



# LEGACY

MISSION INTERNATIONAL  
BUILDING AN ETERNAL LEGACY

## 2023 Team Manual

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## Welcome

Thank you for responding to the call of God to serve with Legacy Mission International and assist us in accomplishing our vision: “We exist to share Christ’s legacy to those around us.”

The team member manual is designed to help as you prepare to join us in accomplishing our goals in Honduras.

## Preparation

### 1. Medical Check-up

We recommend that all team members have a medical check-up, especially if there is any question about your general health or if you have been ill just prior to your trip. We will be serving in a tropical climate sometimes performing strenuous activities. If you suffer from medical conditions or have special dietary needs, we ask that you inform your Team Captain in advance and include it in your application, so that your team captain and us are aware.

### 2. Insurance:

International medical insurance is required for each member of your team. Your team captain will purchase this insurance prior to the trip. This insurance will include medical care in Honduras as well as international emergency medical evacuation. It is important to understand that this is secondary medical insurance coverage, which means that it will only consider paying a claim once an individual’s personal medical insurance has exhausted all coverage possibilities. It is the individual’s responsibility to understand their own personal insurance needs, and make sure that appropriate coverage exists to meet those needs. An electronic copy of the policy will be on file in Honduras. It is the individual’s responsibility to perform their own due diligence and understand what this policy provides, as well as, the limitations and exclusions of this coverage.

### 3. Immunizations

Immunizations are not required by the U.S. government for travel to Honduras. However, you should have a current tetanus shot. Please check with your physician regarding his or her suggestions for immunizations. Additional information regarding immunizations may be found on the Centers for Disease Control website at [www.cdc.gov](http://www.cdc.gov). Click on Traveler’s Health.

### 4. Medical Personnel

The Ministry of Health in Honduras requires us to submit a copy of the passport, diploma and license of every medical doctor, dentist, and optometrist who will work on a medical team. Nurses and other medical personnel must submit a copy of their passport and license only. Please give your Team Captain a copy of these documents as soon as possible. The Team Captain needs to scan the documents and email them to Legacy 2 months before your team arrives. Failure to provide this documentation may result in medical professionals being unable to practice while in Honduras.

## 5. Children/Teens

The minimum age for participation on Legacy Teams is 13 years old. There may be exceptions to this minimum age and they would need to be approved by the Team Captain and the in-country missionary hosting your team. Please remember this can be a hard week for adults to process, and even harder for youth to process. Teens are invited to participate under these conditions:

- A. Each teen must have the approval of the Team Captain.
- B. Teens must be accompanied by a parent or another adult preferably the same gender, who is responsible for their teen's actions and behavior.
- C. Anyone under the age of 21 and not accompanied by BOTH parents must have with them a consent form in order to enter and exit Honduras. This form is on page 14 as well as on our website with instructions for proper completion.

## 6. Additional Weeks

Occasionally a team member plans to stay an additional week. This needs to be approved by that week's Team Captain and the missionary hosting the team. The cost for a 2nd week is \$400 per person.

## Required Documents/Forms

Five Required Documents/Forms to Read, Complete and Sign at least 2 months before your mission trip. Everyone needs to read these 5 forms. Additionally, a sixth form should be completed for every minor under the age of 21 traveling on the team. The documents/forms are found at the end of this packet and on our website.

### 1. Statement of Faith Affirmation (Read and confirm read on Liability Release Form)

This statement needs to be read and affirmed. LMI is willing to accept some non-believers, when Team Captains feel that they will fit into the team.

### 2. Personal Conduct Commitment (Read and confirm read on Liability Release Form)

Each Team Member is required to read this as it outlines important policies of our ministry.

### 3. Legacy Team Member Information Form (Fill out online, if possible)

Legacy needs this information from each team member. Go to <https://www.legacymissioninternational.org/team-member-application> and select the Team you will be serving with. If your team is not listed yet select the option for “I do not have a team yet”.

