

# TEAM MEMBERS MANUAL

Border Buddies Ministries Inc  
Construction Teams  
For 2018

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## Introduction to Border Buddies Ministries Inc.

Our names are Michael J. Miller, Jr. and Glenda E. Miller and we are full time missionaries living and working in Tegucigalpa, Honduras. Michael is President and founder of Border Buddies Ministries Inc., a 501 (c) 3 non-profit corporation. We are sponsored by family, friends and members of various denominations throughout central New York. Since February 2004 we have been working in the prisons ministering to men, women and youth by leading bible studies, assisting them when they exit, and working with gangs in helping them get a fresh start in life; we remove tattoos from ex-gang members, we work with youth groups teaching and leading bible studies, taking them on outings and giving them hope for a better life.

We are looking for groups who want to come to Honduras to help with construction projects that benefit the public schools here. The public schools are run very differently than in the United States. In the States the schools are taken care by your taxes. However in Honduras the taxes only cover the salaries of the Honduran teachers. Provision of school supplies such as books, chalk, markers, paper, Encyclopedias, dictionaries, desks, repairs on buildings, computers and much more is all dependent upon the families of the neighborhood. Because of extremely low income and very high unemployment, the neighborhoods simply do not have the financial resources. Most families that send their children to these public schools can hardly feed themselves, let alone help with school needs. Harder still, they have to pay a tuition for their children to attend school. We were told by the Director (principal) of a school that once in awhile the parents do get together and take care of minor repairs on the schools, but for the most part these schools are in very bad shape with overcrowding, leaking roofs, no screens in the windows, peeling paint, doors coming off their hinges, etc. These conditions are dangerous for the children due to their bad state of repair. Those that have money do NOT send their children to public school; they go to private school where they have the best of everything. This is not fair to the disadvantaged children and to the future of Honduras. Since 2005 we have been actively changing the imbalance of this system by working on one school at a time. And because we work on the schools while they are in session (the Honduran school year runs February through November) team members get to interact with the children, staff, teachers and directors.

Through the year 2017 we have helped rebuild five public schools in Tegucigalpa, adding new classrooms at ground level or a second story with new rooms; computer rooms complete with computers; and in every school an operating cafeteria that can feed upwards of 300 to 400 children every day of the week. By doing so we give the children a chance at a better future, it greatly reduces the influence of the gangs, the teachers and the children and their parents gain pride in their schools and more importantly, in their neighborhoods. Most children drop out of public school at the end of 6<sup>th</sup> grade, but combined with our One Child Sponsorship Program, a decent meal, and a decent school, we have totally reversed that trend and children are staying in school with greatly improved attendance and performance. We have received recognition and commendations from the Honduran government for the improvements made.

So, this is where you can come into play. Join us for an exciting and challenging short-term construction mission trip that will prove to be life changing. May God bless your prayers as you lift this up to Him.

## General Information

Upon arrival at the Tegucigalpa airport, you will be met by Mike and Glenda Miller and taken to their mission home where you will be staying during your time in Honduras.

### Address:

Mike and Glenda Miller  
Colonia Lara, 2nd Calle,  
2nd Avenida, Casa #727  
Tegucigalpa, Honduras

House phone in Tegucigalpa: 011-504-2262-8056

E-mail: [mjgm2004@yahoo.com](mailto:mjgm2004@yahoo.com)

### Accommodations:

The mission home has laundry facilities, bunk beds, running water, hot showers, and WIFI. You will be eating American style food prepared in a fully modern kitchen. It's almost home away from home.

### The work will consist of:

- Physical improvements to existing school buildings in poor barrios of the city. There are jobs for everyone from light work such as painting, wiring, sweeping, cleaning up, making re-rod cages for concrete columns, keep tool room in order; to heavy duty such as shoveling sand and gravel, mixing concrete, wheel-barrowing materials, moving and stacking cinder blocks, mixing and pouring concrete, sheet rocking. Skills are very helpful but not necessary.
- Interaction with the school children, school staff, some parents, and local helpers.
- Cross-cultural experience

### Purpose:

To bring hope to the Hondurans. To work and learn with our brothers and sisters in Christ in another culture; and to help build a better future for the poor children of Honduras by giving the poorest of the poor a chance to receive the best education possible in the best conditions possible, thus improving their chances for a better life and for them to help improve Honduras' chances for a better future.

