

Free the Oppressed / Jimmy Hughes Ministries Missionary Guide

Welcome to Honduras

Human Resources & Administration



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WELCOME TO HONDURAS

Free the Oppressed / Jimmy Hughes Ministries

Missionary:

Welcome!!

Thank you for responding to the call of God to serve in Honduras as a missionary with us and aid us in accomplishing our two-fold vision:

- To win the People and Children of Honduras for Christ *and*
- To engage in cross-cultural ministry that mobilizes the North American church and the individual believer for acts of love and service to the oppressed

We are located in a culture that may be different from yours. In some cases, we will be the same. You need to think why are you coming and are you coming to get or serve Christ. We are asking you to make a commitment and we will discuss this with you.

This packet is to help you understand the commitments associated with your trip and to help you be as prepared as you possibly can be when you arrive in Honduras. Thank you again for your partnership with us at Jimmy Hughes Ministries.

May Our God Bless You for Coming!

Larissa Recinos, Public Relations (Honduras)

Fundación Free the Oppressed

Jimmy Hughes Ministries Zambrano, Honduras

Honduras (cell): 011-504-3175-4352 / USA (305) 771-8447

Email: larissa.recinos@freetheoppressed.org

Learn more about our outreach at:

- **Free The Oppressed** at www.freetheoppressed.org

Also track us on Facebook and Twitter at:

- Facebook at: www.facebook.com/free4oppressed
- Facebook at: www.facebook.com/FTOmissions
- Twitter at: www.twitter.com/free4oppressed





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Free the Oppressed / Jimmy Hughes Ministries

Statement of Faith

WHO WE ARE

Free the Oppressed / Jimmy Hughes Ministries is located in Zambrano, Honduras (30km north of Tegucigalpa, Capital of Honduras). This mission is Christian (non-denominational) and established in 1996 by Reverend Jimmy Hughes and his wife Jessica Hughes to serve the people and children of Honduras.

- **Door of Hope (Rehab Center):** The very first ministry God gave Reverend Jimmy Hughes was to work with those who suffer from drug/ alcohol addiction, bulimia, anorexia, gambling, rebelliousness, etc.
- **Prince of Peace (Children's Home and Home for Pregnant Teens):** opened its doors in 2004 as the answer to the immense need Honduras has for the protection and restoration of abused and neglected children
- **Faith Academy School:** started this new school in Feb, 2012 for 1st through 12th grade.
- **Casa Santiago (Mission Teams):** provides a center for conferences and to host mission teams from the U.S.

OUR STATEMENT OF FAITH

FTO/JHM is a protestant, non-denominational, evangelical ministry. Our Honduran staff, our full-time missionaries, and our North American teams are comprised of people representing many denominational backgrounds. While there may be some doctrinal differences, we choose to lay those differences aside. What we will not compromise on are the essential truths of the Person and Work of Jesus Christ as revealed in Scripture. *We choose to unite around these truths that we unreservedly adhere to and ask everyone who comes to serve be respectful of them:*

- 1) WE BELIEVE in one God, eternally existing in three Persons: Father, Son, and Holy Spirit.
- 2) WE BELIEVE that Jesus Christ was conceived by the Holy Spirit, was born of the Virgin Mary, was true God and true man, existing in one person and was without sin. We believe in His representative and substitutionary sacrifice, His bodily resurrection, His ascension to the Heavenly Father, His present life as Lord of all, High Priest, and Advocate, and His imminent personal return in power and glory.
- 3) WE BELIEVE that the Holy Spirit indwells and gives life to believers, enables them to understand and apply the Scriptures, empowers them for godly living, and equips them for service and witness.
- 4) WE BELIEVE that the Scriptures of the Old and New Testaments are the inspired Word of God, without error in the original documents, fully trustworthy, and the final authority in all matters of faith and life in Christ Jesus.
- 5) WE BELIEVE that each member of the human race is fallen, sinful and lost, that the shed blood and the death, burial, and resurrection of Jesus Christ provides the only ground for forgiveness of sins and justification to all who receive Him by faith, and that only through regeneration by the Holy Spirit can they become children of God.
- 6) WE BELIEVE that the one, holy universal Church is the body of Christ, composed of all regenerate people. This redeemed community worships God and seeks to proclaim the Good News to all people.
- 7) WE BELIEVE in the imminent return of Jesus Christ, in the bodily resurrection of the just and the unjust, the everlasting blessedness of the saved, and the everlasting punishment of the lost.
- 8) WE BELIEVE in the baptism of the Holy Spirit with the evidence of tongues**

** *This is not a requirement of anyone coming to FTO/JHM to serve but the statements of 1-7 are requirements and are those we must unite around in our Christian faith! Most churches in Central America are charismatic and we express our faith through song and praising our God. We do ask that you be respectful of this in the local church and rejoice that Christ unites many of different denominations...to worship and serve Him.*



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The following provides a guide for you and a checklist for preparation...and what to expect:

A. Preparation

- **Physical Check-up:**

We suggest that you have a medical check-up, especially if there is any question about your general health or if you have been ill just prior to your trip. You may be working, walking and standing quite a bit so you need to be in good physical condition. *If you do suffer from medical conditions (including special dietary requirements) that could impact your time in Honduras, we request that you inform us in advance.*

