

Family Life Missions



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**Mission Team
Handbook**

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Dear Mission Team,

Welcome to Family Life Missions! Thank you for visiting Honduras to serve the vulnerable children and families in Catacamas. At Family Life Missions, we serve children and families through our three programs: Por Los Niños residential homes and PLN Christian School, Family Preservation, and Foster Care, with the church leading the way. We appreciate your willingness and desire to serve with us!

Everything we do interconnects with an emphasis on Family Preservation. Our goal is to share Jesus with the community as we empower families to grow, transform, and flourish.

Your team will work closely with our staff as we renovate homes for families in our “Building Dreams” program, teach Bible lessons to children in the community and at our PLN Christian School, and host a “Health and Wellness Day.” We know your giving hearts and hands will bless many. We also know what a great blessing you will receive when you serve our children and families.

While visiting our Por Los Niños campus and working within the Catacamas community, you will serve as an ambassador of Christ, a representative of Family Life Missions, and your home church. This handbook will help you know what to expect on your visit, how to respond to different cultural situations and understand our policies and procedures. It will also give you insight into the beautiful country of Honduras and the good work we are doing.

Our work at Family Life Missions includes many partnerships in the community. You may be working with some of these organizations and churches to benefit those living in Catacamas, as their work directly affects our children and their families. Our desire is for you to grow spiritually during your visit and become more knowledgeable about our global world as we reach others through the love of Christ.

Thank you for giving your time and resources. Enjoy the beauty of Honduras and pray for the people who live there and daily struggle spiritually, economically, socially, academically, and physically. May we all show the light of Christ in our daily walk!

Grace and Peace,



Lisa Steele
Executive Director
Family Life Missions
lisas@familylifemissions.org



What We Do at Family Life Missions

Family Life Missions (FLM) operates three programs in Catacamas, Honduras. Our **Family Preservation Program** supports families in the local community in various ways, including our “Building Dreams” program that helps families reunite through building or renovating a house with aid from FLM staff, the local church, the family, and our generous donors. We also provide family training and resources through the local churches and support through our **Holistic Care Center**. Our staff are trained in TBRI (Trust Based Relational Intervention), which is designed to meet vulnerable children's complex needs. Workshops are offered on child protection, sexual abuse, and health and nutrition. When we preserve families, we are not only helping the children we serve today but also helping future generations.



Our residential homes for vulnerable, abandoned, and orphaned children are located on our beautiful **Por Los Niños (PLN)** campus in Catacamas. Children at PLN live in a family environment with caregivers called tío (uncle) and tía (aunt). Our goal is to place every child in a loving family. We also operate an award-winning **Christian Bilingual School for Pre-K (Montessori) through 9th grade**, open to children in the community. Our **Holistic Care Center** provides trauma therapy in various ways to the vulnerable children we serve, including individual, group, and play therapy.



Working in partnership with the government of Honduras, we have implemented a new national **Foster Care Program**, one of the first in the country. We place children with loving, volunteer foster families from local churches in the community who have undergone our intensive training and accreditation program. We support these families with visits, home improvements, workshops, and spiritual guidance.



What You Will Do at Family Life Missions

Each group will have a specific schedule that include a service project for the community for families in our Family Preservation and Foster Care programs, including home construction or renovation, a project at PLN (examples include daily devotionals for our PLN School students, soccer time, painting, organizing our warehouse, etc.), having a VBS-style outreach to the community, participating in a Health and Wellness Fair, and a day of being a tourist in Catacamas! The Executive Director will work with your Group Leader to prepare the trip schedule to be shared with the group.

Most importantly, you will be showing the love of Jesus to the Catacamas community through your actions, conduct, and friendly smiles. You will return home tired but with a more profound respect and knowledge of Honduras and the vulnerable children and families who live there.



Family Life Missions Visitor's Policy

Family Life Missions seeks to provide a safe family environment where vulnerable children and families can learn who God is and form a strong attachment to Him. Every child and family is spiritually, physically, emotionally, socially, and psychologically supported.

The following are visitor guidelines based upon what we believe is best for the children in our care in our PLN residential homes and school, along with a code of conduct concerning those visiting our campus. National and foreign visitors must follow this policy while serving at FLM in the Catacamas community.

