



*“United by the same blood”*



# Team Member Orientation Manual

**Revision 7 (February 2018)**

## Table of Contents

Introduction .....	3
Bible calling to Missions .....	3
Purpose of HAF Mission Trips .....	3
Foundation History .....	4
Typical Cost .....	5
Age Restrictions .....	5
What kind of living conditions can I expect .....	6
Staying Healthy .....	7
What can I Drink and Eat .....	7
What else can I do to Stay Healthy .....	8
Should I be concerned about Security .....	9
Is there anything that I should know about the Culture.....	10
In what way will the Church Services be different .....	10
What should I wear.....	11
What should I bring.....	11
What should I not bring .....	11
How much money should I bring .....	11
Luggage .....	12
Do I need a VISA.....	12
Mission Trip Activities .....	12
Communicating with Home .....	13
Gifts.....	13
How do I prepare physically.....	14
How do I prepare mentally .....	14
How do I prepare spiritually.....	14
Attachment #1: HAF Application for Short-Term Mission Trip.....	15
Attachment #2: HAF Application for Short-Term Mission Trip (UPDATE) .....	19
Attachment #3: Honduras Agape Foundation - Scholarship Application .....	21
Attachment 4 – Immunizations/ Vaccinations /Medications .....	23
Attachment #5: Suggested Personal Item List.....	25
Attachment #6: Suggested Team Item List.....	27
Attachment #7: Information for Mission Team on VIKA & CHIKUNGUNYA Virus .....	29
Attachment #8: Basic English-Spanish Phrases for Missionary Work.....	35

## Introduction

We are glad that you have chosen to join us on a mission trip to Honduras! We hope that it will be a blessed and memorable experience. To help you prepare, we have compiled this orientation manual to provide basic information about the people, our work, and some suggestions about what to bring. One of the most exciting aspects of a volunteer mission trip is the chance to meet and work with all types of people. You will experience a lifestyle and culture very different from your own. When God leads you on a mission trip, your life will never be the same.

## Bible calling to Missions

In Acts 1:7, Jesus tells us to be His witnesses in Jerusalem (e.g. locally), and in all of Judea and Samaria (e.g. regionally), and to the ends of the earth (e.g. internationally). The HAF mission trips are a response to this call by God. The Bible tells us to show grace, generosity, compassion, and love, not merely by our words; but, by our deeds. We are to be Christian servants to our Honduran neighbors who are in great need. Our acts, not through us but through God, build strong, long-lasting relationships allowing us to truly become “*our brother’s brother*” and “*our sister’s sister*.” As St. Francis wrote more than 1500 Years ago, “*it is in giving that we receive; it is in loving that we are loved*”. This call to missions is our invitation to be in Christian fellowship with the wonderful people of Honduras.

## Purpose of HAF Mission Trips

The purpose of HAF mission trips include: 1) To serve others in the name of Christ. 2) To develop/enhance the relationship between those we love and serve with in Honduras and the Honduras Agape Foundation. 3) To meet needs. 4) To provide mission experiences for those who feel called to mission service. 5) To help team members grow in their faith. 6) To share Christ. Team members should:

- Pray that God will lead you throughout the mission trip.
- On a mission trip, expect nothing less than an encounter with Jesus!
- When we go as Christian servants, we receive far more than we give.
- Go with love, grace and respect.
- Be willing to give up some of your cultural practices and personal choices as you build new Christian relationships in a different culture.
- It is important to build houses, to serve food, to labor physically. But it is just as important to build personal relationships and to be in community with those we serve.
- On a mission trip, we are guests who are invited to enter into the lives of others.



Serving meals to children at Tejas



Talking with Honduras children



Assembling Swing Set for School



Vacation Bible School



Construction Projects



Dental Treatment

## Foundation History

In response to Hurricane Mitch in 1999, South Aiken Presbyterian Church of Aiken, South Carolina began an outreach ministry to Quimistan, Honduras. The goal of the early mission teams was to assist in the rebuilding of homes devastated by the hurricane. During those early days, the ministry recognized the fundamental health, hygiene, medical, and educational needs of the people in the Quimistan area. Acknowledging that all are “saved in the same Blood”, a more formal ministry was initiated. The resulting expansion in mission scope required a broadening of the base of support. This occurred through a number of collaborations with churches and civic groups throughout the southeast. This growth and participation by diverse organizations necessitated the establishment of a separate non-profit foundation to manage the work. In January 2003, The South Carolina Project Agape Foundation was formed.



In July 2007, the foundation recognized that its supporters extended far beyond the state of South Carolina and approved the name change to Honduras Agape Foundation (HAF). And what began with one mission trip a year is now over five trips each year with up to 15 members per team.

Over the years, the role of HAF evolved into a mission that seeks to create stronger, more resilient, and self-sufficient communities in the Quimistan valley and surrounding areas. It is through the development of long-term partnerships that HAF seeks to enable some of the world's poorest to reach these goals. To this end, HAF works with local community leaders to provide medical and health care, educational support, construction of schools and community facilities, and care for the children. In line with building self-sufficiency, HAF encourages and supports the outreach of the local Christian believers within their communities. The bottom line is we support: Faith, Education, Health, and HOPE.

### **Typical Cost:** (for a 10-day mission trip)

#### **One-Time pre-trip cost:**

#### **Typical Cost for a 7-day mission trip:**

- Airfare to/from Honduras \$800 - \$1,100
- Daily fee (\$50 / day) \$350
- Medical Insurance \$50

**Total cost for each mission trip: \$1,200 - \$1,500**

#### **Additional costs for first time international traveler:**

- Passport (if you don't have a current one) \$100 - \$150
- Initial Vaccinations (if needed) / Medications  
(Costs will vary based on your insurance coverage) \$50 - \$200

**Total one-time pre-trip cost: \$150 - \$350**

The in-country Daily fee covers most expenses (lodging, food, transportation, translator fees, etc.). Team members should plan on bringing funds for food in route, snacks, souvenirs, church offerings, and gifts. The exchange rate is approximately 20 Lempira / \$1 US.

### **Age Restrictions:**

Persons 18 years or older may go on missionary trips with the Foundation.

Persons 15 - 17 years old may go on missionary trips with the Foundation provided that a parent of the young person goes on the trip or a responsible adult is designated for the young person. The HAF Board of Directors must approve the designated responsible adult.

Persons younger than 15 years old may go on missionary trips with the Foundation provided that a parent of the young person goes on the trip. The HAF Board of Directors must approve their participation.

### **What kind of living conditions can I expect?**

**Lodging:** Currently, HAF mission teams stay at the Celia Delfina Village, which is just outside the small city of Quimistan. This is a small complex with a few homes, two buildings for lodging mission team members, and a building with a kitchen & dining area where the mission team eats all or most of their meals. The Celia Delfina Village has a security fence surrounding the complex.



