



International Medical Relief

PROVIDING COMMUNITY HEALTH
TO POPULATIONS MOST IN NEED

HONDURAS



PRE-FIELD BRIEFING PACKET

HONDURAS



ABOUT THIS PACKET

This packet has been created to serve as a resource for the Honduras Medical Team.

This packet is information about the country and can be read at your leisure or on the airplane. The final section of this booklet is specific to the areas we will be working near (however, not the actual clinic locations) and contains information you may want to know before the trip.

The contents herein are not for distributional purposes and are intended for the use of the team and their families. Sources of the information all come from public record and documentation. You may access any of the information and more updates directly from the World Wide Web and other public sources.



BACKGROUND

Honduras, known formally as the Republic of Honduras, is a Central American country bordered on the west by Guatemala and El Salvador and on the south and east by Nicaragua. More than three-fourths of the 29,236-square mile nation is mountainous. Although Tegucigalpa is the capital, unlike many other Central American countries, a second city, San Pedro Sula, is comparably important in terms of industry and commerce, although having only half the population of the capital. Honduras, like other countries in the region, is a developing country whose residents face numerous economic and social obstacles, a position made more difficult by the country's rugged geography and the unpredictable nature of tropical weather. Hurricane Mitch, for example, made landfall in northern Honduras on October 29 and then traveled slowly inland, dumping massive amounts of rain. The hurricane, which struck Central America in 1998, was the second-deadliest Atlantic hurricane on record, killing nearly 11,000 people total.

Amid the first thousand years, Honduras was occupied by the Mayan people. Columbus explored investigated the nation in 1502, causing it to fall under Spanish rule. Honduras gained independence from Spain in 1821 and joined the Central American Federation, which it remained a member of until 1841 when it became a separate, sovereign republic. Honduras' governments have moved from democratic to totalitarian, but civilian authority was restored in 1981. The country is divided into 18 provinces (departamentos), each with its governor. 1998 led to the formation of another coalition government and renewed political stability.



EXTENDING YOUR STAY

WHAT TO SEE IN HONDURAS

Compared to other Central American countries, Honduras is not the most common tourist destination, however, its natural environment, mountains, beaches, and numerous archeological sites make it a nice place to visit. Other attractions include local customs and traditional food, as it is a country with a lot of culture.



#1: Be awestruck by Roatán, Bay Islands

The island of Roatan is an amazing island for an adventure vacation. Roatan is famous for its excellent offshore reefs and is ideal for beginner to advanced divers. Famous for its coral gardens, shipwrecks like Odyssey and Agira, sharks, and all kinds of fish, these islands are also known as a place for encountering the magnificent whale shark, the largest fish in the ocean.

#2: Explore Copán Ruins Archeological Site

The remains of Copán, one of the most important Mayan sites, were discovered in 1570 by Diego Garcia de Palacio but were not explored until the 19th century. Before the city was abandoned in the early 10th century, the destroyed castle and magnificent public squares illustrate three periods of development. This site is also a UNESCO World Heritage Site.



#3: Visit Dolphins at Roatán Institute for Marine Sciences

The Roatán Institute of Marine Sciences offers a once-in-a-lifetime dolphin encounter. The best part is that it takes place in a natural lagoon, where the dolphins may swim freely in a broad area like they would in the wild. Locals and guests can learn about the marine environment at the facility. Animal enthusiasts can swim and snorkel with the dolphins, play basic games with them, and interact with them.



#5 Swing by Museum of Mayan Sculpture, Copán

The excellent Museum of Mayan Sculpture at the Copán Ruins Archeological Site houses a collection of original sculptures, stelae, and altars recovered from the site. The museum, which tunnels under a hillside before coming out into a wide sunny open space, is best seen after viewing the ruins to gain a better understanding of the objects on display. The full-scale reproduction of the exquisite Rosalila Temple, discovered complete, is without a doubt the work of art here.



#6: Have fun at La Tigra National Park

This park, located at 2,270 meters above sea level, protects a beautiful cloud forest that is home to ocelots, pumas, and monkeys, though sightings of these larger species are uncommon. More than 200 kinds of birds, including toucans, trogons, and the secretive quetzal, fly around the park's borders. Hiking trails wind through the dense forest, which is home to bromeliads and orchids. This is one of Honduras' most popular parks, and it gives visitors a glimpse of how the area appeared before logging ravaged much of the surrounding forest.

#7: Stop at Little French Key, Bay Islands

Anyone looking for a relaxing tropical vacation in well-kept surroundings will enjoy it here. There are hammocks strung between coconut trees, crystal-clear waters perfect for snorkeling, and a lovely white-sand beach with kayaks and chaises longues. You can eat fresh seafood at the restaurant or visit the wildlife refuge for up-close animal experiences after a few hours of beach fun. Rescue animals such as monkeys, deer, and toucans are among the sanctuary's occupants.



PUBLIC HEALTH OVERVIEW

OVERVIEW

In Honduras, In 2014, health spending accounted for 8.7% of GDP. Private health insurance is only available to 2.9 percent of the population. The healthcare system is divided into two parts: public and private. The Ministry of Health and the Honduras Social Security Institute are among the former. The Ministry provides services to the entire population in its facilities, staffed by its physicians and nurses, but only around half of Hondurans use these services regularly. Using its own and contracted facilities, the Institute covers 40% of employed economically active persons and their dependents. The private sector caters to about 10% to 15% of the population, namely those who can afford to pay or are covered by private insurance. Around 17% of Hondurans do not have regular access to health care. In 2014, total per capita health expenditures were US\$212, accounting for 8.72 percent of GDP. Public expenditures were 4.4 percent of GDP, with out-of-pocket spending accounting for half of the overall health spending. Primary health care is emphasized under the National Health Model, which was authorized in 2013. Health worker development is overseen by the Directorate-General of Human Resources Development, which was established the same year. In 2013, there were 10.0 doctors, 3.8 nurses, and 0.3 dentists per 1,000 people in the country. In 2015, healthcare management was decentralized in 82 municipalities across 15 departments, serving a population of 1,337,874 people. The National Health Model has aided in the formation of 500 primary health care teams to serve the country's rural and remote locations. By mid-2015, 367 teams had been deployed in the field, serving 1.4 million people and encouraging meaningful changes in their attitudes and practices. The Ministry of Health established the Information Management Unit in 2014 to ensure that information for health planning, organization, direction, control, and assessment is accurate, timely, and appropriate.



In Tegucigalpa and San Pedro Sula, there are now 7 national hospitals, 6 regional hospitals, 16 area hospitals, 436 Rural Health Clinics (CESAMO), 1,078 Medical Centers with Physician and Dentistry (CESAR), 74 infant and perinatal health centers, 3 peripheral emergency clinics (CLIPER), and 15 dental school centers (CEO). The government has identified the following health challenges: restructuring the Ministry of Health to strengthen its steering role and implement function separation; implementing the Results-based Management Monitoring and Evaluation System to strengthen the Integrated Health Information System; developing public policies that promote healthy habits and lifestyles; implementing the International Health Regulations; monitoring compliance with the Framework Convention on Tobacco Control;

upgrading infrastructure to achieve optimal operation of the health care network; Researching indigenous and Afro-descendant groups to learn about evidence-based interventions; increasing efforts to ensure quality care and patient safety in health facilities; and hiring suitable, high-quality human resources in sufficient numbers, particularly to boost the first level of care and assure the model's continuity.

