**Itinerary**

Por La Vida: Solidarity With Women In Honduras

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| Day 1 |

2:30 PM: Load onto bus to travel from SAP to El Centro Notre Dame in El Progreso

3:00 PM: Arrive to El Centro ND

* Orientation to place
* Time to put away luggage, organize into rooms
* Late lunch

4:00 – 6:00 PM Orientation activities

6:00 – 7:00 PM Dinner

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| Day 2 |

7:15 AM: Breakfast

7:45 AM: Worship/Centering

8:10 AM: Leave for San Pedro Sula

8:30 – 10:30 AM: Meet with the women of Foro de Mujeres at their office

11:00 – 12:00 PM: Meet with ‘el Ministerio Publico’ about the case to bring justice for the femicide of campesinas leader and human rights defender [Margarita Murillo](https://www.huffingtonpost.com/marco-caceres/the-killing-of-margarita_b_5736820.html) \**Because we are meeting in a government building, please do not wear t-shirts/shorts/flip-flops. Women must wear shirts with sleeves. No tank tops.*

2:30 – 4:30 PM: Meeting with family members of political prisoners to hear their stories

5:30 – 6:00 PM: Time at the convent to recap the day, re-ground, and re-center

6:00 PM: Dinner

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| Day 3 |

*Even though we will be on a bus for many hours, we will make stops along the way. Please carry a water bottle with you so that you can carry potable water and stay hydrated. We will also be purchasing bottled water.*

6:00 AM Breakfast

6:30 AM Leave for the countryside

[at least twice] Stops along the way

1:00 PM Lunch in our hotel

2:30 – 5:00 PM Meet at the community center with women community leaders (members of Foro) who are fighting for land rights in the region

6:00 PM Dinner with the women leaders at the hotel (\*still confirming\*)

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| Day 4 |

7:00 AM Breakfast

8:00 – 9:50 AM Meeting at the community center with local leaders (male and female) of rural communities fighting for land rights in the region

10:00 AM Leave for Guapinol

10:45 – 12:00 PM Press conference with local press in Guapinol

12:45 PM Lunch in Tocoa

2:00 – 4:30 PM Group reflection/activities and beach time

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| Day 5 |

6:00 AM Breakfast

7:00 AM Leave for the coast

9:00 AM Bathroom/snack bread at a predetermined restaurant

12:00 PM Lunch meeting with ‘Mariposas Libres’

2:30 PM Leave for El Progreso

4:00 PM Return to our lodging

6:00 PM Dinner

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| Day 6 |

8:00 AM Breakfast

9:00 AM Prep time

10:00 AM Leave for San Pedro Sula

11:00 AM All-day meeting with various women of Foro de Mujeres. This will be a time of mini-workshops/knowledge share

1:00 PM Lunch at the Centro

6:00 PM Dinner at the Centro

7:00 PM Return to Centro Notre Dame

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| Day 7 |

7:30 AM Breakfast

8:30 AM Leave for San Pedro Sula

9:30 – 11:00 AM Press conference with national news outlets

12:00 PM Lunch in San Pedro Sula

2:00 – 6:00 PM Time to reflect/evaluate and strategize about ‘How to take it all home’

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| Stated goals, Foro de Mujeres:1. Create bonds of solidarity with Foro de Mujeres and the networks that comprise it through listening to the (often ignored) stories of women’s experiences in the fight for human rights, and of their bravery.
2. Teach participants about the conditions of women in Honduras and the root causes of migration, and help incorporate this deeper understanding into the frontline defenses, accompaniment and solidarity in the U.S.
3. Develop relationships and understanding as a base for future visits, in particular for people who offer the perspective, background, and abilities to strengthen the Honduran women’s organizations and strengthen their work.
4. Teach about and accompany the demands of the family and women’s organizations that seek to investigate, prosecute and punish the responsible parties (both in deed and planning) of the murder of the campesinas leader and human rights defender, MARGARITA MURILLO.
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