**Sleeping Arrangements:** The Missionary Home Complex can accommodate a team of 15 fairly comfortably. The men and women are quartered separately. There are multiple single beds in each sleeping area. There is no air conditioning but fans are provided in the sleeping areas. Snoring happens, so plan accordingly. Earplugs may be useful.

**Linens:** You should bring a set of single bed sheets and a pillowslip. Pillows are provided.

**Bathing:** Each mission house has an enclosed tiled shower. There is limited hot water for showers. Bring your own towel, soap, shampoo, and shower shoes.



Meals: Eat only at places recommended by your Team Leader. Most meals will be prepared at the Missionary Home by a hired cook.

Toilet use: The Mission Home Complex has flush toilets and they are used as we do at home (except that the toilet paper is to be put in the trash can). You will find most other bathrooms much more primitive than what you are accustomed to using. Public restrooms seldom have toilet paper available, so be prepared with some in your pocket. Again, do not put the toilet paper in the toilet. Do not flush anything but human waste. The local septic systems cannot handle paper. In some areas there will be no water in the tank to flush it. Usually there is a bucket nearby. Get water from a nearby holding tank, and pour it into the toilet bowl. This will flush the toilet. Some places will only have a latrine. Once again, always carry toilet paper. Camping supply stores have small pocket rolls available.

Washing clothes: The local staff will wash, dry and fold clothes daily (except Sunday). Try to pack one change of clothes in your carry-on just in case your luggage does not arrive when you do.

Electrical Supply / Outages: Electricity at the Mission Home Complex is reliable, and the Complex has an Emergency Back-up Diesel Generator, which starts when local power is lost. Honduras electrical outlets are the same as in the U.S. Be prepared by having a small flashlight with you for use at night.

## **Staying Healthy**

"Be careful of what you eat or drink" is common advice to travelers, but very few understand its implications. Diarrhea affects an estimated 20% of all travelers to undeveloped countries. It may cause anything from discomfort and inconvenience to misery and disruption of travel and plans. Contaminated food and drink are the most common sources of infection. Careful selection and preparation of food and drink offer the best protection. Do not buy or eat from street vendors. When in doubt, do not even have ice in your drinks. Bottled soft drinks or bottled water are the safest. When in the field, always wash your hands before entering the kitchen. When eating out, the Team Leader and Translator will provide guidance on what is safe to eat and drink and what is not. Hand sanitizer is not a total substitute for soap and water! Use it but wash your hands often.

There is no safe tap water in the local community. However, at the Missionary Home complex (Celia Delfina Village, owned by Gary and Martha Thomsen) the water is safe and can be consumed without concern.

## **What can I Drink and Eat**

- Food served at the Celia Delfina Village dining area.
- PURIFIED water
- PASTEURIZED products (although milk products are not typically eaten)
- PACKAGED products

- PEELED or PREPARED fruits and vegetables (when processed by our kitchen personnel or recommended by our local staff)

You may also choose to bring your own non-perishable snacks.

### **What else can I do to Stay Healthy**

- Wash your hands frequently (with soap) and keep them out of your mouth, nose, and eyes. Remember, hand sanitizer is not a substitute for soap and water.
- Hand sanitizer should be used prior to the intake of food. Remind your fellow team members to take this precaution before each meal.
- In general, do not pet animals – especially cats and dogs. If you do touch an animal, wash your hands thoroughly with soap and water.
- Wear shoes whenever you are outdoors. Do not wear open-toed shoes or flip-flops outside of the Missionary Home complex. Quimistan and the other communities we serve are rural areas where parasites are often acquired through bare feet.
- Wear sun block when out in the sun for more than a few minutes. Central American countries are closer to the equator and sunburns happen quickly, and at a deeper level than in the U.S.
- Use insect repellent on exposed skin and appropriate insect spray on clothing as needed.
- Heat stress is also a concern. Watch out for your teammates. If told to take a break, take one.
- Drink plenty of liquids to prevent dehydration. Drink Gatorade as well when performing strenuous work. The first sign of dehydration is a headache. If you get a headache, drink a full glass of liquid before taking any medicine.
- Shake your shoes before putting them on in the morning. This will remove any unwanted critters (such as spiders or the occasional scorpion). Placing your shoes in a cloth bag after removal will help alleviate this problem.
- Prior to departure, some missionaries use a lice preventative shampoo (such as Nix).
- Fill out the appropriate Missionary Application sheet completely (see Attachments 1 -3), including all medicines taken, allergies or other health issues. Submit this application to the Travel Coordinator, who will share it with your team leader. The medical information on this form will be used if you cannot provide it due to an injury or illness.

### **Immunizations/ Vaccinations /Medications**

See Appendix 4 for general information on Immunizations, vaccinations, and medications.

### **Information on the ZIKA VIRUS and CHIKUNGUNYA VIRUS**

See Appendix 7 for general information on the Zika Virus and the Chikungunya Virus (information from the US Center for Disease Control as of November 2016). It is recommended



that you go to the Center for Disease Control web site to get any update to this information:

<http://www.cdc.gov/zika/index.html> (for Zika) and <http://www.cdc.gov/chikungunya/index.html> (for Chikungunya).

### **What can I do IF**

The safest and most effective treatment for traveler's diarrhea is a preventive treatment. Pepto-Bismol is one of the best initial treatments for diarrhea. Take it according to the package instructions. It has been found to be very effective if you take twice the amount for the first 2 doses. Some people take 2 tablets before every meal. If you still have problems, then you may want to take Imodium or similar medications. This must be done cautiously as this can bring on dehydration and other related problems. While taking medications for diarrhea, you should be drinking 10-12 glasses of liquid per day. Remember public restrooms rarely have toilet paper. Carry your toilet paper with you.

### **What to do in case of Serious Illness or Emergency**

Bring any medication you will need with you. Advise your Team Leader of any special medical needs you have before you leave. If you become ill enough to need medical attention or in case of a serious injury, your translator or Martha Thomsen will know where and how to get help. If they are not available, someone from the Mission team will transport you or make arrangements for you to return to the States.

### **International Travel Medical Insurance**

Most US-based medical insurance plans will not apply in a foreign country. We require that all missionaries have traveler's medical insurance. This insurance will cover the cost of medical care and medical evacuation, if required.

The HAF Travel Coordinator will purchase this coverage and provide you a copy of your card. If you have alternate coverage, inform your Team Leader. Recently, HAF has used the following company for this travel medical insurance:

- UnitedHealthcare Global SafeTravel Insurance: The phone number for claims is: UnitedHealthcare Global Emergency Response Center 410-453-6330. The cost varies by age and ranges from about \$3/day to \$5/day (higher for those over 70).

### **Should I be concerned about Security**

It is safe for the mission team group to travel in most parts of this country as long as you listen to the advice of your Team Leader. The latest travel and safety information for Honduras may be found at the US State Department Passport and International Travel web site:

<http://travel.state.gov/content/passports/english/alertswarnings/honduras-travel-warning.html>.