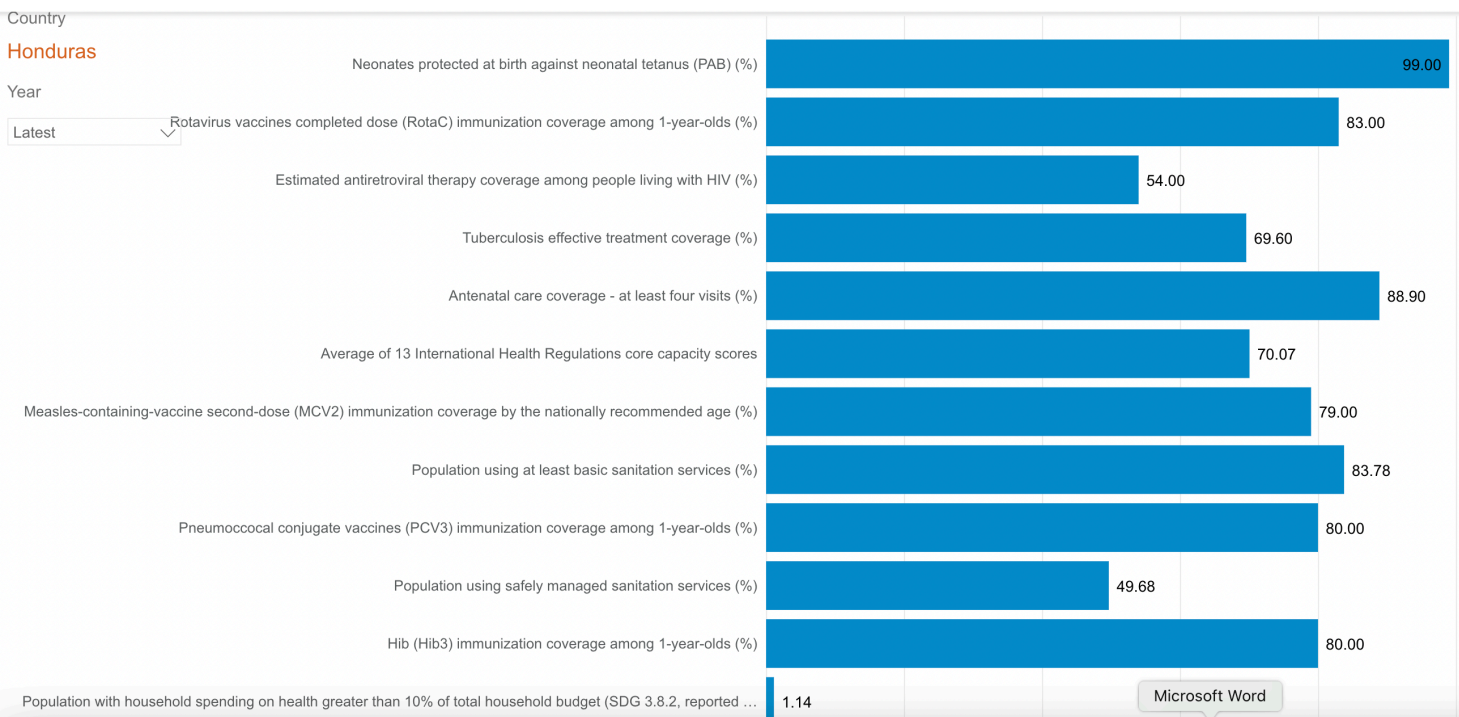
The US Embassy advises tourists considering medical treatment in Honduras to learn as much as they can about the institution and the medical staff. Before traveling, medical tourists should double-check that the facilities they're contemplating are accredited, buy medical evacuation insurance, and make sure that the cost and payment for their treatment are clear to all parties. In addition to other publicly available information, U.S. citizens can find a list of hospitals and air ambulance services on the U.S. Embassy's website.

Statistics

Below are key statistics from WHO's Global Health Observatory.

Total population	Currently not available	Currently not available
Life expectancy at birth m/f	2019	70 / 73
Total expenditure on health as % of GDP	2014	8.72

[Visit GHO for more country information](#)



HEALTH INFRASTRUCTURE

In Honduras, there is both a private and state healthcare system. The private system in Honduras is reserved for the wealthy and those with private insurance, a group that accounts for around 10% of the population. The Ministry of Health and the Honduran Social Security Institute are the two institutions that make up the public system. The Ministry of Health is open to everyone, although only around half of the population visits it regularly. Meanwhile, the Honduran Social Security Institute only covers about 40% of the working population or about 18% of the entire population. Around 17% of the population does not have regular access to healthcare due to these two healthcare systems. The healthcare system in Honduras has been mismanaged. As of 2017, the country's health expenditure budget was around 7.86 percent of GDP. Due to a shortage of money, resources have been depleted. Honduras has only 0.37 doctors per 1,000 people, according to the CDC. Basic medical supplies and hospital beds are also in short supply, and patients are frequently left to get the drugs they require on their own.

COMMUNICABLE AND NON-COMMUNICABLE DISEASES, HEALTH RISK FACTORS AND TRANSITION

Diabetes is the second largest cause of death in Honduras, and it is caused by a person's pancreas fails to produce enough insulin or incorrectly using insulin. Diabetes patients often experience increased weariness, hunger, thirst, urine, and weight loss as a result. Diabetes is a serious problem for the 3.6 million people who reside in rural areas of Honduras, and it is one of the country's most dangerous diseases. Diabetes can be fatal for people who do not live near clinics with sufficient testing procedures, or for those who do not live near clinics at all, even if it is an allegedly treatable condition in first-world countries. According to the National Institutes of Health (NIH), Latin American clinics rarely have the necessary diagnostic equipment to diagnose diabetes early.



Cerebrovascular disease refers to any disorder that inhibits blood flow to the brain, such as stroke, embolism, or aneurysm, and

accounts for 6.1 percent of all deaths in Honduras. Ischemia is a term used to describe coronary heart or artery disease, which frequently leads to a heart attack. Smokers, those with high blood pressure, diabetes, high cholesterol, or those who are obese are more likely to develop a cerebrovascular or ischemic condition. This is particularly problematic in Honduras, where the World Bank reports an increase in overweight people who consume high-fat diets and engage in little physical activity.

In 2015, there had been 20,000 HIV-positive Hondurans, 1,000 AIDS-related deaths, and 18,000 orphaned children. Sex workers, convicts and the Garifuna ethnic minority are among Honduras' most vulnerable people in society. The Garifuna, an Afro-Caribbean population descended from West African slaves, are not only socially excluded, but also more likely to live in poverty, face gender discrimination, and lack access to health care and education. All of these circumstances contribute to the Garifuna's HIV prevalence rate of 4.5 percent, which is five times the national rate of Honduras.

Mosquitos are responsible for the transmission of several of Honduras' most serious diseases. In most Latin American countries, including Honduras, mosquito-borne diseases are quite frequent. Fortunately, due to community awareness education, malaria occurrences in Honduras fell by 78 percent between 2000 and 2011. By next year, the government hopes to have eradicated malaria's deadliest strain. In Honduras, a significant outbreak of Dengue fever occurred in 2013, resulting in the death of 5% of all cases owing to bleeding. Dengue fever is common in urban areas, but it is a serious worry in Honduras' rural areas, which are littered and lack access to clean water. Rural Hondurans are in danger of infection due to mounds of waste and pools of stagnant water. While the Zika virus causes no symptoms in many people, it can cause neurological problems such as Guillan-Barré syndrome, which causes temporary paralysis, and microcephaly in babies born to Zika-infected mothers. After seeing a past increase in Zika infection rates, Honduras has had to declare states of emergency.

The CDC supports Honduras' implementation of the International Health Regulations. The Pan American Health Organization's Operational Guidelines for National Intensified Surveillance of Severe Acute Respiratory Infection are also supported (SARI). To assist the influenza surveillance national laboratory as well as other influenza surveillance sentinel units, the CDC supplied reagents and supplies to laboratories. In 2011, the Centers for Disease Control and Prevention (CDC) sponsored the estimation of influenza-like illness and SARI prevalence, related risk factors, and health-care utilization behaviors in San Pedro Sula. The initiative also assisted in the development of web-based software and offered necessary help in the establishment of a new laboratory monitoring information system.



The International Emerging Infections Program (IEIP) aims to prevent the spread of infectious diseases (IEIP)

In 2007, the International Emerging Infections Program in Central America and Panama (IEIP-CAP) started working. The program's main goal is to ensure an immediate and efficient response to arising infectious disease threats inside the region by strengthening national governments', Ministries of Health's (MoH), and academic institutions' ability to detect emerging infections and prevent, control, and treat major infectious diseases. In 2010, IEIP-CAP collaborated on RECETA, a Central American community of epidemiologists and microbiologists aimed to improving the region's epidemiology laboratory capacity for foodborne infections, with the Honduran Ministry of Health and Universidad del Valle. It has provided advanced training to local workers and funded national studies on themes ranging from increased Salmonella surveillance to the burden of disease.

Many natural disasters and civil unrest events have rocked Central America in recent decades. Because such disasters continue to occur, the Centers for Disease Control and Prevention (CDC) partnered with the Central America Ministers of Health Committee (COMISCA) to develop and implement an emergency preparedness and response assessment that comprised eight major functional areas. As part of a regional preparatory effort, the assessment was carried out in the Ministry of Health.

According to the most recent WHO data from 2018, road traffic accidents killed 1,370 people in Honduras, accounting for 3.90 percent of all deaths. Honduras is ranked #93 in the world for its age-adjusted Death Rate of 17.36 per 100,000 of population.

HEALTH INFRASTRUCTURE

72%

Percentage of Road Crash Fatalities and Injuries in the economically productive age groups (15 - 64 years.)

2:1

Ratio of Male to Female Fatalities with the 15 - 49 year age group being most vulnerable to fatalities.