### 4. Emergency Medical Information Form (Print, sign & turn in to Team Captain)

This form will assist your Team Captain and LMI in handling any health situation that might arise during your stay in Honduras. Your team captain will have a copy of this form or it can be downloaded from the website under the Team Ministry page.

### 5. Liability Release Form (Print, sign & turn in to Team Captain)

Legacy needs this form signed from each team member. This form releases LMI and the directors from any liability. Your signature on this form acknowledges your agreement with the Statement of Faith and the Personal Conduct Commitment. It must be turned into your Team Captain.

### 6. Parental/Guardian Legal Guardian Consent Form (Print, sign & turn in to Team Captain)

This form must be filled out for all minors (under the age of 21) traveling with you when **both** parents are not present. Without a properly filled out and notarized consent form the authorities may not allow a minor into or out of their country. The reason for this protocol is that authorities are trying to ensure minors do not enter or leave their country against the wishes of the minor’s legal guardians.

## Passport

A valid passport is required to enter Honduras. Please give a copy of your signed passport to your Team Captain before you trip.

Every person traveling to Honduras must make sure that his/her **passport is valid for at least six months** from the date of their return flight back to the United States. If your passport will expire prior to six months from your return home date, you must renew your passport. Also, each passport must not be damaged in any way. If it is damaged, Transportation Security Administration (TSA) will not allow you to pass through security at the airport.

U. S. citizens are not required to have an approved visa before they arrive in Honduras if they plan to visit less than 90 days, but they are required to have a round-trip ticket which they may be asked to present when coming through Immigration.

Non-US citizens will need to check with a Honduran consulate to see if they are required to have an approved visa before arriving in Honduras. A list of contact information for Honduran Consulates in the USA can be obtained at this link <http://www.hondurasemb.org/> or search "Honduran Consulate" on the Web.

Legacy is not liable for anyone refused entry because of problems with your passport.

## Cancellation Policy

Your deposit is non-refundable if you decide not to go. We will allow team members to change to another team if agreed upon by the new Team Captain. Please contact the missionary in charge if a team member has a scheduling conflict and would like to find a new team.

## Packing and Luggage

**Packing:** For suggestions on what to pack, please see the packing list on page 10. Please note that we do not have a laundry service; therefore, each person should bring enough clothing for the week without having to do laundry.

**Carry-on Luggage:** From time to time, luggage can be delayed due to the airlines. It is important for you to pack some clothes and toiletries in your carry-on luggage. Please make sure that you have a 10-day supply of any medications. Prescription medicines should be in their original bottle with your name and information.

**What Not to Bring:** Expensive jewelry, watches, or electronics — anything of value that could be stolen, damaged or anything that might prove to be a distraction to your team or ministry. Legacy does not assume liability for missing/damaged items.

TSA often revises its list of banned carry-on items. You can view the list at: <http://www.tsa.gov/traveler-information/prohibited-items>.

## Arriving in Honduras

Arrival at the airport in Honduras, clearing immigration and customs, retrieving your luggage, and loading the bus/van (if applicable) will take time. It is important to be patient and follow the instructions of your Team Captain and the Legacy staff that is meeting you.

Notify your Team Captain if you have a checked bag missing when you arrive in the baggage area, and they must report it to the airline representative in the Baggage Claim area before leaving that area. We will meet you just outside the door of the Baggage area.

If you are traveling without your team, you will need to report your own missing bags, if any. Our staff will meet you outside the door of the Baggage area.

You will not need to exchange money in the airport. Many of the stores will accept dollars and credit cards. Otherwise, your Legacy staff will help you exchange any money if needed. You may need to contact your bank and/or credit card company to notify them that you may be using your card(s) outside the country.

## While in Honduras

Please come with the attitude to pitch in when and where you are needed! Due to things like unforeseen circumstances, traffic, weather, exhaustion, illnesses, culture, and more, schedules or plans may change at any time. You may be asked to do something you were not planning to do or prepared to do. Also, we can not control the weather or electricity. Be flexible, and please follow staff instructions.

