



International Health Service

Participant Application – *please print clearly*

February 20, 2026 – March 6, 2026

Note: The mission dates are the latest arrival date in La Ceiba (usually by plane to SAP followed by bus) and the earliest departure date. The February 2026 mission begins Friday evening Feb 20 and ends Thursday evening Mar 5.

Name: _____ Home Phone: _____
 Address: _____ Cell Phone: _____
 City: _____ State: _____ Date of birth (M/D/Y): _____
 Zip: _____ Country: _____ Name to put on nametag: _____
 Email: _____ Male Female

Specialty (check all that apply) Send copies of license – Physicians and dentists must also send copies of diploma

DDS (specialty) _____	Dental Ass't _____	RDH _____	RPh _____
MD (specialty) _____	NP _____	PA _____	Paramedic _____
RN (specialty) _____	LPN _____	CRNA _____	EMT _____
OD _____	Interpreter _____	Radio Operator _____	Engineer _____
Other (please specify) _____			

Where are you currently working? _____ If not, when did you last work in this field? _____
 Name of current or past supervisor _____ Phone _____
 Briefly describe your work experience:

Application Deadlines & Project Fees	Note:
February Trip	Make checks payable to: International Health Service
Due October 1 Application/Deposit/Licenses \$150	
Due December 15 Project fee balance/Paperwork <u>\$675</u>	Mail application & forms to: International Health Service Attn: Project Director 3500 Vicksburg Ln N, PMB 405 Plymouth, MN 55447
Total February project fee \$825	Payment can also be made via the PayPal link on the Website.

Applications received before the first due date for the project will receive priority in team assignments. Those received after will be considered only if their specialty is needed.

For applications to be considered the following must be attached:
 Completed application with signed waiver - Deposit
 Copy of professional licenses - Physicians & Dentists, copy of diploma
 Copy of COVID Vac Status - Copy of Amateur Radio License (Radio Ops)

Please mark the type of team assignment(s) you prefer (check ALL that apply)
Please take note: We cannot always guarantee you will be placed at your preferred choice.

River/Lagoon Remote (La Mosquitia) Inland (mountains, etc.) Eye Care Surgery Any
Number of previous IHS projects you have been on _____ Would you be willing to be a team leader? _____
How well do you speak Spanish? None Words Phrases Conversational Proficient Fluent

How or from whom did you hear about IHS? _____

Please list any major surgeries or serious illnesses in the past 5 years. _____

Mark Yes if you are able and No if not able and explain any limitations below:

_____ Lift and carry 25 pounds multiple times _____ Climb two or more flights of stairs
_____ Work in extreme heat and humidity _____ Walk on uneven terrain
_____ Travel by any type of transportation _____ Bend or stoop multiple times

Explain any limitations _____

Have you received the latest COVID-19 vaccine booster? _____

If yes, when did you receive it? _____

To be considered for this trip, you must have had a recent COVID-19 vaccination booster.

SHIRTS & CAPS A t-shirt is not included in the project fee.

If you wish to order T-shirts or a Hat, please fill out the section below.

(T-shirt sizes available are S M L XL 2XL)

T-shirts @ \$15 how many _____ size _____

Hats @ \$12 how many _____

February Trip – Orders and payments for these extra items will only be accepted until 15 October so plan ahead.

First time participants must also complete the Project Suitability Form on the last page of the application.

INTERNATIONAL HEALTH SERVICE
ACKNOWLEDGEMENT OF RISK AND WAIVER OF RESPONSIBILITY

I, (print name) _____ along with all members of my family, in consideration of the benefits derived, if accepted for the International Health Service project, hereby voluntarily acknowledge the risk I am undertaking and waive any claim against the local and international organization, local officers, its sponsoring institutions, and all leaders of International Health Service for any and all causes in connection with the activities of the above organization.

If an IHS participant while in Honduras becomes ill with a positive COVID-19 test, an isolation protocol will be initiated.

A test for COVID-19 infection is no longer required to return to the US. It may be possible that this may change before the February 2026 mission. IHS will let you know if this changes. I understand and agree that if I am required to isolate in Honduras before leaving, that the isolation will be at my own expense. IHS will help with the arrangements. IHS takes no responsibility for my exposure or the enforcement of mandates from a positive COVID-19 test.

