

# Honduras

**October 13, 2024 — October 19, 2024**

**Starting at: \$2,600**



## OVERVIEW

### The Need

Honduras is a country known for its natural beauty and extreme poverty, with more than 50% of the population destitute. Major risk factors include high unemployment and inadequate public education. Many schools have up to 80 children in a classroom with one teacher. Of all the children entering 1st grade, only 30% are still in school by 6th grade and only 8% continue to the university level. For this trip, your team will travel to remote communities that do not have access to the limited, small hospitals scattered across the country. Health care is almost nonexistent in these rural areas.

The towns where we will care for patients have a high prevalence of diseases transferred by mosquitoes such as malaria, dengue, and recently chikungunya, especially during the months right after the rainy season, which is when we will be there. Due to the lack of clean water and sanitation methods, diseases such as skin rashes/ infections, ear, eyes, nose and throat infections, respiratory

infections, influenza, heartworm, and diarrhea are seen daily in adults and children. Oral hygiene is nonexistent and dental care is of critical importance. These are health issues you can significantly impact through excellent patient care and health education. Please join us!

Our hosts have identified a great need for physicians, mid-level providers, nurses, and physical therapists.

## Our Work

International Medical Relief first served Honduras in 2018 and has since cared for 2,700 patients through 70 staff and volunteers. IMR continues to strive for the goal of providing sustainable health care by contributing medical services, medicine, supplies, training and education to the community.

With diligent planning and preparation, IMR is dedicated to ensuring that specific goals are met on our missions, each in correlation to the United Nations Sustainable Development Goals 3 and 17.

IMR works to elevate vulnerable populations through shoulder-to-shoulder care with our local partners, creating workforce density, and a cadre of future healthcare and public health leaders in association to UNSDG 3: Good Health & Wellbeing.

In correlation with UNSDG 17: Partnerships for the Goals, our organization works in collaboration and at the request of local hosts where we are under their direct influence and affluence. IMR never goes into a country without a formal invitation where there is a great community need for medical or dental care, and health education.

## This Mission

One of the most exciting things about this trip is the indigenous communities you will serve in. The ancient inhabitants of the area were the Lencas and they called the site “de las Piedras” (“of the Stones” in English), due to the land’s topography. This is revealed by the information stored in the ecclesiastical census of Fernando Cadiñanos in 1971, registered under the name of “Valles de las Piedras” (Valley of the Stones), in the district of the parish of Ajuterique.

Its archaeological remains, the natural wealth, and the kindness of its people make this a perfect destination to visit and enjoy its charms. Caves have been discovered that house samples of rock art and vestiges of disappeared civilizations from 3,000 years ago. It is also known for the excellent coffee that is produced throughout the region and the exquisite gastronomic variety that it offers.

In addition to working with the indigenous communities, we will work to make a tremendous difference in the health of the community through dental care, medical care, and education. We will also work with local Honduran doctors,

dentists, nurses, and public health experts on this trip, and the learning exchanges will be a true highlight of your time in Honduras.

## Lodging/Transportation

This region is known for producing some of the world's best coffee. High up in the mountains is a beautiful lodge where the team will stay. It was built by the coffee plantation owners in the middle of the beautiful coffee plantations. If you are a coffee drinker, this trip will surely tempt you. Located in the community of El Pastal at an altitude of 1,300 meters above sea level, you will be close to nature for hiking or fishing.

These farmers have a vision to contribute to the community. They practice organic agriculture, the implementation of an innovative educational methodology, to ensure a promising future for future generations and to continue to be recognized as a leader for its quality of coffee.

In addition to the amazing coffee, the Honduran cuisine you will be treated to is all organic and healthy. Traditionally, the ancient cultures like Maya, Lenca, and Garifuna blend with African and Caribbean influences and Spanish flavors, which all play an important part in making the local cuisine a favorite around the world. Carne asada, pastelitos de carne (meat pies – yum!), baleadas (traditional flour tortilla with a sumptuous filling of cheese, avocados, beans, and sometimes with scrambled eggs and ground beef), Yojoa fish, corncakes wrapped in banana leaves, arroz con leche, and the famous Honduran Horchata (a simple drink of rice, water, cinnamon, sugar, vanilla and milk added afterward) will make you wish you never, never have to leave.