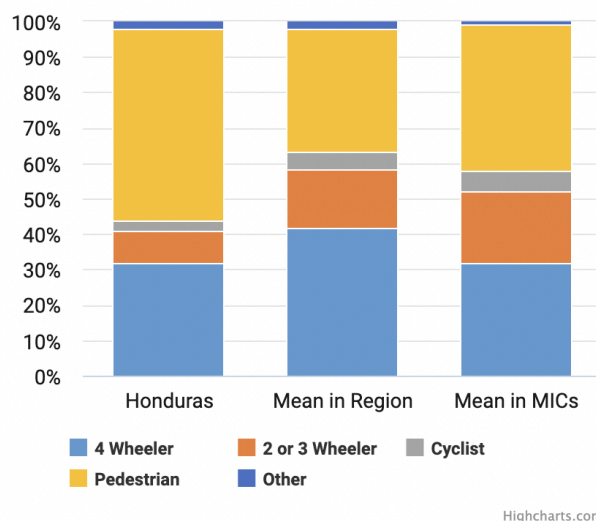
698 life yrs.

affected due to disability from road crash injuries per 100,000 people.

Road crash fatalities and injuries snapshot

Country Population, 2016:	9,112,867
Country Reported Fatalities, 2016:	1,407
WHO Estimated Fatalities, 2016:	1,525
GBD Estimated Fatalities, 2016:	1,276
WHO Est. Fatalities per 100,000 Pop., 2016:	16.7
Estimated Serious Injuries, 2016:	22,875
Cost of Fatalities and Serious Injuries, 2016:	\$1,188 million
Cost as % of country GDP, 2016:	5.5%

Fatalities by user comparison chart



MATERNAL AND NEWBORN HEALTH

A maternal death is defined as a woman dying while pregnant or within 42 days of giving birth from any reason connected to the pregnancy or its care, but not from accidental or incidental causes. The maternal mortality rate is defined as the number of maternal deaths per 100,000 live births each year. Honduras has a ratio of 280 per 100 000 births, which is higher than the Latin American and Caribbean average of 130 per 100 000 but less than the global average of 400 per 100 000 live births. Based on maternal mortality and the country's fertility rate, the lifetime risk of maternal death is the predicted risk of an individual woman dying from pregnancy or delivery during her adult life. In Honduras, the lifetime chance of death from pregnancy-related causes is 1 in 93, which is higher than the Latin American and Caribbean average of 1 in 290 and around the same as the international figure of 1 in 92.

In Latin America, the most common leading cause of maternal death is Hemorrhage (uncontrolled), which was the leading cause of death in the Caribbean from 1997 to 2002. Thrombosis, hypertensive diseases (high blood pressure), and blocked arteries labor are all also a cause of difficult labor. In Honduras, a survey was taken. In 2005, a study revealed a total fertility rate of 3.3 per woman. About 57 percent of births occurred in rural areas among the women interviewed in the 2005 poll. The availability and quality of mother and newborn health care are reflected in the perinatal death rate. A 2005 survey in Honduras found a rate of 23 per 1000 pregnancies, with 27 per 1000 in rural regions and 17 per 1000 in urban areas



Pregnancy in adolescent girls (girls aged 10-19) is known as teenage pregnancy. The adolescent pregnancy rate is the percentage of adolescent females who become pregnant in a particular year among all girls of the same age group. According to a 2005 poll in Honduras, women aged 17 had the greatest percentage of adolescent pregnancy. According to a countrywide survey done in 2005, 4% of women aged 15-19 years are now pregnant with their first child, with percentages in urban and rural areas being nearly identical. The rate of adolescent pregnancy varies by region in Honduras. According to a 2005 poll in Honduras, the percentage ranged from 6.1 percent in Colón to 2.8 percent in Atlántida. Cultural norms, financial disadvantage, and education, as well as access to sexual health information and contraceptive services and supplies, can all influence adolescent pregnancy rates.

Low birth weight is defined as a baby weighing less than 2500 g at birth. According to a survey done in 2005, approximately 6% of newborns that were weighed at birth weighed less than 2500 g. (2.5 kg). Low-birth-weight newborns are more likely to have serious short- and long-term health problems, as well as a greater mortality and morbidity rate. In urban regions, the proportion of newborns born with a low birth weight was higher than in rural ones. Anemia is a condition in which the blood contains abnormally low levels of hemoglobin (iron-containing oxygen proteins). According to a poll done in 2005, 21 percent of pregnant women have low hemoglobin levels (less than 110 g/l). Severe anemia is a major contributor to maternal mortality during childbirth due to hemorrhage.

FLAG



The Honduran flag was introduced in the year 2000. Honduras' flag is made up of three equal horizontal turquoise, white, and turquoise stripes, with five turquoise stars in a quincuncial pattern in the middle stripe. The Pacific Ocean and the Caribbean Sea are represented by the two outside bands, which also symbolize the blue sky and brotherhood. The inner band signifies the land between the ocean and the sea, as well as the people's peace and prosperity and mental purity. The five stars reflect the old Federal Republic of Central America's five republics, as well as the desire that the nations will once again form a union. The Honduran flag was adopted less than a year after the United States' national unity was preserved during a civil war. El Salvador adopted a flag around the same era that was based on the Stars and Stripes but with the red and blue colors reversed. It's possible that Honduras' stars, along with its three stripes, were intended to be a subtle reference to the US flag (in which each star represents a united state), especially given the continued support for a proposed Central American federation among Honduran intellectuals and politicians, at least in public statements. In the late 19th and early 20th centuries, several failed attempts at the reunification of the five countries were made, each time under a horizontal blue-white-blue flag.

Country Overview

General Overview

In Spanish, the phrase "Honduras" literally means "depths." The name could refer to the bay of Trujillo as an anchoring (fondura in the Leonese dialect of Spain) or to Columbus' reported phrase "Gracias a Dios que hemos salido de esas Honduras" ("Thank God we have departed from those depths"). Honduras was not used for the entire province until the end of the 16th century. Prior to 1580, Honduras exclusively referred to the province's eastern half, while Higuera only referred to the western portion. Another early term was Guaymuras, which was revived in 2009 as the title for a political conversation held in Honduras rather than Costa Rica. In Spanish, Hondurans are referred to as *Catracho* or *Catracha* (fem). Nicaraguans invented the term, which is derived from the last name of General Florencio Xatruch, a Spanish Honduran who led Honduran armed forces against an attempted invasion by North American adventurer William Walker in 1857. The nickname is meant to be flattering, not insulting. The real official name of the country was established by decree number 3, on May 8, 1862 in Santa Rosa de Copán.

The following names have been used for Honduras as well:

- **Guaymuras-**

Guaymuras was the initial name given to these areas in honor of one of the coast's names.

- **Hibuera**

Hibuera is the word for a pumpkin, a word that can be used to represent food, a crop, or nature, but it is also the first name that the aborigines gave to Christopher Columbus' emissaries when they arrived on Honduras' coasts. They both liked pumpkins, and they both knew who he was. "Twenty years later, during Hernán Cortés' renowned voyage into Yucatán, the Spanish called Honduran area Hibuera or Higuera," according to Reclus. "Nueva Extremadura" was another name for it.

- **Fonduras**

According to Rolando Zelaya, author of *Readings to Understand the History of Honduras (2008)*, explorers Sols and Yáez named Honduras the "fonduras" of the long beaches of the Honduran Caribbean, which are ideal for the navigation process known as "anchoring," which entails bringing a boat as close to the coast as possible without running aground.

