

# VOLUNTEER HANDBOOK & ORIENTATION GUIDE



  
**DAISY'S  
CHILDREN**

Nourishing Families, Creating Hope, & Promoting Life



Julie Coffey Burke

“I assure you that you will not leave this village the same person you are today. How you process that in your own life and the lives of others is your choice. I will do my best to support your needs but the end result is between you and your soul.”

**Sharon Beckwith**  
Founder and Director

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## Mission Statement

*Daisy's Children's mission is to provide sustenance, education, and medical support to the disadvantaged children of Honduras. We do this with love and hope in our hearts.*

Since Daisy's Children started in early 2008 with the generosity of many Americans and our Honduran partners we have been able to provide hope to sixty children and their families in a developing country where there is so little. It has been possible with the help of sponsors, monetary donations, supplies, fundraising, and the willingness of our Honduran families to change so their children do not become another fatal statistic.

We have been able to provide clean water, nutritious food, medical interventions, school supplies and the love that each of our sixty children deserves. With these provisions Daisy's Children can go on to live healthy productive self sustainable lives, ultimately breaking the cycle of poverty for themselves and future generations.

## Our History

*"Our organization was created when a mission to Honduras led to the discovery of three children, left without a mother, as a direct result of food deprivation. Deysi Suyapa Madrid Chavez was only 24 years old when she sacrificed her life in order to save her children from starvation.*

*Joyeis, Carla, and Roberto along with their displaced younger sister, Maria, represent only four of the more than 15, 000,000 children who live on the verge of starvation in today's world. Our goal is to insure that these children do not become part of a fatal statistic.*

*Our commitment to the Parades Madrid children, as well as the others residing in and around Concepcion del Norte, Honduras, is to do our utmost to reroute the path of poverty, hunger, and little or no access to education. Through the provision of nutritious food, clean water, medical support, school uniforms, and supplies our goal is to provide each of these children with hope, love and the opportunity to flourish."*

**Sharon Beckwith**  
Founder and Director



“A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history.”

**Ghandi**



## Key Objectives

### Immediate Support

The Daisy's team strives to seek more valid ways to bring the voice of its children to more ears. We have ourselves found that the richness of the experience warrants bringing individuals and teams to share hands on experiences with our families, friends, and the village of Concepcion del Norte. We feel that it is through these experiences that we will gain relationships, expertise, and support for these families we care so deeply about. With this will come what these children so desperately need as we build this road to a better life for them together. We hope you will choose to also be a part of the voice that will speak for these children and the energy that will drive this effort forward.

## Long Term Objectives

It is our goal to build relationships based on love, trust, and faith that we do truly believe that each of these children is a gift and worthy of all the benefits of our support. We will strive to build a network that will not only provide financial support but that will search for and develop means in which our families can improve their individual circumstances through vocational education and opportunity. Each of you will decide where you fit in this equation and which way you will choose to tip the scale. That is our only expectation.

It is our firm belief that EVERY child is a gift to this planet and deserves the opportunities we so often take for granted. Our long term objectives will in part be set by those we service because it is their needs we listen to. With this ever in mind, we will continue to create opportunities for more and more families within Concepcion del Norte and surrounding communities to gain the footing to feel that they are prepared and capable in their world in terms of their own dreams and with dignity. We hope to further advance self sufficiency amongst our families and their community through sustainable means to include vocational training, agricultural efforts, educational opportunities and one day an orphanage.

*“With open hearts and open hands, we gave what we could, and a little became a lot.”*

**Wendy Smith**  
Author



Julie Coffey Burke

“Dream no small dreams for they have no power to move the hearts of men.”

**Johann Wolfgang von Goethe**  
Writer and Thinker



# Volunteer Expectations

We expect and hope that you will come to this experience with open minds and open hearts. It will not be life in a five star hotel. You will probably see, experience, and feel things you haven't even imagined. We have. It will be a part of your journey. Because this is a sacred place to us and we honor the dignity of every person in this village, we expect that all our visitors will conduct themselves accordingly and respectfully. That being said we also expect that you will interact with one another and the people you meet with the purpose of developing relationships that will strengthen your experience.

