

Ideas for Integrating into the Community

- Assist the religious ceremonies at a local church.
- Visit peoples' homes (unannounced is fine...although contrary to our culture). This is a good way of getting to know the women in town. Share a cup of coffee, ask about their kids, and learn how to wash your clothes or make tortillas...
- Participate in community sports...play soccer...or go to the games.
- Play games with the kids. Lend them crayons and some paper so they can draw/color.
- Visit the school. Ask the students to show you their notebooks. Help out with English homework. Ask the teacher for an hour or a half an hour a day to teach the students English or teach them about your country, town, culture. (Showing and explaining your flag, photographs, post-cards, etc. to them would be fun.) Play games with the students.
- When doing a project to leave behind such as a mural...involve the community...the youth mostly. What do they want to paint...what colors do they think would look good... And if you can't get this out of them...invite them to participate in the process of painting...
- Solicit toothbrushes and toothpaste from your local dentist. Buy a bunch or cheap reading glasses at the dollar store. This way you can give oral hygiene classes at the schools and eye-sight testing for the elderly through the health center.
- Invite the youth and kids on excursions your group takes (to go hiking, swimming, etc....)
- Organize a meeting with the community leaders to find out about their projects, goals and problems. Share a little about the history and mission of your group. What did the group have to do to fundraise?
- It is common in Honduras to say goodbye rather than hello as you pass somebody. Adios is a greeting to use as you pass by someone.
- To call someone over to you, do not use a finger to beckon them, rather, use your entire hand sweeping it in an under motion motioning the person to come your way.
- Laugh at yourself! As a foreigner, you are going to do things and make mistakes that are funny to Hondurans...enjoy it!!