

APUFRAM
International

GUIDEBOOK

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*APUFRAM INTERNATIONAL REMAINS DEDICATED
TO SUPPORTING THE VISION OF FR. EMIL COOK
AND APUFRAM: HELPING THE POOR HELP
THEMSELVES THROUGH CHRIST-CENTERED EDUCATION
AT SITES IN HONDURAS AND THE DOMINICAN REPUBLIC.*

**FOR MORE INFORMATION, CONTACT
WWW.APUFRAM.ORG**

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HISTORY OF APUFRAM

APUFRAM is a civil non-profit organization with Catholic orientation that currently operates in eight Departments within Honduras as well as in the Dominican Republic.

APUFRAM is an acronym for "Asociación Pueblo Franciscano de Muchachos y Muchachas," which translates as "Association of Franciscan Boys Towns and Girls Towns." It was established in 1986 by the first university graduates for whom Father Emil Cook made it possible to receive an education.

APUFRAM's purpose is to provide academic and spiritual education to the poor children of Honduras. Since their formation, they have been committed to their motto, "God, Study, Work," and to offering the poor the same opportunities they were provided.

Today APUFRAM operates a number of elementary and high schools, orphanages, boys and girls boarding schools, a trade school, university housing, and a shelter for abandoned mothers and children.

They have educated more than 30,000 young people who are now helping their communities in various fields such as agriculture, business, engineering, law, medicine, and education.

"By looking at you now, no one would think you went through this organization (APUFRAM) and with God's help you have succeeded. You are an example to follow for our family." – Jose Contreras, APUFRAM graduate

Educational Model

APUFRAM has extended their model for success of providing needy children the opportunity for progression through elementary, junior high, and high school, and on to university for those who are capable. The establishment of boarding schools and university housing is the hallmark of the APUFRAM educational model, which is now being implemented in the Dominican Republic as well as in Honduras.

APUFRAM is living Father Emil's message. Students and staff work to generate 60% of the revenue needed for sustenance. They:

- Farm and raise livestock to provide for much of their required food,
- Subsidize education costs via government grants, scholarships from the National University, and donations from local companies,
- Interact with other organizations to assist with essential needs, for instance, water-filtration projects.

Ongoing projects include:

- Growing and harvesting the following crops either for sale or for use at their boarding facilities: coffee, palm oil, cacao (chocolate), coconuts, bananas, pineapples, yucca, mangoes, cashews, corn, soybeans, citrus crops, chili peppers, lychees, papayas, mahogany and pine trees;

- Raising for consumption at their sites or for sale: cattle (dairy and beef), chickens, ducks, turkeys, pigs and fish;
- Selling student arts and crafts;
- Operating grocery stores open to the general public at two of their sites;
- Recycling cans and plastic bottles;
- Baking and decorating cupcakes for sale in the local community

Fr. Emil Cook

After Father Emil began his work in Honduras, members of Trinity Guadalupe Parish in Milwaukee, where he had been assistant pastor, provided additional support. Since then, many more have responded to his call. From service members stationed nearby at Soto Cano Air Base to a flood of volunteers from the U.S, Canada, Spain, France and Germany, he now has supporters all over the world.

Since the age of 12, William Francis Cook (aka Father Emil) wanted to serve the poor in Latin America. In March 1970 he arrived in Olancho, Honduras, where he soon became the parish priest for the municipalities of Gualaco and San Esteban.

At that time living conditions were primitive: no electricity, no phones, and little food for the people. The nearest high school was two days away by horse, and only the rich could afford to attend school. With no access

to education, the poor were condemned to poverty and there was no way to break the cycle.

Fr. Emil's vision was to educate the poor so that the children could become self-sufficient as adults. Throughout, his goal was never to offer a "hand out" to the poor and "give them a fish." Instead, his aim was to "teach them to fish" and enable the poor to become self-sufficient and accept help via a "hands up" philosophy.