### The Education in Honduras:

Schooling is required for six years beginning at age seven. However, while nearly all children begin their schooling, many drop out before the end of school year and most never go further than sixth grade. This is especially true among the public schools, where teachers are not well prepared, rarely paid, and only the barest, if any, of curriculums or materials are supplied. To further complicate things, schools suffer from severe overcrowding of classrooms and buildings that are in desperate need of repair. The children face complications at home from lack of food and pressure from the gangs. Furthermore, they are expected to work, at any age, to help

support their family financially. Uneducated parents rarely support their children completing school. The literacy rate in Honduras is 72%. The National University of Honduras and some trade schools provide higher education, but only 9% of the population advances to those levels of study.

### Cost of the Trip

- Each person must pay for their own passport, plane ticket, food during travel and miscellaneous expenses such as souvenirs, gifts or items needed during the trip.
- As of the year 2018, construction teams up to 12 people have to meet a minimum \$6,000 toward construction materials for their project. Teams larger than 12 require an additional \$500 per person, meaning a team of 16 would need to have \$8,000 total. This is sometimes provided by a church's own mission board, or some teams need to raise their own funds through a variety of projects.

### Costs to stay in Honduras

- Food, purified water, transportation and housing are \$50.00 per person per day. A 10 day stay will run \$500.00 per person.
- Copan trips and overnights will be extra and will be paid for by each individual. If you are thinking about going to the Copan Ruins it is a 6 hour drive from Tegucigalpa where the team will be staying. The cost per night in a hotel is \$55.00 for two people. The meals are very inexpensive. So plan at least 2 to 3 days extra if you want to visit the Mayan Ruins of Copan.
- Trips to Valley of Angels and Picacho Mountain (which are local) the gas is included with the per person groups.
- These prices do not include going out to restaurants, ice cream, etc.
- A team meal El Patio Restaurant will be provided by BBM
- We can take on groups having a minimum of 8 and not to exceed 18 people in our home.
- The money for these costs and the costs for each project is deposited with Border Buddies. We will need the funds for the projects and living expenses to be deposited to our account one month in advance upon arrival to the country of Honduras.
- Individuals are to reimburse Border Buddies for any unexpected cost that arise during the trip and are paid temporarily by Border Buddies for you (i.e. luggage, medical, prescription cost)

All checks can be made out to Border Buddies Ministries Inc. and mailed to our New York office at; PO Box 1254, Elmira, NY 14902

Typical 10-day mission trip:

\$800 - \$1100 airfare + \$500 food/lodging + \$50 + travel meals + \$150 spending money =  
\$1500 - \$1800 TOTAL

(insurance coverage costs are treated separately, see page 12 under Travel Information)

Any questions please e-mail us at [mjgm2004@yahoo.com](mailto:mjgm2004@yahoo.com) and check out our website at <http://www.borderbuddiesministries.org/>  
Our phone number is 011-504-2262-8056

### **SPIRITUAL PREPARATION for a Border Buddies Missions Trip**

There are some very practical ways to help prepare spiritually for your missions trip to Tegucigalpa, Honduras. Please read the information below, and prayerfully ask the Holy Spirit to 'highlight' those particular areas in which He wants to touch you.

