Honduras

Awareness Trips

UNBOUND®

Table of Contents

Welcome	3
Trip Dates	3
Sample Itinerary	4
Costs You'll Need To Cover	5
What We Provide	6
Health & Mobility	7
Immunizations	7
Weather and Climate	8
Safety While Traveling	8
Honduras Traveler Comments	9
How Do I Sign Up For A Trip?	10
Frequently Asked Questions	11

Welcome

Whether it's to meet sponsored friends or simply experience the beauty of another culture, awareness trips offer an adventure like no other. During a trip we want to reach across borders, learn from one another and have fun. Travelers will see how contributions are used to support and empower families, and for most the highlight will be getting to meet their sponsored friends.

Awareness trip travelers describe the experience as rewarding, eye-opening, energizing, impactful and humbling. They say they've grown in awareness and that their perception of poverty has changed.

Trips are open to sponsors and non-sponsors. Some people travel solo, while others bring friends and family members to share the experience. Our traveler's range in age from 6 to 70-plus. Families with children (6 and older), whether sponsors or not, are welcome.

Trip Dates

May 13-19, 2027 (Thursday-Wednesday)

Space is limited! Apply as soon as possible. Check our website or call us regarding availability. We are reserving some spaces for first-time travelers so they can experience Unbound firsthand.

Sample Itinerary

On your trip, you'll be welcomed by the local staff who will be your hosts for the week. You'll visit the homes and communities of sponsored friends and learn about their joys and challenges while experiencing the beauty of the people.

A detailed schedule will be sent two weeks prior to departure. Unbound will make every effort to offer the opportunity to attend Mass on Saturday night or Sunday.

Day 1: Travel to San Pedro Sula international airport in Honduras. Local Unbound staff will welcome you at the airport and take you to lodging nearby.

Day 2: Travel to Siguatepeque and see what it is like to live in different areas of Honduras. You'll be surrounded by pine forests and mountainous terrain.

Day 3: Fun day at a water park! Everyone will meet their sponsored friends today!

Days 4-6: You will visit rural communities around Siguatepeque where Unbound works. The local people will welcome you, invite you into their homes and share their lives and rich culture with you. Visit a local market to purchase traditional artisan handicrafts or delicious Honduran coffee & cuisine.

Day 7: Depart from San Pedro Sula airport.

Costs You'll Need To Cover

Fees other than those set by Unbound are subject to change.

- Unbound trip fee: **$1,800**
- Round-trip airfare between your home airport and San Pedro Sula, Honduras (SAP): **prices fluctuate**
    - Make your airline arrangements only after your registration is confirmed and you receive the trip coordinator's written instructions for scheduling your flight. You can research airfares online or through a travel agent.
- Passport book (must be valid for at least three months beyond the end of your intended stay, with a minimum of one blank (unstamped) passport page).
- Under Honduran law, children younger than age 21 who travel unaccompanied or with only one parent must have written, notarized permission to travel from the non-traveling parent(s).
- Immunizations as recommended by a physician: **costs vary**
- Travel health insurance: **costs vary**

What We Provide

- The opportunity to meet your sponsored friend
- Lodging and transportation costs for your sponsored friend, chaperone, and local staff
- Planned group activities
- In-country ground transportation
- Lodging. While in Honduras, you will stay in modest hotels. Couples and/or families will be assigned rooms together. Solo travelers will be assigned a roommate of the same gender. If a private room is desired, a single room fee may apply. While running water for showers is available, it might not be heated.
- Meals and bottled water. Since tap water is unsafe for drinking, we will provide ample bottled water throughout the trip. Alcoholic beverages are not included in the trip fee, but there may be occasions when you will have the opportunity to purchase them. Meals are eaten with the group and will be simple fare from the local cuisine.
- Interpreters. Unbound will provide interpreters throughout the trip.
- Memories that last a lifetime

Health & Mobility

Mobility: The ability to walk on uneven and muddy terrain, walk up and down hills, and climb flights of stairs is necessary. You will encounter stairs and hills regularly throughout the trip. In general, groups sometimes walk up to half of a mile at any one time. An elevator at the place of lodging is not guaranteed. An elevator may not be available at each place of lodging.

Motion sickness: This trip takes routes along winding, mountainous roads, which can cause motion sickness.

Immunizations

Consult your doctor or local health department for immunization recommendations based on your health history. Staff members of Unbound are not qualified to offer advice on immunizations. The Centers for Disease Control and Prevention website at www.cdc.gov/travel has country-specific recommendations. You can also contact them by phone at (800) CDC-INFO (800-232-4636). We recommend speaking with a medical professional as soon as possible, as some immunizations are time sensitive.

CDC recommendations may reference a specific area of a country or vary depending on the style of travel. An Unbound trip coordinator can answer questions about the areas of the country that might be visited, lodging and other factors that you and a medical professional may need to know.

Weather and Climate

Honduras enjoys pleasant, tropical weather for most of the year, though rain showers can be frequent. A light raincoat is always recommended. Expect mid to high levels of humidity. In May, average temperatures in Siguatepeque are in the mid-60s to 80s, with mild mornings, warm afternoons, and an increasing chance of afternoon or evening rain showers as the rainy season begins.