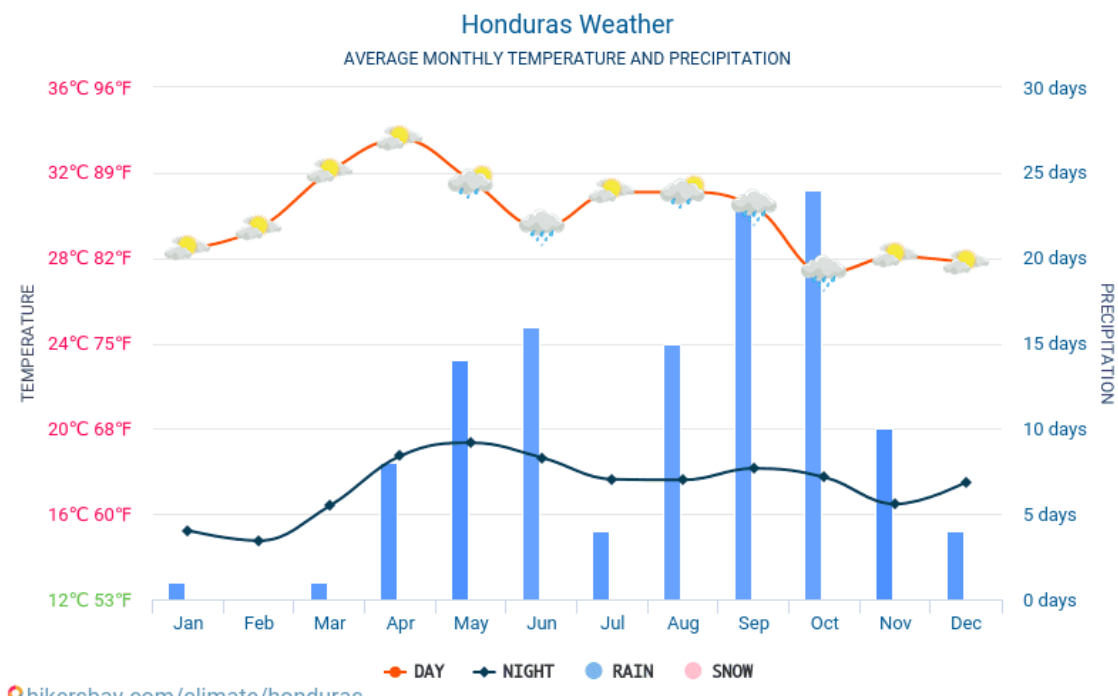
Honduras is governed by a presidential representative democratic republic system. Honduras' President is both the head of state and the head of government. The Honduran government is in charge of executive power. The National Congress of Honduras has legislative authority. The judiciary is separate from both the executive and legislative branches. Honduras' National Congress has 128 members who are elected via proportional representation for a four-year term. On a departmental basis, Congressional seats are allotted to the parties' candidates in proportion to the amount of votes each party gets.

Honduras' president, also known as the President of the Republic of Honduras, is the country's head of state and government, as well as the Commander-in-Chief of the Armed Forces. Honduras' government is divided into three branches, according to the 1982 Constitution: executive, legislative, and judicial. The executive branch is led by the president, whose principal responsibility is to "execute and enforce the Constitution, treaties and conventions, laws and other legal dispositions." For a four-year term, the President is directly elected. The current president is President **Xiomara Castro**

CLIMATE AND WEATHER

Honduras is hot and humid virtually all of the year. Temperatures are affected more by height than by season. The average high temperature is 32°C (90°F) and the average low is 20°C (68°F) across the country. Mountain locations have the coldest temperatures. Furthermore, Honduras is in the midst of a storm belt. Hurricanes and tropical storms are extremely dangerous along the Caribbean coast. Hurricane Fifi destroyed nearly all of Honduras' banana crop in 1974, and Hurricane Mitch made landfall in the Western Hemisphere in 1998, becoming the deadliest hurricane in the Western Hemisphere in two centuries. Storms also hit the country's Pacific coast, but they're usually less powerful.

In the lowlands, the climate is tropical, whereas in the mountains, it is temperate. The centre and southern parts of the country are hotter and dryer than the northern shore. Because of the large number of plant and animal species present there, the area is designated a biodiversity hotspot. It has immense biological resources, just like the other countries in the region. The Ro Plátano Biosphere Reserve, located in the northeastern part of La Mosquitia, is a lowland rainforest with a diverse range of life. The reserve has been designated as a UNESCO World Heritage Site. Rain forests, cloud forests (which can reach over 3,000 meters or 9,800 feet above sea level), mangroves, savannas, and mountain ranges with pine and oak trees, as well as the Mesoamerican Barrier Reef System, can all be found in Honduras. Bottlenose dolphins, manta rays, parrotfish, schools of blue tang, and whale sharks may all be found at the Bay Islands. In the Olancho Department, logging has resulted in extensive deforestation. Land clearing for agriculture is common in the largely underdeveloped La Mosquitia region, resulting in soil erosion and deterioration. Honduras was ranked 126th out of 172 countries in the 2019 Forest Landscape Integrity Index, with a mean score of 4.48/10. Heavy metals created by mining activities have polluted Lake Yojoa, Honduras' greatest supply of freshwater, and many other rivers and streams have been polluted because of the mining as well.



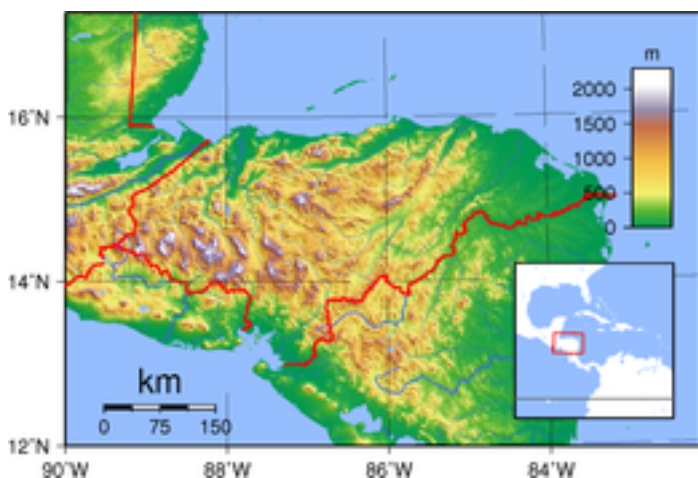
GEOGRAPHY

Honduras' north coast is bordered by the Caribbean Sea, while the Pacific Ocean extends to the south via the Gulf of Fonseca. Honduras is primarily a mountainous country with limited coastal lowlands. In the northeast is La Mosquitia, a big undeveloped lowland rainforest, while in the northwest is the densely populated lowland Sula valley. The Ro Plátano Biosphere Reserve, a UNESCO world heritage site in La Mosquitia, is bordered by the Coco River, which separates Honduras and Nicaragua.

Off the coast are the Islas de la Baha and the Swan Islands. Misteriosa Bank and Rosario Bank are located 130 to 150 kilometers (81 to 93 miles) north of the Swan Islands and are part of Honduras' Exclusive Economic Zone. Timber, gold, silver, copper, lead, zinc, iron ore, antimony, coal, fish, shrimp, and hydropower are examples of natural resources provided by Honduras.



The majority of the country's population lives in this mountainous region, which covers around 80% of the country's land area. The central highlands, Pacific lowlands, eastern Caribbean lowlands, and northern coastal plains and mountains are the four distinct areas of Honduras. Honduras has a lot of mountains, with peaks as high as 9,347 feet (2,849 meters), but it's the only Central American country without volcanoes. Honduras has a total of 2098 named mountains. Cerro Las Minas, at 9,347 feet, is the highest and most visible mountain.



Honduras' Caribbean coastline stretches 700 kilometers (430 miles) from the mouth of the Rio Motagua in the west to the mouth of the Ro Coco in the east, at Cape Gracias a Dios. Nicaragua shares a land boundary with the triangle on the 922 km (573 mi) southeastern edge. It runs parallel to the Rio Coco near the Caribbean Sea, then heads southwest across rugged terrain to the Pacific Ocean's Gulf of Fonseca. The triangle's southern apex is a 153-kilometer-long (95-mile-long) shoreline on the Gulf of Fonseca, which opens onto the Pacific Ocean. There are two land borders in the west: one with El Salvador, which is 342 kilometers long (213 miles), and another with Guatemala, which is 256 kilometers long (159 mi).

HISTORY

Modern Honduras was divided into two pre-Columbian pan-cultural regions: Mesoamerica in the west and the Isthmo-Colombian area in the east throughout the pre-Columbian era. Within Honduras, each complex had a "core area" (the Sula Valley for Mesoamerica, and La Mosquitia for Isthmo-Colombian), with a transitional area in between. These terms, on the other hand, had no meaning in the Pre-Columbian era and cover a wide range of topics. The Lenca people of the interior highlands are also culturally Mesoamerican, albeit the number of their ties to different regions has changed over time (for example, expanding during the zenith of the Toltec Empire).

Christopher Columbus landed near the modern town of Trujillo, in Guaimoreto Lagoon, on his fourth and final voyage to the New World in 1502, becoming the first European to see the Bay Islands off the coast of Honduras. On July 30, 1502, Columbus sent his brother Bartholomew to investigate the islands, and he came upon a Mayan commerce vessel from Yucatán with well-dressed Maya and valuable cargo. In the first known contact between the Spanish and the Maya, Bartholomew's men grabbed the cargo they needed and kidnapped the ship's elderly captain to serve as an interpreter. Honduras became part of Spain's extensive empire in the New World after the Spanish invasion, and it was incorporated into the Kingdom of Guatemala. The initial city capitals were Trujillo and Gracias. For over three centuries, the region was ruled by the Spanish.

