

TRAVELERS' TIPS

from the Micah Project



WE ARE SO EXCITED that you're coming to spend time with the Micah Project in Honduras! We pray that the Lord will bless your trip and that you will see His hand at work in this beautiful country.

Whether this is your first or tenth time to Honduras, here are some tips to help you get prepared for your visit . . .



This document and the links in it can also be found at bit.ly/visit-micah

BEFORE YOUR TRIP..

- ▶ We strongly encourage our visitors to acquire international short-term travelers insurance which is inexpensive and easy to purchase. One of the biggest benefits of traveler's insurance that you may not have on your regular insurance plan is evacuation insurance which pays for a medivac flight to a hospital near your home should you become injured or fall ill. Good travel insurance can be purchased at one of these links:

<https://www.imglobal.com/travel-medical-insurance>

www.geobluetravelinsurance.com/products/single-trip/voyager-5-overview.cfm

- ▶ Send your airline confirmation (and your team list if you are a group leader) to us at visit@micahprojecthonduras.org
- ▶ Call or go online to report your trip to your bank and credit card company.
- ▶ Follow the Micah Project on [Facebook](#) and [Instagram](#).
- ▶ Pray for your trip.
- ▶ Understand all requirements for entry into Honduras and your return to the U.S. (below)

HONDURAS ENTRY:

1. [Honduras Traveler's Declaration Form:](#)

All individuals traveling to and from Honduras must complete the Honduran Customs Declaration form electronically before arriving at the airport. If you're traveling as a family, one person can complete a single form for the whole family. This form is mandatory for both entering and leaving the country. We recommend both saving the PDF to your phone AND printing it out to have it available when asked for it.

https://sisglobal.aduanas.gob.hn/Pech/#/plataforma/otra_gestiones/formularioDIRV

NOTE: The same form must be completed before leaving Honduras. Complete the form prior to arriving at the airport for your departure from Honduras preferably with a PDF saved to your phone and a printed copy.

2. Your U.S. passport must have at least 6 months of validity prior to expiration. A visa is not required for entrance into Honduras for U.S. citizens
3. There are no special COVID requirements for traveling to and from Honduras.

FOR THE TRAVELER'S DECLARATION FORM

FORESEEN ADDRESS

HOTEL MACARTHUR ADDRESS:

Hotel MacArthur, Avenida Lempira, Barrio Abajo, Tegucigalpa, FM

MICAH PROJECT ADDRESS:

Proyecto Miqueas, KM 10.5 Carretera a Olancho, Rio Abajo, FM

HAVING APPROPRIATE EXPECTATIONS

While we pray your time at the Micah Project will be fun, informative and profoundly meaningful, we also want you to arrive with appropriate expectations of what you'll experience. You'll be spending just a few days with the kids and young men in our homes. While friendships will most certainly be formed, deep bonding should not be expected. Our guys are healing after abuse and trauma. Therefore, immediate, deep bonding is unlikely, and maintaining healthy boundaries is important. We hope you come with patient hearts that show love and compassion. We pray you'll focus on showing our guys that Christians around the world care for them and have them in prayer. We hope you have lots of fun and build friendships too, but your focus should be on serving and blessing the Micah guys in selfless, healthy ways. For those who visit more often, friendships do grow and deepen. It's a blessing to get to know these kids, and they love getting to know you!

WHAT TO PACK (AND WHAT NOT TO)

PACK THE FOLLOWING:

- ▶ Jeans or long pants, knee-length shorts or capris; T-shirts*

*Nothing with the number 13 or 18 on it

- ▶ Close-toed shoes for work projects.
- ▶ You may also want sandals for other times.
- ▶ A swimming suit: Please remain modest.

We ask that girls and women wear one-piece suits with shorts.

- ▶ Something to wear to church; it's OK to dress casual!
- ▶ A rain jacket or sweatshirt; it can get cold at night.
- ▶ Bugspray and sunscreen
- ▶ Packaged snacks, like chips or granola bars, just in case you get hungry during downtime
- ▶ Hand sanitizer, toilet paper (just in case), shampoo and other toiletries
- ▶ Basic medicine like Tylenol, Pepto Bismol and Immodium

PLEASE DO NOT PACK:

- Meat products or raw foods like fruits and veggies
- Rawhide chew toys for dogs
- Clothes with the number 13 or 18

MORE ABOUT YOUR ARRIVAL

When you depart your airplane, you will be directed to a line for passport control. Depending on how busy the travel day is, that line could take over an hour. There are bathrooms just as you get off the plane which are recommended in case you get in long lines of travelers.