Upon your arrival in Marcala, all transportation to clinic has been arranged for you. Professional drivers, safe vehicles, and security are some of the many reasons to join IMR on a trip. Don't nap – there's a lot to see surrounding your home away from home this week!

## Highlights

The highlight of this trip is certainly the indigenous communities and the townspeople who cannot wait to open their doors and hearts to your IMR team. But of course, there is more. Get ready for waterfalls, caves, and ziplining!

**El Chiflador Waterfalls** Enjoy a very special hike high up in the mountains to the famous El Chiflador Waterfalls. This stunning place is more than just a waterfall. Wander through forest paths past stunning aqua waters that you can swim in. The majestic waterfall is located in the village of La Estanzuela, in the municipality of Marcala, surrounded by a great vegetation of pines, oaks, and wild plants that make the landscape splendid. This waterfall is so enchanting that it offers special moments, becoming the perfect place for a refreshing visit and souvenir photos.

**Giant's Cave** Located a few meters from the La Estanzuela Waterfall, this

archaeological site is one of the most amazing and important in the country. It is considered by archaeologists as the place where the first settlers of Honduras, and perhaps all of Central America, lived. It measures about 30 meters high from the surface of the mouth to the highest roof, 25 wide and eight deep.

Extreme Canopy Ziplining Optional opportunity: If you're up for the adventure, you can participate in canopy adventure ziplining! Extreme Canopy El Chiflador is an activity for adventure lovers where you can enjoy nature and have fun at the same time. It is called Extreme Canopy because it is the highest in Central America and Honduras. Adventure lovers will find the Extreme Canopy El Chiflador in the La Mogola village, located about 5 kilometers from the central park. The zipline has six cables that will carry you over imposing pine trees and through a majestic waterfall 80 meters high. It was declared one of the most extreme zip lines in Honduras and Central America.

Costs affiliated with any attractions outside park entrance are at the volunteer's expense.

You will love this trip – it's one of our favorites! See the itinerary for more details.





## ITINERARY

*This itinerary is subject to change without notice.*

*Please note: You will be notified about the group flight option prior to the Early Bird deadline. Domestic flight arrangements should not be made until after the group flight is booked.*

*If you choose to fly independently, transportation between your arrival airport and your IMR accommodation is not included. If you wish to arrange transportation, you can contact [flights@worldwidenavigators.com](mailto:flights@worldwidenavigators.com).*

*If you have any questions regarding flights, please contact [flights@worldwidenavigators.com](mailto:flights@worldwidenavigators.com).  
Thank you.*

### **Sunday, October 13, 2024**

#### Arrivals & Orientation

You will need to fly into Comayagua, Honduras, Palmerola International Airport, airport code XPL by 2:00pm Central Standard Time so we can transfer to our accommodations in Marcala where we will be staying for the week. Upon arrival at the airport, team members who have selected Airport Transfer will be

transported to team lodging. Team members who have opted out of Airport Transfer will need to arrange transportation from the airport to team lodging. On the drive you will get to see the beautiful Honduran countryside. Marcala is one of the main coffee producers in Honduras, so watch for coffee farms along the way. Once at team lodging, you can check in & freshen up. Enjoy a hearty welcome dinner with your team and attend the team orientation to prepare you for the upcoming week of clinic. Our hosts will share about their partnership with IMR, the Honduran culture, and the communities that we are serving. Your team leader will assign roles for clinic, talk about IMR's clinic protocols, and help prepare you for the amazing work you will be doing during your mission.

### **Monday, October 14, 2024**

#### Clinic

Your first clinic day! There is a high prevalence of diseases transferred by mosquitoes in Honduras, so you are likely to see patients with malaria, dengue, or chikungunya. Due to the lack of clean water and sanitation methods, diseases such as skin rashes/ infections, ear, eyes, nose and throat infections, respiratory infections, influenza, heartworm, and diarrhea are common in adults and children.