Honduras was established as a province of the Kingdom of Guatemala, with its capital based in Trujillo on the Atlantic coast, then Comayagua, and eventually Tegucigalpa in the country's middle region. The Spanish conquest and settlement of Honduras were aided by silver mining. Locals worked the mines at first through the *encomienda* system, but as disease and resistance made this option less viable, slaves from other parts of Central America were imported. African slaves, especially from Angola, were imported after local slave trading ceased at the end of the sixteenth century. Honduras received very few slaves or other outside workers after 1650.

Honduras declared independence from Spain in 1821 and remained a part of the First Mexican Empire until 1823 when it was absorbed into the United Provinces of Central America. Since 1838, it has been an autonomous republic with regular elections. Honduras took part in many failed attempts at Central American unity in the 1840s and 1850s, including the Confederation of Central America (1842-1845), the Guatemala Covenant (1842), the Sonsonate Diet (1846), the Nacaome Diet (1847), and National Representation in Central America (1849-1852). Despite the fact that Honduras was later renamed the Republic of Honduras, the unionist ideal remained strong, and Honduras was one of the Central American countries that strove the hardest for regional unification.

Honduras granted land and significant tax breaks to many US-based agricultural and infrastructure corporations in exchange for developing the country's northern areas in the late 1800s. As a result, tens of thousands of people flocked to the north shore to work on banana farms and other enterprises that sprung up around the export industry. Banana exporting companies, led by the Cuyamel Fruit Company until 1930, as well as the United Fruit Company and the Standard Fruit Company, created an enclave economy in northern Honduras, controlling infrastructure and creating self-sufficiency, tax-exempt sectors that contributed little to economic growth. In 1903, 1907, 1911, 1912, 1919, 1924, and 1925, American troops landed in Honduras. Reforms in the 1950s were prompted by constitutional crises in the 1940s. A 1954 general strike, which paralyzed the northern part of the country for more than two months but resulted in reforms, gave workers the right to organize. Ramón Villeda Morales, a democratically elected president, was deposed by a military coup in 1963. The International Court of Justice moved the northern half of what was once the Mosquito Coast from Nicaragua to Honduras in 1960.

Honduras and El Salvador engaged in what became known as the Football War in 1969. After Honduran President Oswaldo López Arellano blamed the country's poor economy on immigration from El Salvador, tensions between the two countries erupted. When El Salvador faced Honduras in a three-round football elimination match before the World Cup, the relationship hit rock bottom.

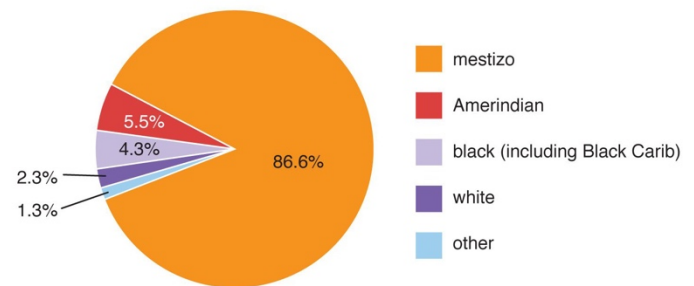
Hurricane Mitch hit the United States in 1998, wreaking havoc and causing significant devastation. President Carlos Roberto Flores of Honduras stated that the country's fifty-year progress had been reversed. Mitch obliterated around 70% of the country's crops and an estimated 70%-80% of the country's transportation infrastructure, including practically all bridges and secondary highways. In Honduras, 33,000 homes were destroyed and another 50,000 were damaged. 5,000 people were killed, with another 12,000 injured. Total losses were anticipated to be in the billions of dollars.

Former first lady Xiomara Castro, the leftist presidential candidate of the opposition Liberty and Refoundation Party, won 53 percent of the vote in the presidential election on November 28, 2021, to become Honduras' first female president, ending the right-wing National Party's 12-year hegemony. On January 27, 2022, she was sworn in. From 2006 to 2009, her husband, Manuel Zelaya, served in the same position.

DEMOGRAPHICS

Honduran society was made up of 90% Mestizos, 7% American Indians, 2% Black, and 1% Whites (as of 2017). The Honduran census of 1927 does not include racial information, but in 1930, five categories were established: white, Indian, Black, Yellow, and Mestizo. This approach was employed in the censuses of 1935 and 1940. Individuals who did not fit easily into the classifications of white, American Indian, black, or yellow, or who are of mixed white-American Indian heritage, were referred to as mestizos.

Ethnic composition (2000)



© Encyclopædia Britannica, Inc.

The male to female population ratio in Honduras is 1.01.

This ratio is 1.05 at birth, 1.04 between the ages of 15 and 24, 1.02 between the ages of 25 and 54, .88 between the ages of 55 and 64, and .77 between the ages of 65 and older. In 2015, the Gender Development Index (GDI) was .942, with females having an HDI of .600 and males having an HDI of .637. Males have a life expectancy of 70.9 years and females have a life expectancy of 75.9. In Honduras, males are expected to have 10.9 years of schooling (mean of 6.1) while girls are expected to have 11.6 years of schooling (mean of 6.2). These indicators do not demonstrate a significant difference in male and female development levels; yet, GNI per capita varies greatly by gender.

Despite the fact that most Hondurans are technically Roman Catholic (the country's predominant religion), membership in the Roman Catholic Church is dropping, while Protestant church membership is expanding. According to the 2008 International Religious Freedom Report, 51.4 percent of the population identified as Catholic, 36.2 percent as evangelical Protestant, 1.3 percent as other religions, such as Muslims, Buddhists, Jews, Rastafarians, and others, and 11.1 percent did not belong to any religion or were unresponsive, according to a CID Gallup poll. Atheists and agnostics account for 8% of the population. The priest (in more than 185 parishes) is obligated to make out a pastoral account of the parish each year, according to customary Catholic church tallies and membership estimates of 81 percent Catholic.

In 2004, the net primary enrollment rate was 94 percent, indicating that 83.6 percent of the population is literate. The primary school graduation rate was 90.7 percent in 2014. Honduras has multiple universities and bilingual (Spanish and English) and even trilingual (Spanish with English, Arabic, or German) schools. The National Autonomous University of Honduras, which includes institutions in the country's major cities, oversees higher education.

MARRIAGE

When it comes to entering or dissolving a marriage, women and girls in Honduras have equal legal rights and protections. The Federal Family Code governs marriage and divorce in Honduras. Honduran lawmakers approved in July 2017 to make the age of marriage 18 for both boys and girls, with no exceptions. This means that even with their parents' approval, girls and boys under the age of 18 are not allowed to marry. Previously, the legal marriage age was 21, with parental agreement permitting boys to marry at the age of 18 and girls to marry at the age of 16. However, enforcing the rule is difficult, especially in indigenous tribes and impoverished rural areas, where child marriage is most common. Individual interests are placed second to those of the family in many situations, including dating and marriage, abstinence, and parental consent and supervision of dating. Educational attainment, labor force participation, urban migration, late-age marriage, and contraceptive use have all increased among Honduran women.

EDUCATION

Honduran education is critical to the country's survival, nurturing, and dissemination of culture and its benefits in Honduran society, without discriminating against any one group. National education is secular and founded on democratic principles, instilling and fomenting strong nationalist sentiments in pupils and directly linking them to the nation's economic and social progress. The right to education is guaranteed in Honduras' 1982 Constitution, as well as in Decree 131 of the National Constituent Assembly and the official daily newspaper La Gaceta. The government has a responsibility to create and deliver basic education to its citizens, which it accomplishes by establishing administrative and technical entities that report directly to the Secretary of State in the Ministry of Public Education. The government's principal goal at the moment is to eradicate illiteracy, and all Hondurans must contribute to this effort. The rights to investigate, learn, and educate are also protected by the government.



Honduras provides free education for six years. In 1999, the gross primary enrollment rate was 97.3 percent, with an 85.7 percent net primary enrollment rate. Working children complete primary school at a rate of around 34%. Many children in Honduras are denied an education due to a lack of schools, as well as costs such as enrollment fees, school uniforms, and transportation. Honduras has an HRMI score of 77.3 percent for primary school enrollment. Honduras lacked a national education system until the late 1960s. Prior to the 1957 changes, education was only available to the wealthy, who could afford to send their children to private schools. Education became accessible to the general population only after the

government of Ramón Villeda Morales (1957-63) initiated changes that led to the development of a national public education system and a school construction program.