- **Immunizations**



Immunizations are not required by the US government for travel to Honduras. However, you should insure that you have a current tetanus shot. Please check with your physician regarding his suggestions for immunizations. Additional information regarding immunizations may be found on the Center for Disease Control web site at www.cdc.gov. *Click on Traveler's Health.*

- **Our Website and Ministry Needs**

We encourage you to visit our website at www.freetheoppressed.org where you can familiarize yourselves with the ministry and latest developments. **We ask that you may want to consider reviewing our needs for school supplies, medical and other specific needs.** View our list at: http://www.freetheoppressed.org/uploads/List_of_Needs_of_Jimmy_Hughes_Ministries.pdf. When you come and you have space in your suit case...see if you can fill it with some of our needs. *Come and help us serve others in the people and children of Honduras!*

- **Donation Policy**

Free the Oppressed / Jimmy Hughes Ministries accepts donations for all areas of its ministry and will be used to minister to our children and families of Honduras or to those that have devoted their time to serving as missionaries on our staff.



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▪ Missionary's Insurance

INSURANCE: It is vitally important that you know of and inform us in advance of any particular medical conditions that may impact your time in Honduras (See Emergency Medical Information Form). Our mission cannot be held responsible for, or assist with, any medical costs incurred while in Honduras, including costs incurred up to the deductible in any International Medical Insurance plan. *We do not make a recommendation on any insurance company providing missionary insurance, but in order to give you an idea of what to look at here are some insurance sites you may want to explore:*

- ✓ www.missionaryhealth.net, (You can also contact Mr. Adam Bates, Vice President at (800) 647-4589 or (480) 821-9052 / adam@missionaryhealth.net / www.missionaryhealth.net)
- ✓ Mission Trip Insurance Com: www.missiontripinsurance.com
- ✓ Good Neighbor Insurance: <http://www.gninsurance.com/team3.asp>
- ✓ Honduras has local medical insurance options you may also want to explore

You may also want to check into the airline insurance that covers not only loss luggage or flight cancellations or cancellation due to a loss of a job, but also some medical costs. This is usually provided through: **Access America** at www.accessamerica.com

B. Missionary Forms (4)



The following forms are required ONLY if you are working in or through our ministry and must be provided at least 2 weeks prior to your arrival here:

1. **Liability Release Form**: We must have a signed **Liability Release Form** for each trip participant coming to Honduras. This "releases" the ministry from any liability.
2. **Personal Conduct Commitment**: Each Missionary is required to read and sign the **Personal Conduct Commitment**, which outlines important policies of our ministry.
3. **Emergency Medical Information Form**: This form will assist both you and us in handling any health situation that might arise during travel or your stay here in Honduras.
4. **Missionary Information**: We need information on each missionary including at least the following: passport name, nick name, passport # and emergency contact. Please send a copy of this information to Larissa Recinos, Public Relations (Honduras) at larissa.recinos@freetheoppressed.org. Please send at least two weeks prior to arrival.

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C. Official Documents - You Need to Bring to Honduras

- **Passport**: A current passport is essential to enter Honduras. Every person traveling to Honduras must make sure that his/her passport is valid for at least six months from the date of their return flight back to the U.S. If they do expire prior to the Six months after returning, they must renew their passport prior to departing from the US. Also each passport must not be damaged in any way, if so they will be refused entrance to the secure areas of the airport by TSA.

COPIES OF PASSPORTS: each missionary should bring a color copy of their passport, one to keep on them at all times and one to keep in our files in the administration offices.



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Visas

Visas ARE NOT required for any American citizen coming to Honduras for 90 days or less. (*Non-US citizens must check with the Honduran consulate prior to the trip!*) There is, however, a fine for anyone who stays in the country illegally after 90 days. Previous to your departure, contact any of the Honduran Consulates in the USA (<http://www.hondurasemb.org>) to get information about how to legally stay in the country after 90 days. *The ministry will not be held responsible for any fines you may have to pay at the airport if you stay for more than 90 days without a permit.* Here are phone numbers for the main three Consulates: Houston: 713-622-4572 . Chicago: 312-951-6382 . New Orleans: 504-522-3118

***If you're interested in processing a residency card that would allow you to legally stay in the country for up to 5 years contact the **Honduran Fellowship of Missionaries and Ministries** for more information on how to become a member and how membership benefits include help with getting this card. Visit www.honduranfellowship.org/ or contact Pastor John Mattica, President of the HFMM at honduranfellowship@gmail.com

You will also need to pay \$40 for airport taxes on the day you leave.