### **Tuesday, October 15, 2024**

#### Clinic

It's your second day of clinic and you are on a roll! Keep up the great work! Lower respiratory infections, diarrheal diseases, malaria, STDs, and sepsis are all on the list of the top 10 causes of death in Honduras, and you'll likely see these in your patients.

### **Wednesday, October 16, 2024**

#### Free Day

For your free day, make sure to bring your adventurous spirit! We will hike to the enchanting El Chiflador Waterfalls on a path through the dense forest that winds past beautiful blue water that's perfect for swimming. Near the waterfalls is Giant's Cave, an important archaeological site in Honduras believed to be the home of the first settlers in Honduras – and possibly all of Central America. If you're up to the challenge, you might opt in for extreme zip lining on the highest zip line in Central America. You'll soar over the tall trees of the forest and through a waterfall before returning safely back to the ground below.

### **Thursday, October 17, 2024**

#### Clinic

Your third day of clinic is surely to be great as you now know the ins and outs of clinic operations, hands down. The children of Honduras tend to experience

malnutrition, diarrhea, respiratory diseases and acute respiratory infections, and complications from parasites more frequently than adults, so you may have patients with these complaints.

**Friday, October 18, 2024**

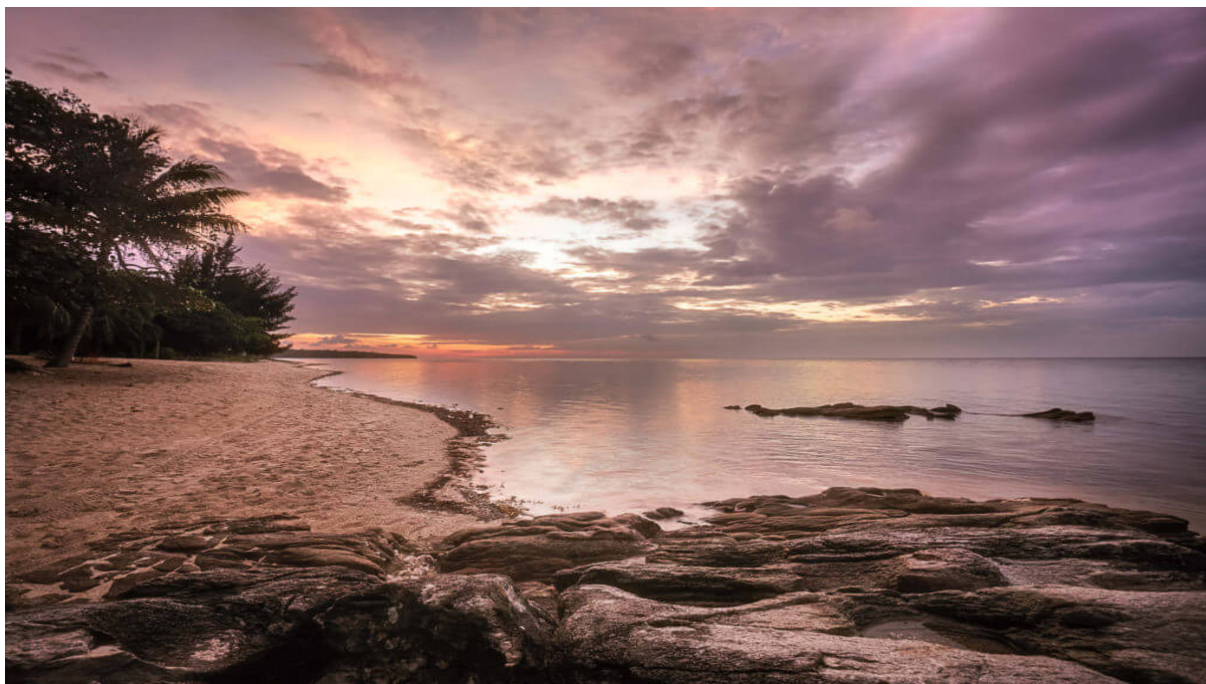
## Clinic

On your final day of clinic you'll likely reflect back on all those whose lives you touched during the week – and the lives that touched yours.