The Team Leader will provide guidance about locations that may be less safe. A potentially wonderful and rewarding experience can become disappointing for everyone if we don't follow some well proven, common-sense precautions for everyone's safety and the security of personal belongings. Use the "Buddy system" and never go anywhere alone in an airport, hotel or the streets around the area where you are working or staying. It is best for women to have a male escort. Always ask your Team Leader for permission to leave the mission home complex without the group and agree on where you are going and when you expect to return. A group of three or more is desirable. Only local staff is allowed to drive mission vehicles. Hondurans have their own way of driving and your U.S. insurance probably does not provide you with protection in a foreign country.

Reduce the risk of being a pickpocket's victim by placing your wallet in a front pocket or a fanny pack carried in front. Be careful in crowds where people are likely to bump into you (such as trips to a tourist area). Do not lay your personal or ministry items around unguarded. We have had very few problems with theft, but we don't want to tempt anyone, either.

### Is there anything that I should know about the Culture

The Honduran Christians we work with consider the use of tobacco and the drinking of alcoholic beverages inappropriate behavior for a Christian. **We require all volunteers to refrain from the use of tobacco (smoking, chewing, etc.) and drinking alcohol (beer, wine, or liquor) while serving as volunteers from the time you leave the States until your return home.** As a missionary, your clothing should be modest (men and women). Women are encouraged to wear a dress to church services and men are expected to wear long pants. You would not want anything to affect your Christian testimony. As ambassadors for Jesus, we need to be sensitive to Honduran culture, traditions and customs no matter how strange they may seem to us. We must be careful not to complain or make negative comments about Honduran people, food or customs. Our actions often speak louder than our words. Hondurans are, in general, an event-oriented people. North Americans are a time-oriented people. The importance placed on time is not as high as we are used to. Appointments are flexible and activities are not governed by a strict timetable. When in doubt concerning proper conduct, you should consult the Team Leader or the translator with whom you are working. Because of the primitive conditions, many bathing and restroom practices are different than in the U.S.

### In what way will the Church Services be different

The La Cosecha Church, where we usually worship in Quimistan, is a Pentecostal Church. Watch the Pastor and others around you to discern acceptable actions. The church members will clap and sing and even dance as they worship. In many churches, all prayers and scripture reading are done standing. Be prepared to follow the accepted routine of that church. We are not concerned with their worship styles as long as the Spirit of Worship is from the heart.

We will be asked to participate in the services by preaching or singing. We do not want to appear as spectators or tourists. Sit among the church members, not apart from them. Offering plates are not passed from person to person. The usher will just hold it out in front of you. You may touch it to stabilize it but do not expect the usher to let go of it. Frequently, offerings are taken up to the front, children first to old men last. Watch to see when it is appropriate for you to participate. You may give in either dollars or in lempira, the Honduran currency.

## **What should I wear**

Cool and comfortable cotton or moisture wicking clothing is a must. Avoid polyester (check your shirts before you take them). You should dress modestly. During the day when out in the villages, long pants, Capri's, or modest shorts is a good choice for the women. Men should wear khakis or blue jean pants or shorts. Please, no tank tops for the men or women. For church services, men usually wear long pants and casual shirts. Women may wear casual dresses, long pants or skirts and blouses. A good pair of walking shoes will be your best friend. Bring sturdy work shoes. Make modesty a priority with all the clothing you bring to wear in public, in church and in the villages. Remember not to wear open-toed shoes outside of the Missionary Home Complex. If there is a question of certain cultural requirements in dressing, please direct your questions to the Team Leader or an experienced missionary for appropriate dress.

## **What should I bring**

See Attachment #5 for a suggested list of items you should bring; remember, you should carry at least one change of clothes and your medicine in your carry-on. See Attachment #5 for a list of items that the Team leader will bring. There is a grocery store and a hardware store in town. If you forget something, you can probably locate a suitable substitute (except for personal medications).

## **What should I not bring**

Do not bring or wear expensive watches or other flashy jewelry.

## **How much money should I bring**

You will need money for souvenirs, snacks, and church offerings. Travelers' checks are not recommended because they are not readily accepted. Credit cards can be used in some places (but there may be extra fee charges). You will have an opportunity to change U.S. dollars to lempira when you arrive. We recommend about \$20 - \$40 per traveler for these expenses. Also bring sufficient funds or a credit card to pay for checked luggage fees (see below).

## Luggage

Check the Delta web site ([www.delta.com](http://www.delta.com)) for the latest checked luggage fees for international travel to Honduras. New security regulations are in force and do change. Be prepared. Do not bring liquids, knives, aerosols, or items that may be considered weapons in your carry-on. Check with your Team Leader about what you may bring. No piece of checked luggage may weigh more than 50 lbs. **Each team member will be limited to one checked piece of personal luggage.** You may be assigned to carry an additional HAF trunk or duffel bag used to transport donated items and team supplies. Your Team Leader will handle any fees incurred by additional luggage. Remember it is always wise to carry at least one change of clothing and medicine in your carry-on bag. Consider buying a cheap suitcase from the Salvation Army or similar store. Consult with the appropriate airline staff if you are unsure if the size or weight of your baggage is OK (See Attachment #6).

## Do I need a VISA

**No entry visa** is required for U.S. citizens to enter Honduras. Everyone must have a valid passport. When departing Honduras, there is an **exit fee (tax)**; however, as of 2015, this exit fee is pre-paid as part of your airline ticket purchase. See <http://travel.state.gov> for additional information related to travel to Honduras. Ensure that your Passport has 6 months remaining prior to expiration.

## Mission Trip Activities

On arrival in Honduras, the Team Leader will:

- Set up a schedule for team members to lead the daily devotions – leading these is optional for team members. These are typically held just prior to breakfast.
- Encourage team members to witness. Remember that our primary goal is to reach people for Christ.
- Remind team members about the signs and dangers of heat related illness prevention and treatment. Drink plenty of bottled water. Take adequate and frequent rest breaks. Be alert for heat related issues with both yourself and with your team mates!
- Remind team members to secure their passport (team leader may collect passports and ask Martha to put them in her safe).
- Have the team organize materials and/or practice for scheduled events.
- Remind the team to **take a first aid kit** whenever we leave town!
- Remind everyone about security and to always use the buddy system when outside Martha's compound.




- Brief the team on planned team activities, such as work projects, side trips, and daily devotions. Post schedules, sign-up sheets, etc.
- Remind the team that internet service (with limited up-line and down-link speed) is available at the ranch, but is subject to occasional “down time”. Personal browsing and emailing is OK, but should be limited to essentials, and should not interfere with our true purpose in being there.