Fr. Emil has been serving Christ's poor by providing a God-centered education to children in Honduras for over 40 years. Within 16 years of his arrival in Honduras, university graduates who benefited from his work were inspired to provide the poor the same opportunities they received only years before. These individuals organized to form APUFRAM. APUFRAM is a nonprofit civil organization in Honduras and the Dominican Republic that operates schools and homes for poor students and abandoned mothers. Young people and mothers of all faiths are accepted. The teaching is God integrated and Catholic in orientation.

Father Emil and APUFRAM have educated more than 30,000 students. Many are now adults, have started their own families, and are able to provide better opportunity for their own children. Some serve as civic leaders in their communities. All have learned to appreciate the value of hard work and a Christ-centered education.

“ Fr Emil..... a true servant of God. Thanks for sharing him with us, Eric. We enjoy his annual visits and hope they continue.” – Lemoine Klug

In rural areas of Honduras, almost 60 % of the youth do not complete the sixth grade. Many do not continue their education beyond the third grade.

~Of those who complete third grade, seventy percent do not continue their education beyond the sixth grade.

~ Honduras remains one of the poorest countries in the western hemisphere.



CULTURE OF HONDURAS

The second largest country in Central America, with an area of 43,277 square miles, Honduras is shaped like a triangle. Its dimensions are about 200 miles from North to South, and 400 miles from East to West. It has a 400 mile coast on the Caribbean and a 40 mile coast on the Pacific. The bordering countries are Nicaragua, El Salvador, and Guatemala.

Like the rest of Central America, modern Honduras grew out of the Spanish conquest of the indigenous people.

There are two seasons in Honduras -- the dry season and the wet season. The dry season runs from November to April. The rest of the year is wet, especially September and October. The coolest time is December; the warmest is May. Of course, there is considerable variety depending on altitude and location.

When visiting Honduras, many United States citizens enjoy a life altering experience. Honduras is a relaxing environment with many of the comforts of home, just not as readily available. The work is hard and the pace is slow. A quick trip to the store can be a day long adventure. The people are welcoming and very friendly. The country is beautiful with lush vegetation and scenic vistas throughout the countryside.

Nevertheless, the poverty in Honduras is oppressive and apparent throughout the country. The needs are great, and education and opportunities are limited. In spite of these things, Hondurans are proud people who appreciate each day and give thanks for their blessings.

Embracing the culture, spending time with the people and understanding and accepting the cultural differences will enhance your experience. Experience Honduras and fall in love with the people!

Cultural Differences: USA Vs. Honduras

Meetings (Time) -- It's not unusual (nor considered rude) for individuals to be late by as much as 2 hours to a meeting (business or personal).

Conversations -- In general, Hondurans tend to talk a lot to say one thing. This is especially true if the conversation is regarding a touchy subject (e.g. the deadline was not met; a favor is being asked; something that was promised is not available, etc...).

Food at Restaurants -- In general, it takes more time to get the food after being seated (as much as one hour to be served). This is more applicable if you visit authentic Honduran restaurants. In large urban areas it is not difficult to find American restaurants which tend to serve food faster (but do expect it to be slower than American restaurants in the U.S.). Tips are not common at small authentic restaurants. So, in many cases don't be surprised if the waitress returns the tip and doesn't accept it, or if it takes some convincing for the tip to be accepted.

Women in Business -- Women and men have the same rights under the Honduran constitution; however, in business, it is not uncommon for men wanting to do

business or discuss contracts\agreements only with other men.

When there are job openings, it is legal for businesses to request applicants be only within a certain gender and age group.

Security -- Most businesses in Honduras are heavily guarded with armed men. This is the case with banks, grocery stores, shopping malls, etc. Most armed men are friendly, and they double as greeters for customers.

U.S. Persons -- Most Hondurans are friendly towards U.S. persons ("gringos"). People from the United States enjoy more "privileges" than Honduran civilians when it comes to dealing with the Military.