### 1. A Spiritual Journey

The time that you and your team spend in Honduras is, of course, an opportunity for you to minister to the Honduran people. But it is also an opportunity for the Lord to minister to you! We believe that every member of your team can leave Honduras changed, having received a fresh vision of the Lord Jesus Christ.

The schedule allows for daily meetings for worship and sharing. We will take time to orientate the team, not simply in the practicalities of how a Legacy Team operates, but also on the topic of evangelism.

Meeting times will include opportunity for team members to share their hopes for the week, their experiences in Honduras, and insights they have gained during the week.

There will be scheduled times each day for team devotions, but it is also important to find time to continue with your personal devotions. You will need to find time in the morning or evening for this.

We encourage you to keep a journal of your activities and reflections on your experiences. The quiet hours of late night or early morning can be wonderful times of prayer, Bible study, and hearing from God.

We recommend that team members take a “technology fast” for their week, as much as possible. Legacy assumes no liability for missing or lost items.

### 2. Staying Healthy/Hygiene

Do not drink the water from the tap or use it to brush your teeth. Use only the purified water from the containers provided.

Purchasing food from stores or restaurants, it is best to check with the Legacy staff first as to the food's safety. Please do not eat food from street vendors.

It is strongly recommended that you wash and sanitize your hands often during the day and prior to each meal. In addition, we urge you to keep your hands away from your eyes and mouth (no fingernail biting, etc.). Following these guidelines is the best way to avoid microbes that can be passed through the mouth.



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If you feel sick, please let your team captain know immediately. It is better to be treated as soon as possible.

### 3. Weather

The climate in Honduras is usually very warm and humid during the day. The hottest months in Honduras are March – September. Most homes and work sites will not have air conditioning.

### 4. Language and Conversations

The official language of Central America is Spanish, and if needed translators will be available. Therefore, you don't have to speak Spanish yourself!

Please note that there are many bilingual people that have learned, are learning, or have been exposed to English all over the country. Also, there are large groups of primarily English-speaking Hondurans found on the islands. Please be careful what you say even in English, it often is understood. You should abstain from making derogatory comments or getting involved in arguments regarding people, politics, sports, religion, race, or traditions. Refrain from meddling, complaining, and using obscene or insensitive humor. Also, remember facial expressions and body language say a lot! Do everything in love.

### 5. Gifts and Promises

Please be careful when giving out money. Before giving anyone a gift or money, it is suggested that you speak to a Legacy Staff member and your Team Captain. Please speak to your team captain if you have questions or want to see if there are any plans of tipping or giving gifts to staff, translators, drivers, missionaries, etc...

Please be careful what you say or promise to those you are serving. Make sure that it is a promise you can keep and falls within the rules of Legacy. Kids and adults are looking for hope among so many problems of poverty and will latch on to it.

### 6. Taking Photographs

Many of you will want to take photographs to record your experiences in Honduras. Feel free to take pictures at Legacy Team sites and places of interest to you. But do not take pictures of police, soldiers or police buildings without asking their permission.

### 7. Culture

Culture shock can be hard on many people, and make you feel critical. On top of that being tired can make us hypercritical. Please be aware of your actions and words to all those around you.

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Please avoid flirting in this culture. Firmly ignore any stares, whistles, and comments. Avoid all behavior that could be interpreted as suggestive. Withhold displays of romantic affection — including within your own group (except for spouses) and with the staff.

## 8. Jewelry and Clothing

Jewelry draws attention to you and we would rather the attention be on our ministry. Please do not bring jewelry of any value to Honduras. Do not take any valuables to the sites. Theft is a way of life for many of the poor people in the neighborhoods where you will be ministering.

No tank-tops, spaghetti straps, halter tops, low cut tops, see-through clothing, t-shirts exposing the navel. No tight fitted clothing should be worn. Shorts should be at least finger length. No bare feet except in the area where you are sleeping.