It is recommended that at least some members of each mission team attend the following ongoing activities, if at all possible, and observe or assist as opportunities arise:

- One or more of the feedings of children at the Tejeras Community. These are currently done on Sunday mornings, and on Tuesday, Wednesday, Thursday, and Friday afternoons.
- Saturday afternoon or Sunday morning worship/Sunday School of Martha Thomsen’s children’s ministry
- Agape Promises Bible Study and feeding on Sunday afternoon
- Evening worship service at La Cosecha or other local church. (Check on days and times after arrival.)

If the mission trip plan has sufficient time available, a cultural/historical side trip is encouraged if the team is interested. The cost of such a trip is extra.

The team is welcome to eat one or more meals at a local restaurant. They may want to do this as just the mission team or may want to also invite some of the Honduras people that assist the mission teams. 

## Communicating with Home

The mission house has low-speed wireless Internet available. One or more team members usually will bring a laptop computer, so you should be able to check and send e-mail on a reasonable basis. Do not spend excessive time online “social networking”. Each team also usually produces a daily blog (<http://hondurasagape.us/blog/>) to keep everyone informed of the mission activities underway (spiritual insights and experiences of the mission team). Most cell phones from the U.S. will not work in the cellular mode in Honduras.

## Gifts

Gifts of any significance by team members should be coordinated through the Team Leader and/or the HAF Board President to ensure these gifts are in accordance with the overall HAF mission and ministry. Honduras team members receive a "love offering" from the

Honduras Agape Board. Therefore, there is no expectation for individual mission trip team members to give a gift/tip to our Honduras team at the end of a mission trip.

### How do I prepare physically

You will probably do a lot of walking. Make sure that you have comfortable walking shoes.

### How do I prepare mentally

- TRY to learn some Spanish before your trip (See Attachment #7)
- DON'T expect to live by your watch.
- DON'T expect to communicate with the U.S. regularly.
- DON'T expect to have a flush toilet when away from the Mission Home Complex.
- DON'T expect to have unlimited hot water.
- DON'T expect to have beds like you have at home.
- DO expect a simpler lifestyle that focuses on the value of people and relationships.
- DO expect that God will use this experience to cause you to reevaluate your priorities and your relationship with Him.
- DO expect that God will use you and the team to encourage Honduran Christians and their families, their churches and to attract nonbelievers to a faith in Jesus Christ.
- It is extremely important that each volunteer prepare to be flexible, as living and serving in a foreign country is not the same as in the United States. There are three things that each volunteer needs to practice when on the Mission Field: **FLEXIBILITY, PATIENCE and FLEXIBILITY**. Seek to be a team builder by promoting team unity and love. Be forgiving of teammates and staff and be considerate at all times.

### How do I prepare spiritually

Jesus sent his disciples out saying, "Freely you have received, freely give." Think on how much God has given you. Giving of yourself, making sacrifices, withstanding discomfort, meeting hardships head on, and committing yourself to this mission work are one way that you can give of yourself. Be prepared with a devotion. We typically take turns leading a 10-15 minute devotion each morning. We pray that your stay will be an enjoyable and fruitful one in the service of our Lord.

## Attachment #1: HAF Application for Short-Term Mission Trip

<b>Honduras Agape Foundation - Application for Short-Term Missions</b> <b>(For use by persons who have NOT previously been on an HAF mission trip.)</b>		
Trip Dates:		Departure City:
Name (as it appears on your passport):		
Passport Number:		Expiration Date:
Date of Birth:		Occupation:
Address:		City/State/Zip:
Primary Phone:		Alternate Phone:
E-Mail address:		T-Shirt Size:
Gender: Male _____ Female _____		Marital Status:
<b>Emergency Contact</b> (contact in USA not going on mission trip)		
Name:		Relationship:
Primary Phone Number:		Alt Phone Number:
Emergency contact e-mail:		
<b>Speak Spanish:</b> Fluent _____ Moderate _____ A Little _____ None _____		
What is the main reason you wish to go on this trip and what do you hope to accomplish?       		
Previous mission experience:       		
<b>General Health Information</b>		
What is the general state of your health?       		
Known allergies:       		
Do you have health-related problems in the following areas? Blood Pressure _____ Diabetes _____ Heart _____ Lungs _____ Walking _____ Other (specify):       		
Is there anything else we should know about your health and/or physical limitations?       		

<b>Honduras Agape Foundation - Application for Short-Term Missions (continued)</b>									
<b>Please indicate your skills and gifts in the following areas:</b>									
Skill	None	Some	Skilled	Professional	Skill	None	Some	Skilled	Professional
<b>Construction:</b>									
Carpentry					Masonry				
Plumbing					Roofing				
Painting					Electrical				
Skill	None	Some	Skilled	Professional	Skill	None	Some	Skilled	Professional
<b>Human Services &amp; Teaching:</b>									
Health Care					Counseling				
Preaching					Recreation				
Singing					Evangelism				
VBS / Sunday School					Nutrition				
Sewing					Crafts				
Computer					English Teaching				
Other gifts:									

<b>Honduras Agape Foundation - Application for Short-Term Missions (continued)</b>	
<b>Permission and Release Form</b>	
<p>I, _____, do hereby certify that I am willing, physically fit and sufficiently prepared to travel with and participate in a work project with the Honduras Agape Foundation, in the country of Honduras. Trip sponsors have my permission to take me to a doctor for medical treatment, hospitalization, or emergency surgery if the need should arise. Should it be necessary for me to return home prematurely (due to medical reasons or disciplinary action), I will assume total responsibility for any additional costs incurred.</p> <p>I have read and agree to abide by the Community Covenant that follows this application.</p>	
Signature: _____	Date: _____
If under 18: Parent/Guardian Signature: _____	
Home church, if applicable:	
<b>Please note:</b> <b><u>If you decide not to go, you must let us know prior to the purchase of airline tickets for the mission team (usually about two months before your departure), or you will be responsible for any and all penalties related to the airline tickets.</u></b> The total cost of the trip usually ranges from \$1100-1500 depending upon airfare.	
Please submit this application a minimum of 60 days prior to the trip departure date along with a deposit of \$500 made payable to "HAF" to the following address: Honduras Agape Foundation, P. O. Box 6315, Aiken, SC 29804	