Guidelines for Volunteers Visiting FLM

1. Groups from the U.S. wishing to visit our Family Life Missions campus must contact the Executive Director four months before their proposed trip. The Executive Director will work through a timeline and offer various forms of service for the group.
2. Group members must be 16 or older, with at least two adult volunteers per minor. The size of the group is at the discretion of the Executive Director.
3. Visiting groups will be under the direct supervision of the National Director in Honduras.
4. Groups will participate in any or all of the following service activities: one or two service projects in the community that directly benefit a family from FLM; supervised playtime (soccer or another athletic event) with the children on the PLN (Por Los Niños) campus; provide a VBS for community children, lead a devotional for the PLN school children; participate in a Health & Wellness Fair for families; attend a church service with PLN children and staff on a given Sunday.
5. Groups will be able to tour several Catacamas areas and enjoy local scenery, foods, and culture with an FLM guide. When interacting with the children on our campus, all visitors must always remain in a group. No one-on-one visits are ever allowed with the children. Visitors may interact with the children in a kind and civil manner. For example, acknowledging the children, smiling, or giving a quick high-five is an acceptable and standard way to interact with them. A question about school or a comment about a child's beautiful drawing is also normal and acceptable. Children should be treated with the exact boundaries you typically use to interact with a child you do not know well in your church. You can chat casually and kindly with that child, but a certain respectful distance is maintained.



6. Inappropriate interactions with the children include but are not limited to, the following: kisses, overuse of close hugs, saying “I love you” or anything similar, spending an extended period with any one child or group of children, or singling out a child or group of children for special attention. These interactions may lead a vulnerable child to misunderstand your relationship with them and confuse the child.
7. Volunteers are expected to show modesty in their dress while wearing pants, skirts at or below the knee, longer shorts (such as Bermuda length), Capri pants, and shirts that are not revealing. Shirts should not cover shorts. Please do not wear any images or phrases on t-shirts that are inappropriate to our Christian values.
8. When working on a construction site, men must always leave their shirts on.
9. Consumption of drugs, alcohol, or tobacco is not permitted at any time during your visit to Honduras.
10. **Drink only bottled water and do not drink ice while in Honduras.** If in doubt—do not eat or drink it! This includes brushing your teeth. It is safe to take a shower and wash in the water.
11. Do not walk alone in Catacamas or Tegucigalpa. Only go out with permission from your group leader.
12. Only go out after dark if you are with your group and adult leaders.
13. Keep a copy of your passport in a safe place.
14. Report any injuries or illnesses to your leader.
15. When taking photos at PLN, only take group pictures that include two or more children. Before posting any photos to social media, obtain permission from the Executive Director or the National Director, as some images of children cannot be published.
16. Each team member over 18 years of age must have a recent background check completed and submitted before traveling to Honduras. When working with vulnerable children, we are responsible for assuring that volunteers serving with the children are safe and not causing any danger. The Executive Director will contact the group leader to make arrangements.



Interesting Facts about Honduras

- It has a population of over 10 million
- The official language is Spanish.
- The capital is Tegucigalpa.
- The official currency is the Honduran Lempira (about 25:1 to the U.S. dollar). When you arrive, you can exchange your U.S. dollars for Honduran Lempira for snacks and souvenirs.
- Honduras is the second poorest country in the Western Hemisphere, with 66% living below the poverty line, making about \$5.60 daily. Approximately one out of five Hondurans live in extreme poverty in rural areas on less than \$1.90 per day.
- Honduras is the second-largest country in Central America.
- Honduras is the only country that touches three Central American countries: Guatemala, El Salvador, and Nicaragua.
- Soccer is the primary sport in Honduras (called fútbol in Spanish).
- The five stars on the Honduran flag represent the five original countries of Central America.
- September 15th is celebrated as Independence Day in Honduras.
- The leading export goods are coffee, bananas, and wood. And the coffee is so good!
- Children's Day in Honduras (Día del Niño) is celebrated every September 10.
- 97% of Hondurans consider themselves Roman Catholic.
- Education is free and compulsory through 6th grade in Honduras; however, families must pay for uniforms, registration, supplies, books, and transportation. Many families need help to afford these costs, and children often drop out of school before 6th grade.
- Honduras was devastated by Hurricane Mitch in 1998. At least 10,000 people were killed, and millions were left destitute. The damage was estimated at \$3 billion and set development back by decades. Two back-to-back hurricanes hit Honduras in November 2020, causing more families to lose their homes or jobs.
- COVID-19 hit Honduras hard as there was a lack of vaccines and proper medical care for those who contracted the virus.
- The weather in Honduras during the summer is HOT! **Pack sunscreen and a hat!**
- Honduras is in the Central Standard Time Zone (CST). It does not have daylight savings time, so it is one hour behind CST during summer.

