

Student Handbook
**Spanish Studies in
Honduras
Spring 2018**



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INTRODUCTION

This handbook is designed to prepare you for your semester in Honduras and answer your questions about studying abroad. We hope that it will help you get ready to make your study in Honduras an unforgettable learning experience.

Your time in Honduras will be busy:

- improving your Spanish in class and with your Honduran family and friends
- learning in the classroom about Latin American culture and literature, poverty and development
- experiencing Central American culture by visiting ancient Indian ruins, banana plantations, remote villages, etc.
- playing soccer with friends or socializing over a cup of coffee

Your life will be full of new experiences and sensations. However, living and studying in Honduras won't always be easy. You will struggle with Spanish and with unfamiliar customs and cultures, and at times you will feel uncomfortable living outside your own country. But we guarantee that through all of these experiences, both the exciting and the uncomfortable, you will experience life in a way you never have before, make friendships that cross cultural and national borders, improve greatly your fluency in Spanish, and leave Honduras a wiser, more perceptive person than when you arrived.

Take time to prepare yourself for this program--read up on Honduras, practice your Spanish, and most of all reflect on your own willingness to be open and adaptable to the differences and adventures you will encounter in this study abroad experience.

Women:

- Clothing that shows your navel, belly, back, or underwear
- Plunging necklines or spaghetti straps
- See-through garments
- Miniskirts or short dresses
- Shorts.

Both men and women:

- Piercings (for women, anywhere other than your ears)
- Garish hair coloring, multicolored hair, or outrageous hairstyles
- Wearing caps, hats, or dark glasses in classrooms, laboratories and auditoria
- Any kind of flip-flop
- Dirty or worn clothing

BEFORE YOU LEAVE FOR HONDURAS

A semester in Honduras is hard to imagine. Will it be all you hope for or a frustrating disappointment? Are you prepared academically, socially, and emotionally for the challenge of living in another culture? It's natural to be both eager for the adventure and at the same time apprehensive about your ability to handle living in a new and different culture. So it makes sense to spend some time reflecting on how you can make your semester the best and most rewarding experience.

Most students who participate in a study abroad program say that it was the most important experience of their lives. Never before have they had such a variety of sensations, survived so much pressure, met such different people, and learned so much about themselves. They can't wait to return abroad.

But participants never describe the semester as pure excitement and fun. They also describe it as strenuous, difficult, and uncomfortable. The greatest achievement of the semester is often described as learning to cope, to function as a resident and not as a tourist, and to endure the uncomfortable for the sake of enjoying the enriching experiences of living abroad.

The students who get the most out of their time in Honduras are those who come with a realistic understanding of themselves and their own culture. All students find aspects of Honduran culture that they don't like. But the most successful students are able to understand that their likes and dislikes are mostly based on what they are used to, with the understanding that they can handle the differences without getting frustrated and wanting to change things.

Some Suggestions
for Mentally Preparing for
Honduras

1. Make a list of concrete goals and objectives. What do you want to achieve in your academic courses, friendships, and your personal and spiritual development?
2. Consider what help or cooperation from others you will need in order to achieve these goals. Who will be your support group in the U.S.? In Honduras, are you expecting others to be just like you with similar goals, habits, and attitudes? How tolerant are you of differences? How ready are you to adapt?
3. Find one or two students on your campus who have already been to Honduras. Ask them for an account of their expectations and their actual experiences.
4. Read about Honduras and Central America. Find books in your library or bookstore about the geography, history, and culture of the people. You might want to consider buying a travel guide for Central America. We recommend the *Lonely Planet* and *Let's Go!* series. If you want to read about current events and activities in Honduras, you can access the local newspapers on the Internet:
Honduras This Week (English Weekly)
<http://www.marrder.com/htw/>
La Prensa (Spanish daily)
<http://www.laprensahn.com/>
Other useful websites are the following:
<http://www.in-honduras.com/>
<http://www.onlinenewspapers.com/honduras.htm>
5. Prepare to speak Spanish at all times, with your

2. Dress conservatively. While short skirts and tank tops may be comfortable, they may also encourage unwanted attention.
3. Avoid walking alone at night or in questionable neighborhoods.
4. Do not agree to meet a person whom you do not know well in a non-public place.
5. Avoid eye contact with unknown men.

(Remember that no one has the right to take sexual advantage of you, no matter what you do or don't do. If you are victimized in this way, be sure to get help from your program director and/or another person in authority. This is important for your physical and mental well-being and to protect others from becoming victims in the future).

DRESS AT THE UPN

When you attend the University, your wardrobe should be appropriate to an academic setting. **You should avoid:**

Men:

- Clothing that shows your underwear
- Shorts
- Flashy accessories such as chains, etc.
- Earrings of any type
- Long hair (past your earlobes)

cover you outside North America, check with the Off-Campus Programs Office about policies that do provide this and can be purchased on a short-term basis. Calvin provides evacuation coverage

2. Be sure you know the regulations of your insurance coverage regarding prior approval for care. Keep your insurance card or a copy of it with you.

3. If you require medical attention while away from home, you will be asked for payment at the time of service. This can usually be done via credit card. You can apply to your insurance company for reimbursement, provided you have receipts—be sure to get them!

4. If you have a medical condition that should be known when receiving medical attention, wear a med-alert necklace or bracelet.

MISCELLANEOUS

1. Keep a phone card and contact information for your instructor(s) with you at all times.

2. Avoid large crowds, especially if they are politically motivated. In the event of civil unrest, keep a low profile. If you are away from the group, try to contact the nearest embassy or consulate of your home country for advice.