The secondary school is divided into two sections: common cycle, which covers the first three years of school (7th-9th grade), and diversified cycle, which includes a bachelor's degree (10th-12th or 13th grade) and professions as an accountant or technician. Honduras' HRMI score for secondary school enrollment is 51.1 percent. Honduras' public university is the National Autonomous University of Honduras. It has campuses in all of Honduras' major cities.

RELIGION

In terms of ancient religion, the Mayan religion was one of the first. It was widely practiced during the 4th and 7th centuries AD. It was centered on polytheistic beliefs and involved a large number of rituals with occasional animal and maybe human sacrifices. It was practiced in several portions of Central and South America.

After the Spanish colonization, On August 13, 1502, in Punta Caxinas, two weeks after Christopher Columbus' so-called "discovery" of Honduras, the second Roman Catholic Mass was conducted in the continental New World. Following that, the Spanish began converting and baptism Hondurans into the Catholic faith. Honduras controls a small portion of the historic Mosquito Coast, which was influenced by the British and is currently located in the state's far southeast. In that thinly inhabited area on the Caribbean coast, Protestant churches, particularly Anglicanism and the Moravian Church, grew in popularity.

Roman Catholic, Episcopal, Lutheran, Jehovah's Witness, Mennonite, around 300 evangelical Protestant congregations, and the Church of Jesus Christ of Latter-day Saints have been the major religious groups in recent years (Mormon). The Catholic Church in Honduras is divided into eight dioceses, which are part of the Conference Episcopal of Honduras: Tegucigalpa, Comayagua, Choluteca, Olancho, Yoro, San Pedro Sula, Trujillo, and Copán. The Pastors' Association of Honduras, the Evangelical Brotherhood of Honduras, and the Apostolic Network of Honduras are the three confederacies that make up the Protestant churches in Honduras. In recent decades, both the Roman Catholic Church and Protestant churches, particularly Pentecostal denominations, have witnessed expansion, owing in great part to modern modes of mass communication.

One of the six LDS temples in Central America is in Tegucigalpa, Honduras, which was established by the Church of Jesus Christ of Latter-day Saints. The "Abundant Life," "Living Love," and "Great Commission Congregations" are among the most well-known evangelical churches in the country. An increasing number of evangelical churches are unaffiliated with any denomination. The evangelical leadership is represented by the National Association of Evangelical Pastors. Muslims and Jews make up a minor percentage of the population. A mosque and a synagogue may be found in San Pedro Sula, while a synagogue can be found in Tegucigalpa.

In Honduras, 47 percent of respondents say they are Roman Catholic, 36 percent say they are evangelical Protestant, and 17 percent say they are "other" or don't know.

The freedom of religion is guaranteed under Honduras' constitution. The Honduran National Congress has the authority to formally legalize religious organizations, granting them tax-exempt status and other benefits. Although other religious organizations can register with the government as NGOs, the Catholic Church is the only organization legally recognized as a religious group. Some religious groups have objected to this, claiming that the Catholic Church receives preferential treatment over other faiths. Religious leaders are not allowed to run for office or make political statements in public, according to the constitution. Despite this, several Protestant pastors have been elected to government positions and serve on advisory boards. Representatives of various religious organizations have challenged the government to routinely include Catholic or Protestant prayers in public events and celebrations. Clergy members are exempted from testifying in court concerning information obtained via religious confessions. If subpoenaed, Catholic vicars, bishops, and archbishops, as well as equally high-ranking members of other religions, are not obligated to appear in court. Secular courses are necessary for public schools. In Honduras, there are also private religious schools. Missionaries from other countries are required to register with the authorities. Some religious organizations have reached out to the government to speed up the process.



CULTURE

Honduras Independence Day is celebrated on September 15th, while Children's Day, or Día del Nio, is celebrated on September 10th in homes, schools, and churches; on this day, children get gifts and have parties akin to Christmas or birthday celebrations. Piñatas can be found on the streets in some areas. Easter, Maundy Thursday, Good Friday, Day of the Soldier (3 October, to commemorate Francisco Morazán's birth), Christmas, El Día de Lempira (20 July), and New Year's Eve are among the other holidays. The celebrations for Honduras' Independence Day begin early in the morning with marching bands. Each band has its own color scheme and cheerleaders. On the same day, Fiesta Catracha is held, with traditional Honduran cuisines such as beans, tamales, baleadas, cassava with chicharrón, and tortillas available. People gather with their family and close friends for dinner on Christmas Eve, then give out gifts at midnight. At midnight, fireworks can be seen and heard in several cities. There is food and "cohetes," fireworks, and revelry on New Year's Eve. Birthdays are also fun occasions, with piñatas laden with candy and presents for the kids. La Ceiba Carnival takes place in the second half of May at La Ceiba, a city on the north coast of Cuba, to commemorate the feast day of the city's patron saint, Saint Isidore. People from all around the world come to celebrate for a week. Every night, a community hosts a small carnival (carnavalito). On Saturday, there will be a large procession with floats and displays featuring individuals from all around the world. The Milk Fair, when many Hondurans gather to show off their agricultural products and animals, is held in conjunction with the festival.

Punta is Honduras' predominant music, but other sounds such as Caribbean salsa, merengue, reggae, and reggaeton are also popular, especially in the north, and Mexican rancheras are popular in the country's rural interior. Guillermo Anderson and Polache are two of the most well-known musicians. Banda Blanca is a well-known musical ensemble in Honduras and around the world. At least one television is present in at least half of Honduran households. In comparison to most other countries, public television plays a far lower role. La Prensa, El Herald, La Tribuna, and Diario Tiempo are the most widely circulated newspapers in Honduras. La Gaceta is the official newspaper (Honduras).



Honduran cuisine is a mix of indigenous Lenca, Spanish, Caribbean, and African influences. Dishes from the Garifuna people are also available. Both sweet and savory meals contain coconut and coconut milk. Fried fish, tamales, carne asada, and baleadas are also regional favorites. Meat roasted with chismol and carne asada, chicken with rice and corn, and fried fish with pickled onions and jalapenos are also popular meals. Coconut milk is used in the preparation of fish and some meats in coastal areas and the Bay Islands. Bean soup, mondongo soup (tripe soup), seafood soups, and beef soups are among the soups enjoyed by Hondurans. These soups are typically served with

plantains, yuca, and cabbage, as well as corn tortillas.

José Antonio Velásquez is the most well-known Honduran painter. Carlos Garay and Roque Zelaya are two other notable painters. Lucila Gamero de Medina, Froylán Turcios, Ramón Amaya Amador, and Juan Pablo Suazo Euceda, Marco Antonio Rosa, Roberto Sosa, Eduardo Bähr, Amanda Castro, Javier Abril Espinoza, Teófilo Trejo, and Roberto Quesada are some of Honduras' most well-known writers. The importance of legends and fairy tales in Honduran culture cannot be overstated. Lluvia de Peces (Fish Rain) is a good example. El Cadejo and La Llorona legends are also well-known.

POVERTY

Honduras is Latin America's second poorest country and is one of the world's poorest countries. Honduras is a low-middle-income country with significant issues, with government data indicating that more than 66 percent of the population lived in poverty in 2016. Approximately one out of every five Hondurans lives in extreme poverty, or on less than US\$1.90 per day, in rural areas. Honduras has made a partial comeback since the global economic crisis of 2008-2009.

Honduras has been plagued by high levels of poverty and inequality. Before the double impact of the COVID-19 pandemic and hurricanes Eta and Iota, international estimates for the most recent available year (2019) showed that 14.8 percent of the Honduran population lived on less than US\$1.90 per day. Furthermore, nearly half of the population (4.8 million people) lives on less than US\$5.50 per day, the region's second-highest poverty rate behind Haiti. Another third of the population was near-poor or on the verge of becoming impoverished, while Honduras' middle class (18%) was among the smallest in the area (compared to an average middle class of 41 percent). Furthermore, Honduras is plagued by high levels of violence, with around 38 killings per 100,000 people (2018). However, this rate has dropped in recent years, from a high of 83 killings per 100,000 people in 2011.

To reduce the impact of the COVID-19 pandemic on economic activity and social welfare, the government implemented strict containment measures, authorizing new borrowing totaling US\$2.5 billion (10 percent of GDP), and prioritizing healthcare and humanitarian services, including basic needs assistance to the poor and business support. With the aid of the IMF program, a conservative macroeconomic framework helped manage vulnerabilities. (One percent). Despite this, the pandemic had a huge economic impact on Honduras. Due to the pandemic and the extraordinary impact of two consecutive storms, the country's GDP is anticipated to fall by 9% in 2020. According to World Bank surveys, almost 45 percent of households experienced income losses in August, which are expected to have worsened further as a result of the hurricanes in November. According to projections, the proportion of individuals living in poverty could rise to 55.4 percent in 2020, resulting in more than 700,000 extra impoverished people, while inequality rises somewhat.