D. Other Important Matters

- **While You Are At the Mission:** please note and observe the following:
 - ✓ **Children Love Attention – But Be Cautious:** remember the children here have been through a very rough life and may not have a mom or dad. They may or may not reach out to you. Watch their eyes and mannerisms. If they want to be hugged, hug them! If they back off, tell them it is o.k. TREAT ALL CHILDREN THE SAME, IF YOU GIVE A HUG TO ONE, HUG THEM ALL. If you would like to give them any treats make sure to check with the staff first!
 - ✓ **Adults in Rehab:** this applies mainly to the opposite sex. Do not hug or give signs of emotions to another person of the opposite sex. Remember, they are in rehab due to an addiction. All who have been under some sort of addiction need to focus on getting better. DO NOT GIVE THE WRONG IMPRESSION. This is just the way it is, and we need you to respect that.
- **Trip Cancellation Policy and Refund Policy:** Our cancellation policy has been that missionaries are responsible for any change fees, utilization penalties, fare increases, airline non-refundable deposits.
- **Travel Arrangements:** The airlines that fly into Tegucigalpa (TGU) are Delta, United, COPA, American or AVIANCA. *NOTE: let us know the date and time of your arrival so we can pick you up at the airport.*
- **Youth:** all between the age of 16-18 or those still living at home must obtain parental approval.
- **Communications:** The ministry owns only cell phone lines due to poor land line service and we can let missionaries receive calls from abroad on them during the evening or weekends. If you bring your own cell phone, you may consider purchasing a local prepaid calling card to use in their cell phone to call the US for a rate of \$0.12 per minute. (Please check if you cell phone is unlocked or "jail broken" to use SIM cards from other companies. Unlocking a cell phone in Honduras may cost from \$15 to \$75 depending on the brand of your phone.) You will have limited access to wireless high speed internet service once a day for about an hour, but you can purchase an internet service locally if you prefer.



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E. Packing and Luggage

- **Checked Luggage:** Check with your airlines on baggage restrictions on weight and size (all have different policies for checked baggage and carry-ons.

NOTE: we are assisting you with airport pickup, please identify your luggage with a **same color ribbon**. This will help us and you to identify your luggage...it is a small airport...but can be a very busy airport!

- **Carry-on Luggage:**

The weight limitations, size restrictions, and number of pieces of carry-on luggage vary on the different airlines. Make sure you understand your airline's policies before arriving at the airport. American Airlines for instance does not allow trunks to be checked luggage.

Note: Baggage can be delayed several days, so it is very important for you to pack some of your clothes and toiletries in your carry-on luggage.

The Transportation Security Administration (TSA) has revised its list of banned carry-on items. You can view the list at: <http://www.tsa.gov/traveler-information/prohibited-items>

- **What to Pack**

- ✓ Each person should bring enough clothing for at least one week without having to do laundry because you'll be allowed to wash clothes only once a week (two loads). You will be responsible for buying your own detergent. You will dry your clothes on a clothes line in sunny days, if the day you wash is raining, you will be able to dry two loads for \$5 each.
- ✓ See the attached **Packing List** (on page 11) for suggestions of individual items to bring.
- ✓ **Bring a small amount of cash to exchange once you get to the Tegucigalpa airport (we suggest \$100); you will need if you want to purchase anything in Zambrano** (it is a small town with no banks or ATM's and stores don't take credit cards.) Master Card and Visa debit and credit cards are accepted in most shops in the city of Tegucigalpa and you could withdraw some more money in later visits to the city.
- ✓ What **Not** to Bring: Expensive jewelry and watches or anything of value that could be a stolen or damaged. The mission cannot be responsible for these items.

F. Arriving In Honduras



Airport Procedure: Flying overseas can be daunting if you haven't had the experience before. Here are some broad guidelines:

- At arrival at the airport in Tegucigalpa you will be asked to disembark, taking all your personal belongings with you.
- You will have to make a line at immigration, have your passport ready. They could ask questions as the purpose of your trip and length of stay. They will staple a yellow piece of paper to your passport; this is your 90 day visa, make sure not to lose it.
- You will retrieve your luggage from a conveyor belt; if your luggage is missing approach an airline representative who should be inside the luggage claim area; they all speak English.
- Last step, going through customs; just walk towards the door where you will have to pass your bags through the X-ray machine. It is very important to always fill out arrival documentation and customs forms



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before you get off the plane (the flight attendant will offer it to you prior landing). Fill it 100% accurately. If you are unsure, be safe and declare it.

- Once you go through customs you will exit unto the airport lobby where someone from our staff will be waiting for you.
 - **Baggage Identification**
 - ✓ **Identify Baggage:** You may choose to place identifying tags on all bags. Please specify “Ministerios Jimmy Hughes” on the tag for easy identification. Let us know what the identifier will be before you arrive and our staff may be able to gather some of your bags before you clear Immigration.
 - ✓ **Claim Tickets:** You should verify your baggage claim tickets on the airplane during the last leg of your flight into Tegucigalpa. *Make sure you have your claim tickets, airline ticket, passport and forms ready for customs and baggage claim.*
 - ✓ **Immigration and Customs Forms:** When filing out immigration and customs forms on the plane before landing, use the following address, phone number and information:

Ministerios Jimmy Hughes,
Carretera principal al 1er Batallón de Artillería
Barrio Primavera, Zambrano, Francisco Morazán
Tel. 3175-4352, 2722-0213
 - ✓ **Missing Bags:** Notify us if you have a checked bag missing. If any of your luggage does not arrive on the flight with you, you must report it to the airline representative in the Baggage Claim area before going through Customs. Be certain to get the telephone number to call to check on its arrival and leave FTO/JHM’s telephone number (3175-4352) as your local contact. Ask for the time to call back to check on the arrival of the luggage.
 - ✓ **Exchange Money (Lempiras):** You typically will have the opportunity to exchange money at the airport, so have your dollars ready! One hundred dollars should be sufficient. Currently the exchange rate is usually 1:22 (\$1 for every 22 Lempiras), **but it changes every day**. You can check the current exchange rate of lempira per dollar at <https://www.bac.net/honduras/esp/banco/index.html> , scroll down to find rate next to “Honduras” at the left column.

