



INTERNS & SHORT-TERM VOLUNTEERS HANDBOOK

MISSION PREDISAN, A CHRISTIAN MISSION FOUNDED IN 1986 IN CATACAMAS, OLANCHO, HONDURAS, PROVIDES PHYSICAL HEALING AND SPIRITUAL HOPE AT THIRTY SIX FACILITIES IN EASTERN HONDURAS.

WWW.PREDISAN.ORG

Foreword

If you find yourself leafing through this handbook, it is probably safe to assume that you are considering devoting or have decided to devote some of your time and energy to Mission Predisan. We are grateful that you have decided to join in our mission to improve spiritual and physical health in Honduras.

As you may already know, the process of uprooting oneself and traveling far from familiar territory can be difficult, physically and emotionally. It is important to realize that not knowing the language may result in some insecurity in Honduras and may limit some opportunities. But take heart — we have compiled a handbook of pertinent information and tips that will help you, we hope, solidify your goals with Mission Predisan, and open your heart to the process of mission work in a culture alien to your own.



“Christ has no body on earth but yours, no hands but yours, no feet but yours. Yours are the eyes through which Christ's compassion for the world is to look out; yours are the feet with which He is to go about doing good; and yours are the hands with which He is to bless us now.” ~ *Saint Teresa of Avila*

Table of Contents

- Code of Conduct 1
- Questions about Predisan and Honduras..... 2
- Predisan Contact Information..... 3
- Budgeting for your trip..... 4
- Travel Basics..... 5-7
 - Your Health..... 6
 - Survival Guide..... 6
 - Hints and Tips for your trip... 7
- How to Apply..... 8-9



A cultural perspective...

Christianity in Honduras emphasizes personal discipline with many guidelines for living a pure life.

In Honduras, both drinking alcohol and smoking – even in moderation – are behaviors that are not compatible with being a Christian. Yes, the Honduran perception of these acts really is strong and negative!

Predisan's Code of Conduct

Code of Conduct for Short-term Volunteers

The following Code of Conduct has been developed to assist in communicating some of the important values held by Predisan and the behaviors that are expected of volunteers that provide services to Predisan and our communities. As a Christian organization our vision is to see people experience wholeness: physical, spiritual, social, economic and environmental health according to God's redemptive plan.

National and foreign volunteers are required to adhere to the following Code of Conduct throughout their period of service. This Code of Conduct does not apply only to work hours but to the volunteer's time outside of work hours as well.

1. **Illegal drugs, alcohol, and tobacco.** Consumption of these products is not permitted. In addition to a significant safety risk for the individual volunteer, alcohol, drug, and tobacco consumption is contrary to Predisan's development goals.
2. **Inviting guests into your "home."** Please remember that you are a guest. If you would like to invite someone into the place where you are staying as a guest, you must first obtain permission from your host.
3. **Appropriate dress.** Volunteers are expected to show modesty and professionalism in their dress, using pants, skirts below the knee, and shirts that are not revealing. When relaxing after work, shorts may be used. Please ensure that images and phrases on T-shirts are appropriate to the values held by Predisan.
4. **Respect for religious practices and beliefs and cultural values.** During your time as a Predisan volunteer you may witness different types of religious and cultural practices. We ask that you show respect and ask questions if you are curious about certain practices.
5. **Intimate Relationships.** We applaud your desire to meet people from a different culture and hope you will develop valuable friendships during your stay in Honduras. On the other hand, for single volunteers, having intimate relations while serving as a volunteer for Predisan is not permitted. It is our hope that you will understand the perspective of Predisan in making choices in your relationships while serving with Predisan. Predisan's goals of holistic wellness for all of God's people are undermined by casual sexual relationships even if they are consensual.
6. **Safety and security.** Predisan takes many steps to ensure volunteers' safety during their time of service. These steps are outlined in our document "Security Policies for Visitors." In exchange, Predisan expects each individual volunteer to take precautionary measures as well. Drink only bottled water. Do not walk alone in Catacamas – go out in groups of 3 or 4. Do not go out after dark. Keep a copy of your passport in a safe place. Report injuries and illnesses to your supervisor. A more comprehensive list of tips is included in our Manual.