Honduras Agape Foundation - Application for Short-Term Missions (continued)	
<b>Honduras Mission Team Covenant</b>	
Recognizing (1) that our actions bear witness to our beliefs and (2) that we represent not only the United States of America, and our home church, but also, more importantly, our Lord, each mission team member agrees to abide by the following covenants:	
<b>Initial</b>	<b>Covenant Statement &amp; Rationale</b>
	<p><b>1. I will strive to ensure that my words and actions are consistent with Biblical teachings and respect the beliefs of the churches we interact with while in Honduras.</b></p> <p><i>Rationale: As Christians, the Bible outlines the way in which the Christian life is to be led. To have integrity in our witness requires us to strive to follow these teachings regardless of where we find ourselves. And as missionaries to Honduras, we often visit various congregations, and engage in spiritual, evangelistic discussions with representatives of the churches. As visitors, we are to be respectful of their customs and beliefs.</i></p> <p><b>This includes neither possessing nor using tobacco, alcohol, or any other type of recreational drugs while in Honduras</b></p> <p><i>Rationale: In Honduras, Christianity teaches these practices are wrong. Any such activity will cause hard feelings and problems for our relationship with the local churches.</i></p>
	<p><b>2. I will adhere to the curfew as it is stated each day, in particular to remain with the group at night and not to interfere with the rest of others.</b></p> <p><i>Rationale: Mission work and fellowship are tiring. Rest, therefore, is essential, not only for our health, but also for our attitudes and enjoyment of each other and the trip. Additionally, even though most people love us, some areas in Quimistan may be dangerous at night.</i></p>
	<p><b>3. I understand that I should stay with the group or a minimum of one other team member.</b></p> <p><i>Rationale: This policy promotes the safety and well-being of all missionaries.</i></p>
	<p><b>4. I understand that to be a good witness I must be respectful of all persons with whom I interact and to the best of my ability joyfully participate in their activities.</b></p> <p><i>Rationale: Although you may not speak Spanish, if your non-verbal actions are offensive, they will be understood. Fellowship with the people of Honduras is a fundamental mission responsibility.</i></p>
	<p><b>5. I understand that I should leave unnecessary expensive gadgets and jewelry at home.</b></p> <p><i>Rationale: Besides reducing your chance of being a target for theft, especially in public areas, an excessive display of wealth is not conducive to building meaningful relationships in communities where people generally have very few material possessions.</i></p>
	<p><b>6. I will strive to support and follow other recommendations made by the team leader.</b></p> <p><i>Rationale: The team leader is chosen for each trip by the Board of Directors and thus has its support. This person is an active participant in our mission work and has experience working with and for the people of Honduras.</i></p>
<div>Signature: _____</div> <div>Date: _____</div>	



**Attachment #2: HAF Application for Short-Term Mission Trip (UPDATE)**  
(for persons who have previously been on an HAF mission trip)

<b>HAF Application for Short-Term Missions-UPDATE</b> (For use by persons who have previously been on an HAF mission trip.)		
Trip Dates:		Departure City:
Name (as it appears on your passport):		
Passport Number:		Expiration Date:
Date of Birth:		Occupation:
Address:		City/State/Zip:
Primary Phone:		Alternate Phone:
E-Mail address:		T-Shirt Size:
Gender: Male      Female		Marital Status:
<b>Emergency Contact:</b> Name: Relationship:		
Primary Phone Number:		Alt Phone Number:
Emergency contact e-mail:		
<b>NOTE: Fill in below information only if changed since last HAF mission trip.</b>		
<b>General Health Information</b>		
What is the general state of your health?		
Known allergies:		
Do you have health-related problems in the following areas?		
Blood Pressure____ Diabetes____ Heart____ Lungs____ Walking____		
Other (specify):		
Is there anything else we should know about your health and/or physical limitations?		
Signature: _____ Date: _____		









## Attachment 4 – Immunizations/ Vaccinations /Medications

The following are the Foundation's recommendations, based upon research and discussions with other medical-related missionaries:

Call your doctor or your local Health Department. They will give you a recommendation for travel to Honduras. Typically on the conservative side, they will normally recommend Hepatitis A & B, Malaria prevention, Typhoid vaccine, and Tetanus. These clinics also can provide an International Certificate of vaccination. It is a good idea to maintain this record and keep it with your passport. It will help you know when you need to have a booster. You can also consult [www.cdc.gov](http://www.cdc.gov). (See listings for Mexico & Central America, <http://www.cdc.gov/travel/camerica.htm>)

Get a copy of your vaccination record (if available). School age missionaries will normally have had the Hepatitis B and Tetanus vaccinations.

- Hepatitis A & B immunizations are recommended. (Hepatitis A is two shots, taken at 0 and 6 months; at least one is taken before your trip. Hepatitis B is three shots, taken at 0, 1 and 6 months; the first two are to be taken before the trip.)
- Hepatitis B is primarily for health care workers. You may not expect to work in the clinic, but it is good insurance for a serious potential. The Hepatitis A & B vaccines are good for life once you complete the series of shots.
- Tetanus vaccine is strongly recommended. If your tetanus is not up to date (It is recommended every ten years), you should get a booster. The shot includes both tetanus and diphtheria immunizations, and is a good idea for anyone performing outdoor work.
- Typhoid vaccine is optional. It is an oral medication (Vivotif Berna Capsule EC BER, 4 pills, one taken every other day, two weeks before departure) that provides protection for approximately 5 years. A minority of folks gets this prevention.
- Malaria prevention (Chloroquine, 7 pills) - These pills are taken once a week starting one week before the trip and for 4 weeks after. About half of the missionaries take this prevention. There are mosquitoes around, but we have never heard of a malaria problem. If mosquitoes like you, we recommend that you take this preventative. Note: Some people are allergic to chloroquine. If you develop a skin rash, discontinue use.
- Generic Cipro - general antibiotic: Some folks take this general antibiotic medication with them. It is used only in case you get a serious case of traveler's diarrhea. It is now recommended by some folks that you take 2 chewable Pepto Bismol tablets daily to

prevent traveler's diarrhea. Imodium is recommended for most cases of diarrhea. Take the antibiotic only if severe diarrhea develops and as directed by a doctor. We have access to a health clinic, and the veteran missionaries will have some available, so you probably will not need to buy it. One of the doctors who assist the mission effort will normally write prescriptions for the missionaries who want Cipro, Chloroquine, and typhoid vaccine. This will be arranged as part of the pre-trip meetings and you can solicit opinions from some of the other missionaries. As with anything, some folks are more conservative than others.

In summary, you need to get Hepatitis A & B. Make sure tetanus is up to date. Wait for pre-trip meetings to decide on Malaria prevention, typhoid vaccine, and Cipro.



## **Attachment #5: Suggested Personal Item List:**

1. Passport
2. Airline ticket info
3. 2 or 3 sets of work/casual clothes
4. Closed toed shoes
5. Travel Clothes
6. Sleeping clothes
7. Hat / Sun Glasses
8. Rain jacket or Poncho
9. Set of single bed sheets and pillow case
10. Towel & washcloth
11. Personal Toiletries - (Toothbrush, Toothpaste, Razor, Deodorant, etc.)
12. Soap / Shampoo / Shower Shoes
13. Medications
14. Sunscreen, Hand Sanitizer & Insect Spray
15. Advil / Imodium / Pepto Bismol Tablets if desired
16. Kleenex
17. Bible / Devotional Materials
18. Spending Money
19. Travel Medical Insurance Card

### Optional

1. Camera (A simple “point and shoot” camera is most practical)
2. I-pad, etc. (slow wi-fi at place where we stay)
3. NIX (Lice treatment shampoo)
4. Flashlight
5. Toys / Art Supplies/Balloons, etc. to give away to children
6. Snacks - (Crackers, Granola Bars, etc.) if desired

### Notes:

- A laundress will be available each day (except Sunday) so you only need 2 or 3 sets of work clothes.
- Remember the restrictions on liquids in carry-on bags.
- There is a grocery store in town, so you can purchase items there.



