



Honduras 2026 Missions Trip
Information Package



WARNING

International Missions Travel has a higher risk level and is more demanding than traveling within Canada or travelling internationally as a tourist.

The information in this package is important and must be read carefully and in it's entirety by both the applicant before applying and their parent / guardian before giving consent to their participation.

Parents must not consent to their child's participation if their child cannot manage themselves independently and in accordance with the expectations outlined.

Trip Details

We are organizing a team of 8 youth to minister with **Schools of Hope** in Honduras. The tentative dates are August 14 – 23, 2026 inclusive of travel. Dates may shift by 1-2 days depending on flight availability.

About Schools of Hope

Schools of Hope was established in 2010 working in the public schools located in extremely poor areas outside of Tegucigalpa, Honduras.

They partner with local public schools, communities as well as local governments and the health units in the area to empower them to thrive spiritually, academically and socially. The team will be assisting with Bible lessons in schools, working on community development projects and participating in outreach and evangelism ministry. Spanish is the primary language in Honduras.

Overall, the weather is warm, humid, and wet during this time of year, with temperatures ranging from about 20°C at night to around 32°C during the day. As Honduras is near to the equator, the sun is hot during the day and wide brimmed hats and sun block are required.

Who can apply?

Students active in the Hope City youth group who are enrolled in grade 11 or 12 in the 2025/26 school year and who will be at least 16 years of age at the time of departure are welcome to apply.

Students must profess faith in Jesus, have been actively engaged in our youth group for at least six months, be involved in some aspect of ministry service in the church, and have the endorsement of a youth leader and the leader of their serve team.

As part of the application review, confidential references will be sought. If more students who meet the criteria apply than spots are available, priority will be given to students based on their current ministry involvement, maturity and the team needs.

Cost

Each team members will be responsible for raising \$3,200 in charitable donations towards the team costs. They can donate from their own income or ask for donations from parents, extended family and close friends. \$500 of this amount is required within 15 days of acceptance on the team.

Team funds will cover all team member expenses including transportation, meals, accommodations, ministry expenses and team activities.

In accordance with Canadian law, all donations receipted by Hope City Church are for the team's expenses, and once a donation is made it is non-refundable. If for any reason the team member is unable to participate on the trip, the funds will remain in the team budget.

Additionally, team members will need to bring funds with them to cover airport meals, souvenirs and incidental expenses (approximately \$250 CAD).

Participant Requirements

All participants need to be able to manage themselves independently and have the maturity to seek out assistance if required.

They must be in good physical, emotional, and mental health. They should be able to handle heat, walk long distances, climb stairs, and manage full active days of ministry.

They need to be comfortable to reside in shared accommodations, and follow the rules and guidelines of the team leaders and our hosts.

Specifically, this means:

- They are able to care for their own daily needs
- They can monitor their own health, manage minor ailments (eg headaches or colds) and know when they need to ask for assistance or medical attention
- They will follow team leader instructions without pushback

A few good ways to know if someone is ready to participate on a team:

- They are able to stay home alone for a weekend without supervision and are trusted to behave responsibly and seek out assistance if they need it
- They have successfully participated in several overnight events in dorm settings (eg youth camps or retreats)
- They can keep track of their own purse/wallet
- They can manage their own laundry, hygiene, medications and food allergies

Travel and Accommodations

Travel to and from Honduras will involve one or more connection(s) in Canada, the US and/or Latin American countries.

Participants will be staying in a trusted hotel in Honduras, and in airport area hotels if an overnight layover during travel is required. Hotel accommodations will be booked with the intention of each participant having their own bed.

Participants may stay in different accommodations (eg. shared dorm rooms) and travel via alternative modes of transport in the event of a disruption to the trip.

Safety and Security

Honduras is a middle-income country that faces challenges with poverty and economic inequality. Schools of Hope operates in impoverished communities without significant incident and hosts several mission teams from Canada throughout the year.

Local staff will give instructions to maintain personal safety while in the community and will actively supervise the team. To maintain safety, participants must always adhere to the directions of the team leaders and local staff.

Participants and their parents/guardians should review the government [travel advisories for Honduras](#) before applying.