While the country's economy is forecast to revive to 4.5 percent growth in 2021, dangers and obstacles remain, notwithstanding the reactivation of domestic economic activity and growing investment and external demand. A deeper global depression in the midst of a long-term pandemic might stymie economic recovery and continue to jeopardize people's health and wellbeing.



Survival Guide

Etiquette

Greeting:

- It is customary to shake the hand of Honduran males while greeting them, especially if you are a guy yourself.
- If you're a man greeting a lady, it's a good idea to let her stretch her hand first to ensure she's comfortable shaking yours.
- If she isn't, a simple nod of recognition will suffice.
- Women will often shake hands with other women, though close friends may hug.
- In rural places, you might see two women greeting each other by patting each other's upper arm with both hands.
- The standard greeting is a firm handshake, and people shake hands again when they part.



Touching:

- When it comes to personal space, Hondurans are similar to most individuals.
- Although good friends may pat each other on the back, most individuals limit their touching to the handshake.
- In general, personal space is respected at a respectful arm's length. However, in congested areas such as buses, this may not always be practicable.
- Throwing an item to someone is something you should avoid doing when in Honduras. Most people identify this conduct with dogs (as in throwing a bone to a dog), and it is often considered disrespectful. If you want to give someone anything, just hand it over.

Communication:

- The majority of people communicate in an oblique manner. When you ask someone a question, for example, their response may be influenced by the content of the topic, social settings, their relationship to you, and other factors.
- The degree to which people make eye contact is determined by their social rank. People from the lower socioeconomic class avoid eye contact and act meek in conversation, but those from the top socioeconomic class are considerably more direct and assertive. Economic status and influence have a lot more to do with it than age and community leadership.
- In any case, making direct eye contact with another person is never considered hostile or unpleasant.

Timing Customs:

- Getting acclimated to a new sense of punctuality is one of the most well-known necessary changes for any tourist, student, or expat.
- Things are going pretty smoothly if anything happens on the scheduled day. If you inquire when a bus will come, you will almost always be told "ya viene," which means "it's already coming" and can imply anything from 5 minutes to 3 hours.
- People in most professional and social circumstances prefer to take the time they need to complete whatever task they're working on rather than worry about finishing on time, and they're nearly always willing to give up part of their time to chat to you.

Language

Honduras is home to a diverse range of languages, with Spanish serving as the official language.

Spanish:

By far the most widely spoken language in the country, spoken natively by the vast majority of citizens regardless of ethnicity. Honduran Spanish is considered a variety of Central American Spanish. Spanish is a Romance language of the Indo-European language family that emerged in the Iberian Peninsula from colloquial spoken Latin. It is now a global language spoken by about 500 million people, mostly in the Americas and Spain. Spanish was introduced to Honduras after it was explored and taken by Spanish explorers.

Spanish is the official language of about 21 different countries. It is the world's second most extensively spoken native language, after Mandarin Chinese; the world's fourth most widely spoken language overall, after English, Mandarin Chinese, and Hindi; and the world's most widely spoken Romance language. Today, Hispanic America is home to the majority of Spanish speakers. Argentina, Bolivia, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, and Puerto Rico all have Spanish as their official language.

Lenca:

Lenca, also known as Honduran Lenca, is a poorly documented language that was spoken in Intibuca, Opatoro, Guajiquiro, Similatón, and Santa Elena, with minor dialect changes. The Lencas of Honduras spoke a language that is now considered extinct. It has a population of 300 to 594 semi-speakers because it is already endangered. Its geographical position is between Honduras' western departments, such as Lempira, Intibucá, and La Paz; they are also found in lower numbers in the central departments of Santa Barbara, Comayagua, Francisco Morazán, and Valley.

Ch'orti' language:

The Ch'orti' (occasionally called Chorti) language is the Mayan language spoken by the indigenous Maya people known as the Chorti Maya. Many of the pre-Columbian inscriptions in the Maya script were written in Chorti, which is a direct descendant of the Classic Maya language. The current Mayan language Chorti is a descendant of the ancient Mayan language Cholan (which was actively used and most popular between the years of A.D 250 and 850).

The Honduran government has been attempting to promote Spanish as a uniform national language, and so prohibits the usage and teaching of indigenous languages such as Chorti. In Honduras, the Chorti people confront homogenization and must adjust to their surroundings. Since the 1800s, the government has been at odds with the Chorti people over land conflicts, putting the people (and hence the language) in jeopardy. Two important Chorti leaders were killed in 1997. This assassination is one of the numerous instances in which Chorti supporters have been wounded or killed. Every one of these assassinations diminishes the number of people who speak Chorti. There are only ten native speakers left in Honduras at the moment.

Garifuna language:

Garifuna (Karif) is a minority language spoken by the Garifuna people in the western part of Central America's northern coast. It is a member of the Arawakan language family, but it is unique in that it is spoken outside of the Arawakan language area, which is now confined to northern South America, and it contains an unusually high number of loanwords from both Carib and European languages, owing to a turbulent history involving warfare, migration, and colonization.

The language was once restricted to the Antillean islands of St. Vincent and Dominica, but its speakers, the Garifuna people, were deported by the British to Honduras' north coast in 1797, from where the language and the Garifuna people have spread south to Nicaragua and north to Guatemala and Belize. Parts of the Garifuna lexicon are divided between men's and women's speech, and some topics have two words, one for women and one for men, to express them. Furthermore, men's terms are often Carib loanwords, whereas women's terms are Arawak. In 2008, the Garifuna language, as well as Garifuna music and dance, were designated as Masterpieces of the Oral and Intangible Heritage of Humanity.

Bay Islands English:

Bay Islands English is a dialect of English spoken in Honduras' Bay Islands Department (Guanaja, Roatán, and Utila). In 2001, Ethnologue estimated that there were 22,500 native speakers.] Caracol, which literally means "conch" in English, is the name given to this language by mainlanders. Cayman Islands English is the genetic ancestor of this variant.

Tawahka or sumo language:

According to the studies consulted, the Tawahka and Misquita languages have a morphological and syntactic structure that is relatively comparable, however, they do not share a large lexicon. Both languages are part of the macro-Chibcha linguistic group, which originated in South America. The progenitors of the Tawahkas, Misquitos, and branches (another related group) are thought to have migrated from what is now Colombia through the Panama Canal. The Tawahkas call their language Twanka, which is identical to the name given to the Guayape-Guayambre Indians by the Spaniards at the beginning of the seventeenth century: tahuajcas. This town's native tongue is Tawahka, but people also speak Miskito and Spanish, however with considerable difficulty in speaking Spanish.

Paya language:

Those who speak this language refer to themselves as "pech," which means "people," and they use the terms pech-akuá (the other people) or bulá, which means ladino, to refer to the rest of the population. Although some linguists regard the pech language to be an isolated league, Lehmann and Greenberg believe it is descended from the Chibcha.

Useful Phrases

PHRASE	IN SPANISH	PRONUNCIATION GUIDE
Good morning	Buenos días	bway nos dee ahs
Good afternoon	Buenas tardes	bway nahs tar days
Good evening	Buenas noches	bway nahs noh chayss
Hello	Hola	oh lah
How are you?	¿Cómo está?	coh moh es tah
Fine, thank you	Bien, gracias	bee ayn, grah cee ahs
Please	Por favor	por fah vohr
Nice to meet you	Mucho gusto	moo choh goos toh
Where is?	¿Dónde está?	dohn des tah
I would like...	Me gustaría	may goo stah ree ah
How much?	¿Cuánto cuesta?	cwahn toh cways tah
I need...	Yo necesito	yoh nay say see toh
To the right	A la derecha	ah lah day ray chah
To the left	A la izquierda	ah lah eez kee ayr dah
Straight ahead	Derecho	Day ray choh
At the corner	En la esquina	a lah ays kee nah
Excuse me, sorry	¡Perdone!	perh dohn eh
Have a nice day!	¡Que tengas un buen día!	keh tehng gahs oon bwehn THEE ah
Good-bye	Adiós	ah dee ohs

<i>¿Dónde esta el cambio de moneda?</i>	Where is the money exchange?
<i>¿Dónde está la parada de autobús más cerca?</i>	Where is the nearest bus stop?
<i>Dónde está la estación de tren más cerca?</i>	Where is the nearest train station?
<i>Un billete para... , por favor</i>	A ticket to... , please
<i>Estoy perdido</i>	I'm lost
<i>Derecho</i>	Straight ahead
<i>A la derecha</i>	To the right
<i>A la izquierda</i>	To the left
<i>En la esquina</i>	At the corner
<i>Aquí / Allí</i>	Here / There
<i>¿Qué me recomiendas?</i>	What do you recommend?
<i>¡Estuvo delicioso!</i>	That was delicious!
<i>Soy vegetariano/vegetariana</i>	I'm vegetarian
<i>Soy alérgico/alérgica a...</i>	I'm allergic to...
<i>Me gustaría un vaso de...</i>	I would like a glass of...
<i>La cuenta, por favor</i>	The check, please
<i>¿Cuánto cuesta?</i>	How much does it cost?
<i>¿Cuánto va a ser?</i>	How much is it going to be?
<i>¿Puedo ver esa?</i>	Can I see that one?
<i>¿Tienes ésta en talla...?</i>	Do you have this in <n> size?
<i>¿Me la puedo probar?</i>	Can I try it on?
<i>¿La tienes en otro color?</i>	Do you have it in another colour?
<i>¿Aceptan tarjetas de crédito o débito?</i>	Do you accept credit or debit cards?
<i>¿Tiene cambio de un billete grande?</i>	Do you have change for a large bill?
<i>Me olvidé...</i>	I forgot my...