1. **Find time to just 'be' with God.** Those of you that understand the principle of 'soaking' in God's presence need to make time to do that in the weeks ahead leading up to the trip. Step away from the busyness of work and family, etc. to spend time now, asking God to show you things He wants to do while you are on this trip. Start stirring up faith now by spending time in God's presence.
2. **Keep yourself pure.** Watch what goes in your 'eye gate' or your 'ear gate' (what you listen to) or what comes out of your mouth – watch your speech. Eye Gate: Give God the right to speak into any TV shows/movies that you watch. I would suggest that you "fast" those shows that display ungodly content. He speaks to you about and keep yourself 'pure' so that the Lord can pour in even more of Himself. Remember if you fill yourself with 'garbage' before you go, all that garbage will need to come out somewhere on the trip. Try not to get drawn into negative, criticizing conversations – especially regarding authority! Guard your lips – allow God to convict you if there is bad language, gossip, slander etc. that you are speaking out. Start speaking blessings now. Even think about what you are listening to: get into worship music, things that bring you into the presence of God. Before you leave, why not empty yourself of things that would be competing for your focus and would try to rob you of God's presence? It is not that hard. The more of God's presence and power you make room for....the more of God's presence and power you will have!! Remember, it is about preparation. You are preparing yourself for God to move mightily through you!
3. **Keep your attitudes at the 'home front' pure.** If you have any unforgiveness in your heart, bitterness or anger towards someone here, my strong suggestion is that you deal with it before you leave for this trip. You do not want to take that kind of 'baggage' with you and you do not want to give the enemy a legal right to cause trouble between you and others on the trip. So...keep short accounts at home and in your workplace. Practice walking in forgiveness and peace.
4. **Spend time reading your Bible.** Ask God to give you scriptures to stand on, promises He wants to give you and even scriptures to take for others on the team, or to people in Honduras. Get His word into you. Get His promises into you. They will be a source of strength and encouragement. Also, it is always powerful to be able to pray the word over someone.
5. **The week of the trip, get some REST!!** Don't just try to 'get through' the week, or tackle the week like you normally do. If at all possible, take time to rest. Get to bed on time. Take care of yourself. As simple as it sounds, it is important that you do not start the trip already exhausted physically, emotionally or spiritually. Pace yourself. Say 'no' to trying to get 'caught up on' everything before you go. Don't take on extra things if you do not have to. Make time to rest and be with God. Come already rested and ready to pour out.

**6. Get your own Personal Intercessors** on board NOW. Each person on the team should have at least 2 people who will commit to covering you in prayer while you are gone. You can always have more than 2, but it is essential for each of you to actually organize your own personal intercession. Then, you must actually GIVE them something to pray about – so send through prayer requests, from the most simple to the most personal: “I’m struggling with fear regarding \_\_\_\_\_” – that kind of thing. We may or may not be able to send home prayer requests while we are gone, so it is important that you inform your personal intercessors regarding those areas that you are struggling with before you go – and also those things that you are wanting to see God do in your life and through you, while you are away. Get your prayer activated!!

**7. Lay down your Rights.** The biggest stronghold we will all face is the stronghold of ‘self’. Any ‘rights’ we hang onto will be played upon by the enemy to cause trouble, disunity, offenses etc. None of us is perfect, or expected to be perfect, BUT at the same time, since we are going to be actively advancing and walking in Kingdom stuff, we need to NOT give the enemy any legal rights to harass us! We must be willing to give up our ‘rights’ so that we can work together:

- The right to be offended
- The right to our time
- The right to do what we want with our possessions
- The right to self-pity
- The right to self justification
- The right to be understood
- The right to criticize.

We are there to serve the people of Honduras, the leaders there, and to honor and serve one another. Let’s come already walking in a spirit of humility towards one another. Come willing to learn from one another, our team leaders and of course the people we have come to bless. You may find you come home with more than you ever gave away. Again...come in humility – with a servant’s heart. Be sure to use this time before you go to constantly ask the Lord to remove any ‘haughty’ feelings that would want to rise up in you. Offenses and/or a prideful spirit WILL effect how you are able to pray with the team and for others. So don’t wait until you leave – begin now by spending time asking God to give you ‘clean hands and a pure heart’, and ‘to put a right (willing) spirit’ within you!

**8. Be Humble – willing to learn new things.** Be open to learning new ways of working with others – even if you have done this before – consider this your first trip and come willing to do whatever is asked of you, in the way the leaders would like it done: that’s what servants do! Also be willing to learn new ways of prayer and ministering – even if you are used to doing it a certain way, lay down those rights and be willing to learn something new. You can always go back to doing things your way when you get home. In the meantime do not rob yourself of an opportunity to learn some new tools in ministering and prayer. Again – ask God to help you to lay down any preconceived ideas, or ministry techniques you may feel you are comfortable with, and to come open and willing to have Him show you new things. If you come empty of yourself, He will fill you up! That won’t happen on the plane – start now, each day, asking Him to remove anything that would cause barriers between you and Him, between you and team members, and between you and effective and fervent prayers on behalf of the Honduran people.

I want to remind you that you have amazing value in Christ. Each one of you is vital to the team. You are carriers of the life and love of Jesus and by partaking in this spiritual preparation you

will find yourselves going out in strength, seeing the release of the gospel of Jesus as the main focus, and so they will embark on an exciting life giving and life changing adventure.

