travel date**. Contact michael.fry@oneworldsurgery.org to obtain pre-approval. Please do not bring items that have not been approved. Unapproved items can cause major delays and expensive fines at customs.
- If you plan to solicit any donations on behalf of One World Surgery from medical supply or equipment companies, please contact michael.fry@oneworldsurgery.org.
- **Never** attempt to transport donations of narcotics or alcohol

Total joints donations applications must be registered 120 days prior to the medical mission.

Donations for the NPH Children

- All donations must be transported as luggage. Common donations include sports equipment, hygiene products, school supplies, and clothing
- All donations for NPH Children should be included on the Product donation form and include Description, quantity, Unit of measure (e.g. box, piece, pack), expiration date (if applicable) and manufacturer. **You will need to provide information to michael.fry@oneworldsurgery.org regarding all donations by 45 days prior to the trip.**

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 local hospitality team who will distribute them to the children's caregivers.
- Give money to anyone at 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 is Honduras is slow and unreliable. Do not attempt to ship anything to Honduras.

General volunteer Donations to OWS during a mission



Service. Healing. Transformation.

If you are willing to contribute, we are setting up a donation box outside the Hospitality Office. At the end of the week, you may leave items such as:

- Medicine
- Clothes
- Shoes
- Bug spray
- Sunscreen
- Any other items you think might be useful

These donations will be organized and distributed fairly and transparently to where they are most needed, including:

- NPH children
- Future volunteers at Moscati
- Members of our staff
- Community outreach projects in surrounding areas

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**
- **If you have a sensitivity to gloves (latex), masks, or scrub (we use betadine, Sterillium, and avagard), please bring your own.**
- Reusable water bottle
- Reusable mug/coffee thermos
- Phone charger
- Hand sanitizer
- Pens (for use in surgery center or clinic, a full box per volunteer is recommended)
- Insect repellent with DEET and anti-itch cream
- Anti-diarrheal medication and antibiotics for traveler's diarrhea
- Sunscreen
- 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 (no shorts or tank tops)**
- **General volunteers:** at least 1 pair of pants and closed-toe shoes (required for some workstations)
- **For surgical missions:** 1 pair of closed-toe shoes to leave in the surgery center for the week. Also recommend OR staff bring own goggles and loupes.
- Rain gear (i.e., poncho, umbrella) and old shoes for rainy season



Service. Healing. Transformation.

- Sweatshirt/light jacket for January and February trips
- If desired: small fan, light blanket, hair dryer, or ear plugs

Packing Tips

- **Always carry your passport with 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 luggage does not contain prohibited items. See <https://www.tsa.gov/travel/security-screening/whatcanibring/all> for more information. The tips below are based on common luggage issues among past participants.
 - o Any balls (i.e., soccer balls, footballs) must be deflated.
 - o Other sports equipment (i.e., bats) must be packed in checked luggage.
 - o Do not carry any fresh foods (i.e., fruits) internationally.
 - o In your carry-on luggage, only liquids (including gels, creams, pastes, aerosols)
 - o 3.4 oz or less are allowed. All liquids must fit into a quart-sized Ziploc bag. Liquids over 3.4 oz (about 100.55 ml) must be in checked luggage.
- 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 the rainy season. December to May is the dry 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 Comayagua Airport

All volunteers are dropped off at the airport in the morning.

1. Proceed to your airline's counter to check in and check any luggage. You will receive an exit form (currently a digital QR code that directs you to [this page](#) - this link does not work outside of Honduras).
2. **If you are travelling with anyone under 21, accompany them to the "minor immigration" desk before checking in and proceeding to customs. They will ask a few questions and stamp the minor's passport.**
3. Complete the exit form (1 per family) and proceed to the customs line.
4. Show your exit form to the officer at the desk and proceed to 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.



Service. Healing. Transformation.

5. Proceed to the security desk. Show your passport and boarding pass.
6. 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 Comayagua 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 Comayagua, communicate with the local team via the WhatsApp group.**

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 mission's team at 1-847-607-1095 or medicalmissions@oneworldsurgery.org

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 cards. Do not bring travelers' checks; there is not an opportunity to cash them.



Service. Healing. Transformation.

Tips

Please do not give any tips to NPH or OWS staff. This can create issues. To ensure fairness, all tips for One World Surgery will go into a fund for team events and professional development, to benefit the entire OWS local team. Please give any contributions to the OWS Hospitality Manager to ensure funds are appropriately recorded and managed.

Social Media

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



Service. Healing. Transformation.