Read about Honduras at these helpful websites:

U.S. State Department: <https://www.state.gov/countries-areas/honduras/>

U.S. Embassy in Honduras: <https://hn.usembassy.gov/>

Wiki Travel-Honduras: <https://wikitravel.org/en/Honduras>

CDC (Center for Disease Control) Health info for Honduras travelers:

https://wwwnc.cdc.gov/travel/destinations/traveler/none/honduras?s_cid=nceid-dgmg-travel-single-001

Online Currency Converter: <https://www.xe.com/currencyconverter/>

Travel Basics for Your Trip

You will arrive at the Palmerola airport in Comayagua. Airlines that currently service Honduras are American, United, and Spirit. The earlier the tickets are purchased, the cheaper the airfare. The group leader is responsible for making airline reservations for the group.

You must have a valid passport to travel to Honduras. **Your passport MUST be valid for six months after your entrance into Honduras.** If you do not have a passport, begin the process immediately. Make copies of your passport to put in your luggage, give a copy to your group leader, and keep an extra copy in your carry-on bag.



The week before your trip, you must complete a pre-check form online and a customs form before entering the country. The links with instructions will be sent one week before your trip.

Checked Luggage

Luggage is limited depending on your airline. Some allow one bag (50 lb. max), while others charge for the first bag. Your group leader will inform you of your luggage limit. You may be asked to carry some supplies or books for the school.

Label your luggage so that it can be easily identified when you land. Many groups use a color theme and tie ribbons on their luggage to make it easy to find.

Carry-on Luggage

On most airlines, you may take one carry-on bag and one personal item (purse, pillow, etc.). Your personal item must fit under the seat in front of you. Check with your airline for specific luggage sizes.

Remember that you may only bring one quart-sized bag with at most 3 oz. of liquid per container in your carry-on. Any other liquids will be confiscated during your security check-in at the airport and will not be returned. If you have medical needs that require liquids, please check with the airline, as there are exceptions for medicines.



Packing List

- ☐ Clothing for working outdoors and every day (jeans, longer shorts, capris, short-sleeve, and long-sleeve shirts).
- ☐ Clothes for Sunday: Women usually wear a dress to church, and men wear khakis or nice jeans.
- ☐ Rain poncho (weather is unpredictable)
- ☐ Shoes: closed-toe sturdy shoes you can get muddy, sturdy sandals, tennis shoes
- ☐ Gloves (sturdy work gloves) for construction
- ☐ Insect repellent (with DEET or equivalent; mosquitos are a problem); put in checked luggage unless 3 oz. or less or use insect repellent wipes (can purchase on Amazon)
- ☐ Sunscreen (the higher the number, the better!)
- ☐ Hat or cap for sun protection
- ☐ Sunglasses
- ☐ Personal hygiene items
- ☐ Personal medicines
- ☐ Empty water bottle (to be filled with sanitary bottled water at the worksites and on campus)
- ☐ Flashlight with batteries
- ☐ Bible and journal (if you will use it!)
- ☐ Snacks (stay away from chocolate or anything that will melt!) We will also provide snacks at the house where you will be staying
- ☐ Money for personal use
- ☐ Hand sanitizer
- ☐ Do not wear any camo clothing or army fatigues. It is not culturally appropriate.
- ☐ Men must wear a shirt at all times, including at work sites.

Health Info

Check the list for suggested immunizations. There are no vaccines required to enter Honduras. However, there are recommended immunizations and medicines you can check out on the CDC website.

It is not required, but it is prudent to make sure your Tetanus vaccine is up-to-date.

