

HHPF Honduras Medical Brigades 2026

Travel Information



A. Trip Dates

- Prolotherapy: March 6–14 (*fly in March 6, out March 14*)
- ENT: March 7–14 (*fly in March 7, out March 14*)
- Veins: March 13–21 (*fly in March 13, out March 21*)
- Vascular & Dialysis Access: March 13–21 (*fly in March 13, out March 21*)



B. Flights & Airport Info

- **Prolotherapy Group:**
 - Fly into San Pedro Sula (SAP), land by 2:00 pm
 - Group will take a 3-hour bus ride to La Ceiba
 - Return flights: no departures before 11:00 AM from SAP Saturday, March 14. We will get you to the airport by 9 am which gives you the necessary 2 hours before flight departure. NO EARLIER DEPARTURES!
 - ✈️ Alternatives (more costly): fly SAP → La Ceiba (SOSA); fly RTB →ferry from Roatan
- **ENT Group:**
 - Fly to Roatan, then connect to La Ceiba.
 - Travel and planning coordinated by ENT directors
- **Veins / Vascular & Dialysis Access Groups:** 2 training options
 - **Roatan training**
 - Fly into Roatan Friday, March 13.
 - Book and pay for hotel in West End
 - Join group training that begins Friday evening 7 - 8:30 pm at Sundowners on the Beach (<https://sundowners-beach-bar.wheree.com>)
 - More training Saturday morning, Saturday night.
 - Saturday afternoon freetime
 - Sunday morning Ferry to La Ceiba

- To return to your home country at the end of the brigade, HHPF will transport you to either SAP or LCE airport, or to the Ferry on Saturday, March 21.
 - If departing SAP, no departures before 11:00 AM Saturday, March 21. We will get you to the airport by 9 am which gives you the necessary 2 hours before flight departure. **NO EARLIER DEPARTURES!**
 - If departing through Roatan, you can plan an early departure from La Ceiba.

This optional location training is at your own expense. As a result, your fee is reduced \$200 to help you cover the hotel and food.

○ **La Ceiba training**

- HHPF meets you at the airport in San Pedro Sula. Ride the bus from SAP to La Ceiba (3.5 - 4 hours).
- HHPF will ONLY provide transportation from San Pedro Sula for people arriving on Friday (no Saturday transport).
- ✈ Alternatives (more costly): fly SAP → La Ceiba (SOSA)
- CME training takes place after check-in and dinner at the hotel.
- To return to your home country at the end of the brigade, HHPF will transport you to either SAP or LCE airport, or to the Ferry on Saturday, March 21.
 - If departing SAP, no departures before 11:00 AM Saturday, March 21. We will get you to the airport by 9 am which gives you the necessary 2 hours before flight departure. **NO EARLIER DEPARTURES!**

No reduction in fee

C. Travel Documents

1. Passport: Must be valid for 6+ months after your departure
2. Copy of passport (in case of loss) to keep with luggage
3. Immigration Form: Check [Prechequeo Honduras](#) 1 week before travel
4. Supply Authorization: If you are bringing medical supplies or equipment with you, you will need an authorization letter.
5. Health insurance info
6. Travel insurance info
7. Contact list - hhpf contacts, personal

D. Travel Day

- Use orange and green tape or ribbon to mark your luggage
- Meet in SAP Food Court after customs and baggage if going thru SAP
- Buses will depart once the final team member arrives

E. Miscellaneous Travel Tips

- Travel insurance strongly recommended: We strongly recommend that all volunteers obtain travel insurance that includes emergency medical evacuation coverage, as well as protection for travel delays en route and on return. This ensures access to care, reimbursement for unforeseen disruptions, and protection for both participants and HHPF.
 - Volunteers may compare and purchase coverage through trusted providers such as **Travel Guard (AIG)**, **Allianz Travel Insurance**, or **InsureMyTrip.com**, which allows users to review multiple plans and confirm that medical evacuation and travel delay benefits are included
- Malaria meds, COVID & other vaccines: Not required, but check CDC guidance: <https://wwwnc.cdc.gov/travel>
- Electricity: Same as US (110V), power outages are common → bring surge protector & headlamp

F. Phones/Cell Service

- WiFi is available at hotels only.
- Purchase an International Phone plan if you want to use your phone with data when WiFi is not available

G. Money & Currency

- Currency: Honduran Lempira (HNL)
 - Exchange rate: ~\$25/USD | ~\$18/CAD
- Use USD at airport
- Exchange limited at hotel Paris Main desk
- ATMs & cards mostly work but can be unreliable

H. Clinic Locations

- ENT: D'Antoni Hospital in La Ceiba
- Prolo: clinics in
 - La Ceiba: Red Cross building (Cruz Roja)
 - Tela: Sala Evangelica Church
- Veins: clinics in
 - La Ceiba: Red Cross building (Cruz Roja)
 - Tela: Sala Evangelica Church
 - Olanchito: Community Building SAGO
- Vascular & Dialysis Access
 - La Ceiba: D'Antoni Hospital, Atlántida Regional Hospital
 - Olanchito: Social Security Hospital