## Attachment #6: Suggested Team Item List

1. TARPS FOR SHADE (3)
2. ROPE (3 X 50 FT)
3. STRING (100 FT)
4. ZIPLOC BAGS (gallon)
5. CLOTHES PINS
6. NEOSPORIN
7. DUCT TAPE
8. TRASH BAGS
9. LYSOL (non-aerosol) / ANTI-BACTERIAL WIPES
10. ICE PACKS (FIRST AID TYPE) (3-4)
11. FIRST AID KITS (3) (with plenty of antiseptic, antibiotic ointment, band aids, ibuprofen, etc.
12. LICE SHAMPOO
13. SMALL SPRAY BOTTLES (3) FOR COLD WATER COOL DOWNS
14. ROOM / TRUNK LOCKS
15. CLOTH BAG (3) TO TAKE TEAM SUPPLIES TO EACH JOB SITE
16. TOILET PAPER (8 ROLLS)
17. SCISSORS
18. LARGE SIZE HAND SANITIZER
19. MISC. PLAY ITEMS:
  - MEMORY GAMES / CARD GAMES
  - FRISBEES
  - PUZZLES
  - VOLLEYBALL
  - SOCCER BALLS
  - ART SUPPLIES

**Note:** These are the items that will normally be purchased by the Team Leader or will be maintained in the storage area in Quimistan.



## **Attachment #7: Information for Mission Team on VIKA & CHIKUNGUNYA Virus**

Information about the Zika Virus (from Center for Disease Control (as of November 2016)

### **General information from Center for Disease Control**

- Zika is spread mostly by the bite of an infected *Aedes* species mosquito. These mosquitoes bite during the day and night.
- Zika can be passed from a pregnant woman to her fetus. Infection during pregnancy can cause certain birth defects.
- There is no vaccine or medicine for Zika.

### **What You Need to Know** (info from CDC web site – as of November 15, 2016)

**1**



**Zika primarily spreads through infected mosquitoes. You can also get Zika through sex.**

- Many areas in the United States have the type of mosquitoes that can spread Zika virus. These mosquitoes are aggressive daytime biters and can also bite at night.
- Also, Zika can be passed through sex from a person who has Zika to his or her sex partners.

**2**



**The best way to prevent Zika is to prevent mosquito bites.**

- Use **EPA-registered insect repellent**. It works!
- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or window and door screens.
- Remove standing water around your home.

**3**



**Zika is linked to birth defects.**

- Zika infection during pregnancy can cause a serious birth defect called **microcephaly** that is a sign of incomplete brain development. Doctors have also found other problems in pregnancies and among fetuses and infants infected with Zika virus before birth.
- If you are pregnant and have a partner who lives in or has traveled to an area with Zika, do not have sex, or use condoms the right way, every time, during your pregnancy.

4



**Pregnant women should not travel to [areas with Zika](#).**

- If you must travel to one of these areas, talk to your healthcare provider first and strictly follow steps to prevent mosquito bites during your trip.

5



**Returning travelers infected with Zika can spread the virus through mosquito bites.**

- During the first week of infection, Zika virus can be found in a person's blood and can pass from an infected person to a mosquito through mosquito bites. An infected mosquito can then spread the virus to other people.
- Couples with a partner who lives in or has traveled to an area with Zika should **[take steps to protect during sex](#)**.

**Plan for Travel - Before your trip** (info from CDC web site - as of November 15, 2016)



- If you are pregnant or trying to get pregnant
- If you are **[pregnant](#)**, do not travel to **[areas with Zika](#)**.
- If you or your partner are **[trying to get pregnant](#)**, consider avoiding nonessential travel to areas with Zika. Talk to your doctor or other healthcare provider about your travel plans.

**Zika Virus Symptoms** (info from CDC web site - as of November 15, 2016)

- Many people infected with Zika virus won't have symptoms or will only have mild symptoms. The most common symptoms of Zika are: Fever; Rash; Joint pain; and Conjunctivitis (red eyes). Other symptoms include: Muscle pain and Headache.
- Zika is usually mild with symptoms lasting for several days to a week. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected.
- Symptoms of Zika are similar to other viruses spread through mosquito bites, like dengue and chikungunya.

**How soon you should be tested** (info from CDC web site)

- Zika virus usually remains in the blood of an infected person for about a week.
- See your doctor or other healthcare provider if you develop symptoms and you live in or have recently traveled to an area with Zika. Your doctor or other healthcare provider may order blood tests to look for Zika or other similar viruses like dengue or chikungunya.
- Once a person has been infected, he or she is likely to be protected from future infections.



**When to see a doctor or healthcare provider** (info from CDC web site)

See your doctor or other healthcare provider if you have the symptoms described above and have visited an [area with Zika](#), this is especially important if you are [pregnant](#).

Be sure to tell your doctor or other healthcare provider where you traveled.

**Center for Disease Control web site for more information:**

<http://www.cdc.gov/zika/index.html>



**Information about the CHIKUNGUNYA Virus (from Center for Disease Control as of November 2016)**

**General information from Center for Disease Control**

- Chikungunya (pronunciation: \chik-en-gun-ye) virus is [transmitted](#) to people by mosquitoes.
- The most common symptoms of chikungunya virus infection are fever and joint pain. Other symptoms may include headache, muscle pain, joint swelling, or rash.
- Outbreaks have occurred in [countries](#) in Africa, Asia, Europe, and the Indian and Pacific Oceans.
- In late 2013, chikungunya virus was found for the first time in the [Americas](#) on islands in the Caribbean. There is a risk that the virus will be imported to new areas by infected travelers.
- There is no vaccine to prevent or medicine to treat chikungunya virus infection.
- Travelers can protect themselves by [preventing](#) mosquito bites. When traveling to countries with chikungunya virus, use insect repellent, wear long sleeves and pants, and stay in places with air conditioning or that use window and door screens.
- For insect repellents:
  - Repellents containing DEET, picaridin, IR3535, and oil of lemon eucalyptus or para-menthane-diol provide long-lasting protection.
  - If you use both sunscreen and insect repellent, apply the sunscreen first and then the repellent.
  - Do not spray repellent on the skin under your clothing.
  - Treat clothing with permethrin or purchase permethrin-treated clothing.
  - Always follow the label instructions when using insect repellent or sunscreen.