3. If you have a chronic medical condition (diabetes, asthma, food allergies, etc.), be sure you give full information to your instructor(s) BEFORE the group leaves for your destination, so that they can be helpful if needed.

FEMALE STUDENTS

Female students will often encounter harassment, but uncomfortable situations can usually be avoided by taking the following precautions:

1. Be aware that some men from other cultures tend to mistake the friendliness of North American women for romantic interest.

teachers, families, and fellow Calvin students, in addition to your Honduran friends. It is extremely important to set patterns of interaction from the beginning.

6. Finally, remember that while there is much that separates the North American and Honduran cultures, there is also much that brings them together. Your own willingness to take the plunge, to attempt the semester abroad, is an indication of your openness to living in an unfamiliar culture. Your careful preparation and effort to anticipate problems is important. Patience, endurance, common courtesy, and goodwill can make the coming semester a positive and unforgettable experience.

PLANNING YOUR BUDGET

The cost of the program includes:

- Off-Campus Programs administrative fee
- Round-trip transportation Grand Rapids/Tegucigalpa, including airport taxes (one suitcase)
- Required immunizations, though not the cost of anti-malarial medication, which may be reimbursed by your health insurance plan
- Room and board, including laundry
- Tuition, including 3-hour interim course
- Program excursions
- A modest allowance for transportation to and from Classes

Expenses you are expected to cover:

- Passport, if you do not already have one
- Textbooks (available in Honduras for Spanish 308/309 ;)
- Immunizations that are recommended, but not required
- Health insurance for overseas coverage (if your health insurance doesn't already include this) and personal medical expenses

- Local transportation (buses or taxis)
- Recreation and dining out
- Personal trips on weekends and 10-day spring break

It is hard to say how much money you should bring for these expenses, since everyone spends money at a different rate. But we can tell you that living in Honduras is less expensive than in North America--a good dinner can be had for \$4-6, a cab ride across town is \$4, and a bus ride to the coast costs about \$12-\$30 (the fare will vary depending on the transportation company chosen). But try to bring enough money to allow yourself to enjoy the country and to bring home a few souvenirs. \$100-\$200 a month should be plenty. You will want to take some U.S. dollars (not large bills) with you to use in the airports and to exchange immediately for Honduran lempiras. (There is no need to get your North American currency changed to Honduran currency before reaching Honduras.) You may take more cash with you to Honduras, but that is a security risk.

Once in Honduras the easiest way to change money will be by writing checks and getting Honduran currency in return. Make sure someone, such as your parents, keeps your bank statements while you are in Honduras so that you can make sure that the Honduran banks did not cash your checks twice. You may also bring your credit or debit card for use in tourist areas during your travels. Travelers checks are difficult to exchange and are not necessary. So just bring your checkbook, some U.S. currency, and maybe a credit card. If you decide to take a credit card, it is a good idea to notify your credit card company before you leave that you will be using your card outside the United States.

checkbook, debit card) in addition to cash, and keep them separately. If you are robbed of one source, you will still have a way to get money.

5. Make a photocopy of your passport ID page, credit cards, tickets and other travel documents, and keep the copies in a separate place. Give a copy to someone at home, too, as a back-up.
6. Leave expensive jewelry, cameras and other valuables at home in the USA..

TRAVEL AND SIGHTSEEING

1. Do not travel alone away from the group. This is especially essential for women!
2. Read up on the area that you're planning to visit; the more knowledgeable you appear, the less you look like a potential target.
3. Complete the Independent Travel form before you travel on your own, so that your instructor(s) has/have as much information as possible about your plans. If your plans are somewhat indefinite when you leave on a trip, keep in touch with the instructor(s) or someone at home by phone or e-mail periodically if possible.
4. Do not travel late at night unless you have someone meeting you at the train station, airport, etc. Be cautious about going out in town late in the evening.
5. Ask "deskies" at your hotel or hostel about areas to avoid; they are usually reliable sources of local information.
6. Follow your instincts—if you hail a taxi and you feel uncomfortable about the driver, send the taxi on its way.
7. Stay on major streets as much as possible after dark. If you see people loitering in your path, turn back and head to a place where there are people around.

MEDICAL EMERGENCIES

1. You must have medical insurance that covers you outside of North America. If your own policy doesn't

knowledge! By following their advice, you can lessen the chances of an incident, accident, or illness. Here are some of the most important general guidelines:

FOOD AND DRINK

1. Eat only peeled fruits and vegetables; do not eat food cooked at the roadside or at a market stall.
2. Drink only bottled water or boiled water.
3. Don't accept bottled drinks that have been opened out of your sight. When you order, ask the server to bring the bottle to your table unopened. ("Bottled" water has been known to come from the kitchen faucet!)
4. If you are of legal age and choose to drink alcoholic beverages (assuming this has not been proscribed by your instructor), be aware of your limits and of your heightened vulnerability. Your reflexes will be slower and you are more likely to appear to be a good target for pick-pocketing, etc.
5. Keep an eye on your beverage. (Drugs can be slipped into it while you're gone.)
6. Wash your hands frequently.