G. While in Honduras

- **Staying Healthy/Hygiene**

Do not eat food that is not provided to you by the mission. Be cautious of drinking water out of taps. We will provide water at the mission site which we filter before we serve it. You may want to buy bottled water in town; liters go for \$0.60 each. When purchasing food from stores or restaurants, it is best to check with the staff first. Always wash fruit before you eat it.

- **Journal**

We encourage you to keep a journal of your activities and reflections on your experiences. The quiet hours of late night or early morning can be great times of prayer, bible study, and hearing from God.

- **Devotions**

It is important to find time to continue with your personal devotions. One of the most common traps the enemy lures us into is neglecting our private personal time with the Lord by making us believe that our service for the Lord is enough (however fervent or well intentioned our service may be).



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H. Out and About in Zambrano or Tegucigalpa

- **Vehicle Use**

You will not be driving in Honduras. You will depend upon transportation services provided by the mission. The ministry is willing not only to help you move around and about but to also teach you how to move around safely on your own so you can become more independent. With this said we ask you to understand that the ministry has set operational schedules in and that we will help you depending on the ministry's availability (i.e., someone can only accompany you if they are not working on their shores.) If you need to go to Tegucigalpa, the ministry will try its best to accommodate your trip within scheduled ministry trips to the city and someone will go and show you what you can do and not do in the city until you learn to move around by yourself. If that is not possible, the mission will let the missionary staff know of your desire for a ride into Tegucigalpa so that if any of them is going on their own time and vehicle they may come to an agreement with you to take you with them. In both cases in which a ministry vehicle is not scheduled to go into the city and one is offered to take you to Tegucigalpa, we will appreciate you pitching in to pay for gas for that vehicle.

- **Taking Photographs** 

Please feel free to take pictures at the mission, rehab, children and places of interest to you. ***But please do not post any of these pictures of the children and of those in rehab in any of the social media like Facebook, Twitter, Instagram, Pinterest, etc., due to confidentiality and privacy laws that protect both the children and those in rehab.***

- **Culture**

Today, approximately eight million people call Honduras home. Honduras is a democracy and one of the poorest countries in the Western Hemisphere, with areas of extreme poverty mixed in with areas of wealth and most of the comforts and services that are available to Americans. Hondurans are friendly and easy to smile. They are helpful & will go out their way to give you directions or help you change a flat tire. Sadly, due to the worldwide economic decline of the past years, poverty has extended its reach and impact, causing normal people to start committing petty thievery or to try to take advantage of others like never before. Sometimes, sadly, they may see an American as a source of dollars and might try to get some from you through a variety of means: from soliciting, to tricking or stealing. So be attentive and observant of people before you trust anyone with your valuables.

Other cultural differences you may encounter, especially within the poorer classes, is that women marry or live with a man very early in life due to unplanned pregnancies, sometimes as young as 14 or 15 years of age. Many young men and women do not finish high school and work low income jobs most of their lives. Also, due to the growth of drug trafficking in the area, a new phenomenon is being observed in which very young men and women carry lots of cash, own new vehicles and live well beyond their family's and peers' means. Many pretty young girls easily become what some call "mafia girlfriends", engaging in sexual relationships with criminals in exchange for money, clothes, and even cars and houses.

With this said, Hondurans are people of a great heart, very giving and generous, who will share with you from whatever they have, regardless of how little. They will invite you in for coffee and tortillas even if that is all they have for themselves. They are a God fearing people, even though most of the Honduran population is traditionally Catholic, more and more people are becoming true worshipers of God beyond the practice of any religion. As with many Latin American cultures, Hondurans are warm, family oriented, with men who love soccer and women who love their *novelas* (soap operas).

Hondurans love their children and wish the best for them, and one of the symbols of a good education



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is someone who was able to go to a bilingual school and learn English, so you may be surprised by someone speaking to you in your language. Hondurans are not a proud people and they respect and even admire people from other cultures, but you should very careful not to ever look down upon them or be condescending, for that could easily offend them.

While in the ministry though, you will be immersed in a “sub culture” of a mix of many nationalities, customs and traditions of many people who love only one God. Jimmy Hughes Ministries is composed of Americans, Guatemalans, Salvadorians and Hondurans, many of them bilingual, so get ready for an amazing experience.

- **Dress**

Because of the prevalence of poverty throughout Honduras, especially in rural areas, people will purchase or receive used clothing of any type and variety, often meticulously repairing the garments as needed. The impetus for purchasing or wearing clothing in Honduras is rarely for fashion, but more for practicality, such as protective yet cooling clothes that would be suitable for wearing while working in agricultural settings. Those who live and work in the higher social class in Honduras, who are business professionals, dress similarly to individuals throughout North America. It's not uncommon to see business suits, blazers and dresses, among others, all made from a variety of fabrics and in a variety of colors. Much of this clothing is imported from other countries. The type of work a person does also affects his shoes of choice. Men who work in labor fields often wear boots, while women more often wear beach sandals. Dress shoes are sometimes worn by those who work in business settings. Accessories are also a sign of status in Honduras. Men with money will often wear large gold necklaces. Though rare, some men, particularly farmers, wear guns set into their pants.

