Tips for Individual and Group Security

- Carry the least amount of money possible.
- Bring 2 photocopies of your passport. PAG suggests that the group leader collects all the passports after passing through customs and keeps them in a safe place. Another leader collects a copy of each passport before the trip for safe keeping, and each person carries a separate copy of their passport with them at all times for identification purposes.
- Travel only during the day. Do not travel after dusk or before dawn.
- Do not go anywhere alone. (always use the buddy system)
- When travelling long distances be sure to be accompanied by someone from the community, PAG, or a Honduran you trust.
- Inform group leaders where you are going and when you will be back (even if just going on a walk). This is a courtesy not a control measure and will help the group know if/when/how to search for you if that is needed.
- Do not bring or wear any gold or silver jewellery or expensive watches in Honduras.
- Ask for permission before taking a photograph of somebody.
- Don't play the hero if ever assaulted. Give the thieves what they want. Period.
- Never leave anything you can't afford to lose behind anywhere…in the hotel rooms, house, bus, offices, etc. Generally we guarantee the honesty of PAG employees and community leaders. However, we can not guarantee 100% security. If something is stolen, it is usually long gone. Do not expect the police or community to recover it. (If they do, take it as a pleasant surprise.)
- Do as the Romans Do…
  This can be particularly hard for women from the United States who are accustomed to a lot more freedom of decision making, expression and movement. For example, in some towns, Honduran women are not on the streets at night. Another example is that interactions between men and women are generally in group settings, unless the expectation of the friendship is romantic. Unless you are old friends and there is a lot of trust based on a history of friendship, pure friendships between a man and a woman are rare. If a man or a woman singles out someone of the opposite sex to spend time with, the intension is almost always romantic.
- Maintain boundaries or personal/group space that are comfortable for the group if you are in a community setting. For example, the group may want to make its sleeping quarters a private space, not open to the town and children. One does not want to be closed, because the idea is to get to know the community. However, be conscious of keeping important space related boundaries for mental health (the concept of personal space in rural Honduras is very different from the average North American's perception).
- Get to know and mix with the community you are in (see "Ideas for Integrating into the Community"). The same community will look out for your safety, warn you and help you in emergencies. That community trust is essential to your safety.
- Ask for the community leaders' advice when in doubt on a question of security.