January 24, 2020

Thank you for your interest in participating in the Sister Water Project Service Trip to Honduras scheduled for July 17-25, 2020. This trip promotes the commitment of the Sisters of St. Francis and Franciscan Associates, initiated in 2006, to make potable water accessible to poor rural communities in Honduras and Tanzania. Additional information about the Sister Water Project can be found on our website at: http://www.osfdbq.org/sister-water-project-main

Whether or not one will actually serve on this service team to Honduras, each person can be part of this effort through prayer and other means of support.

For those of you who are exploring participation in this Honduras trip, we ask that you:

- Review all the information before filling out the application forms: criteria, timeline dates, immunization/health, legal documents, personal costs
- Be aware that the work itself is physically demanding and requires a certain degree of physical stamina
- Fill out all forms completely; save and print if done online
- Sign and date Photo Release and Waiver and Release of Liability
- Include $200 application fee (nonrefundable, if selected as a team member), payable to SWP Service Trip
- Submit completed application and copy of passport by April 10, 2020 to:

  Stacy Francois, SWP Service Trip, 3390 Windsor Ave., Dubuque, IA 52001-1311
  --OR--
  francoiss@osfdbq.org

Up to twenty team members will be selected and notified by April 30, 2020. At that time, confirmed team members will be reminded to send the remaining balance of $900. The $1,100 service trip fee includes travel (ground and air in USA/Honduras), food and lodging in Honduras. Limited scholarship funding is available for the service trip. Contact: Sr. Kathy Knipper at knipperk@osfdbq.org or 563-583-9786 for more information.

We praise God for the concrete ways we can, at this time in our history, respond to the challenge of Jesus, “When I was thirsty, you gave me to drink.”

The Sister Water Project Committee
Sister Kathy Knipper, SWP Coordinator,
Sisters Rita Goedken and Ginny Heldorfer, Jessi Russo, Tim Weitzel, and Franciscan Associates Jane Heiar, Sheri Hosek, and Nancy Knipper
Sister Water Project Service Team to Honduras
July 17-25, 2020

Mission Statement:
The Sister Water Project Service Team will:
• Provide support to and solidarity with the people of Honduras
• Help make water accessible to people in Mejocote, a rural Honduran village
• Share and experience cultural diversity

Sister Water Project Service Team Members will:
• Participate fully: work, prayer, team building, and daily schedule
• Be 18 years old; (16 years old if accompanied by a parent/guardian)
• Be physically healthy and strong enough to perform strenuous activity at higher altitudes (strong back, good breathing capacity)
• Make a decision regarding recommended immunizations/medications
• Complete requested health information
• Possess or acquire current passport that expires after January 1, 2021
• Have travel insurance (optional)
• Adapt to a different culture (food, sense of time, housing, work ethic)
• Submit all application materials/fees according to the timeline

Immunizations/Medications Recommended for Honduras:
• Hepatitis A – one shot is necessary before leaving on the trip. To give lifetime immunity, a second shot is recommended six months later (after the trip is fine). However, a second shot is not necessary for just one trip.
• Hepatitis B – two shots a month apart before leaving for Honduras and a third shot after returning from the trip. 1st shot – 60% immunity; 2nd shot – 80% immunity; 3rd shot 90% immunity
• Typhoid medication may be given as a shot or as pills. The pill form is four doses (one every other day) beginning two weeks before departure.
• Malaria pills (see your doctor)
• Tetanus shot – within the last 10 years
• Seek your doctor’s advice for additional recommendations

Sister Water Project
Sisters of St. Francis
Dubuque, Iowa, USA
Sister Water Project Service Team to Honduras
July 17-25, 2020

Personal Costs:
• Passport
• Immunizations/Medications
• Travel costs to Dubuque
• Food during travel in USA
• Personal spending money
• Travelers’ Insurance (optional)
• DEET

Timeline:
April 10, 2020: Completed application and copy of passport due
Confirmation of received application will be communicated.

April 30, 2020: Service team members selected and notified

May 8, 2020: Mail $900 check (payable to SWP Service Trip) to:
Stacy Francois
SWP Service Trip
3390 Windsor Ave.
Dubuque, IA 52001-1311

June 16, 2020 Itinerary and timeline provided

July 17, 2020: Team meets at Mount St. Francis Center, Dubuque, IA

July 25, 2020: Return to Dubuque

August 21, 2020: Written reflections due

Sisters of St. Francis
3390 Windsor Avenue
Dubuque, IA 52001-1311
Phone: 563-583-9786
Fax: 563-583-3250
www.osfdbq.org