MONEY AND OTHER VALUABLES

1. Keep your passport, credit cards, insurance card(s), and money in a money belt or neck pouch that is hidden under your clothes, except when you need it.
2. Be aware of your surroundings; don't get so involved in looking at the sights that you become an easy mark for a pickpocket or mugger. Getting on and off trains, buses, etc., are times when you're in a crowded place and could be easily distracted. Be especially vigilant at such times.
3. Travel light. The more luggage you have, the more vulnerable you are to theft. Mark your luggage both inside and out with your name and a contact phone number, and mark it distinctively, so that you can spot it quickly as yours if someone tries to walk off with it.
4. Have at least two sources of money (ATM card,

Financial Aid

Students receiving financial aid on campus are eligible for the same aid for their off-campus program in Honduras--and up to 30% of the extra cost of the off-campus program. In a limited number of cases, students who do not receive financial aid based on the regular costs at Calvin may be eligible for some assistance because of additional costs of the off-campus program. In all cases, students must file the FAFSA (Free Application for Federal Student Aid) so eligibility can be determined. For additional information, please contact the Financial Aid Office.

GETTING READY TO GO

Advising During Reading Recess

Make sure you meet with your advisors during Reading Recess to discuss your class choices for Spring 2018--and for Fall 2018. A number of students have found out the hard way how difficult it is to have these discussions long distance; you will save yourself a lot of hassle and frustration by planning your classes in advance with your advisor before you leave.

Passports

US citizens: Application for a passport should be made at least three months in advance of your departure. You will need to bring the following materials to a major post office (Grand Rapid's main post office at 225 Michigan NW or the Wyoming post office in Rogers Plaza):

- 1) completed application form (available from Calvin's Off-Campus Office or on the web at <http://travel.state.gov>)
- 2) proof of citizenship (certified birth certificate with raised seal, naturalization papers, or a previous passport)
- 3) picture ID
- 4) \$110 (cash, check, or money order)

5) two duplicate passport photos (the Audio Visual Department in lower Hiemenga Hall gives a very good price and knows the exact specifications for passport photos)

Please note that you should NOT sign the application prior to submitting it at the post office (the postal employee must witness your signature), and complete the form in black ink. Further information is available at the following website: <http://travel.state.gov>

Please be aware that a valid passport requires an expiration date one year past your return date. So if your passport expires before May 12, 2018, you must renew it before we depart.

When you receive your passport, sign it on the page opposite your photo, thereby making it valid. Then make three copies of the first page of your passport (with photo) and distribute them in the following way:

- 1) Leave one copy at home with your parents.
- 2) Give one copy to professor Rodriguez ASAP since she needs it to have it apostilled
- 3) Pack one copy in your luggage, separate from your passport.

You can also scan the passport and send it electronically to me and to yourself.

Canadian citizens: Request a passport application from the Canadian Consulate in Detroit. Passports are issued in Ottawa. The contact person at the Consulate is Beth Ann Van Ham, Consular Officer, Suite 1100, 600 Renaissance Center, Detroit MI 48243-1798. The phone number is (313) 567-2340. A few application packets for Canadian passports are available in the Off-Campus Programs Office at Calvin.

mrodrigu@calvin.edu

Phone from U.S.: 011-504-2246-0106

(oficina en la Pedagógica)

Cell phone : 011-504-3308-4819

Kurt Ver Beek and Jo Ann Van Engen, On-site Coordinators

Phone from U.S.: 011-504-2257-1021/2265-7264

Cell:011-504-9968-9931 or 011-504-9757-5038

joannkurt@gmail.com

Calvin Program Office at the Universidad Pedagógica Nacional (morning hours, Monday-Thursday)

Norma Munguia, Administrative Assistant

Phone from U.S.: 011-504-2239-6497 or

011-504-9578-0348

Physicians:

Dr. Samuel Garcia's cell phone: 011-504-9494-6879

Dr. Juan Carlos Triminio's cell phone: 011-504-3375-7910

Mailing address for envelopes and letters:

Apdo 30676

Tegucigalpa, Honduras

Central America

APPENDIX: KEEPING SAFE OFF-CAMPUS

Calvin College will do its best to provide a safe and healthy environment for you during your off-campus program, but we cannot eliminate all dangers and risks. Listen to and heed the advice of persons connected with the program—the Health Services travel nurses, your instructor(s), persons invited by Calvin to assist in your orientation, and your Honduran families. These people are experts—take advantage of their

their dismissal for inclusion in their personal file in Student Life. The program director is required to inform the Office of Off-Campus Programs and the Office of the Registrar of the dismissal and its reason.

No refunds are given to students dismissed from the program. Any unpaid balance on the student's account will be due and payable at the time of dismissal.

IMPORTANT CONTACT INFORMATION

In Grand Rapids:

Off-Campus Programs Director Don De Graaf
HH 322
(616) 526-6551 (office)
(616)616-460-9628 (cell phone, emergencies only)
ddegraaf@calvin.edu

Calvin College Spanish Department
(616) 957-6354
Administrative Assistant: Nora Koster
njk6@calvin.edu
FAX: (616) 526-8583

María N. Rodríguez, Director of Spanish Studies in Honduras
HH 411
(616) 526-8641
mrodrigu@calvin.edu
Cell phone: (616) 915-9927

In Honduras:

María N. Rodríguez, Director of Spanish Studies in Honduras

Health Concerns

Before departure you must have the immunizations required by Calvin's Health Services (Hepatitis A, Hepatitis B, and typhoid), as well as a supply of anti-malarial pills. Recommended immunizations (at your own cost, if you don't already have them) are influenza and a tetanus booster.

If you wear contact lenses or glasses, bring an extra pair along, or at least a copy of your prescription. If your contact solution is expensive, bring along a good supply because you will find it much more expensive in Honduras.