Questions about Predisan and Honduras

Where is Predisan?

Predisan operates 36 health facilities in Catacamas and Culmi, providing basic healthcare and specialist care to a population of about 150,000. Both counties are located on the eastern side of Honduras in the Department of Olancho. PREDISAN's facilities include; The Predisan Good Samaritan Medical Center, the CERPEA addiction treatment center, a birthing center and health clinic in Culmi, a referral center in Catacamas, and 32 rural health centers spread through the mountains of the two counties.

What does Predisan do?

Predisan seeks to show the love of Christ through loving people in three programs of outreach: The Healthy Communities Program, The Good Samaritan Clinic, and the Drug Rehabilitation Center of CERPEA. Each reaches out to a distinct population with specific services to meet health needs.



Where is Honduras?

Honduras is straight south of Mobile, Ala., in the heart of Central America. It is bordered by Guatemala, El Salvador and Nicaragua, and has a Caribbean coastline with three islands including Roatán.

How do I get there?

Visitors fly from Houston, Atlanta, or Miami to the capital city Tegucigalpa on United, Delta, or American airlines respectively. Predisan staff members meet visitors at the airport for a 4-hour drive east to Catacamas.

How long does it take to travel?

If you leave the U. S. in the morning, you will arrive in Tegucigalpa in the early afternoon, and arrive in Catacamas in the early evening or evening – in time for a great Honduran dinner.

What is the currency?

The currency of Honduras is the Lempira. About 22 Lempiras equal one U.S. dollar. Predisan staff members will help you change your dollars into Lempiras at the airport. As a group member, Predisan provides all your essential needs, but you may want to exchange a few dollars for snacks and souvenirs.

What's the weather?

Honduras has a tropical climate. The temperature ranges from the mid-70s to the mid-90s, depending on the altitude. The rainy season runs roughly from May to October, with the dry season from November to April. During the rainy season rain usually falls for an hour or more in the afternoon.

What is the time zone?

Honduras is in the Central Standard Time (CST) zone. It does not have daylight savings time so it is one hour behind CST in the summer.

Links to helpful information about Honduras

[The World Bank – Honduras Statistics & Data](#)

[U.S. State Department - Honduras](#)

[U.S. Embassy – Tegucigalpa, Honduras](#)

[CDC website for vaccinations](#)

[Let's Go Honduras](#)

[Wiki Travel – Honduras](#)

Predisan Contact Information

Make two copies of this page: take one and leave one with your family

WEB SITE: www.predisan.org
FACEBOOK: www.facebook.com/predisan

TO CONTACT PREDISAN IN THE UNITED STATES

Mailing address:

Predisan-USA, Inc.
Post Office Box 72618
Marietta, GA 30007

- Linda Trevathan, Board President: ltrevathan@predisan.org
- Karen Rhodes, P-USA Development Coordinator: krhodes@predisan.org 770.955.1512
- Lee Fletcher, Chief Development Officer: lfletcher@predisan.org

TO CONTACT PREDISAN IN CATACAMAS, HONDURAS

- Groupcoordinator@predisan.org; 504-2799-4027
- Dr. Amanda Madrid, Executive Director, amadrid@predisan.org
- Martha Rivera, Chief Operating Officer, mrivera@predisan.org
- Laura Harms, International Relations Director, lharms@predisan.org; 504-9990-2658

CATACAMAS HOTELS

Hotel Plaza Maria
504.2799.4837 or 504.2799.4832
www.taurushn.com/hotelplazamaria/
hotelplazamaria@gmail.com

Hotel Juan Carlos
504.2799.4212
hoteljuanc@yahoo.com



BUDGETING FOR YOUR TRIP

An important question when considering serving at Predisan is: "How much will it cost?"

Cost will vary slightly and the information provided here is an estimate. A final invoice will be sent to you one month before your trip date.