## 9. Security and Safety

Do not leave the team except for official excursions, and never leave without permission of the Legacy staff. Always stay together or in approved small groups. Your Team Captain and staff member should inform you of a contact phone number and location/address for you to have as a contact if you get lost. It is suggested that you always keep a copy of your passport with you.

## 10. Conservation

Please help us conserve our water, which is often in very limited supply in Honduras. Keep showers short and don't let water continuity run in the sinks. Please help us conserve electricity by turning off lights when leaving a room.

Also, do not flush toilet paper in Honduras. The pipe system is not able to handle it and will clog very easily. All tissue is placed in the trash cans in the bathroom.

## About Honduras

Honduras is located in Central America where it's bordered by Guatemala, Nicaragua, El Salvador, the Gulf of Honduras, and the Gulf of Fonseca. Honduras was called Spanish Honduras for many years to differentiate it from British Honduras, which later became Belize. Honduras gained independence from Spain in 1821 and has remained independent since. In 2019, Honduras has an estimated population of 9.75 million, which ranks 93rd in the world.

The Republic of Honduras has a land mass of 112,492 square kilometers (43,278 square miles) making it the 102nd largest country with regards to surface area alone. For every square kilometer of Honduran territory, there is an average of 64 people here which equates to 166 per square mile and makes Honduras the 128th most densely populated country in the world today.

Honduras is a low-income country that faces major challenges of poverty, with more than 66 percent of the population living in poverty in 2016, according to official data. In rural areas, approximately 1 out of 5 Hondurans live in extreme poverty, or on less than US\$1.90 per day. The extreme poverty affects physical health, mental health, education, work, crime, families, and more in the day to the life of the average Honduran.

Legacy has missionaries living on the island of Roatan.

Roatán is an island in the Caribbean, about 40 miles off the northern coast of Honduras. It is located between the islands of Útila and Guanaja, and is the largest of the Bay Islands of Honduras. It is approximately 48 miles long, and less than 5 miles across at its widest point. It is known for its coral reefs, many dive sites, and cruise ship stops.

Capital: Tegucigalpa  
Population: 9.75 million

Currency: Honduran Lempira  
President: Sumara Castr



## Packing List for Honduras

Be smart in your packing. Many people plan to leave most or all of their clothes, along with toiletries and additional items) behind as gifts to the ministries through the missionary. We do appreciate these donations, and if anything is donated, they will be used wisely.

### 1. Clothing:

- Comfortable and appropriate clothing
- Socks and underwear
- Appropriate Sleepwear
- Comfortable shoes (sneakers or walking shoes) we suggest 2 pair
- Work boots/shoes and old clothing (if working construction)

Everyone going on a mission's trip must dress conservatively. Remember you are a guest in THEIR culture and anything that draws attention to you and away from the message you bring.

Clothes should be comfortable, cool, and casual. A sweater or light jacket is recommended for cooler nights. You will also want to pack a modest swimsuit. Don't forget to pack an outfit for church services. Please do not wear or bring any clothes that are of value to you as they may get ruined.

### 2. Toiletries:

- Soap or body wash
- Toothbrush & Toothpaste / Floss
- Deodorant
- Shampoo / Brush / Comb
- Shaving Kits
- Sunscreen
- Insect Repellent
- Extra wash clothes

### 3. Other Items:

- Passport
- Bible / Pen / journal / small notebook
- Travel size hand sanitizer
- Travel size toilet paper or all-purpose wipes to use while out and about.
- Earplugs, if snoring bothers you
- Camera
- Sunglasses / Sun hat or ball cap / Rain poncho
- Medications (a 10 day supply at minimum); Non-drowsy Dramamine, if you get motion sickness
- Water bottle
- Flashlight with extra batteries
- Medications (prescription and favorite over the counter).

