



## What to expect

As a participant, you and your family will work, laugh, and grow close together while creating precious life changing memories.

- One week in San Pedro Sula, Honduras
- Provide medical checkups for our pre-missionaries, students and their families
- Participate in other community service projects



### Proposed Itinerary

- |                   |                                                                                                                |
|-------------------|----------------------------------------------------------------------------------------------------------------|
| Day 1 - Friday    | Travel                                                                                                         |
| Day 2 - Saturday  | Arrival in destination city.<br>Orientation Meeting; Evening Tour of City.                                     |
| Day 3 - Sunday    | Church Service and Evening with students (Fireside)                                                            |
| Day 4- Monday     | Clinicals for Pre-missionaries, students, and their families<br>Service project for other members of FSV group |
| Day 5 - Tuesday   | Clinicals for Pre-missionaries, students, and their families<br>Service project for other members of FSV group |
| Day 6 - Wednesday | Vacation Day (Possible - beaches, museums,<br>waterfall excursion, or trip to the island of Roatan)            |
| Day 7 - Thursday  | <i>(optional vacation day)</i> Travel day - arrive back in U.S.                                                |

## Cost

Approximately \$2,500\* per person

**We need your help to work with the students to provide labor and resources so we can help break the cycle of poverty and provide opportunities for young men and women to serve a full-time missions and obtain stable employment. Your service and sacrifice will open the door to a promising future for these students.**

## About One Life at a Time

With a desire to raise the hopes and dreams of the wonderful people of Central America, One Life at a Time was created to address the issues of poverty and inactivity in the Church of Jesus Christ of Latter-Day Saints in third-world countries where 30%-40% unemployment is common and up to 60% high school drop-out rate of our members is the reality.

### One Life at a Time Programs

➤ **Business Institute of Technology (BIT)**

The BIT is an educational center targeting our poorest members and returned missionaries, who historically have had few or no options for education and have fallen away in large numbers. As many as 65% of students in our target areas do not meet the qualifications to receive Perpetual Education Fund (PEF) money. We bridge the gap by helping these students get to a point where they can qualify for a PEF loan, and/or continue on with their education to a university.

➤ **Pre-Missionary**

So many of our brothers and sisters in Central America desire to serve missions, but cannot afford to purchase the items needed for a mission. Their participation in service projects qualifies them for the things that keep them from missions such as clothing, luggage, medical checkups, immunizations, and dental care.

➤ **Technology**

Technology is an important part of the curriculum at BIT - training in computer hardware as well as various software programs. Our students are also provided a laptop computer so they may complete assignments away from school, and have the resources to search for job opportunities.

For more information, please visit our website at [www.olaat.org](http://www.olaat.org).