It is advisable to bring OTC medicines such as **Pepto-Bismol tablets** (2 every morning coats your stomach!) and **Imodium** (for diarrhea).

Medicines you may want to bring that require a prescription:

- Cipro antibiotic
- Lomotil (for heavy diarrhea)
- Phenergan or other medicine for nausea.

FLM Quick List (or all the misc. info you need to know!)

- Print or take a picture of the FLM Contact Information Sheet in this packet. Keep it with you and leave a copy at home with your family.
- When you leave the airport in Comayagua, you may be asked where you will spend most of your time. Your answer is Family Life Missions, Catacamas, Olancho. Your contact is José Francisco Chinchilla Zelaya. The customs officers have the right to open your bags.
- **Keep your baggage claim tickets until you have exited the airport.** It is very important to have them readily available as a person may match the number on your luggage to the number on our ticket. **You may only be allowed to leave the airport with your luggage if you have your claim ticket!**
- **Do not drink the water!** The water is not purified, so you must only drink bottled water. This includes using only bottled water when brushing your teeth and rinsing your toothbrush. Do not open your mouth in the shower!



- Eat only food cooked and served hot or fruit that you have removed the peel (not someone else as they may have rinsed the food in water). Do not eat lettuce (this includes a hamburger at McDonald's). Lettuce is tricky to clean, even in purified water.
- **Do not flush any of your toilet paper in the toilet!** Use the waste can next to the toilet. Paper clogs the drainage systems and causes significant problems in Honduras.
- If you are in a public restroom and the toilet will not flush, there may be a bucket nearby that you will need to fill with water from the sink and manually flush the toilet.
- Electricity voltage is the same in Honduras as in the U.S. You do not need a converter.

- Cell phones work well in Honduras. Check with your carrier before you if you want an international plan. Hotels provide free Wi-Fi, and it is offered free on our campus.
- You can download the **free app WhatsApp** and send free text messages via Wi-Fi anywhere in the world. A videophone is available on this app. A group text will be set up on WhatsApp for communication within our group while in Honduras.
- If you become ill or feel sick or injured, tell your group leader immediately. We can access Predisan Clinic in Catacamas, which has excellent medical staff if needed.
- Remember—do not go out at night unless you are with the entire group.
- Only bring something with you that can be replaced.
- Show respect for the culture and country you are visiting. Remember that English is not their language; however, many Hondurans speak English, so do not assume they cannot understand what you say.
- Know a little Spanish? Use it! Your effort will be appreciated, and you may learn some new words!
- Time in Honduras does not have the same cultural value as in the U.S. Be flexible, and you won't be frustrated!
- Avoid attitudes or actions that give the impression that you are here to “help out these poor people.” Treat everyone with respect in a Christ-like manner.
- Avoid giving candy to children.
- Watch for cars and motorcycles! They do not slow down, and pedestrians do not have the right-of-way as in the U.S.
- Always keep your passport in a secure place (with your group leader, on your person, or locked in a hotel safe). Make an extra copy and give it to your group leader.
- Be discreet when exchanging currency in public or when making purchases.
- As cute as cats and dogs are, do not pet them! They may bite you. If you do touch an animal, wash your hands well.
- Ask permission before you take someone's photo.



For Group Leaders

Thank you for giving your time to lead a group to Catacamas and serve the children and families of Family Life Missions. You are making a difference in Honduras and the lives of those in your group. May God bless you and your group in your service to others!

Below is a list of things to do as the leader of your mission group:

- Schedule team meetings and discuss the information in this handbook. The Executive Director will give you information on activities planned for your visit. A full agenda for your trip will be sent to you at least one month before your visit.
- At your request, a staff member can visit your team in person or via Zoom at one of your scheduled team meetings. Email Lisa at lisas@familylifemissions.org to make the request.
- You are the communication connection between your group and FLM. You will have direct contact with the FLM Executive Director and National Director as you make plans.
- Book the airline flights for your group—the sooner, the cheaper!
- Send a list of team members, ages, gender, and any special requests to Lisas@familylifemissions.org three months before your visit.
- Register each member of your group on the form provided on the site of the U.S. State Department at <https://step.state.gov/STEP/Pages/Common/Citizenship.aspx>. Enrolling in the program allows the State Department to contact you with safety conditions. It also enables them to contact you during an emergency, natural disaster, civil unrest, or family emergency. It also helps family and friends contact you in an emergency. A bonus is that you will have a spreadsheet of everyone's travel information!
- **Make sure that every team member has a valid passport that will not expire until six months after the end of your trip.** Every passport must also have at least one blank page in it.
- Set a transportation plan for when everyone should arrive at the airport for departure. The Honduras National Director and FLM staff will handle all transportation needs in Honduras.
- Make sure that every team member fills out a medical release form and any other documents needed. **Please send an electronic copy of these forms to karla@familylifemissions.org at least one month before your visit.**
- Encourage your team to learn basic phrases in Spanish! **Duolingo** is a great app to use and is free!
- Family Life Missions will provide a first-aid kit.