It is required that you dress conservatively on and off the mission site. Wear clothes that are appropriate for each occasion (you will learn by observation) and within that avoid wearing provocative clothes (short shorts, skirts or blouses for the ladies or tight fitting clothes for the men). One of the cultural differences in Honduras is that clothing is very much used to express sexual availability and so to avoid unwanted flirting, stares, whistles, and comments we suggest you avoid all dress and behavior that could be interpreted as suggestive.

- **Jewelry**

Bring jewelry to Honduras at your own discretion.

- **Shopping for Souvenirs**

There are shopping opportunities such as Valle de Angeles, a town known for its souvenir shops. Let us know if you are interested and we will try to get you there, but it will depend on vehicle availability. Often there is time for shopping at the airport on the way home as well. A variety of items are available including Honduran sport's jerseys, hammocks, clay products, woodcarvings and leather goods. Remember...Honduras is known for the coffee, you will have the chance to buy Jimmy Hughes Ministries' coffee!!

- **Weather**

Honduras has a tropical climate, and many days will be rather warm and humid. However, the mission is located in the mountains, so we will enjoy much cooler mornings and evenings than down in the city, so you will be glad that you brought that sweatshirt or light jacket. There is also no air conditioning.



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I. During Your Stay at Ministry

- **Conservation**

Please help us to conserve our water, which is in **limited supply**. Only one short shower per day. Please help us conserve electricity by turning off lights when leaving a room.

- **Daily Schedule**

It is important to follow the schedules and be on time for any activities.

- **Scheduling Changes**

Remember, "Blessed are the flexible, for they shall not be bent out of shape!" Circumstances may lead to changes in scheduled activities *at any time*. Also, things don't happen as fast paced as in the US here, so prepare yourself for a lot of "it will be ready tomorrow's" or even "next week's".

J. At Mission Site

- **Security and Safety**

Do not leave the Mission site except with other staff and asking about areas you can go to in Zambrano. This is for the safety of all.

- **No Smoking or Chewing Tobacco products** permitted on Mission ground or ministry sites at any time.

- **Accommodations**

Depending on the availability on your scheduled time of arrival, during your stay at the mission you may be roomed in one of the rehab center's dormitories with members of the same sex (\$150/month). Rooms have bunk beds and house between 8-12 people. Or you could stay in one of the Children's Home dormitories for the same fee. More private accommodations may be available for a larger fee but it will depend on availability. Each room has toilet and shower facilities. You may consider bringing ear plugs if the snoring of others bothers you. For pictures of what the rehab center and children's home look like go to <http://www.freetheoppressed.org/>

- **Meals**

All of your meals will be provided during your stay. You will experience mostly Honduran type food (beans, rice, vegetables, and some pasta) and some North American fare such as Pancakes.

- **Laundry & Cleaning**

We will provide areas for washing and drying your clothes, you will need to purchase detergent.



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Packing List for Honduras *(Page 1 of 4)*



- PASSPORT!!!!**
- Toothbrush/paste/floss
- Razor/shaving cream, etc.
- Sunscreen lotion (you could be out in the sun in the afternoons); sunburn remedy (if needed)
- Feminine hygiene items
- Towels
- Deodorant/shampoo/conditioner; comb/brush/hairspray/curling iron/hair dryer
- Eye drops if dust bothers you
- Anti-bacterial towelette packets or liquid antibacterial hand wash. We suggest you bring small ones (to put in your fanny pack).
- Soap for shower and hand washing at the rehab center.
- Items for contact lenses
- Personal medicines (consider vitamins, allergy tabs, anti-itch creams, aspirin, and diarrhea medicine)
NOTE: All prescription must be in their original containers.
- Small flashlight/extra batteries
- spending money (for souvenirs, gifts, snacks)
- Water bottles (if you want one on the plane, bring an empty one and fill it at the airport).
- Cheap watch
- Camera/memory card and photo batteries. These are expensive in Honduras. You can easily take 150 to 200 pictures or more. NOTE: Any LITHIUM batteries must be carried in you carry-on luggage and must be wrapped. If you check anything which uses lithium batteries; must be IN the item
- Insect repellent (just in case; usually mosquitos are not an issue but we are at the end of rainy season; we would suggest getting "OFF Deep Woods" with DEET! You will have to put this in your checked luggage)
- Bible /devotional book / Notebook for journal/pens
- Books to read
- Personal snacks (granola bars, nuts, trail mix, etc. to eat while you get accustomed to the local food, we will provide a small locker for dry food) Snacks and soft drinks are available at a small store at the mission site.