Adapted from a piece by Christina Stewart, Impact Nations

### SHORT-TERM MISSION ADULT APPLICATION

Thank you for your inquiry about Border Buddies Missions program and serving the Lord Jesus Christ in this way. Volunteers who serve with us do so with the understanding that they are responsible to raise all funding necessary to be a team member. Please complete this application and give it to your team leader. This information will be shared with our Board of Directors of Border Buddies Ministries. Your acceptance in this program will depend upon approval from this Board.

#### Personal Information

Full Name: \_\_\_\_\_ Shirt Size \_\_\_\_\_

Passport Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Present Address \_\_\_\_\_  
(Street or P.O. Box)

(City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip Code) \_\_\_\_\_ (Country) \_\_\_\_\_

Permanent Address (if different from present address) \_\_\_\_\_  
(Street or P.O. Box)

(City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip Code) \_\_\_\_\_ (Country) \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_

Email \_\_\_\_\_ Facebook or other \_\_\_\_\_

Date of Birth \_\_\_/\_\_\_/\_\_\_ Sex (M\_\_\_ F\_\_\_) Place of Birth \_\_\_\_\_

Citizenship \_\_\_\_\_ Ethnic Identity \_\_\_\_\_ Marital Status \_\_\_\_\_

Name of Spouse (if married) \_\_\_\_\_

School Name (if applicable) \_\_\_\_\_ Grade \_\_\_\_\_

Church Affiliation \_\_\_\_\_  
(church name)

Name of Pastor \_\_\_\_\_

Church Address \_\_\_\_\_

Telephone \_\_\_\_\_

What has been your experience in the life and mission of the church?  
\_\_\_\_\_  
\_\_\_\_\_

Do you speak Spanish? No \_\_\_ Beginner \_\_\_ Basic \_\_\_ Conversational \_\_\_

Have you had previous volunteer experience? yes/no \_\_\_\_\_  
Describe \_\_\_\_\_  
\_\_\_\_\_

Are you willing to live and work under conditions that may be uncomfortable, unfamiliar, and require your flexibility, understanding and respect for the local culture and Missionary Leadership Yes \_\_\_ No \_\_\_

**Health/Medical Information**

Contact name in case of Emergency: \_\_\_\_\_  
Emergency phone # ( ) \_\_\_\_\_

Doctor name: \_\_\_\_\_ Office Phone  
( ) \_\_\_\_\_  
After hours emergency # ( ) \_\_\_\_\_ Blood type if  
known: \_\_\_\_\_

\*\*\*\*\*  
List all medical conditions that you have, including allergies, and the medications you take:

Condition:	Medications being taken:
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



**WE WANT TO KNOW YOU MORE**  
(info for Michael and Glenda)

NAME: \_\_\_\_\_

Married Yes No Spouse's name \_\_\_\_\_

Children Yes No Names and ages \_\_\_\_\_  
\_\_\_\_\_

What is your profession or planned profession? \_\_\_\_\_

How are you involved in the church presently or in the past?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is your favorite bible verse and/or bible story?  
\_\_\_\_\_

Why? \_\_\_\_\_  
\_\_\_\_\_

What are your hobbies/ interests?  
\_\_\_\_\_  
\_\_\_\_\_

What are your favorite foods and drinks?  
\_\_\_\_\_  
\_\_\_\_\_

Do you have any food allergies? No Yes If yes, what?  
\_\_\_\_\_

What type of music do you listen to (rap is not music) Favorite singer/group?  
\_\_\_\_\_  
\_\_\_\_\_

Five words that best describe you 1. \_\_\_\_\_ 2. \_\_\_\_\_  
3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

What are your expectations while on the missions trip, either personally or spiritually?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Anything else that you want the team to know about you?