- Anyone under 21 and not traveling with both parents **MUST** complete the letter (in this package) signed and notarized by both parents. You must be under 21 and have this to **be allowed to exit the county**.

Trip Costs

ITEM	COST
Airline ticket	\$750-\$1,200
Food & Lodging	\$515 (includes all meals, transportation, team shirt, and hotel costs)
TOTAL	\$1265-\$1715 per person

- Airline reservations need to be made through United (through Houston) or American (through Miami) with arrival in Comayagua at the Palmerola International Airport.
- Lodging and food costs include all meals, hotel, t-shirt, and ground transportation.
- Groups will stay on campus in a secure dorm-style home (Casa Misionera). Lodging in Tegucigalpa (the night before departure) will be at a safe and secure condominium reserved by FLM. Meals will be provided by our FLM cooking staff or at select restaurants.
- We ask the sponsoring church to donate \$5,000 to cover the costs of the house renovations and other expenses incurred by FLM in Honduras. FLM will cover any costs above that amount. Our FLM staff will have all materials and tools available at the work site for construction.
- Each team member is responsible for souvenirs, snacks, and airport food.



Child Protection Policy

Family Life Missions is committed to protecting children in its care and those participating in our programs in Catacamas, Honduras. A child's well-being and safety are of utmost importance.

Staff, leaders, and volunteers must follow our Child Protection Policy. Not only do these policies protect children, but they also avoid the appearance of abuse and help reduce the risk of adults being falsely accused of improper or unprofessional conduct.

I, _____, agree to the following policies concerning children
print name

associated with Family Life Missions:

- ☐ To follow the "two-adult" rule, wherein at least two adults supervise all activities involving children.
- ☐ To never be alone with a child. Trip participants will not be alone with one or more children who are not part of their immediate or extended family, nor will they take one or more children into a private place out of view of other adults.
- ☐ To make sure any physical contact in any form is above reproach. The personal behavior of all participants must foster trust at all times.
- ☐ To not force physical contact, touch, or affection on a reluctant child. A child's preference not to be touched must be respected.
- ☐ To not force a child to sit in my lap. No one may have a child over 5 sitting in their lap. Instead, one can gently redirect and encourage a child to sit beside them.
- ☐ To use appropriate ways to touch kids, such as giving a high-five, short congratulatory or greeting hugs, a brief pat on the back or shoulder, or handshakes.
- ☐ I understand that many children who have undergone abuse or trauma may struggle with appropriate boundaries and look for a visitor's attention. Because of this, all visitors to FLM in Honduras are responsible for ensuring all interactions are appropriate and will avoid placing themselves in a compromising or vulnerable position.
- ☐ Any inappropriate behavior toward children, including failure to adhere to Family Life Mission's policies and procedures, is grounds for discipline, up to and including removal of the trip participant from any and all ministry activities and return home at the trip participant's expense.

