

VISION TRIP PLANNER

for visiting the Micah Project



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”

PLAN A VISION TRIP TO THE MICAH PROJECT

“ I have supported the Micah Project for years, but until I traveled to Honduras and saw it with my own eyes, I never truly understood all that God is doing through the Micah Project. ”

We hear a version of this comment every time we have a group visit us for a few days to get to know the Micah Project's ministry. There is something about being under the bridge in downtown Tegucigalpa, about smelling the yellow glue fumes that the street kids who live under that bridge are inhaling, and about accompanying the Micah boys through the ups and downs of their daily lives that makes you a living witness to God's transforming love. God has a way of using these trips to expand your vision of how He is at work in the here and now. And be careful! Many visitors discover that they have left their hearts in Honduras when they board the plane to head home.

The Micah Project offers the opportunity for small groups of individuals to join us on a vision trip. Vision trips are designed to fully immerse you into Honduran culture and into every aspect of our ministry. You will share several meals with the Micah boys and staff spend lots of time with the Micah boys on our property. You will also share a meal with our high school grads who live in the Timothy House in historic downtown Tegucigalpa. Additionally, you will engage with our Micah Works programs including the Micah Works Salon and our Micah Cooks culinary program. You will also join our street ministry team in downtown Tegucigalpa to show God's love to our beloved population of street kids.

We would love to host your group on a vision trip in the months to come! Most of the population we work with has experienced a tragic mix of abuse, neglect, trauma, and childhood addiction before joining the Micah Project. Because of the specialized care that is required in order to help them on their healing journey, we have to limit the number of groups that can visit the Micah Project every year. We ask that you begin to plan your trip six months before coming to make sure that we can reserve a spot for you.

Vision trips are usually four days and three nights in duration and generally work best over a long weekend (most trips are Friday through Monday or Thursday through Sunday). Our on-the-ground staff will work with you to plan your itinerary for the days that you are here. See below for a sample itinerary!

If you cannot go on a trip sponsored by your church or another group, the Micah Project offers our own vision trip over Labor Day weekend. We have space for up to fifteen people to join us on that trip. Sign up now while space is available!

GUIDELINES FOR VISITS TO THE MICAH PROJECT

PRE-TRIP PLANNING FOR GROUPS (PAGE 1)

- ▶ Groups should schedule their trip with the Micah Project at least six months prior to the date of their trip. This will ensure that the team will be able to secure the most desirable dates. To schedule a group, please contact our US representative, Becca Bell, at visit@micahprojecthonduras.org.
- ▶ The Micah Project requires a minimum two-week lapse of time between group visits; thus, we may not be able to secure your desired dates if another group has already confirmed near the desired time of the trip.
- ▶ Your team leader will work with our team on all logistics, including lodging, in-country transportation, itinerary and the movement of funds.
- ▶ The Micah Project will charge an administrative fee of \$25 per person that will help to cover our costs of administering the trip, as well as unforeseen expenses made by the Micah Project.
- ▶ Our U.S. representative will send a packet of information to the team leader about the Micah Project and guidelines for appropriate culturally-sensitive behavior in Honduras. The team leader will sign the document at the end of the packet indicating that all participants of the team have read and are willing to comply with the guidelines.
- ▶ Team members must sign the Faith Statement and Waiver of Liability (attached).
- ▶ Team leaders will inform the Micah Project of any team member that may have special needs or concerns that may affect their experience in Honduras. We will do our best to accommodate dietary or other health needs while your team is in Honduras.
- ▶ The Micah Project reserves the right to exclude any team member from the trip if we feel that they may be a danger to or a negative influence on our boys and ministry.

GUIDELINES FOR VISITS TO THE MICAH PROJECT

PRE-TRIP PLANNING FOR GROUPS (PAGE 2)