Mass – It is not unusual to witness Hondurans not receiving the Eucharist at Mass. Most often it is because they have not been to Confession prior to Mass. The opposite is true in the United States.

"I am very thankful to APUFRAM for the education provided to me from 7th grade to 12th and higher education assistance. I am very proud of many people who have gone through the program and come back to work with APUFRAM!" - Kevin Bueso, AI Board member

Long Term Volunteers and Individual Travel

Some volunteers plan to visit alone or for a longer period of time. If you choose to volunteer for longer than four weeks, you will be considered a “long term volunteer.” Below are the guidelines for long term volunteers and individuals who are not part of a group, regardless of the length of their stay at the mission.

If you are interested in becoming a long term volunteer or traveling to the mission as an individual, it is important to communicate with the volunteer coordinator prior to making any arrangements to travel. APUFRAM International has specific guidelines that must be followed in order to ensure the wellbeing of the children being served at the mission.

Once you have decided to become a volunteer, contact the volunteer coordinator at APUFRAM International to begin the process.

Once the volunteer packet has been completed and submitted, VIRTUS training has been verified, and your visit has been approved, you can begin to make travel arrangements. Long-term volunteers are also subject to a background check and will be interviewed by the AI volunteer coordinator before being accepted.

What Should I Pack?

A packing list is including on the last page of this document for your convenience. Remember to pack light; clothes can be washed at the guesthouse. Cotton is cooler when traveling to a tropical climate. Appropriate attire is required when visiting other sites and for Mass.

When at a work site, shorts/ pants and t-shirts work best. The airlines will allow two checked suitcases at 50 lbs. each and one carry-on at 40 lbs. (most airlines charge a fee for the second piece of checked luggage). You can also have a purse, camera, or pillow as a carry on. You should bring twin bed sheets and towels for your own use while at the mission and plan to leave them there when you depart. It is always a good idea to pack some personal items in your carry-on, just in case some luggage gets lost or delayed. If you decide to pack a few snacks, remember that chocolate melts and food attracts bugs, so keep food to a minimum. Marking all luggage with bright plastic tape around the handles helps with finding and keeping control of the luggage upon arrival at the airport. You might also be asked to carry donated items such as rosaries and other religious articles with you, as well as correspondence from sponsors and letters addressed to Father Emil.

Guesthouse Rules

¡Bienvenidos a Casa Santa Teresa de Lisieux!

In order to make your experience of community living more comfortable, we ask you and your team to keep in mind the following rules and considerations:

Praying in Community

All missionaries are expected to attend all liturgical celebrations.

The Blessed Sacrament is always present in our chapel. Out of respect for our Lord, please make an appropriate reverent gesture (a genuflection or a profound bow) when entering and leaving the chapel.

Living in Community

- Please do not flush the toilet paper (the pipes cannot handle it).
- Please do not litter. Trash should be placed in the bins located on each corner of the house or taken directly to the burn pit.
- Please turn off water, lights, and ceiling fans when not in use.
- Quiet hours are strictly observed beginning at 10 p.m.
- Casa Santa Teresa de Lisieux is for missionaries only. For safety and security reasons, please do not allow anyone else inside.
- Consumption of alcohol is prohibited during your stay at APUFRAM. This includes both on mission sites and in the surrounding communities.
- Smoking is not allowed in the buildings or anywhere in front of the children. Please be discreet when smoking.
- The front and back gates of the house are locked every night and during the day when all missionaries leave the building. There are armed guards who work at the mission at night. There is no reason for alarm - this is standard practice in Honduras.

- Before departure, please put all donated items and used linens in a bag or pillowcase and place these outside your door.

Food

Three meals are provided every day except Sunday.

- El Desayuno (Breakfast) - following Morning Prayer, usually between 7:00 and 8:00 AM
- El Almuerzo (Lunch) - following Noon Prayers
- La Cena (Supper) - following Evening Prayer, around 6:00 PM
- Bottled water is provided for all missionaries in the dining room.