Fixed costs (paid one time only regardless of number of months you stay)

- \$200 Administration fee
- \$120 transportation fee to and from Tegucigalpa
- \$300 Teaching fee (only applies if you are completing an academic internship that needs supervision by a staff member with specific qualifications)

Monthly costs - approximate total per month: \$900

- \$600 Housing (this cost at times may be shared between two interns or reduced by seeking a homestay)
- \$300 Travel insurance (you may provide proof of insurance that covers overseas visits in lieu of payment)

Additional costs:

- Translation: \$20/\$36 per *day* for a translator; Predisan staff will determine whether you will need to pay a translator depending on your level of Spanish and internship duties
- Food: Breakfast is usually included with hotel stay and homestay include breakfast and dinner; lunch and dinner run from \$4-10 per meal.
- Taxis: about \$1 per trip within Catacamas

The exact amount will be invoiced and should be paid in advance by sending a check to:

Predisan-USA, Inc.

PO Box 72618

Marietta, GA 30007

OR submit a donation online at www.predisan.org for mission trips

If you need additional information please e-mail: accounting@predisan.org

Not included in this budget are personal expenses including:

- In-country excursion travel such as visits to Talgua Caves, Valley of Angels, Copan Ruins, Bay Islands.
- Meals in Tegucigalpa
- Souvenirs
- Snacks and outings

DONATIONS

Material donations to our work are needed and welcomed as they help us keep our cost of service to a minimum. **Prior to your trip, please send a detailed inventory of all donations including approximate values** so that we can send a letter to Honduran customs to facilitate your entry into the country. If possible, please include receipts of the donations so we can properly thank the donors.

RAISING FUNDS FOR YOUR TRIP

If you will be soliciting donations or contributions to help fund your trip, please contact the Predisan office at 770.955.1512 during the office hours of 8:30 a.m. – 4:30 p.m. EST to initiate that process.

[Encompass Cares](#) is an organization that funds short-term mission trips.

Travel Basics

Air Travel, Passport, Luggage Requirements

Tegucigalpa, the capital of Honduras, is the closest airline entry point for work in Olancho. The airlines available are American, United, Delta, TACA and Copa. As is typical, the earlier tickets are purchased, the more money you save. Airfare costs depend on the time of year of your trip and your departure location.

Three Important Items:

- Luggage is limited to ONE checked piece (50 lb. max) and one carry-on unless your group is paying for more bags with supplies. Label your luggage carefully so it can be easily identified at the airport.

***Some airlines will allow bags with humanitarian supplies without a fee. You will need to contact them at least 30 days in advance for permission.**

- Check the expiration date on your passport and renew it if necessary. **Your passport MUST be valid for six months after your entrance into Honduras.**
- If you do not have a passport, start the application process immediately. Make copies of your passport. Put one copy in your luggage separate from your passport. Many experienced travelers put a copy of the passport in each piece of their luggage.

What to Pack

It is easy to pack too much when you are traveling long distances. In short — pack light! There will be little time to wash clothes. Plan to bring necessities, but not a lot of extras.

Items for Everyone:

- Comfortable, cool clothing (pants or skirts for work, shorts for rest time)
- Scrubs (one set per day in medical settings)
- Stethoscope (may be in short supply)
- Blood pressure cuff (may be in short supply)
- Closed toed shoes
- Insect repellent – with DEET
- Flashlight and batteries
- Towel
- Hat for the sun
- Sunscreen and sunglasses
- Flip-flops (shower shoes)
- Personal hygiene items
- Personal medicines
- Money for personal use — cash (\$20 bills or smaller).
- Pocket knife (optional) pack in checked luggage
- Bathing suit with shorts for swimming
- One church outfit (ideally, a button-up shirt for men and a dress or skirt for ladies)
- Bible and journal
- Water bottle (available here)
- Work gloves
- Snacks (your choice!)