If this is your first trip to Honduras, the passport control agent will take your picture and your fingerprints. If asked what the purpose of your trip is, you may tell them that you have come to spend some time with an organization that works with children, called the Micah Project (el Proyecto Miqueas in Spanish). They may want your hotel address as well, which we've given you above.

Once you go through passport control, you will pass the customs personnel who will check the QR code of the customs declaration you filled out beforehand https://sisglobal.aduanas.gob.hn/Pech/#/plataforma/otra_gestiones/formularioDIRV. You will place your carry-on baggage through a scanner and then will head to the carousels to collect your luggage. The baggage official may check your baggage-claim check that you received when you checked in for your flight; make sure you have those handy! If you're carrying group bags, please make sure that someone collects them (groups have occasionally left luggage at the airport by mistake, especially shared bags with group supplies). You may be flagged by customs agents for a bag search. If that is the case, they will take you over to a table and will open your bags in front of you.*

They may also want to double-check your bags by hand or in an X-ray machine. Just follow directions. They'll have staff members who speak English, and those who don't are skilled at "miming" what they need.

*Make sure to keep your baggage-claim tickets you'll get when checking in in the US. Sometimes they ask for these to prove the bags are yours.

IF YOUR LUGGAGE DOES NOT ARRIVE

The airlines have offices in the baggage claim area where an airline staff member can assist you (they almost always speak English). The representative will fill out a missing luggage report just like in the United States. If luggage does not arrive, it usually comes the next day. Give the representative one of our phone numbers, so they can call us when your luggage arrives. If you have further problems in the luggage area, tell one of the luggage attendants that you're here to visit Michael Miller, and he/she will contact him.

PHONE NUMBERS

Michael Miller's cell: 3327-5339
Michael's VOIP#
(314) 474-5208
Pat Corley's cell:
9893-8468

*Occasionally, they will ask to open your luggage for inspection in the customs area. If you are bringing a large amount of supplies or donations for the ministry, we'll email you an official letter from the Micah Project to carry with you, and show if asked. Passengers will sometimes be asked to pay a customs' duty if you are bringing items in bulk or new items valued over \$500. If this is the case, the Micah Project will work with you beforehand to prepare for the customs fee."

MORE ABOUT YOUR ARRIVAL

Once you leave the luggage area, you can exchange dollars for Lempiras (the exchange rate is approximately 25 Lempiras to one dollar). Most people usually exchange between \$40 and \$100, depending on how much souvenir-shopping they do. You can change your Lempiras back to dollars at the end of your trip if you don't spend them all, but you will lose some money because of the exchange rate. You can also donate your unused Lempiras to the Micah Project. Hotels, restaurants and most stores accept debit and credit cards.

Once you get your luggage, exit the baggage area and we will be waiting for you on the other side!

LODGING

You will be staying at the Hotel MacArthur in downtown Tegucigalpa www.hotelmacarthur.com. It is a family-run hotel that is simple but very well-kept and clean.

AMENITIES INCLUDE:

Restaurant, snacks and drinks for sale, pool, soap, towels, jug of purified water in each room, maid service once a day, hot water (can be spotty), air conditioning in some rooms...Shampoo & hand towels aren't provided.

Let us know if there's a problem with your room so we can talk to the front desk. The maids will enter your room once a day to clean. Please leave money, passports and valuables in a locked suitcase. You may also leave anything of value in our safe at Micah. While out in public, you can carry a copy of your passport.

Do NOT drink the tap water.

The jug in your hotel room is safe to drink, and we'll provide bottled water when you're with us.

AVOID FLUSHING TOILET PAPER

Please throw used paper in the wastebasket. It's also good to have some toilet paper and hand sanitizer with you as some restrooms may not have the best facilities.

FOOD

You'll eat well while you are in Honduras. The meals at Micah are traditional Honduran meals, which are filling. The hotel offers a wide variety of traditional breakfast food as well. If you eat in restaurants, we'll make sure they are up to US standards of cleanliness so that you'll be able to eat raw vegetables and have ice in your beverages. Many people enjoy bringing their favorite snack in case they get the munchies in the evening!

****Please let us know if anyone has dietary restrictions or allergies.**

Typical foods include rice, beans, eggs, tortillas, meat (chicken & beef, sometimes pork), fruit, avocado, pico de gallo (we call it chismol in Honduras) and cheese.

