

INFORMATION FOR BRIGADIERS 2024

This is the first of a series of newsletters intended to assist with your participation in Honduras Good Works Medical Mission Trip. Topics covered in this, and future newsletters include:

- Cost of trip, payment information and due dates
- Passport
- Immunizations and Prevention
- Documentation
- Packing parties
- Team T-shirts
- Carpooling to Houston
- Luggage information
- Lodging accommodations
- Airport information
- What to pack
- Traveling as a GROUP
- Daily activities while in Honduras

Please be on the lookout for upcoming monthly newsletters.

March Newsletter

Date of Trip This year's mission trip is July 10-17, except for those on the early team, leaving July 7.

Payments

Your fundraising goal should be \$3000, which will allow us to cover most of the brigade expenses. A minimum donation of \$2100 is required. On the donate page you can use the Create or Join a Fundraiser link to create your own "go-fund-me" page that will directly link to HGW, to let family and friends help defray the cost. Contact us if you need help with this. The first \$1000 is due by April 8th, with the balance due June 3rd. If you wish you may pay the full balance anytime. To pay or create a fundraiser go to: [Donate to Brigade 2024](#)

If paying by check make checks payable to Honduras Good Works and then mail to:

**Honduras Good Works
P.O. Box 201446
Austin, Texas, 78720**

Passports

An important step is to check your passport expiration date. It must be good until January 17, 2025. Please renew if needed.

Immunizations

Ask your personal health care provider about immunizations and prevention for mosquito borne illnesses. He/she is the best judge of any special requirements you might have. General minimum recommendations are:

- Most recent Covid
- Diphtheria- tetanus booster (if you haven't had one in the past five years),
- completion of the Polio series in childhood,
- Hepatitis A vaccination. (Be sure and start this at least two weeks prior to the trip. The initial injection should be followed by a booster 6-18 months later for maximum effectiveness.)
- Hepatitis B if you will be exposed to patient's blood or bodily fluids.

All prescription medication for personal use must be in a properly labeled, currently dated prescription bottle. We will have a supply of medications specifically for mission volunteers, if anyone get sick with diarrhea etc.

Infections In Honduras

CoVid is still in Honduras, although the disease, like elsewhere, is less prevalent, and less severe. In high-risk populations it can, of course, still cause death. In the past, mosquito born illnesses such as **Chikungunya** and **Zika** have been more common, but currently are seldom seen. **Dengue** does occur. Your best protection against these illnesses is to protect yourself from mosquito bites, by wearing bug spray, using wrist bands and wearing protective clothing. We will have spray and mosquito bands for the team.

Malaria is present to Honduras. It isn't rampant, but is prevalent enough that, in the past 24 years of going to this area, there have been one or two cases among the mission workers. The risk for malaria is very small, but no one can say it is zero. The risk is higher at sea level, i.e., for those planning on going to Roatan afterwards, since that mosquito prefers the warmer climate there. For those who decide that they want prophylaxis against malaria, we recommend Chloroquine tablets. This medication is taken 2 tablets a week, starting two weeks before departure and continuing for four weeks after return. Talk it over with your physician if you have any questions. If you decide to take it, we may be able to provide it for you.

Official Documentation for Medical Providers and Drivers

Thank you to those of you who have agreed to drive while in Honduras (you must know how to drive a standard transmission 4-wheel drive pick-up truck). You must download a copy of your driver's license using our [Document Upload](#) page.

If you are a medical provider (Doctor, Nurse Practitioner or Dentist), we will need a copy of your diploma AND your license to practice. These can also be downloaded using our [Document Upload](#) page. If you have worked with us before, we may have saved your diploma, but we will need a current copy of your license to practice.

Packing Party Plans

This year we will be shipping medicines to Honduras and not packing them ahead of time. (due to Honduran government rules). So, our packing parties will be a time to promote HGW with a video etc, and will be baggie labelling parties. Having all the medicine baggies labelled for our early team will save them a lot of time. We do plan on providing a 4 oz tube of toothpaste and a good size bar of soap to each head of household this year, along with as many toothbrushes as they

have family members registered to be seen. We will be starting those packs at our packing parties. Stay tuned for the first one, which will be coming up soon.

Amazon Wish List

Please consider donating items from our Amazon wish list and share this list with your friends who want to donate. The list will be updated frequently as new items will be added over the next few months. Here is the link: [2024 Amazon wish list](#)

Mentors

Newbies can expect contact from an experienced missionary by email in the next few weeks, so you will have someone who has “been there, done that” to assist you in anything you have questions or concerns about. If you haven’t received this email, please do contact the email below and let us know.

T-shirts

Each year we select a team T-shirt that is worn to and from the airport and on photo day.

Carpools to/from George Bush Intercontinental Airport

Because we leave out of George Bush Intercontinental Airport in Houston, you may wish to carpool from your starting point. Many drive or fly into Houston the night before the trip and stay at an airport hotel. This is so we can be at the group check-in at **6:30am** on July 10th to meet the team and pick up the team bags each will be claiming as luggage. The cost of transportation to and from Houston and Houston hotel is not included in the price of your trip. We have rooms reserved at the Houston Airport Marriot at \$149 per night, for July 9th and July 17th. Please let us know ASAP if you need a room, if you did not already indicate this on your application.

Lodging/Meals/Communicating

We will be staying at a convent/retreat center, Montaña Clara Maria Casa de Retiro. The center is gated with a security guard at the entrance. As this is a retreat center, the rooms are very basic. There are no ceiling fans or AC, and water pressure varies, especially if everyone is trying to shower at once – so stagger your showers. They do have flush toilets, but like everywhere in Honduras, do not flush anything other than human waste. That includes toilet tissue!! They plug very easily. **Only drink purified or bottled water, even for brushing your teeth.**

As is the case in most developing countries, telephone communication in Honduras can be frustrating at times. You may use your cellphone, but international charges may apply. Internet is available at the retreat center, but again this is spotty and not always available.

Breakfast and dinner will be provided at the center; we will be packing our lunches. The food is safely prepared, and safe to eat. Unless we advise you otherwise, breakfast is at 6:30 a.m. and dinner is at 6:00 p.m.

To answer questions or for technical help, please contact us through brigade.info@hondurasgoodworks.org