## Statement of Faith

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**WE BELIEVE** that there is one God, eternally existent in three persons: Father, Son, and Holy Spirit. (Matthew 3:16-17, 28:19, 2 Corinthians 13:13)

**WE BELIEVE** that the Bible is the only inspired, inerrant, and authoritative Word of God. The Holy Spirit inspired the writers of the Old and New Testaments pointing to Jesus Christ, the Savior of the world. Scripture is the final authority and standard by which we should live. (2 Timothy 3:16, Psalm 119:105, 2 Peter 1:19-21, Revelation 22:18-19, John 17:17, 20:31, Luke 24:45)

**WE BELIEVE** in the deity of our Lord Jesus Christ, His virgin birth, His sinless life, His miracles, His vicarious and atoning death, His bodily resurrection, His ascension to the right hand of the Father, and His personal return in power and glory. (Luke 1:31-35, Hebrews 7:26, 1 Peter 2:22, Revelation 22:20, 1 Timothy 3:16, Isaiah 9:6, Colossians 1:15-20)

**WE BELIEVE** that man was created in the image of God, that he was tempted by Satan and fell, and that all following Adam have sinned and are sinful; that repentance toward God, faith in Jesus Christ, and regeneration by the Holy Spirit are necessary for salvation. (Genesis 3, Romans 3:23, 10:9-10, 1 Corinthians 15:45-49, Acts 4:12, John 14:6, Ephesians 2:8-9, Revelation 3:20)

**WE BELIEVE** that followers of Jesus Christ are called to sanctification through identification with Jesus Christ in His death and resurrection. (Romans 6:5-11, 12:2, 1 Corinthians 6:11, 2 Corinthians 5:17, 1 Thessalonians 5:23, 2 Thessalonians 2:13)

**WE BELIEVE** in the present ministry of the Holy Spirit through the drawing of sinners to repentance, and the indwelling, empowering, and bestowing of gifts to Christians, enabling them to live a life of godliness and effective service. (John 14:26, Acts 11:16-17, 1 Corinthians 12:3, Romans 8:14-17, Ephesians 4:11-13, Hebrews 2:4, Galatians 3:28)

**WE BELIEVE** in the bodily resurrection of both the saved and the lost; the saved to the resurrection of life and the lost to the resurrection of damnation. (Revelation 22:20, Daniel 12:2, Matthew 25:31-46, 1 Thessalonians 4:13-18, 1 Corinthians 15:51-55)

**WE BELIEVE** in the local church as a place where believers gather together for edification, teaching from the Word of God, and ministry to and through each other according to their spiritual gift. The local church provides identity to its members as well as encouragement, interdependence, fellowship, correction, and discipline. We believe that it is the responsibility of the Church to take the Gospel into the entire world as a testimony to all nations. (Matthew 16:18, 24:14, 1 Corinthians 12:12-13, 27, 5:1-5, Romans 12:4-8, Ephesians 4:1-16)

**WE BELIEVE** that all followers of Jesus are to be committed to the fulfilling of the Great Commission and to be involved in making it possible for the Gospel to be preached to all the peoples of the world. Every member in the body of Christ must play a role in building the kingdom and taking the Good News to all creation, making disciples, baptizing them, and teaching them to obey everything that Jesus taught. (Matthew 28:18-20, Acts 1:8, 13:47, Mark 16:15, Romans 10:13-15, Psalm 96:3)

## **Personal Conduct Commitment**

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Legacy Mission International exists to share Christ's Legacy with all those around us. It is important that each person serving on team have a personal relationship with Christ as their Lord and savior and understand that in everything they do while on a team should reflect Christ. If you have not accepted Christ as your personal Lord and Savior, you should speak to your Team Captain for approval to participate on a team.

To make your ministry an enriching experience, it is imperative that everyone respects Legacy Mission International polices and each other. Each team member needs to be willing and submit to the leadership role and authority of the Team Captain, Legacy Missionaries, and Legacy Staff, and promise to abide by his or her decisions as they concern this mission trip.

