



Many Americans know Belize City only as a popular cruise destination, with hundreds of miles of beautiful Caribbean beaches, Mayan ruins and luxurious resorts. What they don't see is the extreme poverty that exists in Belize. Roughly 65% of its residents live in extreme poverty. Driving through the streets of Belize City, it's easy to see why Hand in Hand's initial effort was to build homes. Programs now include The Outreach and Resource Center for children marginalized by poverty and disease, and a scholarship program for high school and college students.

Hand in Hand also offers one-week immersion trips to Nicaragua and three-day trips to Appalachia. Experience cultures of the rich Latin roots of Nicaragua or the breathtaking mountain vistas of Appalachia. Smiling faces and open arms will welcome you.

Hand in Hand's poverty alleviation efforts take different paths in each location and have been developed to meet the most pressing needs. Each culture is unique and local staff members schedule time with each immersion trip group to explore the history, culture and heritage of Appalachia, Belize and Nicaragua.

In Appalachia, we repair homes and enjoy local culture and music while learning the history of the area.

Taking a break from house-building in Belize, trip volunteers visit the Mayan Ruins of Altun Ha, learn local history with the Garifuna Dancers, and spend a day relaxing on the beach in Caye Caulker.



Trips to Nicaragua focus on enriching the lives of our Pathway to Change students. The trip also includes breathtaking vistas, a visit to a Pacific Ocean beach, and visits to local potters, blacksmiths or other craftsmen.

For more information visit
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BELIZE
IMMERSION TRIPS
FREQUENTLY ASKED QUESTIONS

Frequently Asked Questions for Belize Immersion Trips

1. What is our work project?

We will build a 16' x 16' house for a family or an 8' x 16' house for a single person. Plumbing is optional with an additional \$1,500 donation.

2. Where does Hand in Hand Ministries work in Belize?

We do the majority of our work in Belize City and Ladyville.

3. How long is the immersion trip?

International trips are all Sunday to Sunday.

4. What is the cost of the immersion trip and what does it include?

The cost is \$2,300 per person. Additional family members may attend for \$2,000. The cost includes airfare, lodging, most meals, building materials, a Hand in Hand t-shirt and in-country transportation.

5. Where do we stay?

We stay in a home owned by Hand in Hand. We call it the "Starfish House".



6. Are there indoor bathrooms?

Yes, we have four complete bathrooms with hot and cold running water.

7. Is the building air-conditioned?

Yes. All bedrooms are air-conditioned.

8. Is Wi-Fi available?

Yes.



9. Are there leaders for the groups?

Yes. The Hand in Hand Trip Coordinator in Belize and trip leaders will be present with the group for all activities.

10. What is a typical day on an immersion trip in Belize?

Breakfast is at 7:30 am at the Starfish House. We work at the job site until approximately 4:00 pm. Lunch will be delivered to the work site. Dinner is at the Starfish House at 6:00 pm. There will also be cultural activities during the days and evenings.

11. What is the size of the worksite groups?

Hand in Hand can accommodate up to 14 people per trip.

12. How long is the flight to Belize?

The flight is approximately 4 hours long with connections in Atlanta, Houston or Miami from Louisville. If you are flying from a different U.S. city, Hand in Hand will help coordinate your travel with the group.

13. Do I need to have home repair skills to join a trip?

No. All skill levels can go on the trip. We have all sorts of jobs available on the worksites. Sometimes the job is to visit with the homeowner.

14. Does Hand in Hand provide water for volunteers?

Hand in Hand provides purified water for cooking and drinking throughout the trip.

15. Will the homeowners be working with the volunteers?

The homeowners are required to help if physically capable. Members of the community will also be helping the group build the home.

16. Who prepares the meals?

We have a Hand in Hand employee who will cook all the meals at the Starfish House.

17. Will we have cell phone coverage?

The city of Belize has cell phone coverage. Please contact your carrier for current rates.

18. Do I need to bring tools?

No. We provide the tools to complete the project.

19. Do I need special immunizations?

Hand in Hand recommends that everyone is up to date on their tetanus shot. For further immunization information, we recommend that you consult your personal physician.