**Border Buddies Ministries Short Term Missions  
Youth Application**

Name of Youth: \_\_\_\_\_

Age of Youth: \_\_\_\_\_ Male \_\_\_ Female: \_\_\_ Grade: \_\_\_\_\_ Shirt Size \_\_\_\_\_

Names of Parents/Guardians: \_\_\_\_\_

Home address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Parents E-mail: \_\_\_\_\_ Youth's E-mail: \_\_\_\_\_

Passport #: \_\_\_\_\_ Expiration Date \_\_\_\_\_

Attend Church At: \_\_\_\_\_

Phone/Contact Info of Church or Pastor: \_\_\_\_\_

Address \_\_\_\_\_  
(Street or PO Box) (City) (State) (Zip)

Name of Pastor: \_\_\_\_\_

Name of Youth Leader: \_\_\_\_\_

Phone/Contact info of Youth Leader: \_\_\_\_\_

History of Youth (other mission trips - domestic or international, church activities, school activities):

History of when or if you had an encounter with Jesus Christ:

Why do you want to serve on a short-term mission team? (Youth's answer)

Recommendation from Youth's Pastor:  
(Spiritual, youth's activity, concerns, and if she or he is ready for an international mission trip)

Signature of Pastor: \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parents: \_\_\_\_\_ Date \_\_\_\_\_

Signature of Youth: \_\_\_\_\_ Date \_\_\_\_\_

Note: Parents will be advised to sign the "Minor Authorization Form" to authorize a participating team member(s) to be able to make decisions needed during the duration of the trip in Honduras. That form is to be attached to this document.

# MINOR AUTHORIZATION FORM

I, \_\_\_\_\_ authorize \_\_\_\_\_

to act as temporary Guardian of my son/daughter \_\_\_\_\_  
for the purpose of taking him / her into Tegucigalpa, Honduras, Central America.

The time period is not to exceed \_\_\_\_ days, beginning \_\_\_\_\_, and ending \_\_\_\_\_,  
(mm/dd/yy) (mm/dd/yy)

I further authorize \_\_\_\_\_  
(Team Leader's Name)

to request and receive any medical treatments that may become necessary during this trip.

\_\_\_\_\_  
1. *Father/Guardian name (printed)*

\_\_\_\_\_  
2. *Mother/Guardian Name (printed)*

\_\_\_\_\_  
1. *Father/Guardian signature*

\_\_\_\_\_  
2. *Mother/Guardian signature*

**Very Important Note: If this is a single parent family and only the custodial parent is approving this trip, the team leader will be required to carry the appropriate documentation to prove custody.**

STATE OF \_\_\_\_\_

COUNTY OF \_\_\_\_\_ SS: \_\_\_\_\_

On date of \_\_\_\_\_,

before me personally came the above individual (s), and who executed the foregoing consent.

Notary Public Signature \_\_\_\_\_

SEAL

## Border Buddies Ministries Dress Code Policy

While in Honduras, you will experience some cultural differences between here and the United States. We, as missionaries, would like to prepare you for these differences. In Honduras 80% of the citizens are Catholic and 15% are Evangelical Christians. There is huge tension between the two Religions. The Evangelicals believe in not participating with worldly things. An example is worldly music (rock, soft rock, love songs, rap, heavy metal, country, etc.) They believe that this music comes from Satan and should not be listened to. They also believe that all songs that come from the heart should be songs of praises to our Lord. Another issue is tattoos. Because of the huge amount of gang activity and criminal activity, the Honduran Christians look down upon tattoos and body piercings. Again it brings that person into the light of being too associated with the world. Granted you will see tattoo shops and body piercing shops as well but they are for the non-believer in the eyes of the Honduran.

Some, not all, Evangelical Christians have a problem with crosses. They (some) feel that the cross is a form of idol worship, and that goes against God's commandments. The reason is that many of the new Evangelical Christians came from the Catholic Church. In past and current times many foreign missionaries have taught that there should be no idol worship in your life and they have used the cross in this teaching. One of the major problems you'll encounter in Honduras, with both Christians and non Christians, is the Spanish term, "union libre". This means free union with your partner. In other words, many will say they are married when in reality they live with the person without a legal marriage. This has been a struggle inside the churches and in the culture of Honduras.

We pray that by understanding the culture a little bit better, you'll have a better understanding when confronted with these issues or when brought up in conversation. Often, many of these issues are ignored by pastors or Christians out of respect and Hondurans later ask the missionaries (Mike & Glenda) why?

**Romans 1:17 " For in the gospel a righteousness from God is revealed, a righteousness that is by faith from first to last, just as it is written: "The righteous will live by faith."**

As short term missionaries it is important to understand that our primary goal is to be a carrier of God's love to those we come to serve. While we may not agree with everything about the culture around us, it is not our job to change it, but to allow God to demonstrate His love through us to those who are different from us. As much as possible, without violating God's principles, we seek to honor the culture where we are guests. We are not here to impose our culture.