Bring along a 4 1/2-month supply of any prescription medication you are taking, including allergy medication if you have allergies. (You may need special permission from your insurance company to get a 4 1/2-month supply.) Keep all medication in original containers. You should also bring a copy of your prescription written in generic terms, in case you should lose your medication and have to purchase a replacement in Honduras. Do not have people mail you medications from back home, since they may not be allowed through customs.

Please inform Professor Rodríguez of any changes from the health form that you turned in with your application for the program.

Medical Insurance

All students are required to carry a basic plan of personal insurance during the semester abroad. Check your insurance policy to make sure it covers your stay in a foreign country. You may be covered under your parents' plan. In addition to the information you turned in to Off-Campus Program with your application, take your own copy of important insurance information

(including contact numbers) with you in case of a medical emergency when you are traveling on your own. You are normally expected to pay your medical expenses in full and then submit the detailed bills to your insurance company for reimbursement upon your return to the United States.

If you are not already covered overseas, see the Off-Campus Programs Office for further information.

PACKING

The Essentials

1. Spanish Bible (and an English one, if you want)
2. Passport on your person, plus a photocopy of the front page packed separately (you should have given an additional copy to professor Rodriguez and to your parents)
3. Airline tickets and itineraries (if not leaving from Grand Rapids airport)
4. Frequent flier card (optional)
5. Copy of insurance information
6. Small amount of U.S. cash
7. Checkbook
8. ATM/credit/debit card(s), (numbers and contact info packed in separate place; also email them to yourself)
9. Phone calling card (optional)
10. Under-clothing money belt or pouch
11. Snapshots of your home and family
12. Camera, film, extra battery
13. Gift for host family
14. Textbooks if you have them
15. Good Spanish-English dictionary
16. Travel guides (optional)
17. Paper, notebook, pens (also available in Honduras)
18. Toiletries, small mirror
19. Contact lens solutions
20. Small first aid kit (optional)
21. Universal sink stopper (optional)

Authority and Discipline

The program director has the responsibility for maintaining order and an atmosphere within which the students can feel secure and make progress toward the program's objectives. On those rare occasions when a student's behavior disrupts good order, endangers the reputation and good standing of the program, or seriously affects group safety or morale, the director will intervene.

Intervention usually occurs in two stages. First, a student is counseled about the disruptive behavior and warned. If the behavior persists, the student may be placed on a probationary status or dismissed from the program. Such students are given the opportunity to present their own cases to the director, but the director, in consultation with the directors of Off-Campus Programs and Student Life at Calvin, has the authority to make the final decision.

Financial policies and refunds

The program procedures on refunds are based on practical realities. Almost every part of the program (travel, housing, and instruction) must be contracted and reserved with advance deposits.

Refunds (Withdrawing Prior to Departure): Once the college begins to commit funds on your behalf (e.g., airfare, lodging, etc.), you are responsible for these costs. If for any reason, you need to drop out of a semester program, please let us know as soon as possible. Calvin will do its best to recoup as many costs as possible, but you are responsible for any costs we are unable to recoup.

Involuntary Dismissal from the Program

Students dismissed from the program by the director may submit written accounts of the circumstances of

Visitors will also be expected to sign and bring along a release form, which is available through Calvin's Office of Off-Campus Programs and on-line at:
http://www.calvin.edu/academic/offcampus/general/parent_resources.htm.

Health

The adjustment to living in a new country will not just be psychological and emotional. Your body will adjust also, and most students find that they feel a little "off" to varying degrees the first few weeks in Honduras. Although you will probably enjoy the food, your body will take some time to adjust to it. So we advise all students to expect to feel a little sick at first, or to have a few bouts with diarrhea. A doctor trained in the States is always on call to attend to any more serious illnesses. Students should be prepared to pay in cash for doctor visits (usually around \$25 at private clinics) or hospital stays. You should request a receipt that you can submit to your insurance company for reimbursement.

Counseling and Support

The director is happy to help students in their efforts to understand and adapt to Honduran culture. She is also available when students encounter unexpected difficulties, such as sickness, accidents, or unpleasant news from home. However, when, in the judgment of the director, the student's family or Calvin's Office of Off-Campus Programs should be notified that a student is experiencing difficulty, he will do so. Normally, this will occur anytime the student is involved in an accident or is hospitalized, or when the student seems to be in danger of losing academic credit or of being dismissed from the program.

22. Travel alarm clock, batteries
23. Extra set of contacts/glasses
24. Anti-bacterial non-water soap (also available in Honduras)
25. Anti-malaria pills in carry-on bag
26. Other prescription medications in original containers (in carry-on bag), with backup prescriptions written in generic terms
27. Nasal decongestant for flight (if you have a cold), extra-strength aspirin products (if you use them), Pepto Bismol (perhaps a small bottle of coca cola syrup)
28. Small flashlight with extra bulb, batteries
29. Swiss army knife/small scissors (optional), packed in checked luggage
30. Pocket calculator (optional)
31. Small padlocks for luggage (for use in Honduras)
31. Sunscreen (it is expensive in Honduras)
32. Sunglasses
33. Insect repellent with DEET (also available in Honduras)
34. Canteen/water bottle (can also be purchased in Honduras)
35. Umbrella
36. Hat
37. Swimsuit
38. Lightweight jacket
39. Sweatshirt/sweater
40. Comfortable shoes/sandals
41. Dress shoes
42. Good walking shoes/boots
43. Pants, shirts, underwear
44. Socks (slippers are optional)
45. Towel, washcloth
46. Backpack
47. Extra change of clothes in carry-on bag
48. This handbook

Dress

Honduras is style conscious in a very different way than North America. Because wealth is not something taken for granted, Hondurans, especially in the city, take care to dress neatly.