- ▶ We encourage you to join in any activity that is happening at the Micah House... don't worry about how good or bad your Spanish might be! If you have a specific skill (art, music or other) feel free to bring supplies down in order to share that skill with the boys. They are usually enthusiastic learners! Also, feel free to bring games, puzzles, or other activities to engage the boys in the down times.
- ▶ Accommodations: Small teams will be able to stay on Micah's campus in our four-bedroom visitors' cabin. If the team is larger than that space, we will help you reserve rooms in the Hotel MacArthur in downtown Tegucigalpa.
- ▶ Conditions in Honduras (political and social) may require us to cancel group visits or to suspend new group reservations with little prior notice. The Micah Project reserves the right to make the final call regarding whether a group must be cancelled. Please keep up with travel conditions in Honduras through the U.S. Embassy website: <https://hn.usembassy.gov/u-s-citizen-services/security-and-travel-information/>
- ▶ On most trips to Honduras, a small percentage of the team may contract traveller's diarrhea or other intestinal ailments. The Micah Project suggests that the team leader contact a doctor before their trip to acquire appropriate medicines to bring to Honduras with them. For medical emergencies or more serious illnesses, the Micah Project will make every effort to get the injured or ill person to a private hospital called Hospital Viera in a timely fashion. Hospital Viera is a ten-minute drive from the Hotel MacArthur and a 35-minute drive from the Micah Project's campus (times may vary due to traffic).
- ▶ The Micah Project requires visitors to purchase travel insurance prior to their trip. Most travel insurance is inexpensive and includes evacuation insurance. See our "Travelers Tips" guide for more information on travel insurance.

VISION TRIP

SAMPLE ITINERARY

THU

- 11:51 pm Arrival on United flight 518
- 12:30 Lunch at the Palmerola airport
- 2:30 Arrival at hotel for check-in
- 6:00 Dinner and introductions at the Micah Project
- 7:00-8:30 Free time with the Micah boys

FRI

- Breakfast- At the Hotel MacArthur
- 8:00 am Leave for the Micah Project
- Morning At the Micah Project. We will observe the boys in their classes, meet our Micah Works Foundations team, learn a recipe from the Micah Cooks Culinary team, and visit the Micah Salon in the Villa Linda Miller community.
- 12:00 pm Lunch at the Micah Project with the Micah boys.
- 1:00 pm Pack up food for street ministry
- 1:30 pm Return to downtown for street ministry with our street team
- 4:00 pm Debrief street ministry in the Hotel MacArthur
- 5:30 pm Dinner at the Timothy House

SAT*

- Breakfast- At the Hotel MacArthur
- 9:00 am Depart for Saturday farmer's market
- 12:00 pm Lunch at the Timothy House
- 1:00 pm An afternoon of swimming and fun at a local park with the Micah boys
- 6:00 pm Dinner at the Micah House
- 7:00 pm Visit the Christ statue park with Micah boys

SUN

- Breakfast- At the Hotel MacArthur
- 9:00 am Departure for Palmerola airport

*Some teams choose to plan a longer day trip when here in Tegucigalpa on a Saturday. Teams have spent a day on Amapala island on the Pacific coast of Honduras, or a day of ziplining and other adventures in a rainforest. These trips are more expensive than the activities that take place in Tegucigalpa itself (see budget planner below). We also ask that the group consider bringing extra funds so that the Micah boys can join you on those day trips!

APPLICATION FOR SHORT-TERM TEAMS

I. GENERAL INFORMATION

Name of Team Leader: _____ Date: _____

Leader e-mail: _____ Passport #: _____

Telephone number of team leader: _____

Sponsoring church/organization: _____

Sponsoring organization website: _____

Sponsoring organization address: _____

If a church, name of pastor, missions director or other individual in charge of missions: _____

Email information for person listed above: _____

Sponsoring organization phone: _____

What kind of insurance will you be providing your group members during their time in Honduras? _____

Emergency contact information for traveller's insurance company: _____

II. PLANNING YOUR TRIP

Desired dates for travel: _____

Secondary dates (if original dates are not available): _____

Estimated number of team members: _____

(Please provide a list of team members to the Micah Project, including age and passport number. Additionally, ensure that all of your team members have valid passports that will not expire within six months of travel).

What is the general make-up of your team (youth group, men's group, families, etc.)? _____

How much will you be requiring each team member to pay for the trip, minus airfare (see attached budget worksheet)? _____

What prerequisites do you require of your team members (please attach a sample copy of your application to individual members, if applicable). _____

MICAH MISSION TRIP

BUDGET PLANNER (PAGE 1)

Due to inflation and other factors, the prices below may vary. Because of that, we ask that you be prepared with extra funds to cover 10% over your stated budget. You may change dollars to lempiras at the airport in Tegucigalpa. Most businesses in Tegucigalpa do not accept dollars. Budget Calculator tool: bit.ly/micah-trip-budget-calculator

1. LODGING: Hotel MacArthur: \$30-\$60 per person per day depending whether you stay in a single, double or triple room. You can pay the Hotel MacArthur rooms and food on a US debit/credit card. Small teams of 5 or fewer people, may be able to stay in Micah's visitor's cabin on campus for a nominal fee, if available at the time. You may choose to send your hotel funds to the Micah Project and allow us to handle the hotel payment or you may choose to let each group member pay for their own room upon check-out.

