



Heal. Educate. Empower
 Our mission is to is to empower families in Honduras through healthcare and education.

MOUNTAIN MEDICAL TEAMS



Mountain Medical Teams (MMTs) are an integral part of our work in Honduras. Remote mountain communities in the Lago de Yojoa area are chosen to participate in the Community Health Development Program. They each must meet criteria such as how far they are from a health care facility, lack of safe water or sanitary systems, whether they have been served by other aid organizations, and safe access. All communities must demonstrate a commitment to participating in health education and agree to a formal partnership.

Communities receive general health care from MMTs twice a year, including general checkups, vision and dental care, vitamin distribution, fluoride, anti-parasite treatments, and referrals to other FOB services.

In exchange for medical treatment received, communities participate in health-related training and educational workshops, including nutrition, reproductive health, hygiene, and malaria prevention. A health committee is established in each community to promote the program, and a health volunteer is identified, trained, and equipped to act in this role.

WHO CAN JOIN?

Each team needs:
 1-2 MDs, PAs, or NPs
 4-5 RNs
 6-7 Non-medical support volunteers

(must be at least 17 years old)

Minimum of one Spanish speaker

Why Honduras?

- 70% of the population lives in poverty
- In rural areas, approximately one out of five Hondurans live in extreme poverty (less than US\$2 per day)
- The country faces the highest level of economic inequality in Latin America
- One in three infants is malnourished
- Children in rural areas receive an average of four years of schooling



What to expect

When you join a MMT, your Team Leader will schedule several team meetings prior to your trip where you will meet your fellow team members, receive details on your trip and training for your role on the team.

MMTs will spend 7 days in Honduras. They fly into Honduras on a Saturday and take a 1.5 hour bus ride to our facilities in Peña Blanca. Sunday is often referred to "pill packing day" as our team works together to prepare the medications that will be dispensed during the week.

Monday through Friday are clinic days. The team will wake up early, enjoy a delicious breakfast prepared by our Alfredo House cooks, and set off on a 1-2 hour bus ride through the mountains to the community of the day. Once clinic is set up and an introductory talk is given, our teams will start to see patients. A lunch break will take place midday, and clinics will continue through the afternoon. On a typical day, our teams will see 150-200 patients. After packing up and a bus ride back down the mountain, the team will enjoy dinner and devotions.

The following Saturday, the team will say their "Hasta Luegos" to the Friends of Barnabas Staff and head home where the memories and experiences of their trip will remain in their hearts forever. Most team members will already start planning their next trip.



Costs

The individual fee to join a team is \$2250. This fee covers:

- International Flight to Honduras
- Food and Lodging
- Transportation within Honduras

Together with your team, you will raise \$11,500 to go towards the medications and supplies used during your team's clinics.

Health & Safety

The health and safety of our volunteers is our top priority. The violence reported in the news is contained to certain urban areas and has not affected the areas where we work. Here are a few of our health and safety measures:

- We are in regular communication with local authorities to stay abreast of any potential security or health situations.
- Police and/or military escorts travel with the teams to/from the airport and to the communities.
- A reverse osmosis water filtration system ensures that missionaries have safe drinking water.
- COVID 19 safety measures are in place

Barnabas House & Alfredo's House