Safety While Traveling

Unbound cares about your safety, and the safety of your sponsored friends and our staff. Local Unbound staff members are your hosts during the awareness trip and accompany the group. Our local staff is from the destination country and lives there. Our social workers visit the neighborhoods, towns, and countryside regularly and are aware of safety concerns. Because of their unique qualifications and background, our local staff is responsible for putting together the schedule of activities for your trip and choosing the locations you will visit. The members of the communities are excited to welcome sponsors.

No one can guarantee safety. International travel carries inherent risks, and we understand the realities in the countries where we work. We closely monitor current events, weather conditions, political situations, guidance offered by the U.S. State Department and other available resources. We're in regular communication with our local staff members and stay current on security matters. We've cancelled trips when we've deemed it prudent based on local conditions.

All Unbound travelers are expected to adhere to the Code of Conduct and other rules outlined in the Travel Agreement found in the registration materials. Unbound is proud of our history of safe and enjoyable trips and we look forward to having you join us!

Honduras Traveler Comments

"I learned so much more about Unbound and the work that is done to help our sponsored friends. Of course, it is awesome to meet my friend who I have corresponded with for years. So many good memories. I liked the interaction with the local people. The group of sponsors was a lot of fun too!"

-Jim and Mary, sponsors for 9 years

"You learn so much, get to meet real people, experience the culture, and see a new country, and you get to meet the person you have been supporting. Awesome experience!"

-Janet, sponsor for 16 years

"You can't really experience the profound effect your sponsorship has until you stand with the families and see the joy and love on their faces. You will remember it for the rest of your life."

–Dan, sponsor for 11 years

"It will be the best trip you could ever take and the best money you will ever spend. You will receive much more than you give."

–Mary, sponsor for 4 years

How Do I Sign Up For A Trip?

Under Honduran law, children younger than age 21 who travel unaccompanied or with only one parent must have written, notarized permission to travel from the non-traveling parent(s).

All travelers are required to submit a registration packet. There are two registration packets, one for travelers 18+ years old and one for those who are 17 and younger at the time of the trip.

You can download a registration packet from our website at www.unbound.org/trips, call us at 800-875-6564 or send an email to trips@unbound.org to request that one be emailed or mailed to your home address.

Complete, step-by-step instructions on how to register are included in the registration packet.

Space is limited! Apply as soon as possible. Check our website or call us regarding availability. We are reserving some spaces for first-time travelers so they can experience Unbound firsthand.

Summer trips and those that take place during school breaks fill up quickly.

Frequently Asked Questions

Q. What do you do on an awareness trip?
A. Our local staff meet travelers at the airport and host our group for the length of the trip. Sponsored members and their families welcome travelers into their communities and homes, and activities and celebrations demonstrate the impact of our program to families living in poverty. Travelers will see how contributions are used to support and empower families, but for most the highlight will be getting to meet their sponsored friends.

Whether it's to meet sponsored friends or simply experience the beauty of another culture, awareness trips offer an adventure like no other. Awareness trip travelers describe the experience as rewarding, eye-opening, energizing, impactful and humbling. They say they've grown in awareness and that their perception of poverty has changed.

Q. Will I meet my sponsored friend, and how much time will we spend together?
A. This is one of the primary reasons we offer trips, and we will do everything possible to make this happen! If you are a sponsor, you will spend a day during the trip with your sponsored friend, a member of their family and a staff member. Your sponsored friend will travel from their area to meet you, and your time is often spent at a park or recreation area. In extremely rare circumstances, the ability to travel, health or other unexpected situations prevent a visit from happening. For this reason, we cannot make guarantees.

Q. Who can go on an Unbound awareness trip?
A. Trips are open to both sponsors and non-sponsors, and our travelers range in age from 6 to 70-plus. Some people travel solo, while others bring friends and family members to share the experience. Families with children (6 and older), whether sponsors or not, are welcome.

Q. Is airfare included?
A. Airfare is not included.

Q. Should I bring my friend a gift?
A. Sponsored friends and their families greatly anticipate these visits, and your presence is, in itself, a special gift. Exchanging gifts is common in many cultures. If you wish, you may bring simple gifts for your friend and for the family. Check the trip preparation guide included with your confirmation email for gift ideas.

Q. I don't speak the language, is that an issue?
A. Don't worry, Unbound provides interpreters throughout the trip.

Q. How strenuous are the trips?
A. The days begin early and are filled with activities. The trip can be rigorous, as rest time is limited. You may travel long distances in a bus or van and may be gone all day visiting communities, sometimes in very warm weather. Participants should be able to climb stairs and walk on uneven terrain such as dirt paths or cobblestone. The amount of walking varies by trip. A trip coordinator would be happy to talk to you about any concerns you have about your ability to participate.

Q. Will my health insurance cover me in another country?
A. Consult with your medical insurance company prior to traveling to confirm whether your policy applies in a foreign country. If your policy does not cover emergency expenses including a medical evacuation, we urge you to consider the purchase of temporary travel insurance. Many insurance plans, including Medicare, do not cover treatment outside of the U.S. You can obtain further information on travel insurance from a travel agent or through research on the Internet.
Unbound strongly urges travelers to have trip cancellation and trip interruption insurance to help cover the costs associated with isolation due to a communicable disease diagnosis.

Q. Where can I get more information?
A. You may email your questions to trips@unbound.org or call a trip coordinator during business hours at 800-875-6564.