The students at the Universidad Pedagógica Nacional (UPN) will be well dressed in styles similar to those worn in North America, but you will probably notice that they tend to pay more attention to the way they dress than North Americans and wear everything a little tighter. Most Honduran students wear jeans, but only ones that are clean and without rips or holes. Their clothes will always be carefully pressed and well cared for. Male students generally do not wear sandals. Neither men nor women wear shorts to class, no matter how hot it gets. (P.E. students are the only exception.)

For classes in the Pedagógica you should take care to dress more as Honduran students would (and extra special care if a guest speaker is scheduled for class). In other words, you should not look like you just got out of bed. Long pants (jeans, khakis, etc.) are fine for both men and women, but nothing beat up. Sleeveless blouses for women are fine. T-shirts shouldn't have slogans—and again shouldn't be beat up.

Students from former years suggest you bring a couple pairs of jeans, a couple pairs of other slacks, a few comfy dresses and/or skirts (just the women), as well as clothes for lying around the house—in general clothes you don't mind getting stretched out a bit since everything is washed by hand. The weather usually will be warm, but pack a few long-sleeved shirts and a sweatshirt or sweater for cooler weather too. It's good to have at least one quite nice outfit in case you are invited to a wedding or fancy party. And you can take along some shorts and beat up clothes for days when

Visitors

If family members or friends would like to visit you, ideal times are during the spring break or after the official end of the program. Calvin's Off-Campus Programs Office has found that it's helpful to have a formal policy about the role of visitors in our off-campus programs, and we reprint the policy here in its entirety:

While we understand the desire of family and friends to visit students who are away from home and campus for a significant length of time, such visits can be disruptive and therefore harmful to group cohesiveness if not done with sensitivity to other students and the program director. The following policies and procedures are based on our experience with such situations.

Any visitor to a Calvin off-campus program must notify the program director at least 3 weeks in advance.

Family and friends should plan their visit to coincide with vacation and/or other periods of free time for students. If this is not possible, family and friends are urged **not** to visit at times when group excursions are planned.

Participation in any program tours is limited to the guided tour portion of the excursion, and permission must be requested from the director in advance. Those who choose to participate in the guided-tour portion of the excursion must provide their own transportation, lodging, etc.

Students whose family or friends are visiting while classes are in session are not excused from classes or program excursions in order to be with visiting family or friends.

Visitors may **not** stay in the student's room or home. Visitors should arrange to stay in a nearby hotel or bed and breakfast.

hard look at injustice and ask yourself tough questions about your responsibility as a Christian. Our group will also pray together and reflect on what the Bible says about poverty, our role as Christians in the developing world, and our witness in Honduras.

OTHER PROGRAM ASPECTS

Traveling in Honduras

The academic schedule for the semester has been set up to allow plenty of time for students to travel and explore. For group excursions, we will travel in buses together and stay in the same hotels. On weekends when group excursions are not planned, students are free to make their own travel plans. The program director requires that a travel form be filed detailing destination and date of return for any trip outside the city. The travel form must be completed before actual travel takes place.

Although travel is a wonderful advantage of participating in a program such as this, you may want to consider spending several weekends right in the Tegucigalpa area. If you go away every weekend, you miss significant opportunities to integrate into the culture: church youth groups, sports games, family activities, etc.

For any trip you should carry an emergency contact phone number, your Calvin ID and a copy of your passport, sufficient cash, and a supply of toilet paper, water, and a few snacks for the road. Your passport (along with a copy packed in a separate place) should be carried only when traveling outside of the country.

you DO go to the beach.

Bring enough clothes to last you for at least two weeks, since it may take time for your clothes to be washed and dried. You also might want to consider leaving some of your clothes in Honduras when you return to the U.S.

Miscellaneous

U.S. products (almost anything you can think of) are now easily available in Honduras, but probably cost an average of 1½ times what you are used to paying. It is probably better to ask your friends and family to send you a little cash to buy your own care package than pay \$35.00 postage to send you a box filled with marshmallow treats and granola bars. Postage from the U.S. or Canada is very high and big boxes have a tendency to be seriously delayed.

Your Honduran family will provide you with bedding, but bring your own towel and washcloth.

Voltage on most electrical outlets in Honduras is the same as the U.S., so feel free to bring hair dryers, radios, etc., that you'll need. It may be wise to double check with your family about the voltage when you arrive. Don't bring an iron; your ironing will be done for you. If you have a portable computer, you may consider bringing it along. It will be safe in your house. But theft is a problem in Honduras, so you won't want to carry it around, and you bring it at your own risk. Every semester a few students bring their computers and there have been no problems so far. Insuring the computer for the trip would be wise. Also be aware that there are occasional power outages in Tegucigalpa.

A gift for your Honduran family makes a nice icebreaker --something from your hometown or something dec-

orative to put on a wall or shelf is always a hit. Pictures of your family and your neighborhood will help you get acquainted.

How to Pack

According to airline regulations, you may only check one suitcase for your international flight. The total combined height-length-width measurements of this first bag may not exceed 62" and must not weigh more than 50 lbs. Also, you may bring one carry-on bag that weighs 22 lbs. or less, with maximum dimensions of 22" length x 13" width x 9" height for soft-sided bags, and slightly smaller for hard shell suitcases. You are also allowed a reasonable-sized purse and a camera or laptop computer. Since regulations can change rapidly, it is a good idea to check the web page of the airline before you pack.