WALKING

The Hotel MacArthur is located in the historic district of downtown Tegucigalpa. It is a well-patrolled area and is safe for visitors. There are two lovely colonial plazas connected by a pedestrian-only avenue that has shops and restaurants just a few blocks from the hotel. Though you will almost always have at least one Micah staff member with you, if you do decide to go out into the city during free time, please go in groups of three or more. If you have a camera or phone, it's best to leave it in your purse or backpack until you need to use it, rather than carrying it in your hand. Our groups have never had problems downtown, but like in any big city, it's always best to use caution.

WHAT TO WEAR

Most teens and adults in Honduras wear pants despite the heat. Therefore, we ask that you only wear shorts in the hotel, while playing at the Micah house, or swimming.

Modesty is also very important in Honduran culture and at the Micah Project as we work with teenage boys. We ask that you refrain from wearing tight or revealing clothing. For example, please do not wear leggings, short shorts or transparent shirts.

HEALTH

If you're up-to-date on common US vaccinations, no shots are required to visit Honduras. However, you can find other suggested vaccinations here: <https://wwwnc.cdc.gov/travel/>

It is not uncommon for some visitors to Honduras to experience traveler's diarrhea.

Some people choose to contact their doctors to get a prescription for things like "Cipro," but it is not necessary to do so. Usually, people with traveler's diarrhea experience discomfort for about 24 hours and then feel better. For injuries or more serious illness, there is a nice private hospital a few blocks from your hotel that has very reasonable rates for its medical attention. The Micah staff will coordinate any medical care that is needed. There are also pharmacies all over Tegucigalpa where most common medicines can be purchased without a prescription.

****Please let us know in advance if any group member has a medical condition that might impact his/her time in Honduras.****

ACTIVITIES

As you begin to plan your trip to Honduras, we will contact you to put together an itinerary. Usually, the trips we plan are high-energy, however, we also try to include downtime on the Micah Property so that you can observe or participate in the boys' activities, take a quiet walk on our property, or sit on our porch and take in the beauty of the surroundings. We will be flexible in our planning to meet the needs of a specific group or individual.

The Micah Project places high emphasis on relationship-building and fellowship. While your group may be doing some sort of work project, building relationships is more important to us than the completion of the project. While we certainly appreciate your hard work, we appreciate even more your friendship, encouragement and love. As the Micah guys and staff face daily battles, it's such a blessing to have visitors come in town and remind us that we are loved and prayed-for. If you need to sit for an hour to have a conversation, or if you choose to break away from a work project to play with the boys, don't feel bad! Those relationships will build lasting memories from your trip.

However, please never go off alone with Micah guys. We need to know where you and they are at all times—for the safety and well-being of all.

FUN THINGS TO DO AT MICAH INCLUDE...

walking/bike path, rocking chairs on the front porch, ping-pong, pool, trampoline, soccer, basketball, etc.

You may also bring activities like games, puzzles, balls or Frisbees!

LANGUAGE

While it is obviously beneficial to speak Spanish in Honduras, it's not a necessity on your trip. Bilingual Micah staff members will always be close to translate for you when necessary. We also encourage you to try out a few Spanish words whenever possible! It is a great way to bond with the boys and other Hondurans.

HERE ARE SOME SPANISH PHRASES YOU CAN TRY!

- * Hello: Hola
- * Goodbye: Adiós
- * How are you?
Cómo está?
- * What's your name? ¿Cómo se llama?
My name is: Me llamo _____
- * How old are you? ¿Cuántos años tiene?
I am ___ years old: Tengo ___ años
- * Good Morning:
Buenos días
- * Good evening
or Goodnight:
Buenas noches
- * Good afternoon:
Buenas tardes
- * It's nice to meet you:
Mucho gusto
- * What are you doing?
¿Qué está haciendo?

HELPFUL TIP

If you see the letter L twice, it makes the sound of the letter Y!

EMERGENCY CONTACT NUMBERS

Michael Miller's cellphone: 3327-5339
Michael Miller's US voip#: (314) 474-5208
Pat Corley's cellphone: 9893-8468
Hotel MacArthur: 2237-9839

When calling Honduran numbers from a US phone, add 011-504 before dialing.

For further questions, please contact us at
visit@micahprojecthonduras.org

LEARN MORE ABOUT HONDURAS AND OUR MINISTRY:

<https://www.cia.gov/the-world-factbook/countries/honduras/>

www.micahprojecthonduras.org