Team Communication

Team members must have a personal mobile phone and WhatsApp for team communication leading up to the trip as well as during the trip. (They won't need data roaming on the trip as WhatsApp works on wifi). Participants will have access to wifi intermittently during the trip.

Team members should be able to activate international data roaming on their devices in the event of an emergency.

A parent's group will be created on WhatsApp for team travel updates, and parent will be provided with information to contact team leaders via WhatsApp before departure.

Passports and Visas

Team members who are Canadian citizens require a valid Canadian passport that expires more than six months after travel (an expiry date of March 1, 2027 or later). Team members are expected to apply and pay for a passport themselves.

Team members who are citizens of other countries should check their eligibility to travel to Honduras and the US before applying to be part of the team.

Team members who are under the age of 18 on the date of departure will require a notarized letter signed by the parents listed on their birth certificate. If there are custody orders or guardianships, notarized documentation will need to be provided. Full details will be provided after acceptance.

Vaccinations

Hope City Church requires you are current on your tetanus vaccine as a condition of participation and you will need to provide the date of your most recent vaccination (typically administered in grade 9). We also recommend you receive a Hepatitis A & B (Twinrix) vaccinations before your trip.

You will need to consult with a travel clinic at least six months prior to the trip to verify you have the required vaccines for travel to Honduras based on your medical history, and any costs for those will be your responsibility.

Dietary Restrictions

Applicants with allergies or food intolerances must notify team leaders in advance to look into the possibility to accommodate allergies and other dietary needs. Depending on the type and severity of the allergy or intolerance it may not be possible to participate on the trip.

Application Dates

The application form will be available at <https://hopecity.ca/Honduras2026>. The student must complete the application online with their own hopecity.ca profile.

The initial application deadline is September 26, 2025. All applications received by that date will be considered and team members will be informed of their application status by October 3, 2025.

Important Information Regarding International Humanitarian Travel

When volunteering to travel and serve as part of a Hope City Church team, individuals and their parents / guardians are responsible for understanding the risks and considering the implications for them and their family. They must assume those risks, meaning they will not hold the church responsible for any loss connected to their participation.

All international travel involves risks. Participation in missions and humanitarian work carries different and greater risks than tourist travel. Travellers will not have access to the same protection, security and health services as in Canada or other international tourist destinations.

Each country has a unique legal system, specific safety and security conditions and potential health hazards. Participants are expected to read the travel advice published by the Government of Canada (<https://travel.gc.ca/travelling/advisories>) at the time they commit to the trip and again immediately before travel.

Countries make their own decisions about who they will allow to enter and leave the country. Participants are responsible for meeting the entry requirements for the countries they are visiting or transiting through, including obtaining any required visas.

Transportation, including air and ground travel, is provided by companies that are registered in different countries and are governed by different safety and liability regulations than Canadian companies.

Changes to the planned itinerary may be required due to schedule changes, natural disasters, security concerns and other reasons. Changes may involve alternate carriers and providers and may include stops in countries other than those on the original itinerary.

The activities of the team may include projects where the equipment, safety standards and oversight are different than those in Canada. Team participants assume greater risks than they would in Canada and are responsible for assessing the safety risks and taking appropriate precautions.

The church is not qualified to assess personal health risks. Participants are responsible for consulting with their physician and a travel health professional before travel and obtaining recommended vaccines and personal medications.

In the event of injury, disease or other medical emergency, the emergency medical care will be different than what is available in Canada. Participants are responsible for arranging health insurance to cover emergency medical needs for the duration of the trip. Participants must understand the coverage and limits of the policy, including any limitations on coverage and will confirm with the insurance carrier if there are any questions, including coverage for pre-existing conditions.

Individuals and their parents/guardians who participate on trips are responsible to consider how any injury, disease, loss or death would impact their financial situation. Participants are responsible for confirming any life, disability or other insurance policies will provide coverage for loss incurred as a result of the trip.

Team Meetings:

All meetings will be on Sundays from 2 – 3:30 PM:

- October 5, 2025 (parents attend from 2 – 2:30 PM)
- November 2, 2025
- January 11, 2026
- March 1, 2026
- May 3, 2026
- June 14, 2026

Meeting locations will be

Pre departure meeting

- Tuesday August 11, 2026 (5 PM – 8 PM)