2. FOOD: \$10 per day per person (includes some meals at Micah; other meals in hotel and others in restaurants).

3. TRANSPORTATION: \$125 per day for 10-passenger van rental. Larger buses can be rented for special day trips with all of the Micah boys.

4. ACTIVITIES: (choose one or more!):

- ▶ Christ Statue park (great overlook of Tegucigalpa): \$3.00 per person
- ▶ Rio Abajo swimming and soccer near Villa Linda Miller: \$5.00 per person
- ▶ Valle de Angeles: Groups may want to spend a few hours in the Colonial town of Valle de Angeles, where there is an opportunity for souvenir shopping. Most visitors spend anywhere from \$5 to \$60 on souvenirs, although there are beautiful paintings, leather goods and other artifacts that can be more expensive. Some stores in Valle de Angeles accept American debit and credit cards.
- ▶ Optional day trips. Your group may choose to do one of these trips during your vision trip. If so, we ask that you consider bringing extra funds so that the Micah boys can join you on the day trip!
 - ▶ Trip to Amapala island (also called Isla del Tigre): This optional day trip to the Pacific coast of Honduras costs \$60 per person, which includes a bus rental to and from the island, the boat ride to and from the island, and lunch on the island. Also bring extra funds for snacks and other activities such as banana boat rides.

MICAH MISSION TRIP

BUDGET PLANNER (PAGE 2)

- ▶ Trip to the Pulhapanzak waterfall. This optional day trip costs \$70 per person, which includes a bus rental to and from the park, lunch at the park, and payment for one of the adventure activities at the park (see https://www.tripadvisor.com/Attraction_Review-g6279720-d1999393-Reviews-Cataratas_Pulhapanzak-San_Buenaventura_Cortes_Department.html)
- ▶ Hiking in the La Tigra cloud forest. This optional day trip costs \$35 per person, which includes transportation, lunch, and entrance into the park. This trip includes a rugged, three-hour hike in the mountains of this beautiful park. This trail is rated as technically difficult so this trip is only recommended if your group is physically fit!

5. MICAH ADMINISTRATIVE FEE: \$25 per person.

6. OTHER: The Micah Project requests that you bring a valid credit card to Honduras in order to cover medical emergencies or other unforeseen contingencies. Please call your bank prior to travel to let them know that you may be using your card in Honduras. You may withdraw cash from ATM machines in Honduras, although you may be charged up to \$15 in fees for doing so.



TOTALS

Feel free to use our **BUDGET CALCULATOR TOOL** to help you calculate the cost for the whole team and each team member individually. On the Google Sheet, first make a copy, so that you are able to edit, and then fill in only the **GOLD** colored boxes. The rest will be calculated for you. There are notes in some of the cells on the sheet to help you if you get stuck. Or you can reach out to us with any questions.

Total expense per person (excluding airfare): _____

Number of people on your trip: _____

Total expense for group: _____

Incidental funds: _____



MICAH PROJECT

FAITH STATEMENT (PAGE 1)

The Micah Project adheres to the following faith statement*. The Micah Project welcomes Christians from all denominations. We ask, however, that all of our staff, missionaries, and volunteers agree with these basic tenets of the Christian faith as the fundamental aspects of their belief and practice.

ESSENTIALS OF OUR FAITH:

Scripture is self-attesting and being Truth, requires our unreserved submission in all areas of life. The infallible Word of God, the sixty-six books of the Old and New Testaments, is a complete and unified witness to God's redemptive acts culminating in the incarnation of the Living Word, the Lord Jesus Christ. The Bible, uniquely and fully inspired by the Holy Spirit, is the supreme and final authority on all matters on which it speaks.