It is advisable to pack a change of clothing and some essentials in your carry-on bag in case you and your checked luggage do not arrive together. If you are dependent on medicine, make sure it is in your carry-on bag. Your passport will need to be in an available place. And you should carry any larger sum of money and/or credit card in a money belt or pouch underneath your clothing.

Put identification on your luggage both inside and out. Make sure your luggage is not locked. The locks will be removed by the airline inspectors. If your suitcases are full (too full) unpack and sort everything into two piles: essential and nonessential...and think less, not more!

IN HONDURAS

Living in Tegucigalpa and Santa Lucía

Most of your semester will be spent in Tegucigalpa, the capital of Honduras with a population of about one million. Since Tegucigalpa is a city built on hills, its

(though not all) live with Protestant families (called *evangélicos* or *cristianos*, as opposed to *católicos*). You should be sensitive to the fact that most Protestants in Latin America do not drink or smoke--and they consider this one of the distinguishing marks of their faith. Although legally Calvin students may drink in Honduras, we ask that the students not drink at all in Santa Lucía or Tegucigalpa in order not to give offense and/or jeopardize the testimony of the evangelical families with whom we live. We will talk more about this issue in Honduras.

***Courtesy: When you walk into a house, always make your presence known with a greeting ("¡Buenas!", etc.), unless it is very late at night. Never walk around the house with bare feet (remember to bring flip flops or slippers). Never put your feet on the furniture. And never lie on the couch without permission.

Eating out too much has also become a problem in the past. Students are expected to eat their main meal of the day at their home. When that is not possible, for whatever reason, the students are expected to be very clear about their plans with their host families.

As much as possible, try to work out rules with your family before a conflict situation develops and feel free to ask the director (or other profs) for advice.

SPIRITUAL GROWTH

A lot of the learning and growing that will happen as you experience life in Honduras will focus on your spiritual life and understanding of yourself as a Christian. Participating in Honduran church services and youth groups will give you a new perspective on the kingdom of God and worship. Please choose a church early in the semester and go there every time you are in the area. Being so close to the poverty all around you will force you to take a

too long to say you don't like something. After a month of eating oatmeal for breakfast it will be embarrassing to say you don't like oatmeal –although students have said that they learned to like foods they did not like before.

****Lunch is not provided by the families, since Calvin provides each student a weekly allowance to cover week-day lunches. Please, make sure you use that money to buy lunch at the university food court or another restaurant. You should not make demands for a larger dinner on your family because you have not eaten lunch.**

Access to the kitchen outside of meals: Hondurans generally do not snack between meals. Find out if you are welcome to take food from the kitchen between meals and, if not, keep your own supply on hand in sealed containers.

Curfew: Honduran young people generally are given less independence than North Americans. They are expected to live at home under their parents' rules until they marry. Talk with your family about their expectations of you regarding curfew (if the program does not have one) and having your friends over, and follow their rules.

Television: Your family may spend a lot of time watching TV. You may find if you join them your Spanish will improve and interesting impromptu conversations will come up.

Shower Use: Hondurans take short cold showers to conserve energy and water. Keep your showers short, and clean up after yourself in the bathroom.

Alcohol use and smoking: Many of our students

streets are narrow with many twists and turns. The streets (and energetic drivers) make maneuvering in Tegucigalpa an adventure and even long-time residents are not surprised to find their sense of direction has left them in the middle of town. However, you will find that you quickly learn the your way.

Most of Tegucigalpa's million people live in shanty towns around the periphery of the city, but the rich and poor are not separated in the same way they are in North America. Poor neighborhoods often butt up against the walls of the rich, and one-room shacks are built next to \$100,000 homes. Living in Tegucigalpa makes it impossible not to feel the tension of living as a rich Christian in a world filled with poverty. It is an experience that forces you to ask hard questions and struggle with their answers. Your Honduran families will be a good source of information about Tegucigalpa, Santa Lucia, and Hondurans in general. They will be eager to show you around, and you will find you get a different perspective of the town when seeing it through their eyes. Students live in Santa Lucía, a small and beautiful town thirty minutes away from Tegucigalpa. Santa Lucía is surrounded by mountains and lots of pine trees. One can feel the difference weather-wise between Tegucigalpa and Santa Lucía. Make it your goal to get to know this town and its friendly people.

Studying at La Universidad Pedagógica

You will be studying at La Universidad Pedagógica Nacional (UPN), a teacher's college near the center of the city. It is a convenient place to study--you'll be right on the main bus routes and next door to a large shopping plaza and grocery store.

Although the Calvin program office at the university could become a natural gathering place for Calvin students, we encourage you not to spend too much time there. Improving your Spanish and learning about

Honduras won't happen if you spend all your time with fellow students, even if it feels more comfortable to hang out with them.

The Honduran students at the UPN are friendly and many would enjoy developing friendships with students from North America. But you will find that you need to look for opportunities to get to know them. Our teachers will assist you in finding conversational partners and becoming involved in the many and varied events at the university, but much will depend on your own openness, initiative, and willingness to speak Spanish.

Safety

One of your concerns, especially as you learn your way around the city, is bound to be safety. Communicating in another language coupled with your unfamiliarity with your surroundings will probably make you feel more vulnerable than you would be at home.