Signature of Participant

Date

Signature of Parent, if the participant is a minor

Date

Family Life Missions Adult Medical Information and Release

For completion by all participants 21 or older

Full Name on Passport _____

Passport Number _____ Preferred first name/nickname _____

Emergency Contact Information

Emergency Contact _____ Relationship _____

Daytime phone number with area code: _____

Evening phone number with area code: _____ Cell phone _____

Medical Information

List all prescription medication you will bring on your trip _____

What conditions do these medications treat? _____

List any physical disabilities or limitations _____

List any known allergies _____

List any major illnesses this past year _____

Medical Release

In case of unconsciousness or inability to release myself for medical treatment resulting from illness, injury, or an accident that requires medical attention, I (print your name), _____, give my permission to Family Life Missions, its representatives, and all attending health care professionals (defined as but not limited to doctors and nurses) to administer medical treatment, to hospitalize, anesthetize, or perform surgery on me as is required. I, _____, the undersigned, do release, acquit, and covenant to hold harmless Family Life Missions and its representatives from all actions, damages, or liabilities arising out of their treatment of any illness, injury, or accident incurred during my participation with them. The intention of this release is that the above Family Life Missions and its representatives incur no liability whatsoever while attempting to meet all the medical needs that I may require during my participation with Family Life Missions.

Participant Signature _____ Date _____

Family Life Missions Adult Liability Release

For completion by all participants 21 or older

I, _____, in consideration of my acceptance as a participant on a mission trip to Honduras through Family Life Missions, Inc. in Catacamas, Honduras, hereafter referred to as FLM, represent and agree that:

1. I am aware of the potential hazards and risks to my person and property associated with serving in a mission capacity, such hazards, and risks including, but not limited to, illness, injury, or death by accident, disease weather conditions, inadequate medical services, and supplies, criminal activities, and random acts of violence. I will participate with full awareness of these risks. Concerning FLM and its representatives, I voluntarily assume all risks of illness, injury, death, and any damage to my personal property, and I release FLM and its representatives from any liability that I may suffer as a result of my participation with them. I further recognize that such risks have always been associated with missionary service. (2 Corinthians 11:23-28).
2. I am aware of the hazards and risks to my person associated with participation in a mission trip, as described above. I further understand that FLM does not have insurance coverage that would apply in the event of my illness, injury, death, or damage to my property that may occur during my participation on the trip. I have been instructed that I may choose, if I desire, to secure insurance coverage for myself. I understand I am responsible for the costs and arrangements for such insurance.
3. I expressly agree that this assumption of risk agreement is intended to be as broad and inclusive as permitted by law. I further state that I have carefully read the preceding assumption of risk and understand its contents, and I voluntarily sign this release as my own free act. This is a legal document.

Participant signature _____ Date _____

Family Life Missions Media Release for Adults

For completion by all participants 21 or older

I, _____, the undersigned, do hereby grant permission to Family Life Missions, Inc. to use my image in print, video, and digital media. I agree that these images may be used for a variety of purposes and that these images may be used without further notifying me. Such use includes the display, distribution, publication, transmission, or otherwise use of photographs, images, and/or video taken for use in materials that include, but may not be limited to, printed materials such as brochures and newsletters, videos, and digital images such as those on web sites, Facebook, and Instagram.

Participant Signature _____ Date _____

Family Life Missions Medical Information and Release for Minor

*For completion by Parent/Guardian for all participants under 21
(In Honduras, anyone under 21 is considered a minor)*

Full Name on Passport _____

Passport Number _____ Preferred first name/nickname _____

Emergency Contact Information

Emergency Contact _____ Relationship _____

Their Daytime phone number with area code: _____

Their Evening phone number with area code: _____

Their Cell phone number with area code: _____

Medical Information

Personal Physician _____ Telephone _____

List all prescription medication you will bring on your trip _____

What conditions do these medications treat? _____

List any physical disabilities or limitations _____

List any known allergies _____

List any major illnesses this past year _____

In the event my son(s), daughter(s), ward(s) minor(s) are unconscious or are in need of medical treatment resulting from illness, injury, or an accident which requires medical attention, I (Print your name), _____,
(Relationship to Minor) _____ give my permission to Family Life Missions, Inc., its representatives, and all attending health care professionals (defined as but not limited to doctors and nurses) to administer medical treatment, to hospitalize, anesthetize, or perform surgery on my son(s), daughter(s), ward(s), minor(s)'s as is required in a n emergency. The undersigned do release, acquit, and covenant to hold harmless and indemnify Family Life Missions, Inc. and its representatives from all actions, causes of action, damages, or liabilities arising out of their treatment of any illness, injury, or accident incurred during my son(s), daughter(s), ward(s), minor(s)'s participation with them. It is the intention of this release that Family Life Missions, Inc. and its representatives incur no liability whatsoever while attempting to meet all the medical needs that my son(s), daughter(s), ward(s), minor(s)'s may require during their participation with Family Life Missions, Inc.