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PACKING CHECKLIST *(Page 2 of 4)*

- Sunglasses/eyeglasses if needed (extra pair may be helpful if they break)
- Emery boards or nail file/clippers, scissors (blunt edge only can be in carry-on). Clippers go in checked baggage.
- Pocket packs of tissues
- Laundry bag
- Disposable raincoats (We sometimes go for long walks and hikes on the mountain and we get caught in the rain)
- Jeans and knee length shorts at mission house only.
- Comfortable, cool t-shirts, (no tank tops or sleeveless shirts and blouses.)
- Long sleeve shirts or blouses to keep mosquitoes off.
- Shoes (2 pairs of gym type shoes for outside activities and outdoor work projects)
- Slippers, flip flops or sandals to wear around the house.
- PJ's (I suggest bringing a sweat suit set and an old comfortable t-shirt to wear). It can get quite cool at nights. If you like to stay up late, this outfit will be fine to wear into the living room.
- Sweat shirt
- Spring/fall jacket or sweater (warm hooded fleece jacket. I even wear it inside the house)
- Earplugs (people snore!)*
- Eye mask (sometimes lights are left on in the room or you want to go to bed early)*
- Baseball hat if desired (especially for outdoor activities, they are not allowed during Bible Studies)
- Neat outfit (nice slacks and Dockers are okay. Nice shirt or top. Dresses/skirts are not required) for church
- Backpack for day walks.
- Small alarm clock (if you want to get up early for some devotional time, the bell rings loud and clear at 5:30 AM very day)
- Pre-paid phone card for calling home
- Credit card (see below)



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PACKING CHECKLIST (Page 3 of 4)

NOTES:

- ✓ Pack concisely. Utilize corners for little items, socks, etc. This leaves more room for clothes or roll.
- ✓ Wear old clothes to work on projects
- ✓ If new shoes, break in before you go. Blisters are no fun!
- ✓ Pack **THREE** days' worth of clothes in your carry-on bag. Bags can get delayed or lost.
- ✓ Pack for at least a whole week. You will be able to wash or dry your clothes only once a week.
- ✓ ALL sharp metal objects, including non-disposable razors go in CHECKED BAGGAGE!!!
- ✓ Leave ALL expensive jewelry home including diamond studded bands and expensive watches. Be careful with expensive items (including cell phones, laptops or other electronics), as they could get lost or stolen.
- ✓ Sunday...we will go to church; dress is not necessary and jeans are acceptable.

MONEY:

CARRY CASH TO EXCHANGE ON ARRIVAL (UP TO \$100 IF DESIRED) AND CREDIT CARDS. SHOPS IN HONDURAS ACCEPT MASTERCARD, VISA, AMEX BUT NOT DISCOVER. The usual exchange rate is around 22 lempiras to the dollar **but it changes every day**. You will be able to exchange them at the airport if you want to. You will not be going to a bank. Some places accept our dollars but at a lower rate than the one on the market.

Do not leave money, credit cards or valuables in your room where someone could steal them when you are not there. ***We have a lock box to collect these items when you don't need them.***

Free the Oppressed /JHM's Missionary Program:

COSTS	ACTIVITY
\$20 a day	One to two weeks "come and see" visit to see the ministry and get acquainted with staff
\$400 a month	Two month internship training process where you will learn who we are as a mission and we will learn more about you and the gifts and talents God has given you and where best they may fit long term in the mission. <i>This only applies if you are coming as an intern (training on the job).</i>
\$150 a month	After internship training process, if all parties wish to extend your stay you may do so as long as you like at this fee for your food and housing. <i>If you come as a missionary who's already trained in a trade or profession, and you have been invited to come after going through the interview process, this also applies to you.</i>



Missionary Guide - Honduras

Missionary Guide

Missionary Conduct Form *(must be signed prior to coming to the mission)*

1. **Accountability**: To make this an enriching experience, it is imperative that you respect our staff, mission goals and each other. Each missionary will have a mentor who has been given responsibility and authority by a pastor. The mentor is responsible to insure ministry policies and directives are observed by all missionaries. In the extreme case that a missionary would refuse to follow critical mission policies and directives, we reserve the right to send him/her home at the expense of the individual or the sponsoring church.
2. **Gifts to Mission/Honduran Children**: Missionaries are often generous in their desire to give to the Honduran children. If you have a desire to leave a gift to a specific child or home, please speak with the Mission Host or Hostess for instructions on how to proceed. Monetary gifts or assistance to a children's home are possible. It is also our request that candy be avoided as gifts, as it serves to add to the dental problems the children already experience. The children are always blessed to receive pencils, stickers, construction paper and crayons. Please follow our mission staff instructions regarding giving gifts.
3. **Gifts to Honduran Staff** We are happy for our staff to receive any kind of support, helps, or even exchange email addresses or physical addresses during your stay or after your return, we only ask that you report it to the administration office. This policy is in place to help guard against the cultural complications that occur among the employees and between the employee and the mission when other sources of compensation are offered without full knowledge of the impact it has on the ministry and its staff.
4. **Gifts to people in rehab** any kind of support, helps, or even exchange email addresses or physical addresses during your stay or after your return are not allowed with people in rehab. If God places in your heart the desire to bless any person in the rehab center please talk to the pastors and submit to their decision for each particular case. Residents of the rehab program are not allowed to have any cash on them to decrease the chances of them leaving the program during moments of stress or pressure.
5. **Dress**: In order to remove barriers to ministry and to protect the reputation and privilege of Free the Oppressed / Jimmy Hughes Ministries to minister in Honduras please note and adhere to the following guidelines for dress. Slacks, long shorts or jeans are appropriate for men. No tank tops for men at any time except if they're using the gym. Long shorts or jeans are appropriate dress for women at the worksite. Women should not wear t-shirts which expose the navel. Please dress modestly at the mission, especially for meeting times.
6. **No Smoking or Drinking or drinking of alcoholic beverages**: No smoking or drinking of alcoholic beverages is allowed while on this outreach. We are asking this because you are representing our ministry, even on airplanes and at airports. Regardless of where you are in your walk with the Lord or what your feelings are about these practices, they are deeply offensive in the Christian culture here in Honduras. This practice could expose the mission to great risk of losing its reputation and effectiveness in working in the country.