We are often asked if Tegucigalpa is a dangerous city. It is not. But it is important to realize that it does not really help us to compare safety in Honduras to safety in North America. Both have their dangerous areas and situations, and what is important is knowing how to recognize those areas and avoid putting yourself in risky situations. You will have an orientation at the beginning of the semester with our safety specialist Juan Carlos Romero, who will explain and recommend safety strategies in Tegucigalpa and in Honduras in general.

Your parents will be relieved to know that of the more than 350 students we have hosted in Honduras, none have ever been harmed in any way. But each semester, one or two students lose a wallet or a watch to pickpockets. We are concerned with your safety and take all reasonable precautions to make sure you stay

going, and when they're coming back. Parents can be protective and have different expectations for male and female children. Although customs are changing, women still do most of the housework, even though they may also work outside of the home or be in the process of completing their education.

Remember that every household has a set of rules and expectations. Your Honduran family will feel responsible for you and worried about your safety as a newcomer. Their concern may feel exaggerated to you. Do your best to comply with their suggestions as you learn to adjust and fit into your new life.

Potential Areas of Conflict

We've found that most times problems can be worked out with some effort and careful communication. Here are some areas where students have had problems in the past.

Telephone use: The phone is the property of your hosts and should be used sparingly. Most Hondurans use the phone for only very short calls to save money. Many homes have blocked calls to cell phones. Make sure you discuss phone rules with your family and abide by them. If you feel you would like more freedom in using the phone, you could offer to pay a certain amount over the basic rate for your phone calls. Bring along a calling card, or call collect for any long-distance calls. (But remember that calling collect adds about \$10 to the charge for the person you're calling.)

Meals: Hondurans usually serve your food to you, and chances are you'll find you don't always like everything you find on your plate. Make an effort to try new things and express appreciation for the food you are given. If you are regularly served too much food or foods you do not like, politely ask if you can serve yourself. Don't wait

LIVING WITH A HONDURAN FAMILY

Each student will live individually with a Honduran family; some of the families consist of a single mother with children. We choose host families who can provide clean and comfortable accommodations with a separate room for the student and who are excited about the opportunity to interact with and help students in their adjustment to life in a new culture. Your family will speak only Spanish with you.

The experience of living with a Honduran family will vary from one student to another. For some, the host family becomes family and their house becomes home. For others, the relationship stays distant but friendly. Whichever the case, you are expected to show respect for your family and their culture. North Americans usually make a guest feel welcome by telling them to make themselves at home and to help themselves to whatever they would like. Hondurans would find that extremely rude. They treat guests in their home (even visiting family members) with the utmost courtesy—which includes serving their food, clearing away their dishes, and frequently asking if they need anything else. Do tell your family that you would like to help and prefer not to be treated as a guest. Offer to help clean up or to cook a meal. But do not get frustrated if your family continues to serve you. This is a cultural difference that you will probably not be able to change.

It is interesting to hear Hondurans talk about their families. Children are often dependent on parents emotionally and financially until they marry. They may receive money each week or month from their parents, though in less well-off families, older children may need to work to increase the family income. Even adult children will respect the house rules, say where they're

out of harm's way. We ask students to reduce risk by not wearing nice watches and jewelry while on buses or downtown and recommend that they carry only the cash they need in their wallets.

Communications

Email: You will have access to email at nearby internet cafes. We currently have one computer in our program office that is used for typing papers and creating power point presentations and organizing your digital pictures .

However tempting it will be, please consider the effect of passing several hours a day communicating with people back home, in English, by email or Facebook. Not only would you be spending more time using English than Spanish, but also you would be losing valuable time for interacting with the culture--the very reasons for which you came to Honduras. Talk about this with your family and friends back home so that they realize that expecting long and frequent messages from you will interfere with your goals for overseas study.

Regular Mail: Letters and manila envelopes take about ten days between the U.S. and Honduras. Actually "snail mail" is not a bad way to communicate with family and friends. Remember that letters can be written in a park or during a bus ride; they do not require that you be sitting in front of a computer in a "sterile" environment.

Large packages from the U.S. have often been delayed by months and are very expensive to mail. We recommend you tell family and friends to limit any care packages to what fits in a large manila envelope--and to just send them more frequently. You will pay at least ten lempiras for large envelopes and packages.

You can receive all letters and packages at the following address:

**Apdo 30676
Tegucigalpa, Honduras
Central America**

Telephone: When Michigan is **not** on daylight savings time, for example when we leave in January, it is one hour ahead of Tegucigalpa. For example, if it is 9 a.m. in Michigan, it is only 8 a.m. in Tegucigalpa. Once Michigan goes on daylight savings time, there are two hours of difference.

Calling cards from any of the big companies (such as AT&T) work well. So does a card from Sam's Club. Be sure to check out the company's contact number for Honduras to the U.S. Whatever you decide, keep in mind that telephone rates will be high. Also, it is now possible to use internet phones which cost far less. Some students set up special times for family or friends in the U.S. to call, since phone calls on a regular land line from the U.S. to Honduras are not as expensive as vice versa. On the whole, the cheapest way to stay in contact for you to call the U.S. using internet phones.

Cell Phones: The program will provide cell phones for the students to use during the semester. Students will pay only for the calls they make to people outside the plan. If they speak more than ten minutes with people in the plan, they pay for those minutes. They also pay for the insurance on the phones (\$1.00 per month).

choose a course from a variety of courses offered at the university, fulfilling core and/or major, minor requirements or electives.

SPHO 393: Ethnographic Study (2)

Students are placed as observers in an agency, school, or business in Tegucigalpa. Journals and final presentation and paper required.

