**HONDURAS ALTERNATIVE SPRING BREAK MEDICAL MISSION TRIP**

**Application Period:** October 9-November 30, 2015  
**Program Dates:** March 12-19, 2016  
**Program Cost:** $2,200

**The Program**
The Ware Institute in partnership with CARE (Central American Relief Efforts) (carelief.org/) is pleased to provide this Spring Alternative Break opportunity.

Students interested in service to others and public health are good candidates. Spanish not required. CARE’s mission is to mobilize volunteers and humanitarian aid in the United States to benefit populations in abject poverty in areas of Central America. Students are encouraged to visit CARE’s web site which provides valuable travel information and tips for this trip.

Students are asked (but not required) to collect vitamins and/or ibuprofen for distribution at health clinics. It is recommended that students request donations for these items.

**Program Leaders**
Julie Rhoads, Assistant Director of the Ware Institute and Kristi Wass, CARE's program leader and interpreter in Honduras.

**Inoculations & Medications**

*The deadline to complete your travel clinic is January 15, 2016*

Depending upon your individual health issues, many medications may need to be started weeks in advance of your departure. You should check www.cdc.gov for a country-specific list of required inoculations, vaccines or medications. If you have concerns about costs for medications, please contact Julie Rhoads at the Ware Institute.

**Out of pocket expenses:**
Passport or visa fees (if needed), inoculations or medications required for this trip, spending money for additional meals, snacks and souvenirs and exit tax upon leaving Honduras.

There are three options for your travel clinic:
1. Your family physician  
2. Appel Health Travel Clinic  
3. A local travel clinic

**Travel & Logistics**
Students are required to provide a copy of their passport that is valid through September, 2016, with your completed application. [More information about passports and visas can be found at: http://www.travel.state.gov/visa/visa_1750.html](http://www.travel.state.gov/visa/visa_1750.html)

Students are required to arrive at the airport no less than two and a half hours prior to departure. F&M provides transportation to and from the point of departure.

**Accommodations**
Students will be met at the airport by a CARE staff member, who will transport them to their lodging at Hotel Palmeras, Pespire Choluteca.

CARE will assist with exchanging U.S. currency to Honduran currency. Using personal cell phones is not recommended; however using phones at internet cafes is more reliable and less expensive.

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*Program cost is based on 11 participants and may subject to change. Point of departure will not be confirmed until late December or early January. Questions? Email Julie.Rhoads@fandm.edu or call 717-291-4164 for more information.*

Rev. 10/6/15
HONDURAS INFORMATION SESSIONS
Attend at least one session and learn about this spring break opportunity!
- October 6 at 11:30 am in Stager 100
- October 23 at 3:00 pm in Joseph International Center 101
- November 10 at 4:30 pm in Joseph International Center 101

NOVEMBER 30: Application Deadline

DECEMBER 1-11:
- Interviews will be held. Accepted Students will be notified.

JANUARY 15:
- Trip deposit of $1,000 is required. (Check payable to F&M College)
- Travel clinic must be completed.
- A copy of your passport which must be valid through September 2016 is due to the Ware Institute.

FEBRUARY 3:
- Balance of payment is due.

FEBRUARY 27:
- Pre-departure meeting and team-building session.
- Itineraries, travel details and what to pack.
  This session is REQUIRED. Time & location to be announced.

MARCH 13-19:
- Dates in Honduras

MARCH 20:
- Classes resume.

APRIL 6:
- Post-trip evaluation meeting
  Time & location to be announced.

SAMPLE ITINERARY

Day 1
- Arrive in Honduras. Participants will be transported to their hotel.

Day 2 & 3
- Light construction projects at Hospital San Lorenzo and rounds with Honduran doctors.

Day 4
- Dental hygiene clinics at local schools.

Day 5 & 6
- Local medical clinics giving out ibuprofen and vitamins.

Day 7
- Free day; transportation to either the city of San Lorenzo or to an island just off the coast of San Lorenzo.

Day 8
- Return to U.S.

"Information about this trip may be subject to change.
In the spirit of community solidarity and engaged learning, Ware Institute programs have a strict conduct policy and are drug free.

CARE - Central American Relief Efforts (http://carelief.org/). Its mission is to mobilize volunteers and humanitarian aid in the United States to benefit populations in abject poverty in areas of Central America. Please visit the CARE web site for additional information about travel in Honduras.

*They [native Hondurans] have a great sense of fun; we work hard during the day and relax just as enthusiastically at night.*
- Jan Masland, F&M’s Director of Student Health & Wellness.

"I had an AMAZING time teaching more than 300 kids how to brush their teeth! What made this more fun and exciting was that I was able to carry out the lesson without necessarily having speak Spanish fluently in order to communicate with the students. The work that I did that morning helped me realize even further that I am interested and passionate about health education."
- Grace Jeong '15