**Transmission of Chikungunya Virus (as of November 15, 2016):**

- Through mosquito bites
- Chikungunya virus is transmitted to people through mosquito bites. Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.
- Chikungunya virus is most often spread to people by *Aedes aegypti* and *Aedes albopictus* mosquitoes. These are the same mosquitoes that transmit dengue virus. They bite during the day and at night.
- Rarely, from mother to child
  - Chikungunya virus is transmitted rarely from mother to newborn around the time of birth.
  - To date, no infants have been found to be infected with chikungunya virus through breastfeeding. Because of the benefits of breastfeeding, mothers are encouraged to breastfeed even in areas where chikungunya virus is circulating.
- Rarely, through infected blood
  - In theory, the virus could be spread through a blood transfusion. To date, there are no known reports of this happening.

### **Symptoms of Chikungunya Virus** (as of November 15, 2016)

- Most people infected with chikungunya virus will develop some symptoms.
- Symptoms usually begin 3–7 days after being bitten by an infected mosquito.
- The most common symptoms are fever and joint pain.
- Other symptoms may include headache, muscle pain, joint swelling, or rash.
- Chikungunya disease does not often result in death, but the symptoms can be severe and disabling.
- Most patients feel better within a week. In some people, the joint pain may persist for months.
- People at risk for more severe disease include newborns infected around the time of birth, older adults ( $\geq 65$  years), and people with medical conditions such as high blood pressure, diabetes, or heart disease.
- Once a person has been infected, he or she is likely to be protected from future infections.

### **Diagnosis of Chikungunya Virus** (as of November 15, 2016)

- The symptoms of chikungunya are similar to those of [dengue](#) and [Zika](#), diseases spread by the same mosquitoes that transmit chikungunya.
- See your healthcare provider if you develop the symptoms described above and have visited an area where chikungunya is found.
- If you have recently traveled, tell your healthcare provider when and where you traveled.
- Your healthcare provider may order blood tests to look for chikungunya or other similar viruses like dengue and Zika.

### **Treatment for Chikungunya Virus (as of November 15, 2016)**

- There is no vaccine to prevent or medicine to treat chikungunya virus.
- Treat the symptoms:
- Get plenty of rest.
- Drink fluids to prevent dehydration.
- Take medicine such as acetaminophen (Tylenol®) or paracetamol to reduce fever and pain.
- Do not take aspirin and other non-steroidal anti-inflammatory drugs (NSAIDS until dengue can be ruled out to reduce the risk of bleeding).
- If you are taking medicine for another medical condition, talk to your healthcare provider before taking additional medication.

### **If you have chikungunya, **prevent mosquito bites** for the first week of your illness.**

- During the first week of infection, chikungunya virus can be found in the blood and passed from an infected person to a mosquito through mosquito bites.
- An infected mosquito can then spread the virus to other people.

### **Center for Disease Control web site for more information:**

<http://www.cdc.gov/chikungunya/index.html>





## Attachment #8: Basic English-Spanish Phrases for Missionary Work

(With pronunciation guide). Updated by Bill Bengtson - May 9, 2001

Yes - Sí (SEE)	No - No (NO)
Hello - Hola (OH-lah)	Greetings - Saludos (sah-LOO-doughs)
Good day/morning - Buenos días (BWAYnos DEE-us)	Welcome - Bienvenido (bee-IN-vay-NEEdough)
Good afternoon - Buenas tardes (BWAYnahs TAR-days)	How are things? - ¿Qué tal? (kay TAHL)
Good evening - Buenas noches (BWAY-nahs NO-chays)	What's happening? - ¿Qué pasa?
Goodbye - Adios (ah-DYOS)	See you later - Hasta luego (AH-stuh loo-AYgo)
See you soon - Hasta pronto (AH-stuhPRON-toe)	Please - Por favor (pore fah-VORE)
See you tomorrow - Hasta mañana (AH-stuhmahn-YAH-nah)	Farewell/go with God - Vaya con Dios (VAHyah kon DEE-ohs)
I don't like it - No me gusta (know may GOOSE-tah)	I'm sorry - Lo siento (loe see-IN-toe)
I understand - Comprendo (com-PRENdough)	I like it - Me gusta (may GOOSE-tah)
Thank you - Gracias (GRAH-see-us)	Excuse me - Perdoneme (per-DOHN-ehmay)
I don't understand - No comprendo (no com-PREN-dough)	Excuse me (when getting up from the table or passing in front of somebody) - Con permiso (kon pear-ME-sew)
No thanks - No gracias (no GRAH-see-us)	You're welcome - De nada (day NAH-duh)
My name is ... - Me llamo (May YAH-mo)	What's your name? - ¿Cómo te llamas? (KOmoetay YAH-mas)
How are you? - ¿Cómo estás? (KO-moe eh-STAHs)	And you? - ¿Y tú? (ee TWO)
I'm fine - Estoy bien. (Eh-STOY bee-IN)	What did you say? - ¿Cómo? (KOH-moh)
I'm glad to be here - Estoy feliz de estar aquí (eh-STOY fay-LEEZ de eh-STAR ah-KEY)	I speak English - Yo hablo inglés (yo AHblow ing-GLAYS)
I speak Spanish - Yo hablo español (yo AHblow ess-pan-YOL)	I speak a little - Yo hablo un poco (yo AHblow un POE-coe)
We - nosotros (know-SEW-tross)	You (informal) - tú (two)
They - ellos (AYE-yohs)	You (formal) - Usted (ooh-STEAD)
She - ella (AYE-yah)	He - él (el)
I - yo (yo)	It's ...Es (ESS)
What is it? - ¿Qué es? (KAY ESS)	It isn't ... No es (NO ess)
I don't understand - Yo no comprendo (yo no com-PREN-doe)	More slowly, please - Más despacio, por favor (mahs day-SPAH-see-oh, pore fah-VORE)
I understand - Yo comprendo (yo com-PREN-doe)	Y'all - Ustedes (ooh-STEAD-es)
There is (a book) - Hay ... un libro (aye oohn LEE-broh)	There isn't (or aren't) any - No hay (no aye)
I am .... (a missionary). - Soy misionero. (soy me-see-oh-NAIR-oh)	What time is it? - ¿Qué hora es? (kay OH-rahess)
You are ... (nice). - Tú eres ... simpático. (TWO AIR-ess seem-PAH-tee-ko)	She is ... (American). - Ella es ... Americana (A-ya es ah-meh-ree-KAH-na)
They are ... (Mexicans). - Ellos son ... mexicanos (AY-yohs sohn may-he-KAHNohs)	We are ... (Baptists). - Nosotros somos ... bautistas (no-SEW-trohs SEW-mohs bow-TEE-stahs)
What did you say? - ¿Cómo? (KO-moe)	He is ... (tall). - El es ... alto. (ell ess ALLtoe)
Repeat that, please. - Repite, por favor (re-PETE-ay, pore fah-VORE)	How much is it (how much does it cost)? - ¿Cuánto es? (KWAHN-toe ess)
What time is it? - ¿Qué hora es? (kay OH-rah)	It's one - Es la una (ess la OOH-nah)