Prerequisite: permission of the Director. Elective credit for Spanish major or minor.

Libraries

Tegucigalpa, as the capital of Honduras, has several libraries, including one at the UPN where you can read and study.

Calvin's Hekman Library also provides services for students enrolled in off-campus programs. "Ask a Librarian" is a service which is available from the library web site and can be accessed at any time from any location in the world where there is a computer connected to the Internet and running a browser program such as Netscape. The reference question form can be found at:

<http://www.calvin.edu/library/infoserv/forms/libqusff.stm>

Students can pose their questions by filling out the online form and be assured that they will receive an answer within one working day. Since most of the databases that Calvin subscribes to will not be available to people studying abroad, the reference librarians are willing to conduct online searches for individuals in this group, with the cautionary note that most of the results will be citations or abstracts rather than full-text information. Another service available to off-campus students is the library web site itself (www.calvin.edu/library). There are drop down menus under the three main areas of "Search our Resources," "Information and Services," and "Tutorials and Help."

ture courses. Oral presentations and a research paper are required. Prerequisite: Spanish 301.

SPHO 309: Hispanic World II (4)

This course will introduce students to the major developments of the Hispanic World from the Independence of the Spanish American Colonies to the present day. Discussions center on the relationship of major literary and artistic works to economic, political, religious, and social developments in Spain and Spanish America. In addition, students develop their skills reading and evaluating literature in a second language through representative texts, and they sharpen their skills in critical writing and analysis. Oral presentations and a research paper are required.

SPHO 315: Engaging Honduran Culture (3)

Synthesis of the many cross-cultural experiences of the semester abroad, including the program excursions, through interviews, discussion, and reflection. Elective credit for Spanish major or minor. Required of all students. (Meets the core requirement in Cross-Cultural Engagement.)

SPHO 340: Spanish-English Linguistics (3)

An examination of the differences between English and Spanish, particularly those involving sound, structure, and vocabulary, in order to improve the students' communication skills and to understand the errors made by those learning a second language. Required for elementary teaching major and minor, secondary teaching major and minor, and bilingual education minor. Also fulfills the requirement for one linguistics course for non-education majors, and gives elective credit for non-education minors.

SPHO 390: Direct Enroll(1-4); this is a mandatory course students take at the UPN. This means that students will

ACADEMIC PROGRAM

General Information

Spanish 301 (Advanced Grammar and Composition) is a prerequisite for the Spanish Department's study-abroad programs in Spain, Honduras, and Peru for advanced students. All courses are taught in Spanish and can be applied to the Spanish major and minor at Calvin. This year the Honduras program will start on January 4 and will end in the middle of May. **A 10-day spring break will be scheduled during March.**

During the program all students take the 3-hour course in Poverty and Development (SPHO 205) and the 3-hour course in Engaging Honduran Culture (SPHO 315). They also take at least one direct-enroll course at the university. The total hours for the program should not exceed 20 hours.

Calvin classes meet Monday through Friday. The development class (205) meets in one three-hour block each week, with some shorter excursions scheduled for Friday. The culture class (315) also meets 3 hours per week, and, in addition, includes longer excursions to locations in Honduras, Guatemala, and Nicaragua. The Calvin classes are taught by several Honduran professors, the directors of Calvin's fall Justice Program in Honduras, and by the director from Calvin's Spanish Department. Several guest lecturers also speak in classes.

Our Honduran professors use the Calvin Spanish Department's grading scale. It is interesting to note that the Calvin and Honduran systems are actually quite similar, since Honduran professors also give grades based on percentages--and a passing grade is approximately 67%.

During panel discussions our Honduran professors have talked about their expectations for students. They emphasize that the way your papers look is very important (*la presentación*), and that papers should be neat and without obvious errors. Professors in Honduras are put on a “pedestal” and respected, and they are not confronted, especially during class. Lots of group work is common. There is also less personal space and more physical touching among students (in fact, women students often greet each other with a kiss!). They note that UPN students dress more formally than many North Americans, especially when they make a presentation in class.

In the Calvin program, class attendance (and participation in program excursions) is required except in cases of serious illness. If you are ill and cannot come, please call professor Rodríguez immediately so that she can inform the appropriate people and also give advice about your health.

Courses for Spring 2018

SPHO 205: Poverty and Development (3)

Honduras provides a window on issues of poverty and development. Why is North America so wealthy and Honduras so poor? What is our responsibility as North American Christians? Participants in this course will not only read about poverty, its causes and solutions, but also they will hear speakers and make visits to projects that are changing the lives of the poor. Students will explore Honduran history, culture, politics, and economy.

They will also examine national issues which affect poverty such as environment, debt, the *maquila* industry, and community development issues such as child sponsorship and short-term missions. Elective credit for Spanish major or minor. Required of all students. (Meets the core requirement in Global and Historical Studies and is also an elective in the IDS or religion minors.)

SPHO 302: Advanced Composition and Conversation (3) This course is a continuation of Spanish 301. It helps to increase fluency in spoken Spanish through vocabulary acquisition, readings, conversation, debates, and the honing of grammatical accuracy. Meets requirement for Spanish major or minor.

SPHO 308: Hispanic World I (4)

An introduction to the major developments of the Hispanic world from antiquity to the independence of the American colonies in the early 19th century. Discussions center on the relationship of major literary and artistic works to economic, political, religious, and social developments in the Iberian Peninsula and the Castilian colonies in the Americas. This course is normally the first in a sequence of two and is designed to prepare students for advanced level culture and litera-