**Saturday, October 19, 2024**

## Departures

After breakfast you will transfer back to Comayagua for your flights home, then say goodbye to your new family and many new friends you shared your week with. It will be hard to leave – the beauty of Honduras and the soul of her people will stay with you. We hope to see you again! You can schedule your return flight out of Comayagua at your convenience to give you the time if you want to explore the area. Interested in extending your stay to see more of Central America? Our partner, Worldwide Navigators, offers exclusive trip extensions just for IMR volunteers! See the extensions tab on this page for details.



## EXTENSIONS

You're journeying across the globe. Why not extend your stay in Central America to experience some of its top tourist attractions? Join us on an exclusive trip extension to Nicaragua or Costa Rica provided by our partner Worldwide Navigators and some visit of the area's highlights.

Worldwide Navigators offers three opportunities to extend your time in Central America to create an amazing vacation following your humanitarian work. Contact Worldwide Navigators to book one of these extensions or get more information.

Highlights:

Itinerary:

Day 1: Arrive on Big Corn Island

While your plane descends to Big Corn Island, notice the spectacular island-landscape sprinkled with colorful wooden houses. Big Corn Island is lush, rustic and still mostly unsettled, with beaches perfect for lazy days and peaceful, serene nights.

At lunchtime, wander into a barefoot bar and order up some fresh Caribbean lobster, a Corn Islands staple and their number-one industry. Pick a beach and take an afternoon siesta and swim in absolute tranquility.

Once you've had enough sun and sand for one day, grab dinner in one of Big Corn's surprisingly plentiful restaurants and sit in awe as you watch the sun dip into the vast, blue Caribbean Sea before heading to your bungalow for the night.



## Day 2: Little Corn Island

Enjoy a leisurely breakfast at the hotel before taking a panga (small boat) to the jewel of the Caribbean, Little Corn Island. Yet undiscovered by most, Little Corn will charm you with its old-world feel and laid-back Caribbean vibes. A strict no-car zone, Little Corn is a pedestrian paradise, with endless beaches and neighborhood trails lined with fresh fruit trees.

Check in to your bungalow for the night before meandering along virgin shorelines. Explore golden coves and get to know the charismatic locals that make Little Corn their home.

## Day 3: San Jose | Departure Home

Rise early in the morning for breakfast and a few last hours soaking up the magic of this beautiful island. Go for a snorkel, or lounge on the beach.

Then you'll make your way back to the airport for your departure home.

What's Included:

You Will Need to Provide:

3-Day, 2-Night All-Inclusive Tour starts at \$950. Contact Worldwide Navigators to book or get more information.

Highlights:

Itinerary:

### Day 1: Arrive in Puerto Viejo

After landing in the charming Costa Rican capital of San Jose, travel to the beachside town of Puerto Viejo, about a 4-hour drive away. Situated on the Caribbean side of Costa Rica near the border of Panama, Puerto Viejo is much less crowded than tourist towns on the Pacific side, with a diverse array of visitors and locals. You won't find fast food chains or high-rise hotels here, but you will see colorful homes, exquisite uncrowded beaches, and exotic wildlife. Take a deep breath of warm ocean air and spend your first day getting settled into Paradise.

### Day 2: Jaguar Rescue Center | Chocolate House | Waterfall Tour

Discover the Jaguar Animal Rescue Center located near Playa Cocles. This center serves as a refuge and rehabilitation center for many local animals including members of the cat family, monkeys, snakes and more.

At the Chocolate House, learn the process in which indigenous chocolate is made by the people who know it best. Watch a demonstration of the process, from the growing of the Cacao plant to the making of chocolate. Afterwards, you'll enjoy a

hike to a beautiful waterfall.

#### Day 3: Hike to Cahuita National Park

You'll hike through the Cahuita National Park beginning in the community of Cahuita, along white beaches and up to Cahuita Point. Then you'll have the chance to relax and swim in the calm water of the Caribbean Sea.