Refrain from Revealing tops. Refrain from Low Cut blouses (if you can see cleavage, don't wear it) Refrain from wearing mid-driffs (stomach/belly showing). Refrain from wearing short-shorts or skirts

If you are planning on going swimming, swimsuits should be one piece and very modest

**Jewelry:** No more than 2 earrings in each ear & refrain from wearing extra body piercings

**Tattoos:** Should be covered whenever possible

**Tobacco & Alcohol:** Against Border Buddies Policy

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

## Travel Information

### **Insurance**

1. Check with your own provider about coverage.
2. Your own sponsoring organization/church insurance may cover you if your trip is on record (in the minutes) and an officially recognized function.
3. Alternative (strongly recommended) coverage for other teams is available through UMVIM (United Methodist Volunteers In Mission) and can be arranged through Border Buddies. Average cost approximately \$35 for a 10 day trip. Go to <http://umvimnej.org/mission-insurance/insurance-forms.html> to download the most recent versions of “Individual Application for Insurance” and “Group Application for Insurance”. Completed information is to be submitted by Team Leader or Border Buddies representative.

**Luggage - requirements change rapidly. *ALWAYS check with your carrier first.***

#### Size & Weight Restrictions

Regardless of where you're going, you'll want to make sure what you're bringing is allowed.

For carry-on bags your bag must:

Not exceed 45 inches (length + width + height), or 115 cm.

Fit easily in our SizeCheck® unit (approximately 22"x14"x9", or 56x36x23 cm).

Fit in an overhead bin or underneath the seat in front of you.

If your carry-on bag doesn't meet these size restrictions it must be checked, and all **checked baggage** rules will apply.

To avoid extra charges for **oversize or overweight baggage**, your checked bag must:

Weigh 50 pounds (23 kg) or less.

Not exceed 62 inches (157 cm) when you total length + width + height.

International flights such as ours no longer allow free bags.

### **Immunization Information**

#### **Preparing for Your Trip to Honduras**

Before visiting Honduras, you may need to get the following vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk for at your destination:

(Note: Your doctor or healthcare provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities.)

To have the most benefit, see a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect and to start taking medicine to prevent malaria, if you need it.

Even if you have less than 4 weeks before you leave, you should still see a healthcare provider for needed vaccines, anti-malaria drugs and other medications and information about how to protect yourself from illness and injury while traveling.

Although yellow fever is not a disease risk in Honduras, the government requires travelers arriving from countries where yellow fever is present to present proof of yellow fever vaccination. If you will be traveling to one of these countries where yellow fever is present before arriving in Honduras, this requirement must be taken into consideration. Be sure your routine vaccinations are up-to-date. Check the links below to see which vaccinations adults and children should get.

Routine vaccines, as they are often called, such as for influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life; see the childhood and adolescent immunization schedule and routine adult immunization schedule.

Routine vaccines are recommended even if you do not travel. Although childhood diseases, such as measles, rarely occur in the United States, they are still common in many parts of the world. A traveler who is not vaccinated would be at risk for infection.

#### Vaccine-Preventable Diseases

Vaccine recommendations are based on the best available risk information. Please note that the level of risk for vaccine-preventable diseases can change at any time.

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
<u>Routine</u>	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc.
<u>Hepatitis A</u> or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection ( <u>see map</u> ) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
<u>Hepatitis B</u>	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission ( <u>see map</u> ), especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).
<u>Typhoid</u>	Recommended for all unvaccinated people traveling to or working in Mexico and Central America, especially if staying with friends or relatives or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.



## What to pack list

### Essentials

- \*Passport
- \*Money
- \*Medications
- \*Long pants/jeans to work in- 2 pairs plus 3 - 4 work shirts (T-shirts and/or long sleeve)
- \*Casual clothes to wear after we are done working- 1-2 outfits
- \*Good outfit that can be worn into town or to church
- \*Underwear and socks **must be labeled with initials**
- \*2 bandanas for dust and to wet down or dust masks
- \*Hat or cap for sun protection
- \*1 pair of work shoes/boots
- \*Work gloves
- \*Casual shoes
- \*Shower scuffs or waterproof sandals
- \*Light jacket
- \*Swimsuit if the team is going to a waterpark or the ocean
- \*Toiletries (toothbrush, toothpaste, deodorant, hairbrush, soap, travel toilet paper)
- \*Extra pair of glasses, if you're blind without them
- \*Towelettes/hand sanitizer
- \*Nutrition Bars or granola bars, trail mix – each team member bring 1 thing
- \*Wide mouth personal water bottle and travel mug
- \*Bible
- \*Devotional materials
- \*Backpack
- \*Rain jacket (it will be rainy season while we are there)
- \* music (if applicable)