Items for Mountain Trips (Pillows, sheets and sleeping bags are now provided at CEDECO):

- Water bottle
- Comfortable walking shoes
- Light poncho or umbrella
- Hat for sun
- Flashlight and batteries
- Ear plugs (roosters and barking dogs)
- Hand sanitizer (pack in suitcase, not carry-on)
- Reading material
- More snacks 😊

Make sure you bring clothes that are appropriate for a conservative work environment and that show respect for Predisan's Christian testimony. **Please: no short shorts, no mini-skirts, no bare midriffs.**

YOUR HEALTH

The Web site of the CDC, the Centers for Disease Control and Prevention, provides details on medical issues throughout the world: <http://www.cdc.gov/travel/camerica.htm>

This page provides the most current information on medical preparation for Honduras:

<http://wwwnc.cdc.gov/travel/destinations/honduras.aspx>

Make sure you are up to date on your immunizations. No vaccinations are required to travel to Honduras, but some immunizations are suggested. Please see the CDC page for the current requirements and recommendations.

Your Team Leader should prepare a first aid kit.

MALARIA MEDICINE. Since contracting malaria is a possibility in Honduras, you may choose to take anti-malaria medicine. Predisan strongly recommends you begin taking malaria medicine before you arrive in Honduras. Medicine is taken before your trip and after your return to the United States. Some types of mental illness can be triggered or exacerbated by some anti-malarials. Consult your doctor for details.

Predisan Survival Guide

Logistics:

- Your passport. Make a photocopy of your passport and pack it separately from the original.
- Print Predisan Contact Information list – take a copy with you and leave one with your family.
- Do not bring things of value that you cannot replace.
- When leaving the airport you may be asked where you will be spending most of your time. The answer is “Catacamas, Olancho.” Customs officers do have the right to open your bags.
- Keep your baggage claim tickets until you have exited the airport terminal. The person at the door will match the number on your luggage to the number on your ticket jacket.
- A Predisan representative will be waiting for you when you exit the terminal. If this is not the case, contact one of the Predisan staff listed at the contact information list.
- Water systems are not purified. Drink only bottled water and drink often! Brush your teeth and rinse your toothbrush with bottled water. The tap water is not purified.
- Eat only food that is cooked and served hot or fruit from which you have removed the peel. NO Lettuce or cabbage which is particularly hard to clean, even if it washed in purified water.
- Use the waste can next to the toilet for toilet paper. Paper will clog the drainage system.
- Electricity runs on the same current in Honduras as the United States. Cell phones work with international plans, and electronics should work in the Catacamas area.
- Sickness or injury. Make sure to mention any injuries to one of the Predisan doctors or nurses. If you should become ill after your trip, it is very important to tell your doctor where you have traveled
- Do NOT go out at night. Don’t advertise that you are a tourist.
- Acceptable Dress. Wear clothes that are cool and modest. **Shorts are acceptable for recreational activities only. Avoid short shorts, halter tops or army fatigues in public places.**

Hints and Tips for Your Trip:

- When you go to another culture, you are the strange one, the one with a funny accent or strange language or weird clothes. Your respect and appreciation for people will be reciprocated to you.
- Smile! Be friendly and courteous. Your facial expressions and body language are being read and interpreted all the time.
- Don't assume that a Honduran can't understand what you say; some are fluent in English, even if they don't speak English to you.
- Enjoy cultural differences. Avoid judging and making negative comparisons. You have only one perspective. Look with the eyes of a child. Enjoy the new.
- Use Spanish phrases you know. Your effort to communicate in Spanish will be appreciated no matter how few words you can use.
- Time in Honduras does not have the same cultural value as in the U.S. Be flexible and you will avoid frustrations. Unexpected waiting times can be chances to connect with others!
- Avoid attitudes or actions that give the impression that you are here simply to "help out these poor people."
- Choose not to complain – about food, transportation, hotel accommodations, bugs, heat, etc.
- Gift giving is best done when some sort of relationship or interaction has been established. Please avoid giving candy to children. PREDISAN prefers to arrange for gift-giving in advance. Please let us know what you would like to bring and we'll find a good way to help you distribute it.
- Watch for cars and motorbikes – they won't slow down for you!
- Never leave cash, cameras or other valuable items unattended unless it is clear that your location is secure.
- Be discreet when exchanging currency in public or when making purchases.
- Animals. Don't try to pet the cats or dogs – most have been mistreated and may bite you. If you touch any animals, wash well.
- Photography. Whenever possible, ask permission before taking someone's picture.
- Wearing a hat and sunglasses and using plenty of sunscreen are good precautions against sunburn, even during the rainy season.
- Bugs. Bring insect spray with DEET, as the mosquitos can be fierce (and may carry Malaria, Zika and Dengue Fever).
- Please tell your team leader or other person if you are experiencing any problems or concerns.