We ask that you follow the guidelines we set with regard to curfews, safety, and attire. They have been set to protect you and your group. Please be mindful that though you will have chosen to be a part of this experience, you will be among the first. You will set the tone for those who will follow. We have worked hard to develop the relationships and respect that we have in this village. It is through these that we have been able to bring you to this experience. They are also the foundation of our success with not only the children and families in our project, but also the municipal government and the country as a whole.

All of that being said we do hope that you will make the most of your time with us. We expect you to experience this on your own level. We hope to share the joy and astonishment as well as support the gut level processing and tears. Those who have set the path have been there. We expect that you will have time for group work, individual down time, and reflection. Please let us know your needs and we will do our best to meet them. In turn we ask that you be mindful of the effect you will have in this place of beauty and bewilderment.



## Possible Projects

Volunteer groups can be made up of men and women of all ages with many different talents and backgrounds. Each of us will not possess the same skills but will bring unique talents and passions that can all make a difference in the lives of Daisy's Children. Please feel free to share your hopes and ideals with us so that we can best utilize your talents while adhering to our philosophies and program needs. Should volunteer groups wish to schedule a special outing with a group of our children we will do our best to accommodate this in the future.

Volunteer projects will vary from trip to trip depending on what is needed at any given time for the children as well as the parents of the project. As part of a mission team with us you will have the opportunity to make a difference in the lives of not only Daisy's Children but also the children in the community of Concepcion del Norte and surrounding villages.

## Daycare Center (Los Angelitos Guaderia)

The daycare center opened in September of 2010 after a tremendous remodeling effort by a group of volunteers in July of 2010. This center serves as a safe place for the children of Daisy's to come eat, play, and be cared for during the day time. The ultimate goal is that this safe haven will allow their mothers to work, go back to school, or participate in one of our vocational programs, strengthening their ability to be their family foundation. As a volunteer you'll be working alongside our Honduran mothers, who work at the daycare center, and other volunteers to help feed, care for, and play with the youngest children of Daisy's.

## Sewing Center

If you have a passion and skill for sewing, then we have the perfect project for you! With the gracious donations of sewing machines, fabrics, and tools we started sewing classes with the mothers in our project. Lead by Aleta, one of the mothers of Daisy's, the women gather three times a week for 3 hours in the afternoon. The women have made great progress in their skills and sell their goods in the village. They sell enough of their products to pay for the rent of the sewing center building as well as medical care for their children. By initiating this small cooperative effort with our mothers these women are learning a valuable trade, supporting one another, setting work ethic examples for their children, and developing an economic road out of poverty for their families.

## Jewelry Making Progam

Lead by a Honduran teenage volunteer, this jewelry co-op was started to allow the older girls in our project to be creative as well as to have a hand up in providing for their continued education. As education is the key to the future this project allows our girls to go beyond the sixth grade. If you like to be creative or possess skills that our girls can benefit from, this may be the project for you!

Regardless of your self perceived skill level, whether you come to us as a teacher or student, a medical or dental professional, small or big business owner, a home sewer or a grandmother with a big heart, collaboration will fine tune your role and ours.



Julie Coffey Burke

“Poverty is like heat; you cannot see it, you can only feel it; so to know poverty you have to go through it.”

**A Poor Man**  
Adaboya, Ghana

# Volunteer Schedules

*\*Please note that this is a general schedule for a trip. Times and lengths of trips can vary. This is an example of what your day to day schedule could look like. Your trip is not limited to these things.*