Signature



Missionary Guide - Honduras

FORMS for each Missionary

Liability Release Form

Release of All Claims

In consideration for being accepted by Free the Oppressed /Jimmy Hughes Ministries for participation at our mission, I/we, being 21 years of age or older, on behalf of myself/ ourselves (on behalf of my/our child-participant if said child is not 21 years of age or older) do hereby release, forever discharge and agree to hold harmless Free the Oppressed /Jimmy Hughes Ministries and the directors thereof from any and all liability, claims or demands for personal injury, sickness or death, as well as property damage and expenses, of any nature whatsoever which may be incurred by me/us (my/our child participant) while I am (my/our child is) participating in the above described trip or activity.

Furthermore, I/we, on behalf of my/our child participant if under the age of 21 years, hereby assume all risk of personal injury, sickness, death, damage and expense as a result of participation in recreation and work activities involved therein.

Further, authorization and permission is hereby given to Free the Oppressed/Jimmy Hughes Ministries to furnish any necessary transportation, food and lodging for this participant.

The undersigned further hereby agree to hold harmless and indemnify said organization, its directors, employees and agents, for any liability sustained by said organization as the result of the negligent, willful or intentional acts of said participant, including expenses incurred attendant thereto.

(If a missionary has not attained the age of 21 years)

We are/I am the parent(s) or legal guardian(s) of this participant, and hereby grant our/my permission for him/her to participate fully in said trip, and hereby give our/my permission to take said participant to a doctor or hospital and hereby authorize medical treatment, including but not in limitation to emergency surgery or medical treatment, and we/I assume the responsibility of any and all medical bills. Further, should it be necessary for the participant to return home due to medical reasons, disciplinary action or otherwise, we/I hereby assume all transportation costs.

If participant is under 21 years of age, WE REQUIRED that you obtain both parents signature unless parents are separated or divorced, in which case the custodial parent must sign.

Type or print name of participant

Signature of participant Date

Participants Phone Number

Emergency Phone Number

Pastor's name & telephone

Hospital Insurance ____ Yes ____ No

Name of Insurance Company

Physician

Father Date

Mother Date

Legal Guardian Date

Parent/Guardian

Emergency Phone numbers

Physician's Phone

I have read the Jimmy Hughes Ministries Liability Release Form and understand the rules of conduct for participants and will abide by them as well as the directions of the leadership.



Missionary Guide - Honduras

Emergency Medical Information Form

It is recommended that you collect this information and have with you when you come to Honduras:

Name: _____
(Last) (First) (Middle Initial)

Gender: M F Age: _____ Birth Date: _____

Parent's Name (if under 21): _____

Parent's Phone: (_____) _____ Work: (_____) _____

HEALTH INFORMATION (To be completed by all missionaries):

Check the following boxes (If "Yes" please explain):

- Yes No Do you have any Drug Allergies? _____
- Yes No Do you have any Food Allergies? _____
- Yes No Do you have any Environmental Allergies? _____
- Yes No Have any allergic reaction required emergency room care? _____
- Yes No Do you have a Heart Condition? _____
- Yes No Do you have High Blood Pressure? _____
- Yes No Do you have any Respiratory Difficulties? _____
- Yes No Are you diabetic? Diet Controlled Oral medication Insulin
- Yes No Do you wear contact lenses? _____
- Yes No Have you had any serious illness or surgery within the past three years? If so, list with dates. _____
- Yes No Have you ever been treated for anxiety, nervousness, or stress related disorders? If "yes" please explain: _____

Are you subject to: (If "yes" please explain)

- Yes No Fainting? _____
- Yes No Sleep Walking? _____
- Yes No Frequent Upset Stomach? _____
- Yes No Do you have any condition that would prevent you from participating in any activities? _____

Please indicate **ANYTHING** else that the staff should know to help deal with any situation that might arise:

LIST ALL CURRENT MEDICATION, DOSAGE, AND WHAT IT IS BEING TAKEN FOR:

(Continue medications on the back if necessary)

PLEASE LIST ANY OTHER MEDICATIONS THAT YOU WILL BE TAKING TO HONDURAS

EMERGENCY CONTACT INFORMATION: MUST BE INCLUDED

Emergency contact: _____ Relationship: _____

Address: _____
(Street) (City) (State) (Zip)

Telephone: Home (_____) _____ Work (_____) _____



Missionary Guide - Honduras

What you need to do...upon re-entry into U.S. (provide at Customs)

Re-Entry Form – Back Into U.S.

This form will be provided to you by the airlines prior to arrival

U.S. Customs and Border Protection Welcomes You to the United States
 U.S. Customs and Border Protection is responsible for protecting the United States against the illegal importation of prohibited items. CBP officers have the authority to question you and to examine you and your personal property. If you are one of the travelers selected for an examination, you will be treated in a courteous, professional, and dignified manner. CBP Supervisors and Passenger Service Representatives are available to answer your questions. Comment cards are available to compliment or provide feedback.

