



Sustainable Empowerment Leadership Foundation

Volunteer Packet

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SELF Photograph & Video Release Form

Code of Conduct

Liability Release Form

SELF Registration Form

What to expect on my trip?

The flight to Honduras

Your flight will arrive in Toncontín International Airport (TGU). Most flights arrive around 11am to 12pm. After disembarking the plane you will pass through Immigration. At immigration you will be given a 90 day tourist visa upon entry. For those holding a US or Canadian Passport, **NO PRIOR APPLICATION IS REQUIRED** to enter Honduras as all necessary steps are done upon arrival. Please note passports will need to be current as of 6 months after your expected departure date. After passing through immigration, you will retrieve your bags where they will pass through a brief security scan and you will pass to the main entrance of the airport. There someone from the SELF team will be waiting to pick you up from the airport. Please note that upon arrival the immigration and security process can take up to 1 hour. When asked at immigration for the contact and address

The road to Wil Sueño, the SELF Office

After loading all your bags, you will be transported to the SELF office located at Wil Sueño, a Senior Citizen Care Facility. We rent space for our brigades in order to help the seniors of our community and have a place big enough for our volunteers. The car ride will take about 1½ hours, but may vary a little depending on traffic. The road between the airport and Wil Sueño is bumpy and winds through the hills of Honduras. There you will see the beauty of Honduras, but *for those who get carsick very easily might want to take appropriate precautions.*

Arriving at Wil Sueño

Upon arrival you will be assigned a room and bed, and given some time to relax. Feel free to this time, or other free time during the brigade, to get to know the staff of SELF and our brigade team. As a part of our family, we want you to feel comfortable and at home while with us. Do not be afraid to try and overcome and language barrier, we're all excited to get to know you. After, lunch or dinner will be provided depending on the time of arrival. Together you will receive a brief safety presentation on understanding the rules and necessary steps to



stay safe during your stay here in Honduras.

Working during the Brigades

After arriving you will be assigned stations during the brigade. We like to help give our volunteers a variety of experiences, so your assignment may be different from day-to-day. Please be aware of possible changes and work with your assigned stations. If you have questions, we are here to help you.

You will also be given access to the itinerary for the trip. Please be sure to keep the schedule. This means waking up, showering, filling your water bottle, using the bathroom, etc... with anticipation of the schedule. Every night we will use the time to make any preparations for the following day. Prior to leaving, each station will be required to load their materials on the truck or bus.

What should I bring?

Travel Items

Honduras weather year round is generally hot and humid. Temperatures range from 60-90°F and average in the high 70s low 80s. Honduran winter (rainy season) lasts from May to October. Periodic rain is common during those months. The Wil Sueño complex has a main paved road, but many areas are unpaved and can become muddy. The country roads where we work are often windy. If you are easily susceptible to motion sickness please be prepared.

Necessary Items	Recommended Items
<ul style="list-style-type: none"> ● Passport (valid for 6 months after departure date) and 2 paper copies ● Visa and paper copy (visa given upon arrival, copies can be made at Wil Sueño office) ● Green Card/ID ● Water Bottle ● Flashlight or LED headlight + extra batteries ● Insect Repellant (recommended 100% DEET) ● Sunscreen ● Necessary medications (see below) ● Sunglasses ● Hat ● Comfortable shoes for walking/hiking ● Good socks ● Shower shoes ● Light, modest clothing (no shorts/tank-tops in community visits) ● Thin rain jacket ● Towel ● Toiletries (toothbrush, shampoo, etc...) ● Travel Tissue/Toilet Paper (for personal use in community visits) 	<ul style="list-style-type: none"> ● Scrubs (for brigade days) ● Expendable funds for souvenirs (\$100 cash and 1 credit card typically sufficient) ● Long pants for sleepwear ● Bathing suit ● Optional medications (see below) ● Small daypack ● Snacks ● Ear plugs ● Sleep Mask ● Book (for downtime) ● Phone and Charger ● Camera ● Alarm Clock ● Notebook ● Ziploc/Plastic Bags (to keep things dry)

Do I need any vaccinations or medications?

Vaccinations

- Typical Vaccinations: **Required**
 - MMR, Tdap, VAR
- Hepatitis A: **Strongly Recommended** for all travelers to Honduras
 - 2 injection course over 6 months
- Hepatitis B: **Strongly recommended** for all healthcare workers to Honduras
 - 3 injection course over 6 months
- Typhoid: **Strongly recommended**. RECEIVE 4 WEEKS PRIOR TO COLLABORATIVE
 - Oral form: 1 week course, good for 5 years
 - This is a live attenuated vaccine and is NOT appropriate for the immunocompromised
 - Injection: 1 shot, good for 2 years