Parent or Guardian signature: _____

Date _____

Family Life Missions Liability Release for Minor

For completion by Parent/Guardian for all participants under 21 years

I, _____, parent or guardian of
_____, in consideration of my son(s), daughter(s), ward(s), or minor(s)'s acceptance to participate in a mission trip to Honduras through Family Life Missions, Inc. (FLM) in Catacamas, Honduras, represent and agree that:

1. I am aware of the potential hazards and risks to my son(s), daughter(s), ward(s), or minor(s)'s person and property associated with serving in a mission capacity. Such hazards and risks, including, but not limited to, illness, injury, or death by accident, disease, weather conditions, inadequate medical services and supplies (in remote areas), criminal activities, and random acts of violence, are known to me and have been explained to me. I hereby knowingly give my permission for my son(s), daughter(s), ward(s), or minor(s) to participate with full awareness of these risks. With respect to FLM and its representatives, as the parent or guardian of the above-listed son(s), daughter(s), ward(s), or minor(s), I voluntarily and knowingly assume all risks of illness, injury, death, and any damage to my son(s), daughter(s), ward(s), or minor(s) personal property. I do release FLM and its representatives from any liability that my son(s), daughter(s), ward(s), or minor(s)'s may suffer as a result of their participation with them. I further recognize that such risks have always been associated with missionary service. (2 Corinthians 11:23-28).
2. I am aware of the hazards and risks to my son(s), daughter(s), ward(s), or minor(s) person associated with participation in a mission trip, as described above. I further understand that FLM does not have insurance coverage that would apply in the event of my son(s), daughter(s), ward(s), or minor(s)'s illness, injury, death, or damage to their property that may occur during my participation on the trip. I have been instructed that I may choose, if I desire, to secure insurance coverage for my son(s), daughter(s), ward(s), or minor(s). I understand I am responsible for the costs and arrangements for such insurance.

3. I expressly agree that this assumption of risk agreement is intended to be as broad and inclusive as permitted by law. I further state that I have carefully read the preceding assumption of risk and understand its contents, and I voluntarily sign this release as my own free act and for my son(s), daughter(s), ward(s), or minor(s). This is a legal document.

Participant's Parent or Guardian's Signature _____

Date _____

Family Life Missions Media Release for Minors (under 21)

I, _____,

parent or guardian of _____
do hereby grant permission to Family Life Missions, Inc. to the image, in print, video, and digital media of my son(s), daughter(s), ward(s), or minor(s). I agree that these images may be used for a variety of purposes and that these images may be used without further notifying me. Such use includes the display, distribution, publication, transmission, or otherwise use of photographs, images, and/or video taken for use in materials that include, but may not be limited to, printed materials such as brochures and newsletters, videos, and digital images such as those on web sites, Facebook, and Instagram.

Participant's Parent or Guardian's Signature _____

Date _____

Family Life Missions Contact Information

Make a copy or take a photo of this page so you can leave this info with your family.

Website: www.familylifemissions.org.

Check out Our Team under the About tab. You will meet all of our staff on your visit!

Facebook (several updates will be posted during the group's trip):

www.facebook.com/flmhonduras

Instagram: @flmhonduras

To Contact Family Life Missions in the USA:

Mailing Address: P.O. Box 332510
Murfreesboro, TN 37133

Telephone: 662-324-8472

Lisa Steele, Executive Director: 615-881-6688 (cell) lisas@familylifemissions.org

Alan Kelley, Chairman; Board of Directors: akelley@familylifemissions.org

To Contact Family Life Missions in Catacamas, Honduras:

José Chinchilla, National Director: (504) 9921-7109 jose@familylifemissions.org

Karla Ponce, Director of Holistic Care: (504) 9945-3505. Karla@familylifemissions.org

*****WhatsApp** is a free international phone app that allows you to call or text at no cost. You can also send photos and videos through this app at no cost.

Our FLM staff uses this app—search for our names! This is a great way to stay in touch with the mission group and for the group to stay in touch with each other. We will have a group text on WhatsApp for each team.