Important Information
U.S. Residents — Declare all articles that you have acquired abroad and are bringing into the United States.
Visitors (Non-Residents) — Declare the value of all articles that will remain in the United States.
 Declare all articles on this declaration form and show the value in U.S. dollars, or gifts, please indicate the retail value.
Duty — CBP officers will determine duty. U.S. residents are normally entitled to a duty-free exemption of \$800 on items accompanying them. Visitors (non-residents) are normally entitled to an exemption of \$100. Duty will be assessed at the current rate on the first \$1,000 above the exemption.
Agricultural and Wildlife Products — To prevent the entry of dangerous agricultural pests and prohibited wildlife, the following are restricted: Fruits, vegetables, plants, plant products, soil, meat, meat products, birds, snails, and other live animals or animal products. Failure to declare such items to a Customs and Border Protection Officer/Customs and Border Protection Agriculture Specialist/Fish and Wildlife Inspector can result in penalties and the items may be subject to seizure.
 Controlled substances, obscene articles, and toxic substances are generally prohibited entry.


Thank You, and Welcome to the United States.

The transportation of currency or monetary instruments, regardless of the amount, is legal. However, if you bring in to or take out of the United States more than \$10,000 (U.S. or foreign equivalent, or a combination of both), you are required by law to file a report on FinCEN 105 (formerly Customs Form 4790) with U.S. Customs and Border Protection. Monetary instruments include coin, currency, travelers checks and bearer instruments such as personal or cashiers checks and stocks and bonds. If you have someone else carry the currency or monetary instrument for you, you must also file a report on FinCEN 105. Failure to file the required report or failure to report the total amount that you are carrying may lead to the seizure of all the currency or monetary instruments, and may subject you to civil penalties and/or criminal prosecution. SIGN ON THE OPPOSITE SIDE OF THIS FORM AFTER YOU HAVE READ THE IMPORTANT INFORMATION ABOVE AND MADE A TRUTHFUL DECLARATION.

Description of Articles	Value	CBP Use Only
Tourist Items (shirt, etc)	\$0.00	
Total	\$0.00	

WORK REDUCTION ACT NOTICE: The Paperwork Reduction Act requires that we justify the collection of this information, how we will use it, and whether you have to give it to us. The information collected on this form is needed to carry out the Customs, legislation, and currency laws of the United States. CBP requires the information on this form to insure that travelers are complying with these laws and to allow us to issue and collect the right amount of duty and tax. Your response is mandatory. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information, unless it displays a valid OMB control number. The estimated average burden associated with this collection of information is 4 minutes per respondent or record keeper depending on individual circumstances. Comments concerning the accuracy of this burden estimate and suggestions for reducing the burden should be directed to U.S. Customs and Border Protection, Paperwork Reduction Project (1651-0059), Washington, DC 20529, and to the Office of Management and Budget, Paperwork Reduction Project (1651-0059), Washington, DC 20503. THIS FORM MAY NOT BE REPRODUCED WITHOUT APPROVAL FROM THE CBP FORMS MANAGER.

CBP Form 6059B (10/07)



U.S. Customs and Border Protection

Customs Declaration

19 CFR 122.27, 148.12, 148.13, 148.110, 148.111, 148.11, 148.118, 31 CFR 5316

FORM APPROVED
OMB NO. 1651-0059

Each arriving traveler or responsible family member must provide the following information (only ONE written declaration per family is required):

- Family Name **LAST NAME**
 First (Given) **FIRST NAME** Middle **(ON PASSPORT)**
- Birth date Day **01** Month **08** Year **XX (LAST TWO #)**
- Number of Family members traveling with you **(NOT TEAM #)**
- (a) U.S. Street Address (hotel name/destination)
HOME ADDRESS
 (b) City **HOME CITY** (c) State **NC**
- Passport issued by (country) **USA**
- Passport number **PASSPORT #**
- Country of Residence **USA**
- Countries visited on this trip prior to U.S. arrival
HONDURAS
NORIE
- Airline/Flight No. or Vessel Name **DELTA #**
- The primary purpose of this trip is business: Yes No
- I am (We are) bringing:
 - (a) fruits, vegetables, plants, seeds, food, insects: Yes No
 - (b) meats, animals, animal/wildlife products: Yes No
 - (c) disease agents, cell cultures, snails: Yes No
 - (d) soil or have been on a farm/ranch/pasture: Yes No
- I have (We have) been in close proximity of (such as touching or handling) livestock: Yes No
- I am (We are) carrying currency or monetary instruments over \$10,000 U.S. or foreign equivalent: Yes No
 (see definition of monetary instruments on reverse)
- I have (We have) commercial merchandise: Yes No
 (articles for sale, samples used for soliciting orders, or goods that are not considered personal effects)
- Residents — the total value of all goods, including commercial merchandise I/we have purchased or acquired abroad, (including gifts for someone else, but not items mailed to the U.S.) and am/are bringing to the U.S. is: **\$ ESTIMATE**
 Visitors — the total value of all articles that will remain in the U.S., including commercial merchandise is: **\$ ESTIMATE**

Read the instructions on the back of this form. Space is provided to list all the items you must declare.

I HAVE READ THE IMPORTANT INFORMATION ON THE REVERSE SIDE OF THIS FORM AND HAVE MADE A TRUTHFUL DECLARATION.

X (Sign) _____ Date (day/month/year) _____

For Official Use Only

CBP Form 6059B (10/07)