### Recommended

- \*Computer & Charging cord
- \*Small notebook and pen for journaling
- \*Spanish/English dictionary
- \*Camera, and charger, memory stick/thumb drive
- \*Small photo album with pictures of your family, church, community, activities

### Crash Pack (recommended to take as carry-on in case luggage gets lost)

- \*Prescription meds
- \*Change of clothes
- \*Toothbrush
- \*Camera
- \*Passport & money
- \*Any other essentials to get you through a couple of days

### Extras:

Any items that you are going to give the children ie. gum, candy, small games, crafts, etc...  
There will be a team kit on site that will include the following items that **you do not need to pack**: First Aid kit                  Sunscreen          Bug spray          Pepto-Bismol                  Imodium

## Handy Spanish Phrases

I'm hungry Tengo hambre Teng-go am-bray bon-yos	What time are we eating? A que hora vamos a comer A kay oh-dah vah-mos a co-mare	Where are the bathrooms Donde esta los banos Don-de eh-sta lows
I like... me gusta... May goo-stah	How do you say.....in Spanish Como se dice.....en espanol Co-mo say dee-say.....en es-pan-yol	Please help me Ayudame por favor Ah-you-da-may poor-fah-bor
Thank you! Muchas Gracias! Moo-chas grah-see-aahz!	How are you? Como esta? Coh-moe es-tah	I'm sorry lo siento low see-en-toe
God willing Si Dios quiere! lento See Dee-ose key-air-day!	I hope that you have a good day Espero que tengas un buen dia Es-sparrow kay tangas oon bwen dee-a	speak slower Hablar mas
God Bless you! Dios te bendiga! Dee-ose tay ben-dee-gah	I hope that you have fun Espero que te diviertas Es-sparrow kay tay dee-vee-air-tas	I don't understand No entiendo No en-tee-en-do
I'm praying for... Estoy pidiendo a dios que... Es-toy pee-dee-endo ah Dee-ose kay	I'm sleepy Tengo sueno Teng-go swayn-yo	I don't understand No se no say
Please tell him that... Por favor, dile que Poor fa-boor dee-lay kay...	Nice to meet you Muchas gracias! Moo-cha grah-see-aahz	
I like .... Me gusta....	I don't like... No me gusta ...	I need... Me falta...
My name is _____ Me llamo _____ May-Yamo	I have ____ children(grandchildren) Tengo ____ hijos (nieto/nieta) Tang-go____ eeh-hos (nee-et-to/nee-et-tah)	
What time is it? Que hora es? Kay-or-a- es	I like it here, and I'm very happy to meet you! Me gusta aqui, y me encantado a conocerte! May goo-stah ah-key, eeh may en-cahn-tah-doe ahh co-no-sair-tay!	

I need you \_\_\_\_\_  
Te necesito \_\_\_\_\_  
Tay-nes-es-e-to

I need her ...  
Necesito su  
Nes-es-e-to

I need him...  
Lo necesito  
Low nes-es-e-to  
Hi! My name is ....  
Hola! Me Llamo ....  
Oh-lah! May yah-mo On-nah

I am from \_\_\_\_\_, New York  
Soy de \_\_\_\_\_, Nuevo York  
Soo-ay day \_\_\_\_\_, New-way-vo York.

I am \_\_\_\_\_ years old  
Tengo \_\_\_\_\_ anos!  
Teng-go \_\_\_\_\_ on-yohs

I'm studying.....spanish  
Estoy estudiando.....Espanol  
Es-toy es-tudi-on-do.....es-pon-yoll

Where are we going?  
A donde vamos?  
Ah don-dey vah-mos?