How to Apply

Serving as an intern or a short-term volunteer with Predisan is an excellent opportunity to learn about missionary work both from a logistical and spiritual standpoint. If you serve at Predisan, you will create strong and long-lasting relationships with both the individuals you work with and with God, through the active spreading of the Gospel. Much will be expected from you during your time here whether you assist administratively, or help head group projects in the surrounding communities and clinics.

Here are the steps for applying to serve as an intern or short-term volunteer at Predisan:

- 1) **READ AND DECIDE.** Decide if you believe you are a good fit for Predisan's work by studying the Predisan Web site (www.predisan.org) and this manual, paying special attention to the "Predisan's Code of Conduct" above. A good working knowledge of Spanish is an important skill for Predisan workers, and weighs heavily into the selection process. Please take this into account.
- 2) **CONTACT US.** Contact Laura Harms, Director of International Relations, if you believe you are a good candidate, at lharms@predisan.org and express your interest. After an initial email or phone conversation, you will be sent the application materials.
- 3) **COMPLETE THE APPLICATION.** If you are a suitable candidate, you will be asked to complete the Intern and Short-Term Volunteer Application. We suggest you complete it as fully and candidly as possible. You will need to submit reference letters as described in the application.
- 4) **COMPLETE A WRITTEN STATEMENT.** Complete a statement, as described below.

Written Statement Instructions. It is important to realize that it is ultimately your decision to achieve what it is you set out to accomplish during your time at Predisan. Please use as many words as you feel necessary to tell us what, specifically, you hope to experience and accomplish. Please provide specific examples of projects you would be interested in working on, and mention skills that you possess that would help you be a positive addition to the Predisan family. This information will help us make a place for you within Predisan, and will help you make the most of your unique opportunity. Keep in mind that Predisan is a non-profit organization whose needs are diverse and constantly changing. Our greatest expectation from you is that you have an open heart and be flexible. You may encounter some potentially frustrating situations, but plan to do your best to do God's work through the actions of your hands, no matter how small the task.

- 5) **SUBMIT APPLICATION, WRITTEN STATEMENT AND REFERENCES.** Send these documents by e-mail to groupcoordinator@predisan.org. Your reference letters should be scanned and attached to the e-mail with the other materials.

6) **COMPLETE SKYPE INTERVIEW.** Our staff from Honduras will schedule a skype interview to discuss possible internship activities, housing, and to test your level of Spanish.

7) **SUBMIT SUPPORTING DOCUMENTS AND CREDENTIALS.** Once your completed e-mail application is received and processed the following forms must be signed, witnessed, scanned as PDF or JPEG documents, and emailed to groupcoordinator@predisan.org.

- Permission to Release Information form
- Medical Release and Liability Release (**Must also be notarized**)
- **A copy of your passport.**
- **If applicable: Your Professional Credentials** i.e. copies of diplomas, certificates, registrations,

state licensing documents, DEA certificates, board certification documents, hospital privileges documents, malpractice insurance documents — all scanned as PDF or JPEG documents. Please send any appropriate paperwork that indicates that you are experienced and certified competent to carry out the work you plan to do for Predisan.

•••

We will contact you as soon as possible to let you know if you've been accepted.

For Summer 2016, applications are due March 31, 2016.

We appreciate your interest in Predisan and in serving with us! We hope God will use you in His work in wonderful ways!