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

_____ from _____.

(name of chaperone)

_____ (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: _____



Service. Healing. Transformation.

Recommended Reading and Viewing List

Articles

- "How Surgery Can Fight Global Poverty"
 - o https://www.nytimes.com/2015/09/26/opinion/how-surgery-can-fight-global-poverty.html?_r=0
- "Global Surgery 2030: Report Overview"
 - o http://docs.wixstatic.com/ugd/346076_713dd3f8bb594739810d84c1928ef61a.pdf
- "Global Surgery 2030: Investing in Surgical and Anesthesia Care."
 - o http://docs.wixstatic.com/ugd/346076_23b4c3a24c594888a8f0e077195dc5d8.pdf
- "Ethical Obligations Regarding Short-Term Global Health Clinical Experiences: An American College of Physicians Position Paper"
 - o <https://www.acpjournals.org/doi/10.7326/M17-3361>

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 advocate for national land reform in Honduras.
- *Banana Cultures: Agriculture, Consumption, and Environmental Change in Honduras and the United States* by John Sulori
- *Open Veins of Latin America* by Eduardo Galleano. Explores the historical context of current issues in Latin America.
- "History and Culture of Honduras: The People, Independence, The Society, Ethnic Groups, and Politics" by Caleb Roberts

Videos/Podcasts

- *One World Surgery Videos* <https://oneworldsurgery.org/category/videos/>
- *A Cautionary Tale* <https://vimeo.com/126307760>
- TED Talk with Sherry Wren, "Global Surgery Matters"
<https://www.youtube.com/watch?v=oGJyE5ytqD0>
- TED Talk with Vanessa Kerry, "Global Healthcare Revolutionary"
<https://www.youtube.com/watch?v=5hYlgWfl0a4>
- Book by Carol Holtz, "Global Health Care: Issues and Policies"
- The Documentary Podcast, BBC World Service: "Rebuilding Hope in Honduras"



Service. Healing. Transformation.

Useful Spanish Words and Phrases

On the Ranch

Spanish	Pronunciation Key stress on bolded syllable	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 toedough sal-ee- oh bee- en	The operation has finished, and everything went well.
¿Tiene hambre?	Tee- en -eh ahm -bray	Are you hungry?



Service. Healing. Transformation.

¿Quiere algo de comer?	Key- air -eh ahl -go day comair	Do you want something to eat?
¿Tiene sed?	Tee- en -eh said	Are you thirsty?
¿Quiere algo de tomar?	Key- air -eh ahl -go day toemar	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 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 vome- tar	Do you feel like you are going to vomit?
¿Tiene dificultad para respirar?	Tee- en -eh dee-fi-cool- tod pada res-pee- rar	Are you having difficulty breathing?
¿Necesita ir al baño?	Neh-seh- see -ta ear ahl bahnyo	Do you need to go to the bathroom?
¿Se siente list(a) para regresar a la casa?	Say see- en -tay lees-toe pada 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... 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.



Service. Healing. Transformation.

Respire profundamente.	Reh-spear-eh pro-foon-damen-tay	Breathe deeply.
------------------------	--	-----------------

References

¹Honduras Stats

<https://www.britannica.com/facts/Honduras>

<https://www.cia.gov/the-world-factbook/countries/honduras/summaries>

²Healthcare System

Carmenate-Milian, L., Herrera-Ramos, A., Ramos-Caceres, D., Lagos- Ordonez, K., Lagos-Ordonez, T., & Somoza-Valladares, C. (2017). Situation of the health system in Honduras and the new proposed model. *Archives of Medicine*, 9(4). doi:10.21767/1989-5216.1000222

Centers of Disease Control & Prevention. (2018). Healthcare access and conditions in Guatemala, Honduras & El Salvador. Refugee Health Profiles. Retrieved from: www.cdc.gov/immigrantrefugeehealth/profiles/central-american/index.html

Central Intelligence Agency. (2020). Honduras. The World Factbook. Retrieved from: <https://www.cia.gov/the-world-factbook/countries/honduras>

Hodak, B.N., Nicholson, R.K. (2021). Health care disparities around the globe. *Mountaineer Undergraduate Research Review*, 6(1), 22-30.

Sookhoo, L. (2014). Challenging low health literacy in rural Honduras: The utilization of charlas (chats) for patient-centered care. *Global Social Welfare*, 1(4), 191-203. doi: 10.1007/s40609-0140017-6

World Health Organization. (2018). Honduras. Retrieved from: <http://www.who.int/countries/hnd/en/>