On this sure foundation we affirm these additional Essentials of our faith:

1. We believe in one God, the sovereign Creator and Sustainer of all things, infinitely perfect and eternally existing in three Persons: Father, Son, and Holy Spirit. To Him be all honor, glory and praise forever!
2. Jesus Christ, the living Word, became flesh through His miraculous conception by the Holy Spirit and His virgin birth. He who is true God became true man united in one Person forever. He died on the cross as a sacrifice for our sins according to the Scriptures. On the third day He arose bodily from the dead, ascended into heaven, where, at the right hand of the Majesty on High, He now is our High Priest and Mediator.
3. The Holy Spirit has come to glorify Christ and to apply the saving work of Christ to our hearts. He convicts us of sin and draws us to the Savior. Indwelling our hearts, He gives new life to us, empowers and imparts gifts to us for service. He instructs and guides us into all truth, and seals us for the day of redemption.
4. Being estranged from God and condemned by our sinfulness, our salvation is wholly dependent upon the work of God's free grace. God credits His righteousness to those who put their faith in Christ alone for their salvation, and thereby justifies them in His sight. Only such as are born of the Holy Spirit and receive Jesus Christ become children of God and heirs of eternal life.

MICAH PROJECT

FAITH STATEMENT (PAGE 2)

5. The true Church is composed of all persons who, through saving faith in Jesus Christ and the sanctifying work of the Holy Spirit, are united together in the body of Christ. The Church finds her visible, yet imperfect, expression in local congregations where the Word of God is preached in its purity and the sacraments are administered in their integrity; where scriptural discipline is practiced, and where loving fellowship is maintained. For her perfecting, she awaits the return of her Lord.

6. Jesus Christ will come again to the earth -- personally, visibly, and bodily -- to judge the living and the dead, and to consummate history and the eternal plan of God. "Even so, come Lord Jesus." (Revelation 22:20).

7. The Lord Jesus Christ commands all believers to proclaim the Gospel throughout the world and to make disciples of all nations. Obedience to the Great Commission requires total commitment to "Him who loved us and gave Himself for us." He calls us to a life of self-denying love and service. "For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them" (Ephesians 2:10).

I, _____, volunteer/ team member, agree wholeheartedly with the above "Essentials" and will do my best to model these essentials to the beneficiaries of the Micah Project through word and deed while in Honduras.

SIGNATURE

DATE

*This faith statement was adopted by the Evangelical Presbyterian Church denomination as their "Essentials" of faith.



LIABILITY RELEASE FORM

RELEASE OF ALL CLAIMS

ALL PARTICIPANTS:

In consideration for being accepted by **The Micah Project** for participation in a vision trip, I* do hereby release, forever discharge and agree to hold harmless The Micah Project and its directors from any and all liability, claims or demands for personal injury, sickness including exposure to illnesses, bacteria, viruses, and other such similar risks including, but not limited to, COVID-19 or death, as well as property damage and expenses, of any nature whatsoever which may be incurred by me while I am participating in the above described trip or activity. Furthermore, I hereby assume all risk of personal injury, sickness, death, damage and expense as a result of participation in recreation and work activities involved therein. Further, authorization and permission are hereby given to The Micah Project to furnish any necessary transportation, food and lodging for this participant.

I further agree to hold harmless and indemnify The Micah Project, its directors, employees and agents, for any liability sustained by said organization as the result of the negligent, willful or intentional acts of said participant, including expenses incurred.

IF THE PARTICIPANT IS UNDER 18 YEARS OF AGE:

We are/I am the parent(s) or legal guardian(s) of this participant, and hereby grant our/my permission for him/her to participate fully in said trip, and hereby give our/my permission to take said participant to a doctor or hospital and hereby authorize medical treatment, including but not in limitation to emergency surgery or medical treatment, and we/I assume the responsibility of any and all medical bills.

Further, should it be necessary for the participant to return home due to medical reasons, disciplinary action or otherwise, we/I hereby assume all transportation costs. If participant is under 18 years of age, both parents must sign unless parents are separated or divorced, in which case the custodial parent must sign.

Legal Guardian/Parent 1 Name _____ Signature _____ Phone _____ Date _____

Legal Guardian/Parent 2 Name _____ Signature _____ Phone _____ Date _____

ALL PARTICIPANTS MUST FILL OUT THE FOLLOWING:

Do you have Medical Insurance? _____ Yes _____ No _____ Insurance Company _____

By signing below, I am acknowledging that I have read and agree with:

- ▶ The Micah Project Liability Release Form (this page)
- ▶ The Micah Project Faith Statement

I understand the rules of conduct for all participants and I will abide by them as well as the directions of the leadership of The Micah Project. I understand that The Micah Project might use my photo or video or quote in their publications without asking specific permission.

Name _____ Team Leader _____

Signature _____

**I/we being 18 years of age or older, on behalf of myself/ourselves or on behalf of my/our child-participant if said child is not 18 years of age or older - herein referred to as simply "I" or "me"*