#### Day 4: Puerto Viejo to San Jose | Departure Home

After your morning breakfast and checkout, say goodbye to the sleepy seaside village and head to San Jose where you'll catch your flight home. Promise yourself you'll come back soon!

What's Included:

You Will Need to Provide:

4-Day, 3-Night All-Inclusive Tour Starts at \$900. Contact Worldwide Navigators to book this extension or get more information.



## FLIGHTS AND PRICES

### Minimum Donation

***Your generous donation helps to save and change lives every day***

Your generous donation of **\$2600** will go toward the ongoing global relief to care for the underserved and vulnerable people of this community. As a member of this medical mission team, you will elevate the long-term impact of sustainable, capacity-building efforts that improve the health, wellness, and quality of life of those most in need. A small portion of your donation includes:

- Clinic supplies and medications for patients
- Clinic participation
- Transportation, accommodations, and meals as outlined in the itinerary

### Donation Payment Deadlines

\$2400 due by July 15, 2024

\$2600 due by September 15, 2024

## Early Bird Savings Opportunity

To be eligible, upload all your required documents and forms, and make a minimum of 50% of your donation payment by .

## FLEXIBLE FLIGHT OPTIONS

### Volunteer with Airfare

You may choose to book a flight with us for an additional fee. Details on the available flight routing and US departure city will be announced on . Airport transportation to and from the team's accommodations are also included with this option. Depending on your departure city, you may still need to purchase another flight in addition to this one. After this flight has been booked, you may contact our travel agent, Worldwide Navigators, for assistance booking any necessary additional flights.

### Benefits of Flying at a Group Rate

- Travel with other members of your team on select routing
- Fly on a group ticket at a guaranteed rate
- Transport to and from the airport included

### Volunteer without Airfare

Many team members choose to book their flight(s) to and from the mission location independent of IMR. This is a great option if you would like to extend your stay in the area to tour and explore, or if the routing from your home airport is more feasible for you. If you choose to fly independently, please note that your transportation in between the airport and the team's accommodations will not be provided. This will need to be arranged separately. Our partner for travel, Worldwide Navigators, would be happy to assist you in coordinating flights and/or transportation. You can contact them at [travel@worldwidenavigators.com](mailto:travel@worldwidenavigators.com).

### Benefits of Flying Independently

- Extend your stay and customize your dates of travel
- Choose your departure location
- Customize your class of service



## Featured Enhancements

Airfare & Airport Transfer:

**Starting at \$50+ each way plus airfare that is subject to availability at the time of booking.**

Single Supplement:

\$100 per night

Airport Transfers (for independent flyers):

\$50 each way

Malpractice Insurance:

\$129.50 to \$279.50

Continuing Education (CE/CME) Credits:

\$350

Personalized Scrubs (2 sets):

\$50

IMR T-Shirt:

\$15

Partner Program:

Starting at \$25 per month

*\*\* To purchase any of the above Featured Enhancements for your mission please contact our office at [office@imrus.org](mailto:office@imrus.org) or call at (970) 635-0110*

## Your Donation to IMR for Your Mission Cost Includes:

All group costs from the time you arrive at the team meeting point in country until you separate from the team or when the team arrives at the departure airport, including:

- Transportation
- Lodging
- Costs associated with the clinic
- Food
- Tips for services provided to the IMR team
- All logistics, including translation services and security as needed

## Additional Costs That You Are Responsible For:

All group costs from the time you arrive at the team meeting point in country until you separate from the team or when the team arrives at the departure airport, including:

- International and Domestic flights to the country. [You have the option to](#)

[fly independently, or on a group flight with IMR](#)

- Passport fees, visa fees, and transit fees, including baggage or overnight accommodations/meals while in transit
- Required or recommended insurance
- Vaccinations and medications common for travel
- Spending money for souvenirs and personal purchases
- Required or desired mission supplies, personal equipment, or small gifts for the special people you meet
- Any lodging, meals, and transportation outside of the scheduled team mission, payable at the time of service to the local vendor
- COVID-related fees such as testing, vaccinations, and quarantines as required by incountry arrival/departure or USA arrival/departure