ess)	
It's two - Son las dos (sohn las doughs)	
One - uno (OOH-no)	Two - dos (dose)
Three - tres (trays)	Four - cuatro (QUAT-roee)
Five - cinco (SINK-oh)	Six - seis (say-EES)
Seven - siete (see-A.-tay)	Eight - ocho (OH-cho)
Nine - nueve (new-A-vay)	Ten - diez (dee-AYS)
One hundred - cien (see-IN)	One thousand - un mil (oohn meel)
More - más (mahs)	Less - menos (MAY-nos)
Many - muchos (MOO-chose)	A lot - mucho (MOO-cho)
That's enough. - Basta. (BAH-stah)	Excellent - excelente (ex-sell-IN-tay)
How nice - Que bueno. (kay BWAY-no)	I'm hungry. - Tengo hambre. (TENG-go AHM-bray)
I'm thirsty. - Tengo sed. (TENG-o said)	Big - grande (GRAHN-day)
Easy - fácil (FAH-seal)	Good - bueno (BWAY-no)
Bad - malo (MAHL-o)	Small - pequeño (peh-KAIN-yo)
Sick (ill) - enfermo (en-FAIR-mo)	Difficult - difícil (dee-FEE-seal)
Wonderful - maravilloso (mah-rah-vee-OHso)	Happy - contento (kon-TENT-oh)
Sad - triste (TREE-stay)	Angry - enojado (in-oh-HAH-doe)
Important - importante (EEM-pour-THAN-tay)	Interesting - interesante (EEN-tare-eh-SAHNtay)
God - Dios (DEE-ohs)	The Bible - la Biblia (lah BEEB-lee-ah)
Holy Spirit - Espiritu Santo (Eh-SPEE-reetwo SAHN-toe)	Jesus Christ - Jesucristo (HAY-sue KREEstow)
Christian - cristiano (KREE-stee-AH-no)	Prayer - oración (oh-RAH-see-OHN)
Church - iglesia (eeh-GLAY-see-ah)	Gift - regalo (ray-GAH-low)
Man - hombre (OM-bray)	Woman - mujer (moo-HAIR)
Child - nino (KNEEN-yo)	House - casa (KAH-sah)
Food - comida (ko-MEE-dah)	Beverage/drink - bebida (bay-BEE-dah)
Water - agua (AH-gwah)	Milk - leche (LAY-chay)
Bread - pan (pahn)	Hamburger - hamburguesa (ahm-boor-GAYsah)
Ice cream - helado (ay-LAH-doe)	Cookies - galletas (gah-YAY-tahs)
Fruit - fruta (FROO-tah)	Toast - pan tostado (pahn toe-STAH-dough)
Cup - taza (TAH-sah)	Plate - plato (PLAH-toe)
Money - dinero (dee-NAIR-oh)	Let's go! - ¡Vámonos! (VAH-moh-nohs)
Hotel - hotel (oh-TELL)	Store - tienda (tee-IN-dah)
Market - mercado (mare-KAH-doe)	Street - calle (KAH-yay)
Car - carro (KAR-oh)	Truck - camioneta (kah-me-oh-NET-ah)
Bus - autobús (ow-toh-BOOSE)	Plane - avión (ah-vee-OHN)
White - blanco (BLAHN-koh)	Black - negro (NAY-grow)
Brown - moreno (moe-RAY-no)	Blue - azul (ah-ZOOL)
Red - rojo (ROE-hoe)	Yellow - amarillo (ah-mah-REE-oh)
Green - verde (VAIR-day)	Orange - anaranjado (ah-nah-rah-rah-HA-doe)
Quickly - rapido (RAH-pee-dough)	Slowly - despacio (day-SPAH-see-oh)
Very - muy (mwee)	OK, that's fine. - Vale (VAH-lay)
Friend - amigo (ah-MEE-go)	Brother - hermano (air-MAH-no)
Sister - hermana (air-MAH-nah)	Father - padre (PAH-dray)
Pastor - pastor (pah-STORE)	Student - estudiante (eh-stew-dee-ON-tay)

Mother - madre (MAH-dray)	Child - niño (KNEEN-yo)
Church - iglesia (ee-GLAY-see-ah)	Come here - Vente (VIN-tay)
I'm an American. - Yo soy americano (yo soy ah-mare-ee-KAHN-oh)	God bless you. - Que Dios te bendiga (Kay DEE-ohs tay ben-DEE-gah)
Look - Mira (MEE-rah)	Listen - Escucha (Es-KOO-chah)
Wait - Espera (eh-SPARE-ah)	Where is ...- ¿Dónde está ... (DON-day eh-STAH)?
Jesus loves you. - Cristo te ama (KREE-stoe tay AH-ma)	I am a Christian. - Yo soy cristiano (yo soy kree-stee-AH-no)
Where is the bathroom? - ¿Dónde está el baño? (DON-day eh-STAH el BAHN-yo)	What do you call this? - ¿Cómo se llama éste? (KOH-moe say YAH-mah ES-tay)
It's here. - Está aquí (eh-STAH ah-KEY)	It's there. - Está allí (eh-STAH ah-YEE)
Welcome. - Bienvenido (BEE-in vay-KNEEdough)	Hands - manos (MAH-nose)
Feet - pies (pee-AYS)	Head - cabeza (kah-BAY-zah)
Legs - piernas (pee-AIR-nahs)	Arms - brazos (BRA-sos)
We're on our way! - ¡Vamos! (VAH-mose)	It (the weather) is hot. - Hace calor (AH-say kah-LORE)
It (the weather) is cold. - Hace frío (AH-say FREE-oh)	I'm hot. - Tengo calor (TENG-o kah-LORE)
I'm cold. - Tengo frío (TENG-o FREE-oh)	How? - ¿Cómo? (KOH-moh?)
Who? - ¿Quién? (key-IN)	When? - ¿Cuándo? (KWAN-doh)
Where? - ¿Dónde? (DOHN-day)	What? - ¿Qué? (kay)
Why? - ¿Por qué? (pour KAY)	Smile - sonrisa (sohn-REE-sah)
<b>Other tips:</b> Objects in Spanish - everything from dust, bugs and rocks to people, oceans and planets - are always either masculine or feminine. "A house," for example, is "una casa" - a feminine thing. "A door" is "una puerta" - also feminine. "A car," however, is "un carro" - a masculine thing. "Un sombrero," which is "a hat," is also masculine. The word "the" can also be confusing in Spanish. "The man" and "the boy" (masculine singular things) would be "el hombre" and "el muchacho." "The woman" and "the girl" (feminine things) would be "la mujer" and "la muchacha." "The men" and "the boys" (masculine plural) would be "los hombres" and "los muchachos." "The women" and "the girls" (feminine plural) would be "las mujeres" and "las muchachas"	