It is important that each team member read, understand, and agree to abide by the contract and policies within the Legacy Mission International Team Member's Manual. In addition, each team member refrain from any other behavior or activity that would hinder your ministry or the ministry of your team during the term of your service.

Each mission team/group has a designated Team Captains who is responsible for a team member's conduct during their stay. Each team member should have a direct reporting relationship to the Team Captain. The Team Captain is responsible to Legacy Mission International to insure ministry policies and directives are observed by all team members. In the extreme case that a team member would refuse to follow Legacy Mission International policies and directives, Legacy Mission International reserves the right to send him/her home at the expense of the individual or the sponsoring church/team.

Legacy Mission International missionary and/or staff will expect team members to comply with this conduct policy.

If you agree with this page you should sign on the Liability Release Form.

# LIABILITY RELEASE FORM

## Release of All Claims

### All Participants:

In consideration for being accepted by Legacy Mission International for participation in a Missions Outreach, I/we, being 21 years of age or older, on behalf of myself/ ourselves (on behalf of my/our child-participant if said child is not 21 years of age or older) do hereby release, forever discharge and agree to hold harmless Legacy Mission International and the directors thereof from any and all liability, claims or demands for personal injury, sickness or death, as well as property damage and expenses, of any nature whatsoever which may be incurred by me/us (my/our child participant) while I am (my/our child is) participating in the above described trip or activity.

Furthermore, I/we, on behalf of my/our child participant if under the age of 21 years, 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 is hereby given to Legacy Mission International to furnish any necessary transportation, food and lodging for this participant.

The undersigned further hereby agree to hold harmless and indemnify said organization, 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 attendant thereto.

### (If the participant has not attained the age of 21 years):

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 21 years of age, both parents must sign unless parents are separated or divorced, in which case the custodial parent must sign.**

\_\_\_\_\_  
Father / Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Mother / Legal Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Signature of Legal Guardian/Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Phone Number

### ALL PARTICIPANTS MUST FILL OUT THE FOLLOWING:

Do you have Hospital Insurance? Yes No

\_\_\_\_\_  
Insurance Company

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

- the Legacy Mission International Liability Release Form (this page)
- the Personal Conduct Commitment
- the Statement of Faith

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

\_\_\_\_\_  
Print your name

\_\_\_\_\_  
Team Name

\_\_\_\_\_  
Signature

# PARENTAL / LEGAL GUARDIAN CONSENT FORM

(For team members under age 21)

## Instructions

- 1 Fill out this form. **This form must be signed by both parents regardless of their marital status.**
  - **In cases of divorce** both parents must sign this form. If both parents cannot sign, then the person with custody must sign and must attach a notarized copy of the custody papers with this form.
  - **If one or both of the parents are deceased**, a notarized copy of the death certificate(s) must be attached.
  - In all other situations please contact us.
- 2 Have this form notarized.
- 3 Keep this form with you. You might need this form along with a proper ID (Birth Certificate or Passport) in order to enter Honduras.

**NOTE:** This form must be filled out for all minors traveling with you when both parents are not present. Without a **properly filled out and notarized** consent form the authorities may not allow a minor into their country. The reason for this protocol is that authorities are trying to ensure minors do not enter their country against the wishes of the minor's legal guardians.

We, \_\_\_\_\_ and \_\_\_\_\_, give our permission for our son /  
daughter \_\_\_\_\_ with passport number \_\_\_\_\_ to travel to  
(passport name)  
Honduras in the month of \_\_\_\_\_ in the year of \_\_\_\_\_, under the supervision of  
\_\_\_\_\_, with the passport number \_\_\_\_\_.  
(passport name)

\_\_\_\_\_  
(Signature of 1<sup>st</sup> parent or guardian)

\_\_\_\_\_  
(Signature of 2<sup>nd</sup> parent or guardian)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Signature of Notary Public)

\_\_\_\_\_  
(Date)

My commission expires: \_\_\_\_\_, 20\_\_\_\_