<u>Times</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday/Sunday</u>
7:00am	Awake/Show er/Eat	Awake/Showe r/Eat	Awake/Shower /Eat	Awake/Showe r/Eat	Awake/Shower /Eat	<p><b>Please note that groups will decide as a team how their last few days in Honduras will be spent. Groups can choose to spend their time in the village or we recommend the area of Copan as a nice retreat and relaxing way to spend your last few days. Copan is a great area to shop, eat, and continue your relationship building with your team. It is a tranquil place to reflect and journal about your trip.</b></p>
8:00am	Arrive at Project site	Arrive at Project site	Arrive at Project site	Arrive at Project site	Arrive at Project site	
9:00am	Working	Working	Working	Working	Working	
10:00a	Working	Working	Working	Working	Working	
11:00a	Working	Working	Working	Working	Working	
12noon	Break for Lunch	Break for Lunch	Break for Lunch	Break for Lunch	Break for Lunch	
1:00p	Working	Working	Working	Working	Working	
2:00p	Working	Working	Working	Working	Working	
3:00p	Stop for the day.	Stop for the day.	Stop for the day.	Stop for the day.	Stop for the day.	
4:00p	Clean Up Free Time	Clean Up Free Time	Clean Up Free Time	Clean Up Free Time	Clean Up Free Time	
5:00p	Dinner	Dinner	Dinner	Dinner	Dinner	
6:00p	Free Time	Free Time	Free Time	Free Time	Free Time	
7:00p	Group Reflection	Group Reflection	Group Reflection	Group Reflection	Group Reflection	
8:00p	Free Time	Free Time	Free Time	Free Time	Free Time	
9:00p	Relax Time/ Bed/ Journaling	Relax Time/ Bed/ Journaling	Relax Time/ Bed/ Journaling	Relax Time/ Bed/ Journaling	Relax Time/ Bed/ Journaling	



## Volunteer Health and Safety

*Daisy's Children hopes that all volunteers will have a safe and satisfying experience while working with the project. For that reason the following guidelines have been established:*

### Your Physical Health

- Do not eat food prepared by street vendors. It is generally safe to eat in recommended established restaurants in Honduras as well as food prepared by our Honduran partners at the project sites.
- It is important that all food is fully cooked. When eating foods that cannot be peeled, for example veggies, we recommend that they be soaked in a mild bleach solution as directed by the staff preparing the meals.

- Always drink bottled or purified water. We recommend that you bring a Nalgene type water bottle that you can refill with the bottled water provided at our site. Never drink tap water or water given to you by a local, as you can become very sick. Locals will often offer you food or drink as a “Thank You” gesture. Be polite about it when refusing but do not consume it without the approval of our staff.
- Staying hydrated is very important. Drink plenty of water and fluids especially when working in the sun and doing physical work. Take frequent rest breaks. Honduras tends to be very hot and humid. You will need to be mindful of your fluids to avoid heat stroke or heat exhaustion. If you are feeling thirsty you are already on your way to being dehydrated. This is truly one of those areas where an ounce of prevention can be vital.
- Working in the heat can be physically exhausting. Getting a good nights sleep is important and will give you the energy to get up and start a new day. You will be here for only a short duration and spending a larger portion of your time ill is probably not your preference.
- If you become sick, please let your group coordinator know as soon as possible so they can arrange for medical intervention.

## **Vaccinations**

If you are volunteering for Daisy's Children please look into the appropriate vaccination recommendations prior to traveling. Some vaccines need to be started weeks or even months before travel so please take that into consideration as soon as your trip with us is confirmed. We recommend logging on to the Centers for Disease Control at [www.cdc.gov](http://www.cdc.gov) for specific vaccination guidelines. Contact your primary care doctor or a local travel clinic to set up an appointment.



“All new volunteers expect to make a difference in the lives of the children in Honduras, but it’s the children that make a far greater impact in the hearts of those that volunteer.”

**Nicole Vallaincourt**  
Former Volunteer



## **Travel and Medical Insurance**

Daisy's Children does not provide travel/medical insurance for its volunteers. Although it is not required to have, we strongly recommend you purchase this coverage while abroad. Travel insurance can be purchased inexpensively with many different insurers. Check with your current medical insurance company as you may be able to purchase additional travel coverage with them.

*Check: [www.travelguard.com](http://www.travelguard.com) [www.Bootsnall.com](http://www.Bootsnall.com) [www.UTravelPro.com](http://www.UTravelPro.com)*

For those of you who purchase travel insurance, we recommend you choose one that offers medical evacuation in case of an emergency that cannot be treated in Honduras. Make sure you check to be certain it does cover medical care in Honduras. Always make copies of your insurance coverage to bring with you while traveling.