Medications

- Ciprofloxacin: **Required**
 - Treats traveler's diarrhea, 3 day course. Should you have watery diarrhea during your stay, notify SELF staff and take Cipro.
- Pepto-Bismol: **Recommended**
 - Can be used as preventive treatment for diarrhea. Take 2 chewable tables 4x per day starting 3 days prior to travel, every day during travel, and 3 days after. Lower doses may still be effective.
- Malaria Prophylaxis: Optional, but **Recommended**
 - Several options are available at different costs, side effects, and length of treatment. Speak with your primary care physician or a travel doctor about your options.
- Zika, Chikungunya, Dengue, and other mosquito-borne diseases
 - **We require you to bring insect repellent** (recommended 100% DEET) to apply twice daily, morning and early evening. This will help prevent mosquito bites and possible vector-borne diseases. **If you or your partner are pregnant or are likely to become pregnant within a year of this trip please consider the risk associated with Zika and take any necessary precaution.**
- Daily Medications
 - If you take any daily medications (ie-inhaler for asthma, epipen for anaphylaxis, etc...) take the necessary amount of medication.
- Additional Medications (eg-Tylenol, Motrin, anti-hearburn)
 - Take what you feel is an appropriate amount. Please note that roads are often windy and in poor state. If you are prone to motion-sickness consider taking appropriate precautions.

Life at Wil Sueño

Food

Drinking Water

Bottled/purified water will be provided to you for the entire duration of your trip. Dehydration is very serious and can cause lots of complications. Drink lots of water! **Do not drink water from any other source!**

Food

Food for each meal will be provided by SELF. **Do not eat street food.** Food bought off the street from the communities is prohibited. Coffee (or other boiled drinks) and fruits that can be peeled are acceptable. If you have any dietary restrictions (allergies, vegetarianism, etc...) please let us know to provide food accordingly.

When eating lunch in the communities, please refrain from eating food in front of community members. It is not uncommon for members of our communities to skip meals for lack of economic resources. We ask that you show respect by eating in a private space (eg-the bus)

Health and Sanitation

Illness or Medical Conditions

Dr. Jen will be your medical provider during your trip. If you experience any form of illness (dehydration sickness, diarrhea, etc...) please report it immediately. If you haven't reported any ongoing medical conditions or allergies please let us know.

Toilets and Shower

Showers will typically be in cold water for the duration of your trip. Make sure to keep your mouth closed while taking a shower and use bottled water to brush your teeth. If you forget and rinse your toothbrush in water, throw it out and we will provide you a new toothbrush.

The sanitation system of Honduras is not capable of handling flushed toilet paper. **Please do not flush toilet paper or other foreign objects in the toilets!** Please dispose of toilet paper in waste bins provided in each room.

You may not have access to toilet paper in the communities. We recommend bringing a roll of toilet paper and hand sanitizer with you as you travel.

Laundry

If you need any laundry cleaned during your time, a local employee of SELF will wash laundry upon request.

Mosquitos and Sunburn

Be diligent in applying mosquito repellent and sunblock twice a day: after waking up and before dusk.

Local Animals

There are many stray dogs throughout Honduras. Please do not pet these dogs. Around Wil Sueño there are several dogs that are safe to pet, but please sanitize your hands after handling any animal.

Safety and Code of Conduct

We take the safety of our volunteers very seriously. Upon signing the agreement to work with SELF you agree to listen to us and follow our rules. These are designed for your safety. Please promptly follow instructions as given.

Please do not leave the Wil Sueño compound during the brigades without given permission.

Our brigade coordinator is there to help keep everyone safe. Please listen to his instructions. He will be your first line of support and will help communicate any problems to Jen and Moika.

Attached is our code of conduct for you to read and sign.

FAQs

1. Is Honduras safe? How will my safety be protected during my trip to Honduras?

Your safety is our number one priority during you stay with us. Wil Sueño, where the SELF office is located, is a gated community in a rural area of Honduras. Both our office and our communities are safe. Throughout the entire brigade we will be accompanied by a local police officer. During our 2 years of existence we have not had a single incident occur. Moises Vallecillo, director and co-founder of SELF, has been working with medical brigades for 10+ years without incident as well. Although rare, incidents *can* occur. We are vigilant in observing the current situation to prevent any possible danger.

2. What should I do with my passport?

SELF provides a small safe, located in our office, where you can store your passport. If you feel more comfortable carrying your passport with you, you are also welcome to do so.

3. Do I need a visa to enter Honduras?

Any holder of a US or Canada passport will be given a 90-day visa upon entry to Honduras. No prior application is necessary. Please note that your passport needs to be valid for 6 months after your expected departure date. When asked at immigration, you can give the address of Wil Sueño and Moisés Vallecillo's phone number.

Moisés Vallecillo: +504 9551-1648

Hogar Wil Sueño, Ilanos del Tigre Kilómetro 55, Municipalidad Morocelí, Departamento El Paraíso, Honduras

4. What is the food like?

Food will be typical Honduran food prepared by our local cooks. This includes beans, rice, avocado, eggs, plantain, various meats (chicken, beef, pork), various fruits (mango, banana, papaya, etc...). During brigade trips, a small packed lunch will be provided. If you have any dietary restrictions, please let us know so we can accommodate you.

5. Will there be hot showers?

No.

6. How much does the trip cost?

\$950. Trip costs are \$750 and \$200 are used to purchase medical supplies and medication.