I need to go to this address  
Yo necesito ir a esta direction  
Joe nes-es-seeto ear ah es-tah dee-reck-see-  
I can't find my friend  
No puedo encontrar mis amigos  
No pu-way-do en-con-trr-are mees a-mee-goes

I am married (I have a husband/wife)  
Tengo un esposo/esposa  
Teng-go oon eh-po-zo/eh-po-za

I'm looking for .....  
Estoy buscando .....  
Es-toy boo-scon-doe

## Handy Spanish Words

Numbers		I need a....	or	please lend me.....	please
1 Uno	20 Veinte	Necesito un...		Presta me .....	por favor
2 Dos	30 Treinta			Shovel-	Pala
3 Tres	40 Cuarenta			rake-	rastro
4 Quatro	50 Cincuenta			hoe-	azada
5 Cinco	60 Sesenta				trowel- llana
6 Seis	70 Setenta			hose-	manguera
7 Siete	80 Ochenta			block –	bloque
8 Ocho	90 Noventa			concrete-	concreta
9 Nuevo	100 Cien			cement-	cemento
10 Diez					water- agua
				Screwdriver-	destornillado
				Rope-	cuerda
Good- bueno	Where- donde			bend-	curva
Bad- malo	What- que?			short-	corto
Below-abajo	How- como			long-	largo
Over- arriba	When- cuando			Piece-	pieza
Right-derecha	Who- quien			hammer-	martillo
Left-izquierda	Later- despues			a soda-	refresco
Behind-en atras	Now- ahora			a drink-	bebida
In front-en frente				this-este/esto	
				that- ese/eso	
				there-ahi	
I need you to...				I am....	
Necesito...				tengo....	
	Open....abrir			tired-	cansado
	Close- cerrar			hot-	calor
	Come here - vengas aqui			cold-	frio
	To mix - mezclar			hungrey-	hambre
	To put(in) - poner			thirsty-	Sed
	To rest - descansar				

**Sample fundraising letter that you can send to members of your church and your family**

***BORDER BUDDIES MINISTRIES SHORT-TERM MISSION TEAM #37***

On May 16th through May 26<sup>th</sup>, 2016 God has provided a wonderful opportunity for me to be a member of a mission team made of up people from Pennsylvania Avenue United Methodist Church along with other area churches. We will travel to Tegucigalpa, Honduras as a short-term construction team for Border Buddies Ministries, mixing and pouring concrete and laying up cinderblock walls.

The team will be staying with missionaries Mike and Glenda Miller and will work on a school called "21<sup>st</sup> of October Institute" in an impoverished barrio of the city. Our physical mission will be to add a second floor to an existing building and begin work on four new classrooms in order to alleviate severe overcrowding. But our real work will be interacting with the children and the teachers in the school and showing God's love to the people of that community.

I am asking for your help on this project. Each of us on team is responsible to encourage a "support team" of family and friends to pray for the mission team and to help with the cost, which is \$1300.00 per person. Tax-deductible contributions for my support can be made out and sent to Border Buddies Ministries at P.O. Box 1254, Elmira, NY 14902 or you can give them directly to me. When you write a check please do not put my name anywhere on the check per IRS rules. Make it out to Border Buddies Ministries, with "Honduras Mission Team 37" in the memo line and include the enclosed donor support form with your contribution on which you can indicate my name.

*Thank you* for supporting me; if you are unable to give a monetary gift, please remember to pray for me and for our mission team. This trip promises to be a wonderful and exciting opportunity to serve and share God's amazing grace.

Sincerely,

Member  
Honduras Mission Team #37

# Donor Support Form

**\*\*Please include this with your donation\*\***

Yes, I (We) would like to support the Border Buddies Team # \_\_\_\_\_  
Honduras Missions Trip

I am enclosing a gift of \$ \_\_\_\_\_ to be applied as indicated (select either or both)

Please apply \$ \_\_\_\_\_ of my donation toward project expenses (our goal is \$6,000)

Please apply \$ \_\_\_\_\_ of my donation toward a specific team Member(s)\* as listed

here: \_\_\_\_\_

—  
\*The IRS prohibits Border Buddies from processing donations with the participant's name designated on the check.

**For a receipt of your tax-deductible gift, make your check payable to: *Border Buddies Ministries***

**Please write in the memo line on your check: *Honduras Mission Team # \_\_\_\_\_***

**\*DO NOT write the name of the team member on the check as it will nullify your tax deduction.**

**Return this form with your check to:**

**TEAM # \_\_\_\_\_**

***Border Buddies Ministries, Inc.***

***P.O. Box 1254***

***Elmira, NY 14902***