Finances

Room and board fees should be given to the Honduran Guest House Director. Any other monetary donations should be given to Father Emil or the APUFRAM administration. Remember that APUFRAM International cannot give an acknowledgement of contribution receipt for tax purposes for donations that do not go through the AI account.

Please do not give money, toys, or gifts of any kind directly to the children. Instead, give them your time and attention by playing games with them, working on arts and crafts projects or coloring books together, reading to them or simply having a conversation with them. Should you have a sponsored child, please refer to the Sponsorship section of this booklet for answers to your questions concerning gifts.

The Hondurans who work with us are paid employees. They do not need nor expect extra money or tips.

Communication and Transportation

The phone and fax machine, located in Flores, are for initial and emergency contact only.

APUFRAM provides transportation to and from the airport and in certain circumstances transports volunteers to their work project sites or other APUFRAM sites. You are responsible for all other transportation and costs. Many volunteers use public buses as they are a cheap, safe, and easy way to travel.

Though we encourage you to carry your passport with you at all times, it is most important when you are traveling into town or throughout the country.

This is only an abbreviated list of house information. For a more extensive list, please refer to the House Rules and the Long-term or Group Volunteer Information documents you will receive from the Volunteer Coordinator before your departure for the mission. If you have any questions, don't hesitate to ask the Volunteer Coordinator, the Honduran Guesthouse Director, Work Project Coordinator, or a long-term volunteer, should one be at the mission.

Current guidelines and travel recommendations

Current guidelines and travel recommendations are available at:

www.statedepartment.gov.

To register in the State Department Safe Travel Enrollment Program (STEP), go to the following website after you have confirmed travel dates:

<http://honduras.usembassy.gov/infotravelers.html>

For guidelines and recommendations for vaccinations, preventative medicines, etc., consult the CDC website:

www.cdc.gov

For a volunteer application and additional information, visit the APUFRAM website:

www.apufram.org

CDC Recommendations for Traveling to Honduras:

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-pertussis-tetanus vaccine, varicella (chickenpox) vaccine, and your yearly flu shot. Additional vaccines and medicines because there is a risk of these diseases in Honduras are:

1. Hepatitis A and B

CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Honduras, regardless of where you are eating or staying.

2. Typhoid

You can get typhoid through contaminated food or water in Honduras. CDC recommends this vaccine for

most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.

3. Malaria

Talk to your doctor about how to prevent malaria while traveling. You may need to take prescription medicine before, during, and after your trip to prevent malaria, especially if you are visiting low-altitude areas. See more detailed information about malaria in Honduras.

****** People who are taking long trips or moving to Honduras***

4. Yellow Fever

There is no risk of yellow fever in Honduras. The government of Honduras requires proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. This does not include the US. If you are traveling from a country other than the US, check this list to see if you may be required to get the yellow fever vaccine: Countries with risk of yellow fever virus (YFV) transmission.

For more information on recommendations and requirements, see yellow fever recommendations and requirements for Honduras. Your doctor can help you decide if this vaccine is right for you based on your travel plans.

Packing List

Passport holder /money belt	Camera
Flashlight and batteries	Bible or prayer book
Sunscreen	Work gloves
Soap and Shampoo	Note book / reading material
Bug repellent	U of M documentation – field hours, reflection, etc.
Water bottle - Screw top bottles are recommended	Snacks....keep them simple - Peanut butter, granola bars, popcorn
Clothing – cotton is best	Toilet Paper – for emergencies
Shorts are appropriate at the guest house and work – no short shorts	Plastic shopping bags
Long pants for work / going to town (men)	Personal care items
Pants, skirt (women)	Bed sheets*
Sandals or flip flops	Personal towels and washcloths*
Work shoes (tennis shoe, boots, etc.)	Hand sanitizer
Bathing suit	Personal medication
Sunglasses and Hat	

****These items are always in need at the mission, and you are encouraged to donate them when you leave***