SAFETY

Traveling to a foreign country such as Honduras can offer the experience of a lifetime. However, in the midst of all this excitement you must also be cognizant of your surroundings and take certain precautions to ensure your safety. Like many of the countries in Central America and around the world, Honduras has certain neighborhoods you might be wise to avoid, and the country is currently experiencing a higher than average crime rate due to an increase in gang activity in certain regions of the country.

To help you safely enjoy all that Honduras has to offer, below we have outlined a few travel safety tips you may want to keep in mind while visiting the country.

TRAVEL IN GROUPS

As the old saying goes, “there is safety in numbers.” Truer words have never been spoken. As you make your way through beautiful Honduras, en route to the various sites and attractions you’ve mapped out on your itinerary, always try to travel with at least one other person (even more if you can). Research shows that criminals are less likely to approach you when they feel outnumbered.

MAKE COPIES OF ALL YOUR IMPORTANT DOCUMENTS

Documents can easily be misplaced or even stolen in the hustle and bustle of foreign travel, creating a nightmarish situation you just don’t need. This is why you should make copies of all your important papers. This includes copies of your passport, visa, driver’s license, social security card and medical insurance card. Travel experts suggest you keep one copy of these documents on your person at all times, and at least one other copy locked in the hotel safe.

BEWARE OF THE NIGHT

Sightseeing is an activity that should be limited to the daylight hours, as unsavory types tend to be hard at work during the nighttime, often preying on unsuspecting tourists. Enjoy your hotel during the nighttime hours, and if you must go out, try to stay in the immediate area.

GET VACCINATED

Check with your doctor regarding the vaccinations that would be appropriate when traveling to Honduras and don’t let a serious illness of some type ruin your long-awaited getaway.

FOOD

When buying street food and snacks in more rural areas of Honduras, take the usual precautions: don’t buy meat unless you can see it being cooked right in front of you. If you find yourself buying snacks out of a bus window, avoid anything with meat in it and try to go for fruit that you can peel.

CURRENCY

Honduras' currency is called the lempira. It's broken down into 100 centavos. The first lempira banknotes were created in 1932 by the Bank of Honduras and the Banco Atlantida. In 1931, the lempira was created to replace the peso at par. The currency rate was two lempiras to the US dollar in the late 1980s (the 20-centavos coin is referred to as a daime as it was worth the same as a U.S. dime). The lempira was trading at 24.53 HNL to 1 USD on January 14, 2022.



.They were 1 lempira, 2 lempiras, 5 lempiras, 10 lempiras, and 20 lempiras. In 1950, the Central Bank of Honduras took over the creation of paper money, introducing the 50 and 100 lempira notes, followed by the 500 lempira note in 1995. In January 2010, a new 20-lempira note with a polymer basis was released to the market, with 60 million notes being issued. A new 200 lempira bill was printed to commemorate Honduras' bicentennial anniversary of independence. It displays two scarlet macaws, Honduras' national bird.

Coins in the values of 5, 20, and 50 centavos, as well as one lempira, were introduced in 1931. In 1935, 1939, and 1932, one-, two-, and ten-centavos coins were introduced. The manufacturing of silver 1-lempira coins halted in 1937, and silver coins (20 and 50 centavos) were replaced by cupro-nickel in 1967. In 1998 and 1974, the 1-centavos and 2-centavos coins were last struck. The following coins are currently in circulation: 5 centavos, 10 centavos, 20 centavos, and 50 centavos.

Credit Cards:

In Honduras, credit cards are commonly accepted. You will be able to pay with your Visa or Mastercard without difficulty. The American Express card is accepted by the majority of establishments. ATM machines may be found in all of Honduras' major cities.

ATMs:

ATM machines may be found in all of Honduras' major cities, as well as at major tourist destinations, such the Bay Islands, Copan Ruinas, and Atlantida, to name a few. Please keep in mind that they only send money in local currency. You will be given lempiras instead of dollars if you have an international credit or debit card. Please keep in mind that the charge to your account will be in US dollars. The amount of money you can withdraw from most ATM machines is limited. The maximum is normally between \$200 and \$250 in US dollars.

TRAVELERS CHEQUES:

In Honduras, you cannot exchange Canadian dollars, however you can easily convert US dollars and travelers' checks. Traveling with US currency is recommended and the best option.

BANKING HOURS:

Banks are open to the public from 9:00 a.m. to 18:00 p.m. At 8 p.m., auto banking closes. Some banks feature automatic teller machines that are open 24 hours a day, seven days a week.

CURRENCY CONVERSION RATE:

1 Honduran Lempira equals

0.041 United States

Dollar

Mar 11, 2:15 PM UTC · Disclaimer

24.64	Honduran Lempira ▼
1	United States Dollar ▼



IMR RECOMMENDATIONS ON PERSONAL FUNDS

- Please bring the amount that you are comfortable spending on gifts or small personal articles, including snacks.
- To determine if the currency of the country you are visiting is traded in the United States, please visit www.travelex.com. Travelex has offices in all major airports and cities and you may change money before

the trip for a small fee.

- Trading in the United States is the easiest way for you to trade money.
- If the currency is not traded in the United States, you will usually be able to trade in the airport upon arrival or the team leader will arrange to change money for the team once during the trip. We do not guarantee that you will be able to change money in small towns or during clinic.
- You must bring currency newer than 2006 and in perfect condition - no tears, folds, old bills.
- New bills are preferred by the international banks, as are denominations larger than \$20. The best rate is obtained trading \$100 bills.
- If you are joining us from another country, please check the trading rules of your home currency.
- Credit cards may not be accepted outside of major cities, hotels, and large restaurants.
- IMR does not pay for alcohol. If you intend to purchase alcohol, you are required to obtain and pay with a separate bill. Please have local currency for these transactions.

TIME IN HONDURAS



Honduras is part of America's Central Time Zone.

EMBASSY INFORMATION

ASSISTANCE:

For Inquires:

Monday-Thursday 7.30am - 4:00pm

Friday 7:30am - 3:00pm

E-mail - usahonduras@state.gov

For all Honduran and US national holidays, the US Embassy is closed to the public.

FOR EMERGENCIES:

U.S. Citizens with emergencies, please call Tel: (504) 2238-5114

Outside of Office Hours, contact: Tel: (504) 2238-5114

Outside of Honduras: Tel: +001 (504) 2238-5114

EMBASSY INFORMATION:

Address for Embassy of the United States of America:

Avenida La Paz

Tegucigalpa M.D.C.

Honduras

Phone:

Phone: (504) 2236-9320

Fax: (504) 2236-9037

WEBSITES

The following websites provide information on the country you are visiting. IMR highly recommends and encourages you to view these sites prior to departure. They are frequently updated and are a tremendous resource:

- Embassy of the United States for Honduras: <https://hn.usembassy.gov/u-s-citizen-services/>
- State Department Travel Warnings <https://www.cia.gov/resources/publications/publications-list/>
- Travel Health online: <https://www.smarttraveller.gov.au/destinations/americas/honduras>
- World Health Organization: <http://www.who.int/>
- Center for Disease Control: <http://www.cdc.gov/travel/>
- CDC Travel Medicine for Honduras: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/honduras>
- CNN Weather Report: <http://www.cnn.com/WEATHER>
- Official Honduras Tourism Site: <https://honduras.travel/en/>
- UNICEF Statistics: <https://data.unicef.org/country/hnd/>
- Lonely Planet: <https://www.lonelyplanet.com/honduras>
- Wikipedia Honduras : <https://en.wikipedia.org/wiki/Honduras>