## **Maintaining Your Physical Safety**

It is important we all take a proactive role in maintaining our physical safety while traveling and working in Honduras. Therefore, we ask all volunteers to adhere to the following safety precautions and procedures:

- Never walk alone. There is safety in numbers so we recommend always having one or more people with you while out walking in the village and or cities. Generally the village is safe, but sound judgment never hurts. We will discuss protocols for city travel should this become a part of your itinerary.
- Keep walking after dark to a minimum. The roads in the village are not well lit and can be dangerous.
- When in public settings always take in your surroundings and keep your personal belongings close by.
- Never carry your passport with you, although it is a good idea to keep a photo copy with you in your day packs.
- Only carry debit/credit cards with you if you are going to withdraw cash.
- If you become uncomfortable in a situation or feel your physical wellbeing is in jeopardy, remove yourself.



## Getting to Honduras

- Volunteers will be expected to schedule and purchase airfare on their own or if traveling with a group it will be the assigned group coordinator's responsibility.
- We recommend that volunteer groups meet prior to traveling to start the building of relationships with their fellow team members, to address travel questions and concerns, and to prepare for travel and volunteer work abroad. We will do our best to attend an initial meeting to allow for questions.
- When booking travel be sure your layovers allow time to make connections, go through customs and immigration, and eat if necessary as the process can sometimes be long and there often is limited flights in and out of Honduras.

# Packing List

Here's a checklist of recommended items to help you pack for your time in Honduras:

## Clothing/Footwear

T-shirts, Tops, Shirts  
Trousers (Suitable for Work)  
Pants (MEN:Suitable for Church)  
Skirts/Dresses (WOMEN:Suitable for Church)  
Underwear  
Socks  
Swimwear  
Sandals/Flip-flops  
Sneakers

## Toiletries/Wash

Shampoo, Conditioner  
Toothpaste  
Soap/Body wash  
Razors  
Sunscreen 30+ SPF  
Mosquito Repellent with DEET  
Hand Sanitizer  
Feminine Sanitary Supplies  
Towel

## Medical

Medications/Perscriptions  
Antiseptic Ointment  
Motion Sickness Pills  
Upset Stomach Medicine  
First Aid Kit

## Essentials

Backpack/Daypack  
Hat  
Water Bottle (Nalgene Type)  
Air Mattress & Pump  
Small Pillow  
Light-Weight Sleeping Bag

## Paperwork

Passport & Copies  
Copy of Vaccinations  
Debit/Credit Card  
Travel/Medical Insurance  
Reading Materials  
Notebook/Journal  
Pens/Pencils

## Electronics

Camera  
Batteries or Charger for Camera



✱ Project Location:  
Concepcion del Norte, Santa Barbara, Honduras

“If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever.”

**Kofi Annan**  
Diplomat & Humanitarian

# Basic Spanish Words/Phrases

Although there will always be an English/Spanish translator on all Daisy's Children volunteer trips, we suggest you practice a few key words and phrases that will aid you on your trip. We also recommend that you bring an English/Spanish dictionary with you.

## English

Hello

Good morning

Good afternoon

Good evening/night

Goodbye

Yes

No

Please

Thank you

Your welcome

Pardon me

Excuse me

What is your name?

My name is...

It's nice to meet you.

Where's the bathroom?

Do you speak English?

## Spanish

Hola

Buenos dias

Buenos tardes

Buenos noches

Adios

Si

No

Por favor

Gracias/ muchas gracias

De nada

Pardon

Con permiso

Como se llama?

Me llamo es...

Mucho gusto.

Puedo ir al bano por favor?

Hablas ingles?

## Other Online Resources:

[www.commonspanishphrases.org](http://www.commonspanishphrases.org)

[www.spanishdict.com](http://www.spanishdict.com)

[www.studyspanish.com](http://www.studyspanish.com)



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