The use of illegal drugs is strictly prohibited by IHS and alcohol consumption by team members during the mission workdays is against IHS policy. In addition, team members should use alcohol with discretion, in moderation and be sensitive to local customs regarding the use of alcohol. I understand that as a volunteer I represent IHS and agree to abide by this policy.

International Health Service does not provide any type of insurance (medical, liability, travel, medical evacuation, life) for any participants. My signature on this form indicates my full understanding that I must provide my own insurance.

Signed _____ Date _____

PHOTO RELEASE

International Health Service requests permission to use photographs and narrative descriptions of participants and the work they do on projects for the purpose of public relations, advertising promotions and fund raising. These photos may be used in, but not limited to: PowerPoint presentations, the IHS NewsBreak, and the IHS web site. This authorization is only for the IHS organization. IHS has no control over how teammates and other participants use photos for purposes of their own. This authorization will remain in effect for at least one year. IHS cannot guarantee that your image from that trip will not be used after that period of time.

Yes, you may use my photo.

Signed _____ Date _____

No, I prefer you do not use my photo

Signed _____ Date _____

If your answer is NO on the photo release, please make sure one team picture is taken excluding you, to submit to the annual Newsbreak staff. It is your responsibility to submit the correct picture to the Newsbreak editor.

INTERNATIONAL HEALTH SERVICE – Project Suitability Form *(required of first time participants only)*

IHS projects are not for everyone as some locations are very remote and some people react differently when placed in a situation different from their normal life. To assist you in determining if this project is right for you and to assist us in placing you on the correct team, please complete this form and return with your application.

All IHS projects begin in La Ceiba, Honduras. Upon arrival participants will stay one or two nights in a hotel or with a local host family during our orientation programs. Teams will also return to La Ceiba at the end of the project, usually for one night, for debriefing, storing supplies and equipment plus a farewell dinner. Also, many repeat participants return to the same location as they get to know the local people.

The following questions are not meant to discourage you. Instead we hope they give you an understanding of the places we go and challenges that may happen.

Briefly describe any camping, hiking, or adventure trip experience you may have had. _____

Remote areas of Honduras have limited electricity or modern transportation and few telephones. Many IHS participants return year after year so they understand this change of life and the experience of helping people in this environment. Can you honestly say you can handle 8 to 10 days in locations that have solar showers, outhouses, bugs, humidity and the possibility of sleeping in a screen tent? _____ Comments: _____

For many, the time at the team site will be spent in a remote location away from telephones and TV with people who speak a different language, use different money, and have different habits, values and social norms. Can you handle being disconnected from friends and family for two weeks? _____ How do you plan to keep busy during quiet/slow hours? _____

Most of Honduras experiences a hot and humid climate. Mountain teams may get chilly at night. Many participants will do a lot of walking on uneven ground, carrying their own bags, lifting, moving, loading, and unloading many boxes of supplies. Can you do your share of the work and are physically up to going on this trip? _____

Frustration can happen on the trip. You are in a foreign country where Murphy's law can happen. You may experience "hurry up and wait". You will be with a group of people you have never been with before and interacting with a different culture. All this can be challenging. How do you handle frustration? _____
Does your temperament allow you to "not sweat the small stuff"? _____

IHS teams may see many patients, which can require long days. Some teams will be working in hot, humid locations. How is your temperament and physical stamina in times like this? _____

Teams that have the most enjoyable experience work together with each team member contributing their part to the group's overall function. This requires you to do your job well every day, trusting others to do their job, and always stepping up to help with the small tasks that need to be done every day. To what extent are you a team worker? _____

There will be times when people work with patients in their own specialty. However, many tasks require the help of ALL team members working as a team. Group decisions are made when possible but the Team Leader has final say. Can you work within a group and be respectful of decisions made? _____

***** ... some team sites have limited local communications so they also have ham radio operators who use radios to talk with the Admin team and Project Director in La Ceiba plus the logistics team in Puerto Lempira. There is telephone and/or cell phone use at some team sites. Many radio operators also have a limited e-mail capability. In the unlikely event of an emergency the Project Director and all radio operators work together to make sure the correct people are notified as soon as possible. Because electricity and other services are not available all the time, we need to understand that everyone will do their best to be timely but things do not always happen instantly. Participants need to tell family and friends at home about this situation. As with all details of each team site, participants will get information